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LOOKOUT

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

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GOMUJUL NORI

Clearance Divers from Fleet Diving Units (Pacific and Atlantic) participate in a game of Gomujul Nori, a traditional Korean game similar to jump rope, as part of a friendship-building activity for the multinational crew onboard the Republic of Korea Ship *No Jeok Bong* during the Multinational Mine Warfare Exercise on Oct. 10, in the vicinity of Pohang, Republic of Korea.
Photo: Corporal Hugo Montpetit, Canadian Forces Combat Camera

Do you have a family story or memory of remembrance you would like to share?

Contact Kateryna.Bandura@forces.gc.ca



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Members of the Operation Render Safe team pose for a photo aboard Her Majesty's New Zealand Ship Manawanui. This year's reconnaissance mission was led by the Australian Defence Force and also included members of the Royal Canadian Navy, Royal New Zealand Navy and the United States Marine Corps.

An aerial bomb photographed by clearance divers.

An aerial bomb photographed by clearance divers.

Clearance Diving Officer helps clear Tuvalu of Explosive Remnants of War

Peter Mallett
Staff Writer

A Clearance Diving Officer from Fleet Diving Unit (Pacific) (FDU(P)) cleared Second World War relics in the South Pacific waters.

Lieutenant (Navy) Michael Allport, FDU(P)'s Operational Dive Team Leader, assisted the Australian Defence Force (ADF) in an international effort to locate the Second World War ordnance off the coast of Tuvalu Sept. 7-14.

"Working around explosives always poses risk but these bombs were unfused, so we were basically looking for large masses of steel and explosives on the sea bed," Lt(N) Allport said.

Lt(N) Allport was part of an international contingent that combed the sea floor for explosives as part of a reconnaissance mission titled Operation *Render Safe*.

Render Safe is an ongoing effort led by the ADF to clear explosive remnants of war from Pacific Island communities. During the Second World War, the South Pacific saw heavy fighting and various Pacific Islands were used as a support and ammunitions base. As a result, unexploded munitions remain there today.

The Canadian Armed Forces (CAF) normally

participate in *Render Safe* every two years. This year's mission also included members of the Royal New Zealand Navy (RNZN) and the United States Marine Corps (USMC) working aboard HMNZS *Manawanui*.

"Our mission was a great success," Lt(N) Allport said. "It's very rewarding to work alongside allied nations, working to restore safety to the South Pacific."

The operation saw the contingent scan more than 2.5 kilometres of the sea floor in over 47 hours of dive time. They identified 22 AN-M43 500 lbs aerial bombs and four .50 calibre small arms dumps at depths of 10-18 metres.



Lt(N) Allport was embedded with a team of New Zealand divers for the search effort. He said searches for unexploded munitions were done using diver-held Shark Marine sonar technology and visual searches in depths under 30 metres. The team used an underwater scooter to traverse the ocean floor, enabling them to cover larger areas of their grid search in a shorter time.

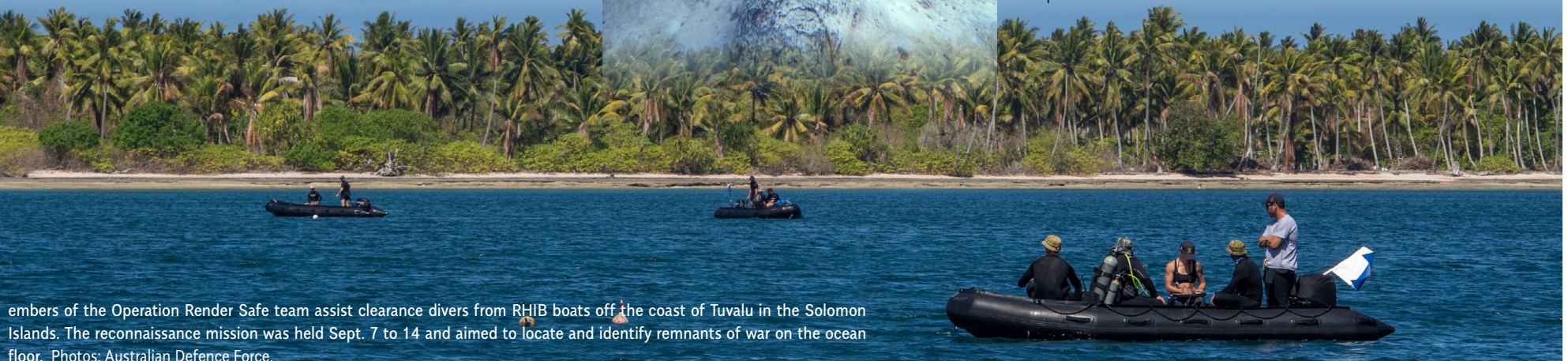
The disposal of the discovered explosive remnants of war is currently planned for 2023, said a spokesperson from the ADF.

Commander (Cdr) John McQueen RNZN, Commanding Officer of *Manawanui*, said Operation *Render Safe* was the first time his ship has operated with an embarked international force, with combined detached diving and military hydrography events.

"Operation *Render Safe* has been a successful event for us as we proved capability, enhanced our ability to operate with our multinational partners, and could make a real difference to our Pacific neighbours," Cdr McQueen said.

FDU(P) reminds Lookout readers that the Clearance Diver trade is open to all CAF Non-Commissioned Members with or without prior CAF diving experience. For more information about becoming a Clearance Diver, contact goclearance-diver@forces.gc.ca.

A clearance diver locates an aerial bomb during Operation Render Safe near Tuvalu, Sept. 7-14. The multi-national reconnaissance effort helped identify 22 AN-M43 500 lbs aerial bombs and four .50 calibre small arms at depths of 10- 18 m.



Members of the Operation Render Safe team assist clearance divers from RHIB boats off the coast of Tuvalu in the Solomon Islands. The reconnaissance mission was held Sept. 7 to 14 and aimed to locate and identify remnants of war on the ocean floor. Photos: Australian Defence Force.



Promoting a sense of belonging with REGINA RUNNING TEAM SHIRTS

Kateryna Bandura
Lookout Editor

Sailors continue finding ways to promote unit solidarity as the Base eases out of the pandemic.

For HMCS *Regina*, that meant donning custom-made purple shirts during the September Formation Run.

“HMCS *Regina* created custom purple T-shirts for the *Regina* Fitness Team for this event to encourage solidarity and pride within the unit,” said Sub-Lieutenant (SLt) John Altura,

Sports Officer with HMCS *Regina*. “We wear the purple proudly and support each of our members professionally and personally.”

HMCS *Regina* wore purple and gold shirts to reflect the unit’s official colours.

Organized by Personnel Support Programs (PSP) and geared specifically to those working on the Base, the Royal Canadian Navy (RCN) Formation Run is a monthly event (except December) on the last Friday

of the month. It is a 5-km run/walk to encourage maximum participation across the fleet.

SLt Altura said the concept of custom shirts for the ships’ company had been a long-standing tradition for varying units across the fleet.

“As part of the RCN, we tend to move around different units throughout our career. Having a keepsake from a sailor’s time in that particular unit is a reminder of the hard work and sacrifice it takes to be part of that

team,” he said.

Alyssa Jesson, Fitness and Sports Manager at CFB Esquimalt’s PSP, said the run on Sept. 23 at CFB Dockyard/CFB Naden saw the biggest turnout this year, with 261 participants.

“The Formation Run provides an opportunity to come together outside of the office, and to enjoy fresh air while participating in physical activity,” Jesson said.

Commander Meghan Coates, HMCS *Regina*’s Commanding

Officer, said events like this are significant to CAF members.

“Here in HMCS *Regina*, we endeavor for a healthy work-life balance, which is the key to a healthy professional life,” she said. “The run was a success, and it’s a great beginning for HMCS *Regina* to rebuild its team as we come out of refit.”

PSP keeps track of attending units and posts the top three female and male runners on the MARPAC splash page.



HMCS Regina’s fitness team wore custom purple and gold T-shirts to the Sept. 23 Formation Run at Naden, organized by PSP. Photo HMCS Regina’s Facebook page.



A trip home for HMCS Edmonton



The ship’s company with Mayor Sohi and Mrs. Esther Starkman, HMCS Edmonton’s sponsor. Nine members of the ship’s company took part in the visit, including Lieutenant-Commander Tyler Smith, Commanding Officer, and Lieutenant Christian Walsh, Edmonton’s new Executive Officer. The ship’s crew consisted of a diverse contingent, including Cooks, Engineers, Communicators, and Combat Information Operators – all with varying years of service and experience in the Royal Canadian Navy.

Kateryna Bandura
Lookout Editor

HMCS *Edmonton*’s crew left Esquimalt waters mid-September to visit their namesake city.

Nine members of the ship’s company travelled to the prairies Sept. 26 to mark the 25th anniversary of *Edmonton*’s commissioning.

“As we’ve yet to find a way to navigate the ship across the Rocky Mountains, visits like this are the next best way to learn more about the city, and have its residents meet their sailors,” said Sub-Lieutenant (SLt) Gordon Emerslund, Deputy Operations Officer with HMCS *Edmonton*.

HMCS *Edmonton* is the first and only ship in the Royal Canadian Navy to carry that name.

SLt Emerslund said the five-day trip was an excellent opportunity to strengthen an incredibly strong connection with the City of Edmonton and its people. The crew was busy with a flurry of engagements, including tours of the City Hall and the Alberta Legislature, and

visits to local public schools and cadet units.

“Edmonton has such a vibrant community, and the city staff were invaluable in helping us coordinate our plans,” SLt Emerslund said.

One major highlight of the week’s trip was a visit to Norwood School, where members volunteered to prepare and serve food to students through a meal program run by the charity E4C. The crew used the occasion to present E4C with a cheque for \$1,000 from the ship’s charity fund.

Another highlight was meeting the ship’s sponsor, Mrs. Esther Starkman, who served in the role since 1996.

The crew had two residents of Edmonton city: Sailor Third Class Class Joseph Wright and Aviator Anna Brittain. They proved to be great ambassadors to the city and had a chance to visit their families.

“The namesake city visit was a great occasion for us to engage with the city and community who’ve so generously bestowed upon us their name,” SLt Emerslund said.

HMCS Edmonton Photo: Image Technician, HMCS Edmonton



LOOKOUT

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MANAGER

Jazmin Holdway 250-363-3372
Jazmin.Holdway@forces.gc.ca

EDITOR

Kate Bandura 250-363-3130
kateryna.bandura@forces.gc.ca

WRITER

Peter Mallett pkmallett@shaw.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com

Leslie Eaton 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING REPRESENTATIVE

Joshua Buck 778-977-5433
sales@forcesadvertising.com

EDITORIAL ADVISOR

Capt Jeff Klassen 250-363-4006

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PORT AND STARBOARD

“Newcomers often wonder why the two sides of a ship have such dissimilar names, not realizing this was done by design.”

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

The terms *port* and *starboard* are associated with a ship's left and right sides when facing forward. While these two words are widely accepted as a part of modern nautical vernacular, their origin is lesser known. Newcomers often wonder why the two sides of a ship have such dissimilar names, not realizing this was done by design.

Historically, *starboard* is derived from the term 'steerboard,' which refers to a steering oar commonly housed on a vessel's right side. Before rudders, a ship was steered using a long oar, or sweep oar, fitted on the right side of the ship near the stern. Vikings were known to use a steering oar, and it needs to be clarified why they chose the right side. There is a thought that because the vast majority of people are right-handed, the steering oar was designed for use by right-handed mariners. Regardless, a steering oar on the right became universal. Over time, *steerboard* became *starboard*, and it did so without any connection to celestial objects.

With a steering oar on the right side of the vessel, it was awkward to put a ship alongside a jetty on the right side, so the ship's left side was used for this purpose. Typically, a plank was put across from ship to shore where personnel and goods could be transferred, and this plank was called a *ladeboard* or *loadboard* and later transformed into a *larboard*.

To avoid confusion between the terms *larboard* and *starboard*, *larboard* was eventually changed to *port*, which had been a common term since the 16th century. In 1844, the Royal Navy made it official by ordering that 'port' be used instead of 'larboard' about the left side of a ship. Since



then, *port* and *starboard* have gained general acceptance as terms for a ship's left and right sides.

Ships carried lights (lanterns) for many years and were known to show a white light whether underway or at anchor. There were no official rules about the use of lights until 1824, when two white lights were required to be shown in ships navigating the canals of the Netherlands and Belgium. In 1845, the Royal Navy ship HMS Comet conducted experiments at Spithead with a *red light* to mark the port side and a *green light* to mark the starboard. Soon, it was regulated that red and green *running lights* should be used on all ships to indicate port and starboard. Similar lights are also used in aviation, with a plane's right wingtip displaying a green light and the left wingtip displaying a red light.

Green-to-green is a term that describes two vessels safely passing on their starboard and is derived from the green navigation lights on the ships' starboard sides. Similarly, *red-to-red* describes two vessels safely passing on their port.

Red and green running lights are usually electrically powered, which might not be initially obvious to a junior sailor who is asked to fetch 'green oil' for the starboard running light. Many novices have fallen for this type of ruse, commonplace when a more senior sailor takes advantage of a recruit's eagerness to fulfill orders and a proclivity to learn their duties. Admittedly, I still need to find that box of radar contacts I was once asked to locate.

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

The author of 'Jackspeak of the Royal Canadian Navy' and 'Whiskey 601', Mark Nelson developed a love of the Navy's language and lifestyle over his 26-year career in the service. After retiring as a Chief Petty Officer Second Class, he now works as a Library Systems Specialist at Red River College Polytechnic in Winnipeg, Man.

Follow Mark on Twitter @4marknelson



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LGBT History Month and its importance to the Defence Team



Major Rachel Middleton of Joint Task Force Pacific paints the staircase next to the Base Orderly Room as part of a painting project organized by the Defence Team Pride Advisory Organization. The stairs were painted in 11 different colours of the progressive rainbow flag on Aug. 23 in recognition of Public Service Pride Week. Photo: Peter Mallett/Lookout

BELIEVE in YOURSELF

Emily Ching
Senior Planning Advisor
Diversity and Inclusion

October is recognized internationally as LGBT History Month.

It encourages Canadians to learn about the history, contributions, and influence of Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and other sexual and gender identities (2SLGBTQI+) citizens and communities.

We encourage the entire Defence Team to reflect on the contributions of past and present 2SLGBTQI+ Defence Team members who have led us with courage, loyalty and integrity in the service of Canada. We acknowledge our collective and individual responsibility to ensure that 2SLGBTQI+ members are thoughtfully considered, supported, and included in the workplace and among our ranks.

This year marks the thirtieth anniversary of the settlement of Michelle Douglas' historic lawsuit against the Department of National Defence (DND). It marked the official end to the ban on 2SLGBTQI+ members in the Canadian Armed Forces (CAF). Despite this landmark victory, the systemic discrimination, abuse, and termination of

CAF members, Royal Canadian Mounted Police (RCMP) and federal public service believed to be 2SLGBTQI+ continued throughout much of the following decade. This practice came to be known as the LGBT Purge.

In 2021, the LGBT Purge Fund published a report titled "Emerging from the Purge: The state of LGBTQI2S Inclusion in the Federal Workplace and Recommendations for Improvement". It showed that, while the Defence Team has made significant strides in several areas of 2SLGBTQI+ inclusion, there are many opportunities for continued improvement.

Michelle Douglas, now Executive Director of the LGBT Purge Fund, said that emerging from the Purge is the roadmap for change.

"It will take coordinated, deliberate, and effective efforts to promote sustainable culture change and foster truly inclusive workplaces across the Government of Canada," she said.

The Defence Team joins all Government of Canada departments and agencies in taking accountability for its wrongdoings towards sexually- and gender-diverse Canadians. The Defence Team is ready to lead in the fight for the rights and equality of 2SLGBTQI+ communities across Canada and the world.

Defence Team members who would like more information and guidance on how to foster the creation of a safe and inclusive work environment for everyone can reach out to a Positive Space Ambassador. All members who would like to contribute to the advancement of 2SLGBTQI+ equity and inclusion in the Defence Team are also encouraged to join their local DTPAO.

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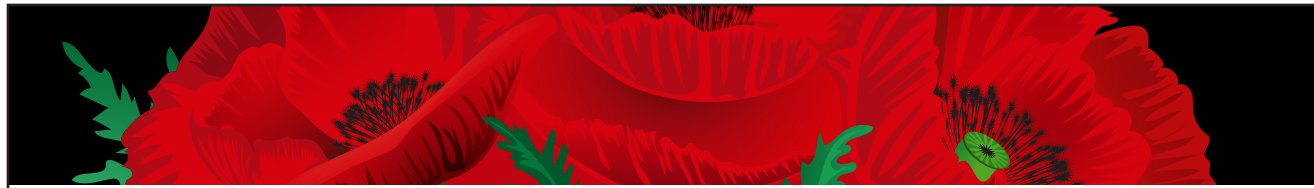


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Each year during Veterans' Week, from Nov. 5-11, Canadians remember and honour the brave individuals who served our country in the past, and recognize those who serve in uniform today.

The National Veterans' Week Speakers Program provides an opportunity for Canadians to connect with active military members and understand better how members of the Canadian Armed Forces (CAF) continue contributing to their local communities and on the international stage.

Members are encouraged to take advantage of the opportunity to speak to and connect with their communities by reaching out to local schools and other civic organizations with whom they are affiliated.

To help prepare for their speaking engagements, members are encouraged to access tools such as Speeches and Powerpoint. All the resources are located here: dgpaapp.forces.gc.ca/en/vet/speaker/index.asp.

If you have any questions, please do not hesitate to contact the National Veterans' Week Speakers Program Coordinator at 1-833-223-8322 or DNDRemembrance.SouvenirMDN@forces.gc.ca.



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HMCS Vancouver getting a few touch ups by the team.

OPERATIONS NEON & PROJECTION



The HMCS Winnipeg diving team gears up, inspects, and provides maintenance to the ship while at the port in Thailand on Friday, Oct. 7.

Sailor First Class Bissanthe is a Naval Communicator in HMCS Vancouver, responsible for handling all of the ship's communications, from routine ship email message traffic to communicating via radio, flag, or flashing light. Vancouver Photos: Sergeant Ghislain Cotton



Master Sailor Tom Eustace shows rubber ducks he has been hiding around HMCS Vancouver. "When people see a duck it makes them laugh and smile," he explained. "It's quite confusing to see it when people aren't expecting it."

Members of the Air Detachment onboard the HMCS Winnipeg (FFH 338) conduct a foc'sle transfer and hoist training with the CH-148 Cyclone, callsign Guardian.



HMCS Winnipeg sails the Pacific Ocean during Operation PROJECTION, Oct 19. Winnipeg Photos: Sailor First Class Melissa Gonzalez

HMCS Yellowknife supports Canadian Coast Guard in wreck survey

Kateryna Bandura
Lookout Editor

The Royal Canadian Navy and the Canadian Coast Guard (CCG) successfully assessed several well-known shipwrecks around Vancouver Island.

HMCS *Yellowknife* supported three members of the Fleet Diving Unit (Pacific) (FDU(P)) and two CCG personnel in locating and surveying two wrecked vessels for potential environmental damage to the Island's west coast Oct. 3-7.

"The mission objectives were met; the CCG team could make an educated assessment of the Vanlene wreck, and, as a bonus, we verified the containment measures on Motor Vessel (MV) Scheidyk were intact," said Chief Petty Officer Second Class (CPO2) Craig Elliott, Sea Bed Intervention Systems Chief at FDU(P).

MV Scheidyk cargo vessel sank in 1968 after striking a submerged ledge on the south side of Bligh Island. The CCG had spent considerable time and effort cleaning up and containing it over the past few years, CPO2 Elliott said. The team's mission was to inspect the containment measures and verify that no additional leaks were present.

CPO2 Elliott said the original plan was to survey the wrecks of Vanlene, Ernest Todd, and Squamish Queen around Barkley Sound.

"After successfully surveying the Vanlene, we conducted a search and determined that the position of the Ernest Todd and Squamish Queen were erroneous, and that the likelihood of locating them was very low," he said.

Both units embarked ROVs (remotely operated underwater vehicles), controlled by *Yellowknife*, providing sonar and camera imagery.



"The FDU(P) team operated the Seabotix vectored Little Benthic Vehicles (vLBV) 350 ROV to capture sonar and video images of the wrecks to help Paul Barrett, CCG Superintendent Incident Management, assess the potential pollution risk," CPO2 Elliott said.

"Cameron Knight, CCG Diving Safety Officer, was the most experienced ROV operator in the group and provided outstanding coaching to our team while we operated the Seabotix."

CPO2 Elliott said this was an excellent opportunity to work together on a small but meaningful project with tremendous support from HMCS *Yellowknife*.

"It shouldn't be understated that *Yellowknife's* crew was outstanding, flexible to changes on the fly, and everyone on board seemed interested and supportive of the mission," he said.

Lieutenant (Navy) Phillip Hopkins, Operations Officer with HMCS *Yellowknife*, liaised with both teams to ensure *Yellowknife* was positioned correctly to aid in their search and survey. *Yellowknife* anchored in the vicinity of several wrecked vessels while FDU(P) and CCG personnel assessed the wrecks.

"*Yellowknife* did an amazing job supporting the embarked team," Lt(N) Hopkins said. "Both the CCG and FDU seemed very happy with the success of the surveys they conducted."

The mission helped the FDU(P) team better understand what to look for on the next wreck survey, CPO2 Elliott said. The team already has a list of several wrecks to inspect next and looks forward to continuing working with the CCG in 2023.



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Chief Petty Officer Second Class Andy Hewlett at sea with HMCS Halifax earlier this summer.

Sailor reflects on a lasting career in uniform

"It's amazing to see how we have evolved as a society, and as an institution."

~Chief Petty Officer Second Class Andy Hewlett

Joanie Veitch Trident

A career with the Canadian Armed Forces (CAF) has been a dream for one member since youth.

Chief Petty Officer Second Class (CPO2) Andy Hewlett knew he was meant for a life of service from the moment he saw an air cadet handing out poppies at a local grocery store.

"I've been in uniform since I was 12," he said. "Those first few years as an air cadet taught me about citizenship, leadership, drill, and community service."

Following his six years as an air cadet, CPO2 Hewlett joined the CAF on July 5, 2002, as a member of the Royal Canadian Air Force, and after two years of service, he joined the Royal Canadian Navy (RCN). This past July, CPO2 Hewlett celebrated 20 years of service with the CAF while deployed with HMCS *Halifax* on Operation *Reassurance*.

CPO2 Hewlett said being at sea while celebrating his '20-year adventure' felt significant.

"I believe in the CAF and RCN, and the missions we participate in. I believe in the values that we stand up for," he said. "I'm lucky to spend my days

with amazing teams and people from all walks of life."

CPO2 Hewlett joined HMCS *Halifax* as the ship's Operations Chief in mid-June, having previously been posted to Canadian Joint Operations Command in Ottawa.

Over the past two decades, CPO2 Hewlett has seen a lot of changes, especially surrounding diversity and inclusion — and he's played a key role in championing that change.

In 2006, he was the first CAF member to march in a Pride parade and held the Pride flag while in uniform. As the Halifax Pride parade coordinator the following year, he advocated for the RCN to have a marching contingent and celebrated when a message was released authorizing members to attend the parade as spectators while in uniform.

Over the coming years, CPO2 Hewlett said he's continued to celebrate as CAF members were authorized to march together as proud members of their community and as Pride flags have been raised at CAF bases across the country and on naval ships.

"It's amazing to see how we have evolved as a society, and as an institution."

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Wind of change sweeps Military Family Resource Centre



Peter Mallett
Staff Writer

A familiar face has been elected as the new Chair of the Esquimalt Military Family Resource Centre (MFRC) Board of Directors.

Captain (Capt) Braden Greaves was elected to the position following a vote at the MFRC's Annual General Meeting (AGM) on Sept. 28. He has been an MFRC Board of Directors member for the past four years.

"I get to work with a passionate group of people who all share my commitment to supporting military families," he said. "I am also grateful for the support and confidence of other members and am excited to work with them to ensure the MFRC provides

the best possible support to our members."

The MFRC is an independent, non-profit charitable organization at Canadian Armed Forces bases and wings across the country, addressing the needs of Canada's military families.

The MFRC Board of Directors is a governance body of up to 12 members, supporting the MFRC by establishing policy and setting long-term goals. The Board is guided by the Societies Act of British Columbia and is responsible to the military family community. The Base, Fleet, and Formation Chiefs guide the Board as ex-officio members while the Board provides strategic direction to the MFRC.

During the AGM, the Board bid farewell to two long-term members: Samantha Krzywonos, who served the board as a member and Chair for the last ten years, and Kathy Cook, who served as Treasurer for the last ten years. Jackie Carlé, MFRC Executive Director, said the two will be acknowledged with a commemorative brick at the Homecoming

statue at Ships Point in downtown Victoria.

Capt Greaves said volunteering his time with the non-profit was a natural decision.

"I am excited to bring my knowledge and experiences as a serving member, former military spouse, and lawyer to the board and give back to the community," he said.

His goals for the MFRC include maintaining its excellent relationship with base leadership, expanding the MFRC programming at the Colwood Pacific Activity Centre (CPAC), and continuing to press for more Military Family Support (MFS) funding to enable the MFRC to support military families in the community better.

Other members of the MFRC Board of Directors include:

- **Vice-Chair:** Leta Martin, Vancouver Island Health Authority employee;
- **Treasurer:** Glen Thomas, a retired Naval Logistics Officer with 37 years of service in the RCN;
- **Secretary:** Megan Chong, Privacy Specialist in the Information Stewardship,

Access & Privacy Office at Vancouver Island Health Authority;

- Erin Walsh, a lead analyst with the Ministry of Public Safety and the Solicitor General of British Columbia;
- Emily Zhong, a civilian employee of the Department of National Defence (DND);
- Kateryna Bandura, *Lookout Newspaper* editor;
- Christine Richard, Executive Assistant at Royal Roads University;
- Kayla Whitesel, Senior Business Solutions Analyst for Regroove Solutions of Victoria and Canadian Army Reservist with 39 Signal Regiment.

Carlé said Board members always displayed dedication to the Esquimalt MFRC.

"Serving on the board can be a very demanding and rewarding experience, and I am looking forward to working with such a dynamic and diverse group of people," she said.

For more information about the MFRC, its programs and support, visit esquimaltmfrc.com.



Captain Braden Greaves, 37, served 12 years in the Canadian Army as an Infantry Officer with the Royal 22nd Regiment. He retired from the military in March 2017 and worked as a lawyer for Victoria law firm Stevenson Luchies & Legh before returning to the Canadian Armed Forces. Currently, he is a Legal Officer at Esquimalt's Assistant Judge Advocate General (AJAG)

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From Corner Brook to Coxswain of a warship: Chief Petty Officer First Class Sue Frisby neé Churchill



Capt Christine MacNeil
HMCS Winnipeg PAO

Where did you get your CAF career started?

I was raised in Corner Brook, Nfld. I was a member of the 511 Humber Royal Canadian Air Cadet Squadron for seven years. The cadets offered me many opportunities, such as training camps in the summers, including General Training, Basic Survival, and Survival Instructor. After graduating from Herdman Collegiate in 1997, I thought travelling the world and being paid would be awesome, so I decided to join the Canadian Armed Forces.

What is your military background?

I was supposed to start Basic Military Qualification Training (BMQT), known as Boot Camp or Basic Training, in St. Jean, Que., in January 1998. However, due to the ice storm in Quebec that year, it was delayed until April.

After completing BMQT, I was sent to Canadian Forces Base (CFB) Esquimalt, B.C., for the Naval Acoustics Operator (now Sonar Operator) course. As I advanced through the trade, more classes, as well as promotions, followed.

In May of 2021, I was promoted to Chief Petty Officer First Class, the highest rank for a non-commissioned member (NCM) in the CAF. I was posted to Maritime Forces Pacific as the Headquarters Chief. In February of 2022, I was posted to HMCS Winnipeg as the Coxswain,

the pinnacle of the Royal Canadian Navy NCM's career.

How would you describe your job?

I am responsible for morale, welfare, and our crew's good order and discipline. People are my job and the best part of it. Through my leadership and mentorship, future generations should feel empowered to be their best and do their best to make this organization thrive.

My favourite part of the job is the people and our potential as an organization.

Which ships have you served in?

Over the years, I have sailed on both frigates and warships and deployed many times, including Operation Apollo on HMCS Ottawa in 2002.

A long way from home, I'm currently in the South China Sea as part of a six-month deployment on board HMCS Winnipeg.

What is your most memorable opportunity in the CAF?

My most memorable/coolest experience/opportunity cannot be limited to one thing. Jumping out of a helicopter in the middle of the ocean is pretty darn cool. Simulating wargames off the coast of Hawaii and firing exercise torpedoes at real submarines are also pretty cool. Visiting places such as Thailand, China, Hong Kong, UAE and many more – is super cool, but it always comes back to the people I have met and memories I have built with lifelong friendships I would never have known had I never signed up.



Chief Petty Officer First Class Sue Frisby, HMCS Winnipeg Coxswain, near the coast of Hawaii.

Photo: Sailor First Class Melissa Gonzalez

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BRAVO ZULU

Presentation of Canadian Forces Decoration to Base Information Services. Presented by Commodore Paul Frisby on Oct. 4. Photos: Sailor Third Class Bissanthe, BIS-OR

Congratulations go out to the following individuals:

CORPORAL DOUGLAS BITTMAN



Corporal Douglas Bittman is presented the Canadian Forces Decoration by Commander Paul Frisby, Base Information Services Office.

SAILOR FIRST CLASS ADAM DEREWIC



Sailor First Class Adam Derewicz is presented the Canadian Forces Decoration by Commander Paul Frisby, Base Information Services Office.

SAILOR FIRST CLASS CHRISTOPHER FENWICK



Sailor First Class Christopher Fenwick is presented the Canadian Forces Decoration by Commander Paul Frisby, Base Information Services Office.

MASTER SAILOR PIERRE LAROCQUE



Master Sailor Pierre Larocque is presented the Canadian Forces Decoration by Commander Paul Frisby, Base Information Services Office.

MASTER SAILOR JOEL SIDHU



Master Sailor Joel Sidhu is presented the Canadian Forces Decoration by Commander Paul Frisby, Base Information Services Office.

SAILOR FIRST MICHAEL SKIRA



Sailor First Class Michael Skira is presented the Canadian Forces Decoration by Commander Paul Frisby, Base Information Services Office.

BRAVO ZULU

SAILOR FIRST CLASS DARREN HOFMAN



Sailor First Class Darren Hofman is promoted to their current rank by Commander Paul Frisby, Base Information Services Office.

MASTER SAILOR ARDEL JOSOL



Master Sailor Ardel Josol is presented the Canadian Forces Decoration by Commander Paul Frisby, Base Information Services Office. Chief Petty Officer Second Class Chance Sheffield, Officer In Charge presenting on behalf of Commander Frisby. Photo: Petty Officer Second Class Mamontov

SAILOR FIRST CLASS SEBASTIAN GRAVEL



Sailor First Class Sebastian Gravel is promoted to their current rank by Commander Paul Frisby, Base Information Services Office.



Bravo Zulu to all who received their promotions and recognitions.

Photo: Sailor Third Class Bissanthe

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