

Volume 68 Number 15 | April 17, 2023

LOOKOUT

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

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WHAT KNOT TO DO?

Students from Glenlyon Norfolk School and their teacher Leanne Giommi visit CFB Esquimalt's Sail Training Vessel Goldcrest Apr. 5 for a day of learning the art of tying knots with Lieutenant (Navy) Ellery Down, a Naval Warfare Officer who manages the Royal Canadian Navy Sail program, and Chief Petty Officer Second Class (ret'd) John Haggis. Read more about it on page 12. Photo: Peter Mallett/Lookout



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HMCS WINNIPEG



CHANGE OF COMMAND



(L-R) Commander (Cdr) Vincent Pellerin, incoming Commanding Officer of HMCS Winnipeg; Commodore David Mazur, Commanding Officer Canadian Fleet Pacific; Cdr Annick Fortin, outgoing Commanding Officer of HMCS Winnipeg during a Change of Command Ceremony held April 4.

Lt(N) Lyann Murdock-Finegold HMCS Winnipeg

On April 4, HMCS *Winnipeg* held a Change of Command Ceremony.
The crew thanked Commander (Cdr) Annick Fortin for her tireless work during the past year

as *Winnipeg's* captain and welcomed Cdr Vincent Pellerin to the helm.
Cdr Fortin expressed her gratitude to the ship's company for empowering each other and looking after one another to enable *Winnipeg's* force employment and force generation.

Knowing that HMCS *Winnipeg* will be the first experience with sailing for many new members entering the Royal Canadian Navy, Cdr Vincent Pellerin is looking forward to training new young sailors and vows to support *Winnipeg* and the crew in all respects continuously.

Eye care for your family!

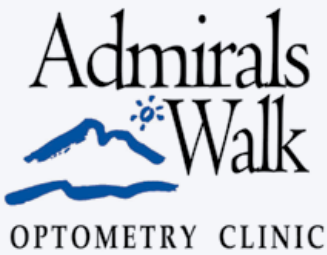
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A WEEK WITH THE CANADIAN COAST GUARD



Cadets and a Junior Canadian Ranger from across B.C. take a helicopter trip to Mount Helmcken to visit a Canadian Coast Guard tower as part of a multi-agency exercise on March 30 off the coast of the Trial Islands. Photo supplied

Lt(N) Andrea Kroeker Unit Public Affairs Representative

An opportunity of a lifetime knocked on the doors of 11 cadets and one Junior Canadian Ranger (JCR) across B.C. this past week.

The youth, all 16- to 18-year-olds, played victims of a simulated on-water incident as part of a week-long Canadian Coast Guard (CCG) Training Program off the coast of the Trial Islands. The cadets and JCR (CJCR) were acting make-up and followed scripts while the CCG Fast Rescue Crafts or a U.S. Coast Guard vessel evacuated them back to Ogden Point in Victoria.

The CJCRs enjoyed both the day

on the water and learning how much communication is needed to facilitate this endeavour. The experience was eye-opening for these youth.

The remainder of the week was just as informative.

The group learned the many facets of the CCG while touring shops and interacting with the staff. While they saw the large red and white vessels that patrol the coast, the group also learned about many of the shore and support positions, such as IT specialists, electricians, carpenters, and metal fabricators that make all aids to navigation, radio towers and lighthouses.

Many of these youth experienced their

first helicopter ride ever when the CCG took them up to Mount Helmcken to see a radio communications tower; there, the group learned what happens during a malfunction or when maintenance is required. The radio towers receive and transmit data from the entire coast to centralized operators that control all traffic and relay the information to the necessary agencies.

The group learned about the environmental response to oil and other toxic material spills, which is one of the primary functions of the Coast Guard. They learned what kinds of spills can be cleaned, how long it takes to mount a response and what it takes to move

multiple-stories-tall equipment. They assembled portable skimmers just like any Coast Guard trainee and used a skimmer model to see how oil is skimmed off the top of the water during an environmental spill.

The CJCRs also learned about Fast Recovery Boats, the skilled tradespeople that build and maintain them, and the crews that operate them. Some even changed the propellers on a vessel under maintenance!

The biggest takeaway for the CJCRs was learning about teamwork and work satisfaction from the Coast Guard staff. The week was full of new experiences and much learning.

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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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Special Feature Column:

THROUGH THE FIRE

Thomas Goenczi

Like many before me and many after me, I left the Royal Canadian Navy looking forward to the future ahead. My claim to infamy was being a crew member on HMCS *Protecteur* when the engine room fire occurred. All the training we received beforehand more than likely saved our lives. I am forever grateful for every member of that ship.

After the soot settled, the rumblings began. The question, 'how close were we *really* to sinking to the bottom of the Pacific Ocean?' permeated everyone's mind. The fire and the precipitating thoughts and emotions became a psychic time bomb for me.

Tick. Tock.

Every distraction under the sun was deployed; I even started university again to try to delay the inevitable. You bet it worked; I felt invincible; I mean, I just survived an engine room fire on a 45-year-old tanker, how could I not be inflated?

Six months after getting home, I began experiencing serious symptoms of Crohn's disease. My symptoms eventually went into remission, but it was merely the calm before the storm.

Tick. Tock.

Three years later, I slipped into one of the darkest times in my life.

Boom.

I experienced depression for months until I eventually mustered the fortitude to go to the base hospital and

seek help.

To this day, I believe it took me just as much courage to walk to the base hospital for my mental health as it was to be a crew member on the *Protecteur*.

My faith constantly waxed and waned throughout counselling. There were days I didn't think I would make it. Then, finally, I decided to voluntarily release and move to Tofino to decompress.

I eventually came back to Victoria and completed my Master's in Counselling. This led me to open a private practice, Well Then Therapy, in the hopes of helping active duty members and veterans deal with some of the unique struggles I have faced.

I've asked some of my Canadian Armed Forces (CAF) friends what led us to enlist. They join Forces looking for something. Some join for a sense of duty, some for the camaraderie, and some because it pays well and it was a career option available to us.

No matter the reason, it takes courage to do something most people wouldn't dare think of doing. There is an ineffable bond that each of us shares; part of that is that no one knows what it's like to be in the CAF except for us.

One of the duties we often forget while serving is to be good to ourselves and others. I see the stigma surrounding mental health among the ranks slowly dissolve, like fog out at sea, and that is, undoubtedly, a success. One person's path may not be the path for everyone. Your way is your way, and when you find that thing that sparks your life – follow it, tend to that flame, and you will live a life that no one can extinguish.



HMCS *Protecteur*. Photo: Mass Communication Specialist Second Class Robert Stirrup on commons.wikimedia.org

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SEA TURTLE RESCUED

by HMCS Edmonton during counter-narcotics patrols



MARPAC

His Majesty's Canadian Ship (HMCS) *Edmonton* crew cooperated with the United States Coast Guard on an emergency sea turtle rescue while deployed on Operation *Caribbe* in the Eastern Pacific.

The rescue occurred in the mid-morning hours of March 14 after the ship's lookout – Sailor Second Class (S2) Bridget Erdmann – spotted a suspicious floating object during counter-narcotics patrols. S2 Erdmann wasted no time informing the ship's officer of the watch, who manoeuvred the ship toward the object for closer inspection.

Edmonton then dispatched a small boat to investigate the object further for contraband and quickly determined the object to be an abandoned fishing buoy. Shortly thereafter, the boat's crew discovered a distressed sea

turtle entangled in the buoy's gear.

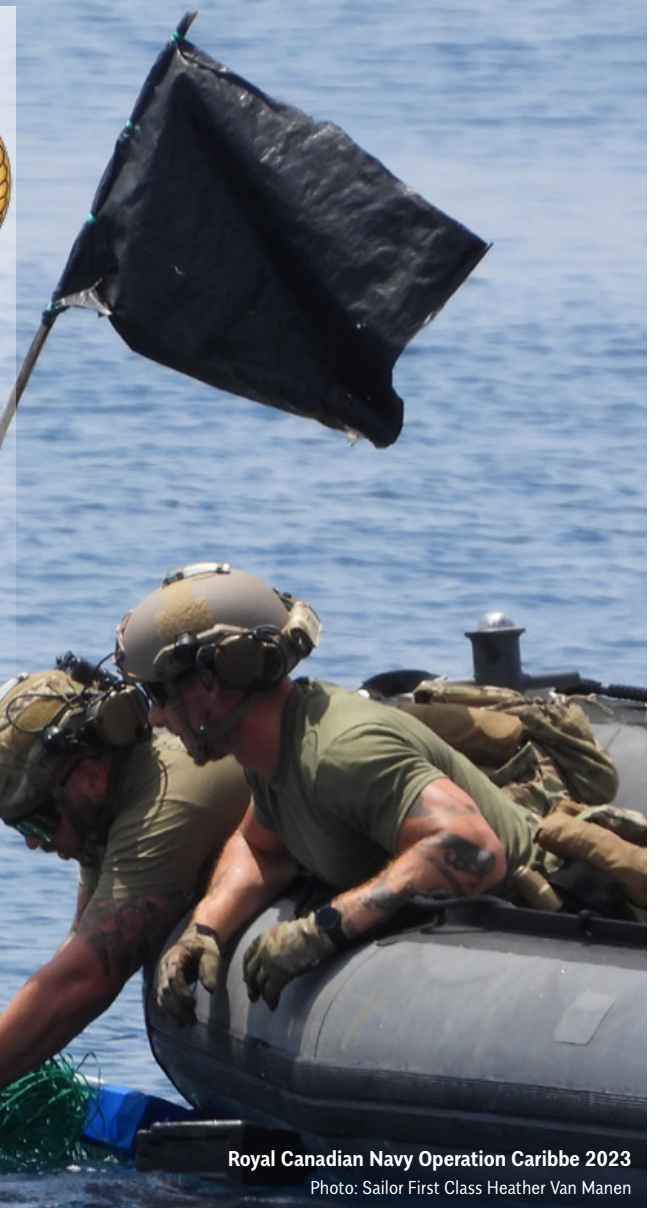
"As we were about to pull away we saw this big shell emerge, and, [realizing it was a turtle], immediately set to work cutting away the lines," remarked Sailor First Class (S1) Evan Nevidomsky – the boat's coxswain. "A whole bunch of fishing line was caught around its neck and flippers. It was a thick line too, so it took a while."

As S1 Nevidomsky held the boat in position alongside the float, two United States Coast Guard started cutting away nets and lines from the distressed creature. They successfully freed the turtle after a ten-minute effort.

Abandoned fishing gear poses a constant threat to marine animals, and similar wildlife rescues are routinely conducted around the globe during Royal Canadian Navy operations. HMCS *Edmonton* conducted simi-

lar rescues in November 2018 during the ship's last Operation *Caribbe* deployment, and crewmembers from HMCS *Calgary* made a similar sea turtle rescue during drug interdiction operations off the coast of Oman in May 2021.

HMCS *Edmonton* is the latest vessel of the Royal Canadian Navy's Pacific Fleet to deploy on Operation *Caribbe* – Canada's contribution to the United States-led counter-narcotics mission Operation *Martillo*. To date, Canadian warships have aided in the seizure of over 120 tons of cocaine and other illegal substances used to finance criminal organizations across North and South America. The ship left Esquimalt Harbour on Feb. 13 and has been on active patrol with members of the United States Coast Guard to disrupt and deter illegal smuggling along the Eastern Pacific.



Royal Canadian Navy Operation Caribbe 2023

Photo: Sailor First Class Heather Van Manen

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Allison Verley is all smiles with her silver medal at the 2022 Club Crew World Championships in Sarasota, Florida this past August where she medalled in the premier division, receiving gold in the 2,000m and silver in both the 200m and 500m.

“Competing at the CCWC requires a training lifestyle, dedication to the team, and having your eyes on the prize,”

~Allison Verley, FMF Cape Breton

Paddles Up, Take it Away!

Ashley Evans
Strategic Communications Officer,
FMF CB/CS

A workforce member at Fleet Maintenance Facility Cape Breton (FMF CB) is vying for the National Dragon Boat Team selection this May.

Allison Verley, Acting Project Leader for HMCS *Winnipeg* and a member of The Gorging Dragons, an elite paddling team that's part of the Vancouver Island Paddling Club, says she looks forward to the busy training schedule.

“Competing at the Club Crew World Championships (CCWC) (one of the premiere events of the International Dragon Boating Federation) requires training lifestyle, dedication to the team, and having your eyes on the prize,” she says, adding that the team must finish in the top seven nationwide to even have the opportunity to compete, which is often a very tall task in Canada.

The team won gold while representing Canada in the 2022 CCWC last July, an accomplishment achieved after years of training and dedication.

Verley first paddled with the Navy Dragon Anchors, established by Rear-Admiral Buck in 2001, from 2011-2013 before joining the Gorging Dragons. She would train approximately three hours per week, but since joining the high-performance racing team with the VI Paddling Club, her training hours have increased to six hours per week in the team setting and two in a small one-person outrigger canoe. There is also a gym component for strength training, which adds another few hours per week.

Now, she is vying for the National Team selection, with an upcoming camp in Tampa Bay, Florida, and a final Team Canada selection camp in Montreal this May. She said representing Canada has been the most rewarding experience while on the team.

“Wearing a maple leaf on my jersey, holding my national flag on the podium, and wearing a gold medal – it's a rush!” she said.

The team is focused on high-performance racing and participated in the 2022 event with five other teams in three race lengths. The race categories included 200m, 500m, and 2,000m. Of the 15 race events, their Club medalled in 13, with Allison personally medalling in the premier division for all three categories, receiving gold in the 2,000m and silver in the 200m and the 500m.

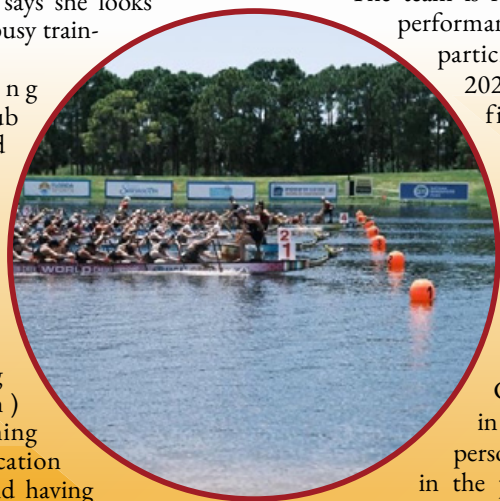
It is truly unique how many incredible athletes we have in the FMF Cape Breton unit. Congratulations on your accomplishments thus far, and we wish you all the best in your paddling journey, Allison!

It is truly unique how many incredible athletes we have in the FMF Cape Breton unit. Congratulations on your accomplishments thus far, and we wish you all the best in your paddling journey, Allison!

INTERESTED IN GETTING INVOLVED?

This is a team sport, and there is always time to try it! The Navy team is currently recruiting military members and families of the Defence community. Inquires can be sent through wayward-will@yahoo.ca or robert.macdonald@forces.gc.ca

For those interested in a higher-level commitment, contact info@vipaddling.com



Facts:

Local clubs include: Victoria Island Paddling Club, Victoria Canoe and Kayak Club (VCKC), Fairway Gorge Paddling Centre, and Latitude 38.

Our Navy Dragon Anchors paddle out of VI Paddling.

Inset: Allison Verley and her elite-performance dragon boat teammates, the Gorging Dragons, medalled in 13 of the 15 race events at the 2022 Club Crew World Championships in Sarasota, Florida, August 2022.



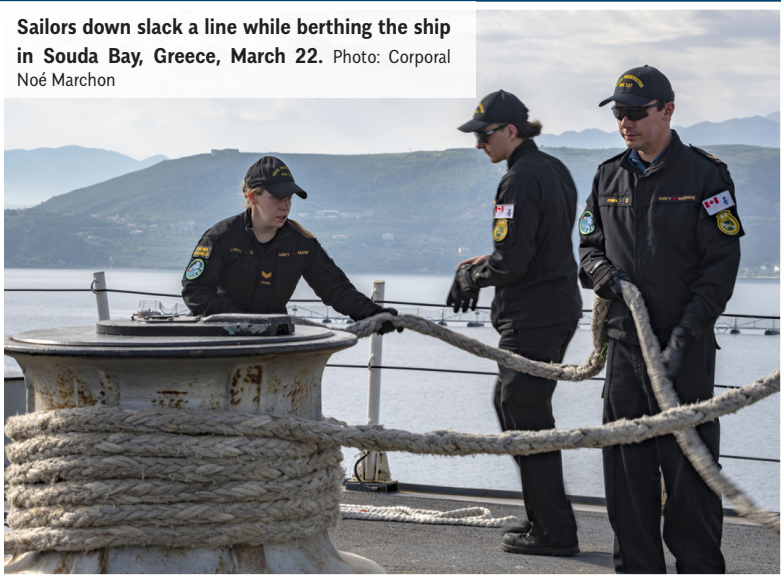
Sailors stand on the deck as HMCS Fredericton enters into Souda Bay, Greece on March 22. Photo: Corporal No  Marchon



Members play hockey as part of their sports day while alongside in Souda Bay, Greece on March 22. Photo: Corporal No  Marchon



Members participate in a sports day on March 26 in Souda Bay, Greece. Photo: Corporal No  Marchon



Sailors down slack a line while berthing the ship in Souda Bay, Greece, March 22. Photo: Corporal No  Marchon



A member of Fleet Diving Unit (Atlantic) refills oxygen bottles in Souda Bay, Greece, on March 29. Photo: Corporal No  Marchon



Members participate in a sports day on March 26 in Souda Bay, Greece. Photo: Corporal No  Marchon



HMCS Fredericton 337. Photo: John Hawley



HMCS FREDERICTON

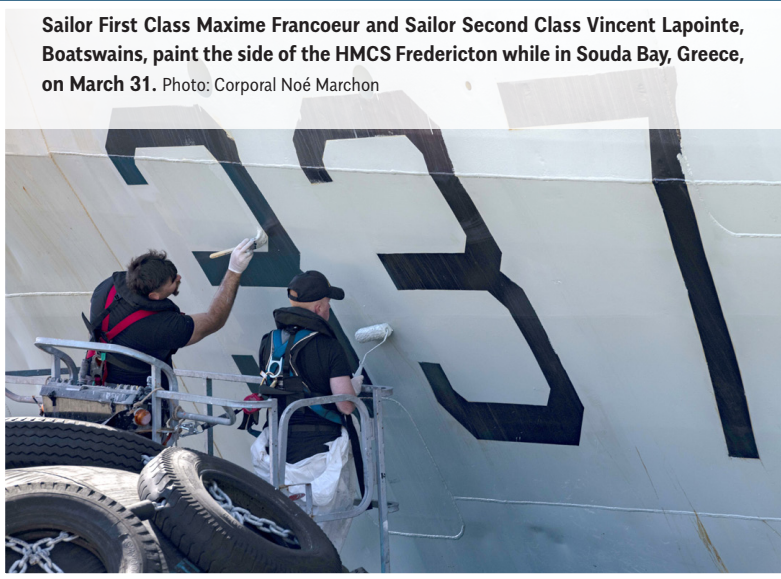
OPERATION REASSURANCE



Sailor First Class Steve Ouellet, Boatswain, ties a knot during a Tow Exercise in the Ionian Sea on March 21. Photo: Corporal No  Marchon



A member of the Fleet Diving Unit (Atlantic) directs a piece of mechanical equipment being craned to shore for inspection on March 31. Photo: Corporal No  Marchon



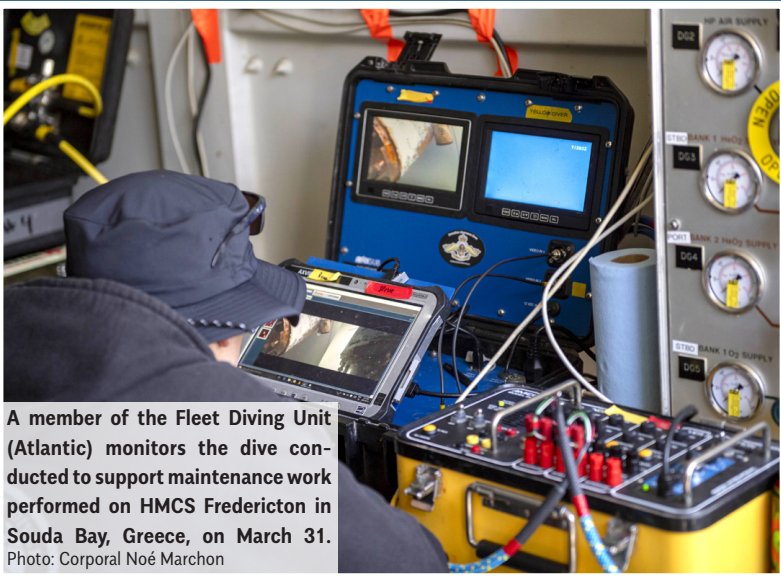
Sailor First Class Maxime Francoeur and Sailor Second Class Vincent Lapointe, Boatswains, paint the side of the HMCS Fredericton while in Souda Bay, Greece, on March 31. Photo: Corporal No  Marchon



Sailors conduct small boat maneuvers on March 17 in the Adriatic Sea. Photo: Corporal No  Marchon



Members of the embarked Air Detachment aboard HMCS Fredericton conduct a Helicopter In-Flight Refuelling (HIFR) in the Ionian Sea on March 21. Photo: Corporal No  Marchon



A member of the Fleet Diving Unit (Atlantic) monitors the dive conducted to support maintenance work performed on HMCS Fredericton in Souda Bay, Greece, on March 31. Photo: Corporal No  Marchon



Warrant Officer Dan Bodden of the Base's Transition Centre rides his stationary bicycle during a fundraiser for Wounded Warriors Canada in February 2021. WO Bodden and Sergeant Mike Kotuk of CFB Trenton pedalled their bikes for 24 consecutive hours, logging 1,409 kilometres and raising close to \$5,000 for mental health treatment and support programs for veterans and currently-serving members. Credit: Wounded Warriors Canada

Riding around the clock



FOR WOUNDED WARRIORS CANADA

Peter Mallett
Staff Writer

Warrant Officer (WO) Dan Bodden will soon embark on an arduous, around-the-clock cycling marathon to nowhere.

During a spin-a-thon fundraiser for Wounded Warriors Canada, WO Bodden will be permitted to take bathroom breaks and change his clothing. Everything else he does, including eating, will be done while the wheels of his bike are spinning.

The CFB Esquimalt Search and Rescue Technician will pedal on his smart trainer for 24 hours on April 21, estimating he will cover approximately 500 km. WO Bodden does have a final destination in mind, knowing his efforts will provide needed funding and awareness for the national mental health non-profit.

"I want to continue to demonstrate that sports and all physical activity exercise our minds as well as bodies," he said. "The other reason I am putting myself out there to people in our community and across the country is because Wounded Warriors Canada is a cause I feel very strongly about."

WO Bodden currently works remotely with the Directorate of Dive Safety via National Defence Headquarters in Ottawa.

He has set a fundraising target of \$5,000. The monies

he raises will also serve as his fundraising requirement to participate in Wounded Warriors Canada's annual 2023 Battlefield Bike Ride (BBR) in Italy. It takes current and former military members to some of Europe's most famous battle sites, war memorials and cemeteries. This year, on June 11-17, WO Bodden and a team of approximately 50 cyclists will commemorate Canada's Second World War operations in Italy by exploring some of the famous battle sites on its Adriatic Coast.

His partner Gillian, who will also participate in the BBR, will stay by his side and check in on him.

"It is definitely a huge challenge," he said. "The mind can get lost in the monstrosity of the task so it's much easier to think about the ride in smaller, one-hour segments."

He knows from experience as this isn't the first time WO Bodden has accomplished a 24-hour cycling marathon. In February 2021, he and Sergeant Mike Kotuk of CFB Trenton completed a similar fundraiser for Wounded Warriors Canada following the postponement of Wounded Warrior Run BC due to precautions surrounding the COVID-19 pandemic.

WO Bodden is also a founding member of Wounded Warrior Run BC and participated in the first three years of the run.

For more information on how to support WO Bodden's fundraising efforts, visit the Wounded Warriors Canada fundraising page: bit.ly/3KZCq4n.

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CFB Esquimalt celebrates a

HOPPY EASTER!

Lookout staff

Deep in the forest beside the Colwood Pacific Activity Centre, the Easter Bunny laid colourful eggs filled with chocolate, ready to be discovered by many children and their families on the afternoon of April 6.

To celebrate the Easter holidays, Personnel Support Programs (PSP) Community Recreation department teamed up with PSP Special Events and the Chief & POs Mess to bring Defence community families together for an afternoon of Easter egg hunting, arts and crafts, pizza lunch, games, and more with a very special guest, the Easter Bunny.

The sold-out event brought in more than 180 children and family members to make new connections and have some fun together.

Thank you to the sponsors Seaspun and Babcock for their support. Stay tuned for more information on upcoming morale and welfare events!



Defence community members celebrate the Easter holidays at Colwood Pacific Activity Centre on April 6.

Photos supplied by PSP Community Recreation

The Lookout Newspaper has an immediate opening for a Lookout newspaper carrier for a paper route within the residential housing in Belmont Park.

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Field trip has students tied in knots

Peter Mallett
Staff Writer

Five Grade 5 students from Glenlyon Norfolk School joined the Naval Fleet School (Pacific) Campus Support team on April 5 to learn the tricks of the trade, specifically the art of tying knots.

The visit to CFB Esquimalt helped the students in their *How the World Works* unit of study, which involves re-using common household items and materials into sustainable use products, including rope and knots.

"It was really neat to learn all these knotting techniques and seeing how you use them in everyday life in the Navy," said Juliet, one of the students.

The students and their teacher were very impressed with what they had learned during their first-ever visit to a military base.

Juliet's classmate Kayci was also excited to learn.

"The knotting techniques are very important for the right jobs," Kayci said. "If you persevere, you can master them."

The students were welcomed by Lieutenant (Navy) Ellery Down, a Naval Warfare Officer who manages the Royal Canadian Navy (RCN) Sail program, and his assistant Chief Petty Officer Second Class (CPO2) (ret'd) John Haggis. Both served as the student's instructors for their two-hour visit.

The importance of rope work in a sailor's daily life is fast becoming a lost art in the RCN, Lt(N) Down said.

"The use of lines and the need for every sailor to know how to tie lots of knots has been reduced significantly since the end of the 'Age of Sail,'" Lt(N) Down says. "Now, the only ones who really need to know knot tying are Boatswains, however onboard sailboats there will always be a need for all crew members to tie knots of various types."

Lt(N) Down explained to the students the most prominent of all knots onboard an RCN warship – the bowline knot, used to tie heaving lines on hawsers, sheets onto sails, or tying a loop at the end of a line that can be easily undone. Other useful knots include the round turn and two-half hitches used to tie fenders or security equipment.

Lt(N) Down has served 13 years in the Canadian Armed Forces and was a former student at Glenlyon Norfolk in the mid-1990s. He was delighted the school reached out to the Base.

"It's wonderful to see the students leave the classroom, meet real people doing real jobs and see how some of the world works," said Lt(N) Down.

"The military members were very informative, and could relate to the students very well," said Leanne Giommi, their teacher. "The students were a little nervous about what to expect but everyone we met was very welcoming and friendly."













The visitors also received a guided tour of the Sail Training Vessel (STV) Goldcrest and the small boats jetties in Naden, where they learned the importance of basic seamanship skills.



Sophie, a Grade 5 student from Glenlyon Norfolk School, shows off a knot she tied during her visit to Naval Fleet School (Pacific), Apr. 5. Photo: Peter Mallett/Lookout



◆ A LOST ART

 Overhand Knot	 Figure Eight Knot	 Stevedore Knot
 Alpine Butterfly	 Ashley Stopper Knot	 Alpine Butterfly Bend
 Square (Reef) Knot	 Granny Knot	 Sheet Knot
 Two Half Hitches	 Bowline	 Slipknot


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As a quick reminder – as part of the celebration of the Royal Canadian Naval Reserve Centennial in 2023, HMCS *Malahat* will be putting together a full-length documentary film on the history of our unit, and we are looking for all members of *Malahat*, past and present, to tell their stories!

Whether you were only with *Malahat* for a month or 35 years, we want to hear from you! This is your opportunity to be part of our documented history.

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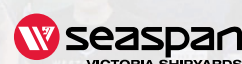
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