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LOOKOUT

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

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HMCS WINNIPEG OPERATION PROJECTION

Royal Canadian Navy frigate HMCS Winnipeg's crew conduct an Executive Officer's Delights pertaining to a fire and crash on deck to keep personnel trained and ready during Operation Projection while sailing in the Malacca Strait on Sept. 21. Read about Fire Prevention Week on page 2 of this issue.

Photo: Sailor First Class Melissa Gonzalez, Canadian Armed Forces Imagery Technician

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What is your alarm telling you?

SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call **9-1-1**, and stay out.
- A single “chirp” every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call **9-1-1** and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have “end of life” sounds that vary by manufacturer. This means it’s time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities.

Some tips:

- ✓ Install a bedside alert device that responds to the sound of the smoke and CO alarms. Use of a low frequency alarm can also wake a sleeping person with mild to severe hearing loss.
- ✓ Sleep with your mobility device, glasses, and phone close to your bed.
- ✓ Keep pathways like hallways lit with night lights and free from clutter to make sure everyone can get out safely.

Hear a Beep, Get On Your Feet!

Get out and stay out! Call 9-1-1 from outside.



Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire unit if it's over 10 years old. If you don't remember how old the unit is, replace it!

For fire safety tips, visit firepreventionweek.org and sparky.org
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Exercise Viperfish: simulation tests readiness of medical team

Peter Mallett
Staff Writer

The Helicopter Pad of the Fleet Diving Unit (Pacific) (FDU(P)) in Colwood became a scene of fictitious submarine search and rescue (SUBSAR) incident which resulted in simulated mass-casualties on Oct. 4.

In a made-up scenario titled Exercise Viperfish, a large fishing net near Port Renfrew entangled a disabled submarine's turbines, causing the sub to lose buoyancy and sink 170 metres to the ocean floor.

Base Flight Surgeon Lieutenant-Commander (LCdr) Ian Kirby of Canadian Forces Health Services (Pacific) (CF H Svcs (P)) said the exercise was vitally important to the readiness of his medical staff.

"It is a great opportunity to troubleshoot potential problems with the divers and submariners managing important parts of the kit such as [decompression] equipment," LCdr Kirby said. "It also allows us to apply our medical concepts on a new platform which we could potentially use in a real scenario."

LCdr Kirby, Medical Exercise Director for Exercise Viperfish, was responsible for designing the scenario and planning the execution.

A crew of 59 submariners acted as casualties while the medical response team of 60 military personnel, including CF H Svcs (P) and the Canadian Submarine Force (CANSUBFOR), orchestrated a response.

All required equipment to respond to the SUBSAR incident (Dive Special Equipment Vehicle, Medical Special Equipment Vehicle and all SUBSAR gear) was transferred on site by the Special Purpose

Vehicle section team from Transportation, Electrical & Mechanical Engineering (Base Logistics).

The medical equipment was highly typical of other mass-casualty scenarios and included standard medical and monitoring equipment, intravenous (IV) therapy, and various medical treatments. The most noticeable decompression equipment used was a hyperbaric chamber, operated by clearance divers from FDU(P). The technology uses pressurized oxygen to hasten the removal of excess nitrogen dissolved in body tissue.

Honorary Captain (Navy) Ross Brown of CF H Svcs (P) said exercises such as Viperfish boost the confidence of the medical team and the mindsets of soldiers they care for.

"It tells military personnel taking part as actors that the medical team is here for them," he said. "This builds confidence in the [soldiers] to complete their mission knowing the Canadian Forces medical system is behind them."

Sub-Lieutenant (SLt) Andrew Young of HMCS Corner Brook said Viperfish was a great trust-building exercise.

"They are stepping out of their comfort zone a little bit and so are we as submariners. It lets us know who they are and what they can do, and we know what to tell our shipmates in case of an emergency."

Young played a casualty with injuries, including a facial laceration, smoke inhalation, and hypothermia.

Colonel James Jonasson, Senior Medical Advisor for the Royal Canadian Navy, told the Lookout a similar exercise is being planned for next year in Halifax. He said the goal is to have Exercise Viperfish as an annual event.

A member of the Canadian Forces Health Services (Pacific) transports an emergency oxygen inhalator during Exercise Viperfish. All photos: Peter Mallett/Lookout



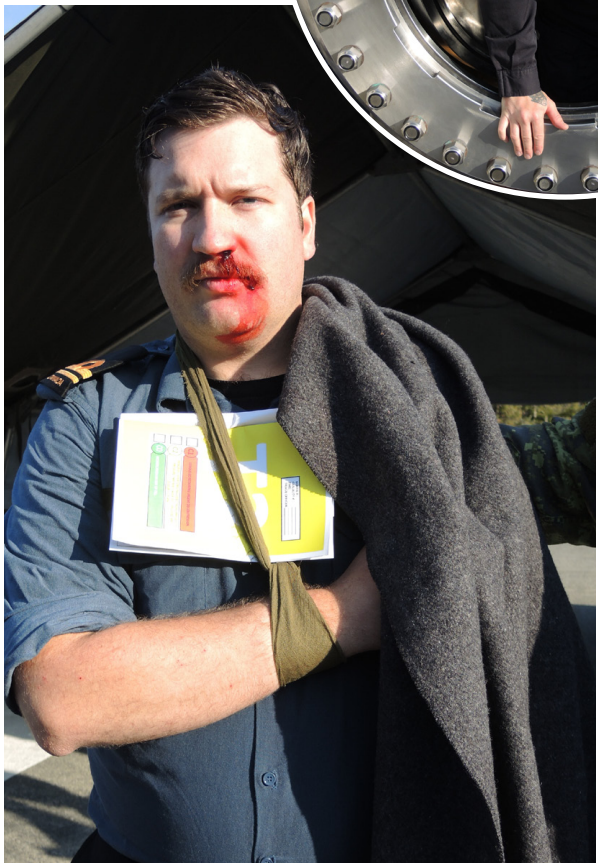
Inset: Sailor First Class Ralph Chamberlain, a casualty actor and sailor of HMCS Corner Brook, emerges from a hyperbaric chamber during Exercise Viperfish on Oct. 4. The hyperbaric chamber of the Fleet Diving Unit is used to combat decompression sickness by using pressurized oxygen to hasten the removal of excess nitrogen dissolved in the body tissue. The mass-casualty preparedness exercise involved the scenario of treating victims of a submarine accident.



Submariner Sailor Second Class Kyle Beecker of HMCS Corner Brook is examined during Exercise Viperfish.



A member of the Canadian Forces Health Services (Pacific) medical team examines a casualty actor and submariner from HMCS Corner Brook during Exercise Viperfish.



Casualty actor and submariner Sub-Lieutenant Andrew Young of HMCS Corner Brook is escorted from triage to a treatment tent during Exercise Viperfish.



(Left) Honorary Captain (Navy) Ross Brown, Vancouver General Hospital Surgeon and Canadian Forces Health Services (Pacific), discusses treatment of patients with medical staff during Exercise Viperfish.

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LookoutNewspaperNavyNews LookoutNavyNews

MANAGER

Jazmin Holdway 250-363-3372
Jazmin.Holdway@forces.gc.ca

EDITOR

Kate Bandura 250-363-3130
kateryna.bandura@forces.gc.ca

WRITER

Peter Mallett pkmallett@shaw.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com

Leslie Eaton 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING REPRESENTATIVE

Joshua Buck 778-977-5433
sales@forcesadvertising.com

EDITORIAL ADVISOR

Capt Jeff Klassen 250-363-4006

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DAVY JONES'S LOCKER

*"Under maritime law, flotsam may be claimed
by the original owner, whereas jetsam may be owned
by the person who discovers it."*

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

Some think of Davy Jones, a legendary name among mariners, as a sixteenth-century purveyor of spirits who was infamous for drugging sailors so press gangs might abduct them. A mythical personification of evil, Davy Jones's ghost now lies at the bottom of the ocean as a malevolent spirit to be feared by all who ply the sea. Thus, the name *Davy Jones* refers to a mythical 'sea devil'. There is some evidence the name might have been derived from 'Devil Jones' or possibly from the term 'Duffy' (ghost) of Jonah. Historically, the name was first used in 1700s literature penned by Daniel Defoe and Tobias Smollett. However, the legend of Davy Jones probably began much earlier.

In popular culture, Davy Jones might be better known as a character from a *Pirates of the Caribbean* movie or the name of a singer in the 1960s boy band, *The Monkees*. These references attempted to connect to the legendary Jones that superstitious sailors have learned to fear. The *Pirates of the Caribbean* franchise also refers to the *Kraken*, a feared entity of mythological lore. The name *Kraken* is derived from a Norwegian sea creature often described as resembling a giant squid. Of course, giant squids exist but do not attack ships, dragging them down to the sea depths. Or do they?

To a sailor, *Davy Jones's locker* often referred to that mythical place below the waves where all sunken ships, objects, or perished sailors lie. E.g., 'Bloggins' wallet went into the *oggin*, all the way down to *Davy Jones's locker*, meaning the wallet was now a permanent feature at the bottom of the ocean. *Oggie* or *oggin* is another way a sailor might refer to the sea. A word originating in the Royal Navy, according to John Irving's

book *Royal Navalese* (1946), the term *oggie* is derived from *hogwash*, another nickname for the sea.

The ocean bottom might also be described as the *deep six*, referring to the bottommost fathom of water below the ship, i.e., the last six feet. The act of deep-sixing an object is to toss it away, whether into the sea or not. E.g., 'Bloggins deep-sixed his old sea boots into the dockyard dumpster'.

Marine debris is often referred to as *flotsam* and *jetsam*. *Flotsam* describes items resulting from a shipwreck or accident and not deliberately thrown overboard. *Jetsam* describes items deliberately thrown overboard from a ship in distress, likely to lighten the ship's load. Under maritime law, flotsam may be claimed by the original owner, whereas jetsam may be owned by the person who discovers it.

To a sailor, general garbage is called *gash*, a combination of the words garbage and trash. On *civvie street*, the term *junk* loosely refers to garbage, but in a naval context, it refers explicitly to old ropes and rope ends. In a military context, an office waste bin is called *File 13*, or the *circular file*, easily reminiscent of something you'd find in a shore-based headquarter. Sailors might imagine more majestic happenings in these HQs, as they often refer to them as a *Puzzle Palace*, or *Crystal Palace*, in the case of National Defence Headquarters in Ottawa. Yes, it's true. Sailors do have an intriguing nickname for almost everything.

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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Tour de Rock's 25th anniversary ride team stops at CFB Esquimalt's Fire Hall on Oct. 7, one of the last stops. Photo: Douglas Young, POESB

Local firefighter spins the wheels for Tour de Rock

Kateryna Bandura
Lookout Editor

As the Canadian Cancer Society's Cops for Cancer Tour de Rock 25th anniversary ride made one of their last stops in Esquimalt on Friday, Oct. 7, one participant said it has been an amazing and emotional journey.

"I recognize the honour and privilege I have been given to represent the base community. The children and their stories really put my life into perspective," said Lieutenant (Lt) Josh Peterson with CFB Esquimalt Fire Rescue.

To help reach his goal of raising \$20,000 for the Canadian Cancer Society, Lt Peterson organized this year's Spinathon at CFB Esquimalt's Fire Hall on Sept. 22.

Along with former inspector Trent Edwards from Saanich Police Department, Lt Peterson rode a stationary bike for close to five hours straight, pushing his mileage to 100 kilometres.

"We were overwhelmed with the support, we raised over \$2,000," he said.



Donations came from base community members and will support Paediatric cancer research. The funds will also help send children to Camp Goodtimes, a summer and year-round recreation program in Vancouver for children and teens with cancer and their families.

Lt Peterson said he participated because many of his friends and family have been affected by cancer.

"This gave me an opportunity to fundraise for the children and be part of a large fundraising event," he said. "I think being away from families for so long is a challenge but having each other to lean on has made our experience a good one with memories we will remember forever."

Together with the Tour de Rock team, Lt Peterson biked 1,200 kilometres over two weeks along Vancouver Island, making over 210 stops at schools and community centres.

Now that the tour is complete, Lt Peterson said he looks forward to spending more time with his family.

"I am looking forward to life getting back to normal but I will miss the experience of Tour, it has been amazing," he said.

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10-17-22

'Pic' Your Pumpkin Contest!



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LOOKOUT



HMCS Margaret Brooke visits storm-ravaged towns on Newfoundland's south coast



HMCS Margaret Brooke's Lieutenant-Commander Kyle Aubrey, Chief Petty Officer Second Class Marc Larouche, Petty Officer Second Class Caroline Hamilton, and Captain Kevin Cameau listen to a resident of LaPoile, N.L., explain the damage caused by Hurricane Fiona. Photo by: Corporal Sarina Kuzma, Canadian Armed Forces Imagery Technician

Royal Canadian Navy Public Affairs

The ship's company of HMCS Margaret Brooke lent a helping hand to fellow Canadians on their way home from Operation Nanook in the Canadian Arctic.

"After suffering through that hurricane, the people welcomed us with open arms," said Lieutenant (Navy) Lisa Tubb, Public Affairs Officer for the ship. "You have no idea how wonderful it was – they lined the jetties and welcomed us like family."

The ship and its crew stopped at several small communities along the coast of Newfoundland and Labrador to conduct wellness checks in the wake of Hurricane Fiona. Tucked into coves and hugging the rocky coastline of Canada's easternmost province, these semi-isolated communities are only accessible by boat.

For Lieutenant-Commander (LCdr) Kyle Aubrey, Margaret Brooke's Executive Officer, connecting with these semi-isolated communities was a great reminder for everyone about why they chose to join the Navy – to protect and serve Canadians.

"Seeing their appreciation, even for just a visit to check in on how they were doing, made for a rewarding experience for the whole team," LCdr Aubrey said. "I'm so proud of our sailors for rising to the occasion and showing that the Margaret Brooke crew is second to none."

Crew members described the warm welcome they

received from the people of Francois, Grey River, Ramea, Burgeo and LaPoile, all located east of hard-hit Port aux Basques along Newfoundland's southwest shore.

"Newfoundlanders have been happy to see us!" said Petty Officer Second Class (PO2) Caroline Hamilton, Assistant Chief Boatswain Mate. "In some communities we have been the first people they have seen from outside following Hurricane Fiona. Sometimes they don't want to let us go!"

Once ashore, the crew took photos and notes of damage at the request of community leaders, sending the information back to Joint Task Force Atlantic in Halifax to coordinate any response required.

The damage to each community varied; however, in Ramea, the town's drinking water was contaminated by the salty ocean that crashed over retaining walls during the storm surge.

On Sept. 29, the ship assisted the community of LaPoile in clean-up efforts from Hurricane Fiona before returning to Halifax for a well-deserved rest period following an intense two months in Canada's North.

Next up on Margaret Brooke's schedule is pre-deployment preparations for deployment in the new year on Operation Carribe, Canada's contribution to U.S.-led counter-narcotics operations in the Caribbean Basin and the Eastern Pacific Ocean.



HMCS Margaret Brooke
Photo supplied



The Esquimalt Tritons hockey team poses for a team photo at Wurtele Arena, Oct. 4.
Photo: Peter Mallett/Lookout Newspaper



The RAF Aces hockey team poses for a team photo at Wurtele Arena, Oct. 4.
Photo: Peter Mallett/Lookout Newspaper



(Left) Flight Lieutenant Lee Cope, Captain of the RAF Aces and Air Commodore Mark Hunt, President of the RAF Ice Hockey Association participate in an opening puck drop with CFB Esquimalt Base Commander, Captain (Navy) Jeff Hutchinson and Lieutenant (Navy) Evan Park of the Esquimalt Tritons at Wurtele Arena, Oct. 4. Photo: Peter Mallett/Lookout Newspaper

TRITONS MEET UNITED KINGDOM AIR FORCE ON THE ICE

Peter Mallett
Staff Writer

The Royal Air Force (RAF) took a bumpy landing on the ice for four touring hockey games in Esquimalt.

Esquimalt Tritons' women's team beat the Pumas 11-3 on Oct. 5 and 14-4 on Oct. 7, while Esquimalt Tritons men's hockey team beat the Aces 9-0 on Oct. 4 and 8-1 on Oct. 5.

Aces Corporal (Cpl) Chris Old said the lopsided result didn't too deflate his teammates.

"Our opponents grew up watching and playing the sport in its birthplace while many of ours either learned the game as adults or have junior hockey experience," said Cpl Old, an Aircraft Technician Mechanical at RAF Scampton in Lincolnshire. He began playing hockey 16 years ago.

The Pumas and Aces are representative teams of six regional hockey recreational zones for military hockey in the United Kingdom. The RAF British Columbia hockey tour was planned for 2020 but got delayed by COVID-19. Cpl Old said tours such as this help the Aces train for their inter-service tournament against the British Army and the Royal Navy.

Captain (Capt) Joanna Van Damme, a member of the Royal Canadian Air Force reserve force and Pumas forward, said her British teammates were savouring every moment of their visit.

"This is an amazing opportunity for the RAF girls," Capt Van Damme said. "This team has come such a long way and learned so much, and seem to love the sport every

bit as much as Canadians."

Originally from Bruxelles, Man., Capt Van Damme moved to the Royal Air Force Valley in North Wales last spring with her husband. With soccer, rugby, and cricket as the mainstay sports in Great Britain, she was surprised to see hockey played recreationally. Van Damme says she quickly commandeered hockey gear and joined the team.

Sailor First Class (S1) Julie Reid, Tritons women's team forward and a Marine Technician aboard HMCS Regina, said she hopes her team could someday pay a return visit to the UK.

"They had a variety of skill levels on their team but continued to battle for the puck until the end showing great determination," said S1 Reid. Despite their disadvantage, the Pumas showed 'great camaraderie and passion for the game'.

Royal Air Force Hockey Chairman, Wing Commander Justin Blackie told the Lookout the Pumas are currently the only women's military hockey team in Great Britain.

"I hope this tour bodes well for our women's hockey program and my vision in four or five years is to have women's teams in the British Army and Royal Navy," he said.

He said last Wednesday's game against the Tritons was their first-ever international match and an exciting moment for the players.

The players bonded with their Canadian counterparts for post-game pizza, refreshments at HMCS Venture, and a sightseeing tour in downtown Victoria. They are scheduled to return to Great Britain on Oct. 13.

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HMCS Calgary honoured for record drug seizures



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Peter Mallett
Staff Writer

HMCS *Calgary* received a rare recognition for drug-seizing efforts during Operation Artemis 2021.

Commander Maritime Forces Pacific (MARPA) awarded the ship with a Canadian Forces Unit Commendation for halting 33,573 kilograms of illicit narcotics in Middle Eastern waters.

“With skill and tenacity, *Calgary* delivered a significant blow to the financial sources that support terrorist organizations,” said Rear-Admiral (RAdm) Chris Robinson, Commander MARPA, during the Sept. 29 ceremony.

RAdm Robinson said *Calgary*’s efforts halted the flow of 33,573 kilograms of illicit narcotics worth more than US\$95 million (equivalent to C\$130 million) local wholesale value, impacting revenue streams of global terrorist and criminal organizations, and lessening the burden associated with these narcotics on societies world-wide.

On Apr. 23, 2021, *Calgary* seized 1,286 kilograms of heroin, which ranks the largest heroin bust in Combined Maritime Forces (CMF) history, eclipsing a previous record heroin seizure set by Australian warship HMAS *Darwin* in 2014 off Mombasa, Kenya.

While deployed in support of Canada’s response to terrorism, HMCS *Calgary* demonstrated exceptional professionalism while conducting maritime interdiction operations.

“HMCS *Calgary*’s efforts greatly enhanced Canada’s standing as a valued partner in defence,” RAdm Robinson said.

During his remarks, RAdm

Robinson noted that a Canadian Forces Unit Commendation for a ship during deployment is rare and an occasion to celebrate. He also said the award had little to do with the ship or the narcotics but more with the people.

“This award is more about the sacrifice and dedication, the long time away from home, and the loneliness of serving Canada in a very remote part of the world,” RAdm Robinson said. He encouraged the ship’s newer members to take pride in the work of their predecessors.

The crew of the Halifax-class frigate gathered at the Graving Dock while RAdm Robinson presented the certificate to Commander (Cdr) Adriano Lozer, *Calgary*’s Commanding Officer.

Calgary’s former commanding officer Captain (Navy) Mark O’Donohue said deploying at the height of COVID-19 made last year’s seven-month deployment unique.

“We started the operation strong and finished it strong, and that built momentum, contributed to moral, and helped our people see tangible results,” he said.

Notwithstanding the global COVID-19 pandemic and extreme environmental conditions, the ship’s company completed 21 boarding operations resulting in 17 seizures of illicit narcotics.

Calgary will not participate in deployments soon as the ship enters an extended work period as part of its five-year operational cycle. Currently, *Calgary* is under a deep maintenance cycle in Dry Dock at the Fleet Maintenance Facility (FMF) Cape Breton. In January 2023, it is expected to transfer to Victoria Ship Yards Ltd. for a year of repairs and maintenance work.



His Majesty’s Canadian Ship *Calgary*’s Unit Commendation coin awarded by the General Wayne Eyre, Chief of Defense Staff. Photo: Sailor First Class Mike Goluboff, MARPA Imaging Services



Royal Canadian Navy frigate HMCS *Calgary*. Photo: Mass Communication Specialist First Class Ryan Riley, US Navy

Above: Deputy Commander Canadian Fleet Pacific, Captain (Navy) Mark O’Donohue, holding His Majesty’s Canadian Ship (HMCS) *Calgary*’s Unit Commendation during the Commendation ceremony held at HMC Dockyard, Canadian Forces Base Esquimalt on Sept 29. Captain (Navy) Mark O’Donohue was HMCS *Calgary*’s Commanding Officer during the deployment which led to the Unit Commendation. Photo: Sailor First Class Mike Goluboff, MARPA Imaging Services, Esquimalt

Right: Rear Admiral Christopher Robinson presents a Command Commendation certificate to Commander Adriano Lozer (centre) HMCS *Calgary* Commanding Officer, Chief Petty Officer First Class Armand Reelick, Coxswain. Photo: Peter Mallett/ Lookout



Local Designer Takes the Cake!

Michael McWhinnie
Public Affairs Advisor, NPTG

On Sept. 28, Vice-Admiral (VAdm) Angus Topshee announced HMCS *Venture* graphic designer Chantelle Klassen had won the first Commander Royal Canadian Navy (RCN) challenge coin contest.

On Oct. 6, Captain (Navy) Matthew Coates, Commander of Naval Personnel and Training Group (NPTG), celebrated Chantelle's achievement in person and in the company of family, friends and colleagues.

Chantelle and guests gathered in the Nixon Building Conference Room, where Capt(N) Coates extolled the significance of her accomplishment.

"I want NPTG to be an organization that celebrates excellence," he said. "It makes me very happy to be here today to do exactly that – to applaud Chantelle's recent success."

Capt(N) Coates presented Chantelle with one of his own Commander's coins.

"Not only have you won a competition, you will have the satisfaction of knowing each time the Commander of the RCN

recognizes the exceptional contributions of others, he will be doing so with a coin whose form originated in your imagination," he said.

For a brief moment, the air was filled with confetti, the sound of clapping and cheers. Afterwards, everyone enjoyed sharing a custom cake created by Jennifer Kingston, a Financial Clerk at NPTG HQ. The cake featured an icing print of Chantelle's coin design and the words 'Bravo Zulu' representing the traditional naval signal signifying a job well done.



Commander Sam Patchell, HMCS Ottawa's Commanding Officer, cuts the cake. Photos: HMCS Ottawa



The "Banks Bros" live band performs onstage while Commander Sam Patchell and Chief Petty Officer First Class Steve Sheffar, HMCS Ottawa's Coxswain, draw numbers for door prizes at the base of the stage.

HMCS OTTAWA celebrates 26TH BIRTHDAY

The Sept. 24 event at CFB Work Point featured cake, door prizes, and charitable FUNdraising.

Attendees of HMCS Ottawa's 26th birthday consisted of past and present members of HMCS Ottawa, and other guests who were treated to live music by the Banks Bros and DJ MooseTraks.

The two lucky winners of the 50/50 draw were Master Sailor Alyssa Henry and Sub-Lieutenant (SLt) Bayley Young.

The most popular event of the evening was the water balloon toss at Commander Sam Patchell, Commanding Officer of HMCS Ottawa, SLt Young, and Chief Petty Officer First Class Steve Sheffar, Coxswain of HMCS Ottawa. The toss raised \$200.

Together, the event raised almost \$700, which will benefit the ship's charity, the Perley Rideau Veterans Center in Ottawa, Ont.

HMCS Vancouver Boatswain earns *Gold Service Insignia* for 1,460+ days at sea



Master Sailor Steven Koreluk receives his Gold Sea Service Insignia on Sept. 25. Right: Chief Petty Officer First Class Jonathan Sorensen, HMCS Vancouver Coxswain. Photos: Sergeant Ghislain Cotton

Lt(N) Michelle Scott
PAO HMCS Vancouver

Master Sailor (MS) Steven Koreluk, a Boatswain with HMCS Vancouver, earned a gold Sea Service Insignia pin for amassing over 1,460 days at sea.

Gold is the highest level in the Royal Canadian Navy (RCN).

"Being able to help is the best part of the job," he said.

MS Koreluk has been in a sea-going unit full-time since 2003. It might have been sheer curiosity that drove him to join, but helping people in real-life emergencies kept the Kamsack, Sask., native in the Navy for 21 years.

MS Koreluk, 52, initially joined Saskatoon's Naval Reserve unit, Her Majesty's Canadian Ship (HMCS) Unicorn as a Boatswain in 2001 while studying at the University of Saskatchewan. After completing his degree in Arts and Science, he took a contract sailing on the Maritime Coastal Defence Vessels (MCDVs) and has not looked back.

That's where he currently finds himself again – back at sea as a member of the Regular Force and sailing in HMCS Vancouver.

"We have a really good deck department here, we've really come together as a team," he said. "I'm looking forward to being in the operational phase of this deployment and getting to see some of the ports I haven't been to yet."

Vancouver is currently deployed on Operation Neon, where MS Koreluk and his shipmates support the implementation of United Nations Security Council sanctions on North Korea.

This will be MS Koreluk's fifth deployment. He has participated in three Operation Caribbes, Canada's contribution to the US-led operation intended to curb the amount of illegal drug trafficking in the Caribbean Sea and Eastern Pacific Ocean. He also deployed to Afghanistan as Flight Line Security in Kandahar Air Field – a career highlight for Koreluk.

"Being able to see one of the most dangerous parts of the world at that time, and working with militaries from all over the world was amazing," he said.

During the rounds, he and the team would always have coffee with the different compounds and get to know people from all the supporting nations.

"I think the Belgians had the best coffee," he said.

Despite moving away from Saskatchewan years ago, MS Koreluk has maintained his Kamsack roots and makes a point of getting back at least twice a year to see his family and friends. When he eventually retires from full-time service, Koreluk says he plans to head back to Saskatchewan and likely join the Naval Reserve unit that gave him his start all those years ago.



Master Sailor Steven Koreluk participates in an upper deck scrub down on HMCS Vancouver as part of routine ship maintenance to help prevent corrosion on the ship.

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PREPARATIONS UNDERWAY FOR FLAG FOOTBALL GAME WITH RCAF

Peter Mallett
Staff Writer

The RCN team captain and wide receiver divulged some of his team's strategy ahead of the Oct. 14 flag football game between the Royal Canadian Navy (RCN) and Royal Canadian Air Force (RCAF).

"Having fun at this competition will be our key to winning," said Lieutenant (Navy) David MacLellan of HMCS Calgary. "We have a talented group of players looking to put on a show and it's always nice to play a team from outside the base."

Over 200 chairs and temporary bleachers have been placed at the Colville Road sports field for the Commodore's Cup – a new tradition that honours current and past Commanders of Canadian Fleet Pacific (CANFLTPAC).

The RCN's 12-player team consists of Calgary's defending champion intramural flag football team and other Maritime Forces Pacific (MARFAC) units. Their Air Force opponents come from 19 Wing Comox.

Lt(N) MacLellan said his team has been practising twice weekly at Colville Road and working hard in preparation for the game. The team will wear specially

made blue football jerseys for the game.

The game's trophy was reconditioned from a former Broom Ball trophy and is ready to have the name of its first champion etched on one of its panels, said Commodore (Cmdre) David Mazur, CANFLTPAC Commanding Officer.

"This event is important for the Fleet because we are always looking for opportunities to get the ships' crews out for some exercise and to build morale," Cmdre Mazur said.

He also said he was looking forward to developing a new military sporting tradition and building on the long-standing friendly rivalry between the two service branches.

"The RCN and RCAF work hard together when we are at sea and sometimes it's fun when we are alongside to get together, challenge each other, and build a friendly rivalry," Cmdre Mazur said.

Admission to the game is free. The Commodore's Cup will also include static displays from the Artillery, Fleet Diving Unit (Pacific) Bomb Disposal team, an Esquimalt Military Family Resource Centre (MFRC) information tent and a recruiting booth of HMCS Malahat. A post-game social for all attending will take place at the Chief and Petty Officer's Mess from 3 to 6 p.m.



(Left) Chief Petty Officer First Class David Bisal, Fleet Chief, Lieutenant (Navy) David MacLellan of HMCS Calgary and RCN team captain, and Commodore David Mazur, Canadian Fleet Pacific Commanding Officer, show off the Commodore's Cup trophy. Photo: Peter Mallett/Lookout Newspaper

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5 Questions...



Sensei Michael J. Maxwell

Peter Mallett
Staff Writer

Head Instructor Michael J. Maxwell, Rokudan/6th Dan, is the man behind the popular Shotokan Karate courses for adults and children offered at the Naden Athletic Centre.

What is Shotokan Karate, and why is it so successful in popularizing the sport?

Karate is a striking art using punching, kicking, knee and elbow strikes, and open-handed techniques such as knife hands. Our program aims to teach traditional Shotokan Karate and foster the development of karate through seminars, tournaments, and exposure to world-class karate and other martial arts instructors.

Shotokan was the largest established style in Japan and the best organized for quite some time. They set testing and promotion standards and were instrumental in establishing the JKA (Japanese Karate Association). They were also one of the first styles to encourage some of their instructors to emigrate to other countries to develop Shotokan worldwide.

The Shotokan Karate Instructor

When did you begin instructing this course, and what is your background and experience as an instructor and student of this discipline?

I began taking karate lessons at CFB Petawawa, Ont., in 1982. Subsequently, I trained at posting locations throughout my Army career, including Germany, England, Ontario (Ottawa/Toronto) and Victoria here in Canada.



Left to right: Sensei Mike Maxwell, Sensei Saeki, and Sensei Guido Arnaud, instructors at Colwood Pacific Activity Centre.

I have taken instructor training with Karate, BC, The Canadian Shotokan Karate Association, ShotoCanada and Ottawa Japanese Karate Association (my parent organization). Additionally, I have trained with the Vancouver Law Enforcement Judo Association (Karate BC Level 1 Street Proofing Course). I have also instructed unarmed combat courses with Europe's British and Canadian military.

I took over the CFB Esquimalt Naden Dojo as Head Instructor in 2000. The CFB Esquimalt Naden Dojo and the Colwood Pacific Activity Centre

(CPAC) Dojo – headed by Guido Arnaud Yondan/4th Dan – are partner dojos within CFB Esquimalt and Victoria Shotokan.

Why is learning karate beneficial, and how has it helped service members and youth in the community in their personal development?

Karate benefits cardio, flexibility, coordination, stress relief and reflexes/reaction. It builds confidence in individuals as their capabilities advance. As karate is primarily anaerobic, it should be supplemented with aerobic exercise.

Is this a safe sport for children and adults to learn, and what equipment is required to begin?

Karate at CFB Esquimalt is taught in a supervised, safe and controlled manner. Students can try out karate with loose-fitting clothing like a t-shirt and track pants. After that, they must purchase a white karate gi (uniform). The karate club provides other equipment, such as punching pads.

How physically demanding is this sport, and what should your students expect to see and experience in one of your classes?

Karate is moderately demanding for new beginners and can become more physically demanding as students gain experience and advance in belt levels. Usually, our senior belt classes on Friday and Saturday mornings are significantly more demanding than the other sessions.

More information on class times and registration is available in the CFB Esquimalt Activity Guide, Fall 2022, available in print or online at lookoutnews-paper.com under Special Supplements.

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MARTECH GRADUATION

at Naval Fleet School (Pacific) Marine Systems Engineering Division on Sept. 20.

Certificates of completion were presented by

Lieutenant-Commander Colin Dudeck to the following students:



Sailor Third Class Manuel Abaya receives their certificate of completion at NSF(P) Marine Systems Engineering Division.



Sailor Third Class Norriel Benia receives their certificate of completion at NSF(P) Marine Systems Engineering Division.



Sailor Third Class Dianni De La Torre receives their certificate of completion at NSF(P) Marine Systems Engineering Division.



Sailor Third Class Zana Bradshaw receives their certificate of completion at NSF(P) Marine Systems Engineering Division.




Sailor Third Class Quinton Davy-Rekers receives their certificate of completion at NSF(P) Marine Systems Engineering Division.



Sailor Third Class Jonathan Dobson receives their certificate of completion at NSF(P) Marine Systems Engineering Division.

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Sailor Third Class Xavier Dulong receives their certificate of completion at NSF(P) Marine Systems Engineering Division.



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