



LOOKOUT

newspaper.com

Volume 67 Number 46 | November 21, 2022

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



Vice-Admiral Angus Topshee, Commander of the Royal Canadian Navy, shows off a miniature of the Admiral's Residence Little Library during a ceremony in Dockyard on Nov. 14. Read the story on pages 8 and 9 of this Issue of the Lookout. Photo: Peter Mallett/Lookout Newspaper

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The Magic of Artificial Reefs

Howie Robins, President
Rick Wall, Vice President
Artificial Reef Society of British Columbia

For end-of-life ships, a new life starts at the bottom of the ocean.

A group of marine environmentalists re-experienced the magic of reef-making with underwater visits to two ships in September. Underwater artificial reefs take marine vessels and convert them into living incubators for a plethora of marine life, from plants to sponges to fish.

A team from the Artificial Reef Society of British Columbia (ARSBC) and the producers of a new underwater TV documentary *Water Worlds* explored two artificial reefs: the Yogn, located near Powell River, and the former HMCS Columbia, near Campbell River.

Due to COVID restrictions, the ARSBC last visited their latest reefing projects in 2018. The teams discovered that the marine habitat multiplied over the last few years. Like other artificial reefs managed by ARSBC, the Yogn and Columbia show how end-of-life vessels have a second life in expanding marine habitats.

Rockfish and lingcod call Yogn home

The teams were amazed to see so many resident rockfish and lingcod on the Yogn after only a few years as a reef.

The USS YOGN-82 was an unpropelled gasoline barge built in 1943 by Concrete Ship Constructors in National City,

California, and launched in 1944. Displacing 4,860 tons, it is 375 ft long, 56 ft wide and 38 ft deep. Each vessel had a crew of 12 and carried ten million litres of gasoline in 24 cargo tanks. It was reefed in June 2018 off Willingdon Beach in Powell River, B.C., and now rests on its keel fully upright in 100 ft of water.

The Yogn has been positioned as an artificial reef where water currents deliver and deposit embryonic organisms onto its complex structure.

The ship now has a coating of algae that has formed a diatom mat, the basic building block of the new reef habitat. The ship currently holds numerous species of plants and filter feeder species.

The Yogn demonstrates how artificial reefs not only expand marine habitats but also help reduce greenhouse gases. Certain marine species that photosynthesize on artificial reefs also aid in pulling in and capturing CO2 emissions from the atmosphere.

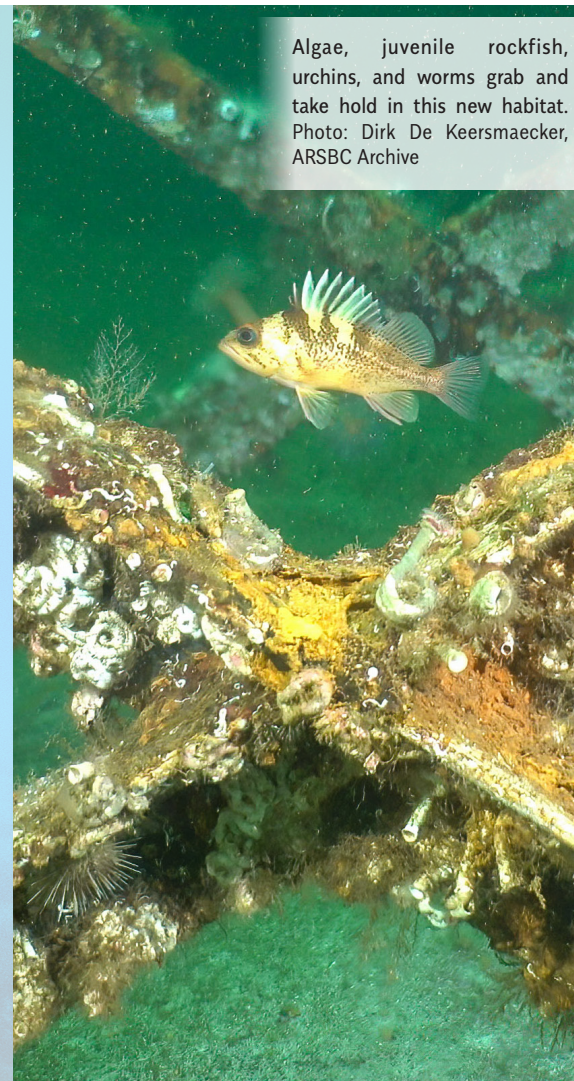
Columbia is an incubator for sponges and fish

Teeming with life, the Columbia is an incubator for juvenile marine life, from sponges to fish.

The former HMCS Columbia was a Restigouche-class Destroyer Escort built by the Burrard Drydock Company in North Vancouver. Commissioned on Nov. 7, 1959, it served on Canada's East Coast until 1967, when it returned to Esquimalt as a stationary training ship.

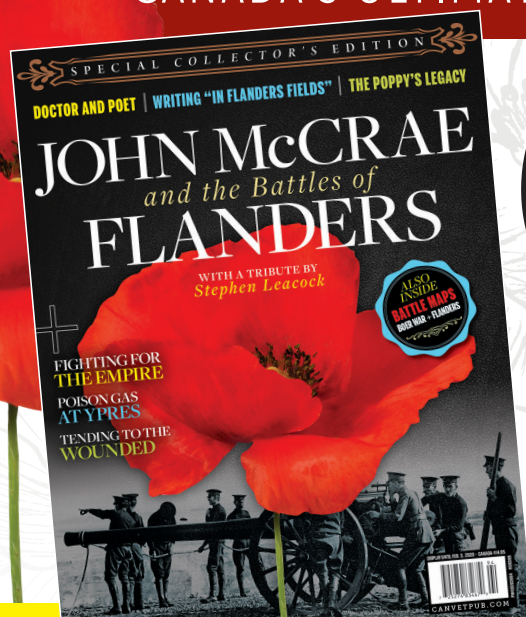
The ship was decommissioned in 1974 and reefed in June 1996 off Maude Island, Campbell River, B.C., and rests on its keel in about 120 ft of water with a 36-degree list to port.

Algae, juvenile rockfish, urchins, and worms grab and take hold in this new habitat. Photo: Dirk De Keersmaecker, ARSBC Archive



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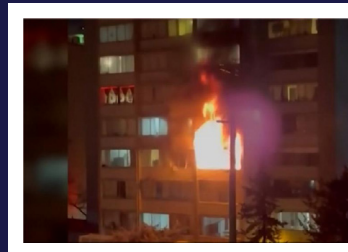
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NOVEMBER 2022

HMCS VANCOUVER CONCLUDES OPERATION NEON



Primarily a surveillance operation, Operation Neon sees ships and aircraft conduct patrols looking for vessels of interest (VOI) that are known to participate in maritime sanctions evasion activities, such as ship-to-ship transfers of illicit materials. Units collect evidence on VOI and intelligence on activities to build the pattern of life in the East China Sea and the Yellow Sea. This information is then reported to the Enforcement Coordination Cell (ECC) and eventually makes its way to the United Nations, where they analyze it to evaluate cases of non-compliance.

The ECC is staffed by personnel from Canada, Japan, the U.S., France, Australia, Germany, the U.K., New Zealand, and others, all working together to deter North Korea's weapons of mass destruction programs and to respond to North Korean nuclear weapon tests and ballistic missile launches.

HMCS Vancouver's ships company in Japan as they complete Operation Neon. Photo: Lieutenant (Navy) Michelle Scott



HMCS Vancouver's CH-148 Cyclone Canuck prepares to launch from the flight deck as the ship exits the Taiwan Strait on Sept. 20, 2022.



The crew of HMCS Vancouver make their approach to conduct a rainy Replenishment-at-Sea during Operation Neon.



A CP-140 Aurora also tasked to support Operation Neon conducts a fly past of HMCS Vancouver while conducting patrols together in the East China Sea on Oct. 14. Photos: Sergeant Ghislain Cotton

Lt(N) Michelle Scott HMCS Vancouver PAO

Searching the East China Sea and Yellow Sea for Vessels of Interest (VOI) and sanctions evasion activities is no easy task.

But for Sub-Lieutenant (SLt) Henry Wong, a Bridge Watch Keeper under training in HMCS Vancouver, it was a learning environment unlike any other.

"I was part of the team identifying vessels; we had many tools at our disposal, but it was definitely more challenging serving in this role during Op Neon," SLt Wong said.

Pulling into Kure, Japan, on Oct. 21, His Majesty's Canadian Ship (HMCS) Vancouver finished its support to Operation (Op) Neon after 31 days.

This was Vancouver's first deployment on Op Neon, Canada's contribution to a multinational effort to implement United Nations Security Council Resolution sanctions imposed on North Korea.

SLt Wong and the rest of the Bridge team were tasked with searching the waters in some of the busiest commercial lanes in the world. Meanwhile, members of the Operations Room searched the water and airspace beyond the Bridge team's visual horizon through radars and sensors.

"There is difficulty operating in such a dense littoral environment," said Sailor First Class (S1) Seamus Bowkett, a Naval Combat Information Operator in Vancouver.

S1 Bowkett, a Track Supervisor in HMCS Vancouver, provided information to the Operations team to build and maintain a complete air, surface, and sub-surface picture to analyze and locate contacts.

Given the density of the vessels operating in the area, it can be compared to searching for a needle in a haystack. That's where Vancouver's CH-148 Cyclone helicopter, Canuck, comes in.

"As we patrolled for particular ships, or other vessels carrying out suspicious activities, we were quite busy sorting between all the contacts on our



sensors to decide which ones were the most important to investigate. On one busy day, we picked up over a thousand different contacts," said Captain (Capt) Tyler Molloy, an Air Combat Systems Officer in HMCS Vancouver.

Canuck provides Vancouver with the invaluable capability of reaching out much further than the ship's sensors and radars, serving as a force multiplier. However, more ground to cover means more potential VOI to investigate.

Capt Molloy said the aircraft had to adapt its tactics due to the sheer number of vessels in the East China Sea.

"As an aircraft, we could range quite far from the ship and cover a lot of ground quickly, but this means prioritizing our time and energy to make the most of each flight," he said. "When we wanted to examine a ship, it meant we had to fly low over the water with the helicopter's door open, camera in hand, looking for any evidence of suspicious or illegal activity."

S1 Bowkett said the Operations team was utilized to the fullest during every watch.

"It is always more challenging to operate on a deployment, but this is where we do our actual job and fulfill our role to the Government of Canada," S1 Bowkett said.

Despite the increased stressors on the team during Neon, SLt Wong enjoyed the experience.

"Travelling through the East China Sea was fun, seeing all the fishing vessels and floats at night made the open ocean look like a city skyline at times," he said. "It kept us very busy during our watches, ensuring we kept our ship safe, but also ensuring we weren't intruding on the work of fishing vessels."

HMCS Vancouver is currently deployed on Operation Projection for six months, conducting forward naval presence operations in the Indo-Pacific and participating in international exercises with partner nations. The ship is expected to return to Esquimalt in early December.

HMCS Vancouver transits through the Taiwan Strait on Sept. 20 to begin the support of Operation Neon. Photo provided by US Navy.



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

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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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RACKS, PITS AND CARTS

*"There is a special time when 'clewed up' is used,
and that is when a sailor is getting married."*

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



Every sailor needs a comfortable place to sleep to maintain their peak efficiency, but more importantly, to preserve the twinkle inherent in their eyes.

Sailors sleep in a *mess*, sometimes referred to as a *mess deck*. A mess is a space filled with *bunks*, often called *racks*. The rack owner might refer to their happy resting place as their *pit*, i.e., 'I am heading to my pit for the night'. *Pit* is an appropriate term for a bed that bows down in the center and keeps a tired body steady while the ship rocks. *Cart* is another nickname for a bunk, derived from a mid-19 century military name for a bed.

Someone who spends an inordinate time in their rack might be referred to as a *rack monster* or *pit monster*, i.e., 'Boggins, the pit monster, will catch some zees anytime he sees his cart'. *Zees* is used to describe good sleep. *ZizEX* might describe a decent nap session, making an off-hand reference to snoring.

Before the introduction of bunks fitted in the St. Laurent-class destroyers (launched in the 1950s-60s), mess decks were outfitted with *mick bars* (short for 'hammock'), which were notched metal bars mounted strategically on the bulkhead and deckhead. These bars provided strong points where hammocks could be affixed. During quiet hours, sailors would snore away, swinging their micks in unison with the ship's rolling. In the morning, the pipe *'Lash up and Stow'* would indicate it was time to put the hammocks aside for the daily routine.

A hammock consisted of a six-foot canvas with grommets at both ends for securing the *clews* and a thin mattress inside for extra warmth and comfort. The clews consisted

of two lanyards, each spliced to a metal ring, and each ring carrying eight nettles connected to the grommets on the hammock. Sailors would often add a *mick stick*, a notched piece of wood, often a portion of a hockey stick, to help spread out the head of the hammock.

In the past, a deceased sailor would be sewn into their hammock along with weight to help the body sink. There is a bit of folklore regarding the practice of

preparing a body for burial at sea, and it states that the sailmaker would stitch the body inside their hammock and make the last stitch through the nose of the deceased. The reason for this step was to confirm the sailor was, in fact, dead, as the pain would awaken the sailor in case a mistake had been made. This tradition is a common tale and often shared in fiction, such as in the *Aubrey-Maturin* or *Horatio Hornblower* nautical book series. The story has been passed for generations, however, there is little evidence that it ever actually occurred.

In nautical parlance, the term *clew* also refers to the corner of a sail. Traditionally, a ship with its sails *clewed up* is ready to set the sails and catch the wind. Today, a person who is *clewed up* is someone prepared to go forth. There is a special time when this term is used, and it is when a sailor is getting married, i.e., 'Boggins is getting clewed up this Saturday'. Congratulations, Boggins!

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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Virtual Cenotaph honours citizen sailors



To date, the stories of 240 sailors have been assigned or completed.

Learn more about the project at untld.org/csvc-home.



Over 1,700 naval reservists died in service to Canada during the Second World War.

To honour their sacrifice, an online Virtual Cenotaph has been created to repatriate the lives of these 'citizen sailors' back to the cities, towns and villages where they grew up and began their naval service.

"You don't need any experience, military, investigative or otherwise to research one of these sailors," said retired Captain (Navy) Kim Kubeck. "Anyone willing to give a few hours of their time can help add a story to the Cenotaph."

'Citizen sailors' is the nickname given to those who joined the war effort as members of the Royal Canadian Naval Volunteer Reserve, the Royal Canadian Naval Reserve and the Women's Royal Canadian Naval Service.

The inspiration for the Citizen Sailors Virtual Cenotaph came Capt(N) Kubeck, and the pro-

ject is supported in part by the University Naval Training Division (UNT) and a core team of dedicated volunteers.

Capt(N) Kubeck retired from the Royal Canadian Navy (RCN) in 2013 after 32 years of service with Canada's Naval Reserve. After working with the Dutch branch of the Royal Canadian Legion on the Faces to Graves project (a search for information about Canadian soldiers buried at the Groesbeek Canadian War Cemetery in The Netherlands), she saw an opportunity to honour the memory of Canada's naval reservists.

"When I started out learning some of the stories about these sailors, it struck me personally," Capt(N) Kubeck said. "Faces to Graves showed me what the stories mean to so many people and how they can be shared."

The Citizen Sailors Virtual Cenotaph hopes to share some 35 defined data fields on each sailor that will be searchable, but also unique

stories about who these people were, as discovered by the researchers working on each sailor's history.

"Everyone who served in the Naval Reserve has an incredible story to tell, but for those who died in the war, we owe them the chance to live on in a way all Canadians can remember," says Capt(N) Kubeck.

Capt(N) Kubeck created templates for the researchers and provided several online tools to make it easy. There is also an online community for researchers to chat, share and learn.

"We are hoping to get this information in the hands of the Naval Reserve across Canada so that it is never forgotten," explains Capt(N) Kubeck. "We are in a unique time to ensure the wealth of knowledge that exists about these men and women is tapped into, collected and shared in a truly meaningful way. These ordinary Canadians did something that was truly extraordinary and we should never forget."

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HMCS Winnipeg:



A BOATLOAD of BROTHERS

Capt Christine MacNeil
HMCS Winnipeg PAO

For those who serve, their fellow Canadian Armed Forces (CAF) members are like a second family.

But, six individuals aboard HMCS *Winnipeg* are fortunate to have two families around them – their CAF families as well as their brothers.

Sergio Lorenzo and Evan Acosta are step-brothers from Nova Scotia.



"Being able to deploy with my little brother is probably the best part of this deployment," Master Sailor (MS) Lorenzo said. "It may not always be sunshine and rainbows, but at least I know he is here and that brightens up my day."

Sergio is nine years older than Evan, but they have always been close. In 2008, Sergio decided to make a positive change in his life and joined the Halifax Rifles (Royal Canadian Armoured Corps). Four years later, Evan joined the same unit.

Both then decided to join the CAF and transferred to the Regular Force. Sergio joined the Royal Canadian Navy (RCN) as a Hull Technician (now Marine Technician). Evan joined the Royal Canadian Air Force (RCAF) as an Avionics Systems Technician and now works on the CH-148 Cyclone in the Maritime Helicopter community.

In 2021, MS Lorenzo was posted to HMCS *Winnipeg*; in early spring 2022, the Air Detachment arrived on the ship, bringing Sergio's brother, Corporal (Cpl) Evan Acosta.

"Sailing with my brother is surreal," Cpl Acosta said. "Every time we fly, we are close by one-another. Although he frustrates me, like any brother does, while at sea, when we get into port we have a lot of fun exploring countries."

Hubert and Thomas Desbiens are brothers from Quebec City.

"When we work together, we don't even have to speak and we know exactly what to do. It is the kind of bond that takes a lot of time to develop," Cpl Thomas Desbiens said.

Hubert and Thomas are also close, with only two and a half years between them. They have an older brother, Alex, who served as a Vehicle Technician in the Canadian Army, and they believe he had a dash of influence on their decisions to join the CAF.

Hubert joined the RCN in 2015 as a Weapons Engineering Technician (Armament), choosing that career because it seemed to be a perfect balance of physical work and technical puzzles. Thomas wanted to make a difference and see the world, so he joined the RCAF in 2019 as an Aviation Systems Technician. Like Evan, he now works in the Maritime Helicopter community.

In the spring of 2022, Sailor First Class (S1) Hubert Desbiens was posted to HMCS *Winnipeg*. The ship deployed on June 14 for the Rim of the Pacific (RIMPAC) Exercise, and Cpl Thomas Desbiens joined the ship upon RIMPAC's completion.

"With me in the navy and my brother in the air force, deploying together will probably never happen again," S1 Hubert Desbiens said. "It's a unique experience, and it has been amazing. It feels like bringing a part of home with me."



Setthakit Srisamer and Anthony Alexander are half-brothers who grew up in Thailand and Richmond, B.C.



"I'm grateful to have the opportunity to deploy in the Asia-Pacific region with my brother," Sailor First Class Setthakit Srisamer said.

The brothers moved from Thailand to Canada when Sett was 12 and Anthony was six.

In 2015, Sett joined the CAF looking for experience and adventure. He joined the RCN as an Electrical Marine Technician (now Marine Technician). In 2021, Anthony followed suit, joining the RCN as a Naval Electronics Sensor Operator (NES Op).

S1 Setthakit Srisamer was posted to HMCS *Winnipeg* in 2021. Like Cpl Desbiens, S1 Srisamer's brother, Sailor Third Class Anthony Alexander, joined the ship in Pearl Harbor after completing his NES Op training.

"My brother is worth a thousand of your friends," Sailor Third Class Anthony Alexander said. "Having the opportunity to sail with him and hang out during port visits has been awesome."

Sometimes all it takes is **a dash of luck.**



"The CAF has come a long way in improving its relationship with Indigenous people. There is still a lot of work to do but I'm proud to be a part of the Defence Aboriginal Advisory Group that is helping."

-Petty Officer First Class (PO1) Steve Morrison



Base Commander Capt(N) J. Jeffrey Hutchinson (right) presents Petty Officer First Class (PO1) Steve Morrison with the Aboriginal Veteran Millennium Medal on Nov. 8. Photo: Rodney Venis, Public Affairs



DAAG co-chair receives Aboriginal Veteran Millennium Medal

Lookout Staff

Base Commander Capt(N) J. Jeffrey Hutchinson presented Petty Officer First Class (PO1) Steve Morrison with the Aboriginal Veteran Millennium Medal during a CFB Esquimalt ceremony on Nov. 8, National Indigenous Veterans Day.

PO1 Morrison said receiving the medal was a proud moment for him and those who came before him.

"This medal is also for my aunts and uncles who were residential school survivors who stepped forward to serve in the Second World War," he said. "They were Metis and they had to hide who they were so this [medal] is for all of us – all our ancestors who have gone before and those who are serving now."

The Medal is awarded to Aboriginal Veterans in the Canadian Armed Forces (CAF), Royal Canadian Mounted Police (RCMP), the Merchant Navy, and those who joined the US Forces in either peacetime or wartime, who served before 2000, and to Aboriginal members who were serving during 2000. The medal may be awarded posthumously.

PO1 Morrison is also the National Military Co-chair of the Defence Aboriginal Advisory Group (DAAG). The group advises senior leadership, including the Minister of National Defence, on Employment Equity issues affecting Indigenous members and employees of the Department of National Defence/CAF.

"The DAAG is the voice to leadership of the Indigenous members of the CAF as well as Indigenous DND and PSP employees," he said.

PO1 Morrison said he is proud to be the elected National Military Co-Chair and work alongside Stanley Mercurdi, his Civilian Co-Chair.

The Aboriginal Veteran Millennium Medal was created in 2000 to commemorate those Aboriginals who risked their lives and made sacrifices in the fight for freedom and democracy. The medal recognizes that the recipient is carrying on the tradition of service to Canada.

The medal should be worn on the right side with the red stripe on the ribbon to the inside (closest to the heart). The medal may be worn by CAF personnel according to CAF Dress Regulations.

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The Topshee family, (from left) Charlotte Topshee, Vice-Admiral Angus Topshee, Audrey Topshee, and Iris Topshee are joined by Ray Young of I Used To Be a Pallet and his wife Lana Young. The Little Library was revealed during a ceremony in Dockyard on Nov. 14. Photo: Peter Mallett/Lookout Newspaper



Building D101 a.k.a. the Admiral's Residence. Photos: Parks Canada



Admiral's Residence in Little Library form. Photo: Peter Mallett

Admiral's 'Little' gift follows BIG TRADITION

Peter Mallett
Staff Writer

A realistic replica of the Admiral's Residence is now turning heads – and pages – in Dockyard at CFB Esquimalt.

The Little Library at the corner of Hospital Road and Rainbow Drive was unveiled on Nov. 14 as a gift by Vice-Admiral (VAdm) Topshee and his family to the house and its future tenants. The act of generosity follows a time-honoured tradition at CFB Esquimalt, said VAdm Topshee.

“Traditionally, when current tenants leave the Admiral's house, they leave behind a gift to the house,” he said. “There have been many intriguing gifts over the years.”

Gifts from past residents include an intricate Indigenous art carving gifted by Rear-Admiral (RAdm) Ronald Buck, a south-facing port-hole-style window looking over the Pacific

Ocean by RAdm Robert Yanow and a hand-carved wooden table gifted to the house by RAdm Gilles Couturier. Another part of the tradition, noted VAdm Topshee, is that the tenants plant a tree on property grounds when they leave.

The idea for a Little Library came from Audrey Topshee, VAdm Topshee's wife. Little Libraries intend for visitors to take a book or leave a book for others to read.

Audrey said each member of the family is an avid reader.

“We like to read, share reading with others, and are local library ‘nerds’. We wanted to leave a gift for the house that was unique, distinctive, and attractive, and could be enjoyed by many, not just the occupants of the house,” she said. “The Little Library was just the perfect all-around fit, once we figured out how and by whom it could be built.”

Audrey was impressed by some other cus-

tom-built Little Libraries in Saanich and Oak Bay, and connected with their creator, Victoria craftsman Ray Young, to get the project for the Admiral's Residence rolling.

Young is a retired management consultant who took up woodworking as a hobby ten years ago. He said he was pleased with how the library turned out.

“It was very fulfilling to work on, and I was intrigued to work on a building with such an interesting history,” Young said.

Before the Admiral's Residence, Young built a replica of a building at the University of British Columbia and completed replicas of private homes. Some of Young's other Little Libraries can be found on Washington Avenue and Parry Street in Victoria, B.C.

He said building a Little Library for the Admiral's Residence is likely the highest-profile project he has worked on. The Little Library in Dockyard is 30” wide x 26” deep

x 28” high. Young said it could hold approximately 60 books.

Young toured the Admiral's Residence before creating the Library.

He used cedar to make the siding and pallet wood for trim, shingles and tar for the roof and double-paned glass for the Little Library's windows. He used paint chips to match up the exterior.

When Audrey and the family got a sneak peek of Young's completed work late last summer, she was taken aback.

“We were just amazed and stunned by its beauty and authenticity,” she said. “We stared at all of the detailing he had done and just couldn't believe how beautiful and real-looking it was.”

Although behind a security checkpoint, the Admiral's Residence Little Library in the Dockyard is available to all avid readers at CFB Esquimalt.



“It was a very fulfilling project to work on and I am very pleased with how it turned out.”

–Ray Young, I Used to Be a Pallet



Did you know?

The Capital Regional District has over 600 Little Libraries for anyone interested in sharing or taking books without access to this stunning Little Library in Dockyard!

Local Little Libraries:

The Lookout office:
1522 Esquimalt Road

Rocky Point Ammunitions Depot:
5601 Rocky Point Road

Work Point has access to Little Libraries on:
Bewdley Avenue
Munroe Street
Wychbury Avenue

Visit bit.ly/3tEU2J8 or scan QR Code
To see a map of Little Libraries in the region.



Ray Young of I Used To Be a Pallet delivers the Little Library. Photo: Peter Mallett

“We were just amazed and stunned by its beauty and authenticity. We stared at all of the detailing (Young) had done and just couldn't believe how beautiful and real-looking it was.”

–Audrey Topshee



From left, Lieutenant-Commander Andrew Foran, Captain (Navy) Sheldon Gillis, and Commander Daniel Rice sign the paperwork making HMCS Goose Bay's Change of Command official on Oct. 13. Photo supplied

First change of command since 2019 for HMCS Goose Bay

Joanie Veitch
Trident Staff

When Commander (Cdr) Daniel Rice took the helm of His Majesty's Canadian Ship (HMCS) *Goose Bay* in March 2019, he didn't expect to be in command of the vessel for the next three-and-a-half years – 1,309 days to be exact.

Speaking to the ship's company and other guests at his outgoing Change of Command ceremony – held at HMC Dockyard Halifax on Oct. 13 – Cdr Rice listed some of the more memorable moments from his time as captain, including that strange time in March 2020, when COVID-19 pandemic restrictions scrubbed scheduled missions off the calendar entirely.

"In its place were a dispersed group of sailors working from home, and what an interesting period that was," he said. "A boatload of force generation sailors, almost entirely within sight

of Chebucto Head for nearly a year. An increasingly fatigued crew, who gave much of their time and energy preparing for missions that never came to fruition, and a culture change crisis that continues to grip the Canadian Armed Forces."

Since restrictions began to ease, however, the ship and its crew have been going non-stop, with taskings that took them to ports in Northern Canada on two different iterations of Operation *Nanook*, West Africa on Operation *Projection*, and helping out with hurricane relief efforts in Newfoundland and Labrador after post-tropical storm Fiona devastated the Atlantic region.

"During these past 43 months, we spent some 370 days underway and steamed 60,000 nautical miles. That's a long time to get to know your shipmates, to watch them grow, as sailors and officers, and to celebrate their accomplishments," Cdr Rice said, giving credit to

the various Coxswains and Executive Officers and the ship's crew for their support.

"The sailors will impress you every day," he said to Lieutenant-Commander (LCdr) Andrew Foran, the incoming HMCS *Goose Bay* Commanding Officer. "Command is a team sport, where the whole is greater than the sum of all its parts."

Captain (Navy) Sheldon Gillis, Deputy Commander, Canadian Fleet Atlantic (CANFLTANT), commended Cdr Rice for his time at the helm of the Kingston-class vessel, giving him top marks for mentoring his fellow officers and sailors and 'setting a very high bar' for regional engagements, such as Operation *Projection* in West Africa.

"The *Goose Bay* team has excelled in naval operations under the leadership of Dan Rice, demonstrating daily the strong, diverse and adaptive

nature of the Atlantic fleet," he said. "Dan, you have been an incredible ambassador for Canada."

Welcoming Cdr Foran as incoming commander, Capt(N) Gillis said his recent command of HMCS *Oriole* demonstrates Cdr Foran has 'all the tools necessary' for a successful command.

"You possess the key traits to navigate the programs that these ships execute, which includes independent thought to make operational decisions, and diligence in genuinely caring for the crews with whom you serve," said Capt(N) Gillis.

Thanking the CANFLTANT command team for the opportunity to lead *Goose Bay*, Cdr Foran concluded his remarks with a direct address to the ship's crew.

"Thank you for being here and being part of the solution. I make this promise to you that I will always have your back as we face these challenges together," he said.



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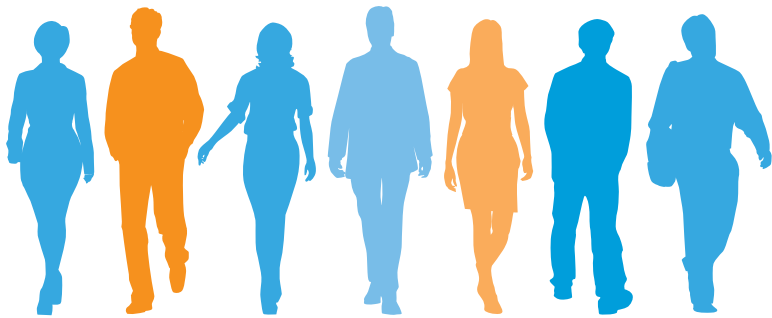


NOV. 20 – NOV. 26

NATIONAL ADDICTIONS AWARENESS WEEK 2022

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National Addictions Awareness Week 2022: A Community of Caring

Andrea Lam
Health Promotion Specialist, PSP

Adapted from Overcoming Stigma Through Language primer by the Canadian Centre on Substance Use and Addiction

This year, the Canadian Centre on Substance Use and Addiction (CCSA) National Addictions Awareness Week is from November 20 – 26. The theme for this year's campaign is 'A Community of Caring', which focuses on how collaborating as a community makes change happen.

The Addictions-Free Living Working Group of the Maritime Forces Pacific (MARFAC) Health & Wellness Strategy is creating a culture that encourages healthy lifestyle choices. The group hopes their efforts will reduce the risk of problems with alcohol, cannabis, gambling and other potentially harmful substances and behaviours.

According to the 2018 MARFAC Health & Wellness Strategy Evaluation Report Card results, the two priorities for addictions-free living were:

1. Continued work on reducing stigma around substance use and addiction;
2. Continued education and resources about addictions and substance use.

The Addictions-Free Living Working Group encourages Defence Team members to visit the CCSA National Addictions Awareness Week website (<https://www.ccsa.ca/national-addictions-awareness-week>) for more information, and to seek support with substance abuse.

Reducing Stigma: #WordsMatter

Language around substance use disorder often creates feelings of shame and fortifies the stigma associated with it. Stigmatized language can lead to behaviours that isolate people who use substances. This stigma discourages people from seeking help for fear of being labeled as an 'addict'. It can also impact the quality of healthcare services they are provided and influence the allocation of government resources towards treatment initiatives.

We can address this stigma by shifting to person-focused language that acknowledges someone as a person before describing their personal attributes or health conditions. This language will also acknowledge users are struggling with a health condition and shift away from shaming them.

NAAW 2022 Event

Naloxone Training presented by AVI Health & Community Services

When: Nov. 23 @ 11:00 a.m. – 12:00 p.m.

Where: C&PO's Rainbow Room (in-person)

What: Learn the signs of an opioid overdose, how to administer Naloxone, and receive your own Naloxone kit for FREE.

Who: Presentation open to all. No registration required. As this event will be taking place in person, please do not attend if you are feeling sick.

If you have an expired Naloxone kit, feel free to bring it with you and exchange it for a new one.

Questions? Email Andrea.Lam@forces.gc.ca



A Community of Caring

#CommunityCaring #NAAW2022

SAY THIS, NOT THAT!

What you say

Abuser It's my fault
Drug Habit..... It's my choice
Addict..... There's no hope
Drug User I'm a criminal

What people hear

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Restoring Hearts and Minds Symposium

Symposium sur la restauration
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Restoring Hearts and Minds Symposium Events for People with Lived Experience (PWLE) of Military Sexual Trauma (MST)

10:00 am–12:00 pm EST
November 16, 23 & 30, 2022

The Restoring Hearts and Minds Symposium Events for People with Lived Experience (PWLE) of Military Sexual Trauma (MST) are envisioned as a space created by PWLE to share, engage, support, and collaborate with members of the media, service providers, the military and each other as they continue their journey of recovery.

For Information

Dana Waldern, Event Coordinator
Restoring Hearts and Minds Symposium
waldernd@mcmaster.ca
Department of Psychiatry & Behavioural
Neurosciences, McMaster University

Target Audience

MST Survivors
Friends and family of
MST survivors
PWLE
Military personnel
Members of the media
Undergraduate &
Graduate Learners
Residents
Postdoctoral Fellows
Researchers
Research Coordinators
Research Scientists
Family Physicians
Physician Assistants
Medical Specialists
Nurses
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Stained glass bringing Second World War history to light



Peter Malett
Staff Writer

Glass fragments from the Second World War illuminate residents at Veterans Memorial Lodge with a glowing light.

The series of ten stained glass windows at the Broadmead Care long-term care home incorporates fragments from London's Westminster Abbey, bombed in the final days of the Battle of Britain in May 1941, Dorset Highcliffe Castle, and the Abbey of Saint-Étienne in Normandy, France.

"Our Second World War veterans can still remember that time," said Chaplain Francis Welch, Coordinator of Spiritual Care at Broadmead Care.

Chaplain Welch said the artwork's origin intrigues most residents.

"To them, this artwork is very real because it is made from actual buildings they may have seen or walked in," Chaplain Welch said.

He said residents are fascinated that remnants of destruction and the madness of war can create joy and hope.

Five of the stained glass windows honour different branches of the military, including the Army, Navy, Air Force, Merchant Marine and Women's Services. Another window is dedicated to the province of British Columbia.

Carson Sage, Veterans



Memorial Lodge Manager of Volunteer Services and Innovative Activation, said the stained glass windows not only make for great talking points for visitors but also provide some therapeutic value for residents with dementia.

"The idea behind the windows and the stories they tell is to stimulate the long-term memories of people with dementia, since they often have a loss of short-term memory," he said.

Sage is working on a project on each pane of stained glass, which will describe the artwork contained and its historical or military significance.

Last summer, the staff made a presentation about the history of stained glass, initially inspired by the desire of Second World War veterans for world peace. The artwork was commissioned in 1956 by famed glass maker Goddard and Gibb of London, England, and dedicated on the site of Victoria's Memorial Pavilion at Royal Jubilee hospital. When the pavilion closed its doors,

the contents of the chapel and its stained glass were eventually moved to Veterans Memorial Lodge in Saanich, which opened in 1994.

The local branch of the War Amputations of Canada and the Veterans' Care Society played active roles in restoring the stained glass window in its current location.

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BRING YOUR KIDS TO WORK DAY 2022

at the Museum



(Above) On the rainy Wednesday morning of Nov. 2 Chief Petty Officer First Class Matt Goodwin briefs the participants in the Bring Your Kids to Work Day activities outside the CFB Esquimalt Naval & Military Museum. The rain didn't dissuade over 75 participants in showing up for the program of activities at CFB Esquimalt starting with a tour of the museum. Both parents and kids enjoyed touring the exhibits and learning the history of CFB Esquimalt.

(Right) Fabrizio Lozupone and his daughter Jovanna visiting the Canadian submarines exhibit in the museum. Fabrizio is a Department of National Defence civilian employee who works as a technical officer supporting the Navy's submarine fleet.

Photos: Paul Seguna, CFB Esquimalt Naval & Military Museum



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BRAVO ZULU

During a sports day, HMCS Yellowknife conducted the following awards and presentations:

Photos: supplied

CHIEF PETTY OFFICER SECOND CLASS
MARC LAVOIE



Chief Petty Officer Second Class Marc Lavoie is awarded an Operational Services Medal by Lieutenant-Commander James Brun.

SAILOR SECOND CLASS JORDAN PELLEY



Sailor Second Class Jordan Pelley is promoted to his current rank by Lieutenant-Commander James Brun.

SUB-LIEUTENANT MARTIN HAGEN



Sub-Lieutenant Martin Hagen is awarded his Kingston Class Bridge Watch Keeper Certificate by Lieutenant-Commander James Brun.

PETTY OFFICER SECOND CLASS
PHIL KANCZULA



Petty Officer Second Class Phil Kanczula is awarded an Operational Services Medal by Lieutenant-Commander James Brun.

SAILOR FIRST CLASS NASIR BALOCH



Sailor First Class Nasir Baloch is awarded an Operational Services Medal by Lieutenant-Commander James Brun.

SAILOR FIRST CLASS GRAHAM JANACK



Sailor First Class Graham Janack is awarded an Operational Services Medal by Lieutenant-Commander James Brun.

SAILOR FIRST CLASS SAGNAVONG



Sailor First Class Sagnavong is awarded an Operational Services Medal by Lieutenant-Commander James Brun.



HMCS
YELLOWKNIFE

MASTER SAILOR RYAN ANDERSON



Master Sailor Ryan Anderson appointed to his current rank by Commanding Officer Lieutenant-Commander James Brun and Engineering Officer Lieutenant (Navy) Pijanka.

MASTER SAILOR JAMES PEAKE



Master Sailor James Peake appointed to his current rank Commanding Officer Lieutenant-Commander James Brun and Chief Engineer Petty Officer First Class Jacob Martin.

Top Student at Naval Fleet School,
Sailor Third Class Rey Pacio



Sailor Third Class Rey Pacio received Top Student award at Naval Fleet School (Pacific).

From left to right:

Sailor First Class Bisson, Sailor Third Class Pacio, Petty Officer Second Class Neufeld, Master Sailor Gallant, Sailor Second Class Bolton.

BRAVO ZULU

Naval Fleet School Awards and Presentations Nov. 3.

Photos: Mike Goluboff, MARPAC Imaging Services.



November Awards recipients:

- Master Sailor Michael Sladic
- Sailor First Class Jed Kavanagh
- Sailor First Class Zenon Lemay-Hasper
- Sailor First Class Michael Bertoia
- Lieutenant (Navy) Frank Down
- Acting Sub-Lieutenant Hussein El Sedawy
- Chief Petty Officer First Class Stan Budden, Fleet School Chief Petty Officer
- Lieutenant-Commander Roy Blume, Naval Fleet School (Pacific) Acting Commander

SAILOR FIRST CLASS
ANDRÉE-ANNE DION-TESSIER



Sailor Second Class Andrée-Anne Dion-Tessier is promoted to Sailor First Class.

MASTER SAILOR JAMES COUTU



Sailor First Class James Coutu is promoted to Master Sailor.



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