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# LOOKOUT

NEWSPAPER & PUBLISHING

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

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## CFB Esquimalt shines at sunny Victoria Day Parade

Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, along with Marianne Alto, Mayor of Victoria, take to the reviewing dias during the Victoria Day Parade on May 20. Photo: Corporal Tristan Walach, CFB Esquimalt, MARPAC HQ Imaging

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# SUBMARINE SEARCH AND RESCUE



# SMASHEX 2024

**Matthew Kerr**  
**Communications Analyst**  
CANSUBFOR HQ

Submarines are both lethal and stealthy, and those strengths come with increased risk. While emergencies at sea are rare, preparing for them can be the difference between life and death.

Joint Task Force Pacific and Canadian Joint Operations Command (CJOC) Maritime Component Commander worked with Pacific Fleet assets and Canadian Submarine Force (CSF) personnel to exercise how the Royal Canadian Navy (RCN) would react to a submarine search and rescue (SUBSAR) operation. This was the first time a SUBSAR exercise, or SMASHEX, was controlled by CJOC.

Participants included the crews of HMCS *Yellowknife* and *Edmonton*, CSF SUBSAR specialists and the Seabed Intervention System (SBIS) on the West Coast as well as participants in Halifax, N.S., and Ottawa, O.N.

"When they occur, SUBSAR reactions are a whole-of-government operation," said Lieutenant-Commander (LCdr) Dave Hendry, one of the embarked CSF personnel. "Seeing the level of interest in this exercise from units across the Navy highlights the capabilities that we have, and how we can best use them to determine

what's happening onboard a distressed submarine."

The SMASHEX began with the Submarine Operating Authority sending a message that a fictional submarine had failed to check in as expected, prompting recalls on both coasts.

Within hours, HMCS *Yellowknife* and *Edmonton* had embarked CSF personnel and deployed portable underwater telephones to contact the distressed submarine, represented by a local wreck. The underwater telephones are placed deep underwater and allow communication between the surface ship and the submarine. Fleet Diving Unit (Pacific)'s SBIS team also deployed to the location, providing underwater imagery of the stricken submarine using their REMUS 100 system. Messages and imagery were then routed through both the International Submarine Escape and Rescue Liaison Organization website and through MS Teams, arriving in Halifax for senior decision makers within minutes.

"This exercise has given us the confidence that we can control a SUBSAR incident from any part of the country, and that the resources available to us through CJOC will enhance the RCN's, and Canada's, ability to react in an emergency," said LCdr Hendry.

The RCN runs a SMASHEX on each coast every year.

*"Seeing the level of interest in this exercise from units across the Navy highlights the capabilities that we have."*

*~Lieutenant-Commander Dave Hendry*



1. Chief Petty Officer 2nd Class (CPO2) Nelson Harvey speaks with HMCS Edmonton crew using HMCS Yellowknife's underwater telephone.
2. Sub-Lieutenant (SLt) Mitchell Coulombe and SLt Kayla Coletta deploy the underwater telephone from HMCS Yellowknife. Photos: Sailor 1st Class (S1) Brendan McLoughlin
3. CPO2 Nelson Harvey, SLt Coulombe and SLt Coletta deploy the underwater telephone from HMCS Yellowknife.
4. HMCS Edmonton maneuvers at sea during SMASHEX.
5. Members of HMCS Edmonton and Fleet Diving Unit (Pacific) unload SUBSAR equipment while at sea. Photos: Matthew Kerr
6. Lieutenant-Commander Dave Hendry demonstrates how to use the underwater telephone to HMCS Yellowknife crew. Photo: S1 Brendan McLoughlin

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# HMCS Malahat takes part in 124<sup>th</sup> Annual Victoria Day Parade



## HMCS Malahat on parade

(L-R): Sailor 3rd Class (S3) Cooper Vasey, S3 Malcolm Rorvik, and S3 Callum Leblanc of HMCS Malahat wave to the crowds from aboard one of Malahat's Rigid Hull Inflatable Boats during the 124th Thrifty Foods Victoria Day Parade in downtown Victoria, May 20. Photo: Lt(N) Donald Den

**Lt(N) Donald Den**  
HMCS Malahat PAO

In between the marching contingent of Sea Cadets and vehicles from the 39 Service Battalion, members of HMCS *Malahat* waved down at the crowds from a trailered Rigid Hull Inflatable Boat (RHIB), being pulled along in a truck driven by Sailor 1<sup>st</sup> Class (S1) James Kilpatrick.

"It's awesome being here and seeing everyone," said S1 Kilpatrick from the driver's seat. "The best part is that it's a great excuse to drive nice and slow and see everyone who came out to see us!"

Members of HMCS *Malahat*, Victoria's Naval Reserve Division, took part in the 124<sup>th</sup> Thrifty Foods Victoria Day Parade on Victoria Day in downtown Victoria, alongside members from CFB Esquimalt, Maritime Forces Pacific, the Naden Band, the 39 Service Battalion, the Canadian Scottish Regiment (Princess Mary's), and the Sea Cadets.

A total of 85 floats and around 3,300 participants took part in the 124<sup>th</sup> annual Victoria Day parade, filling the downtown core with music and dance.

Riding along in the RHIB were three of HMCS *Malahat*'s most junior members, two of which were taking part in the parade for the first time.

"This is amazing, the crowds are great," said Sailor 3<sup>rd</sup> Class (S3) Malcolm Rorvik, standing at the back of the RHIB, waving to some of the estimated 80,000 people that packed the

parade route along Douglas Street. "It's a beautiful day, I couldn't have asked for anything better."

S3 Callum LeBlanc couldn't have been happier waving from the driver's seat of the RHIB.

"Second time is so much better. It's sunny, it's great – I love it," said S3 LeBlanc, who had been in attendance for last year's parade where it had poured rain along the route.

Walking alongside the RHIB, and making sure everyone was ship-shape, was Petty Officer 2<sup>nd</sup> Class (PO2) Chris Albin.

"It's great to be out here with everyone and see our friends from other units," said PO2 Albin, gesturing widely to the extensive Canadian Armed Forces (CAF) presence.

The parade was also an opportunity for HMCS *Malahat* members to spend some time together alongside other CAF elements, including Army and Air Force.

"Participating in events like the parade gets HMCS *Malahat* members out in the community, and is also a great opportunity for our newest members to engage with the public in such a positive atmosphere," said Lieutenant-Commander Anne Gardam, HMCS *Malahat*'s Commanding Officer. "Having our junior members out there to have fun and take part in the parade alongside so many other military units is such an exciting opportunity for them."

To put it simply, as S1 Kilpatrick did while the truck rolled through downtown, "it was truly a great Navy day."

# We Salute Our Fleet







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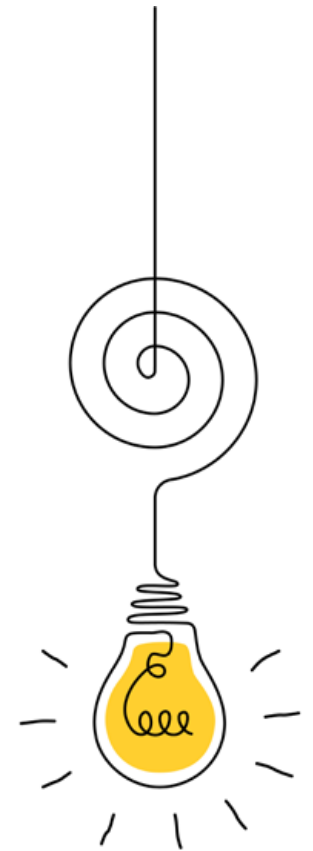
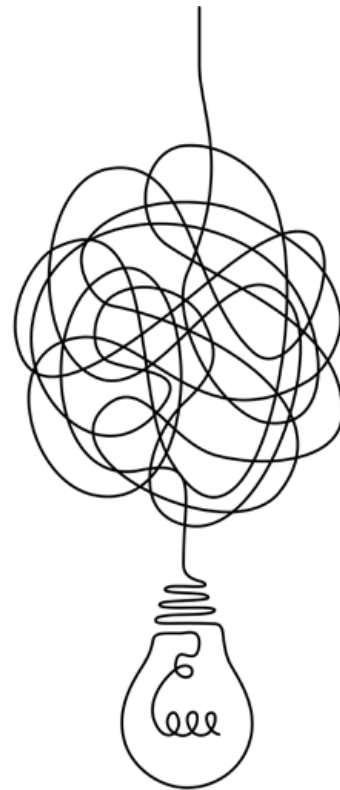
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# PTSD: coping during dissociation

**Thomas Goenczi**  
Lookout contributor

When the effects of our trauma overwhelm us, we may think or feel that to escape it we must separate ourselves from our body. To unconsciously leave our physical body is to dissociate. This state from the outside looking in looks very emotionless and mindless, and in truth, it is to some degree. We are so consumed by the effects of anxiety and fear we psychologically fall out of ourselves to no longer feel the discomfort of our trauma again.

The first way to learn to cope with anything is to recognize the deficient manner in which we currently cope with it. We have to understand and accept that we have to let go of the way we once handled an internal crisis; it simply does not work anymore or does not fit the circumstances.

This is a struggle with our ego, to come to terms with the fact that at this moment we do not have the answer. Humiliation in some sense is waiting for us on the other side of this acceptance. It is essential to note the importance humiliation plays in our lives. Without it, we would be filled with an inflated grandiosity and be incapable of reflecting on our faults. To be humbled is to be grounded, to be grounded is to live in the present moment.

Understanding that we have a choice when it comes to dissociating can provide us the perspective to witness how

ineffective it is - we see that there are other possibilities. When choice arises and the opportunity to move forward materializes, we just have to make a conscious decision in how we go about it.

So, what are some suitable ways to disarm dissociation?

The mind, emotions, and body must work together to reengage with reality. Sometimes the body is called upon to make the first move and other times the mind or emotions will be. The point is that one needs to follow the other to fully stop a dissociative episode.

Using the mind or emotion to impede our state of disassociation is generally how we begin to come out of it. The search for thought and emotion is extremely difficult at the outset. Truth is, there is comfort in the emptiness and life isn't as intense, however, we must understand that when we are dissociating, we aren't living - we're avoiding.

Courage at this stage is a non-negotiable. We need it as the emotional force that will help us combat the feelings awaiting us back in our conscious minds and bodies. However, we must not be reckless with this courage either. We must understand our limitations and realize when we may need help from another, and how to skillfully use it. Courage comes from the heart, and that is what is needed to overcome any trauma.

Once the mind and emotions are on the same page, engaging the body becomes a little easier. We all have certain anx-

ious unconscious ticks that we default to. Whether it's grabbing our phone, biting our nails, jostling our legs etc., we can use it to recognize that we have a body. This sounds somewhat strange, but remember: when we are in the midst of a traumatic-based dissociative episode we aren't anchored into reality. We often don't recognize our body enough as a source of anchoring to the present moment.

The breath at this stage is the glue that can bring the mind, body, and emotions back into rhythm with reality. Sometimes one big cleansing sigh can help, other times slow intentional inhalations and exhalations are the key. It's important here to work and play to find a method of breathing that works best for you.

Once conscious breath is there it is important to survey the environment you're in. Try to identify the world around you. The way to disarm any dissociative episode is to look within ourselves to come back into our minds, emotions, and bodies so we can realize the beauty that is outside ourselves.

*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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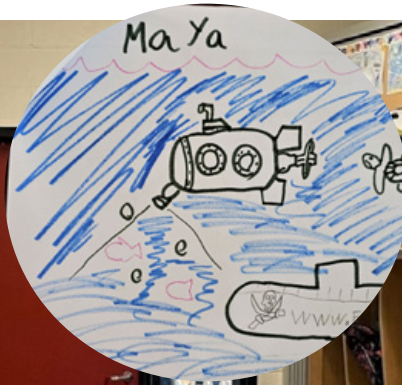
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## A First Grade Visit

Commander (Cdr) Éric Isabelle, Commanding Officer of HMCS Corner Brook, met with a class of 1st graders at L'Ecole Victor-Brodeur to discuss life aboard submarines and his career as a naval officer. The attendance kept him on his toes with in-depth questions and great enthusiasm.

"Over the years, I have briefed many community organizations and always enjoy it, but talking to kids is much more fun and strangely challenging," Cdr Isabelle said. "You really have to be on your toes with a 1st grader! Fortunately, my volunteering experience as a Beaver Scout Leader helps me maintain that proficiency."



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Please note, if you are unable to attend this workshop, there will be a second offering on November 20<sup>th</sup>. If you would like to be notified when registration is available for this date, send an email requesting to be added to the November contact list.

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# 'Swashbuckling fun' at

# Esquimalt Buccaneer Days



**Peter Mallett**  
 Lookout staff

Royal Canadian Navy (RCN) members were front and center at this year's Buccaneer Days parade through downtown Esquimalt on May 11.

Buccaneer Days is a time-honored tradition and spring festival that sees participants dress up as pirates and sailors while attending a variety of family-friendly events, with its Saturday morning parade serving as its official kickoff event.

Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, and Chief Petty Officer 1st Class Susan Frisby, Base Chief Petty Officer, led this year's parade in an RCN Vintage Jeep. Commander Patrick Montgomery saluted Capt(N) Whiteside from the parade's reviewing dais, accompanied by Mayor Barbara Desjardins.

Members of the Naval Tactical Operations Group rode aboard their unit's own float, and the Naden Band participated in this year's parade as well. The Office of the Base Commander and the Personnel Coordination Centre helped coordinate the military component and support for this year's parade.

The Buccaneer Days' festival occurred May 10 to 12. Chief Petty Officer 2nd Class (CPO2) Jason Tucker, Deputy Base Chief, thanked organizers from the Township of Esquimalt and CFB Esquimalt for their efforts in organizing the event.

"Buccaneer Days is always a fun part of the year and a great opportunity to celebrate our ties to the Township of Esquimalt, one of our oldest and most cherished relationships," said CPO2 Tucker.

This year's Buccaneer Days festival also involved several interactive events in and around the Archie Browning Community Centre including live music, music bingo, kid's zone activities, a bean bag tossing (cornhole) tournament and beer gardens. Buccaneer Days can trace its history back to 1939 and Esquimalt's former May Queen Celebration. In 1966, the annual festival to celebrate spring, similar to May Day, transformed into Buccaneer Days, with attendees donning pirate wear and vying for prizes for the best costume.



Captain (Navy) Kevin Whiteside, Canadian Forces Base (CFB) Esquimalt Base Commander, and Chief Petty Officer 1st Class Sue Frisby, CFB Esquimalt Base Chief, march in the parade at Buccaneer Days on May 11. Photos: Master Corporal Nathan Spence, Maritime Forces Pacific Imaging Services



Naden Band marches and performs.



Commodore Patrick Montgomery and Barb Desjardins, Esquimalt's Mayor, stand upon the reviewing dais during the parade.



Naval Tactical Operations Group members participate in the Buccaneer Days parade.



# NEP Sailors visit the Asterix



## MS Tamera-Lee Hobbs Naval Experience Programme

During the week onboard Motor Vessel (MV) *Asterix*, the Naval Experience Programme Sailors gained many new experiences.

The sailors were immersed in a variety of activities unique to the MV *Asterix*. From small arms shoots to tours and exercises, the ship's diverse offerings provided a dynamic environment that bridges the gap between military and civilian operations, a stark contrast to the frigate experience.

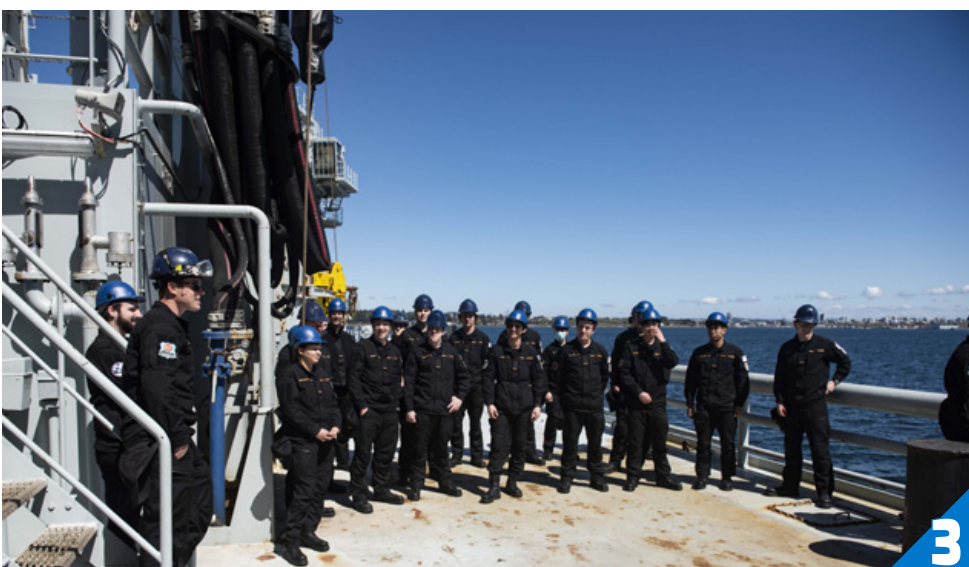
Under the guidance of the Bosuns, the sailors were exposed to the intricacies of a Replenishment at Sea (RAS). They observed an RAS layout early in the week, followed by multiple RAS approaches where they witnessed the passing of the distance line and emergency breakaways in action, providing them with practical

insights into these operations.

The small arms shots enabled the sailors to gain experience on the C8, with the Bosuns demonstrating and ensuring understanding of the TOETs and what it is like to fire the .50 Cal. The early demonstrations taught the sailors the weapons they would be firing and the safety involved.

Multiple tours were conducted with different departments onboard. Sailors saw the Medical and Dental areas, the Small Arms Magazine with an explanation of Mag Yeoman's duties from the PO1 WEng Tech onboard, and the engine room and other work areas the engineers are responsible for.

Throughout the week, multiple educational and enjoyable evolutions brought great opportunities for the sailors to experience life onboard MV *Asterix*.



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1. Master Sailor Lewis, Medical technician on board Motor Vessel (MV) *Asterix* explains some of the equipment that is used in the Medical Bay to members of the Naval Experience Program (NEP) during TGEX 2024.
  2. Royal Canadian Navy members run members of the NEP through a .50 Cal familiarity shoot.
  3. Master Sailor Mailloux, Bosun on board MV *Asterix* explains procedures for a Replenishment At Sea to members of the NEP while at sea.
- Photos: Master Corporal Nathan Spence, Maritime Forces Pacific Imaging Services



## Change of Command for the Canadian Scottish Regiment (Princess Mary's)



**Captain Cameron Park**  
**Public Affairs Officer**  
 The Canadian Scottish Regiment (Princess Mary's)

The Canadian Scottish Regiment (Princess Mary's) conducted a change of command parade on Apr. 28. Concluding three years as Commanding Officer, Lieutenant-Colonel (LCol) David Proctor passed command of the regiment to his successor, LCol Slade Lerch.

Colonel Scott Raesler (center), Commander 39 Canadian Brigade Group (CBG), presides as Lieutenant-Colonel (LCol) David Proctor (left) passes command to LCol Slade Lerch (right).



Lieutenant-Colonel (LCol) Slade Lerch (left) accepts the King's Colour from departing commanding officer LCol David Proctor during the change of command parade for The Canadian Scottish Regiment (Princess Mary's) on April 28.

LCol Proctor pointed to supporting leadership development as a key component of his time commanding the regiment.

"We develop junior leaders and get them on the pathway to become middle leaders, and [from] middle leaders into senior leaders," LCol Proctor said. "We strive to support our people to enable them to go forward in their careers as we understand the stressful nature of the reserves in terms of the competing time demands between military service, civilian life, family life and civilian career."

During his command, soldiers from the regiment deployed on Operation *Reassurance*, the contribution by the Canadian Armed Forces (CAF) to reassurance and deterrence in Eastern and Central Europe. LCol Proctor spoke to

the unit effort to support the deployment of soldiers, often from key leadership positions, on operations.

"The investment of experience is great, but there's a pain to it at the regimental level in force generating capability when we go short," he said. "This is why we generate combat power for the nation, and we always work hard at the unit level to support individuals to demonstrate capability deterrence to our adversaries overseas."

Before the Change of Command parade, with family members in attendance, LCol Lerch received his promotion from Major to LCol from Colonel Scott Raesler, Commander 39 Canadian Brigade Group (CBG). LCol Lerch shared his thoughts on assuming command of a regiment with a long history.

"It is a significant appointment for me. I've served with five infantry regiments, all of which I'm proud to have served with but I consider the Canadian Scottish Regiment my home regiment," LCol Lerch said. "I look back to the regiment's history from Kitchener's Wood all through the First World War and the Second World War, and at the accomplishments those members of the regiment had. Those soldiers wore the same

cap badge that we wear today."

A significant part of the day was the parading of the regiment's colours for the first time since the addition of the 'Afghanistan' Theatre Honour to the Regimental Colours. Many members of the regimental family who served in Afghanistan with the regiment or with other units of the Canadian Armed Forces (CAF) were present for the occasion, standing on parade as 'The Old Guard'. Sixty-six soldiers from the regiment served in Afghanistan while serving with the CAF. A veteran of Afghanistan himself, LCol Lerch spoke to the significance of the occasion.

"The soldiers in the old guard bled, sweated and toiled for that honour. Having 'Afghanistan' emblazoned on their colour is tangible evidence of their efforts," he said. "The Regiment was blessed in that we had no fatalities, but we had casualties. I know some of our soldiers carry some deep scars from their service in Afghanistan and seeing that honour means their sacrifices had some meaning. The honour will be carried on the regimental colour in perpetuity so their sacrifice and dedication will be recognized by soldiers of the Regiment for generations to come."

Photos: Corporal Tristan Walach

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# MARPAC marks International Day against Homophobia, Transphobia, and Biphobia



Rear-Admiral Christopher Robinson and members of Maritime Forces Pacific and CFB Esquimalt display the Progress Pride Flag in recognition of the International Day Against Homophobia, Transphobia and Biphobia on May 17. Photo: Vanessa Nicholson, MARPAC

## Lookout Staff

It has been 20 years since May 17 was named the International Day against Homophobia, Transphobia, and Biphobia.

This day was chosen to honour the date the World Health Organization made the landmark decision to declassify homosexuality as a mental disorder. It is a day to recognize hard-earned progress, while also addressing the pursuit of equality, both in Canada, and within the Defence Team.

In light of this day, Rear-Admiral (RAdm) Christopher Robinson, Commander Maritime Forces Pacific, reiterated the MARPAC Team's steadfast support of the 2SLGBTQI+ community.

"It is vital that we continue to raise awareness about the discrimination and violence faced by 2SLGBTQI+ individuals not only worldwide, but here in our communities and in our neighbourhoods," RAdm Robinson said.

According to the 2020/2021 Federal 2SLGBTQI+ Action Plan Survey, 26 per cent of 2SLGBTQI+ respondents reported workplace harassment associated with their sexual orientation, and 22 per cent reported experiencing

harassment due to their gender identity, over the previous five years of their employment. Furthermore, 28 per cent of the above respondents reported they experienced workplace harassment in the form of sexual harassment.

RAdm Robinson confirmed the MARPAC Team's efforts to build a more inclusive workplace, including eliminating discriminatory policies and practices.

"This is not just correcting the errors of our past but learning from them and working to make sure that inclusivity is integral to our future policies and practices," he said.

As diversity, respect, and inclusion are fundamental ethical principles of the Defence Team, RAdm Robinson reiterated the importance of having diverse teams with different backgrounds, perspectives, and skills.

"Diverse teams often have better communication and empathy, leading to stronger relationships and a more inclusive work environment," he said.

"As an ally, I will continue to work on advocating for our members," RAdm Robinson said. "We must continue to fight for inclusivity, acceptance, and equal rights for everyone, regardless of sexual orientation or gender identity."

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Participants in these often emotion-evoking workshops comment that, while they understood a bit about the issue on a cognitive level, after participation in Building Bridges Through Understanding the Village they understand on a deep emotional level as well. The workshop is done from a non-blame and non-shame perspective and invites all participants to become a part of the healing that IS already happening. Kathi's work has been inspired by Jann Derrick's teachings of Jann Derrick's "The Circle and The Box" and by many Elders' teachings.

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Sailor 1st Class (S1) Jeffrey Dufour, a Sonar Operator aboard HMCS *Corner Brook*, was promoted to current rank in an at-sea ceremony in Degnen Bay off Gabriola Island on May 8. Born in Montreal, Que., S1 Dufour grew up in British Columbia and joined the Royal Canadian Navy in February 2021. His parents were invited onboard the Orca-class Patrol Craft Training Vessel *Moose* to witness his promotion. Here he poses with (L-R) buffer S1 Chad Corber, parents Carrie Raglan and Richard Dufour, and Officer-In-Charge Lieutenant-Commander David Kay. His father was a Naval Electronic Sensor Operator aboard HMCS Kootenay in the early nineties. Photo: Sailor 2nd Class Isaac Tremblay.



(L-R): Commander (Cdr) Jeremy Samson, outgoing Commanding Officer (CO), Commodore David Mazur, Reviewing Officer, and Cdr Matthew Woodburn, incoming CO, sign the Change of Command papers at the Change of Command Ceremony in the Rainbow Room of the Chief and Petty Officers' Mess on May 13.



Members of HMCS Calgary row ashore Commander Jeremy Samson, their outgoing Commanding Officer. Photos: Corporal Tristan Walach, MARPAC Imaging Services

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Petty Officer 1st Class David Laurendeau promoted to current rank with Lieutenant (Navy) Andy Lee, accompanying Division representative.



Chief Petty Officer 2nd Class Patrick Devaney receives Canadian Decoration 2nd clasp.



Chief Petty Officer 2nd Class Christian Gagne receives Canadian Decoration 2nd clasp.



Petty Officer 1st Class Troy Dierk receives Canadian Decoration 2nd clasp.



Petty Officer 2nd Class Morgan Miller receives Canadian Decoration 2nd clasp.



Petty Officer 2nd Class Andrew See receives Canadian Decoration 1st clasp.



Master Sailor Roseline Clark receives Operational Service Medal.



Sailor 1st Class Maxime Vandal receives Operational Service Medal.



Sailor 1st Class Justin Crichton receives Operational Service Medal and Special Service Medal.





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