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MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, BC

the LOOKOUT

NEWSPAPER & PUBLISHING

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Slippery season safety



from Special Purpose Vehicles

NCdt Dylan Moore

TEME

As the winter season is now in full swing and inclement weather looms, our hard-working section at Special Purpose Vehicles (SPV) has been diligently preparing, ordering materials, and making robust plans to ensure the safety of military personnel and civilians alike as they make their commute to and around CFB Esquimalt.

During the snow and ice season, SPV ensures our parking lots, PMQ streets and compounds are plowed, sprayed with salt, and cleared for use. Yet, a few reminders, phone numbers, and protocols are important to be aware of for everyone's safety.

First, there is a priority list for plowing areas and roads at CFB Esquimalt. Please familiarize yourselves with the Base Standing Orders 7910-0 Snow and Ice Control (SNIC), which will have maps and a timeline for each priority. The Base Operations and the Base Logistics-Operations established the timeline to open areas during a snow event.

Whether at the unit or individual level, there are important phone numbers to keep on hand this winter. If a unit requires salt to be sprayed in their compound during working hours, contact SPV dispatch at **250-363-2389**. For after-hours, contact the Fire Hall Dispatch

(non-emergency) at **250-363-1991**. If you call the Base Closure Line at **250-363-5000**, they will inform you if the base is closed due to inclement weather. If it is closed, and you aren't required to come to work, stay home.

SPV AND SNIC OPERATIONS WOULD LIKE TO PROVIDE A FEW IMPORTANT REMINDERS:

1. It's the responsibility of each unit to clean and salt the doorways, stairs, and garage doors of their building up to three meters.
2. If you require salt for your building or your building bucket, you can contact RP Ops.
3. Please keep your distance when travelling behind SNIC vehicles.
4. If you're a resident of a PMQ, do not park on the street during a snow event. Our vehicles are large, and if you park on the street, we cannot pass.

During this slippery season, SPV aims to reduce preventable hazards, collisions, and dangerous conditions. We must work together to have our military and family remain safe and secure.

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Year in Review

The Lookout Newspaper's top news events of 2023

Peter Mallett
Staff Writer



(Left) Sergeant Martin Ouellet; Jennifer Bolster, Paramedic Practice Leader; Sergeant Sonya March; Warrant Officer Nicolas D'anjou; Warrant Officer Scott Rose; Chris Millar, Advance Care Paramedic; Jennifer Taronga, Honour Guard. Photo: Acting Sub-Lieutenant Ty Pellerin, Base PA

JANUARY

Canada's Naval Reserves commence commemorative events marking 100 years of service to Canada.

HMCS *Fredericton* begins six-month deployment with NATO allies in the Mediterranean Sea to monitor Russian activity for Operation *Reassurance*.

Three members of 443 Maritime Helicopter Squadron honored in BC Emergency Health Services awards ceremony for performing life-saving CPR for a co-worker.

FEBRUARY

Commander (Cdr) Meghan Coates assumes command of HMCS *Vancouver*, replacing Cdr Kevin Whiteside after relinquishing her command of HMCS *Regina* to Cdr Tyson Bergmann 24 hours earlier.

HMCS *Edmonton* deploys to waters off Central and South America to conduct drug interdiction in Operation *Caribbe*.

Tritons men's, women's and senior hockey teams, men's and women's volleyball, men's basketball and base squash and badminton athletes capture CAF Canada West Regional titles.



Tritons gather to celebrate a gold medal six-pack. Photo supplied



Returning runner Marissa Morrison, a firefighter/paramedic from Kitimat, leads the 2023 Wounded Warrior Run British Columbia out of Port Hardy. Photo: John's Photography

MARCH

Over 1,000 military and DND civilian staff plot course for fun and good health at the 2023 MARPAC Health and Wellness Expo at the Naden Athletic Centre.

Wounded Warrior Run BC runners complete 600-km relay-style run while raising over \$134,000 for ill and injured military, veterans and first responders.

Esquimalt's National Defence Workplace Charitable Campaign wraps up, raising more than \$119,000.

Continued page 4

Continued from page 3

APRIL

- Cdr Vincent Pellerin assumes command of HMCS *Winnipeg* replacing Cdr Annick Fortin in a Change of Command Ceremony.
- Cmdr David Mazur presents S1 David Eaglestick of HMCS *Ottawa* with the MARPAC Sailor of the Year Award.
- The Canadian Forces Sailing Association celebrates its first Opening Day in their new headquarters at Lang Cove.

MAY

- HMCS *Ottawa*, HMCS *Nanaimo* and Orca-class training vessels *Moose*, *Orca* and *Raven* participate in Fleet Weekend at Burrard Drydock Pier in North Vancouver.
- Naval Fleet School (Pacific) unveils its new helicopter crash rescue firefighting trainer in a ceremony at Damage Control Training Centre Galiano.
- Former RCN Steward raises funds and awareness for Huntington's Disease with Huntington Society of Canada, Vancouver Island and Gulf Islands Chapter.

JUNE

- Over 1,000 military personnel, six RCN ships participate in massive multinational military exercise on Vancouver Island, *Trident Fury 23*.
- Runners compete in 2023 Navy Run while cyclists saddle up for the 2023 Navy Bike Ride.
- Sail Training Vessels *Goldcrest* and *Tuna* participate in 15-day sailing race, Van Isle 360.



(L-R) HMCS *Ottawa* (Halifax-class frigate), HMCS *Nanaimo* (Marine Coast Defence Vessel), and *Orca* and *Moose* (Orca-class training vessels) at Burrard Drydock Pier for Fleet Weekend in North Vancouver. Photo: Sergeant Malcolm Byers, MARPAC Imaging Services

JULY

- In a Change of Command Ceremony, Captain (Navy) Kevin Whiteside becomes CFB Esquimalt's 25th Base Commander, replacing Capt(N) J. Jeffrey Hutchinson.
- Ship-to-Shore Industrial Trade Show returns to the Base, featuring vendors, industrial marine and defence businesses and community organizations.
- CAF members conduct training at Work Point prior to Operation *Len-tus*, assisting in wildfire response efforts in B.C.'s interior region.



L-R: Captain (Navy) Kevin Whiteside, incoming Base Commander, Rear-Admiral Christopher Robinson, Commander MARPAC and Presiding Officer, and Captain (Navy) J. Jeffrey Hutchinson, outgoing Base Commander, sign the transfer of command papers at the Change of Command Ceremony held at the Base Museum Bldg N-27, Canadian Forces Base Esquimalt, on July 4. Photo: Corporal Tristan Walach, MARPAC Imaging Services



HMCS *Ottawa*'s embarked CH-148 Cyclone helicopter *Greywolf* conducts maneuvers near HMCS *Vancouver* and MV *Asterix* while the two ships perform a Liquid Replenishment At Sea (L-RAS) during transit of the Pacific Ocean. Photo: Aviator Gregory Cole

AUGUST

- HMCS *Ottawa*, *Vancouver* and MV *Asterix* set sail in a 122-day deployment for Operations *Neon* and *Horizon*.
- CP01 Susan Frisby replaces CP01 Al Darragh as Base Chief in a Change of Appointment Ceremony.
- Tritons men's and women's soccer and slo-pitch teams capture CAF Canada West Championship titles.

Continued from page 4

SEPTEMBER

Defence Indigenous Advisory Group recognizes the National Day for Truth and Reconciliation in four separate events at the Base.

Defence on the Dock outreach event at Ogden Point gives the public a glimpse into life in the RCN and CAF.

National Defence Workplace Charity Campaign kicks-off with Pancake Breakfast at the Chief and Petty Officers' Mess, raising approximately \$1,600.

After an 8,000-km journey by cargo, the first of two German-made C4 Sail Training Vessels received by Naval Fleet School Pacific in Pigeon's Cove.

Members of the Canadian Armed Forces and public attend Defence on the Dock at Ogden Point. Photo: Corporal Tristan Walach



Lisa deWit, Defence Indigenous Advisory Group member and Formation Review Officer, performs during a Truth and Reconciliation gathering at Fleet Maintenance Facility (FMF) Cape Breton on Sept. 26. Photo: Peter Mallett/ Lookout Newspaper

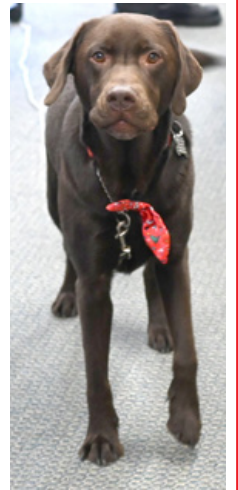
OCTOBER

Seaspan Shipyards hosts a keel-laying ceremony for Preserver, the second of two Protecteur-class Joint Support Ships.

Healthy Workplace Month launches with multiple events throughout October including Coffee with The Admiral, Harbour Cleanup, Stress Reduction and National Sports Day.

Cdr Jeremy Samson replaces Cdr Adriano Lozer as Commanding Officer of HMCS *Calgary* in a ceremony at Work Point's Nixon Drill Hall.

Pooches of all shapes, sizes and social standing invade CFB Esquimalt for National Defence Workplace Charitable Campaign fundraiser Bring Your Dog to Work Day.



NOVEMBER

The Naden Band performs a series of concerts in B.C. and the state of Washington in their first-ever collaboration with the U.S. Army Field Band.

In one of the largest turnouts in recent memory, a crowd of thousands braves heavy rain to commemorate Remembrance Day on the grounds of the B.C. Legislature.

A capacity crowd fills Wurtele Arena and watches the MARPAC Selects defeat the Babcock Blues in a community-building event organized by Esquimalt MFRC.



Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, and Chief Petty Officer First Class Susan Frisby, Base Chief, stand with Commander (ret'd) Peter Chance, 102-year-old Royal Canadian Navy Second World War veteran, on the red carpet while Chance drops the puck during the Military Appreciation Night. Photo: Cpl Tristan Walach.



DECEMBER

A giant holiday float and its 80,000 lights, created by Transport Electrical and Mechanical Engineering (TEME) staff brightens spirits at local holiday parades and festivals.

Family and friends reunited before the holidays with crew of HMCS *Ottawa*, *Vancouver* and MV *Asterix* following their 19-week deployment in Indo-Pacific Region. See page 8 for photos.

CFMETR POLAR DIP 2023



Photos:
Polar Dip run by Derrick Dendl
Group shot by Nicole Glutek
Rubber duck by Jonathan Lanteigne



Jonathan Lanteigne CFB Esquimalt Station 4 CFMETR

Canadian Forces Maritime Experimental and Test Ranges (CFMETR) personnel in Nanoose Bay were invited by CFMETR's own Fire Department to take part in the range's first-ever Polar Dip on Nov. 23 and 24.

Armed with big smiles and Santa hats, members plunged headfirst into the chilly waters of the Pacific Ocean in support of mental health and physical well-being. Afterwards, hot choco-

late and warm apple juice by the toasty fire were a fitting reward for the teeth-chattering 'polar bears.' Proceeds from the event were donated to the National Defence Workplace Charitable Campaign (NDWCC).

The 13 members participating in the Polar Dip were invigorated by the cold water, which stood at a shivering 7.6 degrees C. Laughter and cheer filled the air from those who braved the cold water, and from all who came out to support and encourage them.

Some members enjoyed the cold-water plunge so

much that they opted for a second round without hesitation to support other members attempting their first dip, exemplifying esprit de corps.

CFMETR's inaugural Polar Dip was such a success that hopes of making this an annual event are high. The expectation is that this event will draw others to participate and experience the thrill and benefits of cold-water therapy on the mind, body, and soul.

Thank you to everyone who participated and showed support for this great event. See you all on the beach next year!

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First woman appointed as Chief Boatswain's Mate

Captain Véronique Sabourin
HMCS Vancouver PAO

When Ley Ireland was 15 years old, she became a sea cadet. She loved sailing and learned that water was her safe and happy place. When she turned 18, she visited Ontario's local Canadian Armed Forces recruiting center. Three months later, she became a boatswain in the Royal Canadian Navy.

She says that twenty years ago, she didn't feel welcomed in the Navy as a woman.

"You needed to prove yourself, carry heavy equipment and do the job as well as men", said Chief Petty Officer Second Class (CPO2) Ireland. She was told and felt she did not belong in a ship, especially not as a boatswain.

She did not let the diminishing comments and behaviours from her counterparts put her down as she continued to strive.

A turning point in her career was in 2012-2013 when her Chief Boatswain's Mate (also known as a buffer) conveyed that he believed in her and that she had the potential to be in his seat. They still talk to this day. Throughout the years, Ley had many mentors who helped her gain the knowledge and skills required to be appointed as the Chief

Boatswain's Mate of His Majesty's Canadian Ship (HMCS) Vancouver in May 2023. The keywords she used to describe her role were leadership, seamanship and professional sailors.

During her deployment to the Indo-Pacific region from August to December 2023, CPO2 Ireland oversaw the safe and efficient conduct of several sea boatswain evolutions, including replenishments with Australian, Canadian, Japanese, South Korean and U.S. ships. She also supervised deck crews in maintaining the ship and its equipment, operating small crafts and small arms training. The buffer conveys that she enjoys the fantastic lifestyle, opportunities and adventures the Navy offers. She visited Japan, South Korea, the Philippines, and Hawaii, and hiked several mountains as part of this deployment.

Thanks to trailblazers like CPO2 Ireland and allies like her mentors, times have changed. Today, CPO2 Ireland states she's 'one of the team', adding that today's Navy is gender-neutral and offers opportunities to men and women alike.

When asked for advice on career progression, the Chief Boatswain's Mate said, "Work hard, never stop learning and embrace leadership and teamwork. Remember that without people, you're nothing".



Chief Petty Officer Second Class Ley Ireland poses with a mannequin used for person overboard training, while deployed in the Indo-Pacific region in September 2023.



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Welcome Home



HMCS OTTAWA · HMCS VANCOUVER
MV ASTERIX



Photo: Belinda Groves



Photo: Master Corporal Nathan Spence

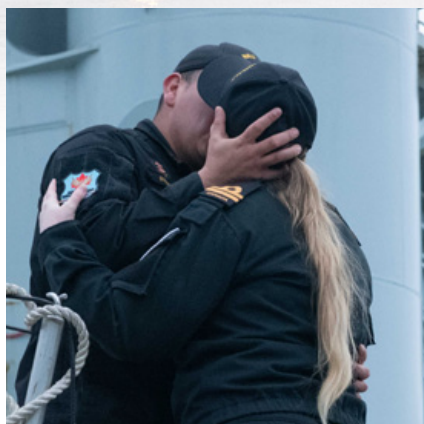


Photo: Corporal Jay Naples

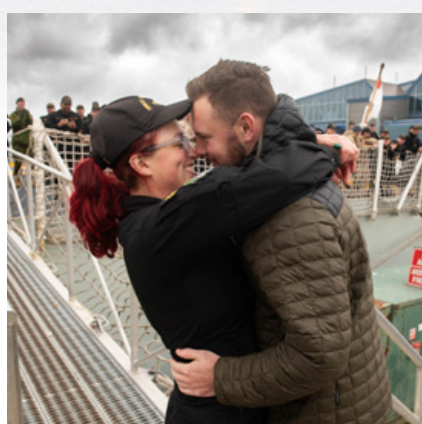


Photo: Master Corporal Nathan Spence

Homecoming Greetings

His Majesty's Canadian Ships (HMCS) *Ottawa* and *Vancouver*, their embarked Cyclone helicopters (CH-148s) *Canuck* and *Greywolf* and MV *Asterix* returned to Esquimalt after their 122 day their deployment in the Indo-Pacific region. The ships have been delivering on Canada's Indo-Pacific Strategy, participating in several exercises focused on interoperability in both war-fighting and humanitarian assistance disaster response. The ships also carried out routine transits of the Taiwan Strait in accordance with international law.

Photo: Master Corporal Nathan Spence



Photo: Corporal Jay Naples



Photo: Ed Dixon



Photo: Corporal Jay Naples



Photo: Master Corporal Nathan Spence

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Head table guests at the Canadian Forces Base Esquimalt Holiday Dinner held at the Venture Galley. Guests, from left to right; Lieutenant (Navy) Rishu Khan, Private Haily, Private Asia Diaw, the youngest Junior NCM of the Base who became interim Base Commander for the meal, Captain (Navy) Kevin Whiteside, Base Commander, Chief Petty Officer First Class Sue Frisby, Base Chief, Corporal Jean Whalen, eldest Junior NCM who became interim Base Chief for the meal, and Padre Schweyer. Photos: Corporal Tristan Walach

CFB Esquimalt Holiday Dinner



Members from Canadian Forces Base Esquimalt gather at Venture Galley for the annual holiday dinner.



Members from Canadian Forces Base Esquimalt gather for the annual holiday dinner.



The Naden Band plays music for the members at the Holiday Dinner.



The Ceremonial Turkey is brought to the head table where the youngest member and Base Commander will carve it to commence dinner.

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Winter Companions

A Jolly Days Tale Presented by the Canadian Forces Newspapers

In the heart of a quiet neighborhood, where winter winds whispered secrets through bare branches, lived Walter – a military veteran as weathered and toughened as the stones that lined the snow-covered streets. Walter was a figure of mystery and solitude, a recluse whose gruff exterior seemed impervious to the warmth that lingered within the hearts of his neighbors.

Walter's face bore the marks of time, etched with lines that spoke of a lifetime filled with trials and tribulations. His eyes, once vibrant, now held a weary glint that hinted at battles fought, both within and beyond the confines of his own soul. Clad in layers of worn-out clothing, Walter moved through the neighborhood with the weight of the world on his shoulders, a stoic figure against the backdrop of a cold and unforgiving winter.

His house, a modest dwelling, stood as a testament to a life lived on the fringes of society. The windows were perpetually closed, shutting out the curious gazes of those who dared to wonder about the man behind the tightly drawn curtains. The front yard, unkempt and devoid of life, mirrored the isolation that Walter had crafted around himself.

Walter's attitude was as sharp as the winter winds that swept through the streets. His voice, when heard, carried the weight of years of disappointments and shattered expectations. To the neighborhood, he was the grumpy old man who preferred solitude to the warmth of human connection. His interactions were sparse, limited to curt nods and the occasional scowl, leaving his neighbors to whisper about the enigma that was Walter.

But one bone-chilling December morning, Walter, discovered an unwelcome intruder in his yard – a ragged, stray dog pawing through the remnants of his discarded life. Walter's disposition, already as frosty as the air around him, soured further at the sight of the intruder. He unleashed a barrage of harsh words and brandished a broom, attempting to sweep the creature away like an irritating nuisance.

The dog, a forlorn creature with eyes that spoke of hardship, refused to yield to Walter's disdain. It persisted in its quest for warmth and shelter, a persistent reminder of vulnerability against the backdrop of

Walter's stony heart. Walter's annoyance deepened into frustration as the days passed, the dog returning like a relentless specter, its eyes imploring for mercy in the biting cold.

The bitter cold had seeped into Walter's bones as he trudged through the snow towards the unwelcome visitor in his yard – the scruffy mutt that seemed to have claimed his doorstep as a refuge. Walter's scowl deepened as he approached, broom in hand, the frosty air punctuating the silence.

"You again! How many times do I have to tell you to stay away? This isn't your place."

The undeterred dog looked up with pleading eyes, a silent plea for understanding.

"Shoo! Get out of here. Find some other place to make a mess."

With a whimper, the dog took a few steps back but didn't entirely retreat. Its eyes held a vulnerability that Walter found unsettling.

"Persistent little thing, aren't you? I don't want you here. You're nothing but trouble."

The dog, ears drooping, backed away further as if trying to appease the irate figure before it.

"I don't care if it's cold. Find someplace else to beg for scraps. This is my territory, and you're not welcome."

The dog, tail between its legs, cast one last pleading glance at Walter before reluctantly turning away. Walter watched with a mixture of frustration and a tinge of regret, the broom in his hand feeling heavier than before.

"Stubborn creature," Walter said, muttering to himself. "Can't you take a hint?"

Walter, a man accustomed to the solitude he had woven around himself, found the dog's persistence unnerving. Each wave of the broom, each sharp word, seemed to intensify the creature's resolve. The unwelcome guest became an embodiment of the loneliness Walter sought to preserve. Yet, a silent, unspoken understanding began to weave its way between them.

Yet, as the dog disappeared into the snowy landscape, Walter couldn't shake off the sense that something within him had shifted – a reluctant acknowledgment of a connection he was unwilling to admit.

As the days stretched into weeks, the dog's eyes continued to plead, silently asking for reprieve from the unforgiving cold.



It returned unfailingly to Walter's doorstep as though driven by a determination to crack the walls of his isolation. The begrudging acceptance that settled within Walter's begrimed heart was an acknowledgment, however unwilling, that perhaps vulnerability could find its way into the fortress he had built.

One frost-laden evening, as the snow descended, Walter stood at his doorstep, scowling at the defiant creature before him. The dog, trembling in the winter night, gazed up at him with eyes mirrored a haunting familiarity. Caught in the echo of a distant memory, Walter released a heavy sigh – the first crack in the unyielding façade he presented to the world.

In that vulnerable moment, memories from a distant battlefield flooded Walter's mind. He recalled a time when a villager, with eyes reminiscent of the dog before him, had helped him to safety after he was injured in the line of duty. Together, they had sought refuge in the villager's home, a place of solace marked by a carved cardinal on the wooden front door.

With its shivering form, the dog became a living metaphor, a reflection of the villager who had once shown kindness amidst chaos. The sigh that escaped Walter's lips wasn't just a concession to the cold; it was a reluctant admission that in this frail, trembling creature, he saw a glimmer of the compassion that had saved him when he needed it most.

For the first time, Walter opened his door to ward off the biting chill and welcome the dog into the warmth within. The dog, seemingly aware of the shift in the air, rushed inside, curling up in a corner with a contented sigh that echoed through the stillness of Walter's begrudgingly thawing heart.

Walter grunted, "You're a stubborn one, aren't you? Should've found another doorstep to pester."

The dog tilted its head as if understanding the gruff words but choosing to ignore them. Walter sighed, realizing his attempts to chase the dog away had only strengthened their peculiar bond. He reached down and scratched the dog behind its ears, a gesture that surprised even himself.

As the snowfall intensified, Walter invited the dog inside, away from the biting cold.

The warmth of the fireplace welcomed them back, casting a flickering glow on the worn-out armchair where Walter usually sat. The dog nestled beside him, and Walter, though hesitant, found himself allowing the furry intruder to share the warmth of the fire.

At first, Walter laid down the rules, as gruff as his demeanor. "No mess, no whining, and stay on your side." The dog, seemingly understanding, settled into a corner, its eyes fixed on Walter.

As time passed, the once-gruff veteran found himself softening. The silent companionship of the dog became a balm to Walter's hardened soul. He shared the stories of his battles, victories, and losses, and the dog listened with unwavering attention. In return, the dog offered warmth beyond the crackling fire.

Walter, who had once preferred the solitude of his closed-off world, now found solace in the quiet presence of the scruffy mutt. With each wag of its tail and every nuzzle against Walter's hand, the dog bridged the gap between the isolation Walter had chosen and the connection he had unknowingly craved.

In the quiet of that wintry night, Walter discovered the transformative power of companionship. As Walter and the dog sat side by side, the fire's warmth thawed the room's bitter chill and the icy barriers around Walter's heart.

The flickering flames danced in the dog's eyes, mirroring the newfound understanding that had blossomed between them. In the silence, broken only by the crackling of the fire, Walter realized that, against all odds, he had found a friend in the most unexpected places. Once an unwelcome intruder, the scruffy mutt had become a loyal companion, and Walter, the grumpy veteran, had found the warmth of friendship he never knew he needed.

As the snow continued to fall outside, Walter and the dog sat in peaceful companionship, their hearts warmed not only by the crackling fire but also by the knowledge that, sometimes, the company of a loyal friend was the most precious gift of all.

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HMC Submarine Windsor



BRAVO ZULU



(Photos left to right) Sub-Lieutenants Martin Hagen and Calum Robinson, and Sailor Second Class Jeff Dufour were recently presented their dolphins pins by Lieutenant-Commander Harrison Nguyen-Huynh, Commanding Officer of HMCS Windsor. Dolphin 72A!



(Photos left to right) Master Sailor Michel Gaudet, Chief Petty Officer Second Class Joel Tilson are respectively presented their gold and silver sea service insignia and Lieutenants (Navy) Kai Imai and Maxwell Riley their gun metal sea service insignia by Lieutenant-Commander Harrison Nguyen-Huynh, Commanding Officer HMCS Windsor. Bravo!



Lieutenant-Commander Harrison Nguyen-Huynh, Commanding Officer HMCS Windsor, presenting Sailors First Class Jeff Harding, Jean-Patrick Lambert, and Simon Tong their gun metal sea service insignia.

More newly minted submariners! Welcome to the fold Sailors First Class Gabriel Thibodeau, Zachary Conely, Darren Schmidt (group photo left), Malcom Lopes (centre), and Nicolas Nightingale-Ash (right). Well done to all.

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