Volume 67 Number 37 | September 20, 2022

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













TRAINING ROOMS IN DCTF GALIANO:

- ♦ 15-burn-room firefighting trainer
- ◆ Liquid propane helicopter fire trainer
- ♦ Two flood-simulation tanks
- Chemical, biological, radiological, and nuclear defence (CBRN) training area

TRAINING SCENARIOS IN DCTF GALIANO:

- Shipboard firefighting techniques
- ♦ Fire team training
- ♦ Helo crash rescue training
- ♦ Ship without air detachment (SWOAD) training
- Damage control organization team training
- ♦ Flood and leak stopping
- CBRN, each offering a simulation of a ship inside of a building

Ashley Evans

Strategic Communications Officer FMFCB/CS

The Damage Control Training Facility (DCTF) Galiano, located in Victoria, B.C., and its sister facility DCTF Kootenay in Halifax, N.S., are integral, state-of-the-art training sites.

The facilities teach flood control, firefighting, and chemical, biological, radiological, and nuclear defence to 4,000-6,000 Royal Canadian Navy (RCN) sailors and other service personnel per year.

"The facility is essentially as important as the Jetties," said Challis Eacott, Damage Control Training Facility Maintenance Administrator Esquimalt. "Sailors cannot deploy if they have not had the proper damage control training."

Due to the wide range of training delivered at DCTF Galiano, when a shutdown occurs, it affects the yearly training schedule and puts pressure on other training facilities to cover part of the loss.

This was the reality Eacott was facing earlier this year when he decided to call on the team at Fleet Maintenance Facility Cape Breton (FMFCB) for assistance.

"In the last year, I have had to reverse engineer the controls on air

units due to the obsolescence of the actuating control system," Eacott explained. "The electronic cards that control the pitch of the blades on our fans, via pneumatics, are no longer available."

The bearing between the piston and the main shaft in the air system was worn, causing a metal-on-metal condition.

The DCTF was unable to supply the air required to support both fire training and habitability, and after failing their annual Air Balancing and Testing, a complete shutdown of all firefighting training capabilities for the West Coast Fleet ensued.

The DCTF reached out to FMFCB for sourcing parts.

Eacott said FMFCB could manufacture the bearing surfaces that were no longer available through industry, which solved the mechanical linkage portion of this failure. They then manufactured new hoses for the pneumatic system.

After multiple days on site, the FMFCB had the system operating and controlling correctly, and Eacott was able to bring in their Air Balance Engineer to re-certify the facility, bringing it back to operational status.

With notes from Challis Eacott, Damage Control Training Facility Maintenance Administrator Esquimalt

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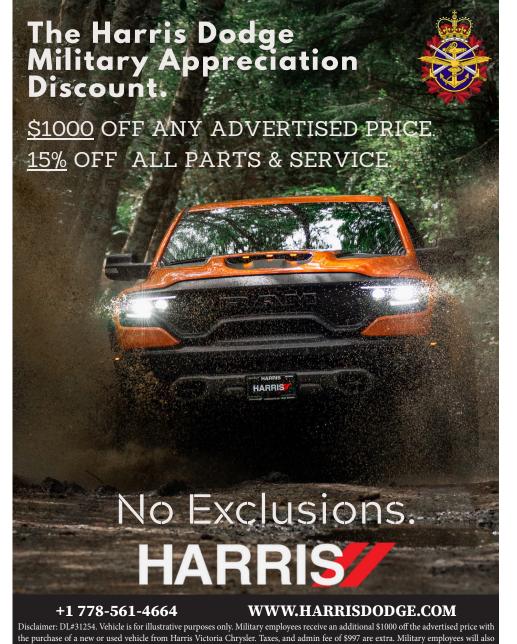
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mental levies are extra. Proof of Military status may be required. Offers expire Dec 31, 2022.

NAVAL SECURITY TEAM BEGINS OPERATIONS UNDER NEW MANDA

Lt(N) Robert Newton **Executive Officer Naval Security Team**

After two years of reduced operations due to the COVID-19 pandemic, the Naval Security Team (NST) is ramping up again, however, this time with a new mandate.

NST will be focusing on Harbour Defence (HD) and Force Protection (FP) in support of the Royal Canadian Navy (RCN) and Canadian Armed Forces (CAF) Operations.

HD / FP will comprise many aspects, including: high-value asset (HVA) escorts, enforcement of controlled access zones (CAZ), and protecting crucial military or civilian facilities and infrastructure.

NST is currently in pre-deployment training to support Domestic FP requirements this fall at CFB Halifax. NST is typically comprised of full-time Naval Reservists, but as we're 'One Navy', 25 regular force members have joined NST to be trained in HD and FP outside of their regular duties. Having both Regular and Reserve Forces collaborate and build an elite deployable force creates a unique opportunity to train and deliver the Fleet Commanders' intent.

Over the next six weeks, NST and their new augmented members will be in full swing with predeployment training.

This training consists of weapons training on four systems: C7/C8 rifle, Sig Sauer pistol, C9 light machine gun, and the C6 general purpose machine guns. The light and general purpose machine guns



are used as mounted weapons on the fore and aft of the Defenderclass HD Response Boats.

The trainees will have intensive classroom and dry land training on all four weapons and will use this training on the live fire range. Upon successful completion at qualification, these members will be fully qualified on four weapon platforms, which is uncommon for naval members.

The next training phase will employ these new skills on the

As the Team's core members will mainly consist of boat coxswains, new members will fill the roles of both navigators and gunners while conducting HD training. Patrol leaders will be in charge of the on-water presence leading them with weapon safety, Rules of Engagement (ROE) and direct firing orders if called upon.

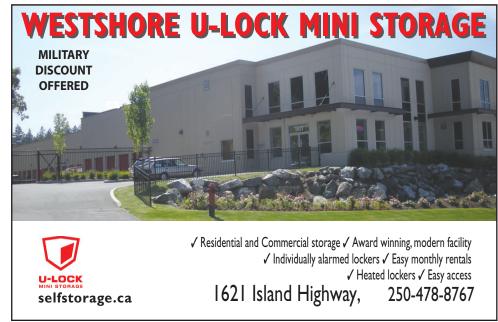
The Level 1 (Operator) of the NST qualification includes weapon qualifications, tactical firing, extensive classroom training on the Use of Force (UoF) and ROE, and numerous hours logged on the water. After completion, trainees will be presented with an NST qualification badge they can wear for the rest of their careers.

NST Operator qualifications will allow these members to be called upon at a moment's notice when RCN HD duty calls. This new elite team will be ready to answer the call and deploy to support the RCN, whenever needed.





The Canadian Armed Forces Naval Reserve conduct Naval Security Team training on Okanagan Lake in Kelowna, B.C., in July. Photo: Sailor First Class Valerie LeClair









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Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

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THE LONG TRICK IS THE WORST

"The term 'rang eight bells' may be said of someone who has passed away, suggesting the end of their watch."

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

Mark Nelson

Contributor

The general day-to-day schedule of a warship, better known as the ship's routine, cycles around working, eating, and sleeping. A ship operates round the clock, and sailors must be available to do the jobs required 24 hours a day, normally split into seven work periods called watches.

Two four-hour daytime watches occur on either side of the noon hour and are aptly named forenoon and afternoon. These are followed by a pair of two-hour dog watches named the first dog from 1600 to 1800 and the last from 1800 to 2000. The shorter dog watches allow for cycling of the daily watch schedule. The name is derived from 'dodge watch' since it allows the crew to dodge the same watch daily. Since a dog watch already represents a shorter than normal period, if a sailor wants to say something will happen quickly, they might say it will take half a dog watch.

When a ship rotates on a three-watch system, one of the best watches to stand is the first watch from 2000 to midnight. Standing the first watch allows for the special treat called all night in, or all-nighters, meaning you miss the inglorious undertaking of standing the overnight watches, namely the middle, midnight to 0400, and morning, 0400 to 0800.

The middle watch is the worst for interrupting a sailor's sleep. Often referred to as the mids, another nickname for this awful watch is long trick, a trick being a short spell of duty on a particular job, e.g., a short trick on the helm. Midrats, short for middle rations, is a light meal served to those about to stand a middle watch; the leftovers are usually a treat for those coming off the first watch, consumed before they head to their racks. Historically, the ship's bell was used to

coordinate the passing of time, and to regulate the watches, as the bell would be rung to mark the progress of time. In a four-hour watch, the bell would be struck on eight occasions, every half-hour, increasing by

one strike every time. The end of a four-hour watch would culminate with the bell being rung eight times; thus, the term eight-bells became a standard to mark the end of something.

The term rang eight bells may be said of someone who has passed away, suggesting the end of their watch. A slow eight is often part of a naval remembrance service, where a ship's bell is rung eight times over two minutes of silence, with two low-intensity strikes every thirty seconds. It is an old naval custom for the youngest member of a ship's company to ring the ship's bell sixteen times at midnight on New Year's Eve, signifying eight bells for the New Year and eight bells for the old.

Passing the time is a general distraction for any sailor at sea. The term days and wake-up is often used when counting down the days to an event; e.g., 'We will be back home in six days and a wake-up' means the homeport will be reached in seven days. Somehow, it seems to make the wait feel shorter.

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









MFRC offers extra support for CAF parents

Kateryna Bandura

Editor

The Esquimalt Military Family and Resource Centre (MFRC) offers community resources and information for parents looking for extra support this school year.

"With the military lifestyle, oftentimes newly-arrived parents don't have family support in their new community," said Kaitlyn Ross, Social Worker-Counsellor with MFRC. "The point of our activities and services is for them to build their networks and integrate not only into the local military family community but also into the broader community. We know strong networks create healthy families."

Some of the MFRC support programs include:

- Monthly community dinners, which will provide an opportunity to meet others in the military family community and share tips about living the military lifestyle. MFRC staff and volunteers will be on-site to provide requested information about programs and services. After dinner, there will be activities for children. The first MFRC community dinner will be held on Wednesday, Sept. 28.
- Coffee nights/Kids connect program, which provides opportunities to build social supports in the community. Ross said it has a similar concept to monthly dinners, allowing adults to connect over coffee while their children partake in various activities, such as playing outdoor games, doing an obstacle course, or creating arts and crafts. The program is offered monthly, with the next session running on Wednesday, Oct. 12.
- Supporting Children Through Absence is a workshop for children with a deployed parent. It is an opportunity to learn why mom or dad is away, and connect to others their age with similar experiences. Workshops run continu-

ously throughout the year, with one session per week.

- Pre-school programs help children with their social and learning skills, and prepare them for their school years. '123 Music' and 'Stay & Play' programs provide fun opportunities for children and their parents, while 'Growing Parents' group supports new parents and prepares them for the journey ahead.
- Family Wellness and Counselling through MFRC's Family Wellness and Counselling Team (FWCT) offers one-on-one counselling support for CAF families. They provide support with military lifestyle challenges such as back-to-school changes, stress, and transitions. Supportive counselling for children five and older is also available. To access the FWCT, please contact intake@emfrc.com or 778-533-7736.

Ross said parents find the support helpful, especially those who have deployed partners.

"We currently have HMCS Winnipeg and Vancouver away for six months, so that's a long time to be at home with kids, entertaining them, and trying to build community, especially for those who have just been posted here," she said. "So, it gives them the opportunity to connect with other adults while their children socialize."

She said the MFRC supports all families that deal with work-related absence of their loved ones, such as those who are away on shorter missions, on courses, or on Imposed Restricted postings. Any CAF-connected family who is managing increased stress due to relocation, deployment, children with additional needs, mental health concerns, and back-to-school challenges could find MFRC support helpful.

"A network of people that provides you with practical and emotional support can benefit your wellbeing, increase coping skills, and reduce symptoms of stress," Ross said.



For more information about the resources, please visit esquimaltmfrc.com.



Please join us for our Annual General Meeting, meet our Board of Directors and enjoy a community dinner.

September 28, 2022

AGM 5 to 6pm

Military Family Community Dinner 6 to 8pm

Located at the Gorge Park Pavilion

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To register email: rickvanhelvoirt@emfrc.com Or call 250 363 2640



MEET THE NEW FLEET CHIEF



Chief Petty Officer First Class David Bisal, Canadian Fleet Pacific Chief

Peter Mallett

Staff Writer

The Fleet Chief of Canadian Fleet Pacific (CanFleetPAC) is embracing his new job with great enthusiasm.

and honoured with the appointment but it comes with a great deal of responsibility along with a sharp learning curve," said Chief Petty Officer First Class (CPO1) David Bisal. "All my jobs in the "I was very happy past have been in the tactical realm of the Navy and I have spent a lot of time during my career

CPO1 Bisal replaced CPO1 Arvid Lee as CanFleetPAC's most senior non-commissioned member when CPO1 Lee moved on to become Formation Chief of Maritime Forces Pacific (MARPAC) at the end of August. The moment marked a new chapter for CPO1 Bisal, who spent most of his 32 years of military service at sea on Canadian vessels as

CPO1 Bisal's path to the Royal Canadian Navy (RCN) began in June 1990 when he enrolled at Esquimalt, B.C., as a Boatswain. He spent the first two decades serving on HMCS Huron, Protecteur and Regina. He also had two shore postings as a Seamanship Instructor.

Some of his most rewarding deployments included serving on former RCN Supply Ship HMCS Protecteur during Op Altair in the Persian Gulf and the Arabian Sea in 2008.

"I was aboard Protecteur for seven years and [OP Altair] was likely the best time because of the amazing port visits during the deployment to places including Puerto Rico, Italy, and Greece," he said.

CPO1 Bisal said being a Chief Petty Officer on ships and other units for the past six years has been

an excellent way to groom him for his new job.

"My experience at sea, along with my more recent and previous positions on ships, is a good fit for the job," he said. "That's because I will be helping senior leadership and others understand the challenges when ship's deploy and what is going on, on the water."

One of CPO1 Bisal's critical responsibilities as Fleet Chief is to advocate for non-commissioned members with senior leadership. He is to provide advice and counsel to the Commodore and various organizations at the base, including the Military Family Resource Centre (MFRC). CPO1 Bisal said the support the MFRC provides to families, including his own, has been crucial to mission success. His own family has always been highly supportive and crucial to his career success, he

In 2009, he was promoted to Chief Petty Officer Second Class, with his first posting at Canadian Operational Support Command (CANOSCOM) HQ. He returned to the West Coast as Chief Boatswain Mate of HMCS Regina in 2011. He later served in the same position at Sea Training Pacific and then Coxswain (Cox'n) of the Patrol Craft Training Unit.

CPO1 Bisal was promoted to

Chief Petty Officer First Class in 2016 and posted at Naval Staff in Ottawa until selected as Cox'n of HMCS Regina in 2018. He was later posted to Assistant Judge Advocate General (AJAG). Then in May 2021, he assumed the position of Cox'n, Sea Training Pacific.

He said his wealth of experience helps him understand the last few years of adversity better.

"We managed to continue doing the business of going to sea in the midst of a global pandemic and did this incredibly well, despite the many challenges," said CPO1 Bisal.

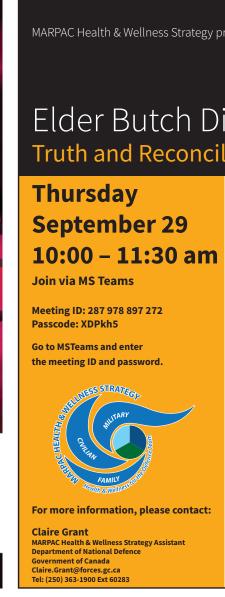
He noted how these deployments included pre-embarkation protocol (quarantines), frequent COVID-19 testing, health monitoring, and spending days, weeks, and months at sea when sailors could not get ashore in ports of call.

"I really want to commend everyone who deployed and continues to deploy as the global pandemic continues to unfold," he said. "It is a great challenge and everyone who took part in past deployments with their intense restrictions and protocol should be extremely proud of completing the mission."



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Please join the MARPAC Health and Wellness Strategy and the Defence Aboriginal Advisory Group as they host Elder Butch Dick on Thursday, September 29, 2022 from 1000 - 1130 hours on Teams.

Yux'wey'lupton, a true visionary guide and knowledge-keeper, known widely by his English name, Clarence "Butch" Dick. Butch Dick was awarded an Honorary Doctor of Laws by Royal Roads University in 2021 for his many contributions as an

His career reflects his multitude of skills, creativity and vision. as acclaimed master carver and educator. A quick look at his accomplishments and you'll see his 25 years teaching Indigenous art across Victoria-area public schools, his work as assistant university professor, as designer of Indigenous education curriculum, advisor to governments and institutions, and with special recognition to his time providing leadership

Butch is known for being a bridge-builder, making strong and lasting ties between Indigenous and non-Indigenous people within this community. Through his art, words and teachings, he is a peaceful creator of conciliatory action and inspires others every day. Butch holds a vital role as a founding member of the Heron Peoples Circle, the Elders and Old Ones, whose guidance supports Indigenous engagement within the Royal

Indeed, Butch is a respected knowledge keeper and vocal advocate for his ancestors, relations and Nation. His wise ways advance the call for equality, justice and empathy in guiding not just the Royal Roads' university family, but the whole community to carry forward his teachings in each person who has shared time with him.





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HMCS Winnipeg makes donation to children's centre in Jakarta

Katervna Bandura Editor

Canadian sailors brought smiles to children thousands of kilometres away.

As it is a custom that Canadian ships participate in outreach activities during port visits, 11 sailors, including the Commanding Officer of HMCS Winnipeg, Cdr Annick Fortin and Padre Dominic Lafrenière, presented a cheque to Juliana Sitepu, Coordinator of Kampung Kids, a children's centre in Jakarta, Indonesia, on Sept. 2.

"The children laughed with us, they were proud to show us their skills, and they liked giving us high fives," Lafrenière said.

The monetary donations came from Boomer's Legacy, a charity that funds humanitarian initiatives that provide a lasting impact in communities the soldiers serve while deployed. In Jakarta, these funds served for buying English teaching supplies. The Canadian Embassy families donated children's books.

Lafrenière said the Canadian Defence Attaché (CDA) proposed three different charities, but Padre Lafrenière personally chose Kampung Kids because of seeks to increase Canada's presence in its direct impact on children. The target, the region.

he said, was to help the Center teach English as a second language to kids.

"I felt a little tear in my eye when Juliana asked the kids why it is important to learn English, and one young girl timidly answered 'for our future'.' Lafrenière said.

The crew also spent some time with the children. They read story books, sang and danced, and drew pictures. Some children could speak some English, and Sitepu translated the rest.

"We sang some action songs such as 'Head, shoulder, knees and toes' and 'If you're happy and you know it' - these transcend language," Lafrèniere said.

After visiting the Center and the kids, the crew was toured around the neighborhood.

"It was a real cultural shock, really different from anything we had seen," Lafrèniere said. "We understood the necessity for the kids to attend a center like Kampung Kids, to learn a second language, computer skills, hygiene, and nutrition to give them a chance for a better future.'

HMCS Winnipeg is currently on a six-month deployment to Asia-Pacific as part of Operation Projection, which









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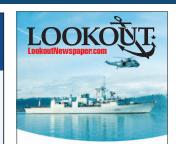
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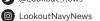
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Patrol Group (4 CRPG) was awarded the Canadian Forces Unit Commendation on Sept. 1 for exceptional efforts and dedication, in support of Operation Laser, the Canadian Armed Forces (CAF) response to the COVID-19 pandemic,

"4 CRPG is proud that our members were ready and able to respond to the needs of fellow Canadians during Operation Laser," said Lieutenant-Colonel Jean-Pascal Roy, CRPG Commanding Officer. "This commendation is a reflection of every member in our unit and their continued dedication and commitment to serve our communities and the Canadian Armed Forces."

The Canadian Forces Unit Commendation is a group award that recognizes distinguished service by a military unit. It is awarded to any unit or subunit, composite formation or other military groups of the CAF, or to any similar organization of a foreign armed force working with or in conjunction with the CAF, that has performed a deed or activity beyond normal duty.

From March 2020 to June 2021, Canadian Ranger Patrols across Western Canada provided

to provide unique on-theground support to communities when they needed it the most," Roy said.

Canadian Rangers worked hard to assist Canadians in need as part of the CAF's response to community requests for assistance through provincial authorities. This was a collaborative effort, and the Canadian Rangers operated closely with other Canadian Army units and municipal, provincial, and federal officials to support COVID-19 relief efforts.

4 CRPG's contribution to Operation Laser included activating several Canadian Ranger Patrols to support relief efforts in their communities.

To assist with situational awareness in many communities Western Canada, one to two Canadian Rangers Patrols worked fulltime as Community Liaison Officers conducting Sentinel tasks. These Canadian Rangers Patrols worked in British Columbia from Dec. 2020 to May 2021 (in Alberta, Saskatchewan, and Manitoba: Nov. 2020 to April 2021).

port of Operation Laser include:

- Wollaston Lake
- Île-à-la-Crosse
- Fond-du-Lac
- Sandspit
- Port Clements
- Port Hardy Port McNeil
- Dease Lake
- Shamattawa
- Fort Nelson Canadian Ranger Patrols

Community Relief

Tasks that supported COVID-19 community relief efforts include:

- Harvesting, processing, and delivering firewood Setting up rooms and tents at the medical clinic
- Working with community members to provide traditional food to vulnerable residents
- Delivering care packages to those in lockdown
- Assisting with the community's COVID-19 emergency operations centre



Top: Members of the Port Hardy Canadian Ranger Patrol installed signage in Winter Harbour, B.C., on Vancouver Island on May 9, 2020.

Inset: A Canadian Ranger with the Dease Lake Canadian Ranger Patrol delivers food hampers to residents in Dease Lake, B.C.





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CLEARANCE DIVING OFFICER GRADUATION

Presented by **Commander Roland Leyte, Future Operations Maritime** Component Commander, at Fleet **Diving Unit (Pacific)** at CFB Esquimalt on Sept. 8

> Photos by Sailor First Class Valerie LeClair, **MARPAC Imaging Services**



Course photo of the Clearance Diver / Clearance Diving Officer Graduation.



Lieutenant (Navy) Alexander Castagna (center) receives a Certificate of Military Achievement for graduating the Clearance Diver Officer Course.



Sailor First Class Chris Betts receives a Certificate of Military Achievement for graduating the Clearance Diver Course.



Sailor First Class Wade Chisan receives a Certificate of Military Achievement for graduating the Clearance Diver Course.



Sailor First Class Philippe Daigle receives a Certificate Sailor First Class Tajonel Forbes receives a Certificate of Military Achievement for graduating the Clearance Diver Course.



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Sailor First Class Jeffrey Hines receives a Certificate of Military Achievement for graduating the Clearance Diver Course.



Sailor First Class Jordan Khayat receives a Certificate of Military Achievement for graduating the Clearance Diver Course.



Sailor First Class Richard Knutson receives a Certificate of Military Achievement for graduating the Clearance Diver Course.



Sailor First Class Evan Patterson receives a Certificate of Military Achievement for graduating the Clearance Diver Course.



Sailor First Class Sam Phillips receives a Certificate of Military Achievement for graduating the Clearance Diver Course.



Lieutenant (Navy) Alexander Castagna receives the Sailor First Class Philippe Daigle receives the Stephan Joseph Lucien Gilles Deschamplain Memorial Award - Superior Athlete Award during the graduation cer- the graduation ceremony.



Flynn Academic Achievement Memorial Award during



Sailor First Class Tajoniel Forbes receives the Overall Top Clearance Diver QL5A Student Award during the graduation ceremony.



Lieutenant (Navy) Alexander Castagna receives the Overall Top Clearance Diver Officer Student Award during the graduation ceremony.





Reviewing Officer, Commander Roland Leyte, inspects the parade during the graduation ceremony.



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