

LOOKOUT

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VAN ISLE 360

Lieutenant-Commander Ryan DeForest, Officer in Charge of Patrol Craft Training (PCT) Unit and PCT Vessel Raven, shares updates on Van Isle 360 race with an RCMP member, on June 7 upon arrival to Port Hardy. More images on pages 8-9. Photo: Master Corporal Andre Maillet, Maritime Forces Pacific Imaging Services

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Multinational training exercise, Trident Fury, wraps up



Japan Ship *Hatakaze*, HMCS *Winnipeg* and JS *Kashima* sails in formation during Exercise *Trident Fury* on June 13. Photo: Sailor First Class Brendan McLoughlin

MARPAC Public Affairs

DND

Canadian Fleet Pacific's largest exercise, *Trident Fury*, wrapped up last week and brought an end to nearly a month of multinational and combined military activities involving more than 1,000 military personnel.

Trident Fury 23 (TF23) took place off the coast of Vancouver Island from June 12-28, and involved six Royal Canadian Navy (RCN) ships, a multitude of Royal Canadian Air Force (RCAF) aircraft from units across Canada, and participation by the U.S., NATO partners, and Japan. While one of the main thrusts of the exercise was to support pre-deployment training for His Majesty's Canadian Ships (HMCS) *Vancouver* and *Ottawa*, TF23 also incorporated tactical elements of the many exercises and operations taking place concurrently.

For most of the exercise, the naval task group, which included HMC Ships *Vancouver*, *Ottawa*,

Winnipeg, *Nanaimo*, *Yellowknife*, and *Edmonton* with support from Motor Vessel (MV) *Asterix*, operated in small groups, allowing Commodore David Mazur, Commander of the Task Group, to exercise command, control and communications procedures for groups of warships in current-day theatres. Operating with smaller groups allows a greater presence within a region, which helps maintain the agility required to quickly re-group and exercise as a larger force.

As part of the pre-deployment training, also known as Intermediate Multi-Ship Readiness Training (ISRT), TF23 provided the ships' companies of *Vancouver* and *Ottawa* with the necessary training for any onboard event that might occur, ranging from fires and floods to treating injured persons at sea, and operating with embarked helicopters both day and night. RCAF and U.S. aircraft contributed critically to this training and included the CP-140 *Aurora*, CH-148 *Cyclone* helicopters, U.S. P-8 aircraft for submarine detection, and a U.S. Growler squadron for elec-

tronic warfare exercises. This unit level training was a success that helped achieve high readiness for the upcoming deployers through the simulation of challenging and demanding maritime conditions in a hostile environment shaped by escalating tensions.

"Exercise TF23 provides the Royal Canadian Navy an excellent opportunity to train the Canadian Pacific Fleet, allies, and joint elements in maritime tactical level warfare as part of a multinational task group," said Rear-Admiral (RAdm) Christopher Robinson, Commander, Maritime Forces Pacific. "Working with other ships and aircraft as a task group is fundamentally different than individual ship operations and it's important that we practice those skills on a regular basis."

TF23 also allowed Canadian Fleet Pacific units to support concurrent NATO, national, and joint exercises and operations. These included:

- *Vital Archer* 23, which is a joint Canada-US exercise to practice procedures vital to the defence of North America.

HMCS *Winnipeg* supported *Vital Archer* 23 by conducting a maritime interception of a vessel of interest.

- *Unified Vision* 23, Canada's contribution to advancing NATO's Joint Intelligence, Surveillance and Reconnaissance activities and Unmanned Aircraft Systems development. During this exercise, HMC Ships *Nanaimo*, *Edmonton*, and *Yellowknife* embarked and flew small Unmanned Aircraft Systems (UAS) to evaluate sending real-time imagery and data from the UAS to command and control centers on land. During this exercise, ships leveraged low earth orbit satellites and high-speed cellular connections to send large amounts of data. One of the highlights of *Unified Vision* was working with a U.S. A-10 squadron that used the real-time data provided by ships to help counter a simulated small boat threat.
- *Kaedex*, a bi-lateral Canada and Japan exercise (Kaede is the Japanese word for maple,

also signifying the natural link between Japan and Canada) between HMCS *Winnipeg* and Japanese Maritime Self-Defence Force (JMSDF) ships *Kashima* and *Hatakaze*.

- *Fox Frenzy*, facilitating RCAF aerial tactics and procedures against HMCS *Winnipeg*'s ship-launched targets.

"The exercise was designed to provide advanced training opportunities," continued RAdm Robinson. "Not only does this allow us to build upon our readiness to respond to any crisis, it helps enhance our relationships with key partners."

Exercises such as TF23 are critical to maintaining the operational readiness of Canadian Armed Forces assets, capabilities, and members, and the successful completion of TF23 demonstrates Canada's interoperability and commitment to working alongside allies and partners in pursuit of enhanced stability and security around the world.

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CFHA stars honoured for excellence



Peter Mallett
Staff Writer

A member of Esquimalt's Housing Services Centre (HSC) has received national recognition for their hard work and diligence.

Rory Beegan, Technical Services Officer, was one of three recipients of the Star of the Canadian Forces Housing Agency (CFHA) award, presented during an online ceremony on June 13.

"Being nominated for the award was a good enough feeling but when I learned I had won, I was quite surprised because there are so many CFHA employees across the country who are just as dedicated to their jobs and are also deserving of an award," Beegan said.

The Stars of the Canadian Forces Housing Agency recognizes front-line CFHA employees for outstanding customer service and for

going above and beyond the call of duty at bases and wings across the country.

Beegan joined the CFHA four years ago and previously worked for 15 years as a carpenter in the construction industry. In accepting his award, he credited the CFHA for its awards program and core objectives and mission statement, which, he says, inspires CFHA employees toward excellence.

He says being a good listener and effective communicator, along with following all projects and the smallest of tasks through to completion, is critical for on-the-job success.

"The work we do to provide and maintain housing for Canadian Armed Forces (CAF) members and their families is very rewarding," Beegan said. "CFHA employees take great pride in their work and what makes this organization special is its

people, who are dedicated to creating an environment of wellness and inclusivity for employees and clients."

Some of Beegan's on-the-job responsibilities include conducting inspections, responding to occupant concerns, making sure maintenance work is carried out, overseeing lifecycle replacement and home improvement projects are carried out and ensuring housing units are move-in ready for new occupants.

Tim McRae, Acting Manager of Esquimalt's HSC, says an occupant of the Department of National Defence (DND) Housing nominated Beegan for the award. The occupant lives in an older heritage house that required frequent repairs.

"Rory worked diligently with this occupant over many months to resolve numerous concerns despite having a heavy workload and many other commit-

ments," McRae said. "The qualities he demonstrated were persistence, tolerance, diligence, and dedication to customer service."

Beegan received a trophy to commemorate his award along with a letter of congratulations, a gift of his choosing from the Government of Canada's iBoutique website and a gift card.

CAF members and their families who live in DND residential housing units nominate CFHA employees for awards.

The two other Star of CFHA recipients were Janet Reno, Customer Service Representative from HSC Greenwood, and Dan Ranger, Technical Operations Officer from HSC North Bay. Eleven employees of CFB Shilo, Housing Service Office, received the Star HSC Award.

Rory Beegan, Technical Services Officer, holds up his Star of CFHA award. Photo supplied

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Instant Gratification & Therapy

"Instant gratification can emerge as crowd-sourcing our self-esteem from social media, short-term relationships, eating junk food, drug and alcohol use, or mindlessly scrolling through tv or apps." ~ Thomas Goenczi



Thomas Goenczi
Lookout contributor

These days, the individual is hard-pressed to avoid being caught up in the collective push for rapid progress. This, through psychological osmosis, affects the individual, and we see this manifesting in different areas of our lives.

However, the one aspect that may be most damning to finding genuine fulfillment in life is the unconscious loop of instant gratification, that instantaneous jolt of pleasure, that palpable momentary vacation from this reality.

The notion of instant gratification has been promulgated by society. Our high level of comfort and accessibility seems to be a relevant piece of the puzzle when it comes to an understanding of why we may be fiending for short-term relief for long-term harm.

Instant gratification can emerge as crowd-sourcing our self-esteem from social media, short-term relationships, eating junk food, drug and alcohol use, or mindlessly scrolling through tv or apps.

Finding ourselves in our unconscious loops on the quest for swift satiation to our impulses ultimately causes us to become captive to them.

One frees themselves with a conscious realisation that impulses capture; understanding we're in captivity, so we can *finally* escape it. It is extremely difficult to overcome something when we don't know what we're against. However, the elements of pride and hubris often assert themselves through denial or defensive rationalization, quickly placing us back into the chains we just released ourselves from.

Like most things, therapy isn't devoid of the seductiveness of instant gratification. Generally, an individual enters counselling seeking assistance for their emotional and mental well-being. This can be tethered to the natural desire for quick relief from current suffering.

One must be leery not to succumb to the allure of instant gratification in counselling. It is often seen in the early stages of therapy when an individual comes in for sessions leading with some egoic pursuit; for instance, to come into therapy to use it as a form of manipulation or power. This happens when the intention for treatment is misguided and used immorally. We often see this occurring with people who suffer from narcissistic tendencies.

HOW CAN ONE BEST PREVENT FALLING FOR INSTANT GRATIFICATION IN THERAPY?

- It starts from the very beginning by having pure intentions for counselling or psychotherapy;
- Come into therapy not just for the benefit of yourself but the

- people around you as well;
- Lead with a sense of humility when you do make noticeable strides;
- Only go for the low-hanging fruit some of the time. Confront the topics you've been avoiding, but do so when you feel trust is present in the room;
- Reward your achievements. You'll *know* this when you *intuitively feel* genuine fulfilment after a session or have a breakthrough insight mid-session. After the session, find a way to appreciate your growth in a way that gives you a sense of nourishment.

The snares of instant gratification almost have an omnipresence in our lives. It's fair to say that we've all been caught by it, and truthfully, they are unavoidable. Try to notice when you slip back into the cuffs of instant gratification. When you do, you remember you have the will to choose to be no longer subject to your impulses.

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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SISIP holds client appreciation BBQ

SISIP

June 22 saw the return of the annual SISIP Client Appreciation BBQ on Naden field.

The BBQ allowed the team to serve 200 burgers and play the Game of Life with attendees. Players learned about dealing with life events such as mortgages, children, and unexpected bills, and a few lucky guests got a chance to win a pair of Sonos speakers or earbuds. Congratulations go to Lei

Stevens and Lisa Jeffery, the two winners! It was great to see so many of you in person after a long absence due to COVID.

We are also excited to report that we have secured space from our wonderful partners at the Transition Centre and the Military Family Resource Centre and can accommodate in-person meetings again. Please see us at the Transition Center to book an appointment or call us on our main line at 250-363-3301.

SISIP TEAM:

- Jonathan Mar (Mar.Jonathan@cfmws.com) brings a unique ability to explain financial concepts to newer members, taking the mystery out of investing.
- As a military spouse, Shannon Childs brings firsthand knowledge of the uniqueness of military culture to her approach and can be reached at Childs.Shannon@cfmws.com.
- Specializing in later career planning and with an innate understanding of complex financial situations is Spencer Elliot, who can be reached at Elliot.Spencer@cfmws.com.
- Craig York is our counsellor who can help you with any financial stress you have at York.Craig@cfmws.com.
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Weighing in on Monitor Mass



Master Sailor Phil Turcotte suggests improving your proficiency with Monitor Mass. Photo provided

In this series, we showcase digital leadership across the RCN to illustrate how our enterprise solutions are successfully leveraged for the benefit of our teams.

Elizabeth Wolfe

Naval Personnel Management

Master Sailor (MS) Phil Turcotte joined the Naval Reserves (NAVRES) as a musician in January 2016. He is the first member of his family to serve in the Canadian military. Before joining the RCN, MS Turcotte completed a Bachelor's and Master's degree in Music at Laval University, specializing in the French horn.

In March 2017, MS Turcotte was offered a Class B contract with Personnel Coordination Centre Quebec (PCC Q), working as the Pers Controller. This role involves managing Reserve personnel between NAVRES and the coasts and providing help desk support for MCS applications for 24 Naval Reserve Divisions. Aside from a three-day Monitor Mass (MM) training session provided at Valcartier, MS Turcotte has never studied computing formally. Instead, he drew heavily on his family's interest in technology, having learnt a great deal at home. When he was a child, his parents were early technologists; his brother's passion for computing led to him MacGyvering a homemade network long before LANs were widespread.

To upskill for his new role with PCC Q, MS Turcotte relied on his natural curiosity and unflinching determination to untangle and resolve technical issues. Unique problems inspire him, and he is persistent in solving them and reaching a complete understanding of how things work. He loves the analytical side of his job and has worked hard to develop his corporate knowledge of the RCN via Monitor Mass. He remains committed to staying up to date with technology in general, outside of his role with PCC Q. Admittedly, MS Turcotte is also an enthusiastic gamer at home, who enjoys management games such as Factorio, Elden Ring and Civilization 5, which he insists relate directly to his job.

TO IMPROVE YOUR PROFICIENCY WITH MM, MS TURCOTTE SUGGESTS THE FOLLOWING:

- If you haven't already, request your MM login credentials so you can access your account;
- Find out who is the MM point of contact for your unit;
- Ask questions about how MM works;
- Be persistent with problem-solving;
- Test out MM functionality. Beta accounts exist for more advanced testing, as required;
- Feel free to explore MM. Unintentional changes that are made in MM can be fixed if needed;
- If data exists in MM, there will be a corresponding query/report that you can use to extract this data.

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Rob Thomas from Public Services and Procurement Canada Environmental Services (excitedly) removes some plastic garbage from Esquimalt Harbour. Photo supplied

POESB cleans up Esquimalt Harbour for World Oceans Day

Lorraine Crinkley
Branch Environment Officer, POESB

Esquimalt Harbour occupants removed almost 100 kilograms of waste from the waters and shorelines during a clean-up for World Oceans Day.

CFB Esquimalt's Port Operations and Emergency Services Branch (POESB) teamed up with the Esquimalt Graving Dock Environmental Services and Esquimalt Graving Dock Operations, Fleet Maintenance Facility, and Victoria Shipyards - Seaspan, who also occupy Esquimalt Harbour, for a third annual harbour and shoreline clean-up June 8.

The day marks World Oceans Day, which recognizes the impacts of human activities on world oceans and promotes sustainable management.

The teams collected debris from the harbour, focusing on the jetties and compression fenders where waste tends to collect, and from various pocket beaches in Esquimalt Harbour.

The most predominant types of waste removed were plastics, styrofoam and metal. Other types of waste included used absorbent pads, treated wood, and disposable earplugs.

If you are interested in participating in one of POESB's ocean or beach clean-ups, or you would like help organizing one within your unit, please feel free to reach out to Lorraine Crinkley, POESB Environment Officer, at lorraine.crinkley@forces.gc.ca. Happy World Oceans Day!



Participants of the 2023 harbour clean-up with the almost 100 kg of waste removed from the Esquimalt Harbour. Photo supplied



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VAN ISLE 360

VAN ISLE 360

Friday, June 2 to Saturday, June 17

Congratulations STV Tuna and STV Goldcrest for taking part in Van Isle 360, a 15-day race around Vancouver Island.

Tuna and Goldcrest placed 5th and 8th in their divisions.



A person overboard exercise took place on Royal Canadian Navy Patrol Craft Training Raven while sailing in support of Van Isle 360 near Comox.



Crew member of Sailing Vessel Tuna and Goldcrest conducts pre-race maintenance and readiness procedures before the start of Van Isle 360 in Nanaimo.



Bob Haden signs a Second World War helmet. Photo supplied

Life on a tight-knit boat: Stoker-Mechanic Robert Haden

ASLt Willis McCullough-
Messom

EARLY LIFE

Bob Haden was born in Slave Lake, Alta., in January 1924. While in school, he had a desire to become a sailor as his father, who had immigrated to Canada from Sweden, had told him stories of the ocean voyage.

Bob moved to Vancouver in search of work and ended up employed at a logging camp as a signalman. Prior to this, he was working at a garage in Chisholm Mills, Alta. While in Vancouver, he made the effort to talk to as many sailors as he could, to get an idea of what life was like in the Navy.

Between the stories told by those he met, and his childhood desire to see the ocean, Bob decided to enlist in the Royal Canadian Navy Volunteer Reserve in Vancouver, B.C., in February 1943, becoming one of the many prairie boys to enlist for a life at sea as an Ordinary Seaman.

INTRODUCTION TO THE NAVY

Bob's first Naval experience was basic training which he attended in Victoria, where he learned the basics of navy life. After completing Basic Training, he chose to become a gunner.

He was sent to Comox, B.C., where he underwent training to become a member of Combined Operations, a unit that specialised in amphibious landings and Commando Operations. The

training was rigorous, but Bob pushed through despite the challenges.

Bob recalls one portion of the training which involved crawling under barbed wire as machine guns fire overhead. He distinctly recalls the cracking of live rounds above his head as he crawled his way through the dirt. It was at this time he became a motor mechanic as he had some prior experience with engines. To become a motor mechanic, he underwent a series of tests to demonstrate an understanding of engines and their functionality. He recalls having to draw engines and describe how they functioned. It was also preferred that the applicant had prior experience, which Bob had, giving him the upper hand in the process.

FAIRMILE ML Q087

In the summer of 1944, Bob was posted to Fairmile Motor Launch (ML) Q087. ML Q087 was constructed in Toronto and was one of 129 Fairmiles in service with the Royal Canadian Navy (RCN). These versatile 112ft wooden boats were modular and were able to be outfitted with various weapons to suit the operation at hand. With a small crew of around 15 they became tight knit, and to this day he recalls the two Skippers he served under during his time aboard ML087, Lt(N) Chew and Lt(N) Finlay.

During his time on Fairmile Q087 they were tasked with anti-submarine operations based off the coast of Nova Scotia and Newfoundland. They would

use their speed to run ahead of convoys searching for submarines, their wooden design made it much harder for the German submarines to detect them. When they weren't leading convoys, they would patrol the coastline and harbours ready to pounce upon the discovery of a U-Boat.

ACTION STATIONS

While patrolling off the coast of Newfoundland the ASDIC aboard Fairmile MLQ087 picked up a U-Boat. Bob had just come off watch in the engine room as action stations was sounded. He grabbed his flak vest and helmet, and headed off to the Oerlikon 20mm Gun. He had another sailor next to him with the ammunition and an Officer as well. Despite being a Motor Mechanic, all sailors on Fairmiles were proficient in all ships systems including the ships main gun due to small crew sizes. Bob remained on the gun, even as temperatures dropped to a bitter cold. Eventually the submarine escaped, and he was relieved from action stations. He returned to the mess afterwards and was too cold to even speak.

Prior to his time aboard a captured German U-889 Bob was posted to a signal base in Cape Breton, N.S. He maintained the base's generators which supplied the base's power. Allowing the base to relay vital communications within Canada, and overseas.

TO BE CONTINUED IN NEXT ISSUE



Bob standing on the upper decks of Fairmile MLQ087 off the coast of Newfoundland. Photo supplied



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Preparing to Downsize in Retirement

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As you get ready for retirement from the Canadian Armed Forces (CAF), you may consider downsizing. Whether you take advantage of off-peak travel or time-share opportunities, or don't want the responsibilities of owning a large home, here are some considerations.

GET CLEAR ON WHY YOU'RE DOWNSIZING

Maybe you desire a smaller space or less upkeep. But 'downsizing' is sometimes more about a change in geography than shrinking your living space. You may want a house on a single level that accommodates aging in place. Some retirees move to a cottage or secondary condo they already own in a rural or tourist area. Others want to move cross country to be closer to their adult children and grandchildren. Maybe you're hoping to take advantage of lower real estate prices outside urban areas. Identify the reasons for your move to sharpen your search and your budget.

SET A TIMELINE

Start thinking about retirement living three-to-five years before your release date. This gives you time to examine your financial health, clear debt, top up your savings and look at the costs associated with downsizing.

ESTABLISH A BUDGET

Sit down with an advisor to assess your net pension and other sources of retirement income, including investment income. Younger retirees may not be eligible for Canada Pension or Old-age Security for years, and your net pension may be less than your current salary. Countering that, you may have reduced expenses in retirement. For many retirees, how they spend money changes, so it's worth assessing the big picture of your finances and creating a realistic budget that suits your lifestyle change.

ASSESS YOUR INVESTMENTS

Following your release, you may continue to invest money into your Registered Retirement Savings Plan

(RRSP), your spousal RRSP or take advantage of earnings in your Tax-Free Savings Account (TFSA). Your SISIP advisor can assess any changes to your risk profile in the lead-up to retirement and help you determine the best way to earn income from your investments following your release. Depending on your age and income, talk to your advisor about when to convert your RRSP to a Registered Retirement Income Fund (RRIF).

"Did you know you can continue to benefit from tax-deferred savings in your RRSP until age 71?"

SURVEY THE REAL ESTATE MARKET

The price of condominiums and smaller homes has risen rapidly in most parts of the country. Once you know your retirement budget, sit down with a buying agent to see what's available in your price range. Talk to your advisor about your financial capacity to cover a down payment or moving costs.

CHECK MORTGAGE ELIGIBILITY

If you expect to use profits from your existing home to purchase a new one, you may not require a mortgage. Before you start your housing search, it's a good idea to sit down with a mortgage specialist, get your current property appraised and determine your eligibility and need for a mortgage.

EXAMINE YOUR LIFE INSURANCE NEEDS

Habitually, people require a lot of insurance earlier in their military careers when they have dependents and a higher debt load. As your life circumstances change, it's a good idea to reassess your life insurance needs. Your insurance specialist can talk to you about the differences between term life and permanent life insurance policies, and the amount and type of coverage to suit your needs in retirement.

Contact your local Esquamalt team at 250-363-3301 to start preparing for your retirement.



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New design revealed for the National Monument to Canada's Mission in Afghanistan



Canada

Veterans Affairs Canada

We are pleased to announce the selected design for the Monument to Canada's Mission in Afghanistan.

The design, developed by Team Stimson, draws on elements of healing from the Medicine Wheel and takes the form of a circular, sacred space of safety, a 'home base' of reflection, memory and contemplation. It comprises four portals, where an interior area is a sanctuary where the fallen are remembered. Inscribed on the walls of three of the quadrants are the year and names of the fallen and maple leaves in several rows. The fourth southeast quadrant wall facing the direction of Afghanistan is dedicated to fallen Afghan Allies. In the centre, four bronze flak jackets stand draped on crosses – utilitarian yet poignant reminders of protection.

This monument creates a powerful opportunity to honour and reflect and to seek balance and healing for all Canadians.

More than 40,000 Canadians in uniform and hundreds of civilians and government officials served in Afghanistan

from 2001 to 2014. While in Afghanistan, 158 Canadian Armed Forces members, a diplomat, four aid workers, a government contractor and a journalist lost their lives. Thousands of Canadian Armed Forces members and civilians were also injured, physically and psychologically.

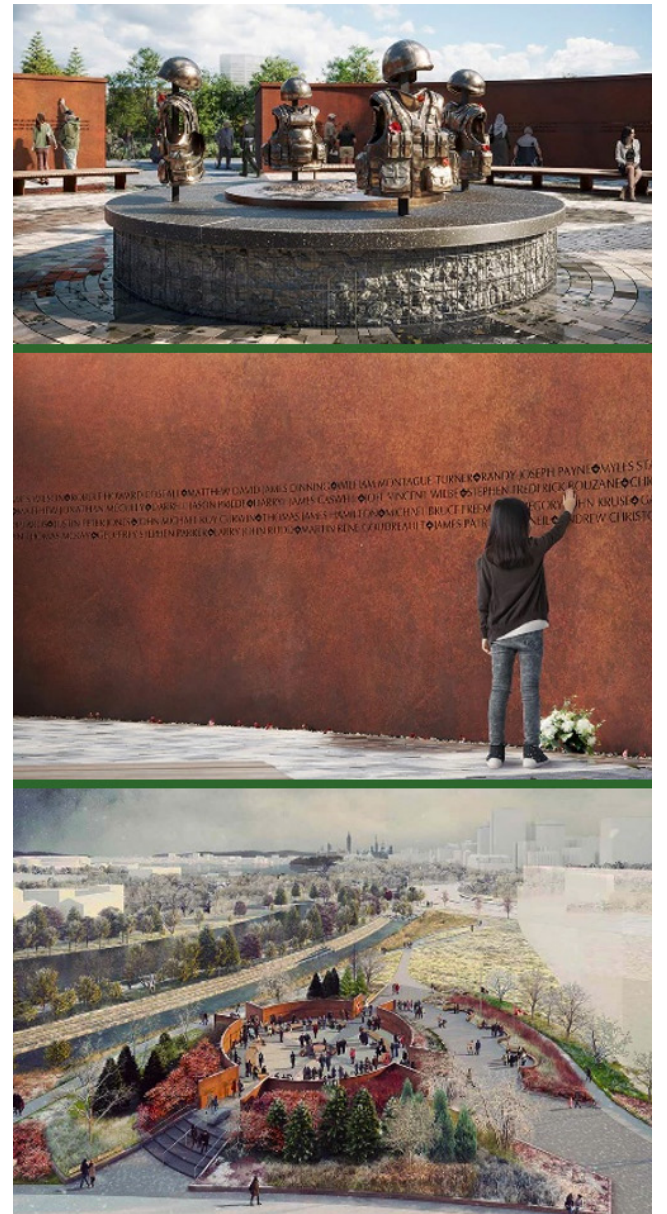
The National Monument to Canada's Mission in Afghanistan will recognize the commitment and sacrifice of the Canadians who served in Afghanistan and the support provided to them at home by their families, peers and communities.

The following steps are the detailed development of the selected design, followed by the monument construction.

Thank you to those who completed the public online survey on five designs for the monument – over 10,000 Canadians responded. Veterans, their families and others who served on the mission represent most people who commented on the designs.

For more information on the monument, please visit veterans.gc.ca.

Canada remembers.



Artistic renderings of the National Monument's design. Photos supplied



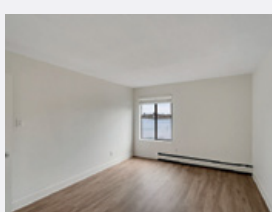
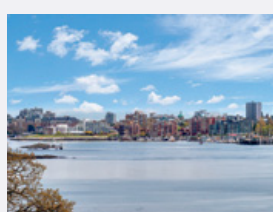
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5 QUESTIONS

Lieutenant Anabelle St-Martin
Transportation Officer at
Base Logistics, CFB Esquimalt,
and an avid runner

CFB Esquimalt's Running Champion

the Top Female Athlete award is a bonus that I am extremely grateful for.

I started running when COVID began to shutting everything down. I needed something to do and found peace of mind in running outside. I was training on my own and didn't have access to any in-person races. I could run my first in-person race this year at one of the Island Race Series races, where I placed fourth; that's when I realized that all my solo training during COVID had been beneficial. I have only improved since then, and I am excited to see what the future holds.

Q2: What was your strategy on race day, what were the challenges of the course, and how hard did you train to be successful in this event?

The challenge of this race was the start time, as racing at 1600 is quite unusual - usually, races begin in the morning. On race day, I aimed to rest as much as possible, fuel properly, avoid the 30 degrees Celsius heat and stay well-hydrated.

I train seven days a week, sometimes twice a day. Most runners, including myself, have a high weekly mileage even when only running 5K races to ensure our bodies are ready to perform under different external and internal stressors. We must also ensure to strength train adequately to prevent injuries. Lastly, recovery sessions are crucial for our bodies to be prepared for the next day's training session. All these different workouts take up a great deal of my time, and I wouldn't have it any other way.

Q3: Who or what inspired you to get involved in competitive running (when did this happen, and is there a story to it), and what do you like most about the sport of running?

I was a spectator to my dad and his team members completing a pentathlon in Valcartier, Que. As my dad and several other CAF members were coming across the finish line, my mom turned to me and said, "You know that all these men and women must be healthy and fit to be in the military. They are paid to stay active and train daily". I was hooked.

In 2017, I joined the CAF and became very involved in all sorts of sports, from badmin-

ton to sailing. I picked up running during COVID when team sports had to stop. Running outside was my way of meditating and stepping away from my home office to do something I enjoyed.

What I enjoy most about running is the accessibility of the sport. All you need is a good pair of running shoes. I can run wherever I am in the world. I'm known for bringing a pair of running shoes wherever I go; from being on exercise in the field to being on the beaches of Mexico, there's a pair of running shoes in my bag! Running also allows me to be part of a strong community where we support and care for each other wherever I am posted. My run-

ning teams and groups have always provided me with a sense of feeling at home wherever I am in Canada.

Q4: How important is a healthy work-life balance in tackling on-the-job challenges and responsibilities?

Work-life balance is critical when tackling on-the-job challenges and responsibilities. You must first have a good foundation and support system to overcome all the obstacles and curve balls that work can throw at you. To serve your country to the best of your abilities, you must ensure you also take care of yourself and the ones you love. Making time for your personal life is crucial to your well-being! Having an adequate work-life balance allows you to be present for yourself and your surroundings and, therefore, better prepared to face the challenges that come your way.

Q5: What's next for you in terms of goals for running and your career in the CAF, and where do you see yourself in five years?

I plan to stay consistent with my training to improve and compete with the running team at the international level. The Canadian Armed Forces have allowed me to surpass myself and accomplish goals I thought were unachievable, and I plan on continuing to serve my country for many more years.

In the future, I will continue to surpass my expectations and provide all the support I can to my team members, both on the running team and at work, who make Esquimalt a great place to be.



Lieutenant Anabelle St-Martin received top CAF Female Athlete Award in the 5K race in Ottawa on May 27.

New Democrats commit to fighting for you, and we won't stop until Canada is a safe and inclusive place for all 2SLGBTQIA+ people.



Alistair MacGregor
MP COWICHAN-MALAHAT-LANGFORD

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SKEWED

"It's 3 a.m., you're unsupervised in a unfenced yard, and you DIDN'T do anything bad in the house?"

Provided by Andrew Currie

RADM KURTZ, FIRST WOMAN TO TAKE COMMAND OF MARLANT



Maritime Atlantic Change of Command Ceremony. Photo: Sailor First Class Bryan Underwood, Canadian Armed Forces Imagery Technician

Ryan Melanson
Trident Staff

As she's done many times during her 35-year naval career, Rear-Admiral (RAdm) Josée Kurtz broke new ground for women in the Royal Canadian Navy (RCN).

RAdm Kurtz was officially appointed the new Commander of Maritime Forces Atlantic (MARLANT) and Joint Task Force Atlantic (JTFA) during a Change of Command ceremony on June 20 in Halifax.

"I'm deeply humbled

by the opportunity and tremendously excited to rejoin the Defence Team here on the East Coast," said RAdm Kurtz, who most recently commanded the Royal Military College of Canada in Kingston, Ont. Her previous command appointments include HMCS *Halifax* from 2009-2011, the former Canadian Forces Naval Operations School from 2011-2012, and Standing NATO Maritime Group 2 in 2019.

Speaking to members of the Formation for the first time after taking

command, RAdm Kurtz focused on the accomplishments of the team she'll now lead.

"There's a rapidly evolving geopolitical context that demands naval forces be ready to protect the rules-based international order. In the face of Russian aggression and an expansionist China, Canada continues to maintain a steady naval presence in those tense geographical regions," she said.

The new Commander takes over from RAdm Brian Santarpia, who

stepped into the role in June 2020. The timing meant the early part of his command was focused on keeping the team operational during the early days of the COVID-19 pandemic.

"Everybody leaned in and worked hard; we had an incredible team to get through that period, and we got back to work in a way that kept everyone safe," RAdm Santarpia said.

Vice-Admiral (VAdm) Angus Topshee presided over the Change of Command cere-

mony as Commander RCN, along with RAdm Bob Auchterlonie, Commander JTFA. VAdm Topshee described RAdm Santarpia as 'one of the best operational planners and tacticians the Royal Canadian Navy has ever produced' and said those skills helped allow the formation to accept three new Arctic and Offshore Patrol Ships during his three-year tenure while still sustainably managing the Halifax-class fleet and supporting operations around the world.

Welcoming the Navy's

newest leader to her new role, VAdm Topshee said he has complete confidence in RAdm Kurtz as she takes on her largest responsibility. He added he was pleased to note the Navy now has several women in command positions across the country, as it marks the first woman to reach this height in the institution.

"But it's not the time to pause and celebrate; it's time to redouble our efforts to achieve the representation within our ranks that we require," VAdm Topshee said.

HMCS MALAHAT WELCOMES NEW COMMANDING OFFICER



Commander Cameron Miller (left), Commodore Patrick Montgomery, Commander Naval Reserve (centre), and Lieutenant-Commander Anne Gardam (right) sign the certificates transferring command of HMCS Malahat at the Change of Command Ceremony on June 15.

Lt(N) Adam Smith
HMCS Malahat PAO

It is a new chapter for HMCS *Malahat* as the Change of Command Ceremony on June 15 saw Victoria's Naval Reserve Division placed under new leadership.

Commander (Cdr) Cameron Miller, *Malahat's* Commanding Officer for the previous three years, transferred command to Lieutenant-Commander (LCdr) Anne Gardam.

"Thank you [sailors of HMCS *Malahat*] for your

diligence and efforts while I was your captain. Your being such an outstanding Ship's Company made me proud beyond anything I can articulate, and the success we achieved is a shared success," said Cdr Miller. "The privilege and burden of Command is something that only those who have held Command truly understand. I am grateful to have had the opportunity."

Cdr Miller spoke fondly about his time with *Malahat*, thanking LCdr Gardam, who had been his

Executive Officer, Chief Petty Officer Second Class (CPO2) William Seed and CPO2 Frederick Godwin, his former and current Coxswains, and all of Ship's Company for their support.

Concluding his speech he added, "I will now close with a simple statement. Commodore Montgomery - I stand relieved." As Reviewing Officer, Commodore (Cmdre) Patrick Montgomery, Commander of the Naval Reserve, oversaw the ceremony and inspected the

parading sailors. At the same time, Master Sailor (MS) Bailey Toupin acted as Master of Ceremonies.

After signing certificates and presenting gifts by Lieutenant (Navy) Robin Whitney, *Malahat's* new Executive Officer, Cmdre Montgomery, shared kind words for the outgoing Commanding Officer.

"I consider it a phenomenal privilege to have known and worked with you for your tenure, and I hope you carry some pride and satisfaction and a little bit of *Malahat*

in your heart," Cmdre Montgomery said.

Thanking Cdr Miller and acknowledging the big shoes she had to fill, the incoming Commanding Officer addressed the hard work ahead.

"My priorities are to ensure we recruit new sailors, we maintain a crew that is trained and ready, and we continue to lead culture change," LCdr Gardam said. "As a team, we will endeavour to create an inclusive culture where everyone can reach their maximum potential.

Malahat will continue to live our motto, 'a ship prepared by training'."

Following a parade demonstration on the drill deck, the Ship's Company marched out to the jetty to give three cheers as Cdr Miller was 'rowed ashore' on one of *Malahat's* Rigid-Hull Inflatable Boats by crew members in traditional naval fashion. Standing tall and saluting the unit he had served, the outgoing Commanding Officer disappeared out of sight; his watch now ended.

BASE ADMINISTRATION CFB ESQUIMALT WELCOMES NEW COMMANDING OFFICER



(L-R): Commander (Cdr) Nicolas Bruzzone, incoming Commanding Officer of Base Administration; Capt(N) J. Jeffrey Hutchinson, CFB Esquimalt Base Commander; and Cdr Dan Saunders, outgoing Commanding Officer of Base Administration, sign off on official documents during a Change of Command Ceremony at Work Point's Nixon Building, June 28.

Cdr Saunders is from Carleton Place, Ont., and received promotion to his current rank in Aug. 2021 when he assumed command of Base Administration. Cdr Saunders next posting will be at MARPAC HQ and N4 Logistics.

Cdr Bruzzone is from Ottawa, Ont. In 2021 he was promoted to his current rank and posted to the Directorate of Naval Logistics in Ottawa. Following this, in 2022 he was appointed Commanding Officer, Naval Staff Headquarters.

Base Administration is a diverse organization that employs more than 450 military personnel and civilians. Its mission is to provide support to CFB Esquimalt and its integral Lodger units, to support training and to contribute to Military Members, DND Civilian and Non-Public Funds employees, quality of life initiatives.

Photo: Peter Mallett/Lookout Newspaper

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Suite available for rent (Fernwood) \$2,400 Large bright, clean, spacious 2 bedroom character suite in Fernwood is available for July 1, or August 1. Approximately 1,000 sq. ft. main level, recently painted. Vinyl and fir flooring. Full bathroom. Shared coin-op laundry on suite with 2 other suites. Garbage, sewer, water, hydro included. Tenant pays for own heat. Street parking. Suitable for 2 people. No pets, no smoking on property.

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



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50 words or fewer, to Trina.Winters@forces.gc.ca



Chief Petty Officer Second Class (COP2) Todd Udholm is promoted to his current rank at MARPAC HQ.

CPO2 Udholm was promoted by his two children Penelope and Heath Udholm.

Pictured above, is Commander Jason Bergen, CPO2 Udholm, and spouse Tessa Vaesen.

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