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

the LOOKOUT

NEWSPAPER & PUBLISHING



NTOG takes flight!



Commodore David Mazur (center), Canadian Fleet Pacific Commander, hand launches a Teal 2 Uncrewed Air System during his visit to the Train the Trainer course being held at Camp Albert Head, CFB Esquimalt on March 13.

Photo: Corporal (Cpl) Jay Naples, MARPAC Imaging Services

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Commodore David Mazur, Canadian Fleet Pacific Commander, operates a Teal 2 Uncrewed Air System during his visit to the course being held at Camp Albert Head, CFB Esquimalt on March 13. Photo: Sergeant Malcolm Byers, MARPAC Imaging Services

RCN introduces new unmanned aircraft

S1 Bradley Van Buul
NTOG

Royal Canadian Navy (RCN) sailors will soon have a new Unmanned Aircraft System (UAS) in their toolbox for at-sea inspection and surveillance.

Eight of CFB Esquimalt's Naval Tactical Operations Group (NTOG) members were the first in the Pacific Fleet to test out the new technology.

The students recently completed three days of instruction and testing the Teal 2 UAS. The Teal 2 is a small-sized drone specifically designed as an inspection tool for hard-to-reach places around a naval vessel, including aloft areas like the mast and antennas. It can also be used for search and rescue or person overboard scenarios.

Lieutenant-Commander (LCdr) Sean Kelly, NTOG Operations Officer, says intelligence, surveillance, and reconnaissance (ISR) is currently done by the ship's sensors or an embarked maritime helicopter.

"Shipborne UAS will allow any ship, whether it carries a conventional aircraft or not, to have increased ISR capacity," LCdr Kelly said. "The NTOG team looks forward to more training as we expand capabilities with UAS into everyday missions and taskings."

The Teal 2's initial training cadre took place at the Albert Head Training Centre in Metchosin, B.C. on the week of March 10. Instructors of RMUS Canada, a Toronto-based vendor of Remotely Piloted Aircraft Systems, conducted the training.

The Teal 2 is manufactured by Teal Drones, a United States Department of Defence contractor. It has high-resolution thermal imaging sensor capabilities and can integrate with third-party artificial intelligence and computer vision applications, enabling 3D mapping and target acquisition.

Its manufacturer says the Teal 2's compact size and rugged design enable the system to be rucksack portable and deployed in the most challenging conditions. The UAS weighs less than 1.25 kg, can reach a maximum speed of 37 km/h, has a range of 5 km, a flying time of 30 minutes, and can operate in temperatures between -35.6° and 43.3°C.

Students who completed the initial course are members of NTOG's Uncrewed Systems Section and familiar with operating other UAS systems, says LCdr Kelly. Uncrewed Systems are aerial, terrestrial, or marine vehicles without a person onboard. Their instruction included both in-class learning and hands-on practice, including flying, discovering, and utilizing the capabilities of the Teal 2.

Targets were located around the training area so that the students could develop fine motor skills. The operators' aims were to maneuver the UAS so the camera could get a clear shot of the point of interest. This consisted of searching parked cars, inspecting light poles to simulate a ship's mast, and scanning nearby coastlines and beaches.

Commodore David Mazur, Commander of Maritime Forces Pacific, visited the training grounds on March 13 to try his hand at a few of the tests that operators conduct on their course.

NTOG conducted training for sailors aboard HMCS *Montreal* and HMCS *Margaret Brooke* from April 2 to 5, with more ship training on both coasts planned for the coming weeks. Following training, each ship will receive two new Teal 2 units. The complete proliferation of UAS is expected aboard all vessels in the RCN by summertime. The Navy is already looking towards the introduction of UAS capabilities aboard its new Arctic Offshore Patrol Vessels, with the RCN's Intelligence, Surveillance, Target Acquisition and Reconnaissance program expected to bring a larger, longer-range UAS into service in a few years, said LCdr Kelly.



A group photo of the Teal Uncrewed Air System Train the Trainer course. Photo: Corporal (Cpl) Jay Naples, MARPAC Imaging Services

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PTSD: Dissociative Flashbacks

Thomas Goenczi
Lookout contributor

Post-traumatic flashbacks can occur at a moment's notice. We never really know when they could come or what might set them off, and if we are somewhat aware of our triggers, we are pursued by lingering dread.

This endless, acute awareness of our triggers can often affirm avoidance, which we view as protection to a degree. But, when we protect ourselves through avoidance, we actually nurture our anxiety toward the flashbacks, and perpetually avoiding flashbacks can make them more severe and catastrophic. Our senses, emotions, and thoughts are elevated so much that we feel the need to escape re-experiencing the trauma just as much as the actual trauma, and one of the most common ways we actively flee a flashback is through dissociation.

Dissociation is a disconnect from reality. When we dissociate, we are not grounded in our thoughts, senses, emotions, intuition, or even what may be called our identity. In some sense, we are escaping ourselves and living in

another world.

We all experience some form of dissociation; we notice this when we daydream or zone out. It feels like we float outside of reality. We aren't grounded in anything that can anchor us to the present moment. A good representation of the dissociative state is that half-waking half-dream state, where it seems we have some influence on the environment that our unconscious mind has presented.

These more subtle dissociations aren't that alarming because we can snap out of them. For example, when we catch ourselves daydreaming, we can almost instantaneously click back into reality. However, the intensity of the dissociation amid a traumatic flashback is dialed up. Sometimes, these episodes can last minute, hours, or even days.

In these flashbacks, we feel numb, disconnected and disoriented. We view the trauma that we incurred in what seems like a third-person perspective. We're back in the trauma, re-experiencing it, but at the same time, we're experiencing it as if we were a fly on the wall. We don't have

any influence; we can't reconstruct or help the situation, which engenders a numbed-out helplessness.

One of the most challenging obstacles to overcome when processing a traumatic flashback is working through the dissociative episodes. We are so emotionally and mentally overwhelmed by what occurred, we default to feeling numb. This can be especially difficult to pull ourselves out of because there must be embracing of what happened during the trauma. However, when we imbue the courage necessary to engage the traumatic flashbacks, we can lessen the dissociative numbness and finally process the emotions and thoughts of the trauma.

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. Always seek the advice of your mental health professional or other qualified health provider with any questions regarding your condition.



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Photo: Mona Ghiz

HMCS Max Bernays set for Task Group Exercise



Peter Mallett
Staff Writer

The Royal Canadian Navy's (RCN) third Arctic and Offshore Patrol Vessel (AOPV) is poised for its first naval exercise with vessels of the Pacific Fleet.

Shortly after arrival, HMCS Max Bernays will participate in Task Group Exercise (TGEX) 24-01 with *Halifax*-class frigate HMCS *Vancouver*, *Kingston*-class vessels HMCS *Edmonton* and *Yellowknife*, and Naval Replenishment Unit (NRU) *Asterix*. The exercise will take place from Apr. 22 to May 3 in the Strait of Juan de Fuca, the Salish Sea, and off the West Coast of Vancouver Island.

TGEX 24-01 also involves members of the Fleet Diving Unit (Pacific), Naval Tactical Operations Group, and 443 Maritime Helicopter Squadron, confirmed Lieutenant-Commander (LCdr) Ben Scott, Senior Staff Officer, Canadian Fleet Pacific.

"The goal of TGEX 24-01 is to build tactical skills among several ships simultaneously, preparing them for *Rim of the Pacific* (RIMPAC) and deployments to the Indo-Pacific and the Arctic later this year," said LCdr Scott.

Max Bernays and crew are set to arrive in Esquimalt in mid-April following its transit from Halifax that began on March 11. The ship celebrated passage through the Panama Canal and into the waters of the Pacific on March 24.

LCdr Clayton Erickson, the ship's Executive Officer, confirmed a refuelling stop in San Diego between April 4-7. The ship stopped in San Francisco April 9-12 for crew rest and supporting engagements with U.S. Coast Guard representatives.

The excitement continues to mount for LCdr Erickson and crew about the long-awaited moment of passing Duntze Head and pulling alongside in Dockyard.

"It is a very special and proud feeling to be involved in bringing the new ship and its incredibly talented and motivated group of sailors to the Pacific Fleet," he said.

The ship will depart Esquimalt on May 1 following important maintenance, joining the TGEX ships on May 2 before proceeding into Vancouver Harbour for a commissioning ceremony that will take place on May 3 during Fleet Week.

CPO Bernays earned the Conspicuous Gallantry Medal for his heroic efforts in August 1942 aboard HMCS *Assiniboine* when it was under attack by a German U-Boat. Its namesake is also forever connected to the motto of HMCS Max Bernays: 'Undaunted by Fire', says LCdr Erickson.

Max Bernays is the third of six ships in its class. AOPVs are delivered to the RCN to conduct sovereignty and surveillance operations in Canadian waters on all three coasts, including the Arctic. Max Bernays launched into the water on Oct. 23, 2021, with a naming ceremony on May 29, 2022.

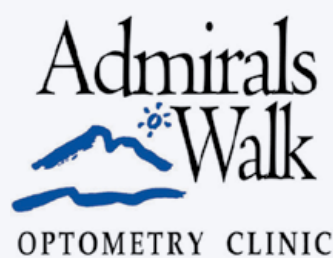
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RCN recognizes TRANSGENDER RESILIENCE

Peter Mallett
Staff Writer

The transgender pride flag fluttered atop flagpoles at Naden, Work Point and Duntze Head during the colours ceremonies on March 31.

Similar flag raisings also played out over the Easter long weekend at military bases across Canada. It was an opportunity for the Canadian Armed Forces and the Defence Team Pride Advisory Organizations (DTPAO) to provide official recognition for the International Transgender Day of Visibility. The day celebrates the resilience and courage of transgender people who are able to be, and express, themselves while also raising awareness of the discrimination faced nationally and worldwide.

One military member proudly celebrating the day of recognition is CFB Esquimalt's DTPAO Military Co-Chair and Engineering Officer Lieutenant (Navy) Michele Newman of Naval Training Group Headquarters.

"This day of recognition is so important because it represents the ability for transgender people to be visible, not just in the Canadian Armed Forces (CAF), but everywhere that recognizes us," said Lt(N) Newman. "Transgender people have been minimized and discriminated against for so long, it has been severely detrimental. Being able to see other transgender people, as well as the acknowledgement and support, helps combat that stigma."

Last year, while she was the Engineering Officer of the Marine Systems Engineering Department aboard HMCS *Calgary*, Lt(N) Newman finally felt ready and safe enough to come out to her department and shipmates as a transgender woman.

"To my delight, it was a moment of nothing but acceptance for me, acknowledgement and support from my shipmates and it was a great feeling," said Lt(N) Newman. "I got hugs, many offers of support, and even some applause."

The moment of truth was years in the making, says Lt(N) Newman who spent the first 14 years of her naval career suppressing and hiding her identity, and many years before that as a child. Her coming-out moment marked a departure point for a brighter, happier future where she could finally be true to herself.

Lt(N) Newman is convinced the International Transgender Day of Visibility being recognized on military institutions is a vital component to breaking down the walls of discrimination and enforcing that transgender identities are valid and accepted in the CAF.

"We want to be accepted. To live, to laugh, to love, and feel safe, just like everyone else," she said.

Coming out to her peers was not only an important personal moment of courage for her but also, to her surprise, for others aboard the ship. In the days following her announcement, other members approached her for advice and support. She hopes that after hearing her story, others will think differently about transgender identities and have the courage to be themselves in the workplace.

"I think we are evolving in a more positive direction, but transgender people are still facing stigma and barriers in our public and private lives, so awareness and understanding is an important part of the approach to move things forward," said Lt(N) Newman.

Steven Cleugh, DTPAO Civilian Co-Chair, says military transgender members need congratulations, support, and understanding for their courage and perseverance.

"I have family and friends that are transgender and I see firsthand the discrimination and prejudice they face every day," said Cleugh. "In my role with the DTPAO, I also see the courage our transgender members put forward and am in awe of their ability to weather the storm."

THE FIRST INTERNATIONAL TRANSGENDER DAY OF VISIBILITY

... occurred in 2009 and dedicated itself to celebrating the resilience and success of transgender people worldwide while recognizing the discrimination, poverty, and violence they face.

The first observance at CFB Esquimalt occurred in 2021. That historic moment included participation by other transgender members at the Base, including Chief Petty Officer Second Class Lynne Edmondson and Sailor First Class Danielle Dewitt, in the flag-raising ceremony at Duntze Head.





Photo: Michael Stanford

Commander (N., Ret) Peter Godwin Chance
November 24th 1920 – April 9th 2024

We are sad to announce the passing of Peter Chance. Peter was a veteran of the Royal Canadian Navy, joining in 1938 and serving during the Second World War.

Peter participated in convoy duty in the Battle of the Atlantic, as well as D-Day where he served on HMCS Skeena keeping U-Boats out of the English Channel and away from allied forces heading for their landing zones. Peter went on to serve with the Navy in the Korean War and the Cold War, serving until his retirement in 1969.

Peter was fortunate to enjoy a long and happy retirement where he enjoyed travelling and spending time with friends. Peter was involved with the Duke of Edinburgh Award program where he took pride in working with youth, encouraging young Canadians to get involved in their physical fitness and community.

Peter was involved with the Maritime Awards Society of Canada, the Admiral Budge Sea Cadet Corps, and enjoyed sharing stories.

Peter - we will all miss you greatly. You exemplified service above self for generations of Canadians. Thank you for your service, Sir; we have the watch now.

Lest we forget.

Excerpts from Saanich Peninsula Legion Branch #37

Introducing AJISS Enterprise: enhancing naval support for Canada

Rory Theriault
FMF CB/CS

If you've been attuned to recent discussions, the term 'AJISS Enterprise' may have popped up in your office discussions, emails or Lunch and Learn invites.

What exactly is AJISS? It stands for Arctic Offshore Patrol Vessel, Joint Support Ship In-Service Support, representing a relational contract geared towards driving world-class naval in-service support.

At its core, AJISS brings multiple stakeholders together as a unified team to support two classes of ships: the Arctic Offshore Patrol Vessels and the Joint Support Ships.

These stakeholders include:

- Thales, as the AJISS contractor, who works in collaboration with the Fleet Maintenance Facilities (FMF) and Fleet Engineering Readiness (FER) to coordinate and schedule the execution of work;
- The Formation Technical Authorities (FTA) to monitor platform material risks; and
- Various additional contractors form the Technical Service Network, which provides the service delivery solution. This team aims to promote a working culture that does no harm and has no blame, secrets, or surprises.

Together, we have one shared vision and mission.

- Vision: one-team driving world-class in-service support.
- Mission: to provide materially ready ships on time every time.

The arrival of HMCS Max Bernays, one of the Royal Canadian Navy's (RCN) Arctic and Offshore Patrol Vessels, in mid-April is our first opportunity to work as one team. Success is based on achieving these 'Enterprise' goals as a collaborative team rather than on our objectives. By adhering to its mission of providing material-ready ships to the RCN on time every time, AJISS paves the way for

enhanced capability and operational readiness, crucial for Canada's naval endeavours.

In essence, AJISS Enterprise represents more than just a contract; it symbolizes a commitment to collaboration and the collective mission of ensuring Canada's Fleet remains at the forefront of naval operations.



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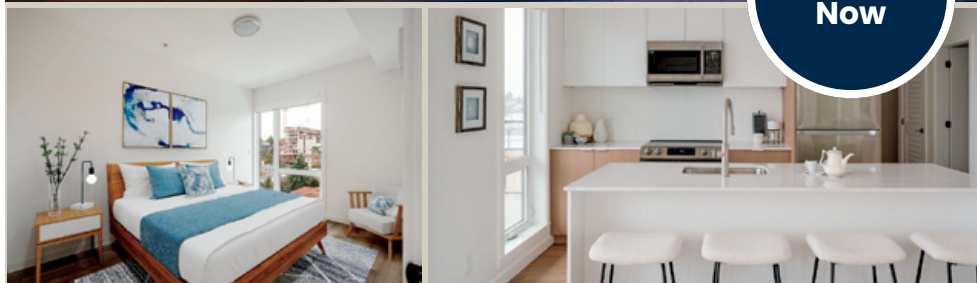
On March 25, cadets of high school age participated in Sailor for a Week (SFAW) program with the Canadian Submarine Force at CFB Esquimalt. The program was inspired by the Sailor for a Day program, developed to target high school students and give them a thorough appreciation for the Royal Canadian Navy (RCN). The week offered activities, tours, demonstrations, and experiences that accurately reflect the roles and duties of RCN sailors.

High school students were chosen as the favoured demographic population due to their general open-minded approach to work experience and likelihood to apply if they enjoyed their experience.



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Introducing TrainSched

Michael McWhinnie
Public Affairs Advisor, NTG

"Use it once and you'll wonder how you ever lived without it!" enthused Wendy Swan, Naval Training Group (NTG) HQ Scheduler. "That's the kind of innovation we believe we are introducing to the Royal Canadian Navy (RCN) community."

Like society's shift from maps to GPS, or from reference books to Google, NTG's developers are confident the newly launched, intranet-based TrainSched (Training Schedule) tool will be something the RCN community readily adopts and soon finds indispensable.

Beginning April 1, anyone with a DWAN account will be able to view the entire naval training calendar including career and

leadership courses for every trade and level conducted at any of NTG's four Training Establishments: Naval Fleet School Atlantic (Halifax), Naval Fleet School Quebec (Quebec City), Naval Fleet School (Pacific) or HMCS *Venture* (Esquimalt) as well as the Fleet Diving Units and Naval Tactical Operations Group.

"Our goal is to provide sailors access to important course information that impacts their personal and professional lives," Swan explained. "Knowledge is empowering, and we hope the TrainSched will support sailors' participation in their own career management by helping them anticipate and plan for those important occupation milestones."

To access the TrainSched, visit: apps.forces.mil.ca/TMS/ or navigate to it via the link on NTG's intranet home page. Search

by entering relevant Fiscal Year and Trades, for example: 2024-2025 and BOSN-00105 will reveal every Boatswain career course for that year.

Searches can be refined by entering Course Name or Code. Results can be viewed in table or chart format depending on user preference. The tool is quick and easy to navigate; however, questions or feedback can be directed to +ESQ.NPTG.HQ.Scheduling@NPTG.HQ@Esquimalt

The TrainSched tool is just one progression within a wider software modernization programme at NTG. It greatly improves scheduling transparency and accountability and expands automation that will streamline processes amongst professional development and training management practitioners.



Introducing the RCN's
new online course calendar

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FREE FIREFIGHTING CAMP for female youth returns

Peter Mallett
Staff Writer

Female youth seeking a career path in firefighting and Emergency Services can stoke their interest with Island Ignite.

The three-day summertime camp, July 12-14, is free for young women between 15 and 18 who reside on Vancouver Island, Southern Gulf Islands, or Sunshine Coast. Island Ignite allows female youth to explore firefighting as a potential career path in a safe and fun environment.

A team of 20+ firefighters and emergency services personnel are the camp's mentors, offering their expertise and instruction.

One of the camp's returning instructors is CFB Esquimalt Fire and Rescue firefighter Lisa Marino. Marino has worked at the Base Fire Hall for the past two years and fully believes in Island Ignite and its mandate to encourage more women to become firefighters and explore non-traditional jobs in emergency services. Marino notes how only five per cent of Canadian firefighters are women, and that number is only four per cent globally.

"I am deeply honoured to be part of the fire service. To me, this is the best job in the world and it's a privilege to be able to share it with others," Marino says. "This camp provides the opportunity to do challenging and

even scary things, in an encouraging environment and as part of team. It's incredible to witness youth lean in and find out what they are capable of."

Some of the drills and skills that run during the camp include auto-extrication, forcible entry, hose handling and fire streams, pump operations and supply lines, first aid and CPR, HAZMAT operations, search and rescue, wildland evolutions, fire extinguisher use, self-rescue and entanglement, and fitness.

Esquimalt's Urban Search and Rescue (USAR) site at Work Point will again be one of the camp's training sites, as it was in 2023. It can facilitate various firefighting skills in a safe and controlled environment.

Island Ignite is in its second year of operation and is modelled after Camp Ignite, which operated for ten years in the Greater Vancouver Area.

Those interested in participating in July's camp are encouraged to apply before the May 1 registration deadline. CFB Esquimalt Fire and Rescue will sponsor female youth from our military family community to participate in the camp, while other local fire services will also be involved in the sponsorship process.

This sponsorship covers the costs of activities, overnight accommodations, meals, gear and insurance.

To register, visit IslandIgnite.com

Island Ignite July 12-14, 2024

Calling all Grade 11 & 12 girls on Vancouver Island, the Gulf Islands and the Sunshine Coast!

Island Ignite is a 3 day camp for female youth interested in Firefighting and Emergency Services.

You are invited to share in this amazing and unique experience while working with a team of like-minded friends who share your passion for challenge and adventure.

When registering, select the CFB Esquimalt Fire House to be eligible for the sponsorship opportunity.



Participants of Island Ignite 2023 test their firefighting skills. The registration deadline for this summer's three-day camp is May 1. The event is free-of-charge and open to female youth between the ages of 15 and 18. Photo: Island Ignite

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