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



WELCOME HOME



The Honourable Anita Anand, Minister of National Defence, visits Maritime Forces Pacific (MARPAAC) during the return of His Majesty's Canadian Ship (HMCS) Winnipeg and HMCS Vancouver from a six-month deployment on Dec. 5. Esquimalt's Military Family Resource Centre's team set up welcoming booths to provide military families with comforts such as hot chocolate and entertainment for the children while the ships made their way into Esquimalt Harbour. Read more on page 9.

Photo: Sailor First Class Mike Goluboff, MARPAAC Imaging Services

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NAVRES Western Region holds Small Boat Exercise

Kateryna Bandura
Lookout Editor

The Western Region of the Naval Reserves (NAVRES) held a simulated training scenario of maritime drug interdiction operations for the first time ever.

The Small Boat Exercise (SBEX) was held Nov. 19-20 in English Bay outside Vancouver.

The exercise scenario followed the work performed in Operation *Caribbe*, a core operation that NAVRES sailors participate in several times annually in partnership with other nations.

“The simulated training scenario provided our sailors with skills and training experiences that lend themselves to one of the flagship operations conducted by the Naval Reserve,” said Lieutenant (Navy) John Foster, NAVRES Western Region Public Affairs Officer.

SBEX is a large-scale training exercise held two to four times per fiscal year. It sees sailors from all ranks and trades conduct simultaneous operations coordinated around a central exercise scenario with on and off-the-water components.

“The purpose of this exercise was to provide real-life experience-based training and development for our sailors in a safe and secure learning environment, both on land and at sea,” Lt(N) Foster said.

The training also enhanced the collaboration between the Navy and Army, as over 100 sailors and Maritime Forces Pacific (MARFAC) members trained alongside the 39 and 41 Canadian Brigades.

Petty Officer First Class (PO1) Matthew Luipasco, Recruiter at HMCS *Tecumseh* and the Exercise Coxswain, said exercises such as these greatly enhance the skills of Canadian sailors.

“We can employ members in exciting real-world training while also offering them time to experience the world class city of Vancouver. The work-life balance of events like these are second to none,” he said.

PO1 Luipasco said the exercise went well.

“We could employ members in their specific occupations in a meaningful, real-world scenario that encompassed different layers of both operational and tactical planning and execution,” he said.

The next SBEX will grow larger and more complex, with aircraft from the Royal Canadian Air Force and the Canadian Army and Royal Canadian Navy assets.

“This will add yet another layer of real world experience to our training,” he said.

A unique aspect of this year’s exercise included cooperation between Intelligence Operations and Public Affairs Operations for operational training in the information and maritime environment.

“In addition to the logistical concerns, there were significant preparations to try to generate a real-life training scenario and experience for our sailors,” he said.

Lt(N) Foster said the training’s Food Services and Logistics aspect also went smoothly.

“Our cooks did an outstanding job both with their training and development, but also in feeding all those sailors over the exercise. It was a great morale booster!” he said.



Photo: Lieutenant (Navy) Donald Den, PAO HMCS Malahat

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The Navy announces third INDO-PACIFIC DEPLOYMENT

Peter Mallett
Staff Writer

Maritime Forces Pacific (MARPAF) will ramp up its presence in the Indo-Pacific region in 2023.

The Honorable Anita Anand, Minister of National Defence, and Vice-Admiral (V-Adm) Angus Topshee, Commander of the Royal Canadian Navy (RCN), announced the RCN would deploy three frigates to the region next year.

The Minister and Admiral were on hand at Duntze Head on Dec. 5 to officially welcome HMCS *Vancouver* and HMCS *Winnipeg* home. In a time-held RCN Admiral tradition, the pair saluted the two ships and their crews for a job well done as they sailed into Esquimalt Harbour and passed between the former naval battery and Fisgard Lighthouse.

In her comments to media members at Duntze Head, Anand emphasized the importance of the deployment to the region.

"We are very proud to have Canadian frigates in the

region to participate in [military] exercises and operations with our partners and Allies as our goal in the region is to increase Canada's presence and contribute to peace and stability," Anand said.

V-Adm Topshee said the announcement of a third annual mission to the Indo-Pacific region is a sign the RCN is 'shifting the weight of its efforts' in the region. As part of the shift, V-Adm Topshee said frigates of the Pacific Fleet would only participate in one NATO-led mission next year instead of the usual two.

Anand emphasized the importance of maintaining a 'free, open and inclusive' Indo-Pacific. Because these are international waters, "there is no justification [for China] to use a visit as pretext for aggressive military activity," she continued.

The 180-kilometre Strait is part of the South China Sea and separates the Island of Taiwan from continental Asia. The most recent RCN-involved sail of the Strait was conducted with the United States Navy vessel USS *Higgins* and HMCS *Vancouver* in September 2022 as part of Operation *Projection*. Also noteworthy

was monitoring United Nations sanctions against North Korea through Op *Neon*, Anand said.

V-Adm Topshee cited the involvement of *Vancouver* and *Winnipeg* with multi-national partners in Rim of the Pacific (RIMPAC) exercises held in the opening weeks of their deployments in July and in October, the RCN vessels involved in Exercise *Keen Sword 2022* led by the Japan Maritime Self Defence Force, United States Navy and the Royal Australian Navy.

Together with Minister of Foreign Affairs Mélanie Joly, Anand announced Canada's Indo-Pacific strategy on Nov. 29 as a five-year, \$2.3-billion investment to promote peace and stability while expanding regional trade. It also includes new Defence initiatives.

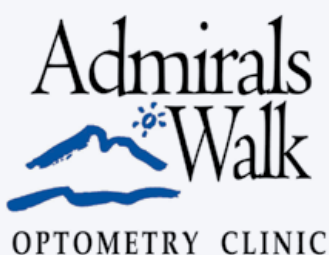
The Government of Canada will invest \$493 million to reinforce Canada's Indo-Pacific naval presence and increase Canadian Armed Forces participation in regional military exercises.

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MANAGER

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

EDITOR

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

WRITER

Peter Mallett pkmallett@shaw.ca

PRODUCTION

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

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

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING REPRESENTATIVE

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

EDITORIAL ADVISOR

Rodney Venis 250-363-7060

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HOLIDAY TRADITIONS

"The holiday season can be a quiet moment for HMC ships."
~ Mark Nelson, Chief Petty Officer Second Class (Retired)

The holiday season is a special time in an HMC ship or base. Seasonal decorations have been popular for decades and include traditions such as raising an evergreen up a ship's yardarm or festooning the upper decks with pine boughs and coloured lights. In modern times, there is often a competition to see which ship has the best decorations.

The sailors' Christmas celebrations became a relaxed routine, pranks and frivolity throughout the years. Today, a ship's company's holiday celebration includes a tradition where the youngest sailor changes places with the Commanding Officer for the day. They may even exchange tunics in a distant throwback to the ancient Roman custom of exchanging clothes and duties during *Saturnalia*. The honorary Commanding Officer for the day is often allowed to inspect the ship and issue orders, usually done in a light-hearted way. The celebration is capped by a lavish holiday feast consisting of turkey with all the trimmings, wine, plenty of side dishes, and a helping of duff, traditionally a Christmas pudding. For the sailors, the best part of the dinner is that it is served by the officers, done so as a thank you for the hard work and accomplishments of the previous twelve months.

The holiday season can be a quiet moment for HMC ships as there tends to be a scheduled leave period. However, for the ships in the HMC dockyard, there is a tradition that occurs at midnight on New Year's Eve when the youngest member, sailor or officer is tasked to ring



the bell eight times for the outgoing year and eight times for the New Year. Bells ringing up and down the dockyard often accompany ships' horns sounding off in celebration.

In the morning on New Year's Day, a tradition practiced in Canada is for the Governor-General, Lieutenant-Governors, municipal authorities, Legions and military establishments to host a *Levee*. The concept of a *Levee* is derived from the French King Louis XIV, who would receive his subjects upon rising in the morning. *Levee* is derived from the Latin word 'levare' - to rise. Canadians began associating a *Levee* with the holiday season when fur traders came to pay their respects to the master of the fort on New Year's Day.

New Year's *Levee* is a time for visiting and toasting the new year at other military units, the offices of local officials, and Legions. Amongst good food, beverages are shared, with nothing being more traditional than a cup of 'Moose Milk'. The recipe of this creamy punch changes depending on the military formation, but spirits are almost always included. In Navy units, the basic ingredients are rum mixed with vanilla ice cream. Specific recipes may be closely guarded secrets, including Kahlua, Bailey's Irish Cream, and nutmeg or cinnamon for taste. Moose Milk can be a delightful concoction if consumed safely. Have a safe and happy New Year!

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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VICE-ADMIRAL ANGUS TOPSHEE AND CPO1 TOM LIZOTTE

Season's Greetings to all

To all members of the Royal Canadian Navy Team, Chief Petty Officer First Class Tom Lizotte and I wish you the very best this holiday season.

This past year has been a busy and often challenging one. Despite those challenges, we have achieved a lot this year thanks to your hard work and dedication. The Chief and I cannot emphasize this point enough – we are extremely grateful for the tremendous work that you do to contribute to the Navy each and every day.

As you all know, we have been experiencing significant personnel shortages over the past few years and the pandemic has exacerbated the situation. When combined with the other challenges imposed by the pandemic, as well as cost of living increases and the demands of the troubling geo-strategic situation, we know that we have placed a tremendous burden directly on you and your families. Yet, you continue to rise to the occasion in service of Canada and your fellow Canadians.

Know that our gratitude is heartfelt, and that addressing the personnel situation is our top priority. There is no quick fix, but we do have some exciting programs in the works, which we will be able to tell you more about in the New Year. We are determined that you will see meaningful and tangible progress on this front in 2023.

For those of you in the Regular and Reserve force, the pride you take in wearing your uniform is evident and it is wonderful to see so many of you embrace the changes adopted back in September. And to our civilian employees, our successes this year could not have been realized without your direct involvement. No matter where you work, your commitment to getting the job done is second to none.

Whether Regular Force, Reservist or civilian employee, the work you have done this year has been tremendous and you have demonstrated time and again that we are ready to Help, Lead, Fight.

Please take this opportunity to unwind and recharge. Whatever you plan to do, and wherever you plan to be, we wish each of you a happy and safe holiday season.

Happy Holidays!

*Vice-Admiral Angus Topshee,
Commander Royal Canadian Navy*

*Chief Petty Officer 1st Class Tom Lizotte,
Command Chief Petty Officer*

Happy Holidays



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A Joint Command & Staff Program member experiences what it is like to spray a firehose off of the flag deck. Photo: Sub-Lieutenant Van Herpt



HMCS OTTAWA HELPS SHAPE FUTURE NAVAL DECISION-MAKERS

Kateryna Bandura
Lookout Editor

HMCS *Ottawa* conducted a day sail on Dec. 5 as part of the Environmental Learning Week of the Joint Command & Staff Program (JCSP).

The program hosts students who will advance into positions where they will make decisions impacting naval units and sailors. JCSP includes a week of Elemental Learning Visits where the students get exposure to a wide range of Canadian Armed Forces (CAF) strategic capabilities. The day sail was the Royal Canadian Navy's contribution to the program, intending to expose the students to the naval environment.

"Normally, day sails target a civilian audience, and we really try and maximize the cool factor of what the Navy does," said Sub-Lieutenant Jonathan Boerger, Bridge Watchkeeper in HMCS *Ottawa* and Second in Command for the day sail. "However, given that this day sail was targeted to JCSP students who all have a military background, we needed to refine our day sail program to go beyond the 'cool factor' and get into the strategic impact that the Halifax-class frigate and the Navy can generate."

HMCS *Ottawa* hosted 125 JCSP participants: 90 Canadian students, 17 Canadian staff, 12 domestic students, and six international students. International students come from as far as Jordan, Malaysia and Kenya.

SLt Boerger said the day was a great success.

"For a lot of the guests we embarked, it was actually their first experience at sea; and they all left with smiles at the end of the day," he said.

The ship's crew conducted tours and static displays alongside, while action station demonstrations such as a maneuvering demo and inbound missile threat were conducted in Constance Bank. Subject Matter Experts stations included opportunities to learn about diving, the Naval Boarding Party (NBP), firefighting, missile decks, foc'sle (FX), and the Bridge and Operations Room. JCSP participants observed and participated where possible.

SLt Boerger said this day sail was not only the first real interaction with the Navy for most JCSPs, but might also be their only interaction with the Navy.

"It was a unique opportunity for the sailors onboard to help shape the JCSP students' perception of the Navy, its capabilities and the huge value our sailors provide to the CAF," he said.

He said he relished seeing people get genuinely excited to go to sea for the first time.

"It was great to see the students engaging with a diverse cross-section of the crew trying to learn as much as possible about the sailors, their roles onboard and the Navy in the few hours they had onboard," he said.

SLt Boerger helped develop and coordinate the day sail program to ensure that the JCSP participants got the maximum value (and fun) for their time onboard *Ottawa*.

Ottawa will be going into dry-dock in early January for a short work period, followed by a busy Intermediate Multi-Ship Readiness Training program in February.



Happy Holidays from MARPAC/JTFP Defence Team

Members of MARPAC/JTFP Defence Team, we hope your holidays are filled with joy, generosity, and memorable celebrations. CPO1 Lee, the Formation Chief Petty Officer, and I wish everyone a fantastic holiday season with friends and family, and applaud your resiliency and dedication in these demanding times.

The lingering effects of COVID-19 have continued to affect our daily routines both at work and home; however, the MARPAC/JTFP Defence Team's approach to the ongoing challenges reflects our determination and tenacity as an organization. Chief Lee and I are very proud of how you have adapted to provide safe working environments while sustaining operational effectiveness.

To meet the Government of Canada's objectives, we have continued to deploy ships and personnel to stay strong at home, secure in North America and engaged in the world. At home, our ships and patrol craft have maintained our presence in our local waters to safeguard against threats and improve working relationships with Indigenous, federal, and territorial governments. HMCS *Ottawa* in particular has been a regular sight in the waters close to home as it conducted exercises and trials. Our defence team, in conjunction with our Coast Guard partners, has helped make Canada a safer place to live by conducting over 2,500 search and rescue missions.

In North America, as part of Op *Caribbe*, HMCS *Saskatoon* and *Yellowknife*, working in conjunction with partners, helped seize 872 kilograms of drugs in February. We have continued to be engaged in the world with Op *Projection* in the Indo-Pacific region,

where our ships have conducted training, exercises, and engagements with foreign navies and other international security partners. HMCS *Vancouver* and *Winnipeg* sailed to the international waters of the East and South China Seas in August conducting port visits throughout South East Asia and the USA. HMCS *Vancouver* moved on to Op *Neon*, a coordinated multinational effort supporting the implementation of UN Security Council sanctions imposed on North Korea.

Although we're proud of our work, we recognize the friends, families, and loved ones for the love and commitment they show daily. As we start planning for the challenges that lie ahead for next year, we have begun to adopt a fundamentally new, modern, and responsible approach to defence, informed by feedback from the Defence Team.

We're very cognizant that the holiday season can sometimes be stressful, even without the added taxation of a global pandemic. In addition to practicing self-care, please take the time to reach out and connect with your current and former shipmates, as they may be struggling this holiday season.

Chief Lee and I thank you for another successful and collaborative year and send our warmest wishes of health and happiness for this holiday season to you as well as your friends and family. If you can, please use this holiday as an opportunity to rest, relax, and reset for an eventful and arduous 2023!

*Rear-Admiral Christopher Robinson,
OMM, CD
Commander Maritime Forces Pacific,
Joint Task Force (Pacific)*

A HOLIDAY MESSAGE FROM THE BASE COMMANDER, CFB ESQUIMALT



The coming of a new year is often seen as a moment to pause and take stock – celebrating our accomplishments and reflecting on our challenges. As I look back over this year, I am full of appreciation for the work of the Defence Team here at CFB Esquimalt.

Successful deployments in the Indo-Pacific and Eastern Pacific have seen us strengthening partnerships with our allies and partners abroad, monitoring United Nations Security Council sanctions, and disrupting illicit drug trafficking. These successes at sea and stability for families at home while loved ones are deployed would not be possible without the hard work and dedication of our One Navy Base team here in Esquimalt.

This year also saw us return to fulfilling our ceremonial duties in person, including Remembrance Day and respectfully marking the passing of our monarch, Her Late Majesty Queen Elizabeth II. We connected with our community through important outreach initiatives such as Defence on the Dock, Military Appreciation Nights, and local celebrations. I recognize that our participation in these events requires considerable effort, and I want to express my gratitude to everyone who took the time to help share what we do with our community. As we move into 2023, be assured that the Base Chief Petty Officer and I are laser-focused on ensuring that we're doing the right ceremonial activities for the right reasons and with the least footprint with which the mission can be accomplished so that extracurricular duties are reduced as much as possible.

While there is a lot to be proud of, we are all aware that much work lies ahead. It's no secret that our organization is in the midst of great change that will have implications for years. That change must be a positive one. Our No. 1 priority remains a shift in culture, creating a more inclusive and supportive work environment for all. We are committed to a detailed analysis of mandate versus available resources to ensure that we're dedicating our efforts to those tasks that are fundamental to our business. We are also working within the Royal Canadian Navy and the community to address long-standing concerns affecting members' ability to continue to serve, such as the cost of living, accommodations and access to family support. Ultimately, we want to increase career satisfaction and quality of life for all Defence Team members.

I know many of you have questions, and I won't pretend to have all the answers yet. What I do know is that all levels of leadership are seized with these issues and are committed to making the changes needed within our organization. Our future depends upon what we choose to do today, and it will take leadership and collaboration at all levels to create the change we need to see.

As another year comes to a close, I want to thank you for your professionalism and dedication to our work and for skillfully rising to every challenge we faced. There is no other team I would rather be a part of. I am grateful for the privilege of serving as your Base Commander.

From my family to yours, I wish you a relaxing and joyful holiday and all the best in the coming year.

*Captain (Navy) J. Jeffrey Hutchinson
Base Commander, CFB Esquimalt*

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MINISTER OF NATIONAL DEFENCE ANNOUNCEMENT

Permanent residents can apply to join the Canadian Armed Forces

DND

Canada will prioritize citizenship applications for permanent residents joining the Canadian Armed Forces (CAF).

The announcement came on Dec. 5 when the Honourable Anita Anand, Canada's Minister of National Defence, announced that permanent residents are welcome to enrol in the CAF.

"Permanent residents make up a skilled and talented component of Canada's population," she said in an official statement. "Enrolment of permanent residents will help us grow our military with qualified, well-trained people who choose a career in uniform."

The Canadian Forces Recruiting Group currently accepts trained applicants from foreign militaries, such as pilots, logistics officers and infantry officers, if they have permanent resident status in Canada. The new announcement intends to enable other permanent residents that meet the same criteria as Canadian citizens to enroll in the CAF.

Canada plans to welcome 465,000 new permanent residents in 2023. The Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship, said many of these future citizens already work in key sectors across Canada.

"They will have the opportunity to make an extraordinary contribution to Canada by choosing a career in service of the country they now call home," he said.

Obtaining security clearances can be lengthy for some permanent residents, but ongoing interdepartmental discussions will determine methods for cross-sharing information and improve the application process.

General Wayne Eyre, Chief of the Defence Staff, said permanent residents would bring great enthusiasm, experience, and knowledge to the Defence Team.

"We receive much interest from permanent residents looking to join the Canadian Armed Forces to serve their new country, and our recruiters are keen to begin conversations with these prospective members of our team," he said.

The CAF encourages permanent residents to consider a military career seriously in Canada.



Honourable Anita Anand, Minister of National Defence, greets Kateryna Bandura, editor, and Trina Winters from the Lookout during her visit to CFB Esquimalt on Dec. 5. Photo: Sailor First Class Mike Goluboff

From the Archives:
Stories from the CFB Esquimalt Naval and Military Museum

The Last Christmas Party of HMCS Athabaskan

Christmas 1943 was just another routine day at sea for the Tribal-class destroyer HMCS Athabaskan during the Battle of the Atlantic.

The festive holiday found the ship's company and her Commanding Officer, Lieutenant-Commander (LCdr) John Stubbs, bucking heavy seas while accompanying Convoy RA-55A somewhere northwest of Bear Island, Norway. The crew were tired, fed up, had not received any mail, and their nerves were stretched taut as they waited for a possible attack.

On Dec. 23, 1943, Athabaskan left Kola Inlet with her sister escorts. They were tasked with shepherding a convoy of 22 merchant ships and sailed westbound to Loch Ewe, Scotland. As this group of vessels moved slowly north through the Arctic night into the Barents Sea, the sailors on board were unaware that the convoy was acting as a piece in a giant chess game. This strategic battle resulted in the sinking of the German warship Scharnhorst.

Scharnhorst was one of the most dangerous German ships in the conflict, one of the Allies' most wanted warships, and the last of her kind. In late December 1943, she was sunk in the Battle of North Cape after attempting to intercept two Arctic convoys.

HMCS Athabaskan did not participate directly in Scharnhorst's destruction; the ship may have been side-lined due to ongoing condenser problems. LCdr Stubbs was disappointed; he had confidence in his ship and crew and knew that Athabaskan could have contributed significantly to the battle. Yet, with the major enemy threat destroyed, men could celebrate a belated Christmas.

In an account of this impromptu party by Len Burrows, author of "Unlucky Lady – The Life and Death of HMCS Athabaskan", he notes:

"...makeshift Christmas trees were put up in different places and simple gifts were exchanged. Parcels of food were shared to

make it a festive occasion. There was loud singing all over as the Athabaskans joined in a spirit of fellowship."

Burrows, whose youngest brother Leading Seaman William O. Burrow, served in Athabaskan, writes that LCdr Stubbs had acquired a substantial supply of beer and liquor for his men, and soon it began to flow. The youngest man aboard Athabaskan, Able Seaman John W. Fairchild, became Commanding Officer for the occasion and walked around the decks wearing the Captain's uniform.

By New Year's Day 1944, having safely brought Convoy RA-55A to its destination at Loch Ewe, Athabaskan was on her way to Scapa Flow for hull inspection and minor repairs.

In an illustrated letter to a friend in his home community of Hamilton, Ont., Signalman William G. Stewart gave his amusing impressions of Athabaskan's belated Christmas party. For many of the participants in that party, it was the last Christmas they would ever celebrate, at sea or on land.

The following Spring, on April 29, 1944, at about 0300 hours, Athabaskan was torpedoed and sank. The ship was patrolling with her sister Tribal-class destroyer Haida in support of a British minelaying operation off the coast of France near the mouth of the Morlaix River when she was ordered to intercept German warships near Ile de Bas. 128 men were lost, 44 were rescued by Haida and 83 were taken prisoner by three German minesweepers sorted from the coast after Haida's departure.

Among those missing and presumed dead were Signalman Stewart, V-8866, and LCdr Stubbs, who was killed in action after he declined to be rescued by Haida so that he could swim back to his ship to try and save more crew members.

To learn more about the history of
HMCS Athabaskan, visit the
CFB Esquimalt Naval and Military Museum.
or visit navalandmilitarymuseum.org.





The bottles will carry a unique label, designed by Sailor First Class Sivanujan Sathananthan, and carrying its own unique name – Sailor's Reserve.

Petty Officer Blair Black poses with the precious cargo. Photo: supplied

Sailor's Reserve

THE STORY OF HMCS WINNIPEG'S WHISKY

Capt Christine MacNeil
HMCS Winnipeg PAO

Up in the fo'c'sle, among the hawsers, the capstan compartment, fenders, paint stores and other nautical items is something unusual.

Something rarely found on a Royal Canadian Navy (RCN) vessel – a sealed whisky barrel. Full of single malt whisky from a distillery in Vernon, this barrel has been a silent passenger during HMCS *Winnipeg's* six-month deployment on Exercise Rim of the Pacific (RIMPAC) and Operation *Projection*.

This project is the brainchild of Petty Officer Second Class (PO2) Blair Black, the Warehouse Supervisor on HMCS *Winnipeg*.

Several years ago, PO2 Black sampled a bottle of Jefferson's Bourbon called 'Aged at Sea'. Enjoying the taste and intrigued by the name, he looked into the story behind the name and discovered that Jefferson's had loaded whiskey barrels onto the ocean research vessel MV *Ocearch*, and the barrels travelled around the world while the ship's company conducted research. According to Jefferson's website, 'the constant movement of the ocean and extreme temperature fluctuations as the ship traversed the globe completely transformed the whiskey'.

Posted ashore at the time, PO2 Black could only think about what a neat idea it would be to have an RCN ship do something similar. As fate would have it, PO2 Black was posted aboard HMCS *Winnipeg* in 2022, where he floated the idea of aging whisky at sea to the ship's fund committee. The idea was met with enthusiasm, and the team went to work exploring the possibility and the requirements to make it happen.

Lieutenant (Navy) Travis Jensen, the

ship's Logistics Officer, liaised with Fleet Non-Public Funds (NPF) staff, who then verified with Formation Logistics Staff to determine if this was possible within the confines of the system (it is). PO2 Black reached out to several B.C. distilleries to determine interest and legal requirements to make it happen.

With all their ducks in a row and the Commanding Officer's approval, PO2 Black, through the ship's NPF Exchange, purchased a barrel of single-malt whisky from a Vernon distillery. He picked it up the week before the ship left on deployment and had it loaded and secured in the fo'c'sle. Just before pick-up, the single malt was transferred to a fresh Martinique Ex-Rhum barrel, which harkens back to the naval tradition of having rum barrels on board from which to issue a daily spirit to the ship's company. Over the next six months, it was expected that 'the constant motion of the churning sea would increase the contact of the spirit with the wood barrel. The salinity of the sea air, along with frequent temperature and barometric pressure changes, would also certainly have an impact on the outcome of the whisky'.

With HMCS *Winnipeg* back alongside, the whisky barrel was returned to the distillery in Vernon, where our own 'sea-aged' whisky will be bottled. The bottles will carry a unique label designed by Sailor First Class Sivanujan Sathananthan, and its unique name is Sailor's Reserve. Every sailor on the ship will have the opportunity to buy a bottle – a one-of-a-kind memento, reminding us of our trip and our favourite stowaway in the fo'c'sle.

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A DOUBLE HOMECOMING



A heartfelt return to family

Peter Mallett
Staff Writer

Hugs, kisses and heartfelt embraces were abundant on Dec. 5 when HMCS Vancouver and HMCS Winnipeg returned home to CFB Esquimalt from lengthy deployments.

The two Royal Canadian Navy (RCN) frigates, with a crew of 470 members, departed from Esquimalt on June 14. Their 173-day deployment included participation in Operations Neon and Projection, and Rim of the Pacific (RIMPAC) exercises, among others.

Hundreds of family members and friends lined A-Jetty with homemade signs and banners, and waved to their loved ones aboard as the ships pulled into Esquimalt Harbour.

First alongside in Dockyard was HMCS Winnipeg.

Master Sailor (MS) Thomas McDavid, Navy Cook, was also first to cross the ship's brow and deliver the traditional ceremonial First Kiss of the homecoming. MS McDavid was bestowed with the honour after winning a lottery aboard, which determined who would be the first off the ship to kiss their spouse. MS McDavid's First Kiss was with his high-school sweetheart, Colleen McDavid. As they kissed for the first time in nearly six months, a great cheer rose from the crowd gathered on the jetty.

"It's so exciting to be home and it feels a little bit like the honeymoon stage all over again," said MS McDavid. "It's so wonderful to

not be on a ship and be able to walk wherever I want to go instead of being in one place all the time."

Sailor Second Class (S2) Nathaniel Bourke, HMCS Vancouver's Naval Combat Information Officer (NCIOP), was selected for his ship's First Kiss.

"It was really a big surprise for me to find out I had been selected for the First Kiss on Dec. 2 as this was also my birthday," said S2 Bourke. He delivered it to his girlfriend Shelby Cavill and also delighted in the experience with the crowds.

Commander (Cdr) Annick Fortin, Winnipeg's Commanding Officer, said she was equally enthused to be back in Esquimalt and reunited with her husband Nicholas. It was Cdr Fortin's first experience commanding a major RCN warship on a lengthy deployment, and she said it was a positive one.

"Like any mission at sea, there are great challenges and great rewards, so, being here alongside with all our sailors and being reunited with our families is the greatest reward of all," she said.

The feeling was mutual for HMCS Vancouver Commanding Officer, Cdr Kevin Whiteside, who was moved to tears after crossing the brow and embracing his wife and three children on the jetty.

"This is what it means to be home," Cdr Whiteside said as he pointed to his family. "I am absolutely full of love and energy right now, so proud of everything we accomplished and so happy to be back here with our loved ones."



Sailor Second Class Nathaniel Bourke greets his partner for the first kiss upon HMCS Vancouver' return. Photo: Master Corporal Andre Maillet



Master Sailor Thomas McDavid shares the first kiss off HMCS Winnipeg. Photo: Corporal Tristan Walach



Family members await the arrival of the ships on Dec. 5. Photo: Corporal Tristan Walach



A very heartfelt reunion. Photo: Corporal Tristan Walach



HMCS Vancouver returns to Esquimalt after Operation Projection / Operation Neon on Dec. 5. Photo: Sergeant Malcolm Byers



Inset: Corporal Tristan Walach



HMCS Winnipeg returns to Esquimalt after Operation Projection / Operation Neon on Dec. 5. Photo: Corporal Tristan Walach

Wheelchair hoops game BOOSTS awareness on barriers

Peter Mallett
Staff Writer

Military personnel and civilian employees from CFB Esquimalt took part in a wheelchair basketball lesson and game on Dec. 2 in recognition of the International Day of Persons with Disabilities (IDPD).

The recreational, non-competitive game organizers hoped it would shed light on the barriers facing people living with a disability and create a broader understanding of this pervasive issue.

“When able-bodied people first jump into a wheelchair and see how difficult it is to control the ball, let alone play a game of basketball, they may consider how difficult it is to live in a wheelchair every day,” said Major (Maj) Patrick Levis, Military Co-Chair for the MARPAC Defence Advisory Group for Persons With Disabilities (DAGPWD)

and the Deputy Commanding Officer of the Canadian Scottish Regiment.

The game occurred in the gymnasium at the Naden Athletic Centre, where Maj Levis said everyone had great fun learning a new sport.

“The wheelchair basketball game was intended to be a fun and engaging event,” Maj Levis said. “But, we also hoped it would help educate about both visible and invisible barriers for people with disabilities.”

Maj Levis knows first-hand about barriers and adjusting to life in a wheelchair. In 2019, he underwent cancer surgery

which left him paralyzed in his right leg and quadriceps. Still, his paralysis hasn't kept him from being an athlete.

In April 2021, he represented Canada at the Invictus Games at The Hague.

He competed in wheelchair racing, indoor rowing, wheelchair basketball, sitting volleyball and wheelchair rugby. He also competed in the Canadian National Rowing Championship and Canadian National Wheelchair Tennis Championship in more recent months.

Next spring, Maj Levis hopes to begin the qualification process for the World

Para Rowing Championships in Italy and then – the 2024 Paralympic Games.

He said the barriers he and other people with disabilities face can include anything physical or technological or result from a policy or a practice.

He said he is hopeful the Government of Canada Accessible Canada Act, which set a target of 2040 to achieve a barrier-free Canada for persons with disabilities, will continue to push things forward.

Maj Levis wants to engage with community members about their thoughts on the subject. He noted the MARPAC Defence Advisory Group for Persons with Disabilities (DAGPWD) is always looking for more members to improve accessibility and disability inclusion in the Canadian Armed Forces.

“This is part of an effort for us to work together and help improve our organization and make it more accessible,” he said.



Major (Maj) Patrick Levis. Photo supplied.



The barriers he and other people with disabilities face can include anything from physical or technological, or be the result of a policy or a practice.”

Participants in wheelchair basketball. Photo supplied.



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Comforting bear hugs available at MFRC



Peter Mallett
Staff Writer

Hundreds of teddy bears are now available at the Esquimalt Military Family Resource Centre (MFRC) for the comfort of children, thanks to the generosity and kindness of one Victoria resident.

Brett Delaney, who operates three seasonal pop-up stores in malls around the Greater Victoria Area, distributed approximately 2,000 teddy bears as part of Calendar Club's support-a-local-charity initiative.

"I can't think of a better way to support military families," Delaney said. "I know how difficult their lives can be, including the unpleasant reality of mommies and daddies being away or being constantly on the move."

MFRC is one of many teddy bear destinations: the 53-year-old also donates teddy bears to Victoria General Hospital and the Saanich Police Department.

Delaney said that when Calendar Club began their campaign last year, he immediately thought children from military families would be the perfect recipients. He said his relation-

ship with the MFRC is a long-term partnership. "The teddy bears have been so popular with the children and are much-loved," said Jackie Carlé, Esquimalt MFRC Executive Director. "It is such a lovely gesture and so well-received by our families."

The MFRC distributes the teddy bears at its Children's Deployment Workshops, ship departures, or to any child in a military family who needs extra comfort.

Delaney's father was an RCMP officer, and his brother, Lieutenant (Navy) Jason Delaney, is a Royal Canadian Navy member based in Ottawa. He spent some of his childhood years in Nova Scotia, living close to CFB Shearwater, and many of his friends were from military families.

The father of one said he gets emotional when he sees photos of his teddy bears comforting others.

"When I see photos of children from military families holding one of my bears and saying goodbye to mommy or daddy, or participating in a deployment workshop, I get all choked up," he said. "Teddy bears are a great way to spread some joy."

Holiday cheer at Naval Fleet School (Pacific)



Kateryna Bandura
Lookout Editor

During their Christmas decorating contest, the Naval Fleet School (Pacific) members dressed the school in the holiday spirit this past week.

Acting Sub-Lieutenant Anthony Latka, Sailor First Class Charlotte Dennis and Marsha Hurrell, Administrative Assistant to the School's Commandant, took charge of the festivities and formed a small committee to plan and decorate the school while bringing joy to their Unit.

"We quickly planned a meeting to discuss what ideas we each had, and settled on our favourite three that would spread holiday cheer," Hurrell said.

The ideas included a door-decorating contest titled Operation Deck the Halls, ornament-making, and holiday bingo.

The committee has put together two gift baskets as prizes; one will be awarded to the holiday bingo winner. All participants of the door-decorating and ornament-making contests will be entered into a draw for the second gift basket. Everyone was welcome to put up an ornament they made for the 'family tree' at the School, and the section with the winning door and winning ornament will each win a small prize.

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VENERABLE VETERAN CELEBRATES 102ND BIRTHDAY

Paul Seguna
Naval Association of Canada – Vancouver Island

On Nov. 24, the Naval Association of Canada - Vancouver Island (NAC-VI) branch held its monthly luncheon meeting and celebrated the 102nd birthday of one of its members – Peter Chance, Commander (Cmdr) Royal Canadian Navy (RCN) (Ret'd), whose birthday fell coincidentally on that same day. Peter is a well-known and admired Battle of the Atlantic veteran who actively participates in naval affairs.

During the event, Cmdr Mike Stefanson, Commanding Officer of HMCS *Venture*, addressed the audience on the newly established Naval Officer Training Group.

Also during the event Commander RCN (Ret'd) Steve White, NAC-VI Branch President, presented Cmdr Stefanson with a kisbee ring from the previous namesake training organization.



Commander RCN (retired) Peter Chance cuts his birthday cake alongside Commander Mike Stefanson of HMCS *Venture*. Photo: LCdr Paul Seguna, RCN (retired) NAC-VI.

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HOLIDAY CELEBRATION MAKES SPIRITS BRIGHT



Lookout Staff

Spirits were bright as children and families from across the Defence community gathered at CFB Esquimalt on Dec. 3 to celebrate the holiday season.

Families were greeted by Santa at the Chief & PO's Mess and treated to a morning of fun activities for all to enjoy. These included crafts, games and gingerbread house decorating. In the spirit of giving this season, the gingerbread houses were sourced through a partnership with Esquimalt High School's Culinary Program where proceeds support CFA's Santa's Anonymous Society.

Guests enjoyed lunch and Santa's favourite cookies before heading to the Wurtele Arena for a Skate with Santa. First-time skaters learned to stand on ice

for the first time and participants placed wagers on who could do laps around the ice the fastest.

Santa laced up his skates to take part in the festivities and take some photos with families. Once finished, there was hot chocolate with extra whipped cream and popcorn available for participants to warm up, generously provided by CANEX and SISIP.

The event concluded at the Naden Gym pool where participants strapped on their floaties, flung on their goggles, climbed into their bathing suits and did their best cannonball for Santa.

Personnel Support Programs Recreation, Special Events, and the Chief & PO's Mess would like to thank all who attended and wish everyone a safe and happy holiday season!



Santa poses with a family during the Skate with Santa portion of the holiday event.

Santa poses with a family during the Skate with Santa portion of the holiday event.



Sweet songs on the Sea



Petty Officer First Class Meghan Worsnop as she practices her violin on HMCS Montreal
Photo: Corporal Jadin Gaudett Canadian Armed Forces Imagery Technician (OJE)

Capt Trevor Young, Public Affairs Officer HMCS Montréal

Petty Officer First Class (PO1) Meghan Worsnop finds it easier to play her violin on the frigate than on solid land.

Tucked away in a small room clad in metal pipes and endless wiring, PO1 Worsnop has claimed it as one of the only places on Halifax-class frigate HMCS *Montréal* she could find to play her violin in relative peace.

"Dvořák is one of my favorites to play; he travelled the world, you know," she says.

Swaying in the middle of the North Atlantic Ocean, in a sea state that could turn even the strongest of stomachs, she cites the freedom she has away from the daily tasks of shore life such as commuting, cooking, and cleaning.

PO1 Worsnop has served with the Royal Canadian Navy (RCN) for 20 years and three months as a Marine Technician. She first joined after having been laid off from her civilian job. It had never occurred to her to join the military until she saw a job post for a Marine Electrician and gave the number a call.

"A grouchy old man answered," she said, "and he told me 'you'll never make it in the Navy!' So, anyways, I applied in person and got the job right away."

She knew early on she had found her place. She loved the training style as it was more dynamic and interactive than she was used to in civilian jobs.

"Serving in the Navy has given me a different perspective. It's hard to imagine what I would be like otherwise," she says.

PO1 Worsnop loves Canada's North, which she explored during her time with HMCS *Kingston*. Along with Defence Research and Development Canada, *Kingston* and its crew were tasked with mapping new passageways opened by global warming while simultaneously searching for HMS *Terror*. This ship was lost along with the crew in 1845 in an attempt to navigate the Northwest Passage. While they didn't find the wreck, HMCS *Kingston* went further north than any other Maritime Coastal Defence Vessel (MCDV) in history – a grand accomplishment for her and the crew. Shortly after that, however, they were unceremoniously beaten by another MCDV conducting the operation with them – a record that stood far longer than that of HMCS *Kingston*. She was soon transferred from HMCS *Kingston* to HMCS *Ville-de-Quebec* (VDQ) in a management position.

PO1 Worsnop initially brought her violin aboard VDQ in 2019 as a means of comfort in her new position.

Back home, she had begun a Suzuki Program, a parent-child way of learning where the two begin together, and when the child has picked it up and is confident, the parent eventually drops out to leave the child to their own devices. However, when PO1 Worsnop's daughter lost interest, she continued learning.

The melodies of her violin tend to drown out amid the clambering of the ship's watertight doors. However, she still carves out the time to indulge in her artistic passions while the frigate makes its way through six-metre waves and across the frigid North Atlantic.



Victoria's Rotary Club inducts Rear-Admiral Robinson as honorary member



Gerald Pash, Acting President of the Rotary Club of Victoria, presents Rear-Admiral Christopher Robinson with a citation and honorary membership certificate.

Gerald Pash, Acting President Rotary Club of Victoria

Rear-Admiral (RAdm) Christopher Robinson, Commander Maritime Forces Pacific (MARPAF) and Joint Task Force Pacific (JTF(P)), was inducted as an honorary member of the 109-year-old Rotary Club of Victoria in a ceremony at the Union Club of B.C. on Nov. 24.

"Appointing the Commander is a recognition of the contribution made to the building of this community by Forces personnel since the establishment of the Esquimalt Naval Base and Garrison," said Gerald Pash, Club Acting President.

For several decades, it has been the practice of the Rotary Club of Victoria to have the Lieutenant Governor and the Commander of Maritime Forces Pacific as honorary members.

The appointment citation states the following:

"For more than 175 years, leaders of the Sovereign's Maritime forces, the Royal Navy, the Canadian Naval Service, and the Royal Canadian Navy have enhanced the business and social life of Greater Victoria.

"Successive Commanders-in-Chief of the Royal Navy Pacific Station, Commanders of

the Canadian Maritime Forces Pacific, officers commanding ships afloat and the shore establishment, today known as Canadian Forces Base Esquimalt, have led thousands of men and women who have served Canada professionally and simultaneously contributed individually to this city and surrounding municipalities.

"In recognition of that legacy, Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific, is hereby named an honorary member of the Rotary Club of Victoria and is entitled to all the associated rights and privileges."

In addition to the citation, RAdm Robinson was presented with a membership certificate, lapel badge, and name tag. Following the induction, he spoke to the Club about current operations and the work to renew the fleet by introducing new ships.

There are eight Rotary Clubs in the Greater Victoria area. Rotary's seven focus areas are to support peace and conflict prevention/resolution, disease prevention and treatment, water and sanitation, maternal and child health, education and literacy, economic and community development, and the environment. Rotary community service is directed at improving the quality of life for the disadvantaged and serving the public interest.



ADMIRALS' MEDAL RECIPIENT FOR 2022:

Rear-Admiral (Retired) Ian Mack, CMM, CD

Rear-Admiral (retired) Ian Mack has been recognized for his unequalled contribution to Canada in the naval ship procurement sphere.

Following his retirement from the Navy in 2007, Ian served ten years as the Director-General of Major Projects (Land and Sea) for National Defence. Since leaving the government in 2017, he has shared his international shipbuilding and project management perspectives and has authored numerous papers on related subjects.

He made great efforts to set the National Shipbuilding

Strategy in place and to promote the application of complex project management principles to naval ship procurement. His leadership and vision have contributed to revitalizing the Canadian shipbuilding industry and implementing the Arctic Offshore Patrol Ship and Joint Support Ship projects.



With the Canadian Surface Combatant project now well into the project definition phase, Ian's work has set in motion the renewal of the Royal Canadian Navy for the next half-century.

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BRAVO ZULU

LIEUTENANT-COMMANDER KATERYNA HUBBARD



Lieutenant-Commander Kateryna Hubbard (centre) receives her Canadian Decoration Medal from Commander Larry Moraal, Commanding Officer CFP HQ, (right), with Chief Petty Officer First Class Matthew Goodwin, Canadian Forces Pacific Headquarters (CFP HQ) Unit Chief (left).

LIEUTENANT-COMMANDER JASON BATES



Lieutenant-Commander Jason Bates (centre) receives his Promotion to Acting while so employed from Commander Larry Moraal, Commanding Officer CFP HQ, (right), with Chief Petty Officer First Class Matthew Goodwin, Canadian Forces Pacific Headquarters (CFP HQ) Unit Chief (left).

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HEALTH & WELLNESS expo

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For more information or to book a booth at the expo, please email Jazmin.Holdway@forces.gc.ca

BRAVO ZULU

Naval Communicator QL5B and QL6 graduation ceremony.

Held at Bldg N-92, Canadian Forces Base Esquimalt on Dec. 2, Certificates of Military Achievement were presented by Lieutenant (Navy) Marc Parent, Naval Fleet School (Pacific) Adjutant (left).

Photos: Sailor First Class Mike Goluboff, MARPAC Imaging Services

MASTER SAILOR CLAYTON BARTER



MASTER SAILOR BENJAMIN CIZMAR



MASTER SAILOR DAYLEN COSSETTE



MASTER SAILOR DAVID KNIGHT



MASTER SAILOR DANIEL LEFEBVRE



MASTER SAILOR MATTHEW TAYLOR



MASTER SAILOR JONATHAN DANG



MASTER SAILOR ELIJAH FRASER



MASTER SAILOR MATTHEW PETERS



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MASTER SAILOR TRACY RAVEN



MASTER SAILOR CHRISTOPHER ROBILLARD



SAILOR FIRST CLASS ROSELINE CLARK



SAILOR FIRST CLASS GARY COOK



SAILOR FIRST CLASS JORAVAR GILL



SAILOR FIRST CLASS MARC-ANDRE MAROTTE



Members of the QL5A session 0001 course take a moment for a group photo during their graduation ceremony. Photo: Sailor First Class Mike Goluboff, MARPAC Imaging Services, Esquimalt

Treatment

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