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# LOOKOUT

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NAVY BIKE RIDE

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## 2023 Navy Bike Ride

Chief Petty Officer Second Class Joel Tilson, Fleet Marine Systems Engineering Chief at MARPAC HQ, and his wife Oz Tilson share a moment after completing the 2023 Navy Bike Ride. For more on the Ride, see page 3. Photo: Sailor First Class Kendrick Crasby



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# Tuna, Goldcrest sailors to test skills in '360' race

**Peter Mallett**  
Staff Writer

Two sailing teams from CFB Esquimalt began their 15-day race June 3 at Van Isle 360, a 15-day yacht race around Vancouver Island.

The competition, which commenced in Nanaimo, involves 40 teams and approximately 400 sailors competing in a 580-nautical-mile course.

"This race will test our sailors in every way," says Master Sailor (MS) Ben Sproule, HMCS *Calgary* Maritime Technician.

MS Sproule is the skipper of Sail Training Vessels (STV) *Tuna*, one of the two STVs participating in the race. He's been working with Lieutenant (Navy) (Lt(N)) Ellery Down, the skipper of STV *Goldcrest* and Operations Officer of Naval Fleet School (Pacific) (NFS(P)) Campus Support, since the two teams assembled on May 1. Both skippers are experienced sailors who took up the sport when they were very young.

MS Sproule says the physical attributes of sailing in less-than-ideal circumstances around Vancouver Island, such as lack of sleep and temperature fluctuations, will be on par with the navigational aspects and staying together as a team throughout the challenges. But he and Lt(N) Down remain optimistic about their teams.

"We have taken [the recruits] from never having sailed to what I would consider a very well-rounded crew, capable of handling these boats with direction," Lt(N) Down said.

MS Sproule and Lt(N) Down have been training their crews at HMCS *Venture*. Their training included in-class instruction, daily sail training around southern Vancouver Island, races against boats of the Canadian Forces Sailing Association (CFSA), overnight sail training in more challenging seas at the western edge of the Strait of Juan de Fuca and Sea Survival and Crew Overboard training courses.

Both skippers say the determination of their recruits and their willingness to

learn grew exponentially over the past four weeks. Acting Sub-Lieutenant (A/SLt) Barbara Benes of STV *Tuna* says she is up for whatever the Van Isle 360 may bring.

"I love new challenges and trying new things," said A/SLt Benes. "Sailing is a whole new culture, language and way of life to learn for me; that is why I applied."

She occupies the cockpit position, working as a sail trimmer and ensuring the ship takes the best advantage of the wind and sailing conditions.

## DEVELOPING FRIENDLY RIVALRY

Lt(N) Down continues to remind the teams that Van Isle 360 is a marathon, not a sprint.

"We need to slow down and be careful," he says. "We don't need to be the fastest boat; we just need to not make big mistakes and complete the race. That will be a success for me."

This approach worked well in 2019, the last time the two boats raced in the biannual event; it was cancelled in 2021 due to COVID-

19 restrictions. The previous time, *Goldcrest* wrestled a third-place finish; *Tuna* had been in second place for much of the race but finished in fifth.

MS Sproule hopes *Tuna's* fortunes will change this time as the friendly competition between the two vessels ramps up.

"I am competitive by nature, but my goal is to have a safe and fun race," he said. Lt(N) Down adds that their participation is not about the trophy.

"Our first purpose is to continue maintaining the connection with sailing and the maritime element within the Navy and show the Navy still knows how to sail old-fashioned sail boats," Lt(N) Down said. The other purpose is community engagement.

Also participating in the race is *Raven*, an Orca-class Patrol Class Training Vessel (PCT) for search and rescue capabilities. *Raven* will act as a supply and support vessel for the two racing teams while providing guided tours in port towns along the coastline.

*"Sailing is a whole new culture, language and way of life to learn for me; that is why I applied."*

~Acting Sub-Lieutenant (A/SLt) Barbara Benes



Members of the Van Isle 360 racing team pose for a team picture during a training session in Esquimalt. The military members are competing aboard Sail Training Vessels *Tuna* and *Goldcrest* June 3-17 in a race around Vancouver Island. Photo: Peter Mallett/Lookout



Members of the Base's Van Isle 360 racing team practise deploying flares during training in Colwood, May 18. Photo: Lt(N) Ellery Down, NFS(P)



# CFB Esquimalt gets wheels in motion

**Peter Mallett**  
Staff Writer

A revamped Navy Bike Ride returned on June 3 after a three-year hiatus.

This year also marked the first time the Navy Bike Ride was hosted in the City of Colwood after moving from its previous route at CFB Esquimalt. The new course was an absolute hit with the participants.

"It was a lot of fun and a great event to enjoy on one of the first nice weekends of the spring," said Lieutenant-Commander (LCdr) Sebastian Harper. As the event's lead cyclist, LCdr Harper rode at the head of the pack, guiding participants through the course.

LCdr Harper is also a member of Victoria's Tripleshot Cycling Club. His wife, Lieutenant (Navy) Chelsea Henderson, the club's president, also participated in this year's event, along with some of the club's other members.

"Bringing the ride here was a great decision; the course was awesome, and I saw a lot of positive interactions between

people from within and outside the military community," LCdr Harper said.

Beautiful spring weather greeted approximately 100 participants in the non-competitive event. This year's ride began and concluded at École John Stubbs Memorial Elementary School; it included a 28km signature intermediate/advanced ride past scenic Esquimalt Lagoon and a shorter 4km ride through Belmont Park for beginner riders.

Participants also enjoyed a musical sendoff for riders by the Naden Band and a post-event barbeque, interactive displays, and children's bouncy castles. A virtual component was also available for interested riders. Titled "The Admiral's Challenge", the virtual component involved the completion of 100km of cycling in one day.

Founded in 2016, the Navy Bike Ride encourages the well-being and health of communities and families through non-competitive cycling tours. The Navy Bike Ride is a national event, with rides also held this year in Halifax, Quebec City, and Ottawa.



"Bringing the ride here was a great decision; the course was awesome, and I saw a lot of positive interactions between people from within and outside the military community,"  
Lieutenant-Commander Sebastian Harper.



Participants of the 2023 Navy Bike ride held at Belmont Park with routes leading through the Esquimalt Lagoon on June 3. Photos: Sailor First Class Kendric Grady, Canadian Armed Forces Photo

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# Why you should practise proactive counselling



**Thomas Goenczi**

Lookout contributor

The common notion about counselling is that taking care of your mental health must be reactive. There's a sense that we have to wait until we find ourselves groping our way through the darkness of a depressive episode or throbbing with anxiety before we can seek help. For one reason or another, we tend to allow our symptoms or issues to exacerbate.

This may be due to the predominant method of medicine, which looks at the reduction or relief of the concerning symptoms. Moreover, once those symptoms fall back to homeostasis – a baseline level – the individual is deemed treated and prescribed techniques, exercises, and/or a medication regimen to maintain health.

There are similar protocols in some modalities of counselling, specifically short-term counselling, which is typically quantified as little as three to five sessions and up to 12 sessions. Generally, short-term counselling is centred around reducing symptoms, accomplishing a goal, and/or dealing with a current crisis such as the loss of a loved one, relational fractures, or work-related issues.

Once there's been some form of therapeutic benefit, one finds the necessity for counselling to ebb. This is natural since we press forward when we overcome a struggle. However, to maintain the longevity of the therapeutic benefits, it may be valuable to use counselling as a practice of psychic hygiene. Psychic hygiene is any practice that helps maintain a psychologically healthy level, with the activity incurring little to no adverse reaction(s). This can be meditation, exercise, spending time with loved ones, maintaining a spiritual practice, connecting with nature, or even taking a bath.

When counselling is used to maintain one's psychic well-being, it helps affirm the success of counselling while staying on top of issues. Moreover, it helps fortify meaningful change in one's life; the imprint caused on one's psyche by therapy is strengthened. Lastly, counselling in this regard can assist with recalibrating goals and identifying how to translate some past successes into one's future success.

After six to eight weeks from your last session, it may be beneficial to reflect on how your life is similar and different. Good questions for reflection are:

- Where is the momentum you had after concluding your sessions, and is it still going in the direction you like? If yes, why? If not, why?
- How have your self-care practices been?
- How would touching base with your counsellor impact you now?

Coming in for one or two sessions can help you gain some perspective on these questions.

Counselling for your psychological welfare doesn't necessarily have to be after the conclusion of sessions. Sometimes we find ourselves in a rut, spinning our tires in the mud, and we need a little push or assistance to gain traction back in our lives. When something is *off*, or the stresses in life are becoming overwhelming, it might be beneficial to act swiftly and deliberately, to regain that leverage to get out of what you're currently dealing with.

You don't have to be reactive with your mental health. Counselling can prevent issues from getting to the point where they seemingly feel insurmountable. Furthermore, it can be used to concretize positive shifts in your life. Being proactive with your mental health keeps you moving forward and allows you to stay on track to follow your essence in life.

*Thomas Goenczi is an RCN Veteran and MA Clinical Counsellor with Private Practice: Well Then Therapy.*

*The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.*

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# Operation Neptune: The RCN in support of D-Day

## Lookout for HEROES

**Paul Seguna**  
CFB Esquimalt Naval & Military Museum

June 6 was the 79th anniversary of the most incredible amphibious operation in history. Operation Overlord was the Allied invasion of Normandy that led to the liberation of Western Europe from the brutal four-year occupation of Adolf Hitler's Nazi Third Reich.

General Dwight D. Eisenhower, Supreme Commander of the Allied Expeditionary Force, issued his order of the day 79 years ago.

"Soldiers, Sailors, and Airmen of the Allied Expeditionary Force," the order stated, "you are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you."

But, before any of the 132,000 allied soldiers - including over 14,000 Canadians - landed on the Normandy beaches, Operation Neptune involved almost 7,000 allied vessels

and ensured that battles were fought and won and critical operations conducted in a supporting naval effort behind the D-Day landings.

The Royal Canadian Navy (RCN) was essential in that effort.

Between 1939 and 1944, allied sea power first secured the Atlantic shipping routes transporting troops, supplies, and equipment during the hard-fought Battle of the Atlantic. Then, allied navies concentrated against the enemy surface and submarine forces in the English Channel and along the coast of France that threatened the D-Day landings. Canadian destroy-

ers and motor gun/torpedo boats fought many close-quarter actions and helped secure the sea approaches to Northern France for the Allies but at the loss of HMCS Athabaskan. RCN minesweepers cleared approach lanes through the 120-mile barrier of sea mines off Normandy right up to the invasion beaches. These minesweepers were part of the 109 Canadian warships, with 10,000 RCN, Royal Canadian Naval Reserve and Royal Canadian Naval Volunteer Reserve (RCNVR) members. In the final assault on Hitler's Festung Europa (Fortress Europe), these Canadian units landed the troops,

tanks and equipment on Juno and Gold beaches, the designated Canadian and one of two British landing beaches, and supported the Canadian forces fighting to gain a foothold ashore and advance inland with naval gunfire.

The CFB Esquimalt Naval & Military Museum tells the RCN's Second World War story in its extensive scope and down to the individual experiences of those who served. One such individual was Chief Petty Officer (CPO) Charles Robertson, the RCNVR member. CPO Robertson served in HMCS Prince David, the converted Armed Merchant Cruiser, one of the two RCN troop-

ships used during the Juno landings. His medals are on display in the museum medals exhibit, along with supporting documents and photos that tell the story of his wartime experiences.

To learn more about the RCN at D-Day, see the Valour Canada/Naval Museum of Alberta online video series "RCN and Operation Neptune" at [valourcanada.ca/military-history-library/d-day-series-rcn-and-operation-neptune/](http://valourcanada.ca/military-history-library/d-day-series-rcn-and-operation-neptune/).

For more information about the CFB Esquimalt Naval & Military Museum, visit [navalandmilitarymuseum.org](http://navalandmilitarymuseum.org).



Chief Petty Officer Charles Robertson, Royal Canadian Navy Volunteer Reserve, and his medals.

Juno Beach: D Day: Juno Beach Jump Off - by Paul Seguna

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# 2023 Navy Run sets the pace

Jazmin Holdway  
Lookout Newspaper

With less than a week away from the 2023 CFB Esquimalt Navy Run, runners are keeping their muscles warm and their bodies hydrated. The Defence and extended community will join in person and virtually to participate in the annual family-friendly event on Saturday, June 17.

"We're excited to welcome returning runners and new participants to this year's Navy Run," says Laurel Koslowski, Navy Run Race Director and Community Recreation Coordinator with Personnel Support Programs (PSP). "It will be a beautiful day to lace up those running shoes and hit the course, whether you're running the kids' run, 5K or 10K race, or even coming out to support those who are."

Runners are being encouraged to get lots of rest in the week leading up to the race and to stay hydrated, especially as the weather is warming up. Community members are also encouraged to come out and cheer on those hitting the streets this weekend.

The Navy Run is an all-inclusive race that brings people together to challenge themselves and participate at a comfortable pace.

"Last year, when I did the Navy Run, I

saw how inspirational this event really is," says Chief Petty Officer First Class (CPO1) Stan Budden, Navy Run Ambassador and Unit Chief of Naval Fleet School (Pacific). "You see all types of people challenge themselves to see what they can do, and there is nothing better than seeing them accomplish great things they may not have been able to do before. That's why I do this – to see and cheer on those accomplishments."

No matter your fitness level or training plan, race day and the week leading up to it is an excellent time to reflect on your training and to see how far you have come already, CPO1 Budden says.

"As Fred Lebow said, 'In running, it doesn't matter whether you come in first, in the middle of the pack, or last, you can say, *I have finished*. There is a lot of satisfaction in that'. And that's what the Navy Run and being out there has done for me – given me the satisfaction to say *I can do it*," CPO1 Budden says.

For anyone in the Esquimalt area on the morning of June 17, be sure to come on out and cheer on our incredible runners.

A special thank you to the 2023 Navy Run sponsors: Seaspans, Babcock, and BMO.

Race maps and information can be found at [navyrunesquimalt.com](http://navyrunesquimalt.com).



## Some Do's and Don'ts of Race Week:

**Hydrate!** Drinking enough water in the week leading up to the race will ensure you're hydrated throughout the race. Try not to drink too much water in the hour before the race, though, as it may slosh around in your stomach while running.

**Keep your nutrition up!** Snacks and foods that keep your energy up without making you feel heavy or sluggish will give you that extra boost you'll need on race day.

**Stay positive!** Race week can bring some anxiety or stress to meet a specific goal. By showing up, being active, and surrounding yourself with a community of like-minded individuals, you're already making a difference and taking a step toward meeting those goals. Remember to soak it all in and have fun on race day!

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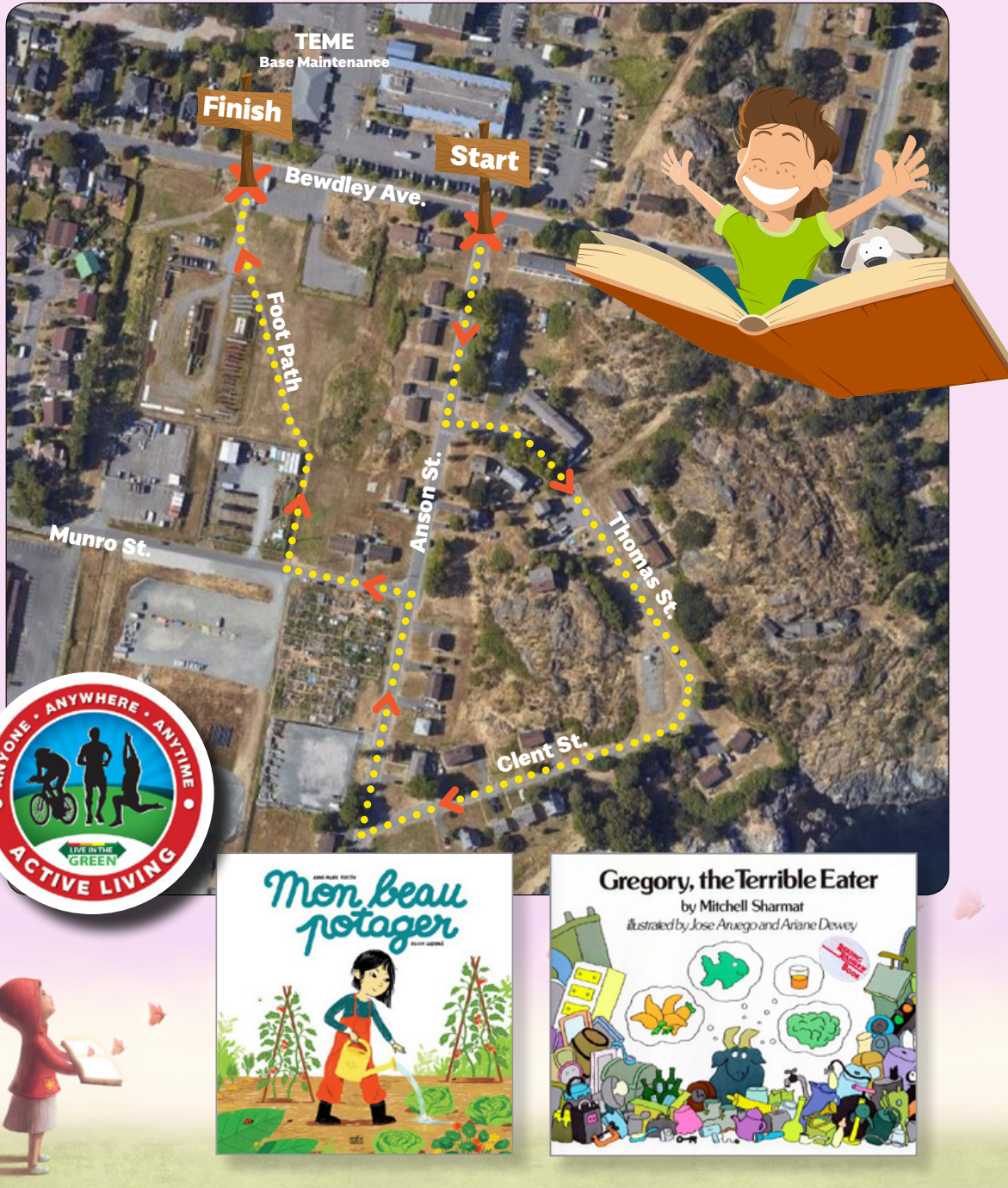
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## Storybook Walks currently available in Work Point

**Peter Mallett**  
Staff Writer

With every step they take, military families with young children can turn the page on summertime boredom.

Perched at the edge of a front lawn in the middle of a quiet suburban street in Esquimalt, a colourful four-foot yard sign tells a story about compassion, empathy, and friendship. Further down, another illustrated sign signals the start of a French language picture book that empowers parents and children to uproot racism in society and themselves.

These signs on lawns, public spaces and parks guide the CFB Esquimalt community in reading the reprinted pages of popular

children's books in French and English.

The initiative, titled Storybook Walks, is a program by the Active Living Working Group (ALWG) of the MARPAC Health and Wellness Strategy. The program offers an enjoyable self-guided walk through a quiet neighbourhood at Work Point.

Lisa Jeffery, a Health Promotion Assistant with Personnel Support Programs, says Storybook Walks are fun and educational, completely free, require no registration and can be done at any time of the day at a whim.

"Families love the idea of having a fun, free activity available at any time," Jeffery said. "It opens up conversations, sparks

imagination and offers a great time together for families in the outdoors walking through a quiet and safe residential neighborhood."

Each Storybook Walk begins at the intersection of Bewdley Ave. and Anson St. It takes participants on an approximately 1.5-kilometre journey through the quiet neighbourhood, a children's playground, and a section of a walking trail. A map at the beginning of the course and three other locations helps guide participants through the system.

The authors and stories vary from month to month, celebrating different subjects such as healthy diets, mental health, healthy relationships, active living, connection and community, and even how to deal with

racism, Jeffery says.

Two storybooks are currently on display.

As of June 5, Jeffery and the ALWG Team switched up the content for June/July with two new book offerings: *The Cool Bean* by Jory John, which will tell the story of a young bean who yearns to be like the 'cool beans', and *Antiracist Baby Picture Book* by Ibram X. Kendi, which will encourage children and parents to uproot racism in society and within themselves. New stories will be installed approximately every six weeks throughout the spring and summer.

Jeffery encourages participant feedback and to contact her if they see any signs in need of maintenance at Lisa.Jeffery@forces.gc.ca.

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**Location:** Naden Field behind the Naden Gym  
**Event details:** SISIP Financial is bringing back their Real Game of Life for a chance to win prizes. Stop by for games and free food.











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# Connecting Youth with RCAF

Totem Times

Battlefy, the leading esports audience engagement platform, has partnered with Canadian Forces Morale and Welfare (CFMWS) to celebrate the Centennial of the Royal Canadian Air Force (RCAF) with the launch of RCAF Game Force: a series of esports tournaments which seeks to connect young Canadians with their Air Force.

RCAF Game Force is one of the many specially curated youth-inspired Centennial

programs that provides an inclusive, open, and safe space for youth to develop tech proficiency, meaningful social connections and fun-based gaming to encourage more youth to pursue higher education STEM careers.

RCAF Game Force will run most weekends until July and include community tournaments for FIFA23, NHL23, League of Legends, VALORANT, and Marvel Snap. The matches are open to players of all skill levels and feature cash prizes. Participation is free. To register, visit [battlefy.com/rcaf100arc](http://battlefy.com/rcaf100arc).

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**FOR SALE**

**Naval Mess Kit for Sale.** Changed from RCN to RCAF. Female jacket and unisex pants. Tailored but size is approx 10-12 and for 5ft 6 in with room for alterations. Made by Andrei Master Tailor in Kingston, Ont. Buyer pays shipping from Yellowknife. \$650 and approx \$40 flat rate shipping. Contact Major ML Gordon, (778) 922-0441, [marydahl396@gmail.com](mailto:marydahl396@gmail.com).

**OPPORTUNITY**

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50 words or fewer, to  
[Trina.Winters@forces.gc.ca](mailto:Trina.Winters@forces.gc.ca)

\*The Lookout reserves the right to edit content for space or clarity.

# Wider defence community can now receive support from the Sexual Misconduct Support and Resource Centre

DND

On May 11, the Sexual Misconduct Support and Resource Centre (SMSRC) officially expanded its support services to Cadets and Junior Canadian Rangers, as well as to families of members of the wider Defence community.

"Families" includes members of traditional and non-traditional families and those with significant interpersonal relations with loved ones affected by sexual misconduct. This expansion considerably broadens the scope of support services offered by the SMSRC to currently serving and former Canadian Armed Forces (CAF) members/Veterans and Department of National Defence (DND) public service employees.

While the SMSRC has previously received calls from Cadets, Junior Canadian Rangers and family members, they were often referred to community-based organizations to receive immediate and ongoing support. Now, with this referral experience and the expanded mandate, the SMSRC can offer services directly to these groups.

Cadets, Junior Canadian Rangers and family members aged 16 and older can call the SMSRC and receive confidential support, information and referrals to resources from CAF, DND, and provincial, territorial, and community-based organizations across Canada.

At this time, this expansion is only for those aged 16 and older. As work is done to ensure necessary safeguards are in place for youth, support services will expand once more to those under the age of 16.

For confidential support and information on resources, call 1-844-750-1648, 24 hours a day, seven days a week. A counsellor will listen to your situation and provide you with support in the official language of your choice. For information on all SMSRC services and programs, visit the SMSRC webpage: [canada.ca/en/department-national-defence/services/benefits-military/health-support/sexual-misconduct-response.html](http://canada.ca/en/department-national-defence/services/benefits-military/health-support/sexual-misconduct-response.html). You can also send an email to [DND.SMRC-CIIS.MDN@forces.gc.ca](mailto:DND.SMRC-CIIS.MDN@forces.gc.ca). Emails are responded to during business hours, 7 a.m. to 5 p.m., Eastern Time.

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