

Volume 68 Number 30 | July 31, 2023

# LOOKOUT

MORALE & WELFARE NEWS | CFB ESQUIMONTO BC

newspaper.com



## OPERATION LENTUS

### HEROES

A member of 3rd Battalion, Princess Patricia's Canadian Light Infantry hikes through a recent burn to check for hot spots, helping the British Columbia Wildfire Service as part of Operation Lentus 23-05 around Fraser Lake on July 22.

Read about how Reservists are training at Work Point on pages 8-9.

Photo: Master Sailor Dan Bard, Directorate of Army Public Affairs



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## Welcome to the new Minister of National Defence



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DND

Today, we welcome the Honourable Bill Blair as our new Minister of National Defence following the announcement of changes to the federal cabinet.

Minister Blair (Member of Parliament for Scarborough Southwest) has served to help keep Canadians safe throughout his public service career. Since being first elected to Parliament in 2015, Minister Blair has served as President of the King's Privy Council, Minister of Emergency Preparedness, Minister of Public Safety and Emergency Preparedness, and Minister of Border Security and Organized Crime Reduction.

Prior to entering public life, Minister Blair served 39 years as a police officer and was Chief of the Toronto Police Service, leading the largest municipal police service in Canada. In this role, he oversaw efforts to combat violent crime while supporting local policing initiatives.

In addition, the Honourable Ginette Petitpas Taylor (Member of Parliament for Moncton—Riverview—Dieppe) was named as Minister of Veterans Affairs and Associate Minister of National Defence. Minister Petitpas Taylor previously served as Minister of Official Languages and Minister responsible for the Atlantic Canada Opportunities Agency, Minister of Health, and Parliamentary Secretary to the Minister of Finance following a 23-year career as a social worker.

As Ministers Blair and Petitpas Taylor join the Defence Team, we also say goodbye to Minister Anand and Minister MacAulay and thank them for their leadership as ardent champions of the Defence Team. We wish Minister Anand well in her new role as President of the Treasury Board, and Minister MacAulay well as Minister of Agriculture and Agri-Food.

Please join us in welcoming Ministers Blair and Petitpas Taylor to the Defence Team. We know that you will support them while continuing to deliver excellence in service to Canada at home, abroad and in support of our Allies and partners.

Bill Matthews, Deputy Minister  
General Wayne Eyre, Chief of the Defence Staff



National Défense  
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## Message from the new Minister of National Defence

DND

Dear colleagues,

I am honoured to be appointed as your new Minister of National Defence. I have dedicated my career to keeping Canadians safe, and I welcome the opportunity to work with all of you in this new role.

This institution has a proud history – and I believe that it will have a proud future. During two world wars, in Korea, in Afghanistan, and on dozens of other international operations, our military has fought for peace, democracy, and human rights. During forest fires, floods, and a global pandemic, the Canadian Armed Forces have also stepped up to keep their neighbours safe. Whatever the challenge, you have always answered call of service – and I will do everything in my power to support you.

As Minister, I believe that we must always stand up for our most important values. As Russia's illegal and unjustifiable invasion of Ukraine threatens the international rules that keep us all safe, Canada will continue to stand in solidarity with Ukraine. Canadian Armed Forces members have already trained over 37,000 members of the Armed Forces of Ukraine under Operation Unifier – and we are working closely with our NATO Allies to reinforce our deterrence and defence posture on the Alliance's eastern flank, where many of you are currently deployed. To promote a free, open and inclusive Indo-Pacific, we are also increasing our presence in that region, through our recently released Indo-Pacific Strategy.

I am also keenly focused on building a military that is ready to take on tomorrow's challenges. I look forward to working with many of you to implement Canada's NORAD Modernization Plan, to deliver new equipment for the Canadian Army, Royal Canadian Navy, and Royal Canadian Air Force, and to release Canada's Defence Policy Update in the coming months. In addition, we must and will take new, innovative measures to recruit and retain even more talented Canadians in this institution.

Finally, I pledge to continue the work undertaken by Minister Anand to transform military culture, and to ensure that all of our people in uniform feel protected, respected, and empowered to serve. We will continue to implement the recommendations made by former Supreme Court Justice, Louise Arbour, and to support the work of External Monitor, Jocelyne Therrien. This is my top priority, and failure is not an option.

Let me conclude by thanking my colleague and friend, the Honourable Anita Anand, for her outstanding contributions and dedication as Canada's Minister of National Defence. I wish her well in her new role.

In the coming weeks, I look forward to working closely with Deputy Minister, Bill Matthews, Chief of the Defence Staff, General Wayne Eyre, and with all of you, to modernize this institution, establish meaningful culture change, and keep Canadians safe in a changing world.

Thank you all for your service to Canada.

Yours sincerely,  
The Honourable Bill Blair, Minister of National Defence



# Starting the next deployment on the right note

Peter Mallett  
Staff Writer

The halls of HMCS *Ottawa* will soon come alive with the sound of music.

The Royal Canadian Navy (RCN) warship and crew are alongside in Dockyard these days, making final preparations for their Indo-Pacific deployment Operation (Op) *Horizon* later this summer.

As the crew stores the vessel with provisions, two of the ship's members, Sailor First Class (S1) Syl Pike and Petty Officer First Class (PO1) Paul Quin, will bring a cache of musical instruments onboard. Both say the intention is to help ease the deployment blues and boost mental health.

"When you are at sea and on deployment, you are exercising the left hemisphere of your brain for 18-20 hours a day," said PO1 Quin, the ship's Electrical Manager. "The instruments will provide a chance to step back from the navy life during deployment, bring out the artistic side of your brain and add a little balance to your life."

The idea is the brainchild of S1 Pike, a Radar Maintainer and Weapons Engineering Technician (WENGTECH) with *Ottawa*. He first came up with the idea of musical instruments for deployment in 2020 when he was a member of HMCS *Winnipeg*.

The program aboard the *Winnipeg* was an overwhelming success; as S1 Pike was reposted to *Ottawa* before the program took off, he never participated first-hand.

"After that, I told myself wherever I am deployed I will try to bring instruments on board for other sailors to enjoy," S1 Pike said. "For me and so many others, music helps us relax and provides another outlet to relieve the occupational-related stress and mental fatigue of deployments."

Both sailors are lifelong musicians – S1 Pike is a singer, guitarist and piano player, and PO1

Quin leans towards guitar, bass and drums. Both had parents who served in Canada's military and were also musicians.

"My father always kept instruments around the house while I and my brothers grew up in Dartmouth, N.S., and I see this as the inspiration for my idea to bring musical instruments on deployments," said S1 Pike.

They purchased some of the instruments from a national music retailer, and the non-profit Guitars for Vets donated guitars to the ship following a conversation between PO1 Quin and Commander (Cdr) (ret'd) Garry Davis, a volunteer from its local chapter. Davis revealed they had a surplus of guitars in their inventory and agreed to donate them to the ship.

Their cache of musical equipment includes electric and acoustic guitars, amplifiers, microphones and a public address system, a drum kit, keyboard, and percussion instruments. Sailors who own musical instruments are encouraged to bring them along on deployment.

Anyone onboard can sign out an instrument, whether they are experienced musicians or just starting their musical journeys. S1 Pike and PO1 Quin will be happy to provide instruction and music lessons.

There is also the likelihood of jam sessions breaking out in the ships' messes, the formation of bands and even a concert. Their musical initiative has the support of Cdr Sam Patchell, *Ottawa's* Commanding Officer and a musician specializing in the keyboard.

"The only problem is our amps and guitars may create some unwanted noise," said PO1 Quin. "So, just like teenagers jamming in their garage or rec rooms back in high school, we will always be mindful of any requests to turn the volume down."



**"Sailors who own musical instruments are encouraged to bring them along on deployment."**



Petty Officer First Class Paul Quin and Sailor First Class Syl Pike practise playing their guitars in the Chief and Petty Officers' Mess aboard HMCS *Ottawa*. The two sailors have launched a program to provide musical instruments to sailors aboard ship during its upcoming deployment to the Indo-Pacific region. Photo: Peter Mallett/Lookout Newspaper.



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"We are driven by a sense of wonder when we begin to explore who we indeed are ..." ~ Thomas Goenczi



**Thomas Goenczi**  
Lookout contributor

Without question, the purpose of psychotherapy or counselling is to re-establish one's mental health baseline and reduce the symptoms of anxiety and depression to attend to daily duties and pursue the things that give us a feeling of *aliveness*.

However, one of the elements that often gets overlooked in the therapeutic process is how therapy establishes inner curiosity.

It is a chicken-and-egg situation: do we become curious about ourselves and then work to overcome our mental health issues, or do we become curious about ourselves once we begin to re-establish our mental health?

There is an inherent pull toward inner curiosity when we commit to counselling; whether that is conscious

or unconscious is up to the individual. The symptoms are the mind and body yearning for the conscious ego to become curious about itself, which can prompt an inquiry into the unconscious parts.

We are driven by a sense of wonder when we begin to explore who we indeed are, and we learn to appreciate ourselves again. We gain insights and understanding into our depths, which allows us to become compassionate to ourselves; how can you detest something when you genuinely *know* its heart?

Building this curiosity is no easy feat, and we often succumb to our unconscious impulses or fall back on default tendencies. It is easier to live a life with blinders on and not be bothered by something beyond our perspective – the classic 'ignorance is bliss' argument. However, such an approach to self-discovery only blunts our capacity to connect with ourselves and others.

The most accepted form of inner curiosity is *reflection*, our deep contemplation into who we are. This can be done by looking into our current experiences, pausing... and asking a

simple, "What was that about?" after something unsettling happened.

This is where therapy is incredibly beneficial because we have someone to help us explore some of our troubling parts. A therapist will hold the space for us to be vulnerable. Moreover, a therapist will collaborate with us on tools and techniques to deepen this exploration outside of therapy to help overcome our battles.

When we are immersed in ourselves, we become more curious about the world around us, others, and our relationships. Our self-inquisitiveness can ultimately attract others to follow their unique path of self-discovery and experience the *aliveness* we all seek.

*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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# Registration is now open for Fall 2023 Health Promotion courses!



Sign up for a class today by visiting [cfmws.ca/health-wellness/health-promotion](https://cfmws.ca/health-wellness/health-promotion) for complete course descriptions and registration.

Health Promotion courses offered for Fall 2023:

- ✓ Stress: Take Charge! ;
- ✓ Managing Angry Moments;
- ✓ Mental Fitness and Suicide Awareness (MFSA) MITE 117733;
- ✓ Respect in the CAF (RitCAF) MITE 303192;
- ✓ MARPAC Health & Wellness Orientation Session

\*For anyone involved in the MHWS who has not previously attended an MHWS Orientation Session

- ✓ Unit Health Promotion Representative Training

\*This is a **REQUIREMENT** for all UHPRs if you haven't already attended a UHPR training (i.e. Only need to attend once)

All Health Promotion Courses, including Respect in the CAF, are voluntary and educational workshops. They are not occupational training.

Health Promotion courses are open to all DND employees, spouses, and veterans. Please send your completed registration forms to [lisa.jeffery@forces.gc.ca](mailto:lisa.jeffery@forces.gc.ca).

Please note that HP provides Ottawa with the course nominal roles, and Ottawa applies the MITE code for MFSA and CAFW; this can sometimes take several months. Pre-registration through UTCs, as well as appropriate authorization of attendance, is mandatory. Course times and dates are subject to change, and all courses scheduled are subject to change based on Public Health Orders. Our classroom is NOT easily accessible for those with mobility challenges.

HEALTH PROMOTION COURSES FOR FALL 2023			
HEALTH PROMOTION COURSE	TIMES	SESSION DATES	
<b>Stress: Take Charge!</b>	4 Sessions – Half Day 08:30 – 12:00	November 28, 30, December 5, 7	
<b>Managing Angry Moments</b>	4 Sessions – Half Day 08:30 – 12:00	October 31, November 2, 7, 9	
<b>Unit Health Promotion Representative Training</b>	1 Session – Half Day 08:30 – 12:00	September 14	
<b>Mental Fitness and Suicide Awareness (MITE 119531)</b>	1 Session – Full Day	September 27 October 25	November 21 December 11
<b>MARPAC Health and Wellness Orientation Session</b>	1 Session – 2 Hours 09:00 – 11:00	September 25	
<b>Respect in the CAF (MITE 303129)</b>	1 Session – Full Day 08:30 – 16:00	September 21 October 11 November 8	November 15 December 6

Registration forms may be found here:

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It's an honour to welcome members of the Canadian Armed Forces in the Public Service Health Care Plan (PSHCP). Thank you for your service to our country.

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During the transition of the PSHCP, some plan members' experience has not met that standard. We know it's been challenging to reach us. Together with the Government of Canada, we are taking proactive steps to do better:

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To learn more, members can visit: [canadalife.com/pshcp](https://canadalife.com/pshcp).

A sincere thank you to all plan members for your continued patience as we complete this transition. We're committed to getting things right.

## Travailler ensemble pour redresser la situation pour le RSSFP

C'est un honneur d'accueillir les membres des Forces armées canadiennes au Régime de soins de santé de la fonction publique (RSSFP). Merci pour les services que vous rendez à notre pays.

La fiabilité de l'accès aux protections de soins de santé et de bien-être est au cœur du soutien que vous pouvez attendre de nous.

Lors de la transition du RSSFP, l'expérience de certains participants au régime n'a pas été à la hauteur des attentes.

Nous savons qu'il a été difficile de nous joindre et, ensemble avec le gouvernement du Canada, nous prenons des mesures proactives pour faire mieux :

- ✓ **Nous avons considérablement augmenté le nombre d'employés** à notre Centre de services;
- ✓ **Nous avons temporairement prolongé les heures d'ouverture** du Centre de services; et
- ✓ **Nous avons accéléré le processus d'adhésion** pour faciliter l'accès aux protections et pour assurer un traitement rapide des demandes de règlement.

**Si vous n'avez pas encore procédé à votre adhésion préalable, vous recevrez sous peu de notre part une lettre contenant plus de précisions.**

Pour en savoir plus, les participants peuvent consulter le site : [canadavie.com/rssfp](https://canadavie.com/rssfp).

Nous remercions sincèrement tous les participants au régime pour la patience dont ils ont fait preuve pendant cette période de transition. Nous mettons tout en œuvre pour que la situation rentre dans l'ordre.



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### SHUTTLE BUS INFO

Shuttle buses will be available between Colwood, Work Point, Dockyard and Naden.

A shuttle bus will be available to bring you to the event and back starting at 9:30 a.m. and rounding between the locations of Building 66 in Colwood, at Parade Square in Work Point, and in the Commissionaire's parking lot at Dockyard throughout the event with the last pickup from the Wurtele Arena at 1:30 p.m.

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## Ship-to-Shore returns to CFB Esquimalt this week

The Ship-to-Shore Industrial Tradeshow hosted by the Lookout Newspaper returns to CFB Esquimalt this year, featuring vendors from local, national, and international organizations showcasing products and services to benefit the Canadian Armed Forces and the Defence Team and local communities.

Attended by local industrial, marine, defence and community businesses, and sponsored by Hanwha Ocean and Royal Roads University, this event can't be missed!

Starting at 10 a.m. and running until 2 p.m. at the Wurtele Arena, the tradeshow will offer door prizes for attendees, a free BBQ hosted by the Military Family Resource Centre (MFRC), free coffee donated by McDonalds Colwood, and a chance to engage with vendors and the defence community.

Interested in attending? This event is open to all, requiring only a government-issued ID presented at the gates upon entering the Base. Parking attendants will be on-site to direct you to the open lots.

A shuttle bus will be available for Defence community members located in Colwood, Work Point and Dockyard to transport to the event and back, starting at 9:30 a.m. and rounding between Building 66 in Colwood, at Parade Square in Work Point, and in the Commissionaire's parking lot at Dockyard; the last pickup from the Wurtele Arena is at 1:30 p.m.

Any questions about the event? Please reach out to [Jazmin.Holdway@forces.gc.ca](mailto:Jazmin.Holdway@forces.gc.ca).

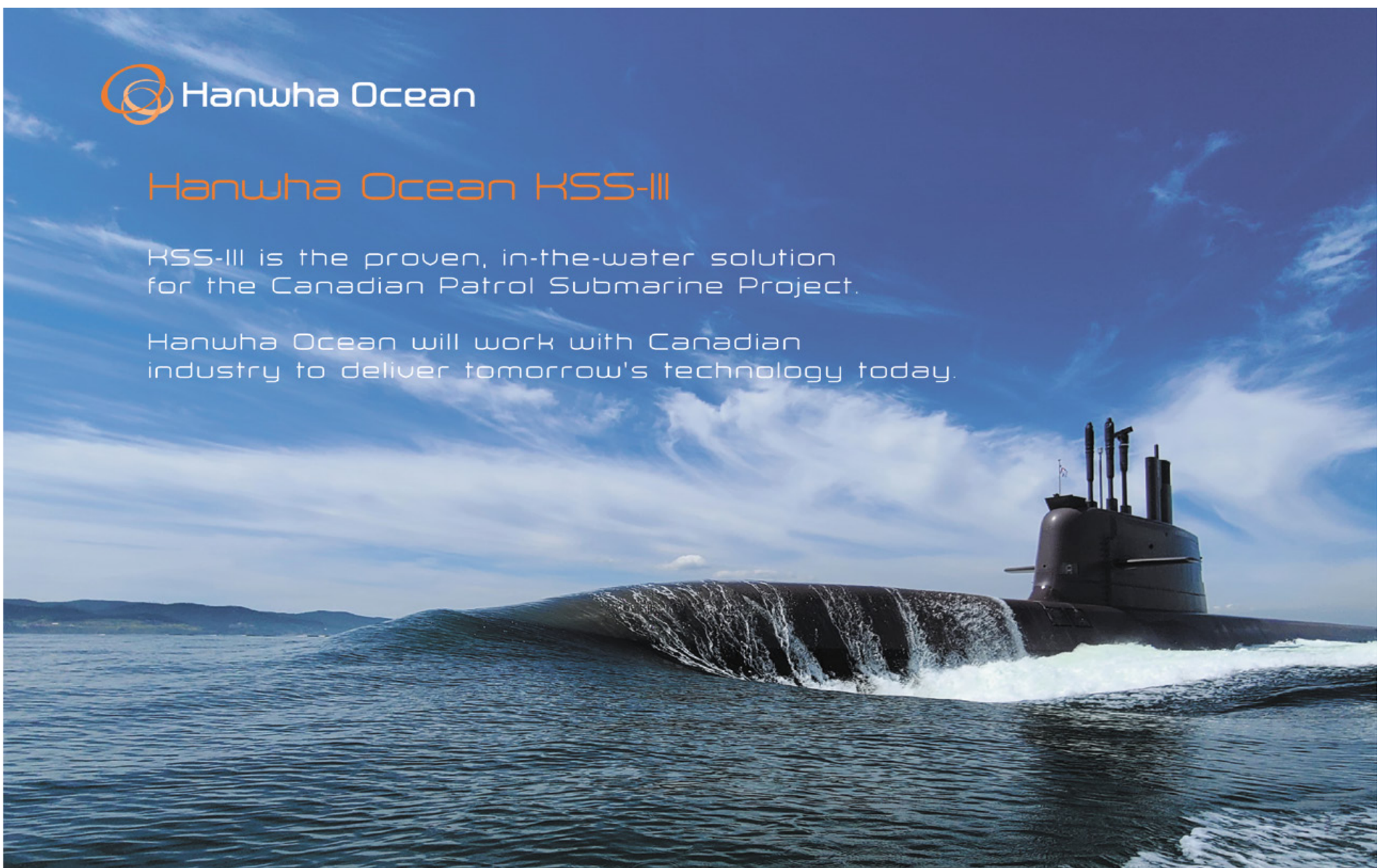
We look forward to welcoming you back to the Ship-to-Shore Industrial Tradeshow this week!



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# Reservists ready for wildfire fight

On a dry and dusty patch of land at Work Point, 39 Canadian Brigade Group is busy honing their firefighting skills.

**Peter Mallett**  
Staff Writer

Soldiers prepared to deploy as part of Operation *Lentus* to help combat several wildfires burning in the Central Interior region of British Columbia. A two-day S-100 Firefighting Course at CFB Esquimalt's Urban Search and Rescue Training Centre on July 20 and 21 involved approximately 20 Army Reservists representing various branches of the 39 Canadian Brigade Group. The course was taught by Ryan Sutton and Adam Hillsden, CFB Esquimalt Fire Fighters, both with a background in wildland firefighting in B.C. and trained to teach the course through the Canadian Forces Fire Marshall and Canadian Interagency Forest Fire Center.

Captain (Capt) Drew Shaw, the senior person taking the training, says Canada's military will not be battling the towering flames of multiple wildfires burning in the Prince George region of B.C. but will provide a support role.

"We are not the experts on the front line putting out stage four, five and six fires," said Capt Shaw. "Instead, we are the soldiers focusing on the areas that people think are safe when the big burn has moved on, but these areas are also still dangerous and problematic."

Operation *Lentus* is the Canadian Armed Forces (CAF) response to natural disasters in Canada, such as forest fires, floods, ice storms or hurricanes. Provincial and territorial authorities are the first to respond when major natural disasters occur in Canada, but if they need additional support, they can ask the CAF.

### TOOLS OF THE TRADE

Wearing steel-toe boots, overalls, helmets and protective hats and vests, the Reservists deploy to the fire zones primarily for logistical support to civilian firefighters and impacted communities. They put out fires with an intricate system of fire and garden

hoses, all connected to a giant bladder tank resembling a swimming pool and powered by a water pump and generator.

Capt Shaw says wildfires are highly unpredictable, and conditions on the ground can change instantly.

"We expect everyone to be a sensor and gatherer of information, so it is up to each soldier in the chain to have that situational awareness and report the things they see on the ground," he said.

Two members of the Brigade who have been part of Operation *Lentus* wildfire responses in past years say the work is physically demanding and potentially dangerous.

"It's challenging work and long days," said Corporal Kathleen Parker of the British Columbia Regiment while testing out a fire hose on some dry underbrush. "The situation with wildfires seems to be the new normal and we will probably have to do this training every year."

Sergeant Christopher Silver Lenihan of the 39 Signal Regiment said he was preparing for the third wildfire deployment of his career while turning over sections of the earth with his bright red Pulaski, a piece of forest fire equipment resembling an axe.

"It's hazardous work and although all situations are not life threatening, people can suffer from injuries such as heat exhaustion or falls in the brush resulting in broken bones and sprains," he said. "Safety is paramount on any deployment and our goal is to bring everyone home safely."

The training at Work Point involved an in-class and written component focusing on the science and key elements of forest fires, firefighting operations, and civilian command structures. The other part of their training involved equipment familiarization, including how to roll and unroll a network of fire hoses and ensure water flows throughout the system.

They also became familiar with exits and safety routes while working in the bush to avoid any potential fire flare-ups. This included learning about safe spots to hide if there is no exit after a fire gets out of control, such as lying in a lake or riverbed or crouching down in an outcropping of rock.

Chief Training Officer Ryan Hyland has been involved in several wildfire situations during his career and said he was impressed with the Reservists' efforts and attention to detail during their training.

"It's a confident group of young soldiers who know their stuff," he said. "They all passed the written portion of their test so the remainder of their training will involve the fine tuning of their skills and any areas they need to correct before they deploy."



Army Reservist Corporal Kathleen Parker of the British Columbia Regiment (Duke of Connaught's Own) carries shovels used for wildfire fighting during OP Lentus Training, July 21 at CFB Esquimalt's Urban Search and Rescue Training Centre. Members of the 39 Canadian Brigade Group will deploy to British Columbia's central interior this month to fight wildfires. Photos: Peter Mallett/Lookout Newspaper

# OPERATION LENTUS



Army reservist Corporal Rupert Xu of 39 Service Battalion connects a y-joint to a water delivery system.



Army reservist Sergeant Christopher Lenihan of 39 Signal Regiment turns earth with a Pulaski during training



(Left) Army Reservist Corporal Harmanpreet Bangar of the British Columbia Regiment (Duke of Connaught's Own) and Corporal Christopher Krastel of the 39 Brigade Group test out a fire hose and water distribution system during OP Lentus Training.



Army Reservists of the 39 Canadian Brigade Group set up distribution lines and hoses.

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Lieutenant (Navy) Robert Mackay. Photo provided

## RCN Digital Leadership: Lt(N) Robert Mackay

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

Born and raised in friendly Manitoba, Bob Mackay majored in Zoology (with a double minor in Geography and Statistics) at Brandon University. When he realized that pursuing a Master's degree in Oceanography would be incredibly expensive, he decided to abandon prairie life and study the ocean via the Royal Canadian Navy (RCN). He joined in September 2003 as a direct entry Naval Warfare Officer.

He was always interested in technology and figuring out how things work. At home, he is the proud owner of a computer graveyard and is pursuing his interest in remote control vehicles by building an underwater drone (Remotely Operated Vehicle, or ROV). He has also been wrestling with a 10TB hub to manage his family's twelve devices.

Bob is now the L1 Analytics Staff Officer for Naval Personnel Management at CFB Esquimalt. While enjoying his previous roles, this position was the first time he fully leveraged his scientific background within the military. His current responsibilities include determining personnel statistics and the current training levels in the RCN. He also explores organizational patterns, including capacity and attrition levels.

As a superuser of Power BI, he creates products that allow Command to make more informed decisions. He draws on data from BobJ/Business Warehouse and Monitor Mass to develop these reports. He uses Power BI to display information easily understood by everyone and to answer questions. He likes Power BI's usability and efficiency; a report can be generated within a day or two. BobJ/Business Warehouse is relied on to obtain large amounts of data; Monitor Mass is better suited for retrieving more precise data sets. (Note the source of the RCN's data continues to be HRMS and MM as our systems of record and our transactional database.)

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# Period Poverty harbour toss soaks MARPAC Chief



(Left): Captain (Navy) Peter Sproule, Maritime Forces Pacific Chief of Staff, and Captain Patricia Laing and Vanessa Nicholson, Defence Women's Advisory Organizations Co-Chairs, display some of the products donated during this year's Period Poverty Campaign. Photo: Peter Mallett/Lookout Newspaper



**Peter Mallett**  
Staff Writer

Captain (Navy) (Capt(N)) Peter Sproule was in positive spirits about being tossed into the chilly waters of Esquimalt Harbour on a cool and grey day.

The Chief of Staff for Maritime Forces Pacific (MARPAC) was in full uniform when he made his big splash into the 11°C water from the end of the Small Boats Jetty in Naden on June 16. The salt-water soaking was to honour a bet made between local organizers of the Period Poverty charitable campaign and their rivals at CFB Halifax.

"After finding out about this campaign and how much of a positive effect it could have on women in our wider community, I was of course happy to do my part and agree to this," said Capt (N) Sproule. "At the time I volunteered, I was confident that we could beat Halifax so I really thought I would be staying dry."

Vanessa Nicholson of MARPAC and Holly Scothorn of Maritime Forces Atlantic, the Civilian Co-chairs of the Defence Women's Advisory Organizations (DWAQ), made the wager in April.

After posing for a few photos, Nicholson and MARPAC DWAQ Military Co-chair Capt Patricia Laing gave the big push, which landed Capt(N) Sproule in the water. As a safety precaution, the Naval Security Team members looked on from a nearby patrol boat to ensure things went smoothly. After emerging from the water briefly, Capt(N) Sproule surprised onlookers by jumping in for a second time just for fun.

The contest involved a month-long campaign during May to see which base could collect the most menstrual hygiene products. Ultimately, Halifax more than doubled the number of donations made by Esquimalt.

Nicholson, Employment Equity, Inclusion and Diversity Coordinator and Esquimalt Period Poverty campaign organizer, was upbeat about MARPAC losing the bet to Halifax.

"This is a loss but one that sits well with all involved," said Nicholson. "Together, the two bases raised 36,382 products to help our fellow Canadians and that is truly amazing."

Despite the fun of the Harbour Toss involving Capt(N) Sproule, Nicholson says the issue of period poverty remains a grave public health concern.

"When menstruators resort to unhygienic alternatives, they are vulnerable to harmful physical and mental outcomes," she said. "Products like rags, paper towels and reused pads put them at heightened risk for infections. Not having access to clean products can impact their attendance at school, work, and other social functions, resulting in feelings of isolation and shame."

While this year's Period Poverty campaign in Esquimalt has concluded, donors are encouraged to support local food banks and donate menstrual hygiene products.

Nicholson says a rematch of this year's contest is already in the works while also issuing a stern warning to her rivals on the East Coast.

"CFB Halifax better watch out because we are coming for their title next year," she concluded.

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# New cohort of clearance divers set to graduate

Lt(N) Jake Kresky  
Fleet Diving Unit Pacific

*"To provide High-Readiness Clearance Diving teams responsible for delivering Mine Countermeasures Diving, Maritime Explosive Ordnance Disposal and in-water maintenance and repair support worldwide on behalf of the CAF."*

This is the mission statement of Fleet Diving Unit Pacific (FDU(P)), where for ten months, the candidates of Clearance Diver Course 0018 and Clearance Diving Officer Course 0020 have been pursuing the ultimate goal of becoming qualified Clearance Divers.

Canadian Clearance Divers are the diving and underwater demolition experts within the Canadian Armed Forces. Expected to be proficient in all underwater tasks with the skills and knowledge to adapt to new challenges, they deploy across the world in many dive- and demolition-focused operations and exercises. Clearance Divers also serve Canadians at home by conducting Explosive Ordnance Disposal to render safe and dispose of hazardous munitions.

With an expectation to be physically fit, mentally resilient, and fearless in the face of adversity, Clearance Diver candidates are challenged to demonstrate all these qualities from the very first day of the course. Rigorous and consistent physical training and testing ensure that candidates are in the proper form required to meet the high standards of the course and the trade. In the initial weeks, the candidate's skills are tested and refreshed to ensure everyone is up to the standard attained in their Ship's Diver and Combat Diver courses to build on those existing skills.

## THE RECOMPRESSION CHAMBER

Candidates were qualified on new systems, including various recompression chambers in service at the unit. The recompression chamber is an essential safety tool used to recompress divers suffering from dive-related injuries. This system is also used to test new dive systems and develop the tables used by all Canadian Armed Forces divers.

During this phase, candidates were also qualified to operate multiple chambers, act as event recorders for a recompression treatment, and act as the inside tender to support a patient being treated. Officer candidates were also qualified to supervise treatments and respond to various emergency scenarios.

## THE ULTRA LIGHTWEIGHT SURFACE SUPPLIED DIVE SYSTEM

Concurrently with the recompression chamber, candidates were trained on the Ultra Lightweight Surface Supplied Dive System. This system allows divers to work for extended periods of time underwater while maintaining communications with the surface.

During this phase, candidates were introduced to deep diving with decompression on compressed air, operating at approximately 42 metres. Once qualified on this system, it is employed in realistic working scenarios which train candidates in the operation of pneumatic tools underwater, including chainsaws, grinders and jackhammers.



## THE BASICS

In their next phase, candidates were introduced to the basics of mine identification, recognition and exploitation. Utilizing the Sharkmarine, a portable sonar and underwater navigation tool, candidates learned to locate and identify underwater mines and recover them for exploitation and disposal.

In January, candidates travelled to CFB Galetown to complete their Conventional Munitions Disposal Basic (CMD-B) and Improvised Explosive Device Assistant (IED-A) courses. On CMD-B, candidates learned to identify a wide range of conventional military munitions and how to dispose of them using explosives safely. On IED-A, candidates were introduced to the various tools and methods of responding to an improvised explosive device and assisting a qualified operator in neutralizing a device.

After returning to FDU(P), candidates were instructed by Boatswains from the Pacific Fleet in the operation of rigid-hull inflatable boats (RHIBs) and jetboats, as well as the rigging for the cranes employed by FDU(P)'s Yard Dive Tender vessels.

## SURFACE SUPPLIED BREATHING APPARATUS

Back on the dive side, candidates began training on the Surface Supplied Breathing Apparatus (SSBA aka 'Helmet Diving'). SSBA is used for deep diving up to a maximum depth of 90 meters for salvage, recovery, and working dives, such as underwater welding. The culmination of this phase is a two-week trip to Brentwood Bay onboard FDU(P)'s two Yard Dive Tenders.

Following the SSBA training, candidates headed to Whirl Bay Underwater Demolition Range in Metchosin. During this phase, candidates refreshed their demolition training and employed it in realistic scenarios conducting underwater demolitions against simulated mine targets.

In the final phase of the course, candidates trained at Naval Fleet School Pacific in basic welding and cutting to be proficient underwater.

## A QUALIFIED CLEARANCE DIVER

Once qualified and posted to a diving unit, candidates will continue to refine their skills for the remainder of their careers. The Clearance Diver course is unique in the Canadian Armed Forces for its length, intensity, and depth of skills developed.

Those who are successful will be expected to use and employ everything they have learned in real-world scenarios anywhere in the world on short notice. Many candidates will deploy on their first international exercise within months of graduating. The challenge of completing this course is matched only by the reward of joining such a specialized and tight-knit trade.

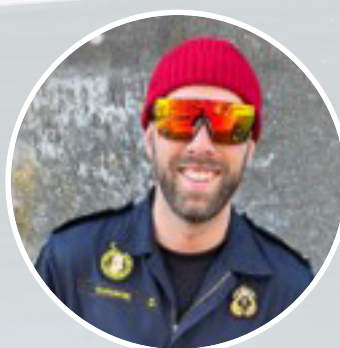
As the candidates of CD 0018/CLDO 0020 look forward to completing their ten months of training and starting their careers as Clearance Divers, each is proud of what they have achieved and cannot wait to get out and start doing business.

"Strength in Depth"

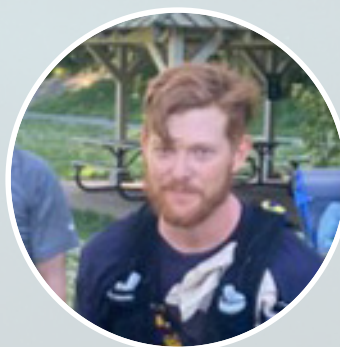
# Fleet Diving Unit (Pacific) Diver Profiles



Sailor First Class (S1) Cédrik Brunet, was born in Montreal, Que., in 1998. Cédrik joined the Navy in 2019 as a Port Inspection Diver. His hobbies include driving boats and disappearing for the weekend. He is likely camping, who knows where riding waves, or finding a crag to conquer. Cédrik is posted to Fleet Diving Unit (Pacific).



Sailor First Class (S1) David Clouatre, was born in St-Jean-sur-Richelieu, Que., in 1990. David joined the Canadian Armed Forces in 2009 as a Reserve Vehicle Technician before joining the Regular Force as a Combat Engineer in 2012. His hobbies include riding dirt bikes, snowboarding and mountain biking. David is posted to Fleet Diving Unit (Atlantic).



Sailor First Class (S1) Willem Davies, was born in Moose Jaw, Sask., in 1991. He joined the Navy in 2010 as a Hull Technician. His hobbies include running and petting animals. Willem is posted to Fleet Diving Unit (Pacific).



Sailor First Class (S1) Garret Dobson was born in Thompson, Man., in 1995. Garret joined the Navy in 2015 as a Marine Engineer. His hobbies include archery, back-country camping and working on vehicles. Garret is posted to Fleet Diving Unit (Atlantic).



Sailor First Class (S1) Dominik Drozdowski, was born in Spryfield, N.S. in 2000. Dominik joined the Navy as a Port Inspection Diver in 2019. Dominik is posted to Fleet Diving Unit (Atlantic).

To be continued...



## Congratulations Captain (Navy) Annick Fortin



Left to right:  
David Nicholas (husband of Annick Fortin), Captain (Navy) Annick Fortin,  
Commodore David Mazur - Commander Canadian Pacific Fleet (CCFP).

Photo: Chief Petty Officer Second Class Bryce Adams

## On July 26 at Duntz Head Commander Annick Fortin was promoted to Captain (Navy)

### VIPs in attendance:

Rear-Admiral Christopher Robinson – Commander MARPAC  
Captain (Navy) Kevin Whiteside – Base Commander  
Captain (Navy) Alex Kooiman – Commander, Canadian Submarine Force  
Captain (Navy) Peter Sproule - NO2 Chief of Staff  
Chief Petty Officer First Class Don Lee – Formation Chief Petty Officer  
Chief Petty Officer First Class Alden Darragh – Base Chief Petty Officer



## Congratulations Lieutenant (Navy) Robert Newton



Left to right:  
Commodore David Mazur, Lieutenant (Navy) Robert Newton.

Photo: Trina Winters, Lookout Newspaper

On July 19, Commodore David Mazur  
appointed Lieutenant (Navy) Robert  
Newton as the incoming Commanding  
Officer of the Naval Security Team (NST).





# HMCS Corner Brook visits namesake city

**Nathalie Garcia**

Chief of Staff  
Canadian Submarine Force

The Captain, Coxswain and three other members of HMC Submarine *Corner Brook* commemorated the 20<sup>th</sup> anniversary of the submarine's commissioning by visiting the namesake city June 25-29.

The members attended events involving various community groups throughout the week, rekindling the ties with its namesake city.

"Reconnecting with the leadership and citizens of Corner Brook, N.L., was a terrific opportunity for crew members to be involved in our namesake community," said Commander (Cdr) Éric Isabelle, HMCS *Corner Brook's* Commanding Officer (CO). "From local cadets to city leaders and other elected officials, everyone made us feel at home."

During the visit, the CO presided over the enrolment ceremony of two local aspiring officers who will soon be bound for the Royal Military College to commence their training.

"I am always honoured to mentor Canadians who are just starting out in their careers or considering a career in the Forces," said Cdr Isabelle. "Of course, I would have them all join the subs, but then I am biased!"

The crew also hiked with local cadets from Royal Canadian Sea Cadet Corps 184 Curling before attending their final training night. The members also met with the Corner Brook City Council and Mrs. Priscilla Boutcher, the ship's sponsor, at City Hall before hosting a recruiting event at the local 2<sup>nd</sup> Battalion Royal Newfoundland Regiment armoury during an open house.

The visit concluded at the local Legion, where the crew recognized local citizens for their support to the unit in the presence of the Honourable Gudie Hutchings, local Member of Parliament and Minister of Rural Economic Development, and the Honourable Gerry Byrne, Member of House of Assembly and Minister of Immigration, Population Growth and Skills.



HMCS Corner Brook submariners were pleased to meet with cadets from Royal Canadian Sea Cadet Corps 182 Curling as part of the crew's namesake city visit. Earlier in the day, the crew and cadets hiked 5km together around Glynmill Pond.

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Petty Officer First Class (PO1) Daniel Robinson is promoted to his current rank by Commander Larry Moraal, the Commanding Officer, in Canadian Fleet Pacific Headquarters. PO1 Robinson is accompanied by his spouse Susie and their children Declan and Ellie. Photo provided



### Naval Fleet School (Pacific) (NFS(P))



Sergeant Derek Scott is promoted to Acting Lacking Warrant Officer by NFS(P) Commandant Maude Ouellet-Savard, and Divisional Rep. Warrant Officer Daniel Hawrylak. Photos provided



Outgoing Deputy Commandant Commander Malcolm Girard-Leblanc receives a departure gift from NFS(P) Commandant Maude Ouellet-Savard.



Major Harold Handley receives a BZ from NFS(P) Commandant Maude Ouellet-Savard.



### Patrol Craft Training Unit



Master Sailor Fleet promoted to his new rank by Lieutenant-Commander Ryan DeForest, Patrol Craft Training Unit Commanding Officer. Photos provided



Sailor First Class Cota promoted to his new rank by L7-iutenant-Commander Ryan DeForest, Patrol Craft Training Unit Commanding Officer.



Sailor First Class Kellner awarded the Canadian Decoration by Lieutenant-Commander Ryan DeForest, Patrol Craft Training Unit Commanding Officer.



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