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It was all smiles for this mother and daughter team as the two crossed the June 22 Navy Run finish line together. Nine-year-old Emma Campbell finished first in the five kilometre under 24 run, and won first place overall for the Female 5K. Robekah Campbell finished first in the 35 to 44 age category. See more photos on pages 8 and 9.

# Family finish

Kara Tibbel, Lookout

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# Assessing fitness beyond FORCE test

**Carmel Ecker**  
Staff Writer

CF Morale and Welfare Services Directorate of Fitness has joined the push to generate a fitter and healthier military.

They are going beyond the FORCE Evaluation - the new assessment tool to determine if a member is fit for duty - and are now looking at a way to indicate a member's general fitness level.

Researchers have been to four bases putting select members through the FORCE Evaluation to gather specific data.

Last week, 150 men and women of varying ages volunteered for the research at CFB Esquimalt.

"We're going across country collecting data on 600 CAF personnel to see what their fastest FORCE times are, and we're plotting them on the incentive chart where they'll be compared to their age and gender counterparts," explained Dr. Tara Reilly, Research Manager Human Performance in Ottawa.

The Human Performance Research team is developing a Fitness Profile, which is a measure of fitness that goes beyond the minimums for job performance. That pro-

file will include an incentive program that will be used to encourage members to improve both their operational and general physical fitness.

In the previous EXPRES test the incentive was an exemption on the next year's test. However, the new motivational program is still in the development phase, so the four incentive levels and rewards have yet to be confirmed.

The new fitness profile expands on the existing FORCE Evaluation in two main ways:

- Firstly, it offers an incentive program where members will be compared to their age and gender groups in order to encourage maximal performance and improvement on the FORCE Evaluation. In this way the member will be provided with a scaled measure of his or her operational fitness compared to other people of his or her age and gender, rather than simply a pass or fail.

- Secondly, the fitness profile provide a new metric - an assessment of a member's overall physical fitness. This metric would be based on a measure of cardio-respiratory fitness derived from the member's times on the intermittent

loaded shuttles and the 20-metre rushes, along with a measure of body composition, with the addition of a waist circumference measure. No career action would be taken on this measure of general fitness; it would only serve to provide information and targets for improvement.

"Waist circumference is recommended by the World Health Organization and the Canadian Medical Association as being the best body composition measure for health-related physical fitness," says Dr Reilly.

Members who go all out on the FORCE test will know exactly how they measured up against other people in their demographic. This goes well beyond the pass or fail of the test itself.

Incentivizing the program will likely push people to perform to their maximum to find out how fit they really are, says Dr. Reilly.

Personnel Support Program (PSP) fitness staff can prescribe a training program to help a member increase their fitness and meet the next incentive level. Resources to aid military members in attaining a healthier life include Health Promotion programs, dfit.ca, and personal training from PSP staff.

## New FORCE evaluation test for military members



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# French medal bestowed upon Canadian veteran

**Carmel Ecker**  
Staff writer

Seventy years after his ship, HMCS Skeena, took part in the D-Day landings, Cdr (Ret'd) Peter Chance received recognition from the French government.

Along with 500 other Canadian army, navy and air force veterans of the pivotal Second World War battle, the 93-year-old was named a Chevalier (knight) of the Ordre national de la Légion d'honneur, France's highest honour.

Five hundred is all that remains of the more than 34,000 Canadian soldiers, sailors and airmen who participated in Operation Overlord and began to push German forces back out of France.

Chance and 14 other B.C. veterans gathered in Vancouver on May 21 to accept the medal from Consul General of France M. Jean-Christophe Fleury, who presented it on behalf of the President of France.

The event included dinner and speeches from dignitaries including Minister of Veterans Affairs Julian Fantino, Premier Christy Clark, and Lieutenant Governor of B.C. Judith Guichon.

Each recipient was assigned a cadet escort "to make sure we didn't fall down," Chance jokes.

Though he earned several

other medals and awards through his more than 30-year naval career, this one is special, he says.

"It is very special because it recognizes Canadian participation in the Normandy landings."

Chance was the navigating officer in HMCS Skeena when the allies made their Normandy assault on June 6, 1944.

As part of Escort Group 12, Skeena's duty was to block German submarines from entering the landing area.

The most memorable moments of that mission came on June 8 when two homing torpedoes – designed to target the frequency of a ship's propellers – streamed through the water and exploded in Skeena's Canadian Anti-Acoustic Torpedo (CAT) gear.

It was a terrifying experience for the crew, says Chance.

"We saw these damn fish go whizzing by. The next thing, a periscope went by us and we fired our Hedgehog at it," he recalls.

The ring of Hedgehog bombs landed ahead of Skeena and U953 disappeared, presumed damaged.

"We didn't see it again and we couldn't pick it up either. But obviously we had damaged it."

That might have been the end of the story, but many years later, Chance



Carmel Ecker, Lookout

War Veteran Peter Chance added another medal to his collection, the the Ordre national de la Légion d'honneur.

got a phone call from Virginia, U.S.

A man with a thick southern accent asked, "Mr. Chance, were you navigating HMCS Skeena on the 8th of June 1944?"

Upon learning he had the correct Peter Chance, the man proceeded to say he

*The common enemy was the sea. We had no ill feelings towards these guys...*

- Cdr (Ret'd) Peter Chance  
Canadian War Veteran

had come to know someone named Karl Baumann, who was serving in U953 on that day. Just 19 years old at the time, he had

been wounded on board and was taken to a hospital in Brest.

When allied forces overtook the area, Bauman became a prisoner of war and was eventually sent to Virginia to wait out the war. "I was able to speak to Karl," says Chance. "He said, 'You know Peter, we were trying to kill each other on the 8th of June 1944, ya?'"

With a chuckle, Chance says he replied, "Absolutely." "Now we can be friends?" Bauman asked.

The two stayed in touch until Baumann died several years ago, and Chance even wrote the foreword for the book about Baumann's life, "The Longest Patrol."

"The common enemy was the sea," says Chance. "We had no ill feelings toward these guys, you know, individually. They were the enemy, sure, but individually, of course not."

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

During National Aboriginal Day celebrations on June 19, Lookout asked: *Why do you feel it is important to hold an Aboriginal Day?*



It is important because we need to recognize they were the first nations in Canada.

Greg Lecky



Aboriginal Day helps us further understand their culture.

Capt Scott Thomson



I feel it brings Aboriginal people from the Armed Forces closer together.

Claude Mackenzie



Whenever I come to these events I feel spiritually enlightened. The people are so friendly and sincere.

Wayne Sennett



I think it is very important to have Aboriginal Day to support our native group.

Peter Herschmiller



Que' Mini-Mite Bahn

Left to right back row: LS Jeff Lee, Gordon Burke, Cheryl Milne, Betty Greer, Dianne McCharles, Maj Bart Dennis, Debbie Barton, Rachel King, Katie Harvey, LS Jeremy Harvey, Walker, CPO2 Isabelle Galbrand, MCpl Nikki Ducharme and LS AJ Hutchins. Front row: Tracy Barton, Talon King and MS Tyson King.

## MARPAC Riders help in more ways than one

### MS Tyson King HMCS Vancouver

Nineteen Victoria area residents consisting of military, retired military, family and friends participated in the Prostate Cancer Fundraiser as a part of the country-wide Ride for Dad.

The ride was a joint effort between the UN/NATO Veterans Canada (Victoria area) Group and the MARPAC Riders. Thus far, they have raised \$2,870 with donations still coming in through the website www.pcff.ca.

The team's success in raising funds is largely due to Diane McCharles \$1,445, MCpl

Nikki Ducharme \$455, and CPO2 Isabelle Galbrand \$400.

After a safety brief on June 13, riders departed on the weekend adventure. The ride was not uneventful though. One member encountered electrical faults with his bike 20 minutes north of Nanaimo on Highway 19. The rider ended up having to get his bike towed to Courtney where he replaced his battery.

The rest of the group continued on until the next situation arose. Another rider started losing his overall situational awareness due to fatigue. Turned out he was up since 4:30 a.m. and worked the morning shift before meeting up with the group.

The rider recognized his fatigue and pulled

to the side of the road for a brief rest period.

The team was able to gather as one team at the Driftwood Mall and ride in to Comox to the main event. Before the Parade of Bikes commenced, the Ride for Dad Comox Valley organizer presented a cheque of \$20,000 to the Victoria Cancer Research team to further the fight against prostate cancer in the region.

The ride included seven stops known as the Poker Run from the Comox Valley to Parksville.

The goal is to collect cards to make a winning poker hand. One member won a Food Sealer that was donated to Cockrell House – an organization that provides homeless veterans a place to live.

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Firefighter Cpl Troy Windibank demonstrates the operation of the heat sensor camera to David Galvin onboard HMCS Winnipeg during a day sail on June 20. Winnipeg hosted members of the Canadian Forces Liaison Council (CFLC), a group of civilians and Department of National Defence members who liaise between DND and the CF with civilian employers.

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## Soldier to attempt 70 km open water swim

A/SLt MJ Kia Contributor

In August, Cpl Alexandra Cape and friend Susan Simmons will don their swimsuits and slip into Lake Cowichan in hopes of becoming part of open water swim history.

The duo plan on swimming the 34-kilometre lake twice; success will put them in the top 15 open water swim distances in the world.

Last year they swam it once; it took 12 hours. Cpl Cape estimates it will take them 24 hours to swim it twice.

To put it in perspective, 70 kilometers is a drive from downtown Victoria to nearly Chemainus, or more than twice the width of the English Channel.

The air force Corporal is just a few chromosomes away from being a fish. She moved to Victoria at 11 from Regina and immediately fell in love with water. She started swimming competitively under coach Neil McKinley in the summer program at Crystal Pool, and by 16 she was among

the top swimmers in her age group in the province.

Now, 20 years later, she is a regular member of the Navy Masters Swim Club and Victoria Master's Swim Club, coached by Danielle Brault. A normal week has her swimming 50 kilometers in the pool.

When Brault heard that Simmons, who has Multiple Sclerosis, was looking for a swim partner to tackle Lake Cowichan she recommended Cape.

"I knew she could do it. She's determined, focused and more than a little stubborn. She loves swimming so much I have to tell her to get out of the water," says Brault.

The two swimmers are ready to face problems related to hypothermia by training regularly in the ocean by Willows Beach. The projected water temperature for Lake Cowichan in late August is about 14 degrees Celsius. A large portion of their exploit will be at night, which presents its own challenges that the swimmers must prepare for as well.

The pair are recruiting

friends, family and volunteers to lend a hand.

"We hope the community comes out to support us," said Cpl Cape.

A small army of canoeists, kayakers and small boats have signed up to care for their food and security during the swim; nonetheless, they invite anyone who would like to swim a portion of their dip to jump in and kick along.

"Our goal is to encourage the community to get out-

side and be healthy. We're believable and approachable so come and join us," adds Cpl Cape.

The pair have a Facebook page for those interested in following their challenge. Just look up "Swimmers Last Longer" to find their profile.

"I'm going to get in and out and that's all there is to it. When you're in the middle of a lake there's no choice but to keep going and keep moving," she says.

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## Pacific region squash players volley for national awards

**Carmel Ecker**  
Staff writer

Two Pacific Region squash players brought back top honours from the annual national competition held in Borden last month.

Sgt Vicky Killion of Esquimalt earned the Sportsmanship Award while Capt Jillian Sicard, now in Comox, beat out the competition to take first place in the women's open category.

Capt Sicard considers her win a bit of a surprise. Due to a hectic work schedule as a pilot at 442 Squadron in Comox, the 28-year-old found it difficult to find practice time on the court.

"About two months beforehand, I tried to find time on weekends or after work. And I'd always play with someone who was a bit better than me."

This is Capt Sicard's second time going to nationals. Last year, she placed second and is happy with the step up to first, something she hopes to repeat next year as she builds her skills with fellow squash players in Comox.

"There are a few folks here in Comox that are really good," she says.

Though her victory as an

individual is wonderful, the team competition, which precedes the individual round is everyone's favorite, she says.

"The team event is the best by far because you're

*The team event is the best by far because you're counting on your teammates and they're counting on you.*

-Capt Jillian Sicard,  
442 Sqn Comox

counting on your teammates and they're counting on you. And you're there to cheer them on."

The Pacific team struggled a little this year with two potential team members being deployed – one of them last minute – leaving them short one competitor.

They still managed to finish third out of five teams, not least due to the efforts of Sgt Killion, who won three of her four team competition games.

An experienced and consistent player, Sgt Killion wasn't surprised with her contribution to that part of the competition, but did better than expected in the individual round.

In addition to the sportsmanship award, she took fourth place out of 10 women in the open category, her best placing to date in four trips to nationals.

The 55-year-old said she was happy with that, knowing that her competition is generally 20 to 30 years younger.

Competition aside, Sgt Killion attributes the sportsmanship award to her carefree attitude on the court.

"I'm always laughing when I'm playing. I don't get mad if I make a bad shot because it's fun. I'm just there for a good time."

She also sees nationals as a great opportunity to build her game and new friendships.

"Everybody's so friendly. In-between games, teammates will coach you. Your game just improves going to a tournament like that. You're watching so much squash. You're watching the good players, so maybe it just sinks in better."

## Local Sports events hold military appreciation nights

The Victoria Shamrocks are inviting police, fire, military, ambulance and veterans to their Friday July 18 game at the 100.3 The Q Centre (formerly known as West Shore Parks & Recreation). Admission is only a Toonie; all proceeds will go to the Wounded Warrior Fund.

Pre-game performance and national

anthem will be courtesy the Naden Band

Game will be Victoria Shamrocks lacrosse versus arch rivals the New West Salmonbellies.

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# Cadets step back in time

**Wayne Emde and  
Capt Leah Yauck**  
2290 RCACC (B.C.R.)

For five Vancouver cadets from 2290 RCACC (British Columbia Regiment), a tour that combined the battlefields of the First World War with the events of the 70th Anniversary of the D-Day landings proved to be moving and memorable.

During the first week of June, after tourist stops and museum visits in London and Paris, Captain Leah Yauck and cadets Kristan Chung, Rich Vo, Holly Johnson, Sharon Wong and Roger Mak travelled to Normandy, France.

Their first stop was Pointe du Hoc on the coast of Normandy, where, during D Day, the United States Army Ranger Assault Group assaulted and captured the area from the Germans after scaling the cliffs.

"We were rendered speechless after learning of the carnage and battlements, which were so visible and oppressive," said Capt Yauck.

They were surprised to see the numbers of re-enactors at the site; French citizens who dressed in vintage American army uniforms driving restored vintage jeeps, trucks, and motorcycles.

Their second stop was Arromanche, which was established as an artificial temporary harbour to allow the unloading of heavy equipment during the

Second World War. The town is home to the Arromanche D Day museum.

"We stood at the monument there and tried to imagine what it looked like 70 years ago," she said.

On June 5, the group travelled to Honfleur, where they toured the oldest wooden church in France, and then the ancient harbour surrounded by tall, narrow buildings.

After an emotional stop at the Ardenne Abbey, the location where Canadian prisoners were murdered by members of the 12 SS Panzer Division, the group moved to the Canadian War Cemetery at Beny-Sur-Mer.

They joined a number of dignitaries including Major General Rohmer and Prime Minister Stephen Harper to commemorate fallen Canadian soldiers in the Canadian War Memorial.

The cadets joined over 1,300 other cadets and students from around Canada in a three kilometre silent march along Juno Beach. This concluded at the Juno Beach Center with Prince Charles and Camilla, the Duchess of Cornwall, and veterans to commemorate D Day.

The final days of the trip ended in Belgium with visits to Maenin Gate and the Flanders Fields museum, as well as John McCraes field Hospital and adjoining cemetery.



**Above:** Cadet Chief Warrant Officer Kristan Chung (right) of the British Columbia Regiment lays a wreath at the cenotaph in the Canadian Cemetery at Beny-sur-Mer. Attending the ceremony are, from left: Captain Leah Yauck, C/MCpl Roger Mak, C/Sgt Holly Johnson, C/Sgt Sharon Wong and C/MWO Richard Vo.

Wayne Emde



**Right:** Cadet Master Corporal Austin McDonald (right) of Westbrook, Alberta, joins Major General Richard Rohmer and D-Day veteran William Gunter as they lay a wreath at the monument at Juno Beach during ceremonies that marked the 70th Anniversary of the invasion of Europe.

Captain Debbie Middleton

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Base Commander, Capt(N) Luc Cassivi awards Mary McGregor with her medal and prize for overall first place Female 10K category with a time of 38:12.



LS Ogle Henry, MARPAC Imaging Services

Admiral Bill Trulove, Commander Maritime Forces Pacific, congratulates Nick Walker on his overall first place finish in the Male 10K category with a time of 32:43.



LS Ogle Henry, MARPAC Imaging Services

Capt(N) Christopher Earl, Commander Fleet Maintenance Facility Cape Breton (FMF), awards LS Stephon Mullet with the overall first place winner for the Male 5K category with a time of 18:03.



*Left:* FMF runners with their kids pose for a group shot, showing off their large unit category win with a total of 26 runners.

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*Well done to all who participated!  
See you next year!*

*Right:* The Admiral and Commodore Bob Auchterlonie join Grace Hannaford, second place winner of the Female under 24 5K (26:28); Mitchell Coulombe, first place winner of the Male under 24 5K category (20:17); Owen Campbell, second place winner of the Male under 24 5K category (20:43); and Emma Campbell, winner of the under 24 Female 5K run, and overall winner for the Female 5K.

Photos: Kara Tibbel, Lookout

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## Sunday June 22



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RAdm Truelove gives Emma Campbell her medal and prize for her first place win in the overall Women's 5K category.



Kara Tibbel, Lookout

Capt(N) Cassivi with Elizabeth Strangeways, winner of the Female over 65 5K category.



5K Div. Pl. : 2  
Jody Quinn  
32:43

5K Div. Pl. : 1  
Michel Vigneault  
32:45

10K First Place  
Nick Walker  
32:43

5K First Place  
Stephon Mullett  
18:03





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**Top:** James Utterson tackles the longest drive hole at the Base Commander's Golf Tournament, held at Olympic View Golf Course June 25. Utterson made a one in a million shot at the Seaspan Victoria Shipyard sponsored hole-in-one, and earned himself \$10,000.

**Middle:** Matt Campbell lines up a putt.

**Inset:** James Utterson and Mike Ash were the tournament's gross score winners, earning a trophy from Capt(N) Luc Cassivi.

**Bottom:** A golfer tries his hand at the Royal Roads University's Pitch the Peacock Game, where golfers used their wedge club to chip a stuffed peacock into one of three varying sized hula hoops.

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Photos by Heather Catte, Lookout



# BASE CONSTRUCTION PLANS FOR THE FUTURE

With the objective to provide sustainable infrastructure to support a modern fleet, the Royal Canadian Navy has the lion's share of the Canadian Armed Forces construction allowance for the next 10 years.

Amidst the creation of the spacious Utility Corridor, the modernization of Fleet

Maintenance Facility (FMF) Cape Breton, and the looming transformations of A and B Jetty in dockyard, many may be surprised to know the pace of construction is expected to increase in the near future.

As projects come to a close, such as the Fire Hall on Esquimalt Road and the Hangar

for 443 Maritime Helicopter Squadron, new projects are set to take their place, ensuring the Canadian Armed Forces' infrastructure remains current on the Pacific coast.

Set up like a series of dominos, several moves and amalgamations have, and will be occurring in HMC Dockyard to opti-

mize functional space, and to rid the area of redundant facilities. Every effort is being made to gracefully ease Canada's Navy on the west coast into its next era.

The image below explains outline projects that are completed, underway, or are soon to come to CFB Esquimalt.

**REPLACEMENT OF A AND B JETTY**

**UTILITY CORRIDOR – MID 2015 COMPLETION**

**FMF CAPE BRETON PHASE 5**

**443 MARITIME HELICOPTER HANGAR**

**192 CONSTRUCTION ENGINEER FLIGHT**

**BASE FIRE HALL AND COMMAND POST COMPLETED 2013**

**UNDER CONSTRUCTION**

**Replacement of A and B Jetty:** A and B Jetties are over 50 years old, and well beyond their expected lifespan. Replacement construction of these two important structures is planned to be ready to serve the newly refitted frigates, as well as the anticipated Arctic Offshore Patrol Ships, Canadian Surface Combatant, and Joint Support ships. The new jetties are currently in design, and construction is expected to begin in 2015.

**Utility Corridor:** Started June 2012, this utility tunnel contributes to the municipal infrastructure within HMC Dockyard. The project will provide a wide corridor with bicycle lanes and sidewalks all the way from the Gate House to B-Jetty. The expected completion date is mid-2015. As existing excavation tunnels are made, they will be covered with an asphalt base, and then new digs will begin. Detours and traffic disruptions will continue until early July 2014, when the final coats of asphalt and line markings are put in place.

**Fleet Maintenance Facility (FMF) Cape Breton:** This multi-phased project will enhance FMF Cape Breton's ability to deliver ship repair support. With Phase 4 recently completed, Phase 5 has commenced. Once completed in 2018, FMF Cape Breton will be successfully consolidated into an efficient and modern facility.

**443 Maritime Helicopter Hangar:** Construction of the new Hangar in Patricia Bay is in its final stages. It not only has modern equipment for Maritime Helicopter Operations, but it also contains first through third line maintenance facilities for the helicopters.

**192 Construction Engineer Flight (CEF):** Co-located with the communications facility in Aldergrove, this new armoury has just been occupied by its new tenants. It replaces the trailers that 192 CEF has been using for the past several years.

**Base Fire Hall and Command Post:** In use since November 2013, it is fitted with current fire-fighting equipment and modern operational accommodations, including theatre-style classrooms and briefing rooms. Its street appeal is achieved by the radical use of color and an innovative architectural style.

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His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presided over an Order of Military Merit investiture ceremony at Rideau Hall, on Friday, June 20. He bestowed the honour on three Commanders, 13 Officers and 34 Members.

Pictured here, Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, receives his medal.

Created in 1972, the Order of Military Merit recognizes meritorious service and devotion to duty by members of the Canadian Armed Forces.

MCpl Vincent Carbonneau, Rideau Hall ©Her Majesty The Queen in Right of Canada represented by the Office of the Secretary to the Governor General (2014)



Capt(N) James Clarke presents Lt(N) Esther Nightingale with her Canadian Forces Decoration at MARPAC HQ.

LS Zachariah Stopa, MARPAC Imaging Services



Capt(N) James Clarke presents CPO2 Stephen Nowakowski with his Canadian Forces Decoration 2nd clasp MARPAC HQ.

LS Zachariah Stopa, MARPAC Imaging Services



PO2 Brett Marchland is promoted by Lt(N) Boulet, Commander of Language Training Division, and CPO1 Tobias.



Capt(N) Brian Costello presents Lt(N) Sylvain Leblond with his Canadian Forces Decoration 1st Clasp MARPAC HQ.

LS Zachariah Stopa, MARPAC Imaging Services



Capt(N) Brian Costello presents CPO1 Timothy Blonde with his Canadian Forces Decoration 1st Clasp MARPAC HQ.

LS Zachariah Stopa, MARPAC Imaging Services



MS Luis Barneond is presented with his promotion to Petty Officer Second Class by Commander of Maritime Forces Pacific, RAdm William Truelove and PO2 Barneond's wife, Kim Arens.

LS Zachariah Stopa, MARPAC Imaging Services

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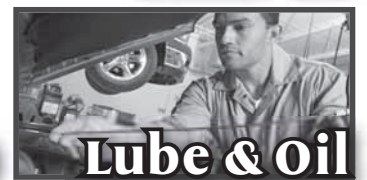
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# Commander Materiel Support Group visits ammo depot

**Capt Derrald Caldwell**  
CFAD Rocky Point

Canadian Forces Ammunition Depot Rocky Point hosted the Commander Canadian Materiel Support Group, Col Mike Rafter, and the Formation Chief Warrant Officer, CWO Sylvain Éthie, on June 11 and 12.

The visit was designed so they both could observe the operation and develop a deeper knowledge of the support the depot provides to the navy.

The depot, like any large facility, is divided into several areas based on infrastructure and activities.

In the Non-Explosive Processing area, or "Slab," Col Rafter and CWO Éthier were invited to demonstrate their skills at ammo demilitarization; the process whereby ammo and its components are made safe for disposal.

Donning appropriate personal protective equipment, they turned 40mm Bofors and 105mm Howitzer cartridge cases into scrap brass by punching out the primers and drilling a half inch hole in the sides. Coming away with all fingers intact is generally considered a good sign that they acquired the skills.

Both also assisted in the removal of warheads and explosive components from a MK-46 Torpedo. This process is necessary prior to moving the torpedoes to the Torpedo Maintenance Facility, where they are serviced before being reassembled and issued to units.

They also participated in the installation of an Enhanced Sea Sparrow missile into its launch canister at the Missile Maintenance Facility, a large purpose-built structure within the Explosives Area dedicated to the inspection, service and maintenance of

naval missiles.

In honour of the visit, and in recognition of the large amount of work completed by Rocky Point in support of *HMC Ships Regina, Protecteur, Calgary, Victoria* and *Chicoutimi* and RIMPAC, a barbecue and Town Hall were held.

At the town hall Col Rafter presented certificates to four civilian ammunition technicians who recently completed their CAT 04 training: Rick Chan, Andrew Davies, Lynn Gardner and Sandra Nelson. The Commander also presented Long Service Awards to Scott Haukass (25 years) and Jamie Allin (35 years).

A timely visit of *HMCS Calgary* to the ammunition jetty provided the capstone of the visit, allowing the Commander the chance to tour one of the depot's primary customers.



Col Rafter presents a Long Service Award to civilian ammunition technician Jamie Allin for 35 years of public service.



Col Rafter presented civilian ammunition technician (CAT) 04 certificate to Sandra Nelson.



Col Rafter presents civilian ammunition technician (CAT) 04 certificate to Rick Chan, who also earned Top Student.



Col Rafter presents civilian ammunition technician (CAT) 04 certificate to Lynn Gardner.



Col Rafter presents civilian ammunition technician (CAT) 04 certificate to Andrew Davies.



Col Rafter presents CFAD RP CO, LCdr Jason Cheney, with a Physical Fitness Award earned by biking to work year-round (yes, you can do that at Rocky Point), which is roughly 35km/day.



Col Rafter presents a Long Service Award to civilian ammunition technician Scott Haukass for 25 years of public service.



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