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Operational Service Medals for Operation Caribbe



LS Douglas Gates, a sailor in HMCS Nanaimo, carries a tray of Operational Services Medals just before they were presented to his crewmembers during a medal presentation parade on June 9. Read full story on page 19.

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Military train for emergency quick response

Jamie Cook
MARPAC/JTFP Public Affairs

There is perhaps no scenario more frightening than a submarine emergency at sea; accidents or equipment failure can quickly put the vessel and crew in danger.

Should the need arise, measures are in place to ensure an effective submarine search and rescue (SUBSAR) response. Canadian Armed Forces (CAF) members tested that response by conducting a SUBSAR stores move on Vancouver Island from May 30 to June 3, which demonstrated their capability to rapidly respond to a submarine emergency almost anywhere in the world.

The exercise was the first of its kind on Canada's West Coast and involved units from Maritime Forces Pacific (MARPAC), Joint

Task Force Pacific (JTTF), and members from 429 Transport Squadron of 8 Wing Trenton in Ontario.

Stores include a hyperbaric chamber to accommodate up to six people for recompression upon rescue, an accompanying air compressor, various medical supplies, a Zodiac, and other maritime rescue equipment. In a real scenario, personnel would constitute an important part of the package with approximately 50 people ranging from medical officers and technicians to naval divers.

For the exercise, SUBSAR stores were transported from CFB Esquimalt to CFB Comox where they were loaded in a CC-177 Globemaster III. In an actual emergency, the stores would be flown to a remote location, placed onto a military vessel known as a Primary Rescue Unit, or a

Vessel of Opportunity, normally a civilian ship, before being transported to the rescue area.

Preparing the aircraft and rescue stores for transportation is a delicate matter and no detail can be overlooked.

For example, the aircraft and towing vehicles' tires must be slightly deflated and the fuel tanks of the rescue equipment filled at 25 per cent capacity in order to compensate for air pressure changes once in flight.

The loading process must also be undertaken with extreme care.

"If there's even the slightest error loading and securing the equipment, and the airframe is punctured, that could be the loss of an entire strategic asset until it's fixed," explained Maj Stephen Carius, MARPAC Deputy Chief of Staff Exercises. "That's an asset

that can't be deployed to Europe, to RIMPAC, or to other operations around the globe."

As part of Canada's commitment to the International Submarine Escape and Rescue Liaison Office, an organization that assists in the global coordination of submarine search and rescue operations, the CAF strives to maintain a ready and capable response in order to conduct SUBSAR in its area of operation and around the world.

With three of Canada's four submarines currently on the West Coast, and regular visits and transits by foreign subs, as well as a recent increase in submarine procurement by navies throughout the Asia-Pacific region, it is imperative the Canadian military be prepared for any submarine emergency.



Above: Supplies are loaded into the belly of a CC-177 Globemaster III.


Left: After being hauled from Victoria to Comox, special submarine search and rescue equipment is loaded into the Globemaster as part of a major emergency exercise.

Cpl Nathan Spence, 19 Wing Imaging



Fun Fact

According to British Columbia Provincial Laws: It is illegal to kill a sasquatch.



Rebecca Alleyne


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WHAT SAY YOU

People Talk

Lookout asked this question:
Would you rather go on your dream vacation forever, but by yourself, or stay in your hometown forever but you could be with anyone in the whole world?



I'm not married so I would definitely go on my dream vacation forever.

LS Solomon Slazenger



I would go on my dream vacation. I love my hometown, but I'm originally from Edmonton and there is too much snow and I love to travel!

LS Duane Cutrell



I would go on my dream vacation. I would love to go somewhere where I have never been before.

MS Matthew Carbe



I would stay in my hometown forever because I just love Victoria and I would be with my family.

Kyle Owens



I would go on my dream vacation just for something different.

Mike Cruickshanks

SPORTS trivia PO1 Bill Sheridan Contributor

- QUESTIONS**
- Who scored the cup winning goal for the Oilers the first time they won it?
 - Elmer Gedeon and Harry O'Neill were the only two major league baseball players who died in which war?
 - The Pride of the Yankees was a top movie made about which star?
 - Who was the first coach of the Grizzlies and the Raptors?
 - What sport world championships are the Thomas and Uber Cups?
 - Which city has the Aquaduct Racetrack?
 - Why did the Habs use high numbers such as 99 and 88 and 57 for one season?
 - How long is Campdown racetrack?
 - Who are the Marietta Storm?
 - What's the highest number retired by the Habs(not including 99)?
 - How many grand slam titles did Bjorn Borg win?
 - Who was Chuck Wepner?
 - What stadium was the site of the first NL-AL World Series game?
 - How many grand slam events has Tiger Woods won?
 - How many cups have the Habs won?
 - What type of surface is at Roland Garros?
 - Why does Ryan Hunter-Reay drive car number 28?
 - In the ancient Olympics what happened to a false starter?
 - Howard Hobson was the first NCAA basketball coach to do what?
 - What sport has two attackmen, one transition man, two defenseman and a goalie?

- ANSWERS**
- Ken Linseman
 - WW2
 - Lou Gehrig
 - Brian Winters(VG) and Brendan Malone(TR)
 - Badminton Men's and Women's World Championships
 - New York borough of Queens.
 - The NHL teams started a lacrosse league and had sweaters with those numbers(1930-31) so rather make new ones, they used the lacrosse sweaters.
 - Five miles long
 - WBA team in Georgia.
 - Patrick Roy-33
 - Eleven
 - He was a boxer and the inspiration for the movie Rocky.
 - Huntington Avenue American League Baseball Grounds, Boston.
 - Fourteen
 - Twenty Four
 - Clay
 - It's the approximate number of people in the world with cancer.
 - They were beaten
 - He won the championship, in 1939.
 - Lacrosse



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Edmonton Change of Command



From left to right: Outgoing HMCS Edmonton Commanding Officer, LCdr Blair Brown; reviewing officer Cdr Lorne Carruth, Commanding Officer of Coastal Divisions Pacific; and incoming Edmonton Commanding Officer LCdr Brad Henderson sign Change of Command certificates during a ceremony held on board the ship on June 6.

LS Ogle Henry, MARPAC Imaging Services

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Naden Band to open concert series

Shawn O'Hara
Staff Writer

This summer residents of Esquimalt will get a healthy dose of sunshine and culture with the first Memorial Park Music Fest June 24 to 29.

The Naden Band of the Royal Canadian Navy will open the first day of festivities.

"The purpose of the festival is to show people Esquimalt is a beautiful, wonderful place to work, live, and play, and part of Esquimalt's culture is CFB Esquimalt," says Morlene Tomlinson, co-founder of the Township Community Arts Council (TCAC). "We're so thrilled to have the Naden Band involved."

The free music fest will feature six Esquimalt-based bands over six days, including the Prohibition-era "Capital City Syncopators", country western

band "Alive and Kickin'", and professional icon "Virtual Elvis".

"By getting Esquimalt-based performers involved we hope to highlight people in our community," says Tomlinson. "There is a lot about Esquimalt people don't know, and we'd love to make people love it here as much as we do."

The TCAC was founded three months ago in an effort to educate people on Esquimalt's vibrant culture and past, and to plan for its future.

"The more people that live here, the more business we can attract, and the more the community is going to change and grow," she says. "Over time we hope to see Esquimalt grow into the community it deserves to be."

Lt(N) Matthew Clark, Commanding Officer of the Naden Band, says the event, which will be the Naden Band's first free live community performance

in Esquimalt, intrigued him due to Tomlinson's passion and enthusiasm.

"Morlene and I both agree live music is best and that Esquimalt needed an event to draw us together in the summer months," he says. "Support to community events is vital in our mission as naval musicians. We strive to serve as role models within the community, using music as a means to make a positive change."

As the Naden Band's performance falls on St-Jean-Baptiste Day, they will perform French Canadian pieces to honour the band's Francophone colleagues and musicians.

"I don't think anyone will leave disappointed. I'm always impressed at the band's ability to play not only at a high level but also with a fun lot of fun," says Lt(N) Clark. "We're excited to perform for the Esquimalt community. We hope to do this a lot more."

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Lt(N) Mike Makow removes his firefighting equipments after fighting a simulated fire in one of the ship's compartments.



LS Brennan Dunbar conducts maintenance on the foc's'le.



LS Matthew Kessler conducts routine maintenance on a .50 cal heavy machine gun.



Faces of Regina



LS Richard Paul works at his station during a small boat attack training exercise.

OS Keagan Harder conducts filter maintenance in the general turbine inlet.



Cpl Michael Bastien, MARPAC Imaging Services
CPO2 Chris Macdonald supervises deck personnel during a replenishment at sea.

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Deployed ship completes Navy Run

Lt(N) Jean-Pierre Coulombe
HMCS Regina

On June 5, 17 days before the actual 2014 Navy Run, members of HMCS Regina conducted a parallel event on the exquisite island of Crete, Greece.

After a hectic 45 days at sea, which involved transiting from the Indian Ocean to the Eastern Mediterranean, the crew was finally able to hit the land for a short period.

While most crew members enjoyed the sights and

the beautiful weather, 13 members put on the Regina colours and went for a run in the streets adjacent to a beautiful beach to emulate the Navy Run, which they will not be able to attend on June 22.

In a relaxed "Fun Run" format, the 13 members ran the 2.3 km circuit under the hot sun, until they reached their goal of five or 10 kilometers. The group was accompanied by the ship's dedicated "baby doc" who was able to witness the runners passing the start line and make

sure everyone was well and hydrated.

The small activity was put together by PO2 Mike Spence, who arranged for t-shirts and the required logistics to support the run.

The ship's coxswain, CPO1 Janet Graham-Smith, participated and said, "Unfortunately, we didn't get as many runners as expected, some had to cancel, but all the ones who participated really enjoyed it. After the run we were all able to enjoy the beach, drinking a cold beverage to accompany

amazing Greek salads and sandwiches."

As Regina continues its mission in the Mediterranean, the crew maintains morale through small activities that increase cohesion and team spirit. Physical fitness remains a priority for many on board and the sailors, from the Command Team down, including the ship's coxswain who ran 10 km, and all plan to keep it that way.

If anyone is considering participating in this year's Navy Run, think of Regina and run for the navy.



Front row: Lt(N) C. Sands (5K), PO2 S. Fallon (10K), LS J. Morin (10K), and PO2 S. Zarate. **Middle:** CPO1 J. Graham-Smith (10K), PO2 M. Spence (10K), SLt S. Faurbo (5K), Capt M. Mangana (5K), LS R. Houle-Carrière (5K), MS S. Weatherell (5K), Cpl M. Richards (medic), and AB D. Forry (5K). **Back:** PO2 P. Hopkins (10K). **Behind the camera:** Lt(N) J.P. Coulombe (10K).

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Sailor of the first quarter announced

The Canadian Fleet Pacific's Sailor of the First Quarter for 2014 is LS Benjamin Cizmar, a Naval Communicator in HMCS Vancouver.

An enthusiastic and highly motivated member of Vancouver's crew, LS Cizmar continuously performs above his rank level. His commitment to both his division and his ship with regards to training, volunteering and supervising has set an extremely positive example for his peers and subordinates.

Advance promoted to Leading Seaman, he continues to show confidence, professionalism and trade

knowledge well in advance of what is expected at his rank. His strong work ethic and enthusiasm have enabled him to become one of the key members within his division, and a well respected junior leader in Vancouver.

LS Cizmar is often the first to volunteer for new courses, tasks or projects, and has donated his time to the United Way and the Salvation Army. He volunteered to stand duty in the MCDVs during their Christmas leave period, allowing other sailors to fly home to be with their families.

He demonstrates a passion for helping others by providing mentorship on diet and physical fitness. He can often be found at the gym providing personal guidance and encouragement to others. LS Cizmar also maintains proficiency in five languages.

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NCM ethos and socialization survey: We want your input

The Non-Commissioned Member (NCM) Ethos and Socialization Survey seeks to determine whether different paths to initial trade training cause any differences in the socialization of new Canadian Armed Forces (CAF) members.

As such, a number of CAF Regular Force NCMs are being invited to participate in this survey.

Initial recruit training prepares individuals for a career in the CAF. Military development, or socialization that instils the values of duty, loyalty, integrity and courage embodied in the military ethos begins at Basic Training. This socialization carries on through initial trade training to the first posting to an operational unit.

Most new CAF members still receive initial trade training at a military school, but other members complete occupational

training at community colleges, facilitated by programs such as the NCM Subsidized Education Plan.

Regardless of the training path, military socialization objectives and expectations are the same.

The individuals who were invited to participate in the survey were drawn from a list of military occupations that are eligible for the NCM Subsidized Education Plan. Training in these occupations is still given at military schools, but some CAF members may also be trained through a subsidized civilian college program. The occupations listed below were selected to ensure Land, Sea and Air service environments are fairly represented:

- Weapons Engineering Technician;
- Maritime Engineering;
- Vehicle Technician;

- Electronic – Optronic Technician;
- Cook;
- Aviation Systems Technician;
- Avionics Systems Technician; and
- Aerospace Telecommuni-cation and Information Systems Technician.

The paper-based survey is endorsed by the Chief of Military Personnel. As such, supervisors are encouraged to support the completion of this 30 to 45 minute survey during work hours, where feasible.

By taking the time to voluntarily complete this survey, NCMs will provide important information about their socialization experiences, and will contribute to ongoing efforts to improve and modernize individual training and education in the CAF.



The purpose of the survey is to determine whether training at a community college has an impact on how NCMs are socialized.

Photo courtesy Mario Poirier

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Jacek Szymanski, RIMPAC 2012

Canadian ships head south for massive exercise

Shawn O'Hara
Staff Writer

Next week *HMC Ships Calgary, Victoria, Nanaimo, and Whitehorse*, and a clearance dive team from Fleet Dive Unit (Pacific) will head south for the world's largest military maritime exercise.

The training areas in the waters around Hawaii and off Southern California are the location of Rim of the Pacific 2014 (RIMPAC) with 23 nations participating in joint exercises from June 26 to Aug. 1, bringing a total of 47 ships, six submarines, over 200 aircraft, and 25,000 personnel.

This year's RIMPAC will be the first for the nation of Brunei and the People's Republic of China.

Canada's military is sending over 1,000 personnel from all three environments.

The Canadian Army will send a Company Group based from a Rifle Company of the Third Battalion, Princess Patricia's Canadian Light Infantry out of Edmonton, Alberta, and the Royal Canadian Air Force will send six CF-18 Hornets, a CC-130T Hercules, a CC-150T Polaris, three CP-140 Auroras, and crew.

During RIMPAC, participating nations will take part in joint maritime exercises that foster multinational cooperation and trust, with aims to enhance the interoperability between nations.

"As a Pacific nation, Canada is committed to working with our partners in the region to be ready to respond to events across the spectrum of safety, security and defence missions," says Gen Tom Lawson, Chief of the Defence Staff. "This exercise provides us with an excellent opportunity to build on our readiness, and to ensure that we have the right mix of people, equipment, and resources, and the requisite training in place to meet the tasks assigned by the Government of Canada."



407 Long Range Patrol Squadron, RIMPAC 2012



MCpl Marc-Andre Gaudreault, RIMPAC 2012



MCpl Marc-Andre Gaudreault, RIMPAC 2012



MC1 Kirk Worley, RIMPAC 2012



MCpl Marc-Andre Gaudreault, RIMPAC 2012

Canadian Admiral ready for key role during RIMPAC

Carmel Ecker
Staff writer

For nearly a year, whenever RAdm Gilles Couturier has travelled, he has packed a large binder dedicated to the summer training goals of 23 nations.

The Canadian admiral is the Combined Forces Maritime Component Commander (CFMCC) for Rim of the Pacific Exercise (RIMPAC) 2014, the largest maritime exercise in the world. Along with the lengthy job title comes the responsibility to make sure everyone who participates in this year's event sails away with new skills and lots of practical experience.

While still fulfilling his duties at National Defence Headquarters, since September RAdm Couturier has been attending RIMPAC planning meetings and poring over documents to make sure he understands what each participating nation is hoping to achieve.

His RIMPAC binder, which has been steadily filling up as planning has progressed, will remain by his side until the end of the exercise so he can keep tabs on what all 48 surface ship crews and six submarine crews have done, and what they still need to accomplish.

For a sailor who's been in Ottawa for the past year, it's a dream job, he says.

"It's back to the navy, and for a navy guy it's very interesting. It's operational; it's all about ships and aircraft at sea and sailors. At the end of the day it's all about the people, making sure our sailors leave there as better sailors, a better ship's company able to operate in a multi-national maritime context."

A new role for Canada

Not only is CFMCC a big job, this is also the first time a Canadian has taken on the role.

Americans filled key RIMPAC leadership roles up until the last RIMPAC in 2012 when an Australian filled the CFMCC shoes and Canada fulfilled the Deputy Commander role with RAdm Ron Lloyd and the CFACC position with MGen Michael Hood. This year, U.S. planners, under the leadership of the U.S. Commander Third Fleet, handed the CFMCC job to Canada, and the Royal Canadian Navy selected RAdm Couturier.

With 31 years in the navy including many trips to RIMPAC in various roles, he is certainly up to the task.

"I've spent RIMPAC at sea, RIMPAC as staff at sea, RIMPAC on an aircraft carrier; I was the Maritime Operations Centre Director for RIMPAC in 2010, I would suspect that this was a factor considered by the leadership when they decided to give me an opportunity to fulfill the CFMCC job for RIMPAC 14."

The responsibility

The vessels he'll be responsible for include an aircraft carrier, submarines and an amphibious ship, as well as destroyers, supply ships and frigates.

"Because there is such a large number of nations, it comes with challenges, from the basics of ensuring we can talk to each other, to more detailed aspects of being able to exercise and operate together in the area of operation. The role of CFMCC is to make sure we put a structure around it and provide some direction to those ships."

Of course, CFMCC isn't just one person. It includes a staff of 250 officers from around the world who will come together for their own training, in addition to supporting the training of personnel on the water. The senior leadership of RIMPAC



RAdm Gilles Couturier

14 was part of a commander's conference in San Diego in April, during which command and control procedures were tested.

However, the majority of this staff training will happen in Hawaii in the 10 days before ships sail for RIMPAC. It's not much time, acknowledges RAdm Couturier, but these officers are Lieutenant Commanders and above so they come with experience.

This multi-national staff matches the world reality, he adds.

Though his staff is multicultural, communication isn't, so most staff members are fluent in the operation's primary language, English.

"Ninety per cent are very proficient in English," he says. "You want to grab that 10 per cent and get them the right information so they can achieve their training objectives."

Communication and creating solid working relationships with

all parties is a priority for RAdm Couturier. During the alongside phase, he plans to speak with the ships' command teams so they know his door is always open.

This will be particularly important for first time participants China and Brunei.

"Having these two countries join RIMPAC is very important to us, especially considering the current situation in the China Sea," he says. "We're taking all measures necessary to ensure that we can all operate together and that their participation will be a success."

Exercise overview

Once the ships arrive, RIMPAC will unfold in three stages.

The first scenarios are basic maneuvers – serialized events that ensure all vessels are able to operate with each other successfully.

Next is weapons firing that includes basic gunnery, torpedo firing and missiles. There will also be a SINKEX, in which a decommissioned ship is fired upon using all types of weapons until it can no longer float.

Where things get exciting is the limited tactical scenario, a.k.a. Forces Integration Training, in which the action is less scripted. Exercise participants are separated into two groups – one associated with the aircraft carrier and one with the amphibious ship.

The scenario they will confront is a familiar one. One country is being oppressed by another and the task

is to return peace to the oppressed country.

"We're going to operate with a show of force with the goal of making sure they understand their actions will not be tolerated and that we have the United Nations Security Council resolution that provides us the authority to take action," explains RAdm Couturier.

Specific tasks will be carried out including extraction of foreign nationals, anti-piracy training, humanitarian assistance disaster relief and ship boarding.

All of these skills are part of the current reality for navies in the world, says RAdm Couturier.

Ships will integrate with land and air elements as they train on dealing with insurgents.

"We're going to help extract the bad guys from the good country, so we will land marines ashore, supported by air and maritime assets," says RAdm Couturier.

He and his staff are responsible for developing the operational plan, maintaining the tactical picture and coordinating the actions of the ships and aircraft in the operating area to defeat the scenario's belligerent nation without invading their country.

"So we're going to put them in position in the area that makes sense tactically," he says.

With only a week to go before he boards a plane to Hawaii, RAdm Couturier is examining the RIMPAC schedule so he and everyone else can make the most of the month-long exercise.

"It's not a task, really," he says. "Every time I need to go back to RIMPAC and look at some of the things we need to do, it's always with a big smile on my face. I'm quite happy to do that and I'm honoured that the Royal Canadian Navy and the Canadian Armed Forces gave me this opportunity."

At the end of the day it's all about the people, making sure our sailors leave there as better sailors, a better ship's company and a better task group.

-RAdm Gilles Couturier
RIMPAC Combined Forces Maritime Component Commander



HMCS Calgary crew set to operate with new equipment

LCdr Desmond James
MARPAO PAO

HMCS Calgary will be a busy ship as it participates in Rim of the Pacific Exercise (RIMPAC) next month, but the work of getting ready to sail in the multinational exercise began some time ago.

In the months before the ship left Esquimalt last week, crew members were consumed with preparations and testing their upgraded equipment so they can operate with coalition partners.

In advance of RIMPAC, Calgary will sail from San Diego to Hawaii with eight other vessels led by U.S. Destroyer Squadron 9. Their focus will be communication, ship maneuvering, replenishments at sea and gunnery, all tasks the crew will be expected to execute during RIMPAC in the waters off Hawaii.

"We'll have the opportunity in training to leverage other navies' assets – submarines, aircraft – to do some training on the way over," says Cdr Wilson.

A few lucky members of Calgary's crew will take a brief helicopter ride from the frigate to an American vessel, where they will spend a day watching their U.S. counterparts at work. It will give them an opportunity to see a different platform and exchange ideas.

Of particular interest to Calgary's sail partners is the remote-control live-fire



Carmel Ecker, Lookout

LS Brian Rae works in HMCS Calgary's updated mechanical control room.

Hammerhead targets the frigate will be carrying.

Gunnery serials will give each ship a chance to fire its main armament, machine guns, small

arms and Close-In Weapons Systems at the Canadian-made surface targets.

"The U.S. Navy, along with the Chilean and Norwegian ships

we'll be sailing with, are really looking forward to us bringing and leading a firing serial against those targets," says Cdr Wilson.

Calgary's Operations Room is barely recognizable to the more seasoned sailors of the Canadian Navy since undergoing a plethora of upgrades as part of the warship's Halifax Class Modernization and Frigate Life Extension Programs.

The command management system is the most exciting and

significant of the changes, says Cdr Wilson.

"The software that's driving it has substantially moved ahead," he says.

Younger sailors who've grown up with the kind of interface now used in the operations room have easily adapted to the new system, he adds.

"Their education, their adolescence, has been in information technology driven environments, so they're intuitively able to operate this equipment. It comes very quickly to them. You see them moving between multiple selectable arrays and screens in the software. I'm always impressed to see how quickly they can manipulate that."

To meet the challenges that face a 21st century navy, the ship has also received new radar, upgraded electronic sensors, a new 57mm gun, and a streamlined machinery control room.

The upgrades are part of Calgary's requirement for excellence at sea, says Cdr Wilson.

"It means when we're directed to go do something – tasked to RIMPAC or an operation like Regina's doing now – that we're flexible and we're ready to deliver."

Even when RIMPAC ends for other vessels, work will still be ongoing for the warship as they continue to test and trial all their new systems.

"There's so many things going on that it's hard not to be excited about everything," says

We'll have the opportunity in training to leverage other navies' assets – submarines, aircraft – to do some training on the way over.

-Cdr John Wilson
HMCS Calgary Commanding Officer

HMCS Victoria ready to exercise with other submarines

Shawn O'Hara
Staff Writer

The city's namesake submarine is set to plot a course to Hawaii next week, to join five other submarines in RIMPAC 2014.

The Victoria-class submarine will join boats from the United States,

Australia, and South Korea for some sub-on-sub war play.

"We don't get much opportunity to take part in submarine-on-submarine exercises so the crew is pretty excited," says Capt(N) James Clarke, Director of the Canadian Submarine Force. "This is a chance for them to engage

with crews from around the world, see how they operate, and show off their stuff as well."

During the enormous, multi-nation, scenario-driven exercises that typify RIMPAC, submarines will play a vital training role by manoeuvring out of sight, investigating, assessing, and striking at threats both

above and below water.

Victoria will work on operational skills such as Anti-Submarine Warfare (ASW), Anti-Surface Warfare (ASUW), and Theatre ASW, which involves clearing a section of ocean of enemy submarines.

"During Theatre ASW, the coordination between

submarine assets and operators on the shore is complex work," says Capt(N) Clarke. "The challenge of coordinating at-sea and on-shore communications while manoeuvring with just our sonar is quite a task, but its one to which the crew is accustomed."

Capt(N) Clarke says while RIMPAC is certainly

a large exercise, the crew of Victoria are well-trained, skilled, and dedicated submariners more than up to the task.

"This is operation normal for us," he says. "It's always great to stretch our legs when we can, but when it comes to things like this it's just another day on the job."



Submarines form up for a PhotoEx during RIMPAC 2012. Inset: HMCS Victoria
Photos by Jacek Szymanski, Royal Canadian Navy



LS Zachariah Stopa, MARPAC Imaging Services

Above: HMC Ships *Nanaimo* and *Whitehorse* approach Esquimalt Harbour.

Left: Sailors conduct a bottom survey of Esquimalt Harbour using a side-scan sonar.

Below: An example of a side-scan sonar.



MCpl Chris Ward, MARPAC Imaging Services

MCDVs head to San Diego for RIMPAC

Shawn O'Hara
Staff Writer

While the training areas in the waters around Hawaii teem with 25,000 military personnel from all around the world, *HMC Ships Whitehorse* and *Nanaimo* will be at work 4,000 kilometres away.

Operating out of San Diego, California, the two Kingston-class Maritime Coastal Defence Vessels will participate in scenario-driven Naval Mine Countermeasures exercises with a task force made up of personnel from the United States, Australia, and New Zealand.

"It's a great opportunity for us to work with allies we don't see very often," says LCdr Jeffrey Hopkins, Commanding Officer of *Nanaimo*. "They bring in elements to operations we don't have; and learning how to utilize the specific skills and equipment we all bring is an integral and hugely beneficial part of the exercise."

During the exercises both *Whitehorse* and *Nanaimo* will use different specialized mine-detection equipment.

Aboard *Nanaimo* will be a side-scan sonar, a torpedo-shaped piece of equipment that is towed through the water behind the vessel at variable depths, scanning the surrounding area for potential mines.

"We don't get much time with the side-scan sonar so we're happy to have

any chance to brush up on it," says LCdr Hopkins. "It's been a while, so we've been hard at work training on it and making sure the newer crew members know all the ins and outs."

Whitehorse will be tasked with investigating and inspecting contacts *Nanaimo* may find. They will do this using a remotely operated vehicle and a Bottom Object Inspections Vehicle (BOIV).

"Whatever *Nanaimo* may find we get a team and equipment in the water to get more complete information on what it is," says LCdr Michael Sorsdahl, Commanding Officer of *Whitehorse*. "We will have a team embarked from the Fleet Dive Unit (Pacific) (FDU(P)) to operate underwater Remote Operated

together and I'm confident we'll be able to fill our role in San Diego," says LCdr Sorsdahl.

The work between *Whitehorse* and *Nanaimo* is an integral part of Maritime Forces Pacific representation at RIMPAC, and LCdr Hopkins says both crews are prepared to work closely with one another.

With a relatively high crew turnover, *Nanaimo* has been preparing its newer crew members for the trip. Lectures, training exercises, and work-ups have been prepping them for what is for many their first look at the world's largest maritime exercise.

"Our crew changes all the time, and for RIMPAC we're deploying with a

It's a great opportunity for us to work with allies we don't see very often. They bring in elements to operations we don't have.

-LCdr Jeffrey Hopkins
Commanding Officer of *Nanaimo*



Vehicles to investigate possible threats up close, so we'll have the whole underwater aspect covered."

The FDU(P) team and *Whitehorse* crew have been completing numerous exercise scenarios to strengthen the teamwork between the ship's crew, equipment operators, and divers prior to RIMPAC.

"Everyone has been working very well

mixture of regular and reserve forces," says LCdr Hopkins.

"There is a lot to consider with an undertaking such as this: the capabilities and limits of our equipment, how to deal with maritime life we might encounter, how *Whitehorse* conducts her operations. It's a big undertaking but our crew is ready."

CJOC leading Canada to RIMPAC

Shawn O'Hara
Staff Writer

Planning and preparation for this year's largest maritime exercise - RIMPAC 2014 - has been undertaken by Canadian Joint Operations Command (CJOC).

In the past, this responsibility has been assigned to the Royal Canadian Navy (RCN) and Maritime Forces Pacific (MARPAAC).

"Part of the reason CJOC was chosen to lead was to give the organization a chance to employ the capabilities it has been cultivating since being officially opened in 2012," says Maj Francis Roy, CJOC's Desk Officer for RIMPAC. "We have solidified into our role as the joint command, and this is just another activity on a given day at CJOC."

As a relatively new organization, managing Canada's participation in the world's largest maritime exercise is a huge step forward for CJOC's role in military operations.

Working under RIMPAC Exercise Director Col Stephen Kelsey, CJOC has been sussing out the who, what, why, when, and where.

We have solidified into an effective and capable operations centre, and this is just another opportunity to show the world how we work.

-Maj Francis Roy
Canadian Joint Operations Centre Desk Officer for RIMPAC

"We've planned for everything. From the logistics of the ships and assets involved, distribution of personnel, both military and civilian, as well as liaising with military counterparts in allied nations to determine training goals," says Maj Roy. "It has been a long process, over a year and a half, but every eventuality has been accounted for. We have worked closely with our international allies, in particular the United States, to ensure everything about this year's RIMPAC goes as smoothly and efficiently as possible."

In the past, planning for RIMPAC has been undertaken by the lead environmental command - in this case the RCN - with some involvement from the Air Force and Army.

This year marks the start of a Federated Planning Group approach, in which each branch of the CAF, RCN, CA and RCAF, as well as groups such as Health Services, each have representation during planning meetings.

"Since all the different branches and groups are spread out we haven't been able to meet in person as often as we'd have liked to, but with teleconferences we bridged the gaps when necessary," says Maj Roy. "It was important to us to have everyone represented, as this is an invaluable training opportunity for everyone involved."

With this being CJOC's first RIMPAC, Maj Roy says the planning has been an eye-opening experience for the organization.

"There has absolutely been a learning curve, and I would be lying if I said there wasn't frustration sometimes," he says. "Thankfully we have had the RCN staff there the whole time, and all these people who have participated in and planned for past RIMPAC exercises. It has been a great opportunity and I think CJOC is the stronger for it."

Navy divers head south for unique training opportunities

Carmel Ecker
Staff Writer

While a multinational conglomeration of ships, submarines and aircraft crowd the waters and skies around Hawaii for the Rim of the Pacific Exercise, a smaller collection of assets will be exercising off the shores of San Diego.

Teams of divers from six nations will be on the city's beaches and in its harbour to hone their very shallow water (VSW) diving skills.

Ten Clearance Divers from Fleet Diving Unit (Pacific) (FDU(P)) will be there to bring their skills and training to the next level.

"VSW is a relatively new capability that we're trying to progress," says Lt(N) Demetris Mousouliotis, FDU(P)'s Mine Counter Measures Officer and one of the divers who will travel to California for the month-long exercise. "We're trying to get further with our tactics, training and procedures."

FDU(P) divers started using the technique two years ago and are looking to learn from other participants and showcase themselves in a multinational setting.

"This will prove we are deployable and interoperable with these other countries," says Lt(N) Mousouliotis. "It's a big deal for us

because we get to see what other countries are capable of doing and then show them what we're capable of doing."

VSW involves depths of 10 metres up to the shoreline. It's used to clear mines from harbours or during amphibious landings.

FDU(P) divers are qualified for VSW in permissive environments, which means the threats are mines and divers don't have to be covert.

Among the possible scenarios divers will practice is clearing a harbour that's been mined by an enemy to prevent marine traffic from entering. The command team will designate a path it wants cleared – a Q route – so ships can enter the harbour and come alongside.

The job of VSW divers is to search that area, locate possible threats, identify whether they are mines, and neutralize them if necessary.

Another scenario is clearing a planned route for an amphibious assault on a beach, which has a similar approach to clearing a route in a harbour.

Being away from home and the multitude of equipment options available will force the divers to rely on only what they can carry, says Lt(N) Mousouliotis. For this

Very Shallow Water Diving is a relatively new capability that we're trying to progress.

-Lt(N) Demetris Mousouliotis
FDU(P) Mine Countermeasures Officer

exercise the team is bringing the Shark Marine Navigator, a Canadian product that provides a detailed view of what's in the water before divers get their fins wet.

Before Shark, divers would chart out a zone that needed clearing and physically search every square inch, which is a time-consuming activity.

"Now we can get a GPS coordinate from someone that's land-based or someone from a different ship. We can send our guys down to that GPS coordinate and they can search with the sonar, locate it, swim up to it, investigate and determine if it's a mine or not."

It has made the process of locating suspected mines much faster, he adds.

Technology is only part of the equation though. Basic skills and

procedures are still at the core of their work. They've been practicing everything from entering the water, laying charges and emergency procedures, to running through a complete mission scenario.

"Practice makes perfect so we're practicing first," says Lt(N) Mousouliotis.

On land

Another team of clearance divers will comprise RIMPAC's Explosive Ordnance Disposal (EOD) component on land.

Diver PO1 René St-Pierre is looking forward to getting out of the office and doing the work he is trained to do. The chance to focus on his practical skills with his seven other RIMPAC team members is a welcome change, he says.

Among the scenarios they will encounter are a vehicle carrying a bomb, recovery of people and equipment from a vehicle that's driven into a minefield, searching an aircraft with improvised explosive devices (IED) on board, a post-blast investigation, and maritime IED searches.

"Most of our goals will be met by the time we're done the exercise," says PO1 St.-Pierre.

Some of the exercise ele-

ments will include challenges the FDU(P) team rarely faces. Among them will be insertion and extraction in a hostile environment, including a rope descent from a Chinook helicopter and force protection through small arms firing and close quarter battles.

Other nations train for and perform these tasks regularly, but it's something FDU(P) personnel don't encounter often.

"It's pretty difficult for the [Canadian] navy to be able to insert on a platform from a Chinook helicopter. Once we go down to Hawaii, they have the assets to make this happen."

Teams will have minimal details in advance about the scenarios they encounter, and they will also have to work with what they can carry.

"It's a situation EOD teams encounter overseas all the time," says PO1 St-Pierre. "If you're on a patrol and need to dismount to go somewhere, then it's whatever you can carry. You don't always have a vehicle with you."

Interoperability will be key to everyone's learning and success, says PO1 St-Pierre.

"I'm looking forward to bringing my team and exposing them to other countries' way of doing things."



Photos by Kara Tibbel, Lookout

In preparation for RIMPAC, fleet divers practiced their skills in Esquimalt Harbour.

Above: LS Casey Johnson prepares to dive to search an area for simulated mines.

Inset: PO2 Scott Ensor (right) and LS Casey Johnson program the search route in the Shark Marine Navigator.

Right: LS Brian Ogle tests out the Shark Marine Navigator before the team dives.



Community Service award



HMCS Vancouver's PO2 Kerry Wiggins received the Margaret Manson Sponsor's Trophy for Community Service from ship's Coxswain, CPO1 Pierre Picard on May 30.

The award is given to an active community minded individual who volunteers their time to better their society. PO2 Wiggins

volunteers with the East Sooke Volunteer Fire Department where he logged 220 hours of service last year as the Department Lieutenant and Training Officer.

Most recently he was involved with the fire at the Evergreen Mall in Sooke where he played a pivotal leadership role in combating the blaze.

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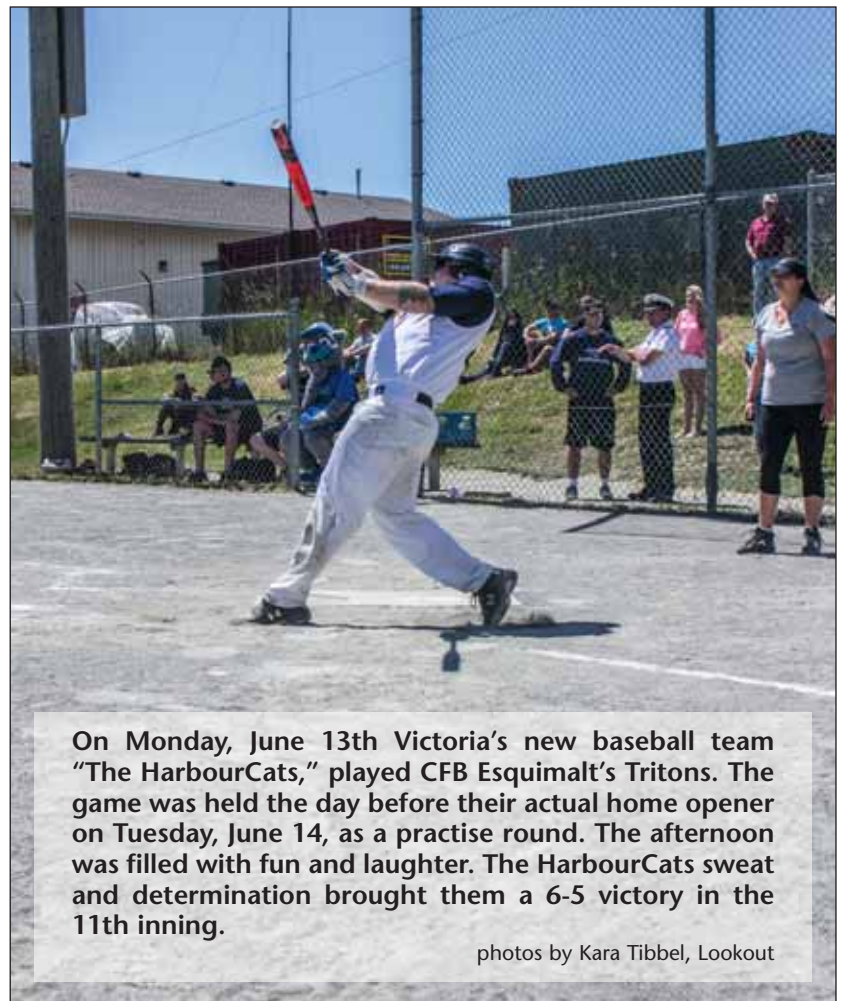
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HARBOURCATS - BASE TEAM PITCH PERFECT



On Monday, June 13th Victoria's new baseball team "The HarbourCats," played CFB Esquimalt's Tritons. The game was held the day before their actual home opener on Tuesday, June 14, as a practise round. The afternoon was filled with fun and laughter. The HarbourCats sweat and determination brought them a 6-5 victory in the 11th inning.

photos by Kara Tibbel, Lookout

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From Left to right: C/MWO Jayden Worth, C/CWO Curtis Whittla (Corps RSM) and C/MWO Tyler Cardinal show their National Star of Excellence Level 4 insignia.

Three local cadets are presented with the Level 4 National Star of Excellence

Richard Asselin

2483 PPCLI RC(Army) Cadet Corps

During the 2483 Princess Patricia's Canadian Light Infantry, Royal Canadian Army Cadet Corps, Commanding Officer's parade on May 27, a very rare event happened.

Three Master Cadets were presented with Level 4 of the National Star of Excellence. This is the highest level of achievement within the Army Cadet Programme in Canada. Out of 51 Army Cadets Corps in B.C., parading approximately 2,000 Army Cadets, only 10 Level 4 - National Stars of Excellence have been presented so far, three of which are C/CWO Curtis Whittla (the Corps Regimental Sgt-Maj (RSM)); C/MWO Jayden Worth; and C/MWO Tyler Cardinal.

The National Star of Excellence (NSE) is a merit and performance-based system of achievement, where progression within the programme is based on the capacity of cadets to collect merit

and performance points in various areas of assessment to reach the four distinct levels of excellence. More points are given for higher levels of achievement within specified training or levels of participation (be it local, regional, national or international levels).

The NSE recognizes senior cadets that display superior involvement in Army Cadet activities and is the most comprehensive Army Cadet Challenge.

Areas of assessments are a combination of compulsory and participation training and events including, but not limited to: leadership, citizenship, fitness and healthy living, community service and community leadership, general cadet knowledge, attendance at compulsory and advanced training, drill, dress, deportment, navigation, wilderness survival, instructional techniques, marksmanship, expeditions, Duke of Edinburgh Awards, music, and participation in optional training teams such as first aid or drill teams.

These three cadets displayed

impressive level of commitment within the Army Cadet Programme at the Corps, regional, national and even at the international level. C/CWO Whittla was one of 18 Canadian Army Cadets selected for the International Maple Leaf Exchange in England in summer of 2013 where he trained with the British Army Cadet Corps at various locations in England; C/MWO Worth was one of 17 Army Cadets in Canada chosen to take part in the International Army Cadet Expedition to Argentina in January 2014; and C/MWO Cardinal was selected as part of the Pacific Region BC Honour Band two years in a row and in 2013 was recognized as the top Army Cadet Bandsman (brass and reed) in Canada.

The 2483 PPCLI RCACC's Commanding Officer, Capt Madeleine Dahl, her Staff, the Corps Sponsoring Committee, along with all the Corps' cadets would like to congratulate Cadets Whittla, Worth and Cardinal for their achievement.

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Brandon prepares for duty



Left: Lt(N) Gallant and MS Vince Labonté retrieve a stokes litter from a Sea King helicopter off the ship's bow.

Top right: Ship's firefighters use a thermal imaging camera to help fight a simulated fire inside the ship's engine room.

Bottom right: A sailor uses binoculars to take a look at a passing ship during work up training in the Strait of Juan de Fuca.

Below: PO2 Lance Ingeberg fires a C7 rifle at fast moving boats while providing security on the sweep deck.

Photos by Cpl Stuart MacNeil, MARPAC Imaging Services



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Reserve ships Nanaimo and Whitehorse receive OSM for Op Caribbe

A/Slt Ron MacDougall
MARPAC PA

The Naden Band marches down Y Jetty to play for the crew of HMCS Nanaimo during the Operational Service Medal presentation on June 9 for their work on Operation Caribbe.

LS Zachariah Stopa MARPAC Imaging Services

More than 60 crew members of *HMC Ships Nanaimo* and *Whitehorse* were awarded the Operational Service Medal (OSM) at a ceremony held June 9.

Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, presented the sailors with the OSM in recognition of their contribution to Operation Caribbe, Canada's contribution to the multinational campaign against illicit trafficking by transnational criminal organizations in the Americas and Caribbean.

This was the first time that four Maritime Coastal Defence Vessels (MCDVs) were deployed on Operation Caribbe simultaneously. *Nanaimo* and *Whitehorse* from CFB Esquimalt, along with *HMCS Kingston* and *HMCS Glacebay* from CFB Halifax, were deployed for two months in the western and eastern-Caribbean to deny transnational criminal organizations

air and maritime access to the coastal regions of Central America.

CPO2 John Robb, *Nanaimo* Coxswain said that "after successfully completing the challenging work-ups along with the planning and preparation for the mission, the end result was a high operational preparedness and focus upon getting on station."

While this was the first international deployment for most of the crew, MS Daniel Robinson, *Nanaimo* naval communi-

The reality of a mission forced a mind shift in the crew on a daily basis that resulted in a huge learning curve for all of us.

-MS Daniel Robinson
HMCS Nanaimo Naval Communicator

cator, described the mission "as a real game changer because for us it's always been training."

MS Robinson elaborated, "The reality of a mission forced a mind shift in the crew on a daily basis that resulted in a huge learning curve for all of us. The experience has been incredible."

MCDVs are crewed primarily by Naval Reservists from the 24 Naval Reserve Divisions across Canada. MCDVs have a primary mission of coastal surveillance and patrol with much of their daily activity consisting of training and force generation.

Upon receiving his OSM medal CPO2 Robb stated, "I felt a sense of closure of the mission itself and moreover an incredible pride in the unit and all the sailors involved in the mission."



LCdr Michael Sorsdahl, Commanding Officer of HMCS Whitehorse, receives his medal from Capt(N) Bradley Peats, Deputy Commander Canadian Fleet Pacific.



PO2 Dave Ryman of HMCS Whitehorse receives his medal from Capt(N) Bradley Peats.



LS T.J. Michael Goodhew receives his medal from Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific.



MS Jason Young of HMCS Nanaimo receives his medal from Cmdre Bob Auchterlonie.



MS Brett Spelliscy of HMCS Whitehorse receives his medal from Capt(N) Bradley Peats.



LS Alec Peer of HMCS Whitehorse receives his medal from Capt(N) Bradley Peats.



LS Damian Prusko of HMCS Whitehorse receives his medal from Capt(N) Bradley Peats.



A/SLt Allison (right) receives the Royal Canadian Navy Commander's Award from Cdr (Ret'd) Hughes for being the top overall student.

MARS IV Graduation



After months of training, the future leaders of Canada's maritime forces marked the completion of their MARS IV course at Venture The Naval Officer Training Centre on June 6.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



A/SLt Tchernov (right) receives the David W. Groos Memorial Shield for being the top student at Sea from Hilary Groos.



A/SLt Bourgeois (right) is promoted to Sub Lieutenant by Capt(N) Peats.



A/SLt Brown (right) is promoted to Sub Lieutenant by Capt(N) Peats.



A/SLt Clements (right) is promoted to Sub Lieutenant by Capt(N) Peats.



A/SLt Ordonez, now a Sub Lieutenant (right), receives the Pullen Cup, awarded for demonstrating the highest standard of Officer like qualities, from Cmdre (Ret'd) McClean.



NCdt Oulton (right) is promoted to Acting Sub Lieutenant by Capt(N) Peats.



NCdt Wade (right) is promoted to Acting Sub Lieutenant by Capt(N) Peats.



A/SLt Campbell (right) is promoted to the rank of Sub Lieutenant by Capt(N) Peats.



A/SLt Kia (right) receives the Canadian Forces Commissioning Scroll from Capt(N) Peats.



A/SLt Allison (right) is promoted to Sub Lieutenant by Capt(N) Peats.



A/SLt Fraser (right) is promoted to Sub Lieutenant by Capt(N) Peats.



A/SLt Wade (right) is promoted to Sub Lieutenant by Capt(N) Peats.



A/SLt Cormier (right) receives the Canadian Forces Commissioning Scroll from Capt(N) Peats.



A/SLt a (right) is promoted to Sub Lieutenant by Capt(N) Peats.



A/SLt Tchernov (right) is promoted to Sub Lieutenant by Capt(N) Peats.



A/SLt Clarke (right) is promoted to Sub Lieutenant by Capt(N) Peats.



Randy Fidgeon (right) receives a gift for his 15 years of service. from Capt(N) Peats.



NCdt Neam (right) is promoted to Acting Sub Lieutenant by Capt(N) Peats.



A/SLt Hunt (right) is promoted to the rank of Sub Lieutenant by Capt(N) Peats.



Lt(N) Trenholm (right) receives the Canadian Forces Decoration Second Clasp from Capt(N) Peats.

Canadian Forces Decoration First Clasp awarded



Lt(N) Boulet from the Language School presented Canadian Forces Decorations to his staff.



PO1 Bacon receives the first clasp to his Canadian Forces Decoration.



PO1 Immel receives the first clasp to his Canadian Forces Decoration.



PO1 McCrea receives the first clasp to his Canadian Forces Decoration.



PO1 Tobias receives the first clasp to his Canadian Forces Decoration.

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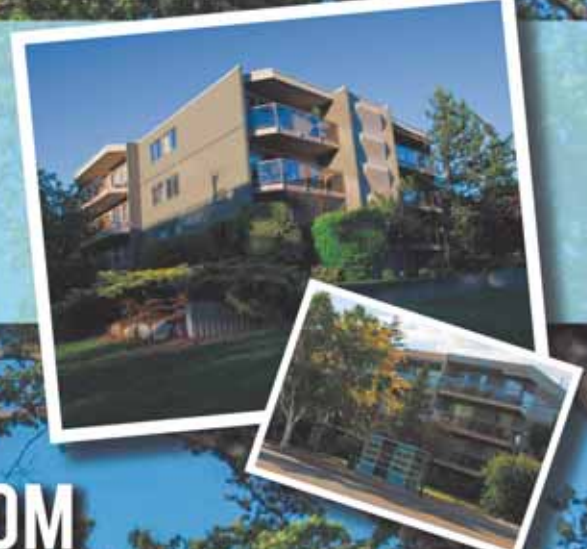


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