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LOOKOUT

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Naval Security Team



Acting Sub-Lieutenant (A/SLt) Jack Rigler, a Junior Officer of the Royal Canadian Navy, shares his experiences during the Response Boat Tactical Operator Course with the Naval Security Team (NST) at CFB Esquimalt. A/SLt Rigler completed Basic Military Qualification last summer and took the opportunity to learn from NST to improve his skills and continue learning. Read about the course on page 2.



Cover photo: Members of the Naval Security Team train with Defender naval security boats on Okanagan Lake on July 27. Photo: Sergeant Malcolm Byers, MARPAC Imaging Services

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NST offers new qualification options

Kateryna Bandura

Lookout Editor

When Acting Sub-Lieutenant (A/SLt) Jack Rigler began the Response Boat Tactical Operator Course (RBTO) with the Naval Security Team (NST) at CFB Esquimalt, he knew he was in for something 'different'.

"The whole course is unique because it exposes junior members of the Forces to concepts and training that usually only highly specialized units get to do," A/SLt Rigler said.

A/SLt Rigler is a Naval Warfare Officer from HMCS Cabot of St. John's, Nfld., posted to NST for the duration of the course, which began May 11 and wrapped up June 16.

The RBTO course is a new course at NST, planned to be conducted four times a year. It trains qualified response boat operators to augment and assist NST in force protection. At home, the team assists with transitions to harbour defense to ensure the safety of civilian vessels, allied vessels, and Canadian ships. Abroad, the team works with North Atlantic Treaty Organization (NATO) and NATO-friendly countries through capacity building and interoperability training.

A/SLt Rigler said his cohort experienced hands-on weapons training, various on-the-water situations, hand-to-hand self-defence, and lectures and discussions about concepts such as rules of engagement and use of force.

"It was a whole bunch of simple but effective techniques and different scenario training with really great instructors," he said.

The first week started with weapons handling skills such as stoppages, field stripping, and learning the different parts of the weapon. The team learned about the different types

of weapons and then practised with those on the range during the second week. Lectures included introduction to seamanship such as line handling and safety on the water. The final two weeks included hand-to-hand self defense with two expert civilian martial arts instructors, both with multiple degree blackbelts.

The rest of the weeks the team spent on the water learning fast boating and getting used to being in mounted positions on the Defenders with machine guns while the boats chased vessels or performed manoeuvres in their operating zone.

"During the first few days we were really focused on learning how to keep balance since the boat can turn so fast and has a very sharp turning radius," A/SLt Rigler said.

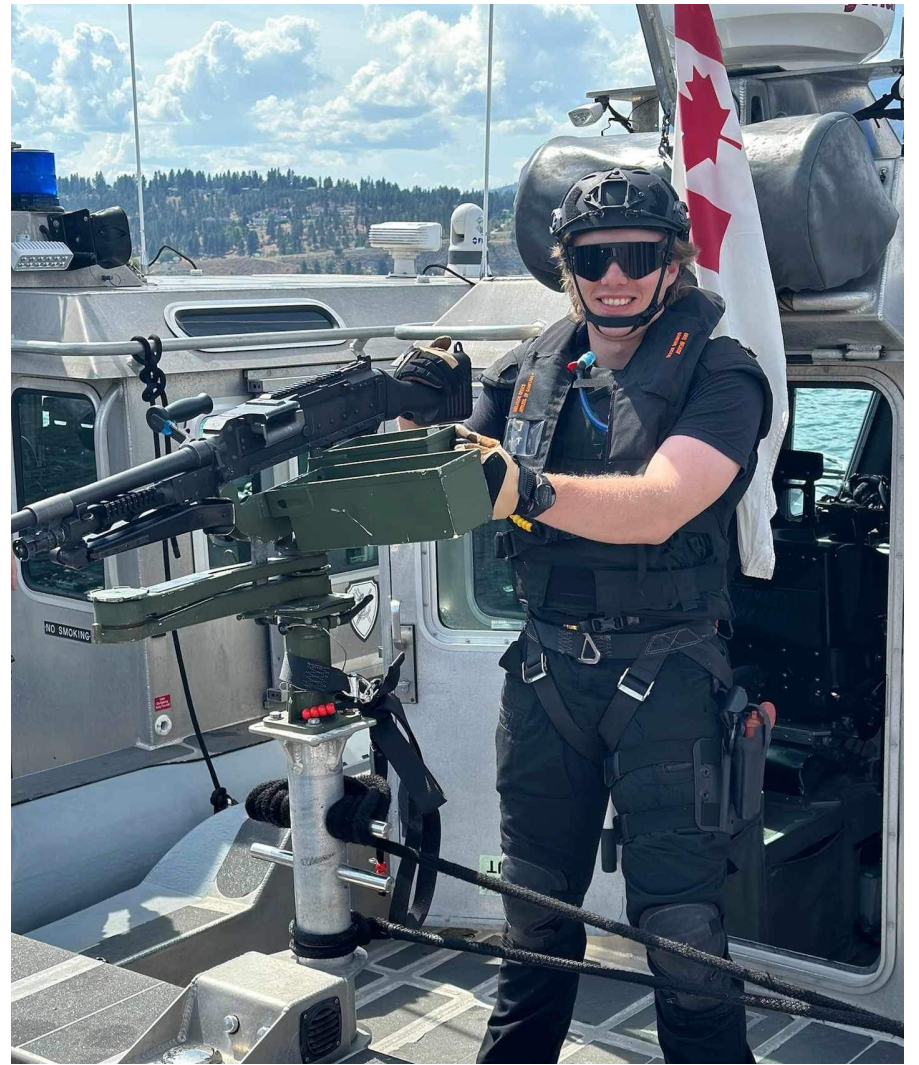
He completed Basic Military Qualification last summer and took the opportunity to learn from NST to improve his skills.

"The things we're learning are so wide-ranging, but they will apply to every other aspect of our military careers," he said. "The course qualifies us as gunners and we're learning about a Boatswain's job. As a Junior Officer, I think it's great to have that experience of working like a Non-Commissioned Member or Technical Specialist."

The best experience from the course, he said, is the experience of getting to grow as a team.

"We developed a pretty tight connection working in a small team and learning how to work together really quickly," A/SLt Rigler said.

The next Response Boat Tactical Operator Course is scheduled for Sept. 11.



Acting Sub-Lieutenant Jack Rigler joined the Response Boat Tactical Operator Course with the Naval Security Team at CFB Esquimalt from HMCS Cabot in St. John's, Nfld. Photo: Lieutenant (Navy) Robert Newton, NST Commanding Officer

Working Together to Make Things Right for the PSHCP

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.

Reliable access to health and wellness benefits is core to the support you can expect from us.

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:

- ✔ **We've significantly increased staff** in our Contact Centre;
- ✔ **We've temporarily extended operating hours** at the Contact Centre; and,
- ✔ **We're accelerating the enrolment process** so it's easier to access benefits coverage and get claims processed quickly.

If you have yet to complete your enrolment, watch for a letter from us soon with more details.

To learn more, members can visit: 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.

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.

Anchors Away Festival gets into the 'Groovement'

"I gave music another chance as my Dad sold his motorcycle to purchase me my own Baritone Saxophone and I am still playing the same sax 19 years later."

~ Captain Brad Justason

Peter Mallett
Staff Writer

His towering six-foot-six-inch tall frame and shiny saxophone make Captain (Capt) Brad Justason easily recognizable on stage.

He is the only military member in The New Groovement, a band set to take office by 'funk' at Langford's Starlight Stadium during the first-ever Anchors Away Arts and Music Festival on Aug. 27, hosted by CFB Esquimalt.

Capt Brad Justason is a full-time Reservist of the Regional Cadet Support Unit (Pacific) (RCSU(P)) who teaches music and first aid to area cadets. He is also the baritone saxophonist and singer of the nine-member band that plays a mix of soul, blues and hip-hop.

Their objective is to get people out of their seats.

"The New Groovement's goal is to bring that high energy that comes with nine instruments and get people dancing," he said. "I truly enjoy that our music crosses several genres and styles, and we consistently focus on putting on a high-energy show."

Founded in 2012, The New Groovement has been regular in the local pub and concert scene. Capt Justason says the band has an 'interesting mix' of people from all walks of life with different musical tastes. Members include municipal employees, a videographer, a logistics and manufacturing consultant, music teachers, an Indigenous carver and a bartender.

Capt Justason grew up in a non-musical household but took up the saxophone at the age of 12 after the encouragement of his father, a Hull Technician and Instructor at Naval Fleet School (Pacific).

"I was going to give up after my first experience but eventually warmed up to it," he said. "I gave music another chance after my Dad sold his motorcycle to purchase me my own Baritone Saxophone and I am still playing the same sax 19 years later."

The New Groovement returned to the road at the Edge of the World Music Festival in Haida Gwaii last summer and more recently led a successful tour with concerts in the Okanagan and Banff over Spring Break. He already looks ahead to the Anchors Away Festival.

"I grew up on the West Shore so it's exciting to be taking in part in a new musical event here," he said. "We need these events because traditionally large music festivals are held in downtown Victoria, so I am stoked to tear up the stage in my own town."

The Anchors Away Arts and Music Festival is an all-inclusive, all-ages event. It will include musical performances by indie rock band Yukon Blonde, The New Groovement, Mister Mojo and his Magic Band, The Fabulous B-Sides Band, a modern dance performance by Passion and Performance, a drag performance with Kendall Gender, Vivian Vanderpuss and friends, and more! The family-friendly event will also feature a bouncy castle and interactive games for children, arts and crafts, food trucks and a licensed beer garden.

For more information and to order tickets, see the Splash Screen for details or scan here:



Captain Brad Justason belts out a few notes on his saxophone outside of his home in Belmont Park. Capt Justason is a member of The New Groovement, who will take the stage at Starlight Stadium in Langford on Aug. 27 for the Anchors Away Arts and Music Festival. Photo: Peter Mallett/Lookout

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MANAGING EDITOR

Jazmin Holdway jazmin.holdway@forces.gc.ca

EDITOR

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

WRITER

Peter Mallett mallett.peter@cfmws.com

PRODUCTION

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

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING

Joshua Buck 778-977-5433
..... NEW military.base.advertising@gmail.com

EDITORIAL ADVISORS

Lt(N) Michelle Scott 250-363-4006
Rodney Venis 250-363-7060

FRENCH EDITORIAL ADVISOR

A/Slt Alexandre Springer
..... alexandre.springer@forces.gc.ca

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Resistance is a natural law; it's one of the ingredients baked into our reality. We come up against it in everything we do.



Thomas Goenczi

Lookout contributor

Resistance is a natural law; it's one of the ingredients baked into our reality. We come up against it in everything we do.

However, we do not only see it in ourselves as it also has its presence on a collective level.

Extrinsically, we find resistance manifesting in society in the way of cultural, political, and ideological movements. Intrinsically, whether consciously or unconsciously, we come up against it in every act in our lives. In this sense, we are entangled in the perpetual battle between inertia and vitality.

Therapy is a confrontation of the psychological resistance we face. This resistance is omnipresent and shows up in myriad ways; uncovering it is essential to know what we are up against.

Throughout the therapeutic process, we find safety from resistance in denial. For example, an individual had come into counselling to work through his relationship with his father, who left his family when he was younger. Him being unable to come to terms with how he lives is the direct opposite of how his father raised him. However, he is in denial that due to his unceasingly comparing himself to his father, he is still in some way being 'fathered' by him. He is attached to the idea of whom he ought not to be, in this case, his father. This blocks him from recognizing the father he is and this potentially stunts his capacity to reconcile that part of himself. Denial allows us to continue living a life of ill-perceived contentment. Once we deny it, we close ourselves off to the resistance rather than honouring it.

Resistance also emerges in rationalization. For instance, we come to therapy often bestowed with a pessimistic outlook on life. We have been beaten down psychologically for far too long to imbue the confidence needed to see the good and light in the world. Because of this, we rationalize that we won't get better. The evidence is out there that we are merely a drop in the chaotic ocean of society, and, in a sense, we are powerless. Yet, it is essential to reflect on whether we assess it with a complete understanding. We can use rationalization to embrace resistance, but we should be wary when it is in tandem with denial.

Another example of resistance is against inviting openness toward emotion. We sometimes see emotion as a sign of weakness, as giving into something we can no longer control. However, emotion is the spark that fuels how we move forward in our lives. We often put our defences up against emotions because they influence our lives. Emotion in therapy is energy; when we embrace it, we become less resistant to emotions outside the therapy room.

Resistance must be honoured. When we ask why this resistance is coming up, we can discover its underpinnings. We often find resistance when we are in denial of something we find profoundly troubling or disturbing about ourselves or the world around us. We should deny resistance to not be shaken by it, but we need to understand why we experience it in the first place; then we will live a fully holistic life.

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

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Fleet Diving Unit graduates



Profiles



Sailor First Class Samuel Gagnon was born in Repentigny, Que., in 1996. Sam joined the Navy as a Naval Communicator in 2016, then became a Port Inspection Diver in 2021. He enjoys spending his free time hanging out with his dog and getting physically fit for camping. Sam is posted to Fleet Diving Unit (Pacific).



Lieutenant (Navy) Jake Kresky was born in Kitchener, Ont., in 1995. Jake joined the Navy in 2014 as a Naval Warfare Officer. His hobbies include hanging out with friends by the pool. Jake is posted to Fleet Diving Unit (Atlantic).



Lieutenant (Navy) Mack Labrecque, the Dive Supervisor, was born in Montreal, Que., in 1995. He joined the Canadian Armed Forces in 2012 as a Naval Warfare Officer and completed a Business degree at Royal Military College. His hobbies include picking up his daughter from daycare, and forging friendships with his coworkers beyond the deck. Mack is posted to Fleet Diving Unit (Pacific).



Sailor First Class Robert MacMillan was born in 1993 and grew up in Charlottetown, P.E.I. Rob joined the Canadian Armed Forces in 2017 as a Marine Electrician. After performing multiple maintenances around the HMCS *Halifax's* lighting system, Rob switched to the Clearance Diver trade. He enjoys reading large leather-bound books and looking at the constellations. Rob is posted to Fleet Diving Unit (Atlantic).



Sailor First Class Ryan Matheson was born in Annapolis Royal, N.S., in 1992. Ryan joined the Canadian Armed Forces in 2018 as a Combat Engineer, where he completed his Para course and Combat Diver course, serving in 2CER's Dive Unit. Ryan has been in the Navy for almost a year now. His hobbies include improving personal health aboard the ships, playing hockey and always making the lads laugh. Ryan is posted to Fleet Diving Unit (Atlantic).

On Aug. 17, 16 candidates of CD 0018/CLDO 0020 will complete their ten months of training and start their careers as Clearance Divers.

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2023 SHIP TO SHORE INDUSTRIAL TRADESHOW

Ship To Shore makes BIG SPLASH at Wurtele

Peter Mallett
Staff Writer

The Ship-to-Shore Industrial Tradeshow made its successful debut at Wurtele Arena last week.

With the sticks and pucks put away and the hockey arena's ice surface melted down for the off-season, dozens of representatives from business and community organizations set up booths on the arena floor on Aug 1.

Their mission was to educate, entertain and promote their operations while providing free swag, product samples and prizes to the hundreds of military personnel and civilian employees from CFB Esquimalt.

The Ship-to-Shore Industrial Tradeshow replaced the former Industrial Supplier Tradeshow, traditionally held each year in September. Hosted by The Lookout Newspaper, the moment marked the return of the industrial tradeshow staged at the Base since the onset of the COVID-

19 pandemic.

It was an opportunity for vendors to connect face-to-face with the Defence Team and the extended community beyond the front gates of CFB Esquimalt, says Jazmin Holdway, Lookout Manager.

"The return of our tradeshow for industrial suppliers and industry partners was an overwhelming success," Holdway said. "This event is an opportunity to bring in local, national and international businesses and services to the Base that support military members and the Defence community, whether that be at home, at work, or at sea."

Visitors and vendors got a chance to enjoy static displays and demonstrations and take home free product samples.

There was also a free barbeque lunch hosted by the Esquimalt Military Family Resource Centre and free hot coffee donated by McDonald's Colwood. Door prizes were donated by vendors, with the lucky winners excited to receive their prize packages.

Title sponsors for this year's event were Hanwha Ocean Co. and Royal Roads University. Royal Roads University is a publicly funded university in Colwood with an applied and professional degree-granting focus and enjoys a close working relationship with CFB Esquimalt, given its history as a military college until 1995.

Hanwha Ocean Co. is a shipbuilder based in South Korea which recently struck an agreement to collaborate and design the construction of Canadian warships and logistical support projects with Babcock Canada.

The Ship-to-Shore Industrial Tradeshow is the second event to be hosted by the Lookout in 2023 following the successful return of the MARPAC Health and Wellness Expo, which will return in Spring 2024. All funds raised for the trade-shows and expos go back into supporting the morale and welfare of the Defence Team through the efforts and programs of Canadians Forces Morale and Welfare Services (CFMWWS).



Captain (Navy) Kevin Whiteside, Base Commander of CFB Esquimalt, reads through a copy of the Lookout Newspaper with Jazmin Holdway, Lookout Manager at the Ship to Shore Industrial Trade Show at Wurtele Arena on Aug. 1. Photos: Peter Mallett/Lookout Newspaper



Petty Officer Second Class Randy Ko, a Material Management Technician of Fleet Diving Unit (Pacific), displays a giant pipe wrench.



Gail Ormiston, a volunteer with the Esquimalt Military Family Resource Centre, serves a complimentary hamburger to Steve Gallepeau of Base Logistics.



Acting Sub-Lieutenant Chris Mejia of HMCS Regina looks at a model of a submarine with Vincent Kim, General Manager, Naval and Ship Overseas Marketing Team of Hanwha Ocean.



A member of Royal Roads University discusses courses available with two Canadian Armed Forces members.

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Transforming the FMFs one datum at a time



LCdr Eric Bertrand
Executive Assistant to DGMPSS (Personnel)
Chief of Staff Operations.

The Fleet Maintenance Facilities (FMF) have seen significant improvements in data analytics usage over the past three years.

One place where FMF sees success is with a custom automated timekeeping system that allows supervisors to receive weekly updates on productivity statistics for direct labour employees. The data from this program is used to measure overall efficiency rates, capacities, and the impact of large-scale events, such as pandemic responses.

Another development is the Human Resource Capacity Data Analytics (HRCDA) program, which uses timekeeping and Defence Resource Management Information System (DRMIS) data to assist management in identifying bottlenecks to inform hiring strategies, which was used for multiple resource increase requests that are needed to support the fleets.

'Unmet demand' has been established as

a controlled, understood, reproducible, and regularly measured metric to assist in fleet scheduling decision-making and expectation management. Unmet demand is also used to model future fleet outcomes using traces of previous FMF performance metrics alongside growth rates and fleet scheduling data.

Much work was done to communicate the value and limitations of data analytics using FMF data to senior management and external decision-makers. The bulk of the analysis efforts were in data cleaning methods to find the numbers that produced the highest correlations with real-world outcomes, which were later presented to senior Royal Canadian Navy leadership.

These efforts have led to higher quality targeted information that could be used for decision-making, specifically in areas of FMF future capacity requirements to deal with escalating maintenance requirements. It also provides the ability to forecast average ship reliability to assist fleet schedulers in building operational plans.

The key to clean data is correctly inputting it into DRMIS and regularly applying corrections as mistakes are found through a continuous feedback cycle; therefore, everyone in the FMFs has a crucial role to play in helping to produce quality information with strategic effect. The effort for cleaner and more usable data analysis and modelling methods has improved. Yet, it still has the potential to be more accurate in support of future research and evolution.

ALL THE BEST, ERIC

Data analytics has transformed how we approach decision-making and strategy within the FMFs, by providing quality and reliable information about our organization and vessels.

Over the last few years, we have seen changes in how we approach, understand, and use data under the leadership and excellence of Lieutenant Commander (LCdr) Eric Bertrand and his team, consisting of one military and two civilian employees.

LCdr Bertrand has an in-depth understanding of industrial engineering methods, resulting from his participation in the FMF-sponsored post-graduate program at Dalhousie University. His contributions to the FMFs have been invaluable.

We wish Eric all the best in his next role in Ottawa as Executive Assistant to Director General Military Personnel Support Services (DGMPSS) Chief of Staff Operations.

*Gabrielle Brunette,
Communications
Coordinator Student,
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HMCS Tecumseh enhances Search and Rescue interoperability

A Canadian Forces CC-130H sits on the tarmac and prepares for takeoff to participate in CHINTHEX 2023, a multi-unit Search and Rescue training exercise at Beaver Mines Lake, Alta., on June 6. Photos: Private Raj Dhagat, Canadian Armed Forces



A search and rescue technician from 442 Transport and Rescue Squadron descends into the water to rescue a simulated casualty as part of their participation in CHINTHEX 2023.

Lt(N) John Foster
HMCS Tecumseh PAO

An extensive Search and Rescue (SAR) exercise brought together multiple Canadian Armed Forces (CAF) elements and civilian SAR organizations June 5-9.

The challenging and realistic environment allowed the participants to develop and enhance their search and rescue capabilities while fostering interoperability between the various agencies.

"The sailors underwent the challenges of working on the water, with air assets, and took the opportunity to fly in a CC-130 Hercules aircraft to experience what the air crew endure during a SAR operation," said Lieutenant (Navy) (Lt(N)) Larry Brunton, Training Officer of HMCS Tecumseh and Officer in Charge of the Royal Canadian Navy (RCN) element. "Ultimately, this puts interoperability into perspective for all elements."

Named CHINTHEX23, the annual exercise was organized by the 435 Transport and Rescue Squadron based in Winnipeg, Man., with the support of the Royal Canadian Air Force (RCAF) 19 Wing (Comox), as well as the Royal Canadian Mounted Police and other civilian SAR groups.

HMCS Tecumseh provided a crucial Rigid Hulled Inflatable Boat (RHIB) element and an experienced crew to facilitate the recovery of RCAF SAR Technicians as they parachuted into Beaver Mines Lake near Lethbridge, Alta.

"CHINTHEX23 provided an excellent opportunity for members of the RCN and the Naval Reserve to experience working in a multi-national SAR setting within multiple environments," Lt(N) Brunton said.

Operations such as CHINTHEX23 allow the Navy to enhance its interoperability with the RCAF, which is a critical factor in addressing emergencies and crises effectively. The partnerships formed during CHINTHEX23 will continue to strengthen, ensuring the CAF can swiftly respond to any situation requiring search and rescue operations.



Canadian Armed Forces Search and Rescue Technicians work during CHINTHEX 23, near Lethbridge, Alta, on June 10. Photo: Sailor First Class Megan Sterritt, 17 Operations Support Squadron, Winnipeg.

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Korean War exhibit pays tribute to HMCS Iroquois

Lookout for HEROES

Peter Mallett
Staff Writer

The HMCS Alberni Museum & Memorial (HAMM) in Courtenay marks the 70th anniversary of the Royal Canadian Navy's involvement in the Korean War with a new exhibit.

The exhibit and memorial, titled *The Long Reach: The RCN's role in the Korean War*, is on display at the museum's Education Centre.

Lewis Bartholomew, HAMM Executive Director, says the exhibit is currently on loan from the Naval Museum of Manitoba with additional materials and artifacts supplied by local families of Korean War veterans.

"The hostilities on the Korean Peninsula are significant and highly relevant today because they ended without an actual peace treaty," said Bartholomew. "The lack of a stable conclusion affected world events afterwards and continue to affect us to this day."

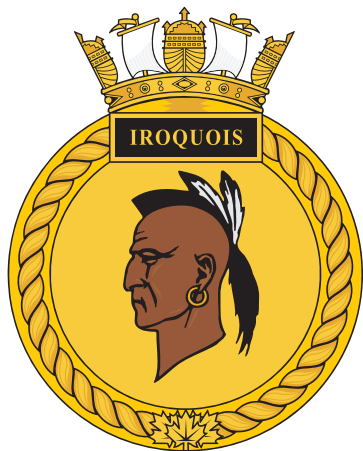
The combat phase of the Korean War ended 70 years ago, on July 27, 1953, with the signing of the armistice. It began on June 25, 1950, when North Korean Armed Forces invaded South Korea. More than 26,000 members of Canada's military participated in the United Nations force, with 1,200 wounded and 516 paying the ultimate price.

Three members of HMCS Iroquois are among the deceased and are memorialized in the exhibit. A shell struck the Tribal-class destroyer while its sailors were busy bom-

barding a rail line on the east coast of the peninsula when the shell hit the starboard side of Iroquois near its 'B' Gun, killing two instantly and injuring 11. A third sailor later died of his injuries.

The exhibit closes on Nov. 11. The museum is located in downtown Courtenay and is operated by the Alberni Project Society. HAMM's goal is to celebrate the lives and stories of those who served with Canada's military from the First World War to the present day, says Bartholomew.

For more information about its exhibits, programs and hours of operation, visit its website: I Will Remember - Je Me Souviendrai (alberniproject.org)



"The Long Reach: The Royal Canadian Navy's role in the Korean War" exhibit is currently on display at the HMCS Alberni Museum and Memorial. Photos supplied



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Over 300 HMCS Venture staff and students (and the Executive Officer's new baby) fall-in on the parade square during the Change of Command Ceremony held at CFB Esquimalt (Work Point) on Aug. 26. Photo: MARPAC Imaging Services

“I Have the Watch!”: Change of Command at HMCS Venture

Michael McWhinnie
PA Advisor, NTG

During the forenoon of July 26, Captain (Navy) (Capt(N)) Matthew Coates, Commander Naval Training Group, presided over a ceremony that saw the command of HMCS *Venture* pass from Commander (Cdr) Mike Stefanson to Cdr Darren Sleen.

Guests, including friends, family, and military colleagues past and present, gathered before the Collier Building at Work Point. The site was selected for its proximity to an important artifact, the mast of a past HMCS *Venture* that served as a naval officer training vessel just before the outbreak of the Second World War.

The outgoing Commandant reflected on the many intersections between his career and *Venture*.

“Like most current-serving Senior Naval Officers, I received my initial MARSS training at Naval Officers Training Centre (NOTC) *Venture*,” said Cdr Stefanson.

He returned as a student a second time to earn the Fleet Navigation Officer qualification. He later served as an instructor before returning once more as the Naval Warfare Officer Division Commander. As the end of his first Command appointment approached (Commanding Officer of HMCS *Winnipeg*, 2017 – 2021), Cdr Stefanson was presented with a unique opportunity. During the intervening years since last serving at NOTC *Venture*, the task of officer training had been assigned to Naval Fleet School Pacific. He learned of the Royal Canadian Navy’s plan to create a new training establishment dedicated not only to the professional formation of Naval Technical Officers and Naval Warfare Officers but to include a ‘leadership, culture and conduct’ element aimed at adapting and instilling those military values essential to the Navy’s future success.

The name of *Venture* was revived, and a little over a year ago, Cdr Stefanson began leading the effort to create and launch

the envisioned ‘centre of leadership excellence’ while, at the same time, continuing to deliver established officer training.

“My time at *Venture* has been extremely rewarding. It has allowed me to continue exercising leadership in a way that directly engages with people and is closely connected to the business conducted by our sailors on ships,” he said. “I am very proud and grateful for the professionalism, dedication and passion exhibited by the *Venture* team this past year.”

Cdr Stefanson will soon be promoted and posted to the East Coast to assume the duties of Deputy Fleet Commander, Maritime Forces Atlantic.

As officers progress through assignments of increasing responsibility, they eventually cross a threshold that demarcates ‘leading people’ from ‘leading the institution’. Cdr Sleen made clear he understood and was eager to accept the obligations entrusted to him by this command appointment.

Having served as Deputy Commander Naval Training Group, Cdr Sleen enters the job with a strong awareness of the successes and challenges *Venture* faces one year into its reconstitution.

“I am grateful and humbled to have been selected for this appointment,” Cdr Sleen started his address. “I want to recognize the tremendous progress Mike and his staff have achieved this past year and intend to build on that momentum. Today’s Navy is the product of the many contributions by those who have served before us. In the same way, how we fulfill our duties today and what we build going forward will have consequences well beyond the horizon of our own careers. I have the watch.”

The second portion of the ceremony entailed a military parade. Participants walked to the parade square, where more than 300 students and staff had assembled to present themselves to the Commandant for the first time. Sporting a conspicuously new HMCS *Venture* ball cap, Cdr Sleen took the salute. The command had well and truly been passed.

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