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The Orca-class Patrol Craft Training Vessel Raven waits for the start of the Van Isle 360 sailing race which circumnavigates Vancouver Island, on June 2, near Nanaimo.

Photo: Master Corporal Andre Maillet, Maritime Forces Pacific Imaging Services

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Jeanette VanDijk, a Vancouver Island Search and Disaster Dogs of Canada K9 handler, and dog Phoenix, a Lab Mix, take part in a MUSAR training exercise at Work Point. Photo: Peter Mallett/Lookout

Valerie Berben, a Vancouver Island Search and Disaster Dogs of Canada K9 handler and Mia, a Nova Scotia Duck Trolling Retriever, take a break during a MUSAR training exercise at Work Point. Photo: Peter Mallett/Lookout

MUSAR team trains for 'the big one'

Peter Mallett
Staff Writer

Atop a towering pile of earthquake rubble, volunteers drill fasteners and hooks into giant slabs of concrete. As soon as a piece is secured, a team member gives the thumbs-up sign to a crane operator, who peels away the 1,300 kg block.

With an arsenal of tools in hand, including hacksaws and rebar cutters, rescuers dig for survivors trapped beneath a flattened office building, now reduced to a pile of masonry, pipes and rebar.

Wearing safety equipment, six members of CFB Esquimalt's Medium Urban Search and Rescue (MUSAR) team train for a search and rescue operation in a make-believe disaster scenario.

"The intent of this training is maintaining the highly technical skills required for this type of dangerous rescue," says Glenn Cooper, MUSAR Team Commander. "Refreshing the team's skills continuously throughout the year helps them stay informed on how to respond

to a major disaster on CFB Esquimalt property."

The latest semi-annual training scenario took place from May 29 to June 2 at the team's training site and headquarters on View Point Street. The training scenario focused on freeing trapped survivors from collapsed buildings after a catastrophic 7.5 earthquake rocked southern Vancouver Island and left a widespread trail of destruction. It brought together 25 MUSAR team members and members of the Canadian Army's Light Urban Search and Rescue (LUSAR) team, the 15th Field Artillery Regiment of the 39 Canadian Brigade Group, and 12 (Vancouver) Field Ambulance medical unit. The training also involved four dogs and their handlers from volunteer-run Vancouver Island Search and Disaster Dogs of Canada, who integrated into the MUSAR team for the first time.

While an actual earthquake rescue situation will be dangerous, gruelling, and energy-sapping, most volunteers relish the training.

"It's the type of satisfaction we don't get in our regular jobs," says Lieutenant-Commander Dusan Brestkovanski, Director of New Capability Introduction and MUSAR volunteer and team leader. "The goal is saving lives because it could be someone you know and love who is trapped below the rubble."

The team is not deployed to a disaster zone immediately. Instead, their job is to work on extracting the last one to three per cent of casualties in hard-to-reach places. While people may not think about a major earthquake in their daily routines, this group of volunteers thinks differently, says Sailor First Class Charleyne Oulton, MUSAR team member.

"My entire body is getting a full workout this week," she says. "I love the challenge and leave every training exercise proud of my improved strength and rescue capabilities."

MUSAR is a department of the Port Operations and Emergency Services Branch (POESB). It is made up

almost entirely of volunteer military members from various trades, ranks and units from across the Base. The team comes together for training approximately 20 days per year, meeting regularly on the last Wednesday of every month and conducting two week-long training exercises each year.

The team is always looking to build up its roster of military volunteers. No prior qualifications or experience is required to join MUSAR. Interested CAF members are asked to go to the CFB Esquimalt USAR Recruiting website on the DWAN (collaboration-navy.forces.mil.ca/sites/ESQ_USAR/

SitePages/Home.aspx), and submit their applications (with Chain of Command authorization) via email to the indicated personnel on the webpage or to glenn.cooper@forces.gc.ca.



Members of the MUSAR team work to clear debris from the top of a pile of concrete rubble at their training site at Work Point, May 31. Photo: Peter Mallett/Lookout



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Short-Term vs. Long-Term Counselling



Thomas Goenczi,
Lookout contributor

Therapy has many different avenues

Some find themselves immersed in a years-long investigation into themselves. Others come across obstacles seemingly impossible to overcome and need immediate guidance. Both long-term and short-term counselling support psychological and emotional well-being. However, beyond the obvious, there are distinct differences in how these accomplish your goals. By understanding the differences, you better equip yourself for your therapeutic journey, knowing and choosing what your path is going to provide you with the optimal potential for success.

Both methodologies are therapeutically effective. Let's distinguish the two by analyzing how they would treat a client living with social anxiety.

SHORT-TERM COUNSELLING

Short-term counselling is considered anything less than fifteen sessions, often done in close succession to one another.

Common reasons why someone would seek short-term counselling are: for a reduction in symptoms (anxiety, depression, addiction); guidance during a mental illness episode; developing techniques and practices for mental health; and working through interpersonal strife (family, friends, lovers).

Short-term therapy has a precise aim and is most effective with an intense focus. Common modalities under the short-term counselling umbrella are: Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Attachment Theory, and Solution-Based Focus Therapy.

Short-term counselling may focus on reducing and managing anxiety in a social setting through emotional and cognitive techniques. Furthermore, the counsellor and the client would identify maladaptive behaviours, develop

positive ones, and reinforce them. Due to the intensity, a counsellor may ask clients to complete work outside of counselling. The short-term approach looks to combat the issue in a formulated manner.

LONG-TERM COUNSELLING

Long-term counselling, also known as psychotherapy, is typically over fifteen sessions and usually finds its completion after a year or more; it can sometimes be a lifelong endeavour.

One enters psychotherapy to excavate deeply unconscious psychological material by exploring the *whys* and *hows* in one's life. Long-term counselling examines and processes deep-rooted traumas and how one's history may have impacted who they are today. Sessions may also have an introspective philosophical hue, exploring one's spirituality, existence, and how one's personality contributes to their current place in society.

Long-term counselling is the stripping of one's layers and uncovering their core. Common long-term modalities are Psychoanalysis, Depth Psychology, Existential Psychotherapy and Psychosynthesis.

Psychotherapy would look to uncover the underpinnings of the client's social anxiety. There would be an examination of how their history with their intimate and close relationships may have caused their anxiety in social settings. It would look to uncover unconscious behaviours such as avoiding invitations to a social gathering or needing a couple of drinks to loosen inhibitions. Additionally, there might be an exploration of some relational traumas and their emotional processing. The work is arduous and taxing on the soul, as one may realize how related one issue is to another.

There is no right or wrong path on the voyage of seeking good mental health, as there is much overlap between the techniques. Sometimes psychotherapy morphs into short-term counselling when the 'final piece of the puzzle' is quickly achieved. Other times, a lengthier experience evolves out of a briefer, more intense experience. Openness to both ultimately sparks the possibility of experiencing your true self.

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

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Proudly Serving Canadians:

Message from the National Public Service Week Champion

Joanne Lostracco

National Public Service Week
Champion 2023

National Public Service Week (NPSW) was our time to celebrate you, our National Defence public servants, and the tremendous work that you do in support of the Department of National Defence, the Canadian Armed Forces, and Canadians from coast to coast.

NPSW (June 11-17) was also an opportunity to look back on the previous year, reflect on your accomplishments, and celebrate the unique role that each of you plays working alongside our military colleagues at bases and wings here at home and throughout the world.

This year's theme, Proudly Serving Canadians, highlights the work that you do for our country each and every day. The work of the Defence Team is unlike any other and is one of the many reasons why I am

so proud to once again be the NPSW champion.

As civilian members of the Defence Team, the commitment you demonstrate in service to our country and all Canadians is one to be proud of and to celebrate. Each and every day, you work hard for Canada and Canadians, upholding our fundamental values and principles.

You can also recognize the hard work and dedication of your colleagues by submitting a Virtual Shoutout. E-mail requests for shout outs can be sent to the Corporate Awards and Recognition Secretariat Aards-Recompenses@forces.gc.ca.

Remember that each and every one of you – the 29,000 public servants who work across Defence – plays an important role in the Defence Team, our Public Service, in the lives of Canadians, and to each other.



The Base hosted its first National Public Service Week (NPSW) BBQ since the pandemic on June 14 in the Naden Athletic Centre lower parking lot. Members of the Defence Team enjoyed burgers and hot dogs – as well as ice cream sandwiches served by Base Foods along with members of the various command teams and managers from the formation. Photo: CFB Esquimalt Public Affairs

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HMCS Winnipeg Bridge Watchkeeper

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Sub-Lieutenant (SLt) Benjamin Miller

QUESTIONS

Sub-Lieutenant (SLt) Benjamin Miller, a Naval Warfare Officer by trade and a Bridge Watchkeeper on HMCS Winnipeg

Peter Mallett
Staff Writer

Sub-Lieutenant (SLt) Benjamin Miller is a Naval Warfare Officer by trade and a Bridge Watchkeeper of the Royal Canadian Navy (RCN) frigate HMCS *Winnipeg*. The 36-year-old began his naval career in 2019 proceeding his seven years as a reservist with the Canadian Army. As an Officer of the Watch, SLt Miller is responsible for ensuring the ship's movements and program is executed correctly and on time.

WHAT ARE BIGGEST RESPONSIBILITIES AND CHALLENGES OF A BRIDGE WATCHKEEPER?

Naval operations are complex, and the Officer of the Watch (OOW) sits at the center of that complexity. The OOW is critically involved in everything onboard, from driving the ship, launching the CH-148 Cyclone helicopter, putting a RHIB or one of the Zodiacs in the water to 'streaming the tail' of the ship's Towed Array Sonar and acoustic countermeasure system or prepping for a weapons serial. We are uniquely positioned to make the ship's program run smoothly or take it off the rails if our performance is not up to scratch. There is little margin of error, and the learning curve is quite steep.

WHAT IS ONE INTERESTING THING ABOUT YOUR JOB THAT FEW PEOPLE REALIZE?

How much basic math is involved. Often, the Officer of the Watch will be required to run a few sums or calculate vectors to determine the closest point of approach. The math itself is simple but grinding out the numbers under pressure with the bridge team watching over your shoulder can be uncomfortable.

WHAT IS THE STRANGEST OR MOST REMARKABLE THING YOU HAVE SEEN ABOARD AN RCN VESSEL?

As our ship crossed the equator on Aug. 29, 2022, I witnessed a centuries-old naval tradition called 'Crossing the Line'. It came complete with costumes, speeches and props. It saw King Neptune (portrayed by MS Dubeau) come aboard and bargain

with our captain to arrange passage into his domain. Split into tadpoles and shellbacks, our ship's company formed up on the Foc's'le to greet him. He held court on the quarterdeck the next morning, and his livery, herald and queen remain some of the strangest things I have seen.

HOW HAS TECHNOLOGY CHANGED YOUR JOB IN RECENT YEARS IN THE RCN?

Navigating and piloting ships is one of the oldest skilled trades. Classically, a ship's navigation was determined with a paper chart, sextant, compass and a reliable timepiece. While we still cover some of these basics in our training, the modern bridge includes chart-plotting software, radars across multiple bands and sophisticated communications equipment. Bridge Watchkeepers are therefore required to process a surplus of information and to act as technical troubleshooters in addition to other aspects of the job mentioned before.

WHAT IS THE MOST INTERESTING DEPLOYMENT YOU HAVE EVER DONE AND WHY?

Winnipeg participated in RIMPAC 2022 last June and this was my first exposure to working with our allies, and the United States Navy in particular. The scope of the American sea power, the number and measure of their ships was eye-opening to me. I was also delighted to be in Pearl Harbor for the Fourth of July celebrations. American sailors, marines and their communities show an unrivalled level of pride and support for their navy, in my experience.

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HMCS Ottawa boatswain receives Top Sailor award



Sailor First Class David Eaglestick and members of his family. All photos provided by Jaime Eaglestick.

Peter Mallett
Staff Writer

Sailor First Class (S1) David Eaglestick has always been a firm believer in the power of the human spirit and never giving up.

The 35-year-old father of four has served 15 years in the Royal Canadian Navy (RCN) and works as a Boatswain aboard HMCS *Ottawa*. He is now the proud recipient of the 2022 Sailor of the Year Award for Canadian Fleet Pacific (CANFLTPAC).

"It was rewarding and a great honour to win this award but quite frankly, also a bit of a surprise," S1 Eaglestick said.

Commodore David Mazur, Commander CANFLTPAC, presented the award to S1 Eaglestick in a ceremony aboard HMCS *Ottawa* on Apr. 22. S1 Eaglestick received a plaque, the Commander's Coin, and a preferred parking spot at Maritime Forces Pacific.

Petty Officer First Class (PO1) Kevin Gibson, *Ottawa's* Assistant Chief Boatswain Mate, said S1 Eaglestick has always put the Navy and the Canadian Armed Forces (CAF) first.

"S1 Eaglestick embodies the true ethos and respect that every sailor, soldier and airperson should look towards as an example for what the CAF truly represents," said PO1 Gibson.

The award S1 Eaglestick won is known as the Captain (Navy) Peter Hinton Memorial Award for Leadership and Excellence in Service. Hinton's RCN career spanned over 30 years and included the command of HMCS *Columbia* and HMCS *Protecteur*. His wife, Mrs. Geraldine Hinton, was on-hand to present the award to S1 Eaglestick.

S1 Eaglestick says the award covers 2022,

but he thinks the reason he won goes back much further than that.

"Until recently, I could never see myself winning an award like this," he said. "Things have really come full circle."

He says the recognition might never have come if not for a healthy dose of courage and perseverance. That's because a few years ago, S1 Eaglestick had suffered two life-changing injuries.

"At that point, I was unable to work or exercise and thought I was pretty much on the way out of my naval career," he said.

Instead, S1 Eaglestick followed the recommended treatment and even built a home gym to stay in shape during the pandemic. His health gradually improved, and his recovery continues.

An internal memo announcing his award said S1 Eaglestick 'demonstrated aspects of a natural leader that are in line with CAF Institutional values', while also noting his mentorship to fellow sailors and promoting an inclusive environment that helped ensure mission success.

He explains that the excitement of receiving the award needs to be put in the proper context. The whole reason he joined the RCN was to be a positive role model for youth in his community. He grew up in Sagkeeng First Nation, a Treaty 1 Nation, near Fort Alexander, Man. His hometown was a community where people truly looked up to the value and importance of military service.

"I'm looking forward to hanging up my [certificate] and plaque in a prominent place in my home because it is a huge source of pride for me and my family and what I have overcome in the past few years," said S1 Eaglestick.



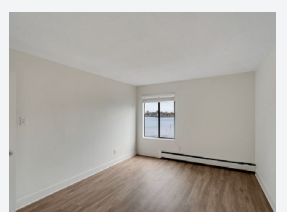
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No plans to retire, says beloved commissionaire



Major (ret'd) Gerry Ratchford, a commissionaire at CFB Esquimalt, recently celebrated his 95th birthday. Ratchford says he loves his job and has no plans for retirement any time soon. Credit: Peter Mallett/Lookout Newspaper

Peter Mallett
 Staff Writer

The Dockyard celebrated a remarkable milestone for one of its favourite coworkers.

Members of the Fleet Maintenance Facility (FMF) Cape Breton and base security contractor staged a surprise party for Commissionaire Major (ret'd) Gerry Ratchford, who celebrated his 95th birthday on May 24.

The former Merchant Marine and veteran of Canadian United Nations (UN) Peacekeeping missions works at the FMF security booth. Ratchford says he was very grateful for the party that included hamburgers, soft drinks, cake and cards.

"It was a great feeling to be recognized by my friends and coworkers and was completely unexpected," said Ratchford. "It was a pleasant surprise and from what I heard, they had been planning this for months."

Some of Ratchford's duties include checking identifications, raising the parking gate, handing out visitor passes, monitoring comings and goings, and making regular rounds at the busy industrial complex in HMC Dockyard.

His friends and coworkers marvel at his outlook on life.

"He is a great coworker, always looks after things and is well-organized making sure we don't fall behind on the job," said Ricci O'Reilly, Ratchford's security booth partner. "We look out for each other all the time and are a great team."

O'Reilly, who has been working with Ratchford for the last four years, says he marvels at his perseverance when given a chance to reflect on his longevity.

'LIVING THE DREAM'

Born May 24, 1928, in New Westminster, B.C., Ratchford began his life when William Lyon Mackenzie King was Canada's Prime Minister and more than a year before the beginning of the Great Depression.

He served in the Canadian Merchant Navy from September 1946 to July 1949, and his service aboard seven different vessels took him to faraway places such as England, Japan, Jamaica, South Africa, Singapore and Zanzibar.

Ratchford had a brief spell in the Royal Canadian Navy from July 1949 to November 1950. He then joined the Canadian Army in 1952 until his release in 1993. During that time, his tours of duty included being a member of The Black Watch (Royal Highland Regiment), serving in Korea in the years after the truce was signed between North and South, and being part of Canada's UN Peacekeeping mission in Cyprus in 1970 and 1971.

"I always wanted to be a soldier from a young age, and I lived my dream," he said.

After his release from the army, he became an instructor with the Canadian Scottish (Princess Mary's) Cadet Corps. He stayed in the organization, eventually rising to the rank of Major before his retirement in 1993. In a military career that spans more than 40 years, Ratchford was awarded ten medals, including a Canadian Peacekeeping Service Medal, Canadian Volunteer Service Medal (Korea), and a Queen's Diamond Jubilee Medal.

'THE COMMISH'

Ratchford has been with the Commissionaires for 43 years, joining the private security contractor in 1980. He switched to part-time three years ago, working the Monday, Tuesday and Wednesday day shifts. He says he still relishes his three shifts per week because it helps him stay sharp.

"I like the interaction with the people I meet every day at FMF, and everyone seems to know who I am," he says. "Going to work gives me something to look forward to and keeps me busy."

His keys to good health include abstaining from alcohol and smoking, both of which he decided to give up in the late 1950s and staying active and engaged. In his spare time, Ratchford likes to research his family genealogy and solve jigsaw puzzles.

When asked if he had any plans to retire any time soon, he replied quickly with a polite but definite "No".

"If I can, I will work here when I am 100; my body will tell me when it's time to retire and until then, I'm sticking with it," he said.

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On June 21, for National Indigenous Peoples Day, we recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Métis across Canada.

Base runners win gold, silver at nationals



Peter Mallett
Staff Writer

Runners from CFB Esquimalt captured two gold medals and three silver medals at the Canadian Armed Forces Running Championships on May 27 in Ottawa.

Lieutenant (Lt) Anabelle St-Martin of Transport and Electrical Mechanical Engineering (TEME) received the Top Canadian Armed Forces (CAF) Female Athlete Award and first overall female among military runners with a time of 19:02 after placing second out of 3,342 female runners in the 5K race.

"I was not expecting to finish first female among military members in this race and winning the top Female Athlete Award was also an unexpected added bonus," said Lt St-Martin. "It's a nice reminder to me that all those early morning runs, late-night runs and running alone in the rain do pay off."

Participants in the CAF Running Championships were competing against civilian runners in 5K and 10K categories at the Tamarack Ottawa Race Weekend. The event brought together nearly 30,000 competitors and volunteers.

Lt St-Martin finished 46 seconds behind runner-up Maia Watson of Ottawa, who was the top overall female finisher in the 5K race with a time of 18:16. Sailor First Class Amanda Polus of the Personnel Coordination Centre finished second in the CAF Female category with a time of 19:56.

The other gold-medal winner from CFB Esquimalt was Master Sailor (MS) Mark Ritchie of Naval Reserve Unit HMCS Malahat. MS Ritchie was the top CAF finisher in the 10K race in the Men's Senior (48+) category with a time of 42:40 and placed 222 of 6,485 runners.

Silver medal winners included Petty Officer First Class Trevor Scoville of Personnel Coordination Centre, who won the CAF silver medal in the 5K race in the Men's Senior (48+) category with a time of 19:30. MS Bailey Toupin of HMCS Malahat won a silver medal in the Women's Open 10K category with a time of 39:55.



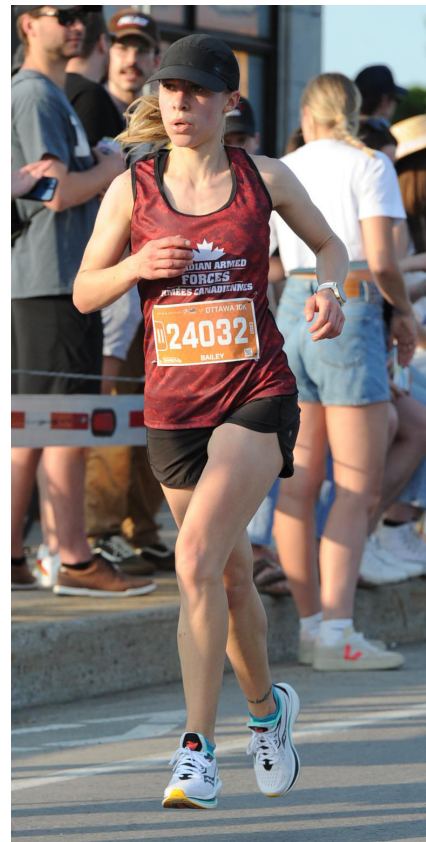
Petty Officer First Class Trevor Scoville who won the CAF silver medal in the 5K race in the Men's Senior (48+) category. Photos provided



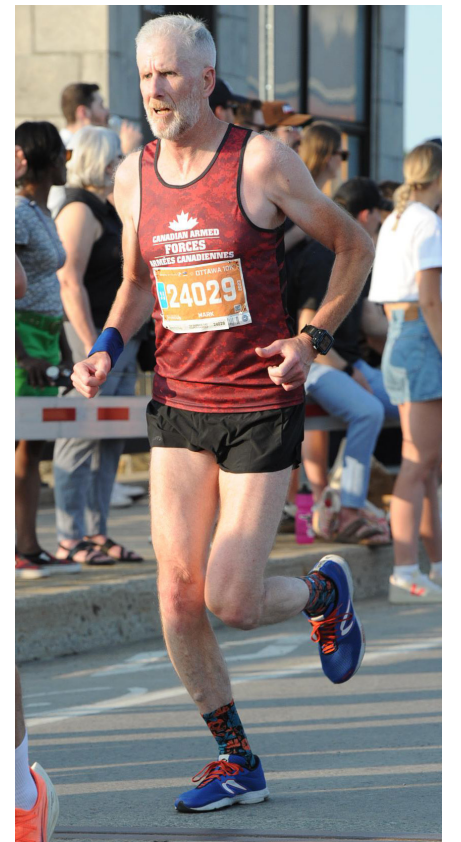
Lieutenant Anabelle St-Martin received top CAF Female Athlete Award in the 5K race.



Sailor First Class Amanda Polus finished second in the CAF Female category in the 5K.



Master Sailor Bailey Toupin of HMCS Malahat won a silver medal in the Women's Open 10K category



Master Sailor Mark Ritchie was the top CAF finisher in the 10K race in the Men's Senior (48+) category.

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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.

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VETERANS VISIT THE CFB ESQUIMALT NAVAL & MILITARY MUSEUM ON THE 79th ANNIVERSARY OF D-DAY

A group of eight veterans from the Broadmead Veterans Lodge visited the CFB Esquimalt Naval & Military Museum June 6 on the 79th anniversary of the D-Day landings in Normandy. The group included veterans of the Second World War and Korean War, and were assisted during their tour by Broadmead staff and volunteer supporters, including Acting Sub-Lieutenant Willis McCollough-Messom (centre). Photo: Carolyn Cameron, Broadmead Veterans Lodge

Somehow along Sooke Road ...

SKEWED

BULLSEYE! NICE SHOT! GLEN, YOUR TURN. HERE COMES A CYCLIST!

ANDREW

Provided by Andrew Currie



Sailor First Class Zach Davidson from HMCS *Corner Brook* earned his Dolphins.



Master Sailor Angus Maclean from HMCS *Corner Brook* was promoted to his current rank.



A huge career milestone was achieved this past week when Captain (Navy) (Capt(N)) Alex Kooiman, Commander Canadian Submarine Force was awarded the second clasp to the Canadian Forces' Decoration by Rear-Admiral Christopher Robinson and Capt(N) Kooiman's partner, Jenni Cardinal, marking 32 years of loyal and dedicated service to the Canadian Armed Forces.

Capt(N) Kooiman grew up in Pointe Claire, Qué., and joined the Royal Canadian Navy in 1988 as part of the Regular Officer Training Plan. After completing his Naval Warfare Officer training in 1993, he served onboard HMC Submarines *Okanagan*, *Windsor*, *Corner Brook*, and *Victoria*. During a three-year exchange with the Royal Netherlands Navy, he was awarded his 'Dutch Dolphins'. He assumed Command of HMCS *Corner Brook* in July 2009 and later returned to Command HMCS *Victoria* in July 2013, followed by a period as Commander of Sea Training (Submarines). In May 2021, Capt(N) Kooiman assumed Command of the Canadian Submarine Force.

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