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

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## CFB Esquimalt and Swiftsure 2024 SAIL FAIR WINDS

Sail Training Vessel's (L-R) Acting Sub-Lieutenant (A/SLt) Maxwell Lucas and A/SLT Ben Roth decide how much sail to put up based on wind strength and direction as they head towards the start line of Swiftsure Yacht Race on May 26, with the majority of the fleet coming in behind as they exit the Inner Harbour, with Ogden Point in the background. Read the story on page 5. Photo: Lt(N) Lindsey Bookham

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# Top Sailor Award double play for HMCS Regina

**Peter Mallett**  
Staff Writer

A pair of HMCS *Regina* members completed a rare feat in the fleet by collecting two consecutive Maritime Forces Pacific (MARPAF) awards.

Master Sailor (MS) Tristan Harris became Sailor of the Last 2023 Quarter; his shipmate Sailor 1<sup>st</sup> Class (S1) Nicholas Campbell became Sailor of the First 2024 Quarter. Both took on extra work during a challenging time when the *Halifax*-class frigate reactivated from its extended docking work period in Seaspan in 2023.

Both members are attending Naval Fleet School (Pacific) (NFS(P)) for career progression training. Commodore (Cmdre) David Mazur, Canadian Fleet Pacific Commodore, presented their awards at a May 16 ceremony at NFS(P).

"When you are reactivating a ship there is a lot of call for people to go above and beyond their usual work routines and help out other departments onboard," said Cmdre Mazur. "So, when people such as MS Harris and S1 Campbell step forward and say, 'I will take this on even though it's not my job or trade', we encourage and celebrate that."

Commander (Cdr) Jeremy Samson, HMCS *Regina's* Commanding Officer, said having two of *Regina's* sailors consecutively recognized is a very proud moment for the ship and crew.

"Their excellence, unwavering dedication, and outstanding contributions underscore the values that define our Navy," Cdr Samson said.

Along with the award, the sailors received a commemorative certificate, a Sailor of the Quarter coin and a preferred parking spot in the Dockyard. The images of each Sailor of the Quarter winner are added to a display in the main lobby of Canadian Fleet Pacific's headquarters.

## MASTER SAILOR TRISTAN HARRIS

MS Harris says the good news came to him and his family as a pleasant surprise.

"They couldn't be prouder of me," he said. "I am the only living member of my family in the last 80 years to be a member of the Canadian Armed Forces and this is something my family takes great pride in."

MS Harris is a Boatswain originally from Hope, B.C., and a proud member of the Stó:lō First Nation. He joined the Royal Canadian Navy nearly ten years ago.

An internal document from HMCS *Regina* said MS Harris was chosen for the Sailor of the Last 2023 Quarter award because of his outstanding leadership, dedication, commitment and being a role model for his peers. In November 2023, he was honoured to represent MARPAF as Indigenous Council and Eagle Staff Bearer for Remembrance Day at the National Memorial in Ottawa. He also received a Command Commendation for saving a life in Darwin, Australia, while on WestPloy 16 training.

Today, MS Harris attends the fleet school for his Rank Qualification Petty Officer Second Class training and hopes to return to Fleet School later this year as a Sailor Third Class or Sailor First Class Instructor.

## S1 CAMPBELL

S1 Campbell received the news during a surprise visit of Cdr Maryl Sponder, NFS(P) Commanding Officer, to his Advanced Acoustic Analysis Class (AAAC).

"All my classmates and shipmates in *Regina's* Operations Room were super 'pumped' for me to get this award, and my mom loved hearing this news," said S1 Campbell.

A statement from Canadian Fleet Pacific says that S1 Campbell's nomination came because of his leadership qualities. He exceeded expectations by voluntarily accepting numerous roles onboard *Regina*, including Operations Room Buffer (supervisor), spearheading training for the ship's other Sonar Ops and his role in *Regina's* Naval Boarding Party.

S1 Campbell's volunteerism outside of his duties also played a role; he volunteers for Lifetime Networks, a local non-profit that improves the lives of those with disabilities. As an additional morale boost, only a day after hearing about his Sailor of the Quarter award, he received the award for top student in his AAAC class.



(Left) CPO1 David Bisal, Fleet Chief, and Commodore David Mazur, Commander Canadian Fleet Pacific, present Sailor 1st Class Nicholas Campbell with his Sailor of the Quarter certificate in a May 16 ceremony at Naval Fleet School (Pacific).



(Left) CPO1 David Bisal, Fleet Chief, and Commodore David Mazur, Commander Canadian Fleet Pacific, present Master Sailor Tristan Harris with his Sailor of the Quarter certificate in a May 16 ceremony at Naval Fleet School (Pacific).





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Sailor 3rd Class Isabelle Maguet of HMCS Malahat keeps a close eye on the 135 boats at the start line of the 79th Swiftsure Yacht Race, including the Royal Canadian Navy training vessel Goldcrest, centre, off Clover Point on May 25. Photo: Lieutenant (Navy) Donald Den.

# HMCS Malahat on station for windy start to 79th Swiftsure Yacht Race

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

For hundreds of boaters and spectators, the end of May marked the Swiftsure International Yacht Race.

In its 79th year, Swiftsure is the largest sailing race on the west coast of North America and draws hundreds of participants and boats to Victoria. About 135 boats were entered in the six different Swiftsure races, up from 117 last year.

Personnel from HMCS *Malahat*, Victoria's Naval Reserve Division, was on station to support the start of the six different divisional races.

"Being amongst the boats and having to move around in the wind and waves was so exciting," said *Malahat's* Sailor 3<sup>rd</sup> Class (S3) Isabelle Maguet. "Definitely my favourite part of being out here and supporting Swiftsure!"

*Malahat* provided a Rigid Hull Inflatable Boat (RHIB) and personnel, which kept a close eye on the start line and communicated with the race officials on MV *Hecate Sentinel*, the Signals Boat. The RHIB acted as a marshalling boat in case any racing boats needed to be 'herded' into a different position.



With winds gusting to 25 knots, the sea was rough and choppy, leading to a start that was challenging, fast, and crowded.

Conditions proved to be 'more than a match' for at least two boats, which called it quits less than an hour into the start of the first race. This opener ran in stark contrast to the last three Swiftsure races, which were marked with low winds and heavy rains, leading many to refer to the event as 'Driftsure', but that was certainly not the case this year as boats zipped between each other at high speeds.

"Events such as Swiftsure provide *Malahat* with an opportunity to contribute and interact with the local and international communities with on-water support to the event," said Lieutenant-Commander Anne Gardam, Commanding Officer of *Malahat*.

Despite some delays with the six separate race starts due to weather and large vessels in the shipping channels in the Strait of Juan de Fuca, the race got underway successfully. *Will O The Wisp*, owned by Jeff Eckard and based at the Royal Victoria Yacht Club, won the Swiftsure Lightship Classic, the longest of the races. It was only the second time a Royal Victoria Yacht Club boat had won since 1930.

# Goldcrest scores moral victory in Yacht Race



## GOLDCREST SWIFTSURE ROSTER

**Skipper:**

A/SLt Ben Roth

**2IC/Watch Captain:**

A/SLt Maxwell Lucas

**Foredeck Team:**

S3 James Roy, SLt Emily Pazuk,

A/SLt Sam Comeau

**Cockpit Team:**

Lt(N) Lindsey Bookham,

A/SLt Sungmin Chun, A/SLt Patrick O'Neil;

**Peter Mallett**  
Staff Writer

The team of eight Naval Fleet School (Pacific) members finished 16th out of the 31 boats in the Clallam Bay race aboard the Sail Training Vessel (STV) *Goldcrest*. Thirteen boats failed to finish due to challenging conditions.

They placed 7th in their division, crossing the finish line at the entrance to the Inner Harbor at 1504 hours on May 26.

"The team performed incredibly well and overcame all challenges of this race, leading to a very successful outcome in my mind," said Acting Sub-Lieutenant (A/SLt) Benjamin Roth, *Goldcrest* skipper. "Our goal was to stay safe in the challenging conditions and finish strong, all of which we fully accomplished."

STV *Goldcrest* is a 36-foot sloop rigged sailboat yacht adapted by the military decades ago for sail, adventure and navigation training and operated by the Fleet School. A/SLt Roth noted that *Goldcrest* is a heavy but seaworthy vessel that performs best in strong winds by comparison to many faster and sleeker race boats that are half its weight or less.

Wind speeds ranged from 25 knots during their departure to up to 40 knots later in the day, causing a heavy sea state with rolling and breaking wind-driven waves. The team intentionally stayed in the strong wind in the center channel, going to the American side only when required to hit the course turning mark at Clallam Bay.

The Royal Canadian Navy (RCN) team was a mixed crew of new sailors and competed under the banner of RCN Sail.

"They fought through conditions they had never experienced before; we battled through swells so deep that we regularly lost sight of other racers," said A/SLt Roth. "Many worked through seasickness and unsteady feet to balance the boat and keep us near our hull speed of seven knots."

He commended A/SLt Maxwell Lucas, *Goldcrest's* Second in Command and Watch Captain, for organizing the race team and for keeping their boat moving and the crew engaged under trying circumstances.

*Goldcrest* finished their race with a time of 25:04:42, more than eight minutes ahead of *Firewing* of Port Madison Washington and more than 26 minutes ahead of last finishing vessel *Gratitude* of the Corinthian Yacht Club of Seattle.

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# PTSD: The link between flashbacks & nightmares



## Thomas Goenczi

Lookout contributor

When we think of a traumatic flashback, we often think it has to occur in our waking reality. It must be set off by some external reason that eventually grabs our conscious awareness.

However, unprocessed trauma can ooze through and appear in all parts of our psyche. Sometimes, we are confronted with our trauma by re-experiencing the memories of it, and other times, we find ourselves in a constant loop of reoccurring nightmares.

The two have an inherent link with one another; they both bubble up the need to process the psychic wound to our conscious mind. The unconscious mind thrusts up these images, thoughts, sensations, and emotions in a way that leaves us no choice but to investigate; otherwise, we may become stagnant and unable to develop new ways to manage and process our psychic pain. To appropriately cope is to begin overcoming trauma formally.

When it comes to PTSD, statistically, flashbacks and nightmares find some cohesion and overlap. A 2018 study on the prevalence of nightmares found that

50 to 90 per cent of trauma-exposed civilians had nightmares, while in the veteran population 72 per cent had disturbing dreams that were correlated to military trauma. In 2023, a study on the prevalence of flashbacks in people with PTSD found that 87 per cent of patients reported having traumatic re-experiencing.

Although there does seem to be a tie between the two, there are differences in how they function psychologically. Beyond the obvious—one happens while we're sleeping and the other while we're awake—the 'language' they materialize in is different.

A flashback 'punches' us back into the traumatic experience; we're locked back into the moment that we have yet to overcome psychologically. On the other hand, the imagery and expertise in nightmares are more symbolic. Some nightmares do end up shoving us back into a re-experiencing, which is not dissimilar to a flashback, but this is often not as explicit.

An additional distinction between the two is the coping required for each. Amid a flashback, we can use our consciousness to down-regulate our thoughts, emotions, and any bodily stresses in the moment. We get an opportunity to confront the flashback while having an immediate effect.

However, while dreaming, we often have little to no say in what is happening. Sure, there are moments of clarity (i.e. when we force ourselves to wake up), but that occurs on rare occasions. With a dream, we merely witness and gather as much information as possible to make sense of it afterwards.

There is an undeniable overlap between the two, and they both affect our psyche to a significant degree. One lurks in the environment while we're awake, causing impending anxiety. The other waits in the shadows of our sleep, causing us a plunging fear to rest, which can be incredibly draining on the mind, body, and soul.

Both take time and effort to overcome. It takes patience and humility to overcome any trauma, no matter the form. We must commit and devote our efforts to beat the trauma or be held captive by it for the rest of our lives.

*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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# HMCS Vancouver departs on deployment

**Captain Pedram Mohyeddin**  
MARPAAC

His Majesty's Canadian Ship (HMCS) Vancouver departs this week on a six-month deployment to the Indo-Pacific. Led by Commander (Cdr) Tyson Bergmann, Commanding Officer of HMCS Vancouver, the warship will participate in Exercise (RIMPAC), before proceeding on to Operation Horizon and Operation Neon.

First on the schedule is HMCS Vancouver's Intermediate Multi-Ship Readiness Training where the crew will train in a variety of drills from fire and floods to weapons operations and ship manoeuvres.

This training will continue until the ship reaches Hawaii where the U.S. Navy Third Fleet is hosting RIMPAC, the world's largest international maritime exercise. This year, approximately 29 nations, 40 surface ships, three submarines, 14 national land forces, over 150 aircraft and more than 25,000 personnel will participate in RIMPAC.

"I can think of no better way to begin a six-months long deployment to the Indo-Pacific than participating in RIMPAC," says Cdr Bergmann. "Not only will this allow us to take part in the world's largest international maritime exercise, but it will set the tone for the rest of our sail in this vital area of the world."

After RIMPAC, HMCS Vancouver's time at sea will still not have reached its mid-way point. With RIMPAC scheduled to end at the beginning of August, HMCS Vancouver will have more than four months left at sea until it returns in December. During this time, HMCS Vancouver will be deployed on Operation Horizon and Operation Neon.

Operation Horizon is Canada's ongoing mission to promote peace and stability in support of the rules-based international order in the Indo-Pacific by maintaining a persistent, meaningful presence. The goal of HMCS Vancouver's crew through all their training and exercises has been to ultimately deploy on an international operation and they will get that chance when the ship leaves Hawaii for the Indo-Pacific.

HMCS Vancouver will also deploy on Operation Neon, Canada's contribution to the multinational effort to support the implementation of United Nations Security Council sanctions imposed on North Korea to pressure North Korea to abandon its weapons of mass destruction programs.

"I believe in the sailors, soldiers, and aviators that serve in Vancouver," says Cdr Bergmann. "I know that with their hard work and professionalism, we will be successful in every aspect of our deployment."



His Majesty's Canadian Ship Vancouver. Photo: Master Corporal Nathan Spence



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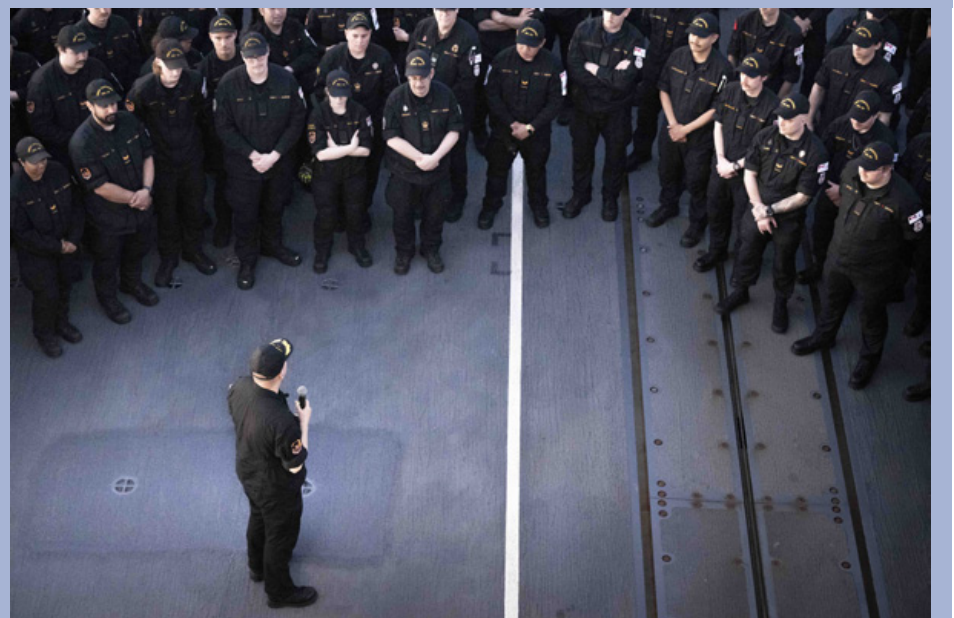
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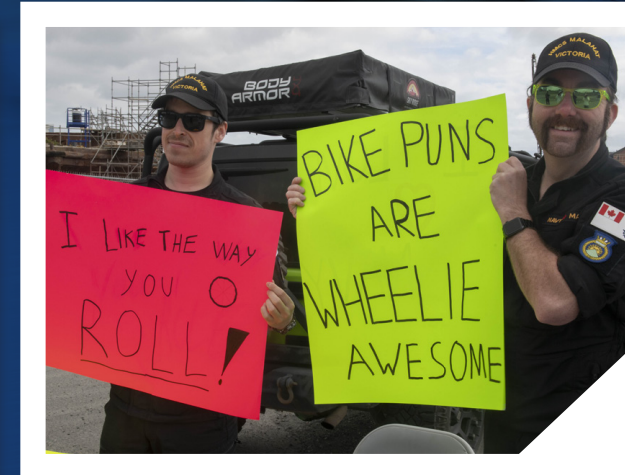
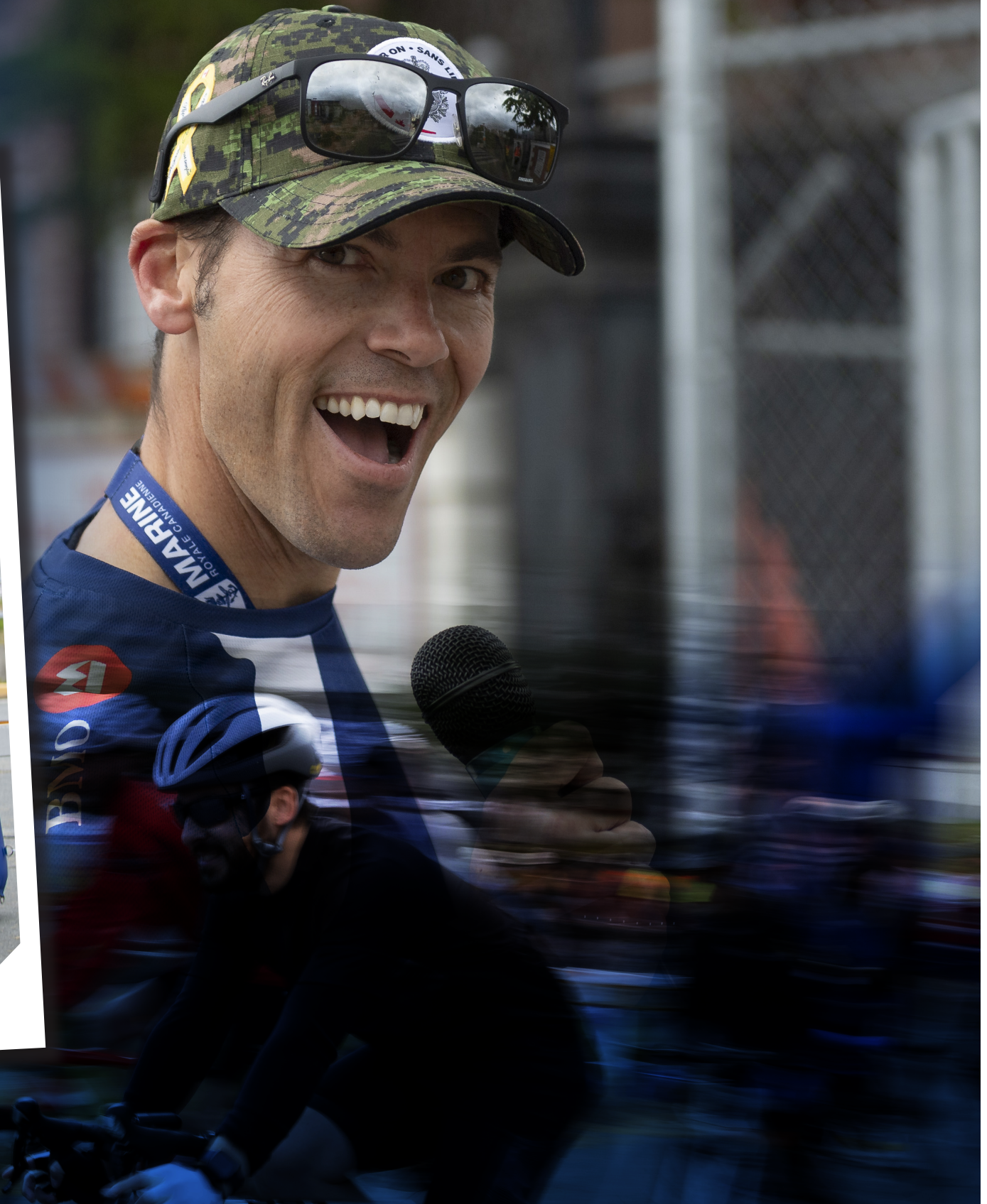


Middle: Members come to attention as Commander Tyson Bergmann, Commanding Officer of HMCS Vancouver, walks on deck to address the crew. Photo: Captain Pedram Mohyeddin  
Above: Commander Tyson Bergmann addresses the crew HMCS Vancouver after docking in the port of Seattle, Wash., on Apr. 19. Photo: Aviator Conor R.G. Munn.



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# Vice-Admiral Andrew Laurence Collier: A Life of Service and Devotion

**Sabina Kukurudziak**  
Communications Officer  
NTG

June 3 marks what would have been the 100<sup>th</sup> birthday of Vice-Admiral (VAdm) Andrew Laurence Collier. Remembered as a leader, mentor, and devoted partner, VAdm Collier left a lasting mark on those who knew him. His unwavering commitment to the Royal Canadian Navy (RCN) and his passion for navigation continues to inspire generations of mariners.

In recognition of his contributions, in December 1997 the RCN named a new facility housing the Navigation and Bridge Simulator as the Vice-Admiral A.L. Collier Building.

"I was invited to give a speech at the grand opening," recounted Ms. Betty Murphy, VAdm Collier's widow. "I was so nervous, but I wanted to do it for Andy."

Murphy gave the inaugural speech and broke a bottle of champagne against the side of the building, officially christening it in her late husband's honour. The building, located in Esquimalt as a part of HMCS *Venture* – the RCN's Leadership Centre – is an enduring tribute to VAdm Collier's dedication to educating and mentoring the next generation of naval officers.

Thinking back on her husband's approach to life, Murphy noted, "His prime goal was to always do a good job, no matter what it was he was doing". This philosophy guided VAdm Collier throughout his distinguished career, earning him respect, admiration, and numerous accolades.

From his early days as a Cadet in 1942 to his retirement in 1979, his



Cadet A.L. Collier c1941

journey was marked by excellence, bravery, and leadership, all of which are honoured to this day.

Andrew Collier was born in Kamloops in 1924, and joined the Royal Canadian Navy as a Cadet during the Second World War. He trained with the Royal Navy (RN) in the United Kingdom from 1942 to 1945, an experience that would fundamentally shape his future. Upon returning to Canada, he served in various ships, including HMCS *Stadacona*, HMCS *Nootka*, and HMCS *Shearwater* (the RCN air station near Dartmouth, N.S.). Specializing in navigation, he took the RN Navigation Qualifying Course at HMS *Dryad*, located in Hampshire, England, in 1948 and later attended the Navigation Direction Training Centre at HMCS *Naden* in Esquimalt.

In 1950, Collier was assigned to HMCS *Cayuga* as the navigating officer during the Korean War. At the time, he was responsible for leading six destroyers up the narrow and heavily mined estuary known as the Daido-ko, ensuring the successful evacuation of

Port-Chinnampo. Murphy noted that 'he was very humble and would never brag,' but this was one of his proudest moments, one that earned him the Distinguished Service Cross (DSC).

Outside of his professional accomplishments, Vice-Admiral Collier was a devoted husband and friend. Friends and colleagues affectionately referred to him as 'Big Andy', a testament to his physical stature as well as his persona. He met Betty in Shilo, Man., where she worked as a nurse. He was stationed as the head of Training Command in Winnipeg but, following their introduction, immediately started making frequent trips to Shilo. He proposed during a visit to Niagara Falls, and they wed in April 1970.

In the following years, Vice-Admiral Collier continued to excel in his profession, ultimately leading to his appointment as Commander of Maritime Command in Halifax, N.S., from 1977 until his retirement in 1979. Upon retirement, the Colliers decided to move to Florida, where they purchased a sailboat and spent the next three years exploring the pristine white sand beaches and turquoise waters of the Bahamas.

"Sailing was one of Andy's greatest passions, but I had never sailed before," Murphy recalled, "so, these were some of the most special years, getting to share his passion. Andy was such a patient teacher."

After retiring from the RCN and returning from their Caribbean adventure, VAdm Collier took on the role of Commissioner of the Canadian Coast Guard in 1980, and later became President of the British Columbia Ferry Corporation from 1984 until his passing in 1987.



VAdm Collier



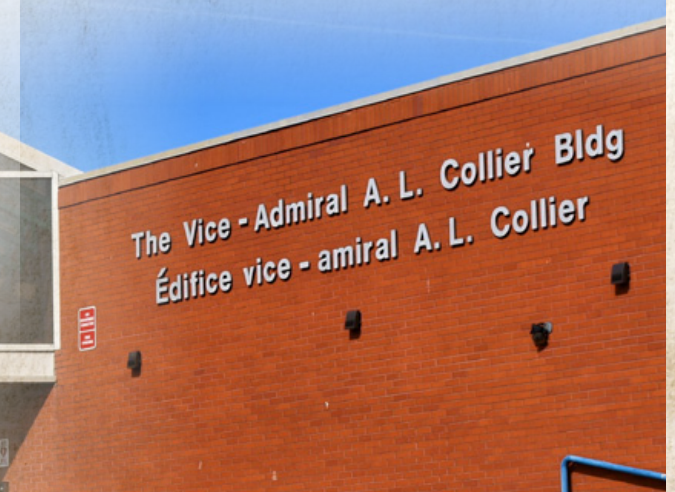
Adm Collier 1976



LCdr Collier (right) briefing Capt c1955

*"Andy was such a patient teacher."*

*~Ms. Betty Murphy*



The Vice-Admiral A.L. Collier Bldg - 2024



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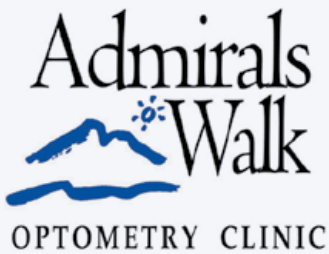
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**Go By Bike Week & Commuter Challenge**  
*Bikes at the Base Commuter Kickoff*

**Wednesday, June 05**  
**0630-0830**  
**At Dockyard in front of FMF**

**Join us for free snacks and beverages**

**Register for GOBYBIKE Week FREE at [GoByBIKEBC.ca](http://GoByBIKEBC.ca)**

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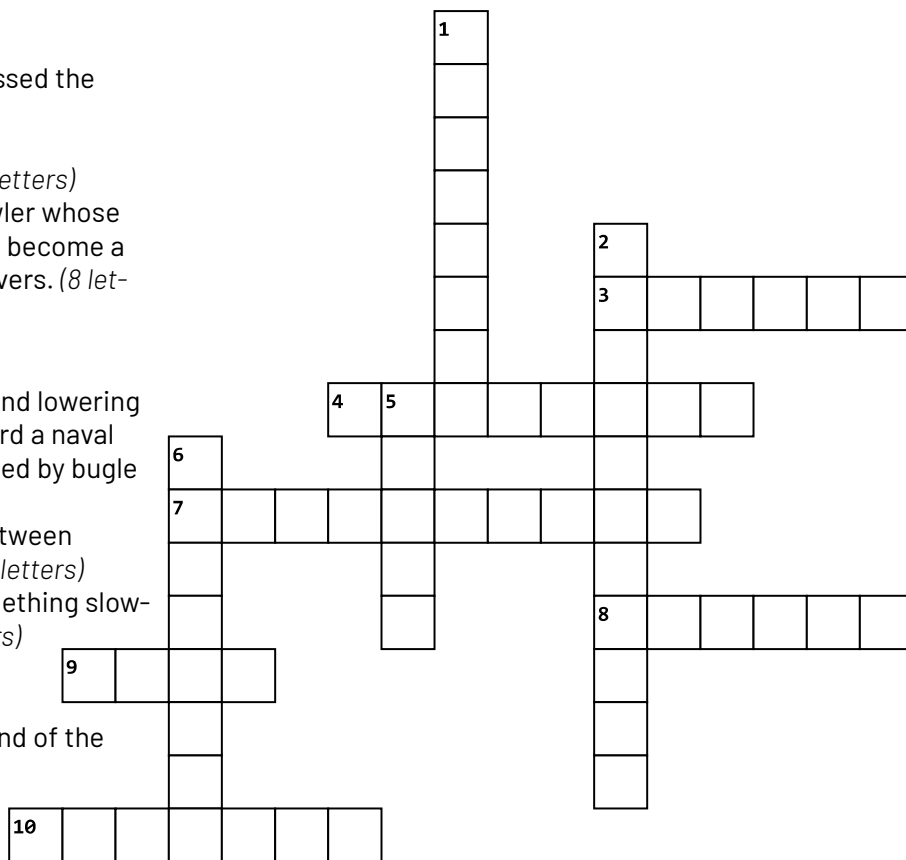
# CROSSWORD

**DOWN**

1. A sailor who has not crossed the Equator. (8 letters)
2. A rumor. (11 letters)
5. Operational Security. (5 letters)
6. A Battle-class naval trawler whose wreck off B.C. coast has become a popular attraction for divers. (8 letters)

**ACROSS:**

3. The ceremonial raising and lowering of the national flag aboard a naval vessel, often accompanied by bugle calls or music (6 letters)
4. A period of work duty between 1600hrs and 2000hrs. (8 letters)
7. An instruction to do something slowly and carefully. (10 letters)
8. A beach barbecue. (6 letters)
9. Bugle call to signal the end of the military day. (4 letters)
10. Sailor 1st Class. (7 letters)



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National Public Service Week BBQs  
**Tuesday, June 11**  
**1200-1400 & 1630-1830**  
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# Congrats Grads!



Naval Combat Information Operator Course graduation on May 3.

Lieutenant-Commander Alex Johnston presents awards and certificates to graduates.

**Photos:** Sailor 3rd Class Mckayla Ryce, MARPAC Imaging Services



Sailor 1st Class J. Allan



Sailor 1st Class J. Chung



Sailor 1st Class N. Couckuyt



Sailor 1st Class A. Murray



Sailor 1st Class S. Kim



Sailor 1st Class Kim is promoted to Master Sailor. Bravo Zulu!



Sailor 1st Class N. Sanders



Sailor 1st Class J. Zeng

## SWANSEA IV and ST JOHN III Naval Warfare Officer (NWO) courses graduation at Work Point Parade Square, CFB Esquimalt on May 8.

**Reviewing Officer:** Commander Michael Reed

### GRADUATES:

- Acting Sub-Lieutenant Josiah Alpas
- Acting Sub-Lieutenant Mitchell Bishara
- Acting Sub-Lieutenant Kent Brun
- Acting Sub-Lieutenant Callum Busfield
- Acting Sub-Lieutenant Conan Cooper
- Acting Sub-Lieutenant Robert Grousopoulos
- Acting Sub-Lieutenant Seong Ho Kim
- Acting Sub-Lieutenant Juslen Jeyatharan
- Acting Sub-Lieutenant David Jovanoski
- Acting Sub-Lieutenant Benjamin Kmeich
- Acting Sub-Lieutenant Christian Mejia
- Acting Sub-Lieutenant Jordan Nowlan
- Acting Sub-Lieutenant Octavian Radulescu
- Acting Sub-Lieutenant Christopher Valderrama
- Acting Sub-Lieutenant Vinod

- Acting Sub-Lieutenant Judy Chan
- Acting Sub-Lieutenant Elliot Feist
- Acting Sub-Lieutenant George Galley
- Acting Sub-Lieutenant Michael Juzkow
- Acting Sub-Lieutenant Justin Kaiser
- Acting Sub-Lieutenant Joel Kjearsgaard
- Acting Sub-Lieutenant Andrew Lalka
- Acting Sub-Lieutenant Emily Pazuk
- Acting Sub-Lieutenant Jessica Robinson
- Acting Sub-Lieutenant Robert Seed
- Acting Sub-Lieutenant Thure Svardfeldt
- Acting Sub-Lieutenant Sarah Timmins
- Acting Sub-Lieutenant Phillip Troutman
- Sub-Lieutenant Phillip Troutman
- Acting Sub-Lieutenant Karl Usakowski

### AWARDS:

- **The Commissioning Scroll:**  
Acting Sub-Lieutenant Justin Kaiser
- **The John F. Kilner Trophy:**  
Acting Sub-Lieutenant Conan Cooper
- **The Welland Shield:**  
Acting Sub-Lieutenant Jordan Nowlan
- **The Rear Admiral Pullen Cup:**  
Acting Sub-Lieutenant Sarah Timmins
- **The Merritt Chisholm Sword:**  
Acting Sub-Lieutenant Robert Seed
- **The Captain David W. Groos, Royal Canadian Navy Memorial Shield:**  
Acting Sub-Lieutenant Emily Pazuk
- **The Commander of the Royal Canadian Navy Award:**  
Acting Sub-Lieutenant Andrew Lalka

### PROMOTIONS:

- Sub-Lieutenant Judy Chan
- Sub-Lieutenant Elliot Feist
- Sub-Lieutenant George Galley
- Sub-Lieutenant Justin Kaiser
- Sub-Lieutenant Joel Kjearsgaard
- Sub-Lieutenant Andrew Lalka
- Sub-Lieutenant Emily Pazuk
- Sub-Lieutenant Jessica Robinson
- Sub-Lieutenant Robert Seed
- Sub-Lieutenant Sarah Timmins
- Sub-Lieutenant Karl Usakowski



**Presented by** Lieutenant-Commander Bucky Branscombe onboard MV Asterix at sea during TGEX 2024 on Apr. 26.  
Photos: Master Corporal Nathan Spence



Petty Officer 1st Class Sean Britt receives the Canadian Decoration.



Petty Officer 2nd Class David Carlé receives the Canadian Decoration.



Petty Officer 2nd Class Sean Dubeau receives the Canadian Decoration.



Chief Petty Officer 1st Class Stephan Melancon receives the Canadian Decoration.



Sailor 2nd Class Briar Goudie receives a Special Service Medal with Expedition bar.



Master Sailor Dave Elmer is promoted to his current rank.



Petty Officer 1st Class Yhan Mathe receives Silver Anchor.

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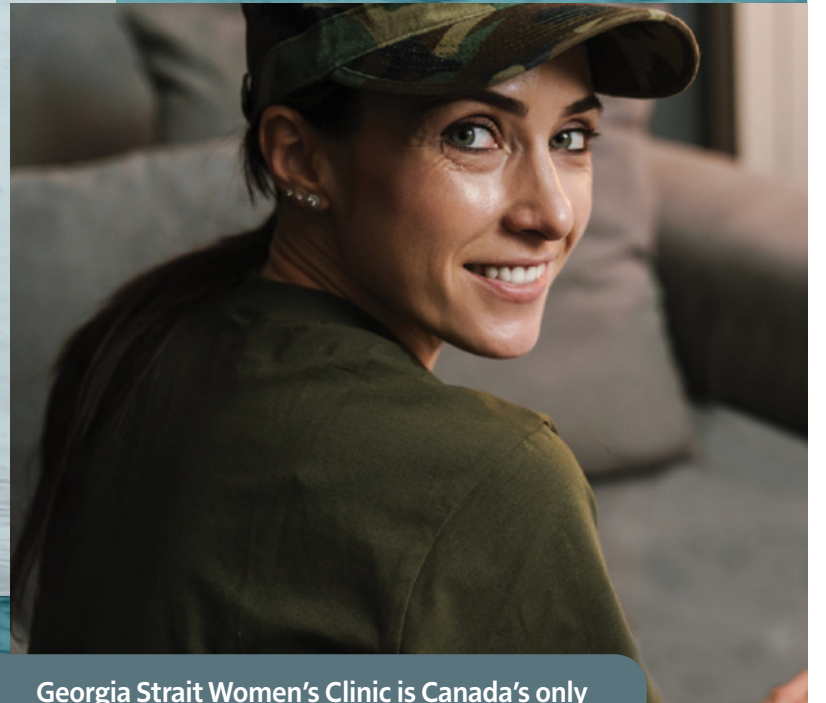
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