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

# LOOKOUT

NEWSPAPER & PUBLISHING



THIS THURSDAY!  
MARCH 7 | 10 am - 2 pm



## WOUNDED WARRIORS KEEPING PACE

Staff Sergeant Daryl Baswick of the Victoria Police Department waves during the Day 2 Woss to Sayward leg of the Wounded Warrior Run BC.

See more photos on pages 8-9.

Photo: John Penner Photography



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# Base Administration celebrates Black History Month



Private Assietou Diaw of Base Administration addresses the crowd during a Black History Month presentation at the Nelles Block Dining Room, Feb. 22. Photo: Peter Mallett/Lookout

**Peter Mallett**  
Staff Writer

Approximately 150 military members and civilian Base Administration (BAdm) employees gathered at the Nelles Block dining hall on the afternoon of Feb. 22 for a celebration of Black History Month led by the unit's Commanding Officer.

In his opening remarks, Commander (Cdr) Nicolas Bruzzone encouraged all in attendance to understand we are all soldiers in an ongoing fight against discrimination and racism.

"A struggle has existed for centuries and today we are the ones that must fight to make the world a better place," said Cdr Bruzzone. "Canada has the DNA to strive for better."

His presentation, titled *Worth Fighting For*, traced the beginnings of the institution of slavery in North America, the emancipation of enslaved people and the progression of the civil rights movement in the 20<sup>th</sup> century and today. Critical moments in history discussed by Cdr Bruzzone included the abolition of slavery by Great Britain in 1834, Abraham Lincoln's Emancipation Proclamation of 1863, the United Nations Universal Declaration of Human Rights (1948) and Canada's Charter of Rights and Freedoms (1982).

"The arc of the moral universe is long, but it bends towards justice," said Cdr Bruzzone, referencing a famous quote by abolitionist minister Theodore Parker, which Martin Luther King Junior later echoed.

"But Martin Luther King Jr. says that arc does not bend by itself, and people have toiled for it to bend," said Cdr Bruzzone.

He then emphasized the courageous efforts of civil rights leaders throughout the ongoing struggle for racial equal-

ity, including Canada's Viola Desmond, Rosa Parks, and Martin Luther King Jr. Attendees watched a video of King's famous *I Have a Dream* speech he delivered at the Lincoln Monument in Washington, D.C., Aug. 28, 1963.

Private (Pvt) Assietou Diaw, a Human Resources Administrator with BAdm, discussed how Lincoln's executive order and other legislation by politicians aimed at improving racial equality have often fallen short. Pvt Diaw says this is because political remedies are never enough to make the problem of racism go away.

"We really need to do that work ourselves and I believe everyone in this room cares about this deeply," said Pvt Diaw. "Racism is not just an issue that affects the person on the receiving end, but this is a conversation in which everyone belongs and everyone has a say and can have a positive impact."

Pvt Diaw is a second generation Canadian whose parents immigrated from Senegal.

Cdr Bruzzone pointed to the portraits of Base leadership that hang in the front lobby at the Chiefs and Petty Officers' Mess. He noted all but one of the ten individuals pictured were white males and stated he hoped this situation would change soon.

"How do we get more diverse people into these picture frames?" he asked. "We are trying, the institution is trying and that is why I am so proud to be working to change this with all of you gathered here today."

Since Canada is often seen as a world leader in the cause of democracy, social justice, racial equality and inclusion, Cdr Bruzzone concluded his presentation by getting everyone in attendance to join him in a rousing rendition of *O Canada*.



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# PTSD:

## Understanding Intrusive Thoughts

### Thomas Goenczi

Lookout contributor

One of the most common occurrences after experiencing trauma is being pulled back into the fire through thought. These thoughts can be considered intrusive when we feel like we do not have any control over them. They seem to be driven by involuntary expressions of the mind that burst into our consciousness against our will. It is essential to be clear that intrusive thoughts are not tied to a pre-determined timeline after the trauma. In other words, we can have intrusive thoughts at any point after the traumatic event, from hours to years after the fact. These thoughts emerge without warning and can shake us to our core.

Our thoughts can be perceived as spontaneous as they materialize out of our unconscious and into our conscious awareness. Most of the time, we notice a thought arise and can select it relatively quickly and proceed accordingly. However, some thoughts can hook us for minutes until we can disarm them and let them go. The power of these intrusive thoughts does not

come from their unconscious origin but rather from how they can create a feeling of re-experiencing the trauma.

Insidious post-traumatic intrusive thoughts fling us back to the harrowing experience. Our mind contorts itself to feel the same level of distress we once had felt, and sometimes, it can even feel worse. We can become entangled in an intrusive thought web of anxiety. Moreover, the intrusive thought makes us question every little detail that occurred. For example, we begin to play the what-if game of our role in the trauma.

Typically, after we entertain the idea of an intrusive thought, it leads to ruminating on specific elements of the trauma. This may be certain images or sensory aspects, such as sounds, that still cause heightened discomfort. Next comes fear and anxiety that consume us so much we feel overwhelmed and yearn for a non-intrusive thought to replace it with. However, it doesn't happen; we're locked into a nightmarish state of mind. We want to relieve the dread and let the intrusive thoughts go, but we aren't able to, and it feeds the anxiety even more.

When we are in the fervour of an intrusive thought, we often question how we can even think of such repulsive ideas. We wonder what is wrong with us and if our trauma is causing our sanity to slowly slip away. Resentment builds not only for what the trauma has incurred on us but toward our recognition of it as well. We can't fathom why our mind has turned on us, but it has. Our ability to control our mind may have seemingly disappeared with the trauma, and we became prisoners to the mind, prisoners to the trauma.

There are ways we can disarm these intrusive thoughts and gain control back over the mind. I look forward to sharing some of them next week, where we look at techniques to rid the mind of post-traumatic intrusive thoughts.

*Thomas Goenczi is an RCN Veteran and MA Clinical Counsellor with Private Practice: Well Then Therapy. The content is not intended to substitute professional advice, diagnosis, or treatment.*

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The Camosun College Foundation team celebrates the generosity of Naval Training Group employee Commander (ret'd) Angus Fedoruk (second from right).

# Gift

## Pay Back is a

**Michael McWhinnie**  
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During the morning of Feb. 20, Commander (retired) Angus Fedoruk took some time away from HMCS *Venture* to visit his alma mater. He made the 15-minute drive to Camosun College's Interurban Campus to meet Advancement and Alumni Engagement manager Christopher Berghuis for a purpose some might find perplexing: to hand over a personal cheque for \$17,000.

The gesture will establish an eponymous endowment that, combined with a partial matching contribution by the college, will result in an annual grant of approximately \$1,500 to a student enrolled in their School of Business.

Recipients will be selected based on being well-rounded and demonstrating professionalism and leadership.

"I see the grant less as a gift to the school and more as an

investment in people," Fedoruk reflected. "I strongly believe, though not the sole determinant of success, education remains nonetheless a primary enabling factor in attaining our vocational and life aspirations."

Fedoruk's views on learning have been shaped by years of experience with education and training establishments. He earned a Business Administration Diploma from Camosun College in 1996, a Bachelor of Commerce degree from Royal Roads University, and a Master of Education degree from the University of Calgary.

"Like most people, I view myself as a good person," Fedoruk said. "I suppose this is a way of reassuring myself I am the person I aspire to be."

After decades of serving in uniform as a Naval Warfare Officer in both the Regular and Reserve Force, Fedoruk is currently employed as the civilian executive services manager

at HMCS *Venture*, where he served as Division Commander for Royal Canadian Navy Leadership Conduct and Culture development before ending his military service. He judges his time there as the most rewarding of his career. When his current employment ends in 2025, he will look back on a professional span of 38 years devoted to developing young officers and mentoring co-op students while exemplifying leadership and a commitment to lifelong learning.

"When people learn I am making this gift they might ask whether I could have made other plans for the money. Ultimately, we base our financial choices on what we think will make us happy," he explained. "This makes me happy."

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Sailor 1st Class Marc-Andre St-Pierre of NRU Asterix receives the Sailor of the Year Award for 2023 from Mrs. Geraldine Hinton during a ceremony aboard the vessel on Feb 22. Photo: Peter Mallett / Lookout



## Dedicated Naval Communicator named Sailor of Year

Sailor 1st Class (S1) Marc-Andre St-Pierre received the Captain (Navy) (Capt(N)) Peter Hinton Memorial Award for Leadership and Excellence in Service and the Maritime Forces Pacific's (MARPAAC) Top Sailor Award for 2023 in a Feb. 22 ceremony aboard Naval Replenishment Unit (NRU) *Asterix*. He also received the Sailor of the Third Quarter 2023 Award last fall.

**Peter Mallett**  
Staff Writer

A Naval Communicator credits the wisdom passed down by fellow sailors for capturing two prestigious awards this February.

Sailor 1st Class (S1) Marc-Andre St-Pierre quickly thanked his peers, instructors and other military mentors who helped him along the way.

"I truly believe I won because of all people I have met throughout my career who have pushed me to success," said S1 St-Pierre.

His shipmates weren't surprised by his win, including Petty Officer 1st Class (PO1) Mathé Yhan, NRU *Asterix*'s Senior Naval Communicator and St-Pierre's direct supervisor. PO1 Yhan says S1 St-Pierre takes excellent pride in progressing the training of junior sailors.

"Even before reporting onboard the *Asterix*, Sailor St-Pierre showed great enthusiasm in his performance and quickly volunteered for additional duties," said PO1 Yhan. "He is extremely professional and dedicated to helping juniors

achieve strong performance onboard."

St-Pierre says volunteering for charitable work and being an 'honest and genuine' person didn't hurt his cause.

"I'm not scared of starting a new challenge to better myself and also believe stepping up for my peers and always having their backs builds character and trust," he said.

His job is far from a vacation, though. S1 St-Pierre currently works as Senior Watch Hand aboard the *Asterix*. The position has many responsibilities, including message processing and maintaining communication with international partners. While deployed to the Asia-Pacific in August 2023, S1 St-Pierre received a commendation from Lieutenant-Commander (LCdr) Bucky Branscombe, NRU *Asterix* Commanding Officer, for troubleshooting a network outage aboard the *Asterix*, assisting in Force Generation training and mentoring other junior sailors.

PO1 Yhan says the recognition of S1 St-Pierre has positively impacted daily operations in his department, and other members noticed that his high performance was acknowledged at the fleet level.

S1 St-Pierre says he's focused on becoming more knowledgeable and honing personal, work and teaching skills to

train incoming sailors better.

### RECIPE FOR SUCCESS

In honour of his achievement, S1 St-Pierre received a commemorative plaque and the Commander's Coin.

The ceremony was presided over by Commodore David Mazur, Canadian Fleet Pacific Commander, LCdr Branscombe, and Geraldine Hinton, who presented the Capt(N) Peter Hinton Award. The award honours her late husband, a Second World War veteran, who commanded a landing craft during Canada's Second World War D-Day Mission.

In presenting the award, Mrs. Hinton said her late husband would be very impressed by S1 St-Pierre.

"I wish you had known him because he was very special and always wanted people to show their best and always looked for leaders who understood their purpose in the Royal Canadian Navy," she said.

As a further show of appreciation for his efforts, he was invited to be a guest of the Vancouver Canucks for their National Hockey League game against the Boston Bruins on Feb. 24.







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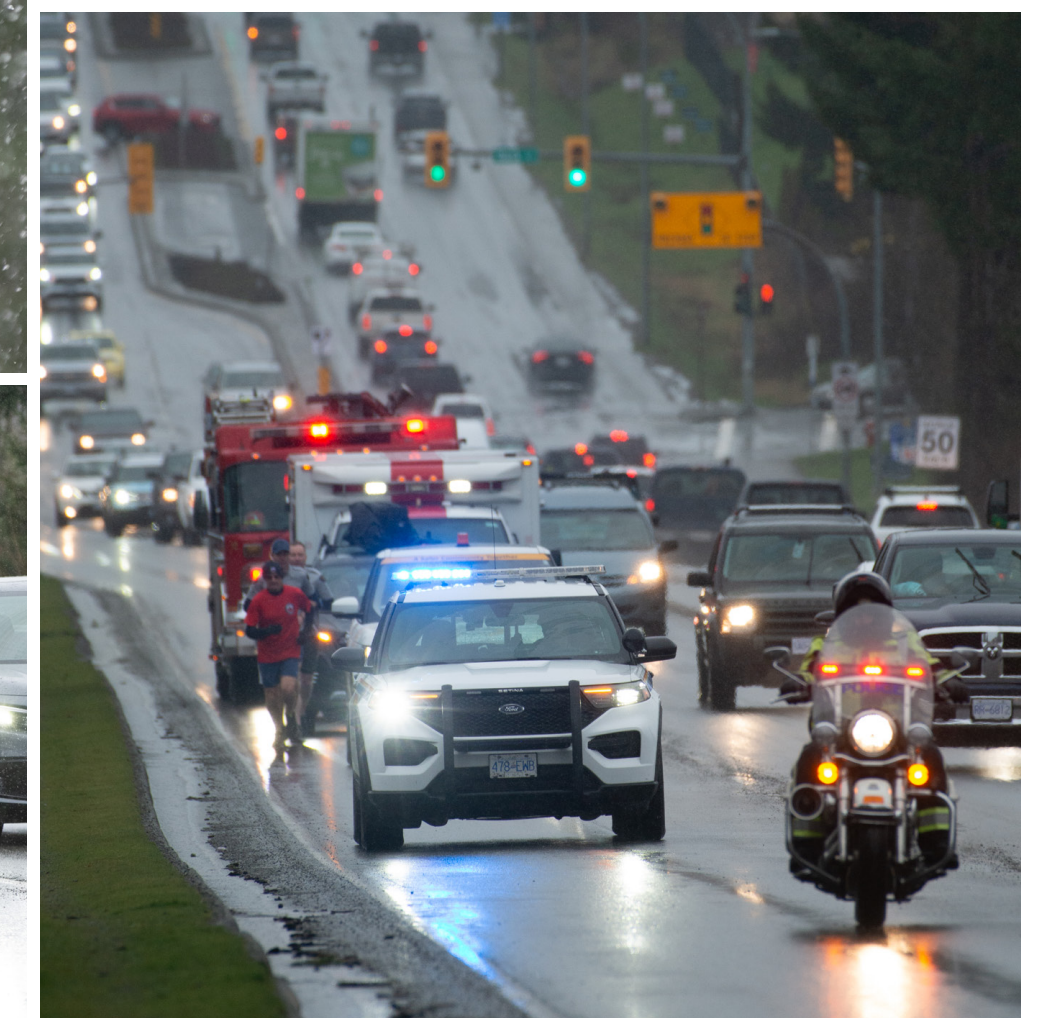
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# Victoria to remember costs of Afghanistan War

**Peter Mallett**  
Staff Writer

Lieutenant-Colonel (ret'd) Paul Paone hopes Canadians have not forgotten the significance of March 12.

The date commemorates the 10<sup>th</sup> anniversary of the end of Canada's mission in Afghanistan. It is a time to remember the fallen and injured and the sacrifices many men and women made on foreign soil over 13 years.

"I hope the people of Victoria show veterans their love and support and come out and join us," said Paone. "We want people to remember it and we don't want Afghanistan to become known as the 'forgotten war', something those who served in Korea have experienced."

Paone, a former Senior Logistics Officer in the Army, was among the last of 40,000 Canadian soldiers to board an American *Chinook* helicopter on March 12, 2014, and depart the International Security Assistance Force (ISAF) Headquarters in Kabul for the last time.

He knows he is one of the fortunate ones to serve in Afghanistan because he was left with no permanent injuries or lasting scars from his military service. Several people he knows did. He and Brigadier-General (ret'd)

Joseph Gollner head the organizing committee of volunteers for this year's anniversary commemoration.

The experience is helping jar his memories of a decade ago when he was far away from the peace and security of his home on Vancouver Island. Paone says two big takeaways stand out for him about the Afghanistan war.

"Firstly, the people of Afghanistan learned about Canadians and their values, that we can be fierce warriors and we are also trustworthy," he said. "Secondly, 99 per cent of the population in Afghanistan desperately wanted to live in peace and most are incredibly hard-working, highly intelligent people who can adapt to anything and want only the best for their families."

After returning from his deployment that July, Paone enrolled his son as a regular force Royal Canadian Air Force Officer in a ceremony presided over by Rear-Admiral Bill Truelove. Then, shortly after the ceremony, he retired, bringing to an end a 43-year and nine-month military career.

Today, he is retired and likes to stay connected with Victoria's military community. He volunteers to help organize the annual Peacekeepers Day memorial each Aug. 9, as he also served in Canada's United Nations Peacekeeping Mission in Egypt in 1974.



Lieutenant-Colonel (ret'd) Paul Paone is an organizer of this year's upcoming commemorative ceremony in Victoria for the Afghanistan War. Paone is pictured in this file photo with his dogs Rayme and Brewster at his home in Victoria before leaving for his deployment to Afghanistan in 2013. Photo: Paul Paone.

## Veteran Families have their own brand of courage.

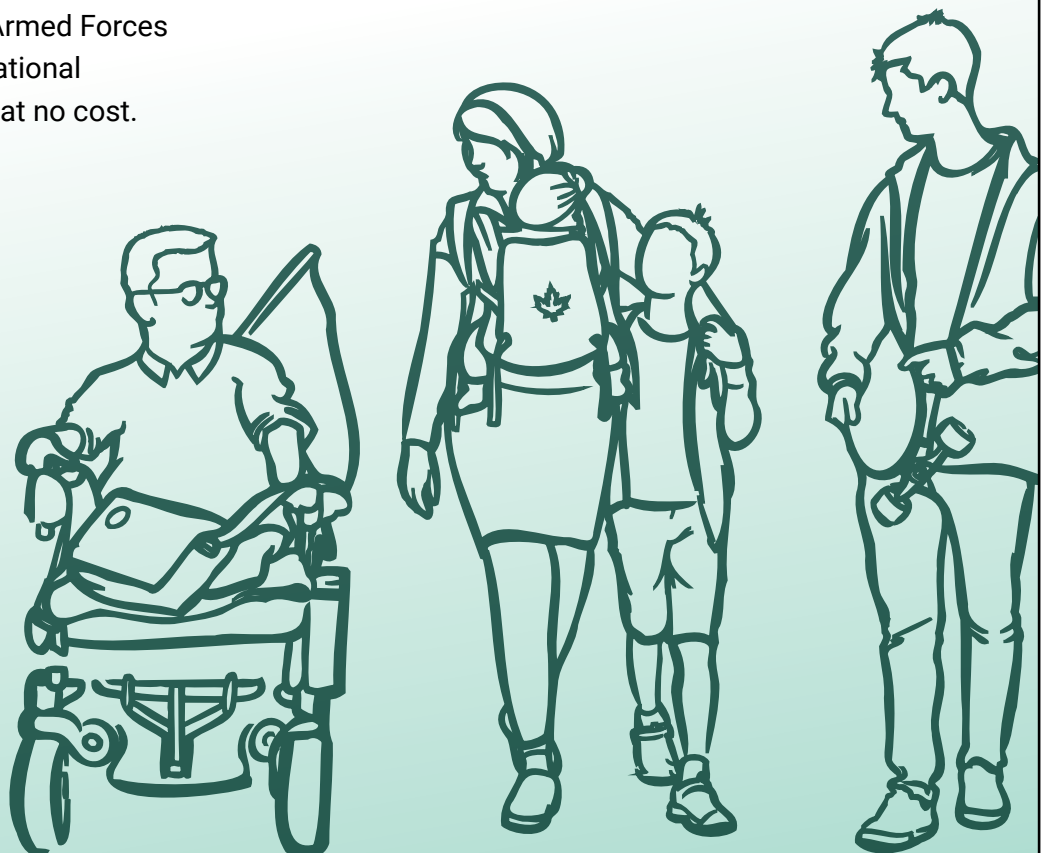
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# The BC Afghanistan Memorial

## Creating the memorial

Featuring a likeness of a Canadian soldier, Lieutenant (Lt) Michael McCauley, an Afghanistan war veteran, and the outstretched hand of an Afghani child shaking his hand, the B.C. Afghanistan Memorial resulted from more than three years of organizing and fundraising efforts by the Victoria Afghanistan Memorial Project.

Made of solid granite weighing 8,600 kilograms and measuring 3.5 x 2 meters, the Afghanistan Memorial is located at Courtney and Quadra Streets in downtown Victoria across from Christ Church Cathedral.

The initiative to create an Afghanistan memorial originally came from Victoria City Councilor Chris Coleman in 2011 following a discussion with the family of Lt Andrew Nuttall of Princess Patricia's Canadian Light Infantry, killed in 2009 during his tour of Afghanistan.

The memorial project was then spearheaded by Brigadier-General (ret'd) Joseph Gollner. He and the committee realized their goal at an unveiling ceremony in September 2017.

"Our mission is to create a memorial that will recognize the contribution of over 40,000 Canadian Armed Forces members and public servants who served in Afghanistan and their families," said Gollner before its unveiling.

## This year's Commemoration Ceremony

This year's ceremony commences at 2 p.m. at the British Columbia Afghanistan Memorial across from Christ Church Cathedral at Courtney and Quadra Streets. It will remember the 167 Canadian military members and civilians who made the ultimate sacrifice for their country. It will also pay tribute to the more than 2,000 wounded or injured sailors, soldiers, aviators and civilians. One in ten people involved in Canada's military mission in Afghanistan received Post-Traumatic Stress Disorder (PTSD) treatment, with the experience being complicit in the deaths of dozens since.

The ceremony will include speeches and recollections of the war, a solemn bell-ringing ceremony to remember the names of the fallen, the Act of Remembrance, and a Commitment to Remember presentation by three cadets members. After the ceremony, Christ Church Cathedral agreed to provide a small reception for veterans and families who attended. Veterans Affairs Canada (VAC) Minister and the VAC Ombudsman will be in attendance.



**Tuesday, March 12**  
**Arrive: 1:45 p.m.**  
**Ceremony: 2:00 p.m.**  
**Reception: 3:30 p.m.**

# OPERATION MONEY SMART

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**When: March 14, 2024**

**Time: 9:00 am to 12:00 pm PT**

**Location: Collier Theatre**  
(Building WP1094)

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# The life of Gustave Guay

SLt Brendan Kerbiriou, NWO

Gustave Guay was born on Sept. 8, 1920, in Quebec City. He grew up in a bilingual family, with a French-speaking father and an English-speaking mother, surrounded by five brothers and three sisters.

Gustave Guay had an extraordinary link with the maritime world. He was introduced to sailing and canoeing from a very young age and watched his father make model boats throughout his childhood. That may be where this fascination comes from.

His first experience as a sailor was on the sailing ship SS Gro from Bergen, Norway. He was 17 years old and had just run away to join the Norwegian merchant navy for a salary of 43 cents a day.

"In 1938, my pay was \$13.20 a month and 300 'kicks in the ass' a week," he once said.

He served in the Royal Canadian Navy Volunteer Reserve during the Second World War. He served successively on three destroyers: the Saguenay, the Skeena and the Saskatchewan, and a frigate, the Saint-Pierre.

On July 5, 1944, Operation 'Dredger' was launched, a Canadian naval offensive against the German war fleet northwest of occupied France.

The Normandy landings occurred exactly a month earlier, but the war was far from over. The Kriegsmarine still occupied most French ports on the Atlantic coast, including Brest. Thus, HMCS Qu'Appelle, HMCS Skeena, HMCS Restigouche and HMCS Saskatchewan, forming the escort convoy GE12, were responsible for intercepting enemy ships escorting U-boats (German submarines) entering and leaving the port of Brest, where their base was located. The GE12 eventually sighted a convoy of four minesweepers and two U-boats. The fight began, and the German and Canadian ships exchanged salvos of shells and torpedoes in a violent clash. The battle ended with the destruction of three German ships and the escape of the two submarines.

On the Canadian side, two ships were damaged: the Qu'Appelle and the Restigouche. Petty Officer (PO) Guay, a gunner aboard HMCS Saskatchewan, will remember the confusion and chaos that reigned

on board for the rest of his life, the noise and smoke of the explosions making the fight even more complex and oppressive.

On HMCS Saskatchewan, sailor Dugald Leitch (V-35138), assigned to one of the Oerlikon guns on deck, lost his life. His funeral was held once the Saskatchewan arrived in Plymouth. PO Guay bought Dugald Leitch's Seamanship Manual during the traditional sale of personal effects of the missing, the profits of which were donated to the families. He treasured this memory of his friend very much.

After the war, this passion for the maritime environment still drives Gustave's life. He was a marine carpenter, hydrometry technician, lighthouse keeper on Anticosti Island from 1956 to 1960, Cape Horn navigator, model maker, professor of navigation, shipbuilding and seamanship, master sailmaker aboard the brig US Niagara, and captain of the schooner Marie-Clarisse.

Gustave Guay died in 2008 at the Veterans Hospital at 87.





# Stadacona Band forging connections with Kiwi colleagues



Chief Petty Officer Spriggs of the Royal New Zealand Navy Band is alongside three members of the Stadacona Band: Petty Officer 1st Class Charmaine Chaddock, Petty Officer 2nd Class Anna Sprange, and Master Sailor Emily Bellman.

Master Sailor Bellman, Petty Officer 1st Class Chaddock and Petty Officer 2nd Class Sprange are with New Zealand Navy Band colleagues at the famous Tongariro Crossing on New Zealand's North Island.

## Ryan Melanson Trident staff

Originally scuttled in 2020 due to pandemic concerns, a long-planned CANZEX exchange program between the Stadacona Band of the Royal Canadian Navy and the Royal New Zealand Navy (RNZN) Band is now in full swing.

Successful exchanges were completed in 2023 in both directions, and the next chapter of the ongoing partnership is underway – four Stad Band members left Halifax in mid-January and are now wrapping up a five-week exchange with their RNZN counterparts.

Petty Officer 1st Class (PO1) Charmaine Chaddock, who travelled to Auckland in early 2023, said the trips have been fruitful as both a cultural exchange and a training/learning opportunity for those involved. She was part of the group planning an initial trip that was cancelled in 2020, bringing a lot of disappointment for

members, who had bags packed and ready to go. The bands stayed in touch and sought opportunities until it finally became possible.

PO1 Chaddock was joined by Petty Officer 2nd Class (PO2) Anna Sprange and Master Sailor (MS) Emily Bellman on that exchange in New Zealand. RNZN Chief Petty Officer (CPO) Philip Spriggs, who was also involved in planning the programs from the beginning, saw things come to fruition on his side when he joined the Stadacona Band in Halifax for some of the final weeks of 2023 through its holiday concert season.

“The relationship between the two bands has been growing and has been maintained ever since that first group was supposed to go over. It was so nice to finally make it happen in 2023, after a long period where we were hoping and crossing our fingers that it could work out,” PO1 Chaddock said.

Those trips were successful in many ways, as members learned about differences in how

each band operates, both administratively and in musical performance. Cultural experiences also stood out on both sides. Highlights for CPO Spriggs during his time in Canada included his first time on a curling sheet, his first live hockey game, and visits to local landmarks such as Peggy’s Cove. For the Canadians on exchange, the influence of the Māori culture stood out – they were welcomed on the marae (Māori meeting grounds) upon their arrival, and said the impact of the Māori culture on the country and its military was evident in the music they performed and the communities they visited.

The Stad Band members currently in Auckland spoke to the *Trident* before leaving, and some pointed to that Māori influence as one of the factors that made the exchange so attractive.

“They are so close with the Indigenous cultures, which is exciting and something we could probably learn from,” said S1 Chelsea Alexi, who is on the exchange along with MS Matthew Henry, PO2 Christian Navrátil, and MS Tony

Taylor. “I’m looking forward to being a part of it and learning more about that.”

PO2 Navrátil, a drum major, said he was eyeing the performance challenges that may come from different drill and marching styles, noting with a laugh they heard exciting stories about backward slow marches.

“So, I’m very curious to see how the drill is going to go. That might be something fun and a little different for us,” PO2 Navrátil said.

Members said both bands are keen to keep the partnership and exchanges rolling. Though the RNZN Band is a smaller outfit with fewer musicians to spare, the Stad Band hopes to welcome more New Zealanders to Halifax soon and vice versa, leading to an even closer relationship and continued mutual benefits.

“We have people who can really gain and glean something from the experience, who are dedicated to the band and a vision for the music branch going forward. It’s a great opportunity,” said MS Taylor.

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# Tritons eye national hoops title

**Peter Mallett**  
Staff Writer

The Esquimalt Tritons are practicing their 'A' game and packing their bags for the Canadian Armed Forces men's basketball championships in Ontario.

Their qualification comes on the heels of their 76-44 victory over Cold Lake in the championship game of the Canada West Regional Championship at Moose Jaw, on Feb. 17. Point guard Lieutenant (Navy) Lt(N) Owen Murphy of HMCS *Ottawa* collected the tournament Most Valuable Player (MVP) award, helping the Tritons to the regional crown and an undefeated record over five games.

Esquimalt recorded its other wins over Wainwright in the tournament semi-finals, Cold Lake, Edmonton and Comox in Round Robin play.

Lt(N) Murphy says most of his scoring came from transition or dribble drive penetration but came up empty from behind the three-point line for the entire tournament.

"Team defence was something we strongly emphasized throughout the tournament," said Lt(N) Murphy. "We set points targets to hold our opposition to each game and I'm

happy how our team shut them down."

Esquimalt's starting five also included shooting guard Lt(N) Connor Duke, HMCS *Winnipeg*, forwards Petty Officer 1st Class Jeff Snook, Personnel Coordination Centre, Acting Sub-Lieutenant Brent Martindale, HMCS *Winnipeg* and Centre, Petty Officer 2nd Class Simon Dakin, also of *Ottawa*. Players stepping up from the bench with strong performances included guards Sailor 3rd Class (S3) Jon Tenoso and S3 Jermaine Hendricks.

In collecting his tournament MVP award, Lt(N) Murphy was sporting a noticeable gash and bandage over his left eye. The injury happened after a collision with Cold Lake's center in the second half as the two jostled for a loose ball. Lt(N) Murphy did not return to the game.

"The injury is fine now and probably a scar and nothing more," he said. "Courtside PSP [Personnel Support Programs] staff did a fantastic job responding to my injury and of the player I ran into."

Due to work commitments with HMCS *Winnipeg*, Acting Sub-Lieutenant Brent Martindale, Tritons forward and coach, will likely be unavailable for the road trip to CFB Borden for Canadian Armed Forces Nationals, Apr. 29 to May 3. Lt(N)



Members of the Esquimalt Tritons men's basketball team celebrate their 76-44 victory over Cold Lake in the championship game of the Canada West Regional Basketball Championship, Feb. 17 in Moose Jaw, Sask.

Murphy says he still likes Esquimalt's chances of putting in another strong performance, this time against the Canadian military's basketball elite.

"I like our odds, even though it's going to be hard without Brent; I still believe in our team and know we can compete at the top

level," he said. "We all have serious jobs to do but PSP offers a great opportunity through its sports programs to boost morale and meet other military members that you would never get a chance to meet during these competitions."

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The Lookout is seeking content creators and contributors! If you're interested in trying your hand at writing or in expanding your writing portfolio, we want to hear from you!

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# Renowned U-boat author receives Maritime Achievement award

**Peter Mallett**  
Staff Writer

A former naval officer is among the first recipients of a freshly minted award by the BC Government House Foundation and the Maritime Museum of British Columbia.

Captain (ret'd) Michael L. Hadley of Victoria is an accomplished author and educator, whose works about the elusive submarines of the Kriegsmarine earned him one of six inaugural Lieutenant Governor's Awards for Maritime Achievement. The award recognizes individuals and organizations in the province who have made noteworthy contributions to maritime interests in science, technology, business, applications of maritime skills, nautical heritage and culture, art and academic endeavours.

A Professor Emeritus at the University of Victoria and a Fellow of the Royal Society of Canada, Hadley is renowned for his writing on German U-boats and the Battle of the Atlantic. He says growing up during the Second World War inspired him to get to know the enemy and his culture, and master his language and live in his country.

The award, Hadley says, came by as a surprise.

"To find myself among such a varied group of recipients of the medal; I felt very grateful to be counted among such fine people," said Hadley.

Hadley credits his experience in the Royal Canadian Navy and language studies for an inside track of the culture and inner workings of Germany's efficient ship-sinking submarines.

"My naval identity gave me unrivaled access to German naval veterans, many of whom

became friends," says Hadley. "We shared a common naval culture, though our national histories differed, the inculcated skills of decision-making, leadership, focus and drive as well as commitment to fellowship amongst the crew."

In his forthcoming memoir *Boxing the Compass: A Life of Seafaring, Music and Pilgrimage*, he emphasized how spending much of his life on the ocean grew out of what Farley Mowat once called a romantic predilection for the sea and ships.

"Whether through direct experience or my own literary imagination, the sea and seafaring have provided me with reference points, cues and motifs. They have given shape and context to my reflections," wrote Hadley.

## The Maritime Achievement Award's other inaugural winners include:

- **Richard Chappell**, Regional Vice President of Operations at Westwood Shipping Lines;
- **Alec Dick**, Ahousaht First Nation, Board Chair Coastal Nations Coast Guard Auxiliary;
- **Robert Lawson**, Boatwright, Maritime Historian;
- **Dr. Verena Tunnicliffe**, Professor Emeritus at the University of Victoria School of Earth and Ocean Sciences; and
- Robert Abernethy and Jean Gaudin, co-owners and shipwrights with **Abernethy & Gaudin Boatbuilders Ltd.**

Award steering and selection committees comprise members of the Government House Foundation, Maritime Museum of BC, representatives from the broader community, and professional mariners administering the award. Nomination forms for the 2024 awards are at [mmbc.bc.ca/lieutenant-governors-award](http://mmbc.bc.ca/lieutenant-governors-award)



Captain (ret'd) Michael L. Hadley. Photo supplied

## Michael L. Hadley Author & Sailor



Michael L. Hadley, 87, began his sailing career as a Union Steamship Deckhand and then embarked on a 30-year career in the Naval Reserves (NAVRES) in 1954.

He first served aboard former RCN cruiser HMCS Quebec and then HMCS Oshawa, HMCS New Glasgow, HMCS Fortune, HMCS Cape Breton and HMCS Mackenzie and was also posted to the RCN's former Great Lakes Training Centre.

During his NAVRES days, Hadley also earned a PhD in Germanic Language and literature from Queen's University, later teaching these subjects as a professor at the University of Victoria. While teaching at UVic he served as Commanding Officer of HMCS *Malahat* (1974-1979).

### Some of Hadley's other published works include:

- U-Boats against Canada: German Submarines in Canadian Waters (1985);
- Count Not the Dead: The Popular Image of the German Submarine (1991)
- Tin Pots and Pirate Ships: Canadian Naval Forces and German Sea Raiders (1991) (co-author with Roger Sarty);
- God's Little Ships: A History of the Columbia Coast Mission (1995); and
- Grand Admiral Dönitz 1891-1980 (2000);
- *Spindrift: A Canadian Book of the Sea* (2017).

## CLASSIFIEDS

### FOR RENT:

**COOK ST VILLAGE** 1 bedroom suite with hardwood floors. Quiet, very clean, well-maintained apartment building. Heat, hot water and parking included. No pets. No smoking. One year lease. \$1,700 per month. Available Mar. 15 or April 1. Call 250-588-5457.

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### EVENTS

Interested in what is happening with health and fitness? The MARPAC Health and Wellness Expo is open to everyone in the Defence community. On March 7, please visit the Expo at Naden Athletic Centre any time between 10 a.m. and 2 p.m. Free food, free massages and lots of prizes and giveaways.





# MARPAC HEALTH & WELLNESS EXPO

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**0945 hrs: First pick up from Dockyard Main Gate, then pick up from WorkPoint and transport to the Naden Athletic Centre.**

**1300 hrs: Shuttle bus to pick up from Naden Athletic Centre (Building N88) and return to Building 66 (main warehouse) in Colwood.**

**01400 hrs: Last pick up from Naden Athletic Centre to Dockyard main gate and then to WorkPoint.**

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