

Volume 68 Number 39 | October 3, 2023

# LOOKOUT

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## Truth & Reconciliation

Lisa deWit, Defence Indigenous Advisory Group member and Formation Review Officer, performs during a Truth and Reconciliation gathering at Fleet Maintenance Facility (FMF) Cape Breton on Sept. 26. Photo: Peter Mallett/Lookout Newspaper



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Haylee Gardiner is a Raven Program graduate, starting her first semester at the University of Victoria to become a family doctor. Photo supplied

# Career goals of former Raven take flight

Peter Mallett  
Staff Writer

A former member of the Raven Program credits the outreach to Indigenous peoples with propelling her toward a career in medicine.

Haylee Gardiner of Saskatoon graduated from Raven in August 2021 and said it made a huge difference in her life. She recently returned to Victoria to commence her first semester of undergraduate studies at the University of Victoria (UVic) to pursue her ultimate goal of becoming a family doctor.

"The Raven program boosted my confidence and strengthened my identity," says Gardiner. "Getting through basic [training], graduating the program and then being presented with a sash from the Métis Nation of British Columbia was a turning point and proud moment for me."

The program is operated by HMCS Venture at CFB Esquimalt and blends Indigenous culture with military training. Candidates in the Raven Program come from across Canada and are sworn into the Canadian Armed Forces (CAF). Ravens go through Basic Military Qualification (BMQ) and are educated about careers in the CAF while earning a salary.

In June 2023, Gardiner was one of 20 Indigenous students nationwide to earn a scholarship of \$10,000 per year



for up to four years through RBC. She says the award will help pay for a big chunk of her expenses and help her avoid taking out a student loan. It also gave her a confidence boost when she needed it most.

"I shed tears of happiness when I received the award," Gardiner says. "I can focus on my studies without having to think of the financial 'what ifs' and plans to repay a loan."

Three months later, she is busy cracking the books at UVic in biology, chemistry, calculus and academic reading and writing courses. Her goal is to become a family physician for Indigenous communities. She firmly believes healthcare should be accessible to all.

Gardiner credits the program's Culture Camp with pushing her in the right direction, where elders from Indigenous communities share their knowledge. Along with helping her set goals, the Raven Program helped her embrace her culture by creating dreamcatchers, which she sees as a symbol of strength. The program also helped her understand the dire need for National

Truth and Reconciliation Day.

"One key lesson I learned from the Raven Program is there is strength in identity," she said. "Raven and sister programs designed for Indigenous youth is a call to truth and reconciliation."

After she graduated from Raven, she became a member of the Gabriel Dumont Local 11 but stayed connected to the CAF: she is currently joining the Army Reserves as a medical assistant.

Petty Officer First Class (PO1) Michelle Howell of HMCS Venture, Indigenous Program Coordinator, says she and Raven's support staff are brimming with pride about Haylee's success and academic pursuits.

"There was never any doubt Haylee Gardiner was going to do great things, so it's great to see she is carrying on these skills to a future in medicine," PO1 Howell said. "During her time with the Raven [Program] she was organized, determined and showed positive leadership skills, conquered the confidence course and field phase of the program, and excelled in academics."

The CAF across Canada offers a few Indigenous training programs; the Raven Program, in particular, can accommodate a maximum of 50 candidates. For more information about the Raven Program, visit: [canada.ca/en/navy/corporate/community-support/navy-experience/raven.html](https://canada.ca/en/navy/corporate/community-support/navy-experience/raven.html)



# Deployment fun: HMCS Ottawa runs for Terry Fox

**Steffa MacLintock**

Embarked PSP Staff in HMCS *Ottawa*

Being deployed to the Indo-Pacific allowed Canadian sailors to share an essential Canadian tradition with our partners in the Philippines.

HMCS *Ottawa* and MV *Asterix* participated in a Canadian Armed Forces (CAF) staple

charity event, the Terry Fox Run, alongside in Subic Bay, Philippines.

Like many of our families and friends back home, on Sept. 17, crews laced up their running shoes to support the Terry Fox Foundation and cancer research, shoulder-to-shoulder with sailors from the Philippine Navy.

The 1.6 km loop around the Dockyard and surrounding neighbourhood was a chal-

lenge; despite the early start, temperatures were still hovering near 30 C. The outstanding crew of volunteers, medics, and organizers made sure water was available at each end of the loop and all runners and walkers were safe. Exceptional teamwork helped raise more than \$1,800 for cancer research.

In mid-August, HMCS *Ottawa*, MV *Asterix*, and HMCS *Vancouver* slipped from their

home berths at CFB Esquimalt and began their nearly four-month deployment through the Indo-Pacific. The Esquimalt-based warships and the interim auxiliary oil replenishment ship will navigate the Indo-Pacific, conducting bilateral and multilateral naval exercises to develop ties with allied and partnered nations and promote the rules-based international order.



Part of the crews of HMCS *Ottawa* and MV *Asterix*, and representatives of the Philippines's Navy participating in a Terry Fox run in Subic Bay, Philippines, on Sept. 17. Photos: Master Sailor Marilou Villeneuve-Last,

# LOOKOUT

MORALE & WELFARE NEWS  
CFB ESQUIMALT, VICTORIA, B.C.

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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

**Ashley Evans**  
**Rodney Venis** ..... 250-363-7060

#### FRENCH EDITORIAL ADVISOR

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

Published each Monday, under the authority of Capt(N) K. Whiteside, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv K. Whiteside, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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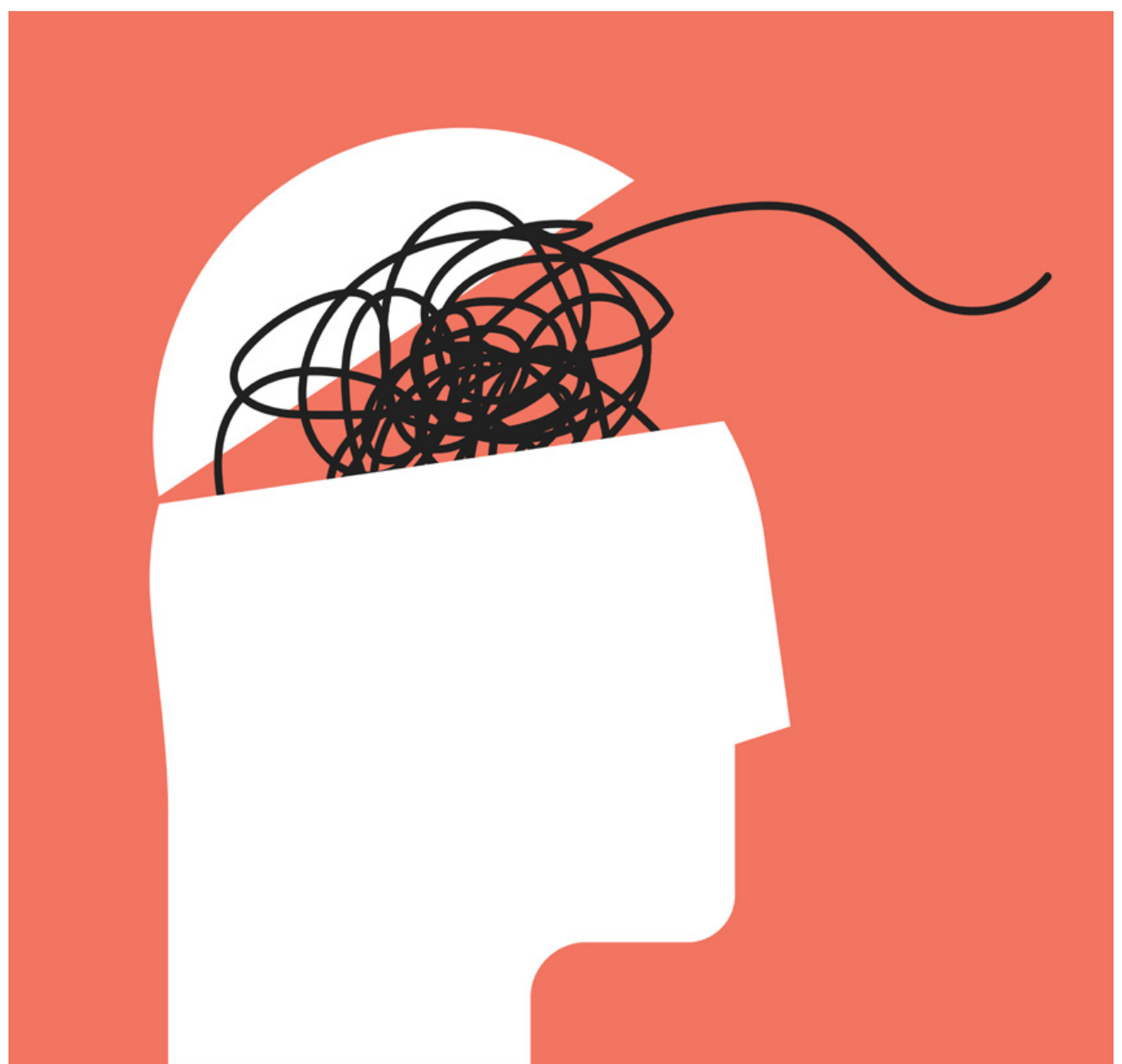
A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces  
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# Dis-Traction

## Thomas Goenczi

Lookout contributor

Modern society is entrenched in a distraction epidemic. Our capacity to stay focused often falls to the temptation for cheap pleasures that often make us feel far worse for days afterward. To distract ourselves is to pull ourselves into bewildering directions.

Why do we find ourselves constantly giving into our distractions? Because it is the path of least resistance. It's easy to numb out and not focus on what needs attending.

Today's addictive technology and its insidious nature of distracting us also doesn't help. Mobile devices have become another appendage for us, throwing us into feverish panic when we lose sight of it.

Distraction is necessary when we need to shut our minds off while scrolling through the socials or watching

television. Distraction becomes an issue when it constantly inhibits us from doing things that fulfill us.

There is a common marker that helps us recognize when we are stuck in a distraction loop.

The loop begins with a surge of thoughts or emotions we can't deal with, so we try to push them away. Once we realize we can't, we resort to distracting ourselves from those very thoughts and emotions.

Distraction helps us avoid an issue, and when we don't limit distraction and face the issue we move away from fulfillment. Our focus becomes impotent due to how inundated our psychological system has been fraught with distraction. Once distraction becomes our default way of dealing with our anguish it becomes an unconscious habit, and that's when distraction becomes downright terrifying. We become rudderless when distraction

is the predominant method of dealing with our issues.

However, when we are conscious that we need a little distraction and choose under our own will to follow that distraction for a short period of time then we have control over it. Just remember to know how to get back on your path and eventually confront the things that need confronting.

*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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Canadian Forces Base Esquimalt members prepare Pancake Breakfasts for the National Defence Workplace Charitable Campaign Kick-Off at the Chief and Petty Officers' Mess, Sept. 26. Photo: Master Corporal Nathan Spence, MARPAC Imaging Services



(Left) Capt Anthony Divinagracia of the Base Chaplains Office and Sailor Third Class Stephen Rubio of HMCS Yellowknife enjoy their meal during the NDWCC Pancake Breakfast. Photo: Peter Mallett/Lookout

# NDWCC kickoff is a FLIPPING SUCCESS



**Peter Mallett**  
Staff Writer

Organizers of the annual charitable campaign kickoff event served another hot and sizzling winner.

Pancakes, hash browns, and meat and vegetarian sausages were on this year's Pancake Breakfast menu. They were quickly devoured by ravenous supporters of the annual campaign kickoff event for the National Defence Workplace Charitable Campaign (NDWCC). Over 200 attended the event at the Chief and Petty Officers' Mess on Sept. 26.

Matt Carlson, CFB Esquimalt's NDWCC Team Leader, brimmed with pride about the \$1,610.00 raised for this year's campaign kickoff breakfast.

"It was an awesome team effort by all military members and civilian staff and I am very pleased with everyone's efforts," said Carlson.

Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific, Captain (Navy) Peter Sproule, Formation Chief of Staff, and Petty Officer First Class Susan Frisby, Base Chief, were among the

many volunteers helping behind the grill and in the

dining room during the event with the assistance of Base Foods staff.

As they ate their meals, attendees were serenaded by the Naden Band's Wheelhouse Jazz Band.

Royal Canadian Air Force Captain Andy Ravishaw of Real Property Operations was one of many sharing a favourable review.

"The Pancake Breakfast is good for the military community to come together and support the community that supports the Base," said Capt Ravishaw. "The pancakes were delicious and a really nice five-dollar breakfast that I would love to have every morning."

In total agreement was Sailor Third Class (S3) Stephen Rubio of HMCS Yellowknife, who rode his bike to Signal Hill for a hot breakfast. When he arrived at the Mess, Rubio suddenly realized he had left his cash at home. Thankfully, a member of the Command Team heard his dilemma while standing in line to pay.

"He was so kind and standing in front of me said, 'I will pay for you,' and I said

"thank-you very much sir," said S3 Rubio. "The sausages, hash browns, and pancakes were excellent."

Others, such as Commander (Cdr) Malcolm Girard-LeBlanc of MARPAC HQ, stopped by to pick up a takeout order.

"My taste buds compelled me to come today to try out some of the wonderful pancakes while also supporting the NDWCC and United Way of Southern Vancouver Island," said Cdr Girard-LeBlanc. The United Way of Southern Vancouver Island (UWSIV) is one of the local NDWCC primary beneficiaries.

Erika Stenson, UWSIV Executive Director, says the support and teamwork required by volunteers to put the event together was impressive.

"CFB Esquimalt is one of our most significant, long-time supporters and I know that support of its leadership will mean this year's campaign will continue the tradition of supporting our shared communities," said Stenson.

Upcoming NDWCC Base Events planned for October include Unit Rep NDWCC Ambassador Training, Bring Your Dog to Work Day, and a Virtual Pet Photo Contest.



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# Canadian Rangers train Down Under with their Australian counterparts



During Exercise Southern Cross 2023, the 4<sup>th</sup> Canadian Ranger Patrol group contingent visit Uluru-Kata Tjuta National Park, a UNESCO World Heritage site. This park features spectacular geological formations that dominate central Australia's vast red sandy plain. Uluru, an immense monolith, and Kata Tjuta, the rock domes located west of Uluru, form part of the traditional belief system of one of the oldest human societies in the world.

## Capt Natasha Tersigni, 4 CRPG PAO

Learning how to operate in a vastly different climate and environment, 11 members of the 4<sup>th</sup> Canadian Ranger Patrol Group (4 CRPG) traded their toques for sun hats and deployed to northern Australia to take part in Exercise Southern Cross hosted by the Australian Army North-West Mobile Force (NORFORCE).

NORFORCE is an Australian Army Reserve Infantry Regiment and is one of three regiments of the Regional Surveillance Units (RFSU). As with the Canadian Rangers, NORFORCE comprises wilderness experts living in their country's remote, isolated, and coastal areas.

Since 2011, NORFORCE and 4 CRPG have hosted

annual reciprocal small unit exchanges to better understand training and practices in their opposing climates. From Aug. 10 to 28, 4 CRPG members (eight Canadian Rangers and three full-time staff members) operated in Australia's Northern Territory, including Kakadu National Park, Maningrida, Darwin, and Alice Springs.

During Phase 1 of the exercise with the Darwin Squadron, the Canadian contingent spent seven days in the field, travelling by various mobility platforms and learning bush skills from Gordon Deadman, a world-renowned survival expert.

"This was an opportunity for us to really exchange best practices and see how they operate in the field and work in their environment," explained Major (Maj) Rang

Phan, Officer-in-Command, Manitoba Company, 4 CRPG.

While both units share the same mission, they operate in different climates and use different equipment. Maj Phan noted it was fascinating to see how their Australian counterparts manage in dry, hot conditions, use the equipment and techniques they do, and observe how they integrate with local and federal law enforcement to bring back home.

For Phase 2, the Canadian team integrated with Center Squadron members and participated in cultural and community relations activities. They visited the Uluru-Kata Tjuta National Park (a UNESCO World Heritage site), participated in the Henley on the Todd Regatta in Alice Springs, and observed the Freedom

of Entry march held on Aug. 18 in Alice Springs.

"This was the first time that a foreign military participated in the Freedom of Entry march, so it was very monumental that we were part of this event," Maj Phan said.

The march included over 50 NORFORCE soldiers and commemorated the 40 years since Freedom of Entry to Alice Springs was first granted to NORFORCE.

Overall, Maj Phan said the experience was positive.

"All NORFORCE members were accommodating, eager to teach us and learn from our experiences as well," he said. "We are very much looking forward to hosting them in 2024 for Exercise Northern Lights 2024."



4<sup>th</sup> Canadian Ranger Patrol Group members, part of Exercise Southern Cross 2023, participate in the Freedom of Entry March held in Alice Springs, Australia, on Aug. 18. This was the first time a foreign military contingent participated in this event.

# Air Force defeats Navy in COMMODORE'S CUP



**Peter Mallett**  
Staff Writer

The Royal Canadian Air Force (RCAF) retains their Vancouver Island football bragging rights.

The team took down the Royal Canadian Navy (RCN) with a 31-12 victory in the Commodore's Cup game played in Comox on Sept. 21.

The game was non-contact, three-down flag football played over two halves of 32 minutes on the 100-yard sports field at 19 Wing.

Despite the final score, this year's game boosted morale and camaraderie, says Sailor First Class (S1) Noah Natividad, Esquimalt Team Captain and receiver, and a Naval Combat Information Officer of HMCS Calgary.

"While it was disappointing our team didn't perform to our potential and capabilities on the field, we had a great time playing the game and continuing the spirit of competition with the Air Force," said S1 Natividad. "It's a great competition to be part of and is becoming an annual tradition we look forward to."

He said more preparation could have made a considerable difference in the final score, as the team only had three returning players from last year and held a few practices ahead of this year's game. He prescribes the game's outcome to the passing game from their rivals, who started clicking early and often, proving too fast for the Navy to defend. Comox jumped out to an early 12-0 lead and never looked back. In 2022, during the first Commodore's Cup game held at the Colville Road Sports Field, a late touchdown gave the RCAF a 20-18 victory.

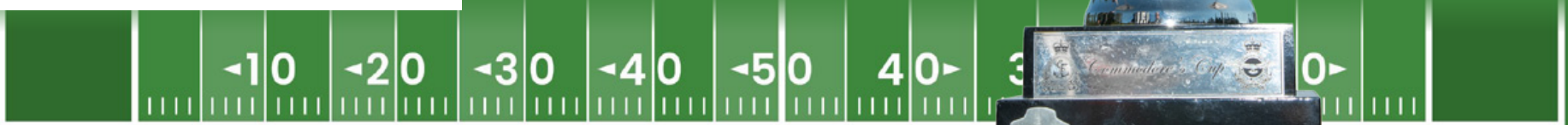
Corporal Tyler Moorehouse, an Air Maintenance Squadron member, won the game MVP.

While the game results were disappointing, the RCN team showed off their skills at half-time, thanks to a half-time show sponsored by Canadian Forces Morale and Welfare Services SISIP Financial. During a featured skills competition, S1 Natividad won for the fastest player, the longest throw went to Esquimalt's Sailor Third Class (S3) Aiden Osmond, and S3 Matt McDonald claimed the passing accuracy competition.

The Commodore's Cup game was created in 2022 by Commodore David Mazur, Commander of Canadian Fleet Pacific, to promote sportsmanship, esprit de corps and improved morale through sport.

This year's return match commenced after four Search and Rescue Technicians (SARTECHs) of 19 Wing parachuted onto the field from a CC-130 Hercules aircraft and delivered the official game ball to the team captains. Later in the game, a CH-149 Cormorant did a flyover to show its support.

*-With a report from Camile Douglas, 19 Wing*





# HMCS Malahat exercises *Freedom of the City*

**Lt(N) Donald Den**

HMCS Malahat PAO

Last Saturday, the sounds of traditional ceremonial marching music and marching boots echoed through the streets of downtown Victoria.

Over 90 sailors, including members of HMCS *Malahat*, Victoria's Naval Reserve Division (NRD), and musicians from the Naden Band, marched downtown and into Centennial Square to exercise *Malahat's* Freedom of the City.

HMCS *Malahat* joined several other NRDs across Canada in exercising their Freedom of the City in parades and ceremonies in celebration of the Naval Reserve Centennial, as 2023 marks 100 years since the creation of the Naval Reserve in 1923. In addition, the event held special significance for Victoria, as the precursor for the Naval Reserve, the Royal Naval Canadian Volunteer Reserve (RCNVR), got its start right here in 1914.

Granted initially to HMCS *Malahat* in 1983 and exercised again in 1998 to coincide with the 75<sup>th</sup> anniversary of the Naval Reserve, the tradition of granting Freedom of the City to a military unit goes back more than three centuries. The Freedom of the City means, in the physical sense, granting the privilege for all time for a specific military unit to march through the city with 'drums beating, colours flying, and bayonets fixed'. It is a most prized honour, for it recognizes the record of the military unit and demonstrates the affection and esteem with which the community holds it and the trust the citizenry has in it to safeguard their democratic institutions.

Leading the contingent from HMCS *Malahat* through the streets of downtown and into Centennial Square was Lieutenant-Commander (LCdr) Anne Gardam, *Malahat's* Commanding Officer. Upon arriving in Centennial Square and bringing the parade to a halt, LCdr Gardam ascended the steps to City Hall and, as per Freedom of the City tradition, knocked on the door with the pommel of her sword to be greeted by Her Worship Marianne Alto, the Mayor of Victoria.

Following this was an Indigenous land acknowledgment and the playing of *O Canada*. Mayor Alto and LCdr Gardam then inspected the Ship's Company, speaking briefly to several members about their service with the Naval Reserve.

Next, Her Worship presented HMCS *Malahat* with two proclamations endorsed by the City Council, one granting HMCS *Malahat* the right to exercise its Freedom of the City and the other proclaiming September 23, 2023, as 'Naval Reserve Day' in honour of the Naval Reserve Centennial. Mayor Alto concluded her remarks by thanking HMCS *Malahat* for their years of service in Victoria, noting their conduct 'has been exemplary', and ending with 'how impressive it is to see you here today and know that because of your commitment we all have an opportunity to feel a little safer in our communities and in our lives'.

Upon conclusion of the ceremony, the parade conducted a March Past for Mayor Alto before exiting Centennial Square and marching down Government Street to the sound of clapping and cheers from the nearby crowd.

For those members of HMCS *Malahat's* Ship's Company in attendance, it was a day to remember. Due to the rarity with which Freedom of the City is exercised, this will likely be their only participation in such an event for the remainder of their Naval careers.

"As a truly naval city, the bond between Victoria and HMCS *Malahat* is a special one," noted LCdr Gardam. "We are deeply grateful to the City of Victoria for allowing us the honour and privilege of exercising our Freedom of the City in this momentous year, the 100<sup>th</sup> Anniversary of the Naval Reserve."

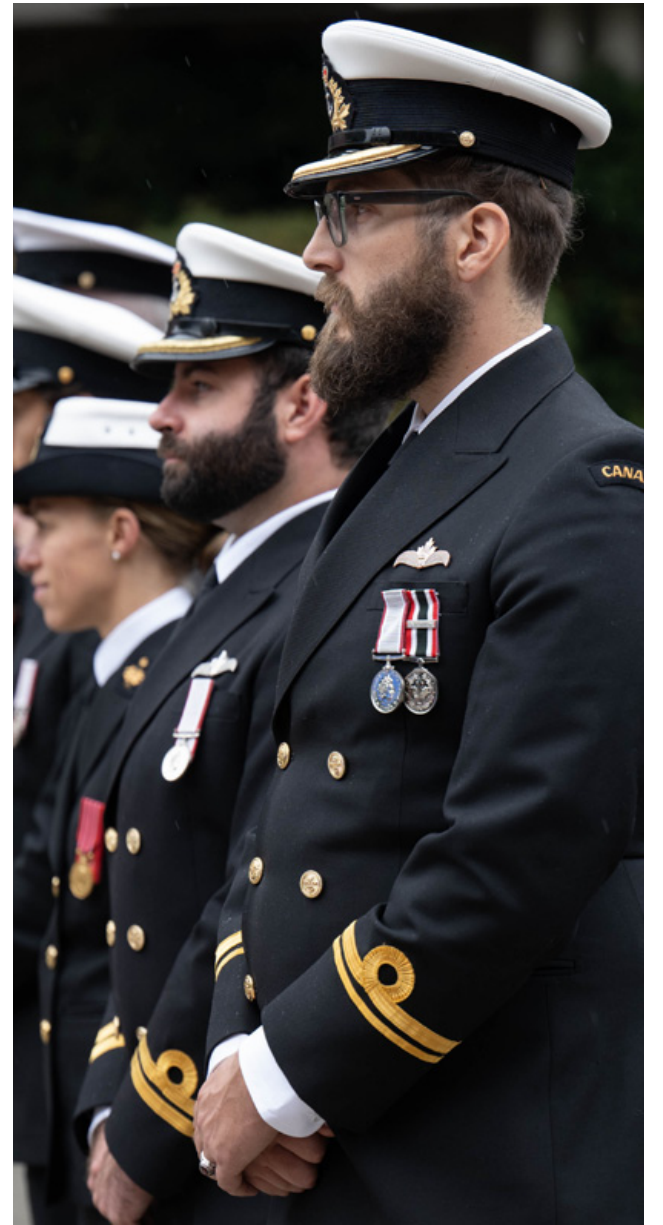
*"how impressive it is to see you here today and know that because of your commitment, we all have an opportunity to feel a little safer in our communities and in our lives."*

*Her Worship, Marianne Alto, Mayor of the City of Victoria*



Lieutenant-Commander Anne Gardam, Commanding Officer of HMCS Malahat, meets Her Worship, Marianne Alto, Mayor of the City of Victoria, at the doors of City Hall, during Malahat's exercising of Freedom of the City on Sept. 23. Photo: Lieutenant (Navy) Adam Smith





HMCS Malahat conducts Freedom of the City parade and ceremony at Centennial Square, Victoria on Sept. 23. Photos: Master Sailor Valerie LeClair, MARPAC Imaging Services



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# FMF honours Truth and Reconciliation Day



A member of the DIAG Drum Group performs during a Truth and Reconciliation gathering at Fleet Maintenance Facility (FMF) Cape Breton on Sept. 26.



Members of the DIAG Drum Group gather for a group shot with DIAG Co-Chair Kenneth Hall (top right) during a Truth and Reconciliation event at Fleet Maintenance Facility (FMF) Cape Breton on Sept. 26. Petty Officer First Class Audet will be leaving the Base in Oct. to begin a new posting Valcartier, Que. Photos: Peter Mallett/Outlook Newspaper

**Peter Mallett**  
Staff Writer

“Events such as this are an example of how we should operate,” said DIAG member Lisa deWit, Acting Formation Review Officer, and past DIAG National Co-Chair.

deWit was one of many who honoured the significance of the National Day for Truth and Reconciliation at the Fleet Maintenance Facility (FMF) Cape Breton on Sept. 26.

FMF leadership, employees and members of the Defence Indigenous Advisory Group (DIAG) gathered at FMF’s main entrance to listen to speeches, enjoy a musical drumming, and enjoy complimentary Bannock bites from the Songhees food truck while given time to reflect.

The DIAG Drum Group opened the event with the performance of a song entitled *Calling Back The Children*, a tribute to the victims of the Residential School System.

“This event exemplifies how Truth and Reconciliation is not only on the shoulders of Indigenous people but that the [military] organization is taking it upon themselves to create a space that is open to learning,” deWit said.

Commander (Cdr) Simon Summers, FMF Acting Commanding Officer, followed by addressing the crowd.

“Truth is really the genesis of this National holiday,” said Cdr Summers. “You can’t really understand reconciliation until you understand that painful truth of the last 300 [plus] years that has created many of today’s inequalities in our country.”

Cdr Summers encouraged FMF members and all in the Defence community to become familiar with the Truth and Reconciliation Commission of Canada’s 94 Calls to Action, which he noted also included the establishment of a national holiday. He emphasized how inclusivity in FMF’s workspace is critical, along with recognition and celebration of the unit’s Indigenous members and all other groups.

Vanessa Nicholson, Employment Equity and Diversity Inclusion Coordinator for Maritime Forces Pacific (MARPAAC) also indicated she was excited to see the fantastic turnout and how FMF had taken the initiative to stage the event.

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Vanessa Nicholson, Employment Equity and Diversity Inclusion coordinator (left) presents Colleen Jackson of the Culture Diversity and Inclusion Committee with a present while thanking her for efforts in staging a Truth and Reconciliation event at Fleet Maintenance Facility (FMF) Cape Breton on Sept. 26.

# Reigning champs hold onto their title at the Base Commander's Golf Tournament

The Base Commander's Golf Tournament teed off on Wednesday with clearing skies just in time for 18 holes of golf.

The sold-out event opened at Olympic View Golf Course in the early morning with a performance by the Naden Band, a welcome address by Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, and a shotgun start.

The day was hosted by Canadian Forces Morale and Welfare Services (CFMWS) Community Recreation and brought big celebrations, holes-in-one, mulligans, and some searching through the woods for missing balls. This year, the course featured fun activities at many holes throughout the course, courtesy of sponsors and partner companies looking to bring a whole new level of competition to the tournament.

Holding onto their title as the reigning champions of the Base Commander's Golf Tournament are Roy Elson, Mohamed Gudal, Steve Melnick, and Steve Wist. Congratulations on your win!

The event would not have been possible without the generous contributions of the event sponsors: Seaspun, Babcock, Pomerleau, WestJet, SISIP, Canex, The Royal Canadian Legion BC / Yukon Command, Absolute Therapy, Grainger, Friends of Dorothy Lounge, Golf Town, Royal Roads University, and SeaShell Consulting.

A special thank you also goes out to Pelican Products for their on-course Nerf gun fun and prizes donated to participants.

The tournament closed with a banquet lunch and prize giveaways courtesy of sponsors, with the final prize being a \$1,500 flight voucher courtesy of WestJet.

Information on upcoming events hosted by CFMWS is available at [cfmws.ca](http://cfmws.ca).

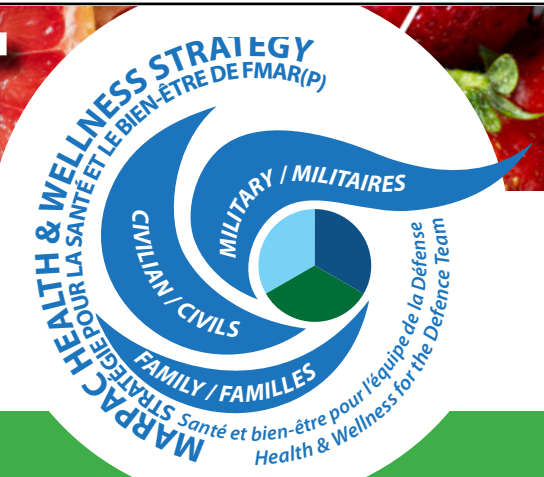


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# RCN Digital Leadership: LCdr Dawn Macdonald

**Elizabeth Wolfe**

Business Analyst/Technical Advisor  
Naval Personnel and Training Group

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

Lieutenant-Commander (LCdr) Dawn Macdonald was born in Lethbridge, Alta., and raised in Fort St. James, B.C. As a high school student, she was attracted to the military for the same discipline she had enjoyed while playing sports and studying martial arts. She continues to play soccer with a Halifax women's league and has a first-degree black belt in taekwondo. Her grandparents both served in the Canadian Armed Forces (CAF) and spoke highly of the Canadian military. In 2000, she enrolled and began studying mechanical engineering at Royal Military College (RMC) and is now a Naval Technical Officer.

LCdr Macdonald is the Sea Training Atlantic Maritime Systems Engineering Officer (MSEO) and has been in this role for the past two years. Together with her team, she validates and assesses our force elements' readiness

levels and collective team training when preparing for deployments. When Sea Training embarks with a unit, her team looks to verify their readiness level, looking at their personnel management, equipment, parts, and training.

Every aspect of this work is linked to digital tools.

On a day-to-day basis, the MSC application tools ensure personnel are adequately represented in Monitor Mass (MM), qualifications are trackable, feedback notes can be entered, and prompt course loading can be executed. Specifically, verifying personnel qualifications and training without MM becomes difficult with little visibility.

Aside from studying C++ at RMC, LCdr Macdonald's digital competencies have been derived from CAF-available training opportunities. She believes firmly in taking advantage of digital training opportunities whenever available.

## FOR THOSE INTERESTED IN FOLLOWING IN HER FOOTSTEPS, SHE RECOMMENDS:

- Developing digital champions both at executive and operational levels;
- Attending training sessions, applying the critical learning points, and diligently tracking the outcomes;
- Continuing to improve your remote collaboration skills;
- Paying attention to adoption obstacles and stakeholder resistance;
- Remembering the importance of usability as a vehicle for adoption;
- Having a business plan to address system outages;
- Accepting that some operational tools are not suited for digitization;
- Avoiding stove-pipe solutions which undermine our enterprise goals; and
- Keeping policy as a primary focus when developing solutions.



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# HEALTHY WORKPLACE MONTH EVENTS CALENDAR

3/10

## MORNING COFFEE WITH THE ADMIRAL

Week 1 is all about focusing on social wellbeing so come say hi to the Admiral as he kicks off Healthy Workplace Month along with the MHWS's Organizational Wellness Team.

TIME: 0800 LOCATION: Admiral's Residence

10/10

## HARBOUR/SHORELINE CLEANUP

Week 2 is all about community wellbeing! Join us in a base wide initiative to clean up our harbour and create an environment we can be proud of. To register yourself or your unit, contact [jessica.wyllie@forces.gc.ca](mailto:jessica.wyllie@forces.gc.ca)

TIME: 0845 to 1200 LOCATION: TBD

17-19/10

## INTRO TO MEDITATION & MINDFULNESS

Week 3 brings the focus to improving our mental wellbeing. Take part in various noon hour classes on meditation, mindfulness, yoga and more.

TIME: 1205 to 1250 LOCATION: Naden Athletic Centre (N88) - Upper Gym

24-27/10

## PHYSICAL ACTIVITY WEEK

Last, but not least, week 4 is all about improving our physical wellbeing. Take part in one of our various PSP fitness classes at NAC and DKY Gym, Go By Bike Week Celebration Station (Oct 25th), National Sports Day (Oct 26th) and/or the monthly Formation Run (Oct 27th). Finish the week off by getting your body moving!

Follow @pspesquimalt\_hp or check the latest edition of the Lookout for up to date information on all upcoming Healthy Workplace Month activities!



# HMCS Montréal nears end of OP PROJECTION DEPLOYMENT

**Ryan Melanson**  
Trident Staff

As His Majesty's Canadian Ship (HMCS) *Montréal* prepares to return to Halifax in the coming weeks, the ship's commanding officer says he and his crew are full of pride after completing a unique Indo-Pacific deployment.

The deployment focused on supporting Operation *Projection*, the Canadian naval mission to promote peace, stability, and the rules-based international order.

In an interview shortly after leaving Perth, Australia, in late August, Commander (Cdr) Paul Mountford lauded the ship's company for excelling through months of naval exercises, patrols, diplomatic engagements, and other demanding tasks.

"We have been together for quite a while, we prepared for the deployment together, and we deployed as a group, so we got to know each other very well," he said. "This has been a trip of a lifetime for all of us, and I can hardly believe that we're so close to getting back."

The ship recently wrapped up the Australian and American-led international exercise *Talisman Sabre*, which included highlights as *Montréal* found a

lot of success during simulated conflict scenarios at sea, but also tragedy, when four Australian personnel lost their lives in a helicopter crash off the coast of Queensland. The situation was unfortunately reminiscent of the Cyclone helicopter crash that took the lives of six Canadian Armed Forces (CAF) members in April of 2020 – Cdr Mountford said some of his crew were also deployed with HMCS *Fredericton* when that tragic crash took place.

"That brings back difficult memories for the crew, but I'm glad we were there to help one of our key partners in the region; we were the first nation on scene working with them," he said.

This new East Coast deployment is a component of the Canadian government's new Indo-Pacific strategy announced earlier this year, which involves upping the number of Royal Canadian Navy (RCN) ships deploying to the region each year from two to three. *Montréal* will be immediately replaced by the Canadian presence of both HMCS *Ottawa* and *Vancouver*. The ships departed from CFB Esquimalt on August 14, accompanied by Motor Vessel *Asterix*, as *Montréal* headed for the early leg of its deployment.

The government says the intention is to continue supporting a free, open and inclusive Indo-Pacific, while also enhancing the CAF's ability to conduct operations in the Indian and Pacific Oceans.

"This was very significant for us because normally east coast ships don't get to this region," Cdr Mountford said. More east coast ships are now expected to follow *Montréal's* lead in the coming years.

*Montréal* was conducting a freedom-of-navigation transit through the Taiwan Strait in June alongside US Navy destroyer USS *Chung-Hoon* when that ship made international headlines after a close encounter with a Chinese warship. Despite that occurrence and the general heightened tensions in the region, Cdr Mountford said he didn't encounter any issues.

While *Montréal* could still be redirected to respond to anything from suspicious vessels to humanitarian disasters, the ship is expected to sail back into Halifax harbour in early October.



## HEALTH PROMOTION COURSES FALL 2023 SCHEDULE

Sign up for a class today! Use the attached Schedule/Registration Form or visit [cfmws.ca/health-wellness/health-promotion](http://cfmws.ca/health-wellness/health-promotion) for full course descriptions and registration.

### Health Promotion courses offered for Fall 2023:

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- ✓ Managing Angry Moments
- ✓ Mental Fitness and Suicide Awareness (MFSA) MITE 117733
- ✓ Respect in the CAF (RitCAF) MITE 303192

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

Health Promotion courses 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.



Questions? Please contact Lisa Jeffery at 250-363.5621 or [lisa.jeffery@forces.gc.ca](mailto:lisa.jeffery@forces.gc.ca)



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# The Admirals' Medal nominations are now open

It's that time of year again for nominations for the Admirals' Medal!

Established in 1985 in conjunction with the 75th anniversary of the Naval Service of Canada, the Admirals' Medal is bestowed upon individuals to recognize the advancement of maritime affairs in Canada. Named for Vice-Admiral Rollo Mainguy and Rear-Admirals George Stephens and Victor Brodeur, the silver medal was established by their respective sons who also rose to flag rank: Vice-Admirals Daniel Mainguy, Robert Stephens, and Nigel Brodeur.

Responsibility for the Admirals' Medal

Foundation was transferred from the Royal Canadian Navy to the Naval Association of Canada (NAC) in 2021. NAC Naval Affairs is now responsible for ensuring the Medal is awarded annually through a proper solicitation - nomination - selection - award process. To that end, a committee of Flag/Senior officers has been set up to conduct the review and selection process.

For nomination instructions, please visit [navalassoc.ca/the-admirals-medal/admirals-medal-nomination-instructions/](http://navalassoc.ca/the-admirals-medal/admirals-medal-nomination-instructions/)



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Sailor Second Class Owen Steed is promoted to current rank by Lieutenant-Commander Mike Vanderveer

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