

Volume 68 Number 4 | January 30, 2023

LOOKOUT

newspaper.com

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

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READY TO RUMBLE!

16-year-old roller derby player Naomi Morrell celebrates with her father Master Sailor Clayton Morrell for her selection to represent Canada at the 2023 Roller Derby Junior World Cup in France. Read more on pages 6 & 7.

Photo: Peter Mallett, Lookout Newspaper

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TRITONS

hit Canada-West hockey high note

Peter Mallett
Staff Writer

Members of the Esquimalt Tritons broke into song moments after clinching a berth in next month's Men's Hockey National Championship tournament.

After accepting their winner's medals, the players retreated to their locker room belting out their best rendition of Juno Award winner Carly Rae Jepsen's hit song *Call Me Maybe*, said Petty Officer First Class (PO1) Curtis Gillies, Triton's Assistant Captain and Team Manager.

"The team was really excited to win and meet all our goals so overall there was a true sense of accomplishment," PO1 Gillies said. "The locker room was electric and we had an excellent championship sing-along to cap things off."

The Tritons overcame a slow start in the Canada West Regionals competition on Jan. 15-20 at CFB Edmonton. The blue and

gold overcame two losses in the round-robin phase with the sweet reward of a thrilling 5-4 overtime victory over the host team on Jan. 20. A/SLt Darcy McHugh scored the winning goal. He converted his wrist shot from the left face-off circle midway through the first sudden-death overtime period to give Esquimalt the tournament title.

The Tritons also defeated CFB Winnipeg in their opening game before falling to Edmonton and Comox in the round-robin. They defeated Comox 8-3 in the tournament semi-final on Jan. 19.

Master Corporal (MCpl) Colin Maclean was voted Most Valuable Player of the Championship game for Esquimalt and A/SLt McHugh for the entire tournament. Other standouts for Esquimalt included Sub-Lieutenant (SLt) Seamus Maguire and Sailor First Class (S1) Derek Cheetham.

PO1 Gillies, who plays left wing for Esquimalt, said getting the most out of each

player on their 20-person roster was crucial to the victory.

"The key to our success in this tournament was from our depth as we could play every member on every line and through every situation against all opponents," he said.

PO1 Gillies said the Tritons will need a much better early-tournament performance when going up against the cream-of-the-crop at the Canadian Armed Forces Hockey Nationals, running Feb. 26 to March 3 at CFB Wainwright. Due to unit postings and work commitments, the team may be without A/SLt McHugh, SLt Maguire and S1 Cheetham for the Nationals. Despite this, PO1 Gillies believes optimism abounds.

"In my 13 years of playing for the Tritons, this feels like the closest we will get to winning a national championship," he said. "The team could not be happier with our performance and its times like this that many members will cherish for their entire careers."

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Canada's Naval Reserve CELEBRATES CENTENNIAL in 2023

LCdr Paul Pendergast
Naval Reserve
Public Affairs

The Naval Reserve will celebrate a big milestone in 2023, marking 100 years of service to Canada. There will be commemorative events and activities throughout the year, most of them conducted locally by Canada's 24 Naval Reserve Divisions, located in most major cities nationwide. Some events will also be national in scope.

"It has been an honour to work on this project to commemorate the contributions of our sailors to Canada over the last 100 years," said Chief Petty Officer First Class (CPO1) Patty Bouthat, the centennial's Project Coordinator. "From helping to win the Battle of the Atlantic in the Second World War to coming to the aid of Canadians during natural disasters, to deploying with the Royal Canadian Navy (RCN) across the full spectrum of its operations, naval reservists continue to have a lasting impact on our nation."

Twelve Reserve divisions will celebrate their own centennials this year with local celebrations. Canadians across the country will be able to watch some of the biggest events take place on Sept. 23, when 4,000 sailors will be on parade in 24 cities across the nation.

The Naval Reserve 50th Anniversary Monument in Ottawa will be restored and rededicated, and Navy Bike Ride and Nova Scotia International Tattoo will both have a Naval Reserve Centennial theme. Ottawa's Canadian Tulip Festival will highlight the sacrifice of naval reservists, known as citizen-sailors, from the Royal Canadian Navy Volunteer Reserve (RCNVR) who served in the Second World War.

The beginnings of a Naval Reserve force in Canada were due largely to the efforts of one man, Rear-Admiral (RAdm) Walter Hose, a Royal

Navy officer who transferred to the RCN. He had served with Royal Navy reservists from Newfoundland during the First World War and was impressed with their seamanship skills. He wanted to establish a Naval Reserve force in Canada to augment the RCN, but he met resistance at all levels.

Finally, on Jan. 31, 1923, after years of lobbying by RAdm Hose, the Government of Canada authorized the organization of a force to be called the RCNVR.

The formation of a Reserve force was initially seen as a great way for the fledgling RCN to build support across the country. It envisioned the establishment of Naval Reserve Divisions in every major Canadian city, effectively bringing the Navy to Canadians living far from our coastlines.

The RCNVR became the backbone of the RCN, recruiting sailors from across the country. During the Second World War, the RCN needed to expand rapidly. From its modest beginnings of six ocean-going ships and 3,500 sailors of all ranks at the outbreak of the war, it grew into a large and capable fighting force.

By the end of the Second World War, Canada had

the third largest navy in the world, with 95,000 men and women in uniform, and 434 commissioned vessels including cruisers, destroyers, frigates, corvettes and auxiliary vessels.

Approximately 77,000 of these were members of the RCNVR or the Women's Royal Canadian Naval Service, the RCN's separate service for women, created to recruit women so that men could go to sea.

In addition to commemorating the past 100 years, the centennial will also recognize the contributions of our current sailors, while looking to the future. Today, the Naval Reserve has a strength of 4,100 sailors across 24 divisions from Victoria to St. John's, Nfld.

Their mission is to generate trained sailors for Canadian Armed Forces (CAF) operations, both domestically and abroad, while at the same time supporting the Navy's efforts in connecting with Canadians in the community.

Naval reservists are members of the RCN who typically serve on a part-time basis. They are employees, co-workers, and students from your community who embody the courage, loyalty and integrity to keep one foot firmly planted in a civilian career and the other train-

ing and preparing to protect Canadians at home and abroad.

Naval reservists have deployed on operations at sea and on land around the world, from counter-narcotics missions in the Caribbean and Pacific Oceans to sovereignty patrols in the Arctic.

They have also responded when called upon to support provincial and local authorities in domestic operations including support to flooding in Manitoba, Alberta, Ontario and Quebec; forest fires in British Columbia; and hurricanes in Nova Scotia and Newfoundland; as well as helping to care for seniors in Ontario and Quebec during the early days of the COVID-19 pandemic.

For 100 years, the Naval Reserve has played a critical role in Canada's safety and security as a vital element of the RCN and CAF, and plans to celebrate their history in style. Planning has been under way for two years, with a project team directed by Captain (Navy) Beth Vallis, along with Lieutenant-Commander David Arsenault as Project Manager and CPO1 Bouthat.

During 2023, join us in celebrating the Naval Reserve Centennial and the proud place naval reservists hold in our nation's military history and heritage.

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Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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OVER A BARREL

"The oft-used phrase 'no names, no pack drill' means 'to say nothing and avoid repercussions'."

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



To be *over a barrel* means to be in a tricky situation or at a disadvantage compared to another person. The phrase is commonly used today and has two derivations related to the maritime environment. The first alludes to an old practice of reviving a drowning victim by placing the casualty *over a barrel* and rolling it back and forth to empty the lungs of water. While the act describes the term, it does not explain being at a disadvantage as much as the second explanation. That one describes a sailor draped over a cannon barrel and ready to receive punishment, also known as *kissing (or marrying) the gunner's daughter*. It was not a happy event as the gunner's daughter was a gun barrel, and the marriage ceremony was a flogging. In today's navy, a sailor might also be referred to as *kissing the gunner's daughter* when he prepares to undergo a service tribunal.

When the accused was said to have a *date with the Captain's daughter*, it meant the sailor would receive corporal punishment such as flogging, usually with a *cat o' nine tails* – a short, nine-tailed whip kept by the bosun's mate. Loose folklore states the 'cat' was held in a baize bag, which is a possible origin for the phrase 'let the cat out of the bag', although this has been widely refuted. The phrase 'not enough room to swing a cat' may also have been derived from flogging as it describes the desire to punish transgressors on the upper deck since there was not enough room to swing a cat below the decks.

Today, flogging is a generic term for a variety of military punishments, as (thankfully) corporal punishment is now a thing of the past, e.g., "Boggins is adrift. Surely, there'll be a flogging." *Flogging around the fleet* describes a punishment done for optics. It derives from the historical practice of strapping a guilty party to a boat that toured the entire fleet while the defaulter was flogged. This punishment was reserved for serious crimes such as desertion or striking an officer.

The oft-used phrase 'no names, no pack drill' means to say nothing and avoid repercussions, i.e., "Just clean up the mess and carry on. No names, no pack drill". The term derives from the British Army, where unruly soldiers were punished with 'pack drill', which was training in full uniform and a heavy pack. In some cases, 'no names, no pack drill' hints that the names of transgressors could be kept quiet to spare them from an awful punishment.

Finally, the commonly used phrase *being in the black books* usually means an officer or sailor is in trouble or has fallen out of favour and may be deliberately passed over for advancement. Some say this term is derived from the *Black Book of the Admiralty*, which contained a list of officers deemed guilty of poor conduct.

You will find over 4,000 examples of Jackspeak in my book *Jackspeak of the Royal Canadian Navy* (2nd ed.).

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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Shoot Like A Girl:

a new podcast shares how you can, too

Kateryna Bandura
Lookout Editor

Master Sailor (MS) Kate Gouthro loves listening to podcasts, but remembers saying she could never start one because she is an introvert.

Now, as a host of a women-centric podcast, she loves what she does.

"I hope younger women who are struggling to find a career path might listen to these episodes and consider the Canadian Armed Forces or their country's military as a career choice," she says. "Maybe they will also get some training or mindset tips for certain difficult military courses."

Shoot Like A Girl is a podcast featuring interviews with military women from around the world who push their limits on and off duty. MS Gouthro says she wanted the name to feel strong and catchy. It derives from an anecdote about a little girl playing a sport.

"The girl was playing baseball, or maybe basketball, and someone said 'you hit like a girl', and she said 'if you practice hard enough, you can too,'" MS Gouthro says. "I wanted to remove the negativity of 'like a girl' because the women on my podcast do some very amazing things that many men can't do."

The women MS Gouthro interviews work in military trades all over the world. She has interviewed Canadian women, American

women, and even a woman from the Irish Naval Service. She hopes to speak with women who push themselves outside of work in other endeavours too, such as athletics or adventuring, and dive into the mindset and physical training required.

"I think some women don't get the credit they deserve sometimes, so I hope to bring awareness to their achievements," she says.

MS Gouthro was born and raised in Halifax, N.S. She joined the Navy in 2008 as a Port Inspection Diver and has worked at the Naval Tactical Operations Group in Victoria since 2018.

She listened to many podcasts hosted by former military members but says their guests and audiences were mostly male. So, she decided to pitch in.

"Initially, I really had to get out of my comfort zone talking to strangers. I would get so nervous before recording an episode. It's getting much better now," MS Gouthro says, adding that almost 35 per cent of her listeners are men.

This year, MS Gouthro hopes to reach 50 episodes.

The podcast is available on Apple Podcasts, Spotify, and most other listening platforms. Follow her on Instagram: @shootlikeagirlpodcast.

SHOOT LIKE A GIRL

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‘ROLLER GIRL’

GETS READY TO RUMBLE



Peter Mallett
Staff Writer

Lacing up her roller skates and putting on a Team Canada jersey is a huge deal to Naomi Morrell.

The 16-year-old is preparing to represent Canada at the 2023 Roller Derby Junior World Cup in France this July.

“The idea of representing Canada hasn’t quite set in yet, it feels too big to hold in my head,” Naomi said. “I try to think of it like my dad’s role in the military; when he’s in uniform he’s part of something bigger, and he holds a feeling of belonging to something with greater purpose.”

Naomi found out in December 2022 she had been named to Team Canada’s 35-player roster. Her parents are glad to see she will soon take to the world stage in the sport she loves.

“We’re incredibly excited and proud of Naomi for her achievements and can’t wait to cheer her on at the World Cup,” said Cindy MacDougal, Naomi’s mother.

Her father, Master Sailor (MS) Clayton Morrell, works as an Electrician for Fleet Diving Unit (Pacific). He said Naomi is a natural at the sport and is glad she is shooting for something big.

“She’s worked hard to get where she is and is working even harder to prepare for the World Cup,” MS Morrell said.

Naomi began playing ‘derby’ five years ago after reading a graphic novel *Roller Girl* featuring the sport. Her on-the-rink nickname ‘Scream Soda’ also derives from the book. She explains the sport’s rules so frequently that she has a script for it.

“Most assume I play banked track derby which is very different in its rules and far more dangerous,” she said.

Roller Derby has existed as a sport since the 1930s. The version Naomi plays is not to be confused with the more violent Roller Derby made popular on television in the 1970s and ‘80s and played on an elevated track. Her game prohibits dangerous play and consists of two teams of five skaters who compete on

an oval track wearing quad-style roller skates. One player on each team is designated as a jammer to lap opposing team blockers to score points. The other team members, pivot or blockers, work together to prevent the jammer from passing through.

“That’s when the hitting happens,” she explains. “I like to jam and I’m good at it, but I’m also a good blocker and pivot, so any position suits me.”

While being shorter in height in most team sports can be a disadvantage, Naomi said having a low centre of gravity has helped her excel on the rink. Equipment includes a helmet, mouth guard, elbow and kneepads, wrist guards and roller skates. She doesn’t deny there are injuries but says all sports come with some risk of injury.

“Despite being full-contact and having constant collisions, there is no malice or anger behind the contact and as soon as you get knocked down there is always an outreached hand to pull you up,” she said.

Morrell’s local junior club team is the Rotten Apples which plays in the Eves of Destruction League. Games in Victoria are played at the Archie Browning Community Centre in Esquimalt and the Eagle Ridge Community Centre in Langford.

Team Canada will play an exhibition game against France in Toronto in April and then host a training camp in Calgary the following month. They will compete in the 2023 World Cup in Valence, France, from July 28 to 30.

Naomi and her parents recently launched a fundraising campaign with a goal of \$5,000 to help pay for her expenses at the tournament and upcoming training camps. You can support Naomi by donating to the family’s bottle drive on Feb. 4 at the Belmont Park Canex location from 10 a.m. to 4 p.m. Donors can also contribute to their GoFundMe campaign: <https://www.gofundme.com/f/scream-soda-play-team-canada-junior-roller-derby>

“... as soon as you get knocked down there is always an outreached hand to pull you up.”

Naomi Morrell



Grade 11 student Naomi Morrell and her family recently launched a fundraiser to pay for Naomi’s expenses for her participation in the 2023 Junior Roller Derby World Cup. Photo: Peter Mallett/Lookout Newspaper

HMCS Fredericton joins NATO allies on OPERATION REASSURANCE



Ryan Melanson
Trident Staff

The Royal Canadian Navy has once again sent a Halifax-class frigate to join NATO allies in Europe as part of the maritime component of Operation (Op) *Reassurance* at a time when the mission is more critical than ever.

Speaking in Halifax after HMCS *Fredericton* left the jetty on Jan. 22, Rear-Admiral (RAdm) Brian Santarpia, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, said the ongoing Russian invasion of Ukraine, which began in early 2022, has altered the dynamic of Op *Reassurance*.

"Each ship that goes now has to be more ready than they were before that invasion, because the threat is higher," he said.

Fredericton will join Standing NATO Maritime Group 2 alongside American, Italian and French counterparts and will mainly operate in the Mediterranean Sea for the next six months.

"They'll be monitoring Russian activity daily, and they'll also be doing exercises to ensure we're interoperable with our allies and ready for any emergency," RAdm Santarpia added.

Fredericton left Halifax accompanied by MV *Asterix* and HMCS *Montreal*, which is currently conducting workups ahead of deployment this spring. The three

ships will sail together across the Atlantic before *Montreal* and *Asterix* make their way home, along with a small team of fleet staff who are accompanying *Fredericton* for the first leg of the trip.

For the 256 sailors who make up *Fredericton's* ship's company, the departure marks an exciting moment – the beginning of a challenging mission on behalf of Canada – but also comes with the difficulty of leaving family members behind.

"They're proud of the work they'll be doing, but there's no doubt they're going to miss their family; it's hard to be away for six months," RAdm Santarpia said. He added extra work would be done to ensure as many crew members as possible get mid-deployment breaks to either travel home or bring family members to Europe.

Op *Reassurance* originally began in 2014 as a response to the Russian annexation of Crimea. As the name suggests, the operation is meant to reassure NATO that Canada is there to support its international partners. The mission has also included land and air components, with Canadian Armed Forces personnel deployed to Latvia, Poland, and Romania.

This deployment is the 21st rotation for an RCN frigate on Op *Reassurance* since the mission began in 2014, and this is the fifth time for HMCS *Fredericton*. HMCS *Fredericton* is expected to return to Halifax in July.



Friends and family members gathered at the jetty to say goodbye to loved ones prior to the departure of HMCS *Fredericton* in Halifax on Jan. 22. Photo: Sailor First Class Taylor Congdon

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QA

Five Questions with Commissionaire Bob Cosman

Peter Mallett
Staff Writer

Bob Cosman is a familiar friendly face at the Y-Jetty security booth who checks IDs and gives motorists, cyclists, and pedestrians access to Dockyard. But upon closer inspection of his credentials, there is much more to Commissionaire Cosman than meets the eye.

He works for the Commissionaires, a national security provider and the largest employer of Canadian Armed Forces and RCMP veterans, with 22,000 employers coast-to-coast.

Cosman's time in Canada's military was limited. A successful student and member of the local militia in his hometown of Sussex, N.B., Cosman enrolled in Royal Military College (RMC) Saint-Jean in 1963 after winning a scholarship. He was a member of the RMC track-and-field team until a severe

knee injury resulted in five weeks in the hospital and cut his military career short.

He continued his university studies at the University of Ottawa before launching a 25-year career as a parliamentary legal specialist. His work spanned over a decade at the Saskatchewan Legislature and five years at Parliament Hill.

A personal crisis followed his exit from Parliament Hill in the late 1990s, when Cosman found himself unemployed, experiencing homelessness and living out of his van on the streets of downtown Toronto.

1. What contributed to you being able to overcome your experience of homelessness?

If it wasn't for my parents sending me enough money each month to keep my vehicle licensed and my son, who travelled to Toronto to

save me, I could still be experiencing homelessness. I relied on eating scraps from food court trays at Union Station for several months to survive. With the help of my family, things began to change. I eventually attended a job fair downtown, and my recovery began.

Working for Commissionaires has given me a new lease on life, and I learned to appreciate its benefits. Once I hit rock bottom, I realized there were millions of people just like me.

2. What do you like about your job?

It's an ideal retirement job. My shift is only six hours each day, I work afternoons, which allows me to beat the 'Colwood Crawl', and I get weekends off. We also have dental benefits, health insurance and paid vacation.

3. What are the most common reasons why members forget their DND identification cards?

Most excuses follow the lines of 'I left my identification card in my overalls in the shop and forgot to bring it with me'. We are not allowed to accept any excuses. If someone forgets their card, they are only permitted entry if someone escorts them.

4. What is the most fun you have ever had as a Commissionaire?

I worked security shifts at an RCMP Training depot in Saskatchewan for three years. My job included regular building rounds, and I got to drive a Chevy Impala patrol car. When things were quiet, I would practice my extreme driving skills and accident prevention techniques at the driver training track. I had so much fun blasting the radio and seeing what it could do on the testing track.

5. What is the most memorable experience you have had while doing your job?

There had been an alert about a wolf pack roaming the Colwood side of the Base in August 2021. I was doing my rounds in a dimly lit area when I pointed my flashlight toward a hydro pole and noticed what appeared to be a wolf looking at me. I hastened to the safety of the security gatehouse and alerted our security headquarters in Ottawa. A couple of hours later, as the sun rose and daylight came, I came to see that it was a cardboard cutout of a wolf near the building. I wondered if it was a practical joke or someone had been storing the wolf cutout there. To this day, some of my co-workers still teasingly call me 'wolfy'.



Commissionaire Bob Cosman's love for his job shines through.
Photo: Peter Mallett Lookout Newspaper

Special Operations Sentinel Plus: Innovative peer support at CANSOFCOM

DND

The importance of peer support in a work setting cannot be overemphasized, especially in a military environment.

Peer-support programs are a powerful way for Defence Team members to care and support one another – providing empathy, encouragement, and hope that recovery is possible. The Canadian Special Operations Forces Command (CANSOFCOM)'s Special Operations Sentinel Plus (SOS+) program provides mental-health training for both military members and public servants to help them learn how to help their friends, family, and co-workers.

The SOS+ program builds upon the Canadian Armed Forces Sentinel Program, a peer-support network of trained and supervised volunteer members of all ranks that was established in 2007 by the Royal Canadian Chaplain Service. While the original Sentinel Program offers half-day to full-day training, with ongoing development workshops, SOS+ is an intensive three-day peer-training course that balances theory, practical information, role-playing, and self-care. The program focuses on common psycho-social and mental-health challenges faced by CANSOFCOM team members – incorporating demonstrations, role playing, self-care exercises, and group discussions.

"The practical training is robust," said Major Ian Filion, "with more than six hours of hands-on training for each

graduate. Every person [in the course] is given the opportunity to play the role of peer supporter, support recipient, and observer during each exercise – all under the supervision of a professional."

In 2020, Filion and Padre (Major) Victor Morris were asked by command leadership to develop an advanced peer-support capability. In 2021, three pilot courses were held, which provided valuable feedback that was used to improve the training; in 2022, five more sessions were held. Both the course development and training are based on collaboration with mental-health professionals, Military Family Services counsellors, and a representative from Operational Stress Injury Social Support. The SOS+ training is part of CANSOFCOM's Optimizing Force and Family (OPF2) program, which supports members and their families across the physical, psychological, spiritual, and family domains.

"The power of peers is that they are able to observe problems and help immediately," said Morris. "We may not hear of problems until they have already developed. While stigma about mental-health issues still exists, this has improved markedly over the years. People are more willing to reach out and to be helped." He added that self-care is a vital component of the SOS+ training. "We recognize that helping [others] can be draining," he said. "You have to fill up your own cup before being able to help others."



Safety Meeting

Talks Zone



WALK LIKE A PENGUIN TO STAY SAFE

UGSEO, DND

In much of North America, two things are as certain as death and taxes: Ice and snow. When temperatures fall, so do people as the risk of slips and trips rises. Twisted ankles, concussions and broken bones are just some of the injuries that occur, very often at or near the workplace. Regardless of where you encounter slippery surfaces, take a cue from an animal that lives on ice – the penguin.

Here's how to do the penguin walk:

- Bend slightly and walk flat-footed.
- Point your feet out slightly like a penguin.
- Keep your center of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets).
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y.

Streets, sidewalks and parking lots that have been cleared of snow and ice should still be approached with caution. Look out for 'black ice'. Dew, fog or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement. It often shows up early in the morning or in areas that are shaded from the sun. Test potentially slick areas by tapping your foot on them.

If you feel yourself losing balance, tuck into a ball, make yourself as small as possible and keep your head and face away from the fall. Don't put out your hands to catch yourself or you'll risk breaking your arms or wrists. Try to land on the fleshy part



of your body rather than your knees or spine.

Here are some more precautions to help you stay upright:

- Where possible, avoid slippery surfaces, which include wet leaves as well as icy and snow-covered areas.
- Walk in designated walkways as much as possible. If a

walkway is completely covered with ice, try to travel along its grassy edge for traction.

- Wear shoes or boots that provide traction on snow and ice, such as rubber and neoprene composite soles with wide, deep cleats. Avoid plastic and leather soles.
- Wear traction accessories such as ice cleats if conditions warrant, but remove them before walking indoors.
- Avoid carrying loads that are too heavy or obstruct your view. If you start to fall, toss the load you are carrying. Protect yourself instead of the objects being carried.
- Use handrails where available.
- Use special care when entering and exiting vehicles. Use the vehicle for support. If it's a large vehicle with steps and handrails, make sure they are free of ice, snow and mud. Maintain three points of contact when mounting and dismounting.
- Step, don't jump, from vehicles or equipment.
- Check to make sure entrance areas and stairs are clear of snow and slush. Tracked-in snow and slush often cause slips and falls.
- Pay attention to wet shoes on a dry floor, they are equally as dangerous as dry shoes on a wet floor.
- Mark hazardous areas. Use temporary signs, cones, barricades or floor stands to warn passing workers.
- Report all slips, trips and fall hazards and incidents to your employer.

The material contained in this document has been prepared from sources believed to be accurate and reliable. Application of this information to a specific worksite should be reviewed by a safety professional. Anyone making use of the Information set forth herein does so at their own risk and assumes any and all liability arising therefrom. Specific medical advice should be obtained through consultation with a physician or other trained health care practitioner.

DOCKYARD GYM CLOSED FOR MAINTENANCE

The gym will remain closed during the remediation as a precaution to protect the health and safety of members and staff.

During the closure, all users will have access to the Naden Athletic Centre.

We apologize for the inconvenience this will cause and will provide an update on the expected reopening date as soon as it's available.

FERMETURE DU GYMNASSE L'ARSENAL POUR MAINTENANCE

Le gymnase restera fermé pendant la réparation, par mesure de précaution, afin de protéger la santé et la sécurité des membres et du personnel.

Pendant la fermeture, tous les utilisateurs auront accès au Centre sportif de Naden.

Nous nous excusons pour les désagréments causés par cette fermeture et nous fournirons une mise à jour de la date de réouverture prévue dès qu'elle sera disponible.

BRAVO ZULU

Naval Fleet School (Pacific) held Awards and Presentation on Jan. 19. Commander Maude Ouellet-Savard, NFS(P) Commandant, presented the following individuals:

PROMOTIONS

- Sailor Second Class Philip Timmer promoted to Sailor First Class
- Sailor Second Class Aaron Rodrigues promoted to Sailor First Class

CANADIAN FORCES DECORATION

- Lieutenant (Navy) Rhys Davies
- Lieutenant (Navy) Graham Arlett
- Petty Officer Second Class John Blackburn
- Master Sailor Jonathan Barrette
- Master Sailor Adam Abe
- Sailor First Class Anthony Berardi
- Master Sailor Mark Ironstand
- Sailor First Class Simon Keating

CANADIAN FORCES DECORATION SECOND CLASP

- Chief Petty Officer Second Class Bob Matevia
- Petty Officer Second Class Erich Pert

OPERATIONAL SERVICE MEDAL EXPEDITION

- Sailor First Class Simon Keating
- Master Sailor Mark Ironstand
- Petty Officer Second Class Nathan Milne
- Master Sailor Klarck Montemayor
- Sailor First Class Alexander Grier
- Sailor First Class Lucas Miles

AWARD FOR AEROBIC EXCELLENCE, BRONZE SEAL

- Chief Petty Officer First Class Stan Budden (NFSP Unit Chief)



Well Done!

Classifieds

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A SPACE? PROMOTE YOUR GROUP?**

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Belmont Park Available Immediately! \$3,500/month. 4 bedroom/1 bath newly renovated house with ocean and city views. Huge windows, kitchen has quartz counters and island, bathrooms have marble and tile, all bedrooms have closets and living area has huge windows. There's a large deck and a bonus mini house (no bathroom) in back, for use as a studio for art, office or yoga. Email david@olympicmortgages.ca for a viewing. 01-30

Cook Street Village 1 bedroom corner suite with hardwood floors. Quiet, very clean, well maintained apartment building. Heat and hot water included. No pets. No smoking. One year lease. \$1,600 per month. Available March 1, 2023. Call 250 588 5457. 02-13

Short term accommodation available now in clean, quiet 3 bedroom 1 bathroom home close to CFB Esquimalt. LGBTQ2S+ friendly. \$280 per week or \$1,000 monthly includes partly furnished room, Hydro, Internet, Basic Cable and Laundry. No pets, No inside smoking. Contact Colleen at 250-885-9056 or Cpls.Jackson@gmail.com with questions or options to view. 01-30

Millstream & Treanor: 1 + Den, \$2500/monthly, available immediately. Top floor, corner, south-facing, vaulted ceiling, lots of windows, new in Spring 2022, big kitchen, new SS appliances, in suite laundry, one underground parking stall, storage locker, 757 sq. ft. (plus 108 sq. ft. covered balcony). Non-smoking building. Pets considered (small – max 2), deposit required. Walk to shops, pubs and restaurants and more. 2 minute walk to bus stop. Please contact Jason at japg21@outlook.com or (250) 661-3599.

NEAR CFB Esquimalt available immediately, \$1480/monthly. 450 sq.ft self-contained suite in quiet house, w/ private garden entrance and street parking. Fully furnished, wifi, cable, linens incl. 1 queen bed, full bathroom, kitchen and dining area. One block to base, near amenities and ocean. Weekly laundry and housecleaning incl. To view and contact: <http://medicalliterature.net>

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Treatment

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