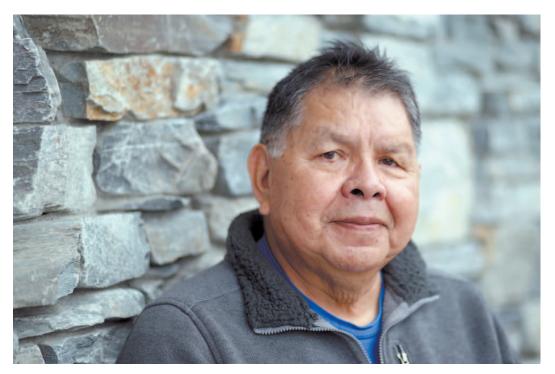
National Day for TRUTH AND RECONCILIATION & ORANGE SHIRT DAY September 30

Elder Butch Dick speaks on Truth and Reconciliation; story inside.

Special Supplement to the LOCKOWN Newspaper



Elder Butch Dick

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 artist and educator.

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 to Royal Roads.

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 Roads community.

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.

Please join the MARPAC Health and Wellness Strategy and the Defence Aboriginal Advisory Group as they host

Elder Butch Dick

Thursday, September 29, 10-11:30 am

To join the meeting go to MSTeams and enter the meeting ID and password

Meeting ID: 287 978 897 272

Passcode: XDPkh5



The Story behind Orange Shirt Day

"I went to the Mission for one year. I had just turned 6 years old. We never had very much money, and there was no welfare, but somehow my granny managed to buy me a new outfit to go to the Mission School in. I remember going to Robinson's store and picking out a shiny orange shirt. It had eye- lets and lace, and I felt so pretty in that shirt and excited to be going to school! Of course, when I got to the Mission, they stripped me, and took away my clothes, including the orange shirt. I never saw it again, except on other kids. I didn't understand why they wouldn't give it back to me, it was mine! Since then the colour or- ange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. I finally get it, that the feeling of worthlessness and in- significance, ingrained in me from my first day at the mission, affected the way I lived my life for many years...I want my orange shirt back!"

Phyllis (Jack) Webstad, Dog Creek, C.-B.





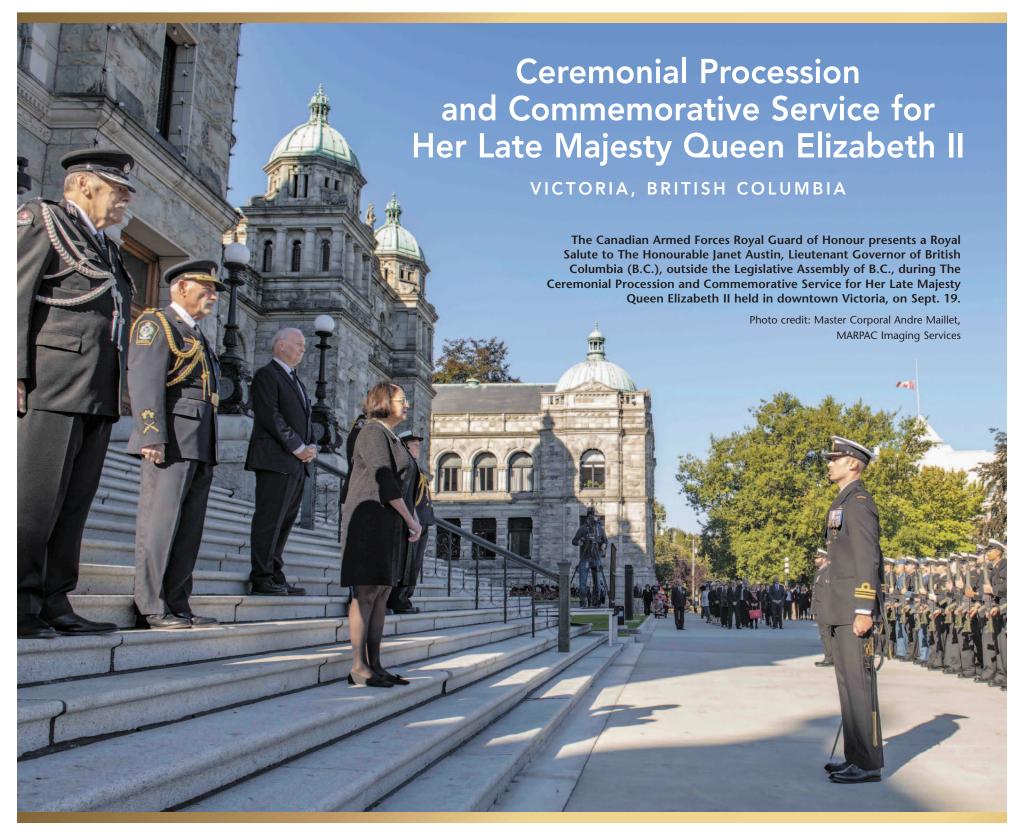
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Her Majesty Queen Elizabeth II inspects the sailors of the Atlantic Fleet at the International Fleet Review during the 100th anniversary of the Royal Canadian Navy in 2010.

Sa Majesté la reine Elizabeth II inspecte les marins de la Flotte de l'Atlantique, arrivés à la Revue internationale de la Flotte pour souligner le 100e anniversaire de la Marine royale canadienne en 2010.

Photo: Jacek Szymanski DNPA

ROYAL CANADIAN NAVY MOURNS THE LOSS OF QUEEN ELIZABETH II

Royal Canadian Navy Public Affairs

After taking the throne on Feb. 6, 1952, and reigning for 70 years and 127 days, Her Majesty Queen Elizabeth II became the longest reigning monarch in British and Commonwealth history. She passed away on Sept. 8, at 96.

The Queen's legacy runs deep within the Royal Canadian Navy (RCN). Our members deeply feel her passing, and we extend our deepest condolences to the Royal Family as we honour Her Majesty's memory.

Her Majesty's long relationship with the RCN is fondly marked by several events, including RCN attendance at Her Majesty's coronation, the presentation of the Queen's Colour, her participation in the International Fleet Review in 2010, and most recently as part of the Canadian Armed Forces contingent marching in Her Majesty's Platinum Jubilee Pageant this past June.

The RCN proudly participated in Her Majesty's coronation in 1953, sending ships, aircraft carriers, cruisers, and destroyers to represent Canada at the celebra-

tion. The RCN also honourably bears the Queen's Colour—a flag that includes Canada's national flag, an "E" encircled by a chaplet of roses, and the RCN badge. The flag replaced that of the Queen's father, whose own flag flew during the Second World War, representing the Navy's fight on behalf of the monarch.

More recently, the Queen attended the International Fleet Review in 2010, where she sailed aboard Her Majesty's Canadian Ship (HMCS) *St. John's.* Navies from across the world gathered in Halifax to welcome Her Majesty.

LA MRC PLEURE LA PERTE DE LA REINE ELIZABETH II

Après être montée sur le trône le 6 février 1952 et avoir régné pendant 70 ans et 127 jours, Sa Majesté la reine Elizabeth II est décédée le 8 septembre 2022 à l'âge de 96 ans. Elle est le monarque qui a connu le plus long règne de l'histoire de la Grande-Bretagne et du Commonwealth.

L'héritage de la Reine occupe une place importante au sein de la Marine royale canadienne (MRC). Nos membres sont profondément touchés par son décès et nous présentons nos plus sincères condoléances à la famille royale alors que nous rendons hommage à la mémoire de Sa Majesté.

La longue relation entre Sa Majesté et la MRC est

marquée par plusieurs événements, notamment la présence de la MRC lors de son couronnement, la présentation du drapeau royal et sa participation à la Revue internationale de la Flotte en 2010 et, plus récemment, la participation du contingent des Forces armées canadiennes au défilé du jubilé de platine de Sa Majesté, en juin dernier.

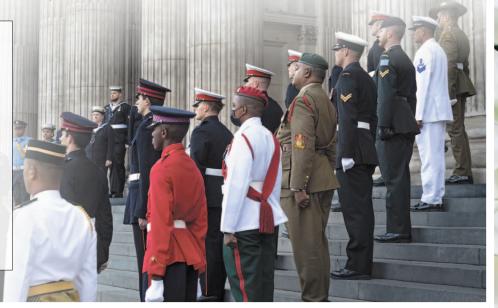
La MRC a participé avec fierté au couronnement de Sa Majesté en 1953, en envoyant des navires, un porteavions, des croiseurs et des destroyers pour représenter le Canada lors de la célébration. De plus, la MRC porte honorablement le drapeau consacré à la Reine – lequel comporte le drapeau du Canada, un « E » encerclé par un chapelet de roses et l'insigne de la MRC. Ce drapeau a remplacé celui du père de la Reine, dont le propre drapeau flottait pendant la Deuxième Guerre mondiale, pour symboliser le combat de la Marine au nom du monarque.

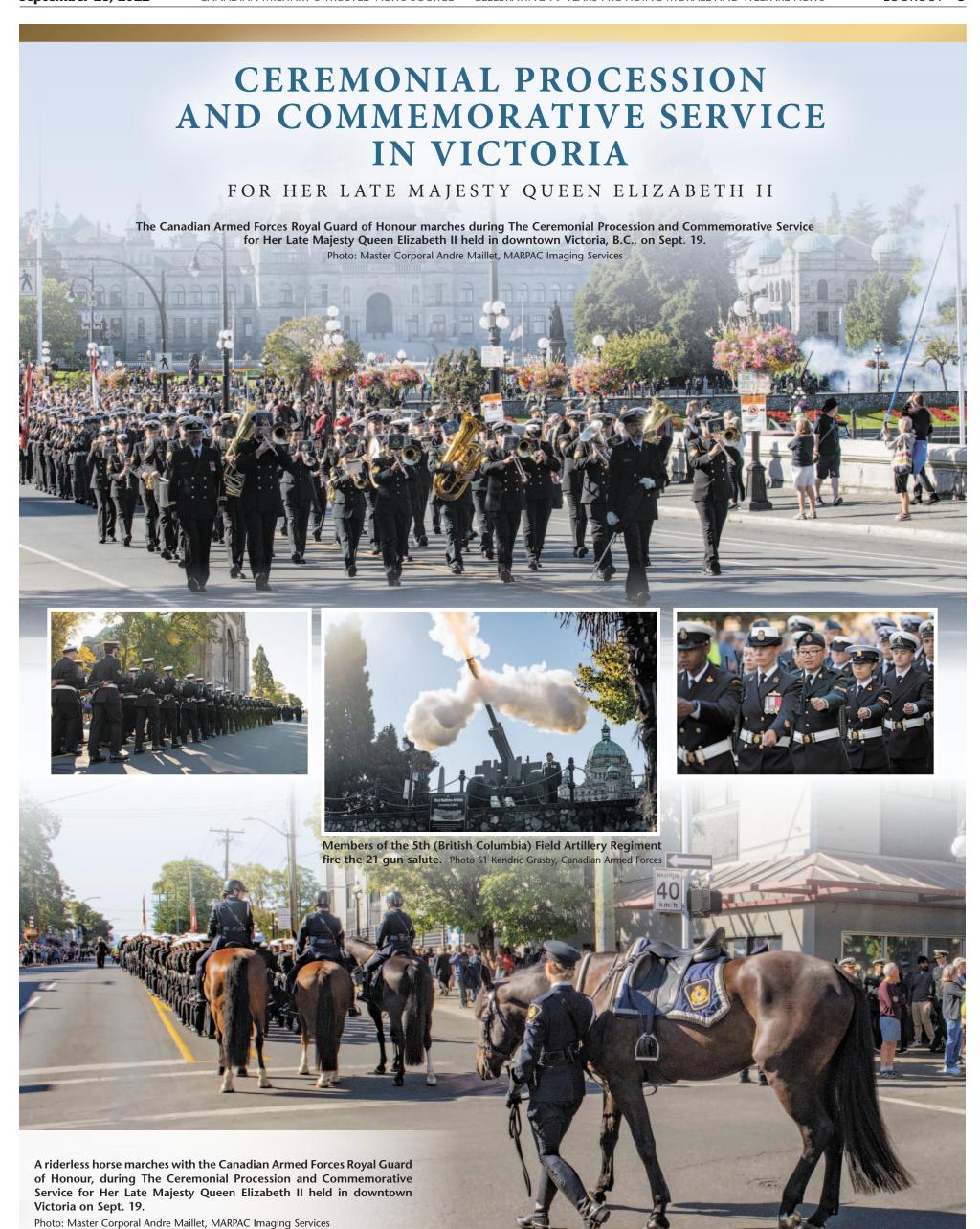
Plus récemment, la Reine a pris part à la Revue internationale de la Flotte en 2010, au cours de laquelle elle a navigué à bord du navire canadien de Sa Majesté (NCSM) *St. John's.* Les marines du monde entier se sont alors réunies à Halifax pour accueillir Sa Majesté.

Sailor First Class Jarrod Rampone (fourth from the stairs) of HMCS Calgary and Corporal Ellery Fleming of the King's Own Calgary Regiment (third from top of stairs) rehearse alongside other Commonwealth military members for the Queen's Platinum Jubilee celebrations. The rehearsal occurred at Saint Paul's Cathedral in London on May 30, 2022.

Le matelot de 1re classe Jarrod Rampone (quatrième à partir d'en haut) du NCSM Calgary et le caporal du King's Own Calgary Regiment (troisième à partir d'en haut) répètent en compagnie d'autres militaires du Commonwealth pour les célébrations du jubilé de platine de la Reine. La répétition a eu lieu à la cathédrale St. Paul, à Londres, le 30 mai 2022.

Photo: Master Corporal Nicolas Alonso, Canadian Forces Combat Camera







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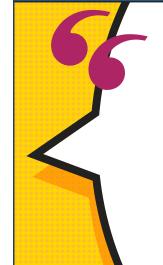
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ROUNDING THE HORN

"Any sailor who has rounded the horn is awarded the special allowance of placing an elbow on the table at a Naval Mess Dinner, an act that is normally frowned upon."

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

Mark Nelson

Contributor

Rounding the horn is meant to describe the event where a ship goes beneath Cape Horn at the southern tip of South America. Crossing from Atlantic to Pacific, or vice versa, is a perilous passage due to inclement weather and notorious williwaw winds, which are unexpected gusts that plunge from a mountainous coast to the

In 1520, a Portuguese explorer named Ferdinand Magellan was the first European to attempt the feat, losing a ship, the Santiago, in the process. He never actually rounded the horn as he discovered a passage, now known as the Strait of Magellan, which allowed his ships a safer passage from the Atlantic to the Pacific.

Any sailor who has rounded the horn is awarded the special allowance of placing an elbow on the table at a Naval Mess Dinner, an act that is normally frowned upon. Usually, it is a diner who coyly props an elbow on the table just as the President looks over the gathering, allowing for an admonishment which can be corrected by a glorious retelling of the special day when that diner had rounded the horn.

It should be noted how tales of the sea become more magnificent every time they are retold. The act of telling sea stories is often referred to as swinging the lamp, made about a lamp that might be slung from a deckhead and prone to swinging at sea. Folklore states that as the storyteller increases the embellishment of the story, the lamp increases its swinging.

An allowance for an elbow on the table is also made

for those who have transited the southern tip of Africa, denoted as the Cape of Good Hope, a treacherous point of land that lies just beyond Cape Town. Technically, a diner who has traversed Cape Horn and the Cape of Good Hope could put both elbows on the

There are many rules at a Naval Mess Dinner, none stricter than those involving toasts. Most importantly, no toast will be given until the Royal Sovereign is honoured. In the Navy, the loyal toast is given with

attendees seated, a custom practised since King William IV. He had served as a naval officer and experienced the discomfort of standing onboard a ship and hitting his head on a low beam. Thus, he authorized all naval personnel to toast him while seated. This practice is still carried out to this day, as long as neither the Sovereign nor any other member of the Royal Family is present, in which case the toast is given while seated only if the royal guest approves.

Once the loyal toast is complete, the Navy traditionally honours the day with a predetermined Toast of the Day: Monday, "Our ships"; Tuesday, "Our sailors"; Wednesday, "Ourselves"; Thursday, "Our Navy"; Friday, "Our nation"; Saturday, "Our families"; and Sunday, "Absent friends." The most junior member present usually gives the Toast of the Day, and the diners are ever watchful to be sure that an inexperienced person gets it right, even if the President at the dinner alters the day of the toast, as they occasionally do.

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









Respected First Nations Elder to address Defence Team



Peter MallettStaff Writer

The Defence Aboriginal Advisory Group (DAAG) and the MARPAC Health and Wellness Strategy team will hold an online presentation featuring Lekwungen Elder Butch Dick to mark the National Day for Truth and Reconciliation.

"We are incredibly fortunate to have Butch lead us through his own journey and incredible wealth of experience and expertise," said Rear-Admiral (RAdm) Christopher Robinson. "He is known for being a bridge-builder, making strong and lasting ties between the Indigenous and non-Indigenous people within this community."

The presentation by Elder Dick will be made exclusively via MS teams on Sept. 29 from 10 a.m. to 11:30 a.m.

Also known as Yux'wey'lupton in his Lekwungen name, Elder Dick is highly revered in Victoria's arts community, Royal Roads University, and as a master carver, educator, visionary guide, and knowledge keeper.

Elder Dick holds a vital role as a founding member of the Heron Peoples Circle, the Elders and Old Ones, whose guidance supports Indigenous engagement within Royal Roads University. He has more than 25 years of experience teaching Indigenous Art in Victoria-area public schools. He has also worked as an assistant university professor, a designer of the Indigenous education curriculum, and an advisor to government institutions.

"His wise ways advance the call for equality, justice and empathy in guiding not just Royal Roads University family but the whole community to carry forward his teachings in each person," said Claire Grant, MARPAC Health and Wellness Strategy Assistant.

Upon accepting his Honorary Doctor of Laws from Royal Roads University in November 2021, Elder Dick said the lessons he has taught his family members are echoed in the lessons he has taught many young people from the Lekwungen Nation and beyond.

"I have to create awareness in communities and these young minds that I'm working with, so they will respect First Nations people, and the culture and the language of songs and drumming, so when they grow up they will say 'I remember that'," he said.

RAdm Robinson is encouraging all Defence Team members to log in with the information provided below and join the discussion:

- Visit teams.microsoft.com
- Meeting ID 287 978 897 272
- Passcode: XDPkh5

Naval Warfare Officers discuss gender at Peru symposium

Peter Mallett

Staff Writer

Two Canadian Naval Warfare Officers represented the Royal Canadian Navy (RCN) in Lima, Peru, at the Navies of the Americas Junior Officer Symposium, Aug. 21 to 28.

Sub-Lieutenant (SLt) Luisa Aranda, HMCS *Calgary* Naval Warfare Officer (NWO), and Lt(N) Jessica Tassot, Senior Naval Warfare Officer of the Naval Reserve (NAVRES) headquarters in Quebec City, made a presentation on behalf of the Royal Canadian Navy's Defence Women's Advisory Organization (DWAO) on gender equity in the RCN.

"Participating in this symposium was truly a great honour and one of the greatest experiences I've had as a member of the Royal Canadian Navy," said SLt Aranda. "We learned about the culture, naval equipment, and resources of the host country and I could see and learn from strong young women from around the world."

Simposio Internacional de Oficiales de la Nueva Generacion de las Armadas de America (SIONGA) was hosted by the Peruvian Armed Forces. It also included delegates from Argentina, Bolivia, Chile, Germany, the Republic of Ireland, Italy, Mexico, and the United States.

The Canadian sailors were joined in their presentations by delegates from the Spanish Navy (Armada Española), the German Military Police, the Defence Forces of Ireland, and a civilian researcher from the United States.

"The key points we shared were that the Canadian Armed Forces is an inclusive organization; women can do any job in the Forces and all are treated with the same respect," said Lt(N) Tassot, a Regular Force member of 12 years. "The audience was very receptive, and not just the Peru delegation but many others were surprised, and some envious that women have access to all trades and maintain a work/life balance."

The focus of SLt Aranda's presentation was an extensive discussion on parental and pregnancy leave policies and their impact on careers and the training process.

SLt Aranda, 27, was born in Veracruz, Mexico, and immigrated to Montreal with her family in 2006. A graduate of the Regular Officer Training Program at Royal Military College (RMC), she joined the Navy in 2017. After graduating in 2021, she joined Maritime Force Pacific (MARPAC) and HMCS Calgary in Apr. 2022.

SLt Aranda said Lt(N) Tassot was one of the first female NWOs she had ever met and working with LT(N) Tassot provided her with an excellent mentorship experience. She said one of her primary responsibilities during the Symposium was acting as a translator for Lt(N) Tassot while offering some input about her experiences as a female member of the RCN.

SLt Aranda and Lt(N) Tassot also participated in several activities and engagements while in Peru. These included a tour of Peru's Naval Aviation School in Pisco, Peru's Coast Guard Operations Command Centre, Marine Industrial Services and Antarctic scientific research vessel B.I.C. Carrasco, and sailboat training in Callao. Following the Junior Officer Symposium, delegates were given a tour of Lima with Peru's Rear-Admiral Luis Del Carpio Azalgara.

SLt Aranda says she was surprised to be selected for the Symposium since most of the other delegates had ten or more years of experience, including Lt(N) Tassot.

"Being selected and taking part in the Symposium was very inspirational to me and the [professional] connections I made in Peru with people around the world will last forever," she said. "It didn't matter their language, culture or where they came from, each one of them gained my full attention and respect by also being young women in the Navy."



Sub-Lieutenant Luisa Aranda, HMCS Calgary Naval Warfare Officer, sits in the CT114 Tutor aircraft also known as "Snowbirds". Photo: Sub-Lieutenant Luisa Aranda



Lieutenant (Navy) Jessica Tassot, Senior Naval Warfare Officer, sits in the back of an aircraft with a German officer during the visit to the Peruvian Naval Aviation



HMCS Vancouver begins Operation Neon deployment



HMCS Vancouver makes its approach on United States Naval Ship Yukon for a Replenishment-at-Sea on Aug. 23 off the coast of Guam during Operation Projection.

Photo: Sergeant Ghislain Cotton, Canadian Armed Forces

National Defence / Canadian Armed Forces

His Majesty's Canadian Ship (HMCS) *Vancouver* commenced Operation (Op) Neon on Sept. 20.

This is the seventh time the Canadian Armed Forces (CAF) deployed in support of Op Neon since 2018.

"Following our successes on Op Projection, the crew of HMCS *Vancouver* is proud to begin our duties on Op Neon," said Commander (Cdr) Kevin Whiteside, Commanding Officer of HMCS *Vancouver*.

Op Neon is Canada's contribution to monitoring United Nations Security Council (UNSC) sanctions designed to pressure North Korea to abandon its weapons of mass destruction programs. During the mission, the CAF aims to identify suspected maritime sanctions evasion activities, particularly ship-to-ship transfers of fuel and other commodities banned by the UNSC resolutions. In April 2021, the Government of Canada extended the mission until the end of April 2023.

Cdr Whiteside said his team looks forward to working with partners and allies in the region to support the UN Security Council's sanctions.

"This contribution bolsters the integrity of the global sanctions regime against North Korea, enhances regional peace and stability, and supports the rules-based international order," he said.

HMCS Vancouver has been deployed alongside HMCS Winnipeg on Op Projection since August. During Vancouver's deployment under Op Neon, the ship will also exercise Keen Sword with the United States military, Japan Self-Defense Force, and Kadex with the Japan Maritime Self-Defense Force.

The ship is deployed with a CH-148 Cyclone helicopter, which augments the monitoring capabilities of HMCS *Vancouver*. An RCAF CP-140 Aurora long-range patrol aircraft is scheduled to deploy next month on Op Neon with the crew and supporting personnel to operate out of Kadena Air Base in Okinawa, Japan

Japan.

"A key objective of the Canadian Armed Forces is a stable, free, open and inclusive Indo-Pacific, which North Korea's pursuit of ballistic and nuclear weapons technology puts at risk," said Vice-Admiral Bob Auchterlonie, Commander of Canadian Joint Operations Command. "Our presence here shows our dedication to the preservation of peace and security in this region and across the globe."

HMCS Vancouver navigates Taiwan Strait en route to OPERATION NEON



Kateryna Bandura

Lookout Editor

Following a recent port visit in Manila, Philippines, HMCS *Vancouver* sailed through the waters of the Taiwan Strait on Sept. 20, along with the destroyer USS *Higgins*, on its way into Operation (Op) Neon's area of operation.

"Today's routine Taiwan Strait transit demonstrates our commitment to a free, open and inclusive Indo-Pacific," Defence Minister Anita Anand said in a statement. Anand said that, as a Pacific nation, Canada was deeply committed to upholding global stability and prosperity in the Indo-Pacific region.

Canada's sanctions enforcement mission against North Korea, known as Operation Neon, began in 2018 and was extended last year until the end of April 2023. Canada and the U.S. sailed warships through the Strait in mid-October of 2021.

This sail was done in full accordance with international law, including high seas navigation rights as outlined in the UN Convention on

the Law of the Sea (UNCLOS). The trip through the Strait takes eight to 12 hours.

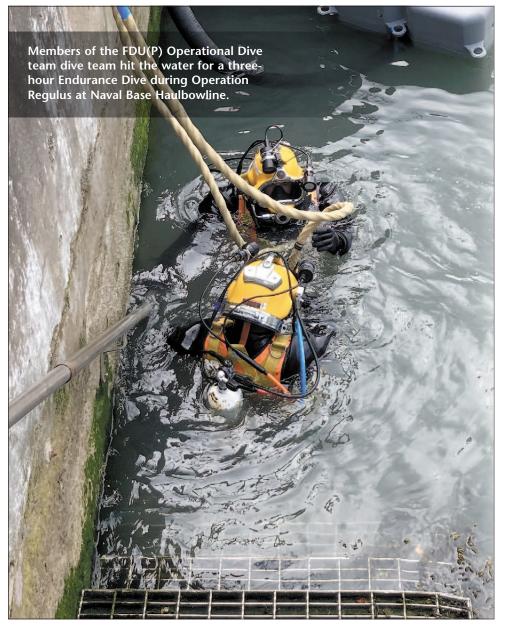
The U.S. Navy reinforced that message in a statement posted on its Seventh Fleet website.

"The ships transited through a corridor in the Strait that is beyond the territorial sea of any coastal State," it said. "Higgins' and Vancouver's transit through the Taiwan Strait demonstrates the commitment of the United States and our allies and partners to a free and open Indo-Pacific."





Members of Fleet Diving Unit (Pacific) gather for a group shot with their team members of the Irish Naval Service during Operation Regulus at Naval Base Haulbowline in Cork County Ireland. The five-week equipment training course focused on 50 m Surface Supplied Diving Equipment. Photos: FDU(P)



PACIFIC CLEARANCE DIVERS take a plunge with the Irish navy



Peter Mallett Staff Writer

Three Royal Canadian Navy (RCN) Clearance Divers (two from Esquimalt and one from Halifax) took the plunge at an Irish Navy base to clear out the mud bottom of a shallow diving camber.

The exercise was part of the first-ever diving course hosted by the Diving Section of the Irish Naval Service (NSDS).

"The purpose of the exchange was to provide Fleet Diving Unit (FDU)'s junior Clearance Divers with experience of integrating with a foreign dive team, learning their techniques and procedures in Surface Supplied Breathing Apparatus (SSBA) diving, and reinforce the professional diving relationship the RCN has with the Irish Naval Service," said Lieutenant (Navy) Jesse Deason, Fleet Diving Unit (Pacific) (FDU(P)) Operational Dive Team Leader.

Sailor First Class (S1) Cole Lisowski and S1 Calvin Kuah of FDU(P), and S1 Michael Butt of the Fleet Diving Unit (Atlantic), wrapped their instruction in a five-week equipment training program, hosted by the NSDS under Operation Regulus, on Sept. 16 at Naval Base Haulbowline.

The course focused on Surface Supplied Diving Equipment. The trio was instructed on NSDS procedures for its SSBA system, hydraulic tools, and dredging operations used by Irish divers. Six Irish Naval Service members instructed the students, including a Naval Warfare Officer, a Stoker, and four Boatswains.

S1 Kuah said this instruction was highly beneficial in his development as a Clearance Diver.

"We had to learn to be flexible and adapt to their techniques and procedures," he said.

S1 Kuah noted his team was familiar with the SSBA equipment, but the training helped him understand how the NSDS uses it to conduct operations.

SSBA is a diving method that supplies breathing gas from the surface to the divers at the required pressure for the depth. The air they breathe is delivered via an umbilical from equipment at the surface. FDU members commonly use this to do underwater salvage and repair work.

With safety procedures and communication with those at the surface of utmost importance, the divers practiced descending until reaching a maximum of 50 meters sea water (msw).

They descended to the bottom of the sea floor hand-by-hand, using a thick cable with a weight on its end. The procedure was of particular interest to S1 Lisowski.

"Diving to these depths involved a great deal of critical safety instruction," he said. "We had approximately 10 minutes to get down to 50 metres, but we couldn't just 'rocket down' the shot line because we had to be ready to return to the surface if any equipment malfunctioned or health problems developed."

He added their way back up was also a controlled ascent, with many stops at various depths.

"This was to allow our bodies and bloodstream to off-gas a buildup of nitrogen and to prevent decompression sickness," S1 Lisowski explained.

The final week of their exchange consisted of instruction in proper procedures for using various tools, such as the Broco Underwater Cutting Tool, underwater hydraulic tools, and a new SSBA panel. The self-contained panel contains six high pressure air cylinders, digital technology that logs their dives, a built-in depth gauge, and in-water cameras. It is compact and portable, and allows dive teams to conduct SSBA on any platform carrying the panel.

S1 Lisowski noted the sharing of knowledge and information between the RCN and NSDS is a twoway street - FDU(P) has previously hosted Irish military personnel on its Clearance Diver courses for a number of years.

"This exchange was a great opportunity, and, hopefully, we see a return of Irish sailors to our Clearance Diver's course," he said.

The RCN's FDU is currently amidst an internal recruiting drive within the Canadian Armed Forces. For more information about becoming a Clearance Diver, contact Master Sailor Mark Littler at GoClearanceDiver.gc.ca



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A young girl sits in a Base firetruck as part of the Base Fire display.

DEFENCE DÉFENSE L'ACUAI

The Royal Canadian Navy hosted its Defence on the Dock event for the first time since the beginning of the

The annual event, held since 2017, kicked off on Sept. 17 at Ship Point in the Inner Harbour. It provided an opportunity for civilians to get a small taste of life in the Navy and to connect with members of the Defence

Captain (Navy) Jeff Hutchinson, CFB Esquimalt Base Commander, said he hopes officers showing their talents to the public will help recruit more members.

"There is no better ambassador for what we do than the people that actually do it," Capt(N) Hutchinson

Base Fire Rescue member meets with families during the Defence on the Dock event.

This year, Defence on the Dock featured Canadian Armed Forces members showing how they navigate through smoke, climb through sea containers, and operate bomb disposal robots.

The open house-style event had something for everyone to learn about and enjoy: boat rides around the Harbour, military band performances, a bird's-eye view of Victoria from a navy supply crane, ship tours, and

Representatives from the Canadian Army, the CFB Esquimalt Fire Department, and the military police also attended the event.

For more information about careers in the Royal Canadian Navy, visit www.forces.ca/en/careers









Photos: Sailor First Class Valerie LeClair, MARPAC Imaging Services

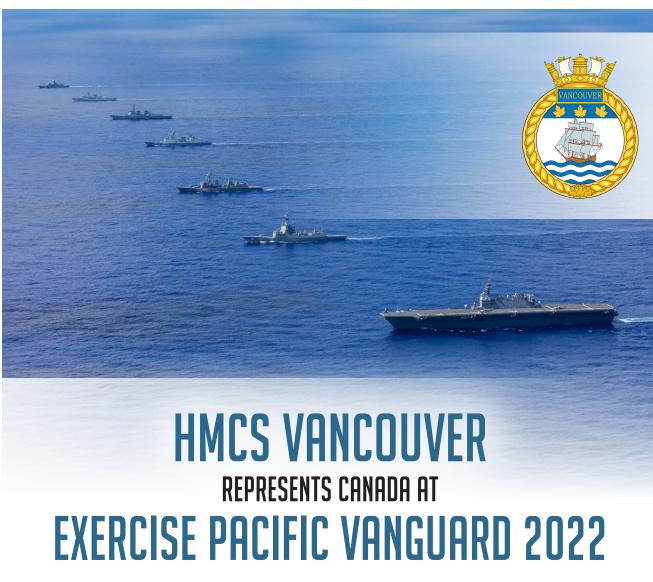












Lt(N) Michelle Scott HMCS Vancouver PAO

or the first time since its inception in 2019, Exercise Pacific Vanguard saw the participation of a Royal Canadian Navy vessel, HMCS *Vancouver*.

"This exercise, while deployed on Operation Projection, proved to be an excellent chance to integrate with like-minded regional partners and hone our warfare skills before moving deeper into the Op Projection theatre of operations," said Lieutenant (Navy) Sebastian Harper, HMCS *Vancouver's* Operations Officer.

The Japanese Maritime Self-Defense Force hosted the annual exercise off the coast of Guam from August 20-29. It was an opportunity for participating nations to strengthen their skills in maritime operations such as air and anti-submarine warfare. Other participating navies included Australia, the U.S., the Republic of Korea, and Japan.

During the week-long event, *Vancouver* conducted a live-fire exercise with its 57 mm gun and tested the skills of the Operations team in an antisubmarine warfare serial. Officer-of-the-Watch manoeuvres saw the Naval Communicators, Bridge Watchkeepers, and Helms Team working together to receive and decode tactical signals for advanced formations, and executing those close to five other ships.

Vancouver, fresh off its successful participation in Exercise Rim of the Pacific (RIMPAC) 2022, is operating in the Indo-Pacific region as part of its six-month deployment on Operation Projection, conducting forward naval presence operations and cooperative deployments. The ship will also support Operation Neon, Canada's contribution to implementing United Nations Security Council sanctions against North Korea.

Pacific Vanguard is just one of many follow-on exercises *Vancouver* participates in throughout its deployment before an anticipated return to Esquimalt in December.



Commander RCN announces winner of coin design contest

I am thrilled to announce that Chantelle Klassen of Naval Personnel and Training Group is the winner of the first Commander Royal Canadian Navy (RCN) challenge coin contest. The judges chose this entry out of 29 submissions from members of the RCN family across the country.

Chantelle's entry was selected for its creativity and simplicity, and I was struck by the fact that it picked up on the imagery used in the RCN Code of Conduct. In essence, Chantelle's work represents who we are as a naval community.

Her unique design features the naval compass rose cut out of the traditional round coin. The RCN crest is on the front of the coin. Three maple leaves, signifying the rank of vice-admiral, are on the back, along with the RCN's motto, "parati vero parati," Latin for Ready Aye Ready.

Know that the competition was fierce! And, keeping that in mind, I would like to take a moment to speak directly to every one of the entrants. Thank you for your submissions. The unique approach each of you took showcased the incredible talent that is resident within our sailors and RCN family. It is obvious that each of you put in an incredible amount of work and effort into your submissions.

The selection process itself was not easy. It was overseen by a diverse panel made up of non-commissioned members and a civilian employee, and led by RCN Master Sailor Maude Lauzon. Submissions were reviewed anonymously so the selection was based solely on design. The top five entries were submitted to Admiral's Council earlier this summer. Deciding amongst these was incredibly difficult as each submission was strong on its own merits. However, after much discussion and careful review, Chantelle's design was chosen as the winning entry.

The Admiral's challenge coin is given as a token of appreciation and recognition. I am pleased that so many of you took part in this competition and I am delighted to have a unique coin that was designed by one of our own. I look forward to using this new coin to recognize the hard work and dedication of those who go above and beyond in contributing to the success of Canada's fighting force at sea.

Yours Aye, Vice-Admiral Angus Topshee Commander Royal Canadian Navy

> Chantelle Klassen's winning entry in the first Commander Royal Canadian Navy challenge coin contest.



The new Commander Royal Canadian Navy challenge coin was designed by Chantelle Klassen from Naval Personnel and Training Group.







Randall Garrison, MP

50-2 Burnside Road West, Victoria BC V9A 1B5

Drop-In: Wednesdays 11am-2pm or contact us for an appointment

250-405-6550 Randall.Garrison@parl.gc.ca www.RandallGarrison.ndp.ca



We hope everyone in the Defence community had a wonderful Military Family Appreciation Day!

Military Family Appreciation Day is a day for all Canadians to thank military families for their endless sacrifices and support. It is also a day for Canadian Armed Forces members to thank their own families for everything they do to support.

Typically, Military Family Appreciation Day is marked on the third Friday of September. Due to the Queen's passing this year, the celebrations were postponed to the following week, recognized on Friday, Sept. 23.

In light of the Day, Jackie Carlé, Executive Director of Esquimalt Military Family Resource Centre, issued the following:

"Military-connected families are always so grateful the community recognizes their contribution to Canada's peace and well being.

They are on the home front enabling our military members to perform their duties at home and abroad. They are professionals working in our community, they are volunteers contributing to great causes and they are supporting their loved ones through deployments, relocations and all that military life entails.

They are the sons and daughters of military members who adjust to the rigours of their parents military duties.

They pull together and support one another, they learn to embrace change, they are resilient and wise enough to reach out for support when it is needed. It is so great to have a day to honour these unsung hero's."

~ Jackie Carlé, Executive Director, Esquimalt Military Family Resource Centre



'From shop floor to top floor' and beyond - The Sky's No Limit!



Kateryna Bandura Lookout Editor

What began as a small Aviation event in Yellowknife, Northwest Territories, has since evolved into the world's largest diversity outreach event of its kind in Aviation, Aerospace, Marine and Defence.

"Our unique, hands-on outreach events have directly touched the lives of over 121,300 participants, and 11,956 women and girls of all ages have experienced the magic of first flight in a small aircraft," said Kirsten Brazier, B.C. pilot and President of Achieve Anything Foundation.

The Sky's No Limit – Girls Fly Too! 2022 is a gender diversity outreach initiative founded by Brazier in 2012 and has been hosted by the

Abbotsford International Airport in Abbotsford, B.C., since 2015. This year's event will be held on Oct. 1-2, during the week of International Day of the Girl, a Canadian-driven UN observance.

The initiative is part of the Achieve Anything Foundation, which aims to improve gender and cultural diversity in high-tech STEM fields. Brazier said Sky's No Limit – Girls Fly Too! aims to awaken new interests by providing women and girls of all ages with fun, interactive, and hands-on introductions into STEM fields.

"Our events, including the introductory flights, are always free to ensure there are no barriers to participation," Brazier said.

The signature annual event honours past, present and future female leaders from shop floor to top

floor in Aviation, Aerospace, Marine and Defence.

The Sky's No Limit – Girls Fly Too! 2022 initiative will also include hands-on assets from the Canadian and U.S. militaries, representatives from the Coast Guard, Royal Canadian Mounted Police, Canada Border Services Agency, various municipal police and fire, search and rescue, and representatives from Aviation, Aerospace, Marine and Defence.

The event will see ten turbine helicopters donated each day by individuals and businesses, totalling over \$230,000 worth of flight time, to put women and girls in the air for the first time.

"Our events employ a unique, hands-on approach to pique the interest of our target audience, create a network of experience and raise awareness of new possibilities," Brazier said.



The free flights are reserved for girls and women of any age who haven't flown in a small aircraft before.

For more details, including how to earn the opportunity to fly, please visit www.girlsfly2.ca/events.html

Volunteers age 15 and up of any gender are welcome to apply at

www.achieveanything.ca/volunteer.html

AN EXCITING OPERATION

This IS You! event is coming up soon: Day Sail on a Warship with the Royal Canadian Navy. Visit www.achieveanything.ca/thisisyou.html for more info

MEET THE DIRECTOR OF THE NAVAL MUSEUM OF ALBERTA

Eric Kahler has been the Director of the Naval Museum of Alberta (NMA) for five years. He is a naval veteran with over 41 years of service. Bradley Froggatt is the museum's Curator and has been with the NMA for over seven years. He has more than 25 years of naval service.

Lookout staff

What can you tell us about the NMA?

At the NMA, you will learn about naval history in Canada, the service, the sailors, and the ships that were sailed for over 100 years.

The NMA is an accredited Canadian Armed Forces (CAF) museum that initially opened in 1988 at Naval Reserve Division (NRD) HMCS *Tecumseh* to tell the story of the Navy in Canada and the Naval Reserve in Alberta. Four other Naval Museums are located in Halifax, Quebec City, Esquimalt, and Winnipeg.

In October 2008, the Naval

Museum moved to its current location, where it was re-commissioned as part of The Military Museums (TMM). TMM is a marvellous modern complex that houses six other museums from regiments within the Canadian Army and Royal Canadian Air Force, in addition to the NMA.

Why is the NMA so important?

We tell the story of prairie sailors and the ships named after prairie cities. People are always surprised to find a naval museum in Calgary, where we are over 1,200 kilometres from the ocean. It is essential for all citizens, espe-

cially youth, to know their nation's heritage and appreciate military history. Because this history is significant on all days, not just Remembrance Day, we also provide programs for local schools to participate in throughout the year. What are some of the high-

The NMA has over 5,000 artifacts and retains the complete collection of major ship weapons systems in Canada, including large naval guns, ship countermeasure systems, anti-submarine mortars, missiles, and target drones. We have detailed models of all three

lights of the NMA collection?

versions of HMCS Calgary.

Highlights include a replica of a Second World War ship's wheelhouse, a corvette bridge, three naval aircraft that flew off of HMCS Bonaventure, including one of only three Banshee Naval jet fighters left in the world, a working periscope from the submarine HMCS Ojibwa, and an anchor from HMCS Protecteur. The NMA also proudly exhibits one of the enemy's original Enigma machines used during the Second World War to encrypt messages sent between and to U-boats at sea.

There is an extensive collection of archives, artifacts, and photographs related to Canadian naval and maritime history co-located in the custody of the University of Calgary Library and Archives.

Where can we visit the museum and when is it open?

The museum is located at 4520 Crowchild Trail in South West Calgary and is open seven days a week from 0900-1700 hrs. A graded entrance fee scale based on age tops out at \$15 per adult. Family rates are available. Veterans and serving CAF members are admitted free.

A virtual tour of the museum is available at valourcanada.ca/vr/navalmuseumofalberta

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Bright, open concept garden suite for rent in View Royal. Own driveway and private ground-level entrance. Carpet in lvrm, laminate in kitchen, tile in bath. Approximately 700ft², hydro & WiFi incl, shared laundry. Located close to the 4 Mile Pub, Thrifty Foods, trails & beaches. Best suited for single occupancy. \$1,500, no smoking or vaping please! Call or text Rob 250-818-8294.

Available October 15, a 3 bedroom + office, 1,600ft² family (upper) home in a wooded, private and quiet area in central Metchosin. Large kitchen, ensuite off the main bedroom. Newly installed heat pump. \$3,200 + utilities. Recently updated, professionally separated into two legal homes with own entrances, electrical meters, internet, laundry. The second suite will be rented separately and will be available later in October. Contact Steve 250-812-5439.

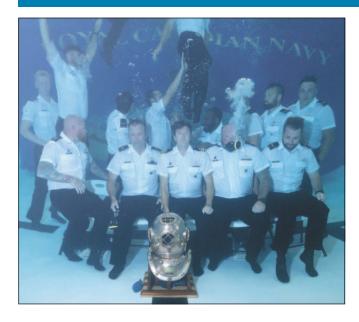
EMPLOYMENT

Esquimalt United Church is looking for a custodian on a contract basis. The contract provides for up to 8 hours of cleaning/work per week at an hourly rate commensurate with the successful applicant's experience. For a complete contract description and list of duties please email esquimaltunited@shaw. ca. You will need to provide a recent Criminal Record Check.





Behind the scenes and under water



Final photo right:
Front row (L - R): Petty
Officer First Class (PO1)
Ryan Burrell, QL 5A
Instructor; Chief Petty
Officer Second Class Vince
Gouthro, Training Chief;
Lieutenant (Navy) Demetris
Mousouliotis, Training
Officer; PO1 Adam King,
CLDO Instructor; Sailor
First Class (S1) Pat Kory,
Assistant Instructor.

Back Row: S1 S. Phillips, S1 J. Hines, S1 C. Betts, S1 E. Patterson, S1 A. Castagna, S1 P. Daigle, S1 T. Forbes, S1 W. Chisan, S1 J. Khayat, S1 R Knutson.

Kateryna Bandura

Lookout Editor

Graduates and instructors of the most recent Clearance Divers and Clearance Diving Officers class at Fleet Diving Unit (Pacific) (FDU(P)) memorialized their graduation with an underwater photo shoot.

"The course photo is definitely a memorable event that everyone enjoys," said Lieutenant (Navy) Demetris Mousouliotis, Operations Officer at FDU(P).

In the past 12 months, the divers worked together in all kinds of weather conducting diving, salvage, and explosives training.

After graduating on Sept. 8, they have been posted either to FDU(P) or Fleet Diving Unit (Atlantic).

The group used the welding and cutting skills they learned on course to create a statue of a Kraken that has been installed on the FDU(P) grounds. This earned them a course nickname 'Kraken'. The statue now looks over the training area.

Lt(N) Mousouliotis said the photo setup was challenging but also a lot of fun.

"These photos are put up in the training building to memorialize the courses over the years," he said.

The photo was taken by Sailor First Class (S1) Valerie LeClair, an Imagery Technician

at Maritime Forces Pacific/Joint Task Force (Pacific). S1 LeClair is a qualified Ship's Team Diver in the Canadian Armed Forces and previously worked as a Port Inspection Diver in the Naval Reserve.

S1 LeClair said the final image is at least five images put together.

"They really wanted no bubbles in the image which was quite hard to manage," she said

The image took three tries of setting up.
The instructors in the front row would
get situated first. Then she would set the
flash off for the rest of the course to
jump in and place themselves behind the
instructors.

She used CABA Lite dive gear while the group held their breath.

Lt(N) Mousouliotis said the staff had the hardest time because they had to breathe compressed air and try not to float back up to the surface each time they took a breath underwater. The instructors had regulators under their chairs to take a breath while getting situated until the students jumped in.

Once everyone was in place, S1 LeClair would snap the photo as quickly as possible.

"It was a time-consuming post-processing image, but I managed to get all eyes open and most bubbles edited out in the final export," she said.

RNSA 2022 – HONOURS FOR "ORIOLE" AT MESS DINNER

Calling all Orioles!

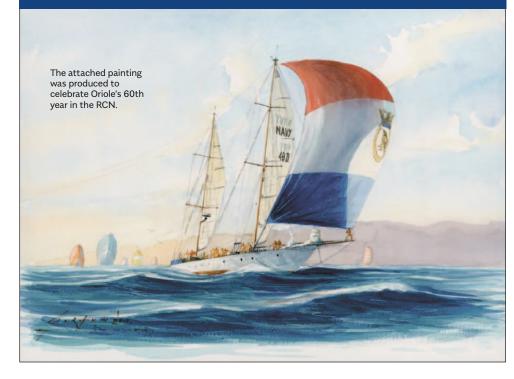
The Royal Naval Sailing Association (RNSA) will hold its annual Naval Mess dinner on Oct. 15 at the Royal Vancouver Yacht Club. Rear Admiral Christopher Robinson will be the guest of honour.

While the dinner will celebrate the accession of King Charles III, it will also recognize, belatedly, the 100th birthday of HMCS Oriole. Oriole's birthday was last year, but the RNSA's mess dinner was cancelled due to the ongoing pandemic.

The RNSA invites past 'Orioles' to attend this year's event and delight the guests with stories of 'The People's boat'.

Oriole is missed on this coast, but we know she continues to give fine service and is continuing to train our future officers.

If interested, please contact john@johnhorton.ca.





or call toll-free 1-844-602-5737

DRSJOSLIN.MORIN@SHAW.CA

f /CollinsLaurel

as required

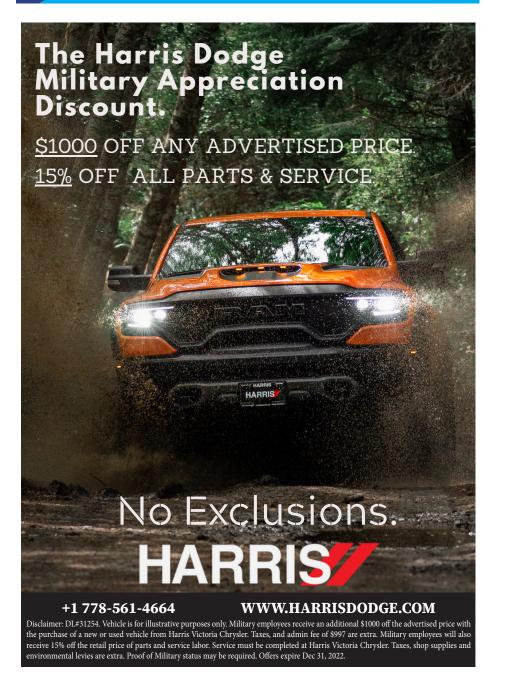
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National Day for Truth and Reconciliation and Orange Shirt Day



ORANGE SHIRT DAY

Orange Shirt Day is an Indigenous-led, grassroots, commemorative day that honours the children who survived residential schools and remembers those who did not. This day relates to the experience of Phyllis Webstad, a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation, on her first day of school, where she arrived dressed in a new orange shirt, which was taken from her. It is now a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to raise awareness of the very tragic legacy of residential schools, and to honour the thousands of Survivors.

"This orange shirt taken from one child, is a symbol of the many losses experienced by thousands of students, and their families and communities, over several generations including: loss of family, language, culture, freedom, parenting, self-esteem and worth and painful experiences of abuse and neglect. Wearing orange shirts are a symbol of defiance against those things that under- mine children's self-esteem, and of our commitment to anti-racism and anti-bullying in general."

www.orangeshirtday.org

<u>Visit: #OrangeShirtDay Facebook page</u> <u>and add your photos</u> <u>www.facebook.com/orangeshirtdayeverychildmatters</u>

NATIONAL DAY FOR TRUTH AND RECONCILIATION

The National Day for Truth and Reconciliation honours the survivors of the residential school system, their families, and communities. This public commemoration is a vital part of the reconciliation process in Canada as it deepens our collective awareness of this history and ensures ongoing reflection across the country for years to come.

The National Day for Truth and Reconciliation will mean different things to different people, though we will be united in the act of reflection. This is an important moment to honour the memories of survivors, who were harmed by horrendous abuses at residential schools, and their families, who have suffered inter-generational traumas.

This is also a time to commemorate those who did not survive. For all of us, it will be difficult to acknowledge and sit with the truths of the past and its enduring impact on our society.

Text from A Message for the National Day for Truth and Reconciliation | Canada Council for the Arts

LEARN MORE:

Legacy of Hope www.legacyofhope.ca Reconciliation of Canada https://reconciliationcanada.ca

"A place to honour and pay our respects"



Meet Shae Clutesi, Client Services Provider at the Base Commander's (BComd) office, MARPAC Civilian Co-Chair of the Defence Aboriginal Advisory Group (DAAG), and member of the MARPAC Health and Wellness Team.

Born and raised on the Traditional Territories of the Nuu-Chah-Nulth, in Port Alberni, BC, Shae is an off-reserve member of the Tseshaht First Nation and identifies as a First Nations woman.

"In considering what Truth and Reconciliation (T & R) means to me, I view it as a multi-dimensional, organic, living, breathing source for all Canadians to take part in, to learn about and to heal from. T & R provides the citizens of Canada with awareness of the residual devastation Indigenous people have endured over time due to appropriation

and it allows people of all walks of life to take action, by whatever means they can. T & R sheds light into the lives of Indigenous peoples like we have never

seen before – we hear Indigenous peoples' stories and we are given a chance to learn about what happened and why. Finally, we can begin to clearly understand and treat the complex issues that have existed between Indigenous and non -Indigenous peoples for far too long. My beloved, late grandfather, George Clutesi, was a residential school survivor and was the first Indigenous activist in Canada brave enough to educate, share and officially introduce Indigenous culture to Canadians from the 1950's until his death in 1988. I truly believe that, not only would my grandfather have been in great favour of T & R, he would have definitely played a part in its conception, had he been alive today.

On a national scale, T & R gives us all a place to honour and pay our respects to the truths of the wounded and/or lost lives that never had a chance to be honoured or respected. Essentially, I see T & R as an action of love - it is love, support, a voice, strength and courage for Indigenous peoples and their families to be seen and heard, to be understood or better understood and, most of all, to heal."

Local Resources:

https://www.victoria.ca/EN/main/city/reconciliation.html

National Links:

Reconciliation Canada - Namwiyut, We Are All One Reconciliation Canada https://reconciliationcanada.ca

NCTR - National Centre for Truth and Reconciliation https://nctr.ca

National Day for Truth and Reconciliation

https://www.canada.ca/en/canadian-heritage/campaigns/
national-day-truth-reconciliation.html



National Day for Truth and Reconciliation

We honour the Survivors and children who never returned home from residential schools along with their families and communities.

The Township of Esquimalt is within the Traditional Territories of the Esquimalt and Songhees First Nations.



Mural: Re-emergence of the Lifebringers by Marianne Nicolson