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Volume 59 Number 41 | October 14, 2014

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.



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LS Zachariah Stopa, MARPAC Imaging Services

Capt Sue Pickrell, Regional Supervisor Marine Search and Rescue Canadian Coast Guard, describes the roll and capabilities of the Joint Rescue Coordination Centre to Rear-Admiral Richard Gromlich, Commander 13th District of the United States Coast Guard (USCG), and Capt Guy Pearce, District Management Division Chief USCG, during a tour of the Centre located in Maritime Forces Pacific Headquarters Oct. 9.

High profile visitors in town for conference

Valerie Froud
 MARPAC PA Office

More than 170 delegates from 22 countries around the world descended upon Victoria for three days, starting Oct. 6, for the annual Maritime Security Challenges Conference at the Fairmont Empress Hotel.

In attendance were a variety of lawmakers, security experts, senior naval officers, industry representatives, academics, and government

officials who participated in a wide variety of discussions.

Vice-Admiral Mark Norman, Commander Royal Canadian Navy (RCN), and Rear-Admiral Bill Truelove, Commander Maritime Forces Pacific, also participated in discussions on topics that included global reliance on maritime trade and Pacific sea power, the global rebalance of naval forces towards the Asia-Pacific, and the growing strategic importance of the Indian Ocean.

Also discussed were current

maritime disputes, the significance of new technologies, and the challenges involved in building naval fleets for the 21st century.

Vice-Admiral (Ret'd) Ron Buck provided the opening remarks, while Admiral Harry Harris, Commander of the United States Navy's Pacific Fleet, was the keynote speaker. Speakers from countries such as China, Japan, Singapore, the United Kingdom, Australia, Indonesia and Chile also provided insightful remarks and perspectives during their addresses

to attendees.

As RAdm Truelove noted in the closing remarks, despite the Conference of Maritime Security "Challenges", the conference was more about maritime security "opportunities."

Nine of the 10 most important worldwide commercial shipping ports are in the Asia-Pacific region, meaning the navies of those countries will play a critical role in ensuring ocean-bound trade is unimpeded.

"[The Asia-Pacific] is a region in

which we, as global leaders, ambassadors, mothers, and fathers, must ensure peace and security not only today, but also for our children and grandchildren in the future," concluded RAdm Truelove.

As maritime trade and security continues to occupy a great space in the minds of naval commanders and policymakers alike, the Maritime Security Challenges Conference provides an unparalleled opportunity for collaborative and productive discussions between maritime nations.

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Members from HMCS Edmonton, HMCS Nanaimo and HMCS Whitehorse jointly kicked off their 2014 Government of Canada Workplace Charity Campaign (GCWCC) last week on Y-Jetty, with a barbecue lunch and cake cutting. Guest speakers from the Military Family Resource Centre, United Way Greater Victoria, and Volunteer Victoria were in attendance, along with Maritime Coastal Defence Vessel Command Teams, the Fleet Chief, and the Formation GCWCC Team.

Photo by Kim Manton of UWGV



Minor Warships campaign kick-off

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Cpl Stuart MacNeil, MARPAC Imaging Services

Corporal Blaine Sewell, an Image Technician with Maritime Forces Pacific Imaging, takes shelter under his desk with his emergency bag during last year's Great BC Shake Out Exercise.

Get ready to shake, rock and roll Thursday

A/SLt Ron MacDougall
MARPAC PA Office

This year, the Great British Columbia Shakeout will begin at exactly 10:16 a.m. on Thursday, Oct. 16.

All Maritime Forces Pacific personnel - civilian and military - will take part in "drop, cover and hold-on" drills.

Once the drill is finished, personnel will evacuate to their designated muster locations, and become familiarized with the Disaster Response Boxes (E-Boxes), and the necessary response training.

Employees are reminded to bring their personal emergency kits (red bags), as this offers an opportunity to ensure all 72-hour emergency kits are complete and up-to-date.

This year, over 690,000 British Columbians will take part in the Great Shakeout Earthquake Drills with over 23 million people participating worldwide.

At CFB Esquimalt, experts at Joint Task Force Pacific will supervise the

exercise from the Base Emergency Operations Centre located in the Base Fire Hall. It is anticipated activities will conclude by noon.

The Shakeout has been organized to help individuals, communities, schools, and organizations to review and update emergency preparedness plans and supplies. It's also a great opportunity to secure your work space in order to prevent damage and injuries.

Most injuries occur when people are moving during the shaking, so it is of key importance to stay where you are. Earthquakes may be so violent that you cannot run or crawl; therefore, you will most likely be knocked to the ground wherever you happen to be. You will never know if the initial jolt will turn out to be start of a big one. You should always drop, cover, and hold on.

For more information, and useful links about emergency preparedness, go to the Base Operations site on the DIN, or click on the Emergency Response Plan link on the right hand side of the MARPAC Notice Board.



PO2 Mario Renderos sets up an emergency radio outside an Emergency Box.

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WHAT SAY YOU

People Talk

Now that Thanksgiving is over, Lookout asked the question: What's your favourite thing to do with Thanksgiving leftovers?



Hot turkey sandwich smothered in gravy.

LS Eric Maciuk



I eat 'em.

Dan Norry



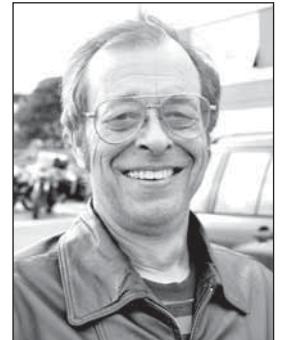
I make bun sandwiches, but I like to make them with stuffing, cranberry sauce, and turkey.

Rodney Jorgensen



I make homemade turkey noodle soup.

Lyin Despres



I make anything, as long as I'm utilizing as much meat as possible.

Lucien Boyer

WHAT SAY WE

Cyber Threats:

Security role for Defence Team members

October is Cyber Security Awareness Month, the time to evaluate the safety of our online activities, get informed about the real security risks in the digital world, and adopt safe electronic practices.

As members of the Defence Team, we have to be especially cognizant of threats in the cyber world. Many of us deal with sensitive information in the course of our duties, and we must remind ourselves that the information we are privy to is the same that could be attractive to outsiders, and a potential target of hackers.

The Threat

Cyber threats are real. Government of Canada information systems are frequently targeted by attacks and, occasionally, some of these attacks succeed.

The Government and the Department of National Defence have layered defences to counter these ongoing threats. We are continually working to improve them, while striving to provide the Defence Team with the best and most secure networks and communication tools possible.

However, it is not only up to the technical experts: one of the most important defences against cyber threats is the user.

Our Defence

Spyware, malware, botnets, viruses, Trojan horses, spam, phishing: these are just a few of the many types of cyber threats to which we can be exposed. While we might not all know what they are, we have the tools to combat them. By adopting these few simple guidelines, you can help protect our departmental information and networks:

- Ensuring your desktop computer, and your laptop, have the latest anti-virus software by accepting updates and rebooting your system as required;
- Adhering to the wireless-free policies within your building;
- Using encryption software when transmitting protected data electronically, or secure networks for

secret information;

- Never sending sensitive information to your personal home computer;
- Changing your passwords regularly; and
- Deleting spam and suspicious emails without opening them.

Physical Security

Cyber and information technology (IT) security also extends to the physical realm. We all know not to write our passwords on a piece of paper, not to leave IT assets unattended, not to use commercial USB flash drives, and to lock our computers when we step away from our workstations. And yet, these are frequent security breaches that could ultimately jeopardize our information holdings.

At Home

Adopting safe online practices at home is equally important to

protect ourselves against identity theft and scams. Conducting banking and financial transactions on secure sites only (https:), setting privacy settings on your social network sites, and conducting online shopping on trusted sites only, can all help safeguard your personal information.

Get Informed

This month, I encourage every member of the Defence Team to review their cyber and IT security practices – in the workplace and at home.

The Information Management Group's intranet site provides information and tools to help you meet your security responsibilities, under the "Security Awareness" banner.

The Government of Canada's *Get Cyber Safe* website is also an excellent resource dedicated to highlighting common cyber security risks and helping Canadians protect themselves online: www.getcybersafe.gc.ca

Len Bastien
Defence Chief Information Officer,
Assistant Deputy Minister
(Information Management)



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Warships set sail for TGEX

More than 500 sailors from *HMC Ships Calgary, Winnipeg, Brandon* and *Yellowknife* have departed Esquimalt harbour last week to take part in operations and exercises off the coast of Southern California.

Supported by two CH-124 Sea King helicopters from 443 Maritime Helicopter Squadron, the ships will participate in a Task Group Exercise (TGEX) with the United States Navy and Japanese Maritime Self-Defense Force from Oct. 20 to 31.

"The Canadian Pacific Fleet routinely conducts operations and exercises with partner nations. The high-tempo training builds strong bilateral and multilateral ties between the

Royal Canadian Navy and the navies of other nations," said Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific.

The aim of Task Group Exercises are to enhance combat readiness while improving interoperability and tactical excellence. This specific TGEX will focus on interoperability between the Royal Canadian Navy, United States Navy, and the Japanese Maritime Self-Defense Force. It is hosted by the United States Navy's 3rd Fleet.

Before the commencement of TGEX, *HMC Ships Brandon, Yellowknife, and Calgary* will participate in San Francisco Fleet Week - a tradition in which active navy ships dock in a major city for several days

for military demonstrations, airshows, and guided tours of the ships.

On completion of TGEX, *Yellowknife* and *Brandon* will join Operation Caribe, Canada's contribution to Operation Martillo, a U.S. Joint Interagency Task Force South-led interagency and multinational effort among Western Hemisphere and European nations, designed to improve regional security and deter criminal activity. As part of Operation Caribe, the Canadian Armed Forces support multinational efforts to address illicit trafficking by providing naval and air capabilities to detect and monitor suspect activities on the water off the Caribbean and Pacific coasts of Central America.

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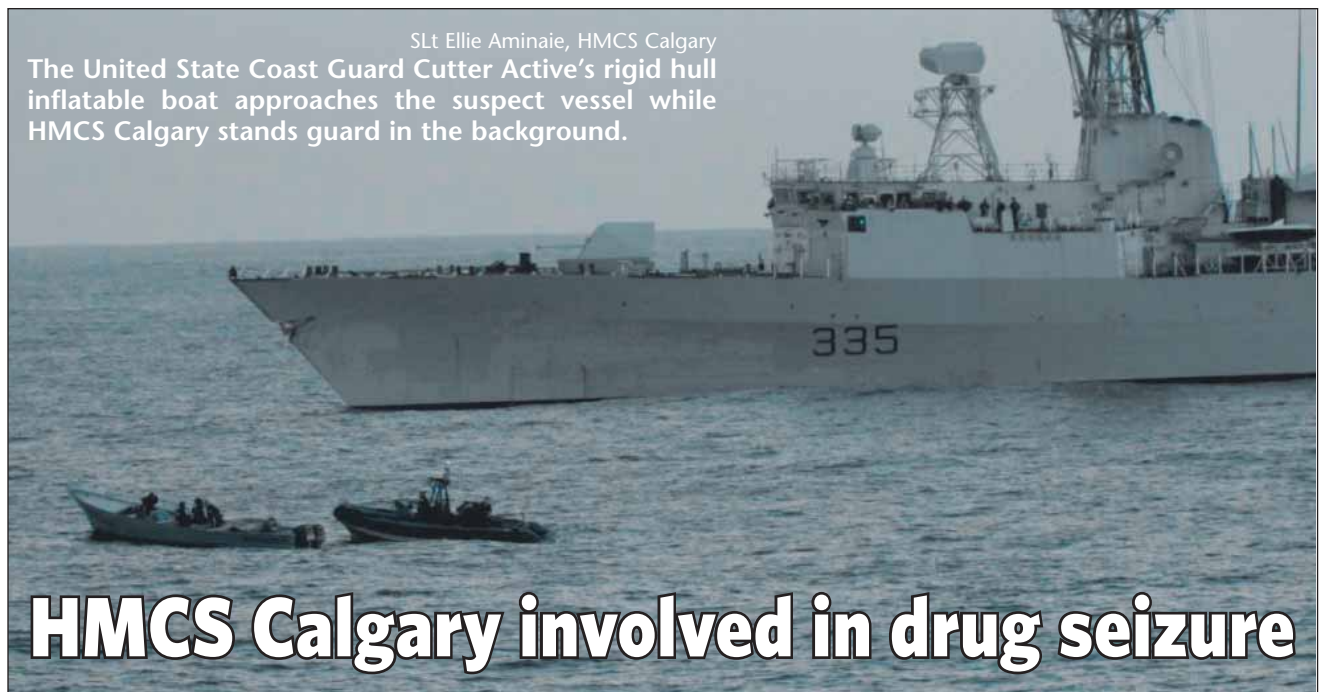
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SLt Ellie Aminaie, HMCS Calgary
 The United State Coast Guard Cutter Active's rigid hull inflatable boat approaches the suspect vessel while HMCS Calgary stands guard in the background.



HMCS Calgary involved in drug seizure

SLt Ellie Aminaie
 HMCS Calgary

Merely two hours after departing San Diego harbour to start an eight-day Operation Caribe deployment with Joint Interagency Task Force South, *HMCS Calgary* was directed to investigate a small suspicious vessel (panga) in international waters.

The panga was approximately 100 nautical miles southwest of the United States – Mexico border.

Along with U.S. Coast Guard Cutters Active and Haddock, and a USCG C-130 Hercules on station, *Calgary* went in pursuit of the vessel. As this was a joint interagency operation, *Calgary* had the U.S. Coast Guard and a Law Enforcement Detachment embarked.

A Hercules provided reports on the panga and tracked its position, while *Calgary* closed the location of the vessel at full speed. As *Calgary* was

launching its Barracuda and dispatching the Law Enforcement Detachment team, the USCGC Active dispatched its team to approach the vessel of interest.

Calgary arrived on scene and sighted numerous bales floating in the water. As they approached the floating objects, they were discovered to be bales of what was suspected to be contraband.

The Law Enforcement Detachment was quickly dispatched to recover the bales and investigate the contents. Twenty two bales were recovered, (with an additional 28 in the panga), and the contents were confirmed to be marijuana, totaling approximately 1,200 pounds.

"Shortly after embarking the Law Enforcement Detachment crew, we were presented with an opportunity to conduct trans-national Maritime Interdiction Operations. I was impressed with the seamless interop-

erability between the two units. It was a true testament to the great cooperation with our partners to the south," said Cdr John Wilson, Commanding Officer of *Calgary*. "It was a great day for the whole ship's company to be a part of the frontline stopping the flow of narcotics and keeping it off the streets."

Calgary is conducting surveillance patrols off the coast of Mexico with a USCG law enforcement detachment embarked as part of Operation Caribe. The operation is Canada's support to Operation Martillo, a U.S. Joint Interagency Task Force South operation, subordinate to U.S. Southern Command.

This multinational, joint, combined, and interagency effort by the nations of the Western Hemisphere and Europe prevents illicit trafficking in the Caribbean basin, the eastern Pacific Ocean, and the littoral waters of Central America.

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U.S. Admiral talks U.S-Canada cooperation in Victoria

U.S. Pacific Fleet Public Affairs

Admiral Harry Harris Jr., Commander of U.S. Pacific Fleet, spent time interacting with Royal Canadian Navy leadership and sailors during a visit to Victoria, Oct. 7; the visit emphasized the significance of the relationship between the two navies as the U.S. rebalances to the Pacific.

He was in town to deliver remarks on the U.S. Navy's role in America's rebalance to the Pacific at the biennial Maritime Security Challenges (MSC) symposium at the Fairmont Empress Hotel. Adm Harris also took part in a working luncheon aboard the frigate *HMCS Regina*, and spoke with cadets at the Naval Officer Training Centre.

"The U.S. - Canada friendship is a celebrated one where we are each other's number one trading partner, where we share a deep and abiding commitment to peace and prosperity, and where we share the largest undefended border between nations in the world," Adm Harris reminded the more than 150 MSC attendees during a conference banquet address. "Our two nations have worked, fought, bled and died together during World War One and Two, through the Korean conflict, and the Cold War. Even

now in Northern Iraq we are working together as part of a broad coalition to stamp out ISIL."

During his remarks, the Admiral went on to explain why the U.S.'s rebalance to the Pacific is important to both countries.

"The freedom of the seas is the minimum condition necessary for global prosperity and for trade to flourish," he said. "This applies to the United States, a maritime nation and Pacific power; this applies to Canada, also a maritime nation and a Pacific power. We all rely on freedom of the seas so that our economies can thrive. That's why the United States Pacific Fleet maintains a strong presence throughout the Indo-Asia Pacific."

During the MSC symposium, Vice-Admiral Mark Norman, Commander of the Royal Canadian Navy, spoke of his navy's evolution.

"We're going to need new ships and new capabilities because the world's oceans have never been more important to our collective security and prosperity than they are today, as ocean politics continue to intensify in this 21st century, and perhaps nowhere more dramatically than here in the Asia-Pacific."

Capt. C. J. Cassidy, naval attaché to Canada, noted there's



U.S. Navy photo by Senior Chief Mass Communication Specialist Michael Lewis/Released

Above: Admiral Harry Harris Jr., Commander of U.S. Pacific Fleet, gives a presentation about the United States' rebalance to the Pacific to more than 50 Canadian officers at the Naval Officer Training Center.

more to the rebalance than just a friendship.

"It's clearly in the United States' national security interests for Canada to have a capable and relevant navy," Capt Cassidy said. "When Canada deploys with the U.S. Navy in a battle group, that means we can leave a ship at home. We share training interoperability, communications and

weapons; we are truly connected to each other."

In addition to the conference, Adm Harris met with more than 50 Canadian officers at the Naval Officers Training Centre (NOTC).

"It was a true pleasure to have Adm Harris meet with these officers today," said LCdr Karen Belhumeur, Executive Officer of

NOTC, where Adm Harris spoke to current and future naval officers. "I have no doubt the officers here today will take things the Admiral said back to their commands."

The working lunch aboard *Regina* was hosted by VAdm Norman and Adm Harris; they also met with Judith Guichon, Lieutenant Governor of British Columbia.

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Shawn O'Hara, Lookout

Firefighters train in rescue techniques

Shawn O'Hara
Staff Writer

The training tower of the recently constructed fire hall served as a platform for a unique training session last week.

Firefighters from the CFB Esquimalt Fire Department took part in Confined Space and Rope Rescue certification course taught by Roco Rescue Canada. It included a high line rescue of a mock victim.

During a high line rescue, a series of pulleys, lines, and anchors are used to create a line across a

space. A crew can then haul a rescue technician across and over an obstacle to the victim. During a shipboard emergency, the high line can be used to haul a rescue technician over open water.

"That way you can take someone who has been injured, and instead of going across gangways and up and down ladders you can get them straight to the jetty," says Keith Shields of Roco Rescue, who helped take the firefighters through the course.

Given the unique environment firefighters operate in, Shields says it's important they be pre-

pared for a variety of situations.

"Working in maritime and military environments presents some unique challenges," he says. "With these different techniques, they have the tools needed to respond to them."

The course culminated in a day-long written and practical exam, where firefighters were quizzed on proper operation, terminology, and theory, while also performing practical drills using the techniques learned in training.

"It's a timed exam, and they're being held to a national standard,

so it can be pretty tough," says Shields.

When it comes to the course itself, firefighter Lieutenant Keith Lee says the course goes a long way towards bridging the gap in experience.

"Some of this is new knowledge for a lot of us, but it's the right training to have," he says. "It's our responsibility as a department to be prepared for confined space rescues and line work. It's great to have Roco come and train us, especially with our own gear, so we know exactly what to expect should we have to use the skills

in the field."

After the course, successful graduates are certified to bring these techniques back to their individual crews for training; something Lee says will bring up the skill level and confidence of the entire department.

"It's about maintaining a national standard - the standard of the National Fire Protection Association," says Shields. "When you train to the same standard as every other agency in the country, when you work together, as CFB Esquimalt Fire Department often does, you speak the same language."

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Right: The 5th (British Columbia) Field Artillery Regiment fires their C3 105mm Howitzer during the opening of the B.C. Legislature on Oct. 6.

LS Zachariah Stopa, MARPAC Imaging Services

Center: Judith Guichon, LGov of B.C., and Premier Christy Clark gather on the stairs of the Legislature during the opening ceremony.

Cpl Stuart MacNeil MARPAC Imaging Services

Lower left: The Guard of Honour marches past the Legislature as part of the opening ceremony.

Lower right: LCdr Mark Sheppard escorts LGov Judith Guichon as she inspects the Guard of Honour.



The B.C. Legislature is officially opened



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Tickets: 250.385.6515

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victoriasymphony.ca

Watch for other events honouring the WWI centenary, put on by the Royal BC Museum, the Victoria Library, the Maritime Museum and CEF100 Commemoration Society, and the Naden Band of the Royal Canadian Navy.




Photo by Vincent L. Chan

Warren (Whitey) Bernard, who is the boy in the iconic image *Wait for Me, Daddy*, with Marc Brûlé, Interim President and CEO of the Mint, with the *Wait for Me, Daddy* coin at the unveiling in New Westminster.

Mint releases new coin in honour of war anniversary

No other photograph in Canadian history is as widely known as *Wait for Me, Daddy*, nor did any other capture so poignantly the impact of the war effort on the lives of Canadians.

In commemoration of the 75th anniversary of the declaration of the Second World War, the Royal Canadian Mint unveiled a new circulation two-dollar coin bearing this iconic image, during the City of New Westminster's ceremonial reveal of the *Wait for Me, Daddy* War memorial sculpture, which was held Oct. 4.

"The Mint has embarked on an extensive coin program that will last until 2020, to commemorate the many aspects of Canada's experience, at home and on the battlefield, during the First and Second World Wars," said Marc Brûlé, Interim President and CEO of the Royal Canadian Mint. "This new circulation coin furthers our proud tradition of remembering the many sacrifices of Canadians at times of war."

The reverse image is inspired by the iconic photograph *Wait for Me, Daddy*, which was taken on Oct. 1, 1940, in New Westminster by photographer Claude Dettloff. The men of the B.C. Regiment, the Duke of Connaught's Own Rifles, formed an impressive line as they marched down the street. In the centre of the image, a pale-haired young boy, Warren "Whitey" Bernard, has broken free of his mother's grasp to reach out to his uniformed father, who is marching off to war.

Limited to a mintage of five million coins, Canadians can start looking for the *Wait for Me, Daddy* two-dollar circulation coin in their change, attend coin exchanges at special events in select locations across Canada, as well as at the Mint's Ottawa, Winnipeg and Vancouver boutiques, or obtain limited quantities through an online coin exchange at www.mint.ca/waitformedaddy (limited to Canada only).

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Corporal Tony Chand

Off the Colombian coast, SLt Tim Davick and other members of HMCS Athabaskan monitor maritime traffic from the ship's bridge during Operation Caribe.

HMCS Athabaskan disrupts 820 kg of cocaine in the Western Caribbean

Lucy Ellis
DND

The coastal waters of the Caribbean and Central America are a critical area for disrupting illicit trafficking. With vast areas to cover, it takes a collaborative approach among partner nations to ensure regional security and deter criminal activity.

On Oct. 1, the Colombian Air Force detected a suspect "go-fast" boat while on routine patrol off the coast of Colombia. This detection set in motion a fine-tuned process designed to disrupt the flow of illicit narcotics, weapons, money, and people.

HMCS Athabaskan was tasked to pursue and intercept the suspect vessel.

The ship's rigid hull inflatable boat was launched along with the embarked United States Coast Guard Law Enforcement Detachment – a highly trained team that specializes in boarding and searching suspect ves-

sels at sea. A Panamanian patrol boat also joined the pursuit.

The "go-fast" fled to the coastline but was intercepted with 820 kilograms of jettisoned cocaine, worth an estimated \$24.5 million wholesale. The illicit narcotics were recovered by the Colombian Navy.

The incident was HMCS Athabaskan's first assist in the interception of an illicit narcotics shipment since the beginning of her participation in Operation Caribe in September.

"This has been a great boost for the mission and crew," said Cdr Matt Plaschka, Commanding Officer of HMCS Athabaskan. "Of particular significance is the collaboration between partner nations that resulted in the disruption, and loss of millions of dollars going to transnational criminal organizations."

Every year, partner nations intercept and seize millions of dollars of illicit drugs and play a major role

in suppressing trafficking in international waters and airspace.

"The Canadian Armed Forces have made interoperability with our allies a top priority, and events such as this demonstrate that our efforts are paying off. Our men and women are trained and ready to deter transnational criminal activity in the Caribbean alongside our international defence partners," said MGen Christopher Coates, Deputy Commander Continental, Canadian Joint Operations Command.

Operation Caribe is Canada's support to Operation Martillo a US Joint Interagency Task Force South operation, subordinate to US Southern Command. This multinational, joint, combined, and interagency effort by the nations of the Western Hemisphere and Europe prevents illicit trafficking in the Caribbean basin, the eastern Pacific Ocean, and the littoral waters of Central America.

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Thursday, October 30th

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How a local small business advisor can help your business grow

Where: Chamber's office at #103 1249 Esquimalt Road
When: Wednesday, October 22, 2014 from 6:30 to 8:30pm



HMCS CALGARY AWARDS & PROMOTIONS

The Officers and crew of HMCS Calgary received awards and promotions from Commanding Officer, Cdr John Wilson.



LS Aaron Kamiel is promoted to MS by Cdr Wilson and his father.



OS James Fletcher received his Auxiliary Machinery Operator certificate from Cdr Wilson.



Lt(N) Jeanine Friesen received the RIMPAC 2014 Commander's Commendation from Cdr Wilson.



OS Andrew Trigg is promoted to AB by Cdr Wilson, Lt(N) Mathew Webb, and CPO2 Frederic Torres.



AB Andrew Trigg received his Auxiliary Machinery Operator certificate from Cdr Wilson.



LS Joseph Chisling received the RIMPAC 2014 Commander's Commendation from Cdr Wilson.



OS Ryan Denham is promoted to AB by Lt(N) Benjamin Scott and CPO2 Amil Kreger.



AB James McPeak is promoted to LS by Lt(N) Nicholas Culhane and PO1 Kevin Kemp.



LS Matthew French received the RIMPAC 2014 Commander's Commendation from Cdr Wilson.



PO1 William Hobden received the RIMPAC 2014 Commander's Commendation from Cdr Wilson.



PO2 Sonny Castonguay received his Engineering Officer of the Watch certificate from Cdr Wilson and Lt(N) Mathew Webb.



SLt Kord Rainczak is promoted to Lt(N) by Cdr Wilson and Lt(N) Mathew Webb.



PO1 Brian Whitman received the RIMPAC 2014 Commander's Commendation from Cdr Wilson.



PO1 Dean Lehnert received the RIMPAC 2014 Commander's Commendation from Cdr Wilson.



Lt(N) Kord Rainczak received his Certificate Of Competency as MSE A/HOD from Cdr Wilson and CPO2 Frederic Torres.



MS Sonny Castonguay promoted to PO2 by Cdr Wilson and CPO2 Frederic Torres.



SLt Ellie Aminaie received the RIMPAC 2014 Commander's Commendation from Cdr Wilson.



SLt Riley Monsour received the RIMPAC 2014 Commander's Commendation from Cdr Wilson.

PLQ grad

Capt(N) Christopher Earl, Commanding Officer of Fleet Maintenance Facility (FMF) Cape Breton, presided as reviewing officer for the graduation parade of PLQ course 0045 during a ceremony at the Naden Drill Shed on Sept. 30



CPO2 Sylvain Jaquemot, senior instructor for the Primary Leadership Qualification course, presents MS F.J.N.S. Legare, a Sonar Operator with HMCS Winnipeg, with the Primary Leadership Academy Drill Award.



CPO1 Mike Feltham, Formation Chief Petty Officer, presents LS D.T. Maxwell, a Naval Communicator with HMCS Victoria, with the Formation Chief Petty Officer's Award.



Cpl Malcolm Byers, MARPAC Imaging Services Don Cook, representing the Chiefs and Petty Officer's association, presents MS Lisa Pratt, a Supply Technician at Base Logistics, with the Top Student Award.



LS Nadine Beckett picked up the prize of a SISIP sports bag on behalf of winner Royce Hickson. Hickson won the bag in a draw held by SISIP at the Industrial Supplier Trade Show.



MS (Ret'd) Fred Webb celebrates 55 years of service to the Royal Canadian Navy (RCN) and Queen's Harbour Master with his work family. Webb served with the RCN from 1959 to 1980, before signing on with the Queen's Harbour Master in 1981, where he still works today.

Shawn O'Hara, Lookout Newspaper

West Coast Sailor set to receive Order of Military Merit

Capt A.J. Leduc
PAO RCSU(Pac)

Dedication, hard work and perseverance are only some of the attributes it takes to succeed. PO1 Line Laurendeau is familiar with these qualities and applies them daily in all that she does.

PO1 Laurendeau was appointed to the Order of Military Merit on Sept. 26, 2013, and will be invested by His Excellency the Right Honourable David Johnston, at Rideau Hall in Ottawa on Nov. 3.

Originally from a small community in Québec, Saint-Roch-des-Aulnaies, PO1 Laurendeau joined the cadet program at 13, where her desire to make a differ-

ence in the lives of others was instilled. She decided to join the military in March 1993, where she got her first exposure to navy life in HMCS Annapolis.

She served on many ships during her noteworthy career including HMCS Calgary where, upon completion of RIMPAC 2012, she was assigned to a critical position on a U.S. amphibious assault command ship.

Being a team member and making a difference is critical for PO1 Laurendeau. "It's in my nature to try to make a difference, and I love helping others."

A community-minded individual, she has repeatedly demonstrated her selflessness. She has increased visibility through her active

contributions to the United Way fund, and assisted with fund raising for Winnipeg flood victims, the Canadian Red Cross, the Queen Alexandra Foundation for Children, and other charitable organizations.

As a result of her achievements in the military and civilian communities, she was the first woman in the military to be recognized in B.C. for the Women of Distinction award in 2000.

In 2001, she received the Maritime Commander's Commendation for outstanding and selfless devotion to both local and foreign communities, which resulted in generous assistance to people in need and a positive portrayal of the Navy.

"It's something to be hon-

ored. I can cherish this for the rest of my life," said PO1 Laurendeau regarding the award.

The Order of Military Merit is one of the highest honours bestowed upon military members. The number of appointments made annually is the equivalent of 0.1% of the total strength of the Canadian Armed Forces in the preceding year.

Nominations coming from the chain of command are considered once a year by the Advisory Council of the Order of Military Merit, and Chaired by the Chief of the Defence Staff, who in turn passes the recommendations to the Governor General for final approval on behalf of The Queen.



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STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

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