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LookoutNavyNews

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



Master Sailor Tyler Goodwin and Sailor First Class Nathaniel Lewis work with the MSCU satellite dome.

Read more on page 2.

Photo: Sergeant Ghislain Cotton

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Sailors First Class Kasra Helali and Will Bartlett replace a panel on the horizon bar.

Photo: Sergeant Ghislain Cotton

HMCS Vancouver

Maintaining the ship's sensors and satellite communications

Kateryna Bandura
Lookout Editor

Have you ever wondered what kind of tasks the Combat Systems Engineering (CSE) department aboard HMCS *Vancouver* may perform while deployed?

To start, the CSE team is responsible for almost all the equipment that distinguishes a warship from any other ship of similar size. They maintain the radars, weapon systems, sonar, missiles, and military communications equipment.

"It's a very broad range of equipment, which requires a broad range of skill sets," said Lieutenant-Commander (LCdr) Riley Monsour, *Vancouver's* Combat Systems Engineering Officer.

Recently, *Vancouver's* CSEs conducted an investigation and disassembly maintenance of satellite communications, held within a dome structure. LCdr Monsour said the overall communication suite has several layers of redundancy to maintain internet connectivity.

"If it is lost completely, we are able to use our HF Radio system to communicate via voice and send messages, similar to the pre-internet era," he said.

The dome was recently undergoing repairs due to a leak that caused salt water to get in; LCdr Monsour said even a small amount of salt will result in crystallization and could lead to grinding and could further result in many components needing replacement due to the impact it can have on antenna functions.

The technicians took the system apart to

identify the extent of the damage and to preserve the components that could be salvaged.

During the maintenance, the Weapons Engineering Technicians – Communication Maintainers listen for the sound of grinding and make sure all antenna equipment is dry. If the antenna dome heater has collected condensation, desiccant packs need to be replaced and the breaker has to be reset.

"Hopefully, we will never have to do it again," LCdr Monsour said. "We do get up and inspect the dome on regular intervals, at least once every six months."

The maintainers also replaced a panel on the horizon bar, required for helicopter operations. It maintains a stable well-lit optical reference for helicopter pilots while they are conducting night time evolutions above the flight deck such as landing and hovering. As the ship rolls, the horizon bar uses the ship's sensors to stay level; it's bright so they have a visual reference after the sun has gone down and the horizon is no longer visible.

Throughout *Vancouver's* six-month deployment, the CSE team has worked to maintain these systems while at sea – but this is only part of the work that the department

does. Often recognized for their work on the weapons systems on board due to their flashy high-profile nature both in the fleet and internationally, their communications maintenance work is just as important.

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THE HUTCHINSON HEAVE

FUNDRAISER

In the tradition of the Topshoe Toss, the NDWCC Team is proud to present the Hutchinson Heave where you and your Unit will get a chance to throw Capt(N) J. Jeffrey Hutchinson in the ocean!

PRIZES

- 1st** The Winning Unit heaves our Base Commander Capt(N) J Jeffrey Hutchinson into the harbour from the small boats jetty.
- 2nd** The Second Place Unit heaves CFB Esquimalt's NDWCC Team Leader, Matt Carlson into the harbour.
- 3rd** The Third Place Unit gets a very cool gift basket from Recyclitas Bike Shop.

1. Raise money for a great cause between Nov 28 & Dec 8
2. Pass payment directly to your NDWCC Unit Rep Ambassador
3. Heave our C.O. in the harbour
4. **EVERYONE WINS!** (except our Base C.O.)

THE HEAVE HO:
1030 h • Tuesday, 13 December

3-2-1 HEAVE HUTCHINSON!

Jazmin Holdway,
Marketing, Communications & Sponsorship Manager

To boost morale and increase fundraising while having some cold water fun, units at CFB Esquimalt are competing to throw the Base Commander into the Esquimalt Harbour on Dec. 13.

Proudly presented by the National Defence Workplace Charitable Campaign (NDWCC) Team, the 'Hutchinson Heave' is a second-of-its-kind in a special base tradition.

Captain (Navy) J. Jeffrey Hutchinson, current Base Commander at CFB Esquimalt, is carrying on in the spirit of the 'Topshee Toss' in 2019, when then-Commodore Angus Topshee, Commander of the Canadian Fleet Pacific, offered units the opportunity to throw him into the water if they raised enough money for the campaign that year.

"I challenge the MARPAC Defence Team to take the plunge and win the right to heave me in the harbour for this year's NDWCC," Capt(N) J. Jeffrey Hutchinson said.

The Unit that fundraises the most money by Dec. 8 will heave Capt(N) J. Jeffrey Hutchinson into the harbour at the small boats jetty at Naden on Dec. 13 at 10:30 a.m. The second place Unit will have the opportunity to heave Matt Carlson, CFB Esquimalt NDWCC Team Leader and Projects Officer with Base Executive Services, into the harbour. The opportunity is open, however, if the winning Unit has a person who would willingly accept and volunteer to take his place, arrangements can be made. The third place Unit will receive a gift basket courtesy of Recyclistas Bike Shop.

"The CFB Esquimalt campaign is about building awareness and is a reminder that we are stronger together," Carlson said. "Our NDWCC provides Defence Team members with a direct line to donate via E-Pledge and numerous fundraising events on Base like the Hutchinson Heave and Bring your Dog to Work Day."

On Dec. 8, NDWCC is also hosting its second Bring your Dog to Work Day at CFB Esquimalt and Virtual Pet Photo Contest, allowing Base members to show off their favourite furry family members while continuing to raise money for the campaign.

"For our NDWCC campaign this year, the focus is not about raising money since meaningful giving looks different for everyone, especially with the increased inflation many are dealing with," says Carlson. "In saying this, we hope to raise as much money as possible, as we know, the more money we raise for this NDWCC, the more people can be supported through all the wonderful charities associated with this campaign."

Money raised throughout this campaign supports over 87,000 charities of choice of the Defence Team members at every Base and Wing across the country. The Campaign provides Defence Team members with a direct line to donate to charities and numerous organizations with strong ties to Canada's military, such as the Esquimalt Military Family Resource Centre.

The three winning Units for the Hutchinson Heave will be determined and announced by the CFB Esquimalt NDWCC Core Team on Friday, Dec. 9.

Members can donate to their Unit total through cash directly to an NDWCC Unit Ambassador or via E-Transfer to ndwcc.cfbesquimalt@gmail.com by Dec. 8. To ensure the amount is applied to the correct Unit, include Unit name and 'Hutchinson Heave' in the comments section.

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CLOSE UP AND CLOSED UP

“One hand for the king.”

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

The term *close up* may refer to a flag hoisted to the full extent of a halyard, with the head of the flag touching the block; e.g., ‘Flag Romeo close up’ indicates a ship is ready to participate in a *replenishment at sea* (RAS).

When a signal flag is not *close up*, it may be *at the dip*, meaning it is placed halfway up the flag hoist, indicating an action is about to occur; e.g., ‘Flag Romeo at the dip’ means the ship is preparing for replenishment at sea. *The dip* can also describe a person who is about to do something. For example, ‘Are you going for a run?’ Response, ‘I’m at the dip’.

Close up might also be used as a verb in an order made via a pipe over the ship’s broadcast system or a verbal order, meaning for sailors to proceed to a place of duty, i.e., ‘Cable party, close up!’

Closed up can be used to describe a sailor performing a duty; i.e., ‘Boggins is closed up on the helm’. The same term is used to describe a sailor who is competent, alert, and professionally deporting themselves; i.e. ‘Since his QL5 course, Boggins is really closed up’. A similar term is *switched on*, which can be used to describe someone competent and alert. *All about* can also be used to describe a clever, snappy, and efficient sailor. *Seamanlike* is used to positively describe anything befitting a *seaman* (now referred to as sailor) or indicating competent seamanship, i.e. ‘Boggins tied the bowline quickly, in a good *seaman-like* manner’.



The United States Navy refers to a *closed up* sailor as ‘A.J. Squared-away’, a mythical sailor known to be perpetually well-organized. *Squared away* is a phrase used in most nautical contexts and indicates that a space or piece of equipment is organized or ready for an inspection. It is derived from a term used when a sailing ship’s square sails were raised before the wind, and the ship was able to get underway.

Bristol fashion is a term from the Royal Navy that describes anything smart and seamanlike. It was first used to describe

ships sailing out of Bristol, England, which were known for being well-organized and tidy.

A sailor who never shirks duties and carries them out to the letter is said to be ‘All for George’. Largely a historical term, it began to be used during the Second World War when King George VI was the reigning monarch. No equivalent term seems to have been invented when Queen Elizabeth II came to power or, now, King Charles.

When I was a young sailor in *HMCS Preserver*, I recall being sent aloft to assist in an inspection of the TACAN antenna. Before we climbed up the stick, the Radar Chief instructed, ‘One hand for the Queen’, meaning we needed to use one hand to work (for the Queen) and the other hand to hang on tightly. Today the term would be, ‘One hand for the King’.

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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CFMWS's 'Jolly Days' fundraisers this holiday season

Ryan Cane
CFMWS

The holiday season provides a welcome break from the fast pace of our day-to-day lives. It is an occasion to celebrate, recharge and enjoy ourselves. It is also a time of giving and sharing.

When shopping this season, give support to someone in your community. From Nov. 15 to Dec. 15, CANEX will be matching all donations made in-store and on CANEX.ca in support of the two official charitable causes of the Canadian Armed Forces. Every dollar given will have double the impact on a Canadian Armed Forces (CAF) member, Veteran, or family in need. Your matched contributions will be divided equally between Support Our Troops and Soldier On.

Personnel Support Programs (PSP) will collect donations through its online registration portal. One hundred percent of the proceeds will go to champion the inclusion support workers who ensure each child has a fantastic experience. With your help, we aim to raise \$7,500.00 to secure a skilled support worker who will make a difference in the lives of up to 15 children from military families. Your help will bring hope and opportunities to the over 203 families who requested an inclusion support worker to attend camp

in 2022.

For a \$5 donation, members can download an exclusive digital art piece painted by artist Kristen Lucyshyn. Kristen is from a military family and has lived all over Canada and parts of the U.S. She has worked for Canadian Forces Morale and Welfare Services (CFMWS) since 1998, including a deployment to support Third Location Depression. She is currently posted to CFB Shilo. With your downloaded file, you can print the art to frame, make cards and mugs or follow along with us on social media as we create holiday décor that you can make at home.

"We recognize that families with special needs children face many challenges, but CAF families face particular and unique challenges as a result of the military lifestyle," says Bruce Ploughman, PSP Senior Vice President. "It is extremely important to work together to mitigate challenges and promote the resources, funding prospects and community engagement and activities opportunities."

This fundraiser is a part of our inclusive holiday program, *Jolly Days*. This includes a virtual contest and concert. The Dec. 16 concerts will be streamed on Facebook and YouTube. Details about all things *Jolly Days* are now uploaded to our website, cfmws.ca/jolly-days

Les collectes de fonds des 'Jours Joyeux' des SBMFC pour les fêtes de fin d'année

Ryan Cane
SBMFC

La période des Fêtes marque une trêve dans le rythme rapide de notre quotidien. C'est l'occasion de célébrer, de se ressourcer et de se divertir. C'est également un moment propice pour donner et partager.

Lors de votre magasinage, faites un don en cadeau pour soutenir quelqu'un dans votre communauté. Du 15 novembre au 15 décembre, CANEX versera la somme égale à votre don effectué en magasin et sur CANEX.ca en soutien aux deux œuvres de bienfaisance officielles des Forces armées canadiennes. Chaque dollar donné aura un effet deux fois plus important pour un membre des FAC, un vétéran ou une famille dans le besoin. Votre contribution doublée sera répartie également entre Appuyons nos troupes et Sans limites.

Les Programmes de Soutien du Personnel collecteront également des dons via leur portail d'inscription en ligne. La totalité des recettes sera versée à Appuyons nos troupes. Les fonds serviront à couvrir les frais des travailleurs de soutien pour faciliter l'inclusion des enfants, faisant en sorte que chaque enfant vive une expérience magnifique. Chaque été, il coûte environ 7,500 \$ par travailleur qui peut soutenir jusqu'à 15 enfants de familles des militaires. En 2022, 203 familles ont demandé l'aide d'un travailleur de soutien pour que leur enfant puisse participer à un camp.

Un don de 5 \$ vous donne le

droit de télécharger une œuvre d'art numérique exclusive peinte par l'artiste Kristen Lucyshyn. Kristen provient d'une famille de militaires et elle a vécu partout au Canada et dans des régions des États-Unis. Elle travaille pour les Services de bien-être et moral des Forces canadiennes depuis 1998, ce qui comprend un déploiement à l'appui d'une décompression dans un tiers lieu. Elle est actuellement affectée à la Base des Forces canadiennes Shilo. Une fois le fichier téléchargé, vous pouvez l'imprimer pour l'encadrer, en faire des cartes, décorer des tasses ou encore nous suivre sur les médias sociaux où nous confectionnons des décorations festives que vous pouvez fabriquer vous-même.

"Nous reconnaissons que les familles avec des enfants ayant des besoins spéciaux sont confrontées à de nombreux défis, mais les familles des FAC font face à des défis uniques et particuliers en raison du mode de vie des militaires," dit Bruce Ploughman, Vice-président supérieur des Programmes de soutien du personnel. "Il est extrêmement important de travailler ensemble pour atténuer ces obstacles et promouvoir les ressources, les potentielles sources de financement et les possibilités d'engagement et des activités communautaire."

Cette collecte de fonds fait partie de notre programme de fêtes inclusives : des Jours Joyeux. Il comprend un concours et un concert virtuels. Les détails de toutes les activités des Jolly Days sont maintenant téléchargés sur notre site web : sbmfc.ca/joursjoyeux

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RCN Santa rides again



Photos supplied



MS Ferron is raffling off a custom-made Harley Davidson chopper on helmetheadcanada.com.

Peter Mallett
Staff Writer

A motorcycle-riding sailor is again relishing in his opportunity to play Santa Claus and bring joy to thousands of sick children at Vancouver Island hospitals.

Master Sailor (MS) Scott Ferron, a Marine Engineer of HMCS *Yellowknife*, recently launched his fifth annual toy drive with donation bins set up at two locations at CFB Esquimalt and six other locations around Greater Victoria.

"Making people smile and spreading joy into the lives of children and families who are going through difficult times is the whole point of this," MS Ferron said. "It tightens my chest and makes me want to cry when I see some of these kids overwhelmed with joy and giggles from the toys."

MS Ferron has also gained notoriety for riding around town on his motorcycle in fuzzy Muppet-themed helmets. He also heads a group of like-minded riders on Facebook called 'Helmet Heads Canada'. At Christmas, he switches the helmet covers for a Santa-themed one and distributes the toys he collects to children's wards at hospitals and other organizations.

He previously held similar toy drives while posted to CFB Halifax in 2016 and 2017.

The married father of one from Crofton, B.C., said he is doing all this because it's the right thing to do and because so many children staying in area hospitals with chronic illness may get forgotten at Christmas.

"I realized something needs to be done about this situation and nothing would happen if I didn't take action to help change things myself," he said.

Today he is gathering toys for children in six Vancouver Island hospitals along with Janeece Place, a short-stay home for parents and families with sick children, and the Ministry of Children and Family Development B.C. He also plans to distribute some of the toys to local fire and police departments for children of parents involved in accidents or in need of medical care.

MS Ferron said he is excited to announce that for the first time toy collection bins are set up at the Base, located at CFB Esquimalt Fire and Rescue, and the CANEX store in Naden. Bins are also available for drop-offs at other locations in town, including Liquor Planet, Barnes Harley-Davidson, Ruffell and Brown Window Coverings, Six Mile Pub, Happy Camper Daycare, and Mastermind Toys.

On Dec. 20, MS Ferron will collect donated toys with a truck and trailer and deliver them to area hospitals aboard his Harley Davidson adorned with flashing Christmas lights.

He estimates this year's entire project, including paying for signage, collection bins, storage containers, fuel, and other overhead costs, will amount to \$15,000 in out-of-pocket expenses.

To help pay for the costs of this year's toy drive, MS Ferron is raffling off a custom-made Harley Davidson chopper on his website: helmetheadcanada.com.



When MS Ferron rides the streets of Vancouver Island in fuzzy helmet covers, he is sometimes joined by members of his club, Helmet Heads Canada.

Some of his favourite Muppet creations include likenesses of Animal, Grover and Elmo. He makes the helmets himself and says creating them is no easy task.

"They are painstakingly cut and stitched together with special thread so the helmets don't come apart at the seams when travelling down the highway," he said.

Some of his helmet materials are purchased online from a distributor while others are made from scratch. MS Ferron said one helmet can take up to 100 hours to make. A finished product weighs approximately 10 kilograms depending on the character and the materials used.

"The smiles and looks of excitement and joy from passengers and drivers in nearby cars makes it a priceless experience," he said.



Sub-Lieutenant (SLt) Cody Robertson (centre) discusses risk mitigation measures for an ORCA sail with Lieutenant (Navy) Titus Villegas (far left).

Coastal operations planning in action at Naval Fleet School (Quebec)

LCdr James Cantafio
NTD Cdr, NFS(Q)

Naval Fleet School Quebec (NFS(Q)) conducted the latest Coastal Operations Planning (COPS) course on Sept. 19-29, with a focus on effectively applying the Operational Planning Process (OPP) in the naval environment.

WHAT IS COPS?

COPS is essential for naval officers to conduct and support coastal operations and to plan effectively. It is part of the Naval Training Division (NTD) mandate to deliver operationally-focused and performance-based training. This recent session focused on the first of three courses.

WHAT IS COPS I?

COPS I applies the effective use of the OPP at the tactical or unit level for mission planning. Although OPP is often used at the strategic and operational level, it is a standard military tool that can be adapted to plan unit-level domestic exercises such as Diving Exercises (DIVEX) and ORCA-class vessel exercises or in response to Operation *Lentus*.

Lieutenant (Navy) Titus Villegas, Course Director and Chief Instructor for COPS, said having COPS I provides potential for future Class A or B Reserve Service employment as a notable bonus.

“COPS I exposes candidates to the operational side of our business and the risks we mitigate in order to conduct our operations,” he said.

Lt(N) Villegas, a seasoned Reservist Naval Warfare Officer (NWO), said the COPS programme prepares candidates to perform their local function in Training or Operations Officer positions at their respective units.

“The course also introduces the candidates to the resources and professional expertise within the Naval

Reserve and at NFS(Q), who are more than happy to help them in their exercise planning,” he said.

Depending on the time of the year and availability, the number of candidates on COPS I can be about seven students. Such small courses afford the student access to dedicated staff and interactive engagement that augments the quality of the learning experience.

WHAT IS COPS II AND III?

COPS II and III provide more advanced and tailored training for NWOs who are projected to become Operations Officers onboard Kingston-class naval war vessels, also known as Maritime Coastal Defense Vessels (MCDV).

During COPS II, students examine the technical sensor suites of an MCDV to learn how such equipment can support naval operations. In COPS III, candidates plan and execute missions that would take place on MCDVs, such as drug interdiction, mine countermeasure, and search and rescue.

While the COPS program is attractive to NWOs, the skillset offered in COPS I will also benefit those involved in planning exercises in Naval Reserve Divisions. Thus, COPS I has since been opened to other officer occupations.

ELIGIBILITY

Candidates must reach Occupational Function Point (OFP) and hold a Lieutenant (Navy) rank to be eligible for COPS I. Sometimes, OFP Sub-Lieutenants could be eligible based on prior operational experience and requirements.

The next COPS I session will be in April 2023 at NFS(Q).

For more information on the COPS program, members are requested to first reach out to their Unit Training Officer or contact Lt(N) Villegas at: Titus.Villegas@forces.gc.ca

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In the air, on the air

Second Lieutenant Meagan Duncan 14 Wing

Aspiring pilots and aviation enthusiasts may pick up some tips, tricks and inside experiences from former CP140 Aurora pilot Captain Bryan Morrison, who has just launched his new 'The Pilot Project Podcast'.

"Whether those are kids in Air Cadets or people in the general public, I want to help you learn about what it's like to fly in the Royal Canadian Air Force (RCAF), and what you can do to succeed," Morrison says in the first episode, which aired Nov. 15.

Morrison briefly introduces himself and the podcast's goals in this 'trailer' episode. As a child, he attended airshows with his family and at 14 years old, he joined Air Cadets.

"One of the best decisions I've ever made," he says.

He joined the RCAF in 2006 through the Regular Officer Training Plan (ROTP) program, attending the University of Western Ontario to earn a degree in Commercial Aviation Management and a commercial Instrument Flight Rules (IFR) license.

After completing pilot training in Moose Jaw, Sask., and Portage la Prairie, Man., Morrison was posted to 14 Wing Greenwood's 405 (Long Range Patrol) Squadron in 2012 to fly the Aurora. He upgraded to Crew Commander and accumulated 1,400 flying hours in Greenwood before being posted to 3 Canadian Forces Flying Training School (3 CFFTS) in Portage la Prairie as a Pilot Instructor. Through his experiences in both military and civilian aviation, he has over 2,000 flying hours.

With this podcast, Morrison hopes to reach aspiring pilots, including those in the Military Pilot Training system. He wants listeners to learn how to succeed in the training program and learn about the different RCAF aircraft from experienced pilots.

Morrison took the podcast on as a hobby – a passion project, and is running it as a one-person show. He started working on the project about a year ago, even though he didn't know much about podcasting.

"I got a lot of help from kind people on Reddit. In fact, the mics I started out with were donated to me by a Redditor, and that's what got me started," he said.

His first interview was recorded in May 2022, and Morrison has since hosted eight interviews with pilots of various RCAF aircraft. Although he is not flying, he enjoys sharing 'pilot talk' with his guests and listeners.

Following the 'trailer episode' launch, the plan is to release a new episode every three weeks. Over the first few episodes, the podcast will release a five-part series on the flight training system. Morrison will chat with Captain (Capt) Dawn Macauley, another pilot familiar with Greenwood and a former Cormorant pilot at 413 (Transport and Rescue) Squadron. Capt Macauley became the Phase 1 Grob Flight Commander at 3 CFFTS. He will be sharing more information and tips for future RCAF pilots.

Find out more at podpilotproject.transistor.fm, which offers links to all podcast platforms, or subscribe to the podcast on your favourite streaming service. Follow on Facebook, Instagram and Twitter @podpilotproject for updates.



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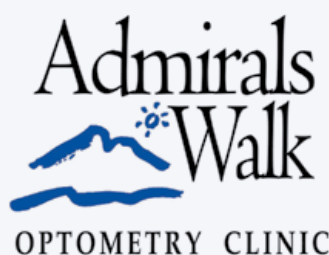
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MFRC prepares families for long-awaited deployment return

Kateryna Bandura
Lookout Editor

When children arrive at the jetties on Monday to meet their parents after six months apart, they are greeted by a variety of entertainment, courtesy of the Esquimalt Military Family Resource Centre (MFRC). The MFRC has been an invaluable player in supporting military families. Lisa Church, MFRC Community Engagement Manager, said Monday’s homecoming of the two ships wouldn’t be an exception. “We planned to be alongside families to support them however they need. Sometimes that means holding babies while their parents greet their partners after so long away,” Church said.

Families experience many comforts including hot chocolate, coffee, festive music, a baby changing area and washrooms. She said the MFRC team has been excited to be on the jetty offering a warm welcome to military families and celebrating homecoming together. Among the entertainment awaiting children are gift bags, colouring books, chalk, festive tattoos, and the mascot Radar, who happily sings and dances with the children. “There’s nothing like seeing joyful reunion with families after so many months apart,” she said. HMCS *Winnipeg* and HMCS *Vancouver* enter the Esquimalt Harbour, passing Duntze Head on Monday, Dec. 5.

Families and friends gather to show their love at the Greater Victoria Shoreline on a previous operation
Photo: Captain Simon Wilson





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HMCS WINNIPEG A LOOK BACK



Ship's company participates in loading ammunition in Pearl Harbor after Exercise Rim of the Pacific (RIMPAC).



Committal of Ashes ceremony for seven former CAF members.



HMCS Winnipeg diving team gears up, inspects, and provides maintenance to the ship while at port in Thailand during Operation Projection on Oct. 7.



Volunteers from the ship at a non-profit school in Jakarta. Donations of supplies, including a computer, were made using Boomer's Legacy



WIN's Cyclone hovering astern with other ships from the WASEX (War at Sea Exercise) in the background

(Inset) Logistic department barbequing for a banyan (at sea).

All photos: Sailor First Class Melissa Gonzalez



HMCS VANCOUVER A LOOK BACK



Canuck, Vancouver's embarked CH-148 Cyclone helicopter, practises a flare jettison, which seeks to confuse heat seeking missiles, while in the Philippine Sea.



The crew of HMCS Vancouver conduct a rainy Replenishment-at-Sea. Throughout Vancouver's six-month deployment, the ship conducted 22 replenishments at sea..



CANUCK in flight to conduct surveillance operations during Operation NEON.



HMCS Vancouver transits through the Taiwan Strait in consort with USS Higgins on Sept. 20, to begin their support of Operation Neon. Photo provided by the US Navy.



Members of Vancouver line the rails during Japan's International Fleet Review sail past on Nov. 6 that saw 13 nations participate.

(Inset) A CP-140 Aurora conducts a fly past of HMCS Vancouver while conducting patrols together in the East China Sea on Oct. 14

All photos, except noted, by Sergeant Ghislain Cotton



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Lana Fine helped educate the audience in an interactive training seminar held at the Chief and PO's Mess.

Photo: Leslie Eaton, Lookout Staff

Community taught harm-reduction, equipped to save lives, reduce overdoses

Kateryna Bandura
Lookout Editor

To educate the Defence and surrounding community on opioid overdose identification, prevention, and treatment, MARPAC Health & Wellness Strategy (MHWS) held a Naloxone Training workshop at CFB Esquimalt as part of the National Addictions Awareness Week, Nov. 21 to 25.

The Naloxone Training session was organized by the Addictions-Free Living Working Group of the MHWS and presented by AVI Health & Community Services.

"We hope the training helped to facilitate open discussions around the topic of substance use and addictions to decrease the stigma associated with it," said Andrea Lam, Health Promotion Specialist, PSP and the Health Promotion Representative for the Addictions-Free Living Working Group.

During the workshop, more than 60 participants learned about the signs and symptoms of opioid overdose and how to differentiate between a stimulant and an opioid-induced overdose. Participants also learned how to administer Naloxone, a fast-acting, lifesaving drug used to temporarily reverse the effects of an opioid overdose from substances such as fentanyl. Each participant received a Naloxone kit to take home.

Lana Fine, a Health Promotion Educator with AVI Health & Community Services, and her team shed light on harm-reduction

strategies and the severity of the opioid crisis, including the impact on Vancouver Island. She provided helpful and tangible information on how people can come together to help one another while sharing insight from outreach workers who work directly in the community with those impacted by substance use disorder.

Lam said she was pleased with the turnout. "It shows people are making this a priority and are open to learning more and talking about substance use and addiction, and how it impacts our community," she said.

AVI Health & Community Services is a non-profit located on Vancouver Island with a mission to promote health, dignity, and well-being for all people affected by substance use by delivering harm reduction-based education, prevention, and support services. More information and resources for those with substance use disorder are available at avi.org.

The Addictions-Free Living Working Group of the MARPAC Health & Wellness Strategy always looks for enthusiastic, passionate, and committed members to join the team. If you are interested in joining the working group, email Andrea.Lam@forces.gc.ca for more information.

Naloxone kits are available for free to anyone living in BC. More information on where to get one is available at www.toward-theheart.com/naloxone.



A Naloxone kit and brochure for harm reduction. Photo: Leslie Eaton, Lookout Staff



PaCE: Guide to new military evaluation system released

DND

With the launch of the Canadian Armed Forces' new Performance and Competency Evaluation (PaCE) system, the RCN has released administrative instructions regarding PaCE requirements applicable throughout the performance year.

At this time, all Royal Canadian Navy (RCN) personnel, including civilians who supervise or manage military members, should have completed the mandatory PaCE training available on the Defence Learning Network. All military personnel must have Monitor Mass accounts and be assigned to the correct position in Guardian and Monitor Mass. Additionally, units will need to assign and

keep current PaCE permissions, such as for supervisors, PaCE managers and intermediary reviewers, for their personnel on an ongoing basis.

All RCN members need to understand that PaCE offers some significant differences compared to the Canadian Forces Personnel Appraisal System, which goes beyond just new forms and software. The RCN administrative instructions detail these differences, and you can anticipate updated directions and user guides as we approach the end of the performance year. All RCN members are strongly encouraged to acquaint themselves with the new rank-specific competencies and behaviours and how these will apply to upcoming performance and potential evaluations in spring 2023.



Publication du Guide du nouveau système d'évaluation militaire (EPC)

Avec le lancement du nouveau système de l'évaluation de la performance et des compétences (EPC) des Forces armées canadiennes, la MRC a publié des instructions administratives concernant les exigences relatives à l'EPC en vigueur tout au long de la période visée.

À l'heure actuelle, tous les membres du personnel de la MRC, y compris les civils qui supervisent ou gèrent des militaires, devraient avoir suivi le cours obligatoire sur l'EPC offert sur le Réseau d'apprentissage de la Défense. Tous les membres du personnel militaire doivent avoir un compte pour le système Gestion SSAM et être affectés au bon poste dans les systèmes Gardiens et Gestion SSAM. En outre, les unités devront attribuer les autorisations de l'EPC à leurs membres, à savoir les superviseurs, les gestionnaires de l'EPC et les évaluateurs intermédiaires,

et les tenir à jour régulièrement.

Il est important que tous les membres de la MRC comprennent que l'EPC présente des différences importantes par rapport au Système d'évaluation du personnel des Forces canadiennes, qui vont au-delà des nouveaux formulaires et du nouveau logiciel. Les instructions administratives de la MRC décrivent en détail ces différences, et des directives et des guides de l'utilisateur actualisés sont à prévoir à mesure que nous approchons de la fin de la période visée. Tous les membres de la MRC sont fortement encouragés à prendre connaissance des nouvelles compétences et des nouveaux comportements propres à chaque grade, et de la façon dont ils s'appliqueront aux évaluations de rendement à venir et aux évaluations du potentiel au printemps 2023.

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HMCS CORNER BROOK DIVES

Kateryna Bandura
Lookout Editor

HMCS *Corner Brook*, one of the Royal Canadian Navy (RCN) submarines, completed the well-anticipated Camber Dive in October.

The trial marks a milestone in the next stage of its Tiered Readiness Program.

"The dive tests are a major milestone as they mark the completion of all systems' refit to dive the submarine successfully," said James Charsley, Project Manager - Submarines from Babcock Canada (Babcock).

The trials were held Oct. 18-20 by HMCS *Corner Brook*'s crew and Babcock, the main contractor for major RCN submarine refits and upgrades.

It began with a 'cold' move of the *Corner Brook* to Ogden Point for dived trim and incline trials, followed by the Camber Dive to test its watertight integrity, sonar, and other key systems.

"The Camber Dive portion gives the crew the opportunity, in a controlled environment, to do initial testing on an array of systems that can only be tested once the submarine is under water," said Chief Petty Officer Second Class (CPO2) Nelson Harvey, National



Submarine Search and Rescue (SUBSAR) Coordinator at Canadian Submarine Force (CANSUBFOR) HQ.

Some of these systems are but are not limited to, the underwater telephones, escape systems, sonars, submerged signal ejectors, and high-pressure air systems required to surface the submarine.

The tests at Ogden Point are the first step in getting the crew and the submarine ready for seagoing operations following the submarine's extensive refit and

upgrades, which began in 2011, CPO2 Harvey said.

He said the mountain of work to get the submarine to this point is quite extensive.

"Before the Camber Dive, the crew and the submarine undergo a lot of training, culminating in simulated sea time alongside known as a 'Fast Cruise'. This training runs the crew through exercises such as floods, fire, electrical failures, and casualty extraction," CPO2 Harvey said.

He said Ogden Point is deep enough for the static dive trials and has little to no current to interfere with trim and incline calculations.



TOWARDS RETURNING TO THE FLEET

The Trim and Incline trials are designed to get exact measurements of how much water needs to be in specific tanks for the submarine to float level on all three axes. The results of these tests help better understand the submarine's stability.

While the submarine is under water, trials are conducted to confirm the functionality of the systems in a dived state. The teams can certify the various submarine systems for operations through empirical data before proceeding to sea.

The results captured during the October trials are evaluated by various experts within the Department of National Defense in Ottawa and on the Coast to determine if anything requires further investigation.

"Some results are obvious such as the release of the indicator buoys; others may require further analysis," Charsley said. "The math around the Trim and Incline, for example, is a multi-week process with various levels of checks and independent reviews to ensure the numbers are interpreted correctly."

Babcock works with other military con-

tractors to upgrade communications and sonar systems, as well as any mechanical upgrades deemed necessary for the modernization of the RCN's submarine force.

"There are over 2,500 tests and trials conducted throughout the refit as the submarine gets ready for final sea trials. With the initial dives complete, the remaining tests can now be finalized," Charsley said.

"Once the trials data has been assessed and the corrections have been made, *Corner Brook* can be cleared to go for at-sea trials, which will involve navigation trials, and testing structural integrity and escape equipment at depth. That phase will take a few months at sea," CPO2 Harvey said. "After that, *Corner Brook*'s crew will undergo crew and platform readiness training under the guidance of Sea Training, as well as a full weapons certification."

Once HMCS *Corner Brook* is fully operational, the crew will be back at sea, training future submariners and honing their skills for force employment as directed by the Canadian Joint Operations Command.



As part of the Camber Dive, HMCS Corner Brook confirms the functionality of the systems in a dived state (above) and returns alongside at Ogden Point (left).



Naval Security Team stands guard on the East Coast

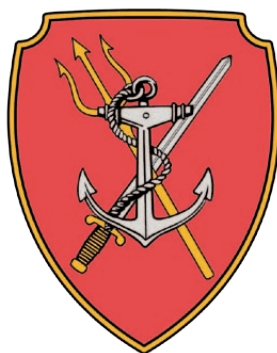
Lt(N)/ Robert Newton
Executive Officer, Naval Security Team

The Naval Security Team (NST) deployed to Halifax, N.S., from Oct. 22 to Nov. 4 to provide waterborne Force Protection for the US Nuclear Aircraft Carrier USS *Gerald R. Ford* and NATO Allies from Germany, Denmark, Spain and the Netherlands.

NST deployed four Defender-class small boats to Halifax with 42 personnel to provide the vessel escort upon arrival and departure and around-the-clock on-water security for the duration of the visit to Halifax.

NST primarily comprises Naval Reservists specializing in Harbour Defence and Force Protection roles. However, this deployment saw the integration of 26 brand-new Regular Force members that were awaiting training here in Esquimalt. These new members conducted six weeks of pre-deployment training, after which they obtained the basic NST qualification of Weapons Operator. On completion of pre-deployment training, NST deployed to Halifax to conduct in-area training five days before the arrival of the visiting ships. This training included the establishment of a Controlled Access Zone (CAZ), vessel interception, and Use-of-Force training.

Many logistical requirements were needed to carry out the Operation successfully, and it was no easy task. Pre-deployment training with brand new sailors, shipping four boats, equipment, and personnel across Canada, and setting up an Operations Center with accommodations for 42 personnel in Halifax was just the beginning. With the support of Joint Task Force (Atlantic) (JTF(A)), CFB Halifax, Maritime Forces Atlantic (MARLANT) Public Affairs, and the hospitality of Naval Reserve Division HMCS *Scotian*, we were able to complete our mission successfully.



As a busy port city, Halifax is called upon by some of the world's largest shipping lines to connect Canada to more than 150 countries. It is also home to the East Coast fleet (MARLANT) and numerous cruise lines that bring tourists worldwide. That said, during these five days, space had to be made to park the Aircraft Carrier. It is anchored within the harbour between Georges Is and McNabs Is, directly adjacent to the busy traffic lanes of the harbour. Due to the size constraints, this was a unique challenge that required members to employ their skills quickly and effectively within an extraordinarily smaller CAZ than what would be typical.

The high volume of large commercial traffic presented a particular challenge for NST personnel. The crews needed to mitigate and manage possible encroachments onto the large tanker and container vessels to the CAZ. The area was bustling due to the unseasonably warm weather. As the world's newest Aircraft Carrier anchored in the harbour, our boat crews kept the site secure since many small watercrafts filled with on-lookers hoped to get a closer look at the ships. The crews could maintain commercial shipping activity at the Port of Halifax without incident through navigational course changes and vessel escorts. Overall, this was a successful learning experience for both NST and the civilian ships.

After four days of receptions, meetings, volunteer opportunities for visiting sailors alongside our shore, and showing our friends the hospitality the East Coast is so famous for, it was time for them to head back to sea. NST escorted USS *Gerald R. Ford* back into the Atlantic to continue their mission and offer it fair winds and following seas until the next time.

The Naval Security Team is proud to answer the call in support of the Royal Canadian Navy, Canadian Armed Forces and Canada wherever and whenever needed.



Photos: Chief Petty Officer Second Class Sean MacCuisdin, Cox'n



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HMCS MALAHAT HONOURS DECORATED NAVAL RESERVIST ON REMEMBRANCE DAY

Lt(N) Donald Den HMCS Malahat PAO

Amongst the many headstones at Royal Oak Burial Park, one lone gravestone stands out in the corner of section O, plot 10.

This is the final resting place of Commander (Cdr) Rowland Bourke, Victoria's sole recipient (and one of only four in the Navy) of the Victoria Cross, the British Commonwealth's highest military honour awarded to recognize bravery in action.

Before all Remembrance Day ceremonies were held on Nov. 11, a small contingent of sailors from HMCS *Malahat*, Victoria's Naval Reserve Division, gathered here to pay respects to the fallen war hero and fellow

Naval Reservist.

"We come here every year to recognize the contribution that Cdr Bourke made, and to honour one of our own," said Cdr Cameron Miller, *Malahat's* Commanding Officer, at the gravesite. "That contribution he made is even more meaningful when you consider he was there in the First World War, and went back again for the Second World War."

Born in England in 1885, Cdr Bourke emigrated to Nelson, B.C., in 1902. When the First World War broke out, he enlisted in the Canadian Forces but was rejected by all three arms of service because of his poor eyesight. Undaunted, Bourke travelled back to England at his own expense and was able

to enlist in the Royal Naval Volunteer Reserve, which did not consider his eyesight a concern.

During operations in the Zeebrugge Raid in April 1918, Bourke commanded a small boat to HMS *Brilliant*, which was under heavy fire, leading the rescue of 38 officers and enlisted men. Bourke was awarded the Distinguished Service Order (DSO) for this heroism.

Then in May, less than two months later, Bourke took command of another motor launch in the same operation following the retreat of HMS *Vindictive* during the same operation in Belgium. On the return from the initial rescue, Bourke rescued three men clinging to a skiff under heavy fire. Upon return, it

was found that the vessel had been struck 55 times with enemy fire. For these incredible actions, Cdr Bourke was awarded the Victoria Cross.

Bourke and his wife moved to Victoria after the war in 1932, where he started working as a civilian clerk at His Majesty's Canadian Dockyard in Esquimalt.

When the Second World War broke out, Bourke served as a Recruiting Officer before returning to the sea in 1941, this time with the Royal Canadian Navy Volunteer Reserve, the precursor to the modern Naval Reserve. During the conflict, Bourke commanded both ships and naval bases before eventually ending his military career in 1950 at the rank of Commander.

Judith McWilliam-Bourke, the grand-niece of Cdr Bourke, remembers him today as a very kind and warm person, noting that he was very 'jolly' with a good sense of humour. Despite his decorated career, Bourke remained humble regarding his accomplishments for the rest of his life.

Judith's son, Jason Jones, attended the ceremony at Cdr Bourke's grave this year and expressed his appreciation for *Malahat* being there, too.

"It was great to see *Malahat* here for another year to take the time to honour the history and to commemorate

one of their own," Jones said.

Bourke died in 1958 and was buried with full military honours at the Royal Oak Burial Park. Yet, it was not until 2013 that a giant gravestone was erected in front of his headstone, turning it into a significant place of recognition due to the tireless work of military historian and retired Master Warrant Officer Bart Armstrong and the Esquimalt community.

For over a decade, HMCS *Malahat* has sent a contingent of sailors to pay respects at his gravesite on Remembrance Day in honour of their fallen and fellow Naval Reservist.



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- 6 Dec
- 15 Dec
- 21 Dec

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Se faire vacciner est le meilleur moyen de se protéger et de protéger sa famille et sa collectivité contre les maladies.

L'hôpital de la base offre aux militaires des rendez-vous pour la vaccination contre la COVID et la grippe aux dates suivantes :

- 6 décembre
- 15 décembre
- 21 décembre

Tous les rendez-vous doivent être pris à l'avance en envoyant un courriel à esqclinicimmunization@forces.gc.ca. Les membres civils peuvent prendre des rendez-vous de vaccination par l'entremise du BC Get Vaccinated System www.getvaccinated.gov.bc.ca.



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Western Detachment Warrant Officer, CFPU

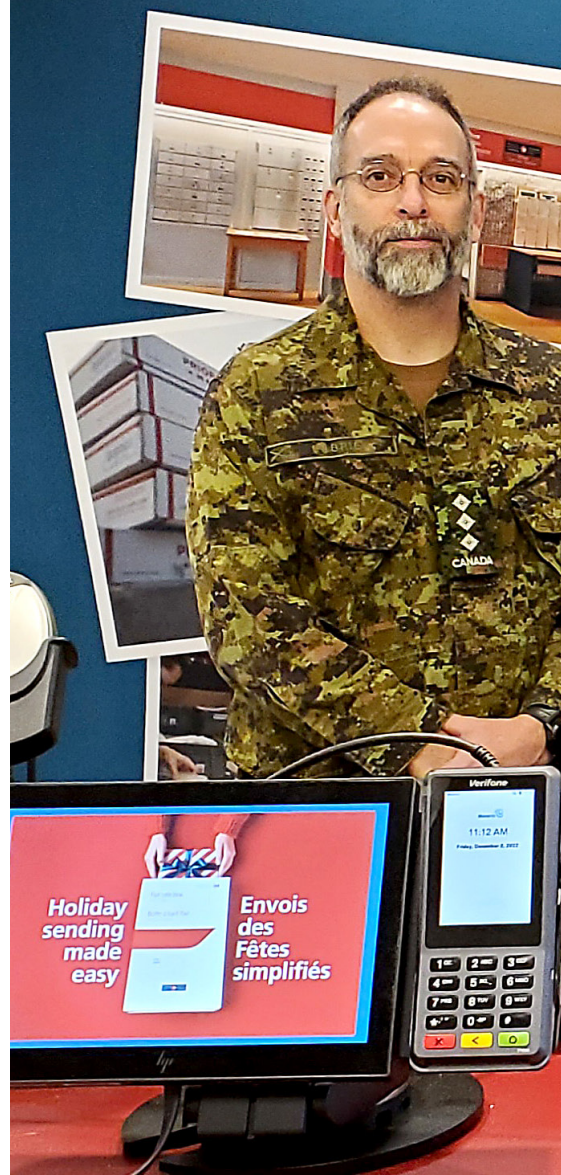
For the last year, the Canadian Forces Postal Unit at CFB Esquimalt has been working with Fleet Mail Office (FMO) Victoria, the Canadian Fleet School (Pacific) and other stakeholders to enhance our service accessibility at CFB Esquimalt. We wanted to streamline deliveries, offer better service hours, and make our service available to a broader group of customers.

Major (Maj) Johnston, Canadian Forces Postal Unit's (CFPU) former Commanding Officer (CO), referred to us *Posties* as the 'personal supply chain for soldiers'. This vision played a key role in the review of how we conduct business at the Base. With the support of Maj Weaver, our current CO, and the blessing of the Base Command and Base Chief, we could now deliver significant changes.

We focused on providing better support for those we serve. With the transition to Retail Point of Sale (RPOS) 2.0, we relocated our retail office to Naden. We are now in the same building as the accommodations, dining facility and cafe, across the street from the Base Orderly Room and other admin services. Available parking and an adapted lift removed all accessibility challenges we previously faced.

We are now meters away from our customers, offering a wide range of Canada Post services, postal box rental and general delivery. Our team also handles morale mail addressed to our deployed sailors, aviators and soldiers. Our office can now serve members of the public, Department of National Defence employees, military members and their families.

This change will help us serve the Defense community better as we adapt to the growing popularity of e-commerce.



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Canadian Fleet Pacific

SAILOR FIRST CLASS
MICHEAL CONNORS



Presenting Canadian Armed Forces Decoration.
Left: Chief Petty Officer First Class Matthew Goodwin, Canadian Fleet Pacific Unit Chief.
Center: Master Sailor First Class Micheal Connors.
Right: Commander Larry Moraal, Commanding Officer Canadian Fleet Pacific Headquarters.

LIEUTENANT(NAVY) JONATHAN NELLAN



Presenting Canadian Armed Forces Decoration.
Left: Chief Petty Officer First Class Matthew Goodwin, Canadian Fleet Pacific Unit Chief.
Middle: Lieutenant(Navy) Jonathan Nellan.
Right: Commander Larry Moraal, Commanding Officer Canadian Fleet Pacific Headquarters.

CHIEF PETTY OFFICER SECOND CLASS
(RETIRED) JOHN DREW



Presenting Canadian Armed Forces Decoration.
Left: Chief Petty Officer First Class Matthew Goodwin, Canadian Fleet Pacific Unit Chief.
Middle: Chief Petty Officer Second Class (retired) John Drew.
Right: Commander Larry Moraal, Commanding Officer Canadian Fleet Pacific Headquarters.

LIEUTENANT(NAVY) INKEE KIM



Presenting Canadian Armed Forces Decoration.
Left: Chief Petty Officer First Class Matthew Goodwin, Canadian Fleet Pacific Unit Chief.
Middle: Lieutenant (Navy) Inkee Kim.
Right: Commander Larry Moraal, Commanding Officer Canadian Fleet Pacific Headquarters.

COMMANDER PATRICK LAROSE



Left: Commander Patrick Larose, Fleet Engineering Officer receiving his CD1.
Right: Captain (Navy) Mark O'Donohue, Deputy Fleet Commander.

COMMANDER LARRY MORAAL



Left: Commander Larry Moraal, Commanding Officer Canadian Fleet Pacific Headquarters receiving his Special Service Medal.
Right: Captain (Navy) Mark O'Donohue, Deputy Fleet Commander.

BRAVO ZULU

Rocky Point Ammunitions Depot

MR. ED CAWLEY



Ed Cawley was presented with the DAER Lieutenant-Colonel (LCol) Weatherbie Award by Lieutenant-Commander (LCdr) Newman, the Commanding Officer.

The LCol Weatherbie recognition is a departmental acknowledgement to commend individuals for their extraordinary contribution towards Ammunitions and Explosives (A&E) safety. It will be awarded when one of the following conditions have been met by an individual or a group of individuals:

- actions demonstrating superior skill or perseverance in identifying and rectifying a significant hazard to A&E safety;
- actions exhibiting a superior display of skill, knowledge, situational awareness or judgment that resulted in an important contribution that significantly enhanced the A&E safety Program.

Description of award

LCol S.S. Weatherbie (1876-1958) was the first Canadian-born person trained in England to qualify as an Inspecting Ordnance Officer. LCol Weatherbie investigated and solved a multitude of issues involving Canadian production of ammunition in the First and Second World Wars. This officer had the honour of being referred to as the 'Father of Canadian munitions' by the House of Commons in 1951.

Treatment

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