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LOOKOUT

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, BC

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Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, and Captain (Navy) Mark O'Donohue Deputy Commander, Canadian Fleet Pacific, do some chin-ups during a celebration of the Dockyard Gym reopening on Aug. 15. Photo: Peter Mallett/Lookout Newspaper

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Good news for deployed dad

Peter Mallett
Staff Writer

HMCS *Ottawa*'s four-month deployment to the Indo-Pacific began with good news for one logistician onboard.

Petty Officer Second Class (PO2) Kenneth Lorenzen was delighted to learn that his daughter Audrey is the recipient of a \$1,000 bursary from the Royal Canadian Logistics Service (RCLS) Fund Bursary Program. The funds will assist in her post-secondary studies this fall.

"It's really fantastic for her to receive this award," PO2 Lorenzen said. "What a way for my daughter Audrey to start her post-secondary education."

Audrey, 19, is a graduate of Royal Bay Secondary School. A math and science whiz, she is also an honours student who finished her senior year with a 97 per cent grade point average. Audrey plans to attend the University of Victoria this fall, pursuing a double major in Software and Mechanical Engineering.

PO2 Lorenzen, 32, works as a Financial Services Administrator aboard *Ottawa*, overseeing finances, including issuing invoices, travel claims, cash distribution and transfers from non-public funds. He and his wife have been socking away their savings for several years to help Audrey pay for her education.

"The bursary is an added bonus for the family, and I think it's wonderful that the logistics organization does this for its members," he concluded.

PO2 Lorenzen's application was selected from a list of 150 applicants. After a competitive process earlier this year, five prizes totaling \$5,000 were approved for distribution.

Established in 1994, the RCLS Fund Bursary Program provides financial assistance to dependent children of members of the Logistics Branch entering post-secondary education. For more information on the rules and how to apply, visit: forces.gc.ca/en/caf-community-branches-logistics/bursary_program.page.



(Left) Commander Sam Patchell, HMCS *Ottawa* Commanding Officer, presents Petty Officer Second Class Kenneth Lorenzen with an award from the Royal Canadian Logistics Service (RCLS) Fund Bursary Program, Aug. 9 aboard HMCS *Ottawa*.
Photo: Peter Mallett/Lookout

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Attachment to our psychopathology



Thomas Goenczi
Lookout contributor

Sometimes issues seem to emerge like the never-ending stream of scarves from a clown's sleeve: we think we've overcome one thing only to realize it's tied to another. But unrolling our mental anguish is one of the pacts we make when embarking on the therapeutic journey.

Most people have an intention of what they would like to confront and accomplish at the outset of counseling, but there are many side missions along the way, causing the experience to be in constant flux. The evolution of one's therapeutic journey is a daunting reality that looms over the entire experience.

We often use our presenting symptoms as an invitation to explore our-

selves, and they often become the guiding light on our inward journey. However, it is not uncommon to become attached to our symptoms. When we are in perpetual identification with our anguish, whatever it may be, it becomes a part of who we are. Depending on the degree of the issue, we either confront it, accept it as status quo, or repress/suppress it (repression is the unconscious blocking out of unpleasant feelings, thoughts and impulses, while suppression is the conscious blocking out of the material).

An excellent example of this is when someone is living with depression. Of course, the identification evolves and isn't as apparent initially. We notice that our mood is a bit low, the things that used to bring us joy no longer do so, and we begin to feel a sense of hollowness. If we don't confront the depression, it will sink its teeth deeper into us day-by-day. Once fully submerged by it, it becomes a part of our identity and will feast on us and govern our lives. We gain a sense of pseudo-kinship towards our depression, thus becoming over-identified with it. Then it begins to pull our true Self apart.

We must remember that the issue is only a fraction, a segment of who we are, so we don't become attached to our mental health concerns. We thus provide space and reprieve from the concern at hand and no longer over-identify with it. Think of it as pulling out a slide from an old slide movie projector with whatever symptom you're dealing with; we don't have to be viewing that slide 24/7, but we can analyze it to understand what is happening.

We must remind ourselves we are more than our psychopathology. When we no longer overidentify with our symptoms, we disarm them, gaining our power back to live our most authentic lives.

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

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Members pumped up for Dockyard Gym reopening

Peter Mallett
Staff Writer

Lookout for EVENTS

The Dockyard Gym reopened on Aug. 15 following an eight-month closure for maintenance work.

The gym has now resumed its Monday-Friday, 5:30 a.m. to 6 p.m. operating hours. The civilian staff of Personnel Support Programs (PSP) celebrated the moment by hosting a small on-site expo offering free drinks and snacks to attendees, along with information about sports and recreation programs, health and wellness, and the upcoming Anchors Away Arts and Music Festival at Starlight Stadium.

Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, was one of many military members who stopped by the gym to celebrate the moment. Dressed in his Navy Bike Ride jersey, shorts and sneakers, Capt(N) Whiteside said the occasion was a "super-exciting moment and certainly a morale booster for everyone in Dockyard."

The importance of the occasion was not lost on Capt(N) Mark O'Donohue, Deputy Commander, Canadian Fleet Pacific, either. Dressed in his full Tropical White Longs Navy uniform, he happily demonstrated some deadlifts, curls and chin-ups with Capt(N) Whiteside to help promote the reopening of the gym.

"I would say the majority of our younger demographic is sailors who work out of Dockyard, so re-gaining access to the Dockyard gym is a moment we have all been waiting for and one to celebrate," said Capt(N) O'Donohue.

Capt(N) O'Donohue is the new military champion for CFB Esquimalt's Active Living Working Group. He believes the reopening will positively impact all fleet members' mental and physical wellness.



Members of the Defence Team and Personnel Support Programs (PSP) staff gather for a group photograph during a celebration for the reopening of the Dockyard Gym, Aug. 15. Photo: Peter Mallett/Lookout Newspaper

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Turning relocations into a 'Heroes Journey' for kids

Peter Mallett
Staff Writer

Lookout for HEROES

Moving to a new town can be stressful for military families and their children, but superheroes Bobbi and Peri are coming to the rescue.

This animated dynamic duo is the star of a new children's activity book designed to ease the burden of service-related relocation. It is part of the Hero In Training Program, a new initiative by Personnel Support Programs (PSP).

"The relocation process can disrupt established support systems, uproot children from schools and social circles and introduce unfamiliar environments leading to feelings of isolation and uncertainty," says Isabelle Werlen, National Recreation Manager of Canadian Forces Morale and Welfare Services (CFMWS).

Werlen says relocations and their associated uncertainty and anxiety impact the emotional well-being of both adults and children. As such, the team harnessed research, child development expertise and insight from experienced partners to create a program that addresses the unique challenges of relocations.

The Hero in Training Program also includes Children's Programming Elements, a collaboration with PSP staff at bases and wings nationwide and internationally, to incorporate unique elements into their summer programming. They may include themed workshops, group discussions and team-building exercises designed to boost children's confidence and foster a sense of camaraderie.

Also, in-person Character Interactions allow children and their parents to meet Bobbi and Peri in person or virtually with activities such as live events and storytelling sessions.

MEET BOBBI AND PERI

The animated character Peri is a muscle-bound beaver named after the military's Canadian Forces Physical Education and Recreation Branch (PERI). Peri's partner Bobbi is a quick and agile Lynx that uses two prosthetic legs to lead children on their adventures.

The activity book is designed to entertain children and help pass the time during long car rides or waits at the airport and provides an immediate travel-boredom solution, says Werlen. But its aims are much bigger than that.

"The book helps instill a sense of pride and resilience in military children before and after the move," Werlen says. "Designed for children ages 6-8, the activity book provides age-specific activities and resources that promote personal growth and understanding of their family's service."

The book comprises 15 missions sorted into categories: preparing for the move, travelling to a new location, checking in with thoughts and feelings, preparing to share and make new friends, and arriving and settling into a new home. When each mission is completed, correct answers can be found by scanning a QR code on page 3 of the booklet so children can learn their Hero Skills Score. All the children need to participate is a pen, coloring crayons and a tablet to access online resources.

'BUILDING RESILIENCY'

Funding for the Heroes in Training Program was received in 2021-2022. To maximize the use of funds, PSP and CFMWS collaborated with Military Family Services (MFS) to share the funding and develop evidence-based relocation resources for military families.

"This innovative program reflects our dedication to providing holistic support by fostering resilience, unity and a positive outlook," says Ben Ouellette, Vice President of PSP Operations. "The Hero in Training program embodies our core values and signifies our continuous efforts to enhance the well-being of our military community."

The program and activity book were piloted over the 2022 posting season and implemented nationally this year.

Carmen Wong, a military spouse based at CFB Petawawa, says the Hero in Training Program is a tremendous asset for military families and addresses a critical need by providing age-appropriate resources.

"This program is a wonderful initiative that recognizes the sacrifices our families make and provides them with the tools they need to thrive," she said.

To obtain a printed copy of the Hero In Training Program information, visit your local PSP office or download a copy at cfmws.ca/support-services/moving-housing/relocation-resources-for-children



Halifax Military Police members converse with Peri during the Halifax Family event on June 24.



Peri meets some children during the Halifax Family event on June 24.



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One Ship, Two Coasts: Bringing HMCS *Max Bernays* Home



HMCS *Max Bernays* Coxswain Change of Appointment Ceremony, July 7, in Halifax, N.S.

Lt(N) Karakoy
HMCS *Max Bernays* UPAR

It's a sweltering mid-summer day in the Halifax Harbour.

The crew of HMCS *Max Bernays* gathers on the ship's flight deck, engaging in good-humoured banter following a morning filled with ship-wide Damage Control exercises. The gentle heat of the Friday afternoon's sun only adds to the overall positivity on board.

Looking forward to their evening off, the ship's company knows there is one last but essential task to attend to before the week's end.

Since HMCS *Max Bernays* was always destined to be a West Coast ship, the ship's company falls into formation on the flight deck-turned-parade square to recognize the first East-to-West Coast handover of a position in the Command Team.

The ship had spent the last year and a half under the care of an East Coast crew, with the West Coast personnel gradually arriving in the past months to start the transition of bringing the ship to its eventual home in Esquimalt Harbour. While the transition of certain positions from East to West Coast personnel has already begun, the handover of the role of Coxswain is the first to occur within the ship's Command Team.

A ship's Coxswain plays an incredibly vital role on board. They are charged with ensuring a ship's company holds a high standard of deportment and discipline while representing the ship's sailors within the Command Team.

Building the crew of HMCS *Max Bernays* after receiving the ship at the Halifax Naval Dockyard is a memory the outgoing Coxswain holds in the highest regard.

"We built a team, we traveled a road of shared experiences, built friendships and an Esprit de Corps," said Chief Petty Officer First Class (CPO1) Tari Lightwood. "My only disappointment is not delivering MAX to its

home in Esquimalt Harbour personally, but I am very excited for Mike to be the one to do the honours."

Born in Berwick, N.S., to a military family, CPO1 Lightwood received her entire education in schools on military bases before obtaining her bachelor's degree. CPO1 Lightwood has completed 26 years of service in the Royal Canadian Navy (RCN), which have brought many experiences ashore and at sea and in the Regular and Reserve Forces.

Having been posted to HMCS *Max Bernays* in December 2021, well before it was received by the RCN, CPO1 Lightwood saw the ship brought into service from the ground up.

"I have had the absolute privilege to be a part of what I consider to be one of the most important milestones in bringing a ship into service," CPO1 Lightwood said. "The vessel that was delivered to us was just steel and parts. It was when we marched on board that the ship came to life and took its first breath. That's when it became MAX."

She recounts having seen the ship physically take shape at the Irving Halifax Shipyard as well as presiding over the Badging and Naming Ceremonies of HMCS *Max Bernays* among her most notable experiences during her time onboard.

As Coxswain, CPO1 Lightwood worked tirelessly to support her Command Team partners while establishing a culture of respect and trust throughout the Ship's Company. She built a strong team before transferring the role to CPO1 Michael Umbach, HMCS *Max Bernays*' first West Coast Coxswain.

Originally from a small community south of Calgary, Alta., CPO1 Umbach joined the RCN in 1992 as a Naval Electronics Technician. In the past 31 years, he gained remarkable professional and personal experiences, from spending 79 days straight at sea on HMCS *Vancouver* for Op *Apollo* ROTO

to his work at Sea Training Group (Pacific) mentoring both East and West Coast sailors. Before taking over the Coxswain role, CPO1 Umbach was the Senior Production, Operations and Waterfront Management Chief at Fleet Maintenance Facility (FMF) Cape Breton.

CPO1 Umbach is grateful for the many professional and dedicated individuals he worked with.

"It is the best job in the Navy, one that I

am truly honoured to be entrusted with," CPO1 Umbach said. "The Coxswain is there to support the Command Team and help the crew understand the 'why'. They ensure the well-being of all members of the ship while setting the example of what right looks like".

"I will work hard to be open, fair and honest with the crew to enable an environment where everyone feels valued and can contribute to the successful delivery of a new capability to the West Coast," he said.



"It is the best job in the Navy, one that I am truly honoured to be entrusted with."

**– Chief Petty Officer First Class Michael Umbach
Coxswain, HMCS *Max Bernays***

Right: The crew of HMCS *Max Bernays*.
Inset: Lieutenant (Navy) Martin Berthelot (left), East Coast Operations Officer HMCS *Max Bernays*, with Lieutenant (Navy) Sarah Thomas (right), West Coast Operations Officer HMCS *Max Bernays*.



Naval Museum provides a special touch for CNIB Day Camp



Lisa McNiven, Naval Museum of Halifax Archivist, helped the special guests explore and try on items from the museum's collection of uniforms and clothing.
Photos: Corporal Mitchell Pacquette

Mikela Thoms

Federal Student Work Experience Program (FSWEP)

The Naval Museum of Halifax hosted for the first time a Summer Fun Day Camp for a group of young blind and partially sighted guests from the Canadian National Institute for the Blind (CNIB) on July 25.

The Summer Fun Day Camp is free of charge for children by the CNIB Nova Scotia office and funded by the Halifax Protestants Infants Foundation. The camp ran July 25-29 and the Naval Museum was one of the stops. The visitors learned about naval history, tried on uniforms, created ship crests, and participated in other hands-on activities with items from the museum's collection.

Sailor First Class (S1) Steve Happe, a member of the Halifax Region Defence Advisory Group for Persons with Disabilities (DAGPWD), and his partner Shelley Adams helped connect the CNIB and the museum to make the event happen. They were present alongside Adams's guide dog Rookie.

The event stemmed from S1 Happe's idea of exposing youth connected to the CNIB to Navy culture in a way they had never experienced before. With Shelley being the local Community Engagement Manager for CNIB and a key organizer of the annual camp, they brought the idea to fruition.

"This camp helps us reach out to this particular community, open the door and say, 'you are welcome here,'" said S1 Happe.

His hope is that the success of the CNIB visit could create an annual partnership, and potentially lead to similar engagements in the future involving other organizations.

While DAGSPWD was instrumental in helping connect the camp and the base, Adams also gave credit to museum staff, including Jennifer Gamble, a Curator, and Lisa McNiven, an Archivist, for carefully planning, organizing, and hosting the activities.

One of the most special elements was an interactive learning table where the children could feel naval objects as they were described, permitting the visitors to touch museum artifacts.

"Somebody might describe the item for you, but that's just not the same," Adams said, recalling museum trips of her own in the past.

Gamble said she was grateful to have connected with the DAGPWD and CNIB, and the Naval Museum is now working to develop more accessible programming.

"We are going to have our first exhibit that has braille on it, and we have started talking about developing audio tours. Even if we can't physically change the building, we can create other ways of making the museum more accessible," she said.

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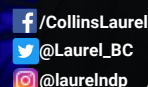
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THE JETTY RATZ: Bringing FMF together with the help of music

Gabrielle Brunette

Communications Coordinator Student, FMFCS

Have you ever heard of the expression 'music feeds the soul'? Well, these Jetty Ratz have, and they put it into practice with every gig they perform!

The Jetty Ratz is an open group of musically inclined people from Fleet Maintenance Facility Cape Breton (FMFCB) who share the common goal of bringing people together with the power of music. Their philosophy is simple: making others happy with music makes them happy.

"Live music - whether it's listening, playing, or dancing - is so good for our souls, something that COVID reminded us not to take for granted," said David Norton, the band's Public Relations Manager.

The band was first formed a few years ago by two FMFCB members who sought to boost morale and increase health and wellness across FMF with music. Norton says that, as a naval repair facility, FMF requires a lot of technical work, so the Jetty Ratz allows for a creative break from the everyday hustle and bustle.

Taryn Musgrave, a co-founder of the group, recalls the name Jetty Ratz was decided upon after being put to the vote. She felt the name truly captured the location and electric nature of the band. David Norton also believes the name fitting for a dockyard-based group.

"We like to think we are simply channelling positive vibrations via music," David Norton said. "Music, especially live music, is therapeutic and heart-felt."

The Jetty Ratz have fluid membership, with members joining whenever possible, allowing for better inclusivity. This is reflected in the band's line-up, which is always open to new members. The Jetty Ratz proudly represents FMFCB across every department, rank, and trade. They always encourage and welcome everyone to join in on the artistic collaboration and fun, even if only for one or two songs.

The band performs at various MARPAC and FMFCB annual events, such as BBQs, holiday parties, and the Chili Cookoff Charitable Campaign. The band also performed at the FMFCB National Public Service Week Pizza Party in June.

Thank you, Jetty Ratz, for bringing music and joy into our busy work lives!



The band also performed at the FMFCB National Public Service Week Pizza Party in June.

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Achieve Anything inspires future female leaders in STEM

Kirsten Brazier
Achieve Anything Foundation

We're inspiring future female leaders from shop floor to top floor in high-tech STEM fields with incredible, FREE hands-on experience events.

DID YOU KNOW?

Because of the Achieve Anything Foundation, our mission, and its supporters, nearly 140,000 participants of all ages have experienced new opportunities to learn in the Science, Technology, Engineering, and Mathematics (STEM) fields through FREE hands-on experience events with the military, Coast Guards, and more... An amazing 13,384 women & girls have experienced the magic of their first flight in a helicopter - FREE!

Coming up next: Day Sail on a Warship with the Royal Canadian Navy. This hands-on experience includes a day-in-the-life look into that of Navy personnel on board an active-duty warship on Nov. 13 in Vancouver. See and experience the various ship duty stations, crew quarters & mess, operational equipment; search and rescue demonstration, ship firefighting simulation, and scenario demonstrations of the ship's impressive manoeuvring capabilities.

WE STILL NEED YOUR SUPPORT.

The non-profit Achieve Anything Foundation relies on grants, donations, and volunteers to offer incredible, FREE hands-on experience events for women & girls. These events are always free for all participants to prevent any barriers to the experience.

While all these events are entirely free for all participants, they are far from free to organize.

To help cover immediate operating expenses, we are urgently raising funds so we can continue offering free hands-on experience events and inspire generations of female future leaders in STEM-related fields.

SUPPORT US BY DONATING OR VOLUNTEERING!

All contributions will support operations until sustainable grant funding is secured. -Every donation makes a difference. Donations can be made via [Paypal.com/donate?campaign_id=N9G35F6TELRJY](https://www.paypal.com/donate?campaign_id=N9G35F6TELRJY).

Please also consider volunteering with us - we have both in-person and remote opportunities available for those aged 15 and up. Visit www.achieveyouranything.ca for more information Thank you for your support!



Inspiring female future leaders from shop floor in high-tech STEM fields with incredible, FREE, hands-on experience events.

YOUR HELP IS URGENTLY NEEDED TO ACHIEVE OUR MISSION!

Financial & in-kind donations of any size greatly appreciated!
Volunteers are also needed: achieveyouranything.ca/volunteer.html



Working for our community



Mitzi Dean
MLA, Esquimalt-Metchosin

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#104 - 1497 Admirals Road
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Saxe Point, One Bedroom Basement Suite, 2.5 km from Dockyard gate, fully furnished, in-suite laundry, all utilities included. Street parking with private entrance, storage shed. \$1,300. Contact: frankalexander1963@outlook.com.

Spacious & charming 2 bed, 1 bath basement suite with 8' ceilings and ample storage in an amazing central location at 727 Porter Rd. Esquimalt. 825 sqft of bright living space with a

private patio, insuite laundry, and a gas stove. Gig speed internet & cable included. Available from Aug 15th. \$2,000/month + \$200 utilities. 1 parking spot. Contact: 250-858-7037, jesse@ilovevictoria.ca

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Email your FREE CLASSIFIED 50 words or fewer, to Trina.Winters@forces.gc.ca

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



HMCS Windsor promotions

presented by Lieutenant-Commander Nguyen-Huynh, Commanding Officer on Aug. 9.



Petty Officer First Class (PO1) Joshua Mollins, Cook, is promoted in company with his family to his current rank. PO1 Mollins also received two awards: a certificate of achievement from HMCS Moncton during OP Projection and a BZ for exceptional performance and dedication to Canadian Submarine Force and HMCS Windsor.



Sailor Second Class Colten Hudson, Sonar Ops, is promoted to current rank.



Sailor Second Class Amiee Lemieux, Sonar Ops, is promoted to current rank.

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