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MARPAC NEWS CFB Esquimalt, Victoria, B.C



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## FINAL FAREWELL

The view from Bickford Tower shows the full breadth of HMCS Protector berthed at A jetty as it is paid off May 14. Gathered on the jetty to witness the historic event were a mix of former and current Protector sailors, dignitaries and civilians. Read the full story on page 3.

LS Zachariah Stopa, MARPAC Imaging Services

**Inset:** LCdr Blair Brown, Protector's last Commanding Officer, leads the ship's company in the last march-off at the end of the ceremony.

MCpl Michael Bastien, MARPAC Imaging Services



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# MGen Whitecross leads the way to a better military working environment

**Rachel Lallouz**  
Staff Writer

Major-General Christine Whitecross, commander of the new Canadian Armed Forces Strategic Response Team on Sexual Misconduct, visited CFB Esquimalt to clarify details of the new action plan dealing with sexual misconduct in the military.

The base visit is just one of many underway to have face-to-face interaction with military members in a town hall setting. On May 13, she conducted three separate town halls at Esquimalt, reaching about 1,000 military members, which provided an opportunity to interact directly with CAF members.

"I think the biggest thing we need to communicate is that people need to be aware of their actions and their language and how it affects other people," said MGen Whitecross. "So we're giving them some tools to do that, because ultimately we have a responsibility to our people that they work in a safe and respectful environment."

Her 25 person team, comprised of military and civilian personnel, is responsible for conducting a detailed review of former Supreme Court Justice Marie



Photo by Rachel Lallouz, Lookout

**MGen Christine Whitecross answers questions during a media event at the Wardroom, at the conclusion of her visit to CFB Esquimalt.**

Deschamps final report on sexual misconduct. They will then develop an action plan to address and implement the report's findings that says the "sexualized culture" in the Forces disproportionately affects lower-ranking female members.

The plan will address all 10 of Dechamps' recommendations for the Canadian Armed Forces, including establishing a centre for survivors of sexual harassment and assault that is independent of the chain of command.

"We want to make sure that

*"I think the biggest thing we need to communicate is that people need to be aware of their actions and their language and how it affects other people. So we're giving them some tools to do that, because ultimately we have a responsibility to our people that they work in a safe and respectful environment."*

MGen Christine Whitecross,  
Commander CAF Strategic Response Team on Sexual Misconduct

people who go to the centre are not unduly influenced by their own chain of command; so they feel compelled and empowered to go to a central agency that will help them in terms of victim support and advocacy."

She adds, "My mandate was clear from the Chief of the Defence staff from time zero: 'Move out on all 10 recommendations.' I'm carrying out exactly the mandate that I've been given."

Aside from visiting military bases in Canada, MGen Whitecross will visit allied mili-

taries such as the United States and Australia. During these visits she and her team will examine their policies and practices to identify what programs and processes they have in place that might be applicable to the Canadian Armed Forces' response to sexual misconduct.

"I need to bring those best practices and lessons back so that I can create a comprehensive option that will meet the needs of our men and women," she said. "One that is enduring and that is put together with due process and analysis."

## From the Chief of the Defence Staff

I was disappointed to see the recent media reports on the actions we are taking to respond to the issue of inappropriate sexual behaviour in the Canadian Armed Forces. We clearly recognize the seriousness of this issue, and are committed to responding to it. This is why I ordered an internal review into our policies and procedures last spring, and it is why I further commissioned Madame Deschamps to undertake her external examination.

"Even before her final report was received, we took the proactive measure to stand-up a dedicated team, led by Major-General Chris Whitecross, to examine the final report, and to develop an action plan to respond to it. The directive I issued for this included planning assumptions, provided to MGen Whitecross to guide her work. These planning assumptions should in no way be viewed as restrictions or orders for her to ignore the recommendations of the final report. Any such suggestion is quite simply false.

"The salient point is not what con-

siderations went into the stand-up of our response team, rather it is the Action Plan that they developed to respond to this issue. This Action Plan, as endorsed by our senior leadership and released publically, clearly accepts all of the recommendations made by Madame Deschamps, either outright or in principle. Major-General Chris Whitecross and her team are now actively examining options for how to best achieve the intent of each of these recommendations.

"There has been much discussion on the issue of Madame Deschamps' recommendation to establish a 'Centre of Accountability' which is separate from the chain of command. Her report suggested that we examine models for this such as those used by the militaries of Australia, France or the United States.

"To be absolutely clear, we have accepted this recommendation in principle, and Major-General Whitecross is now actively examining these models to develop recommendations for what will be the best fit in

Canada. This might mean, for example, something that draws from the Australian model, which empowers victims, but also strengthens the chain of command's ability to lead and care for the well-being of its members, and reports regularly to their Chief of the Defence Force through the Chiefs of Service Committee. We are also looking at the US system, which is led by a two-star general who reports to an under-secretary of defense.

"While we are ultimately uncertain which model will be the best fit for Canada, and therefore how we will implement this recommendation, we fully recognize the need to have a centre which is independent of undue influence from the chain of command.

"Our response to this issue has been clear, and we will remain resolute in our commitment to addressing it. Inappropriate sexual behaviour has no place in today's Canadian Armed Forces, and we will take strong steps to initiate positive change."

**General Tom Lawson**

## RESOURCES

Any member experiencing sexually demeaning or harassing behaviour of any kind has a range of options available to him or her. You can seek assistance from any of the various resources below.

- If you need immediate assistance, call 911.
- To report an incident of sexual misconduct or sexual assault, contact your Canadian Forces National Investigation Service regional office, 250-363-5550 (Victoria)
- The CF Military Police Group's Victims Assistance Program is designed to assist victims, especially those of violent crimes, in dealing with the trauma and after-effects that can result from crime. Contact your local Canadian Forces National Investigation Service.
- It is the responsibility of your chain of command to support you if you are being harassed or discriminated against. However, if your concern is with your chain of command, report the incident one level higher in the chain of command. Alternatively, the complaint may be submitted to the unit Harassment Advisor.
- Further support is available to you through your local chaplain or healthcare professionals, the CAF Member Assistance Program and through the Conflict Resolution Centres.

For more information on this issue: [www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct.page](http://www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct.page)



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# Protecteur pays off

LS Zachariah Slopa, MARPAC Imaging Services

**Rachel Lallouz**  
Staff Writer

"If our frigates and destroyers are our eyes, ears, and hands, then surely Protecteur was the heart of the fleet," said Lieutenant Commander Blair Brown, the ship's last commanding officer, to those witnessing Protecteur's paying off last Thursday.

Behind him loomed the ship's grey hull, sitting high in the water because it no longer carried fuel and cargo to replenish other warships.

Commissioned on Aug. 30, 1969, Protecteur served for 46 years on both coasts

as a replenishment oiler that kept Canadian and allied ships stocked with the necessary provisions to successfully complete combat operations.

"In her 46 years of service, Protecteur's reach has far exceeded her grasp," said LCdr Brown, the 33rd commanding officer of the ship. "She's served her community well."

Before LCdr Brown were guests, a mix of former Protecteur sailors, dignitaries and civilians, sitting in neat rows, all gathered to mark the historic event.

Adding to the celebratory occasion was the music of

the Naden Band of the Royal Canadian Navy. Hovering in the distance was a Sea King ready to give an aerial salute with a fly past.

Protecteur's legacy is long and varied, full of colorful stories and heroic moments.

In 1982, the ship with Sea King embarked, and crew were responsible for the rescue of 28 Norwegian sailors from motor vessel Essi Silje, a chemical tanker whose port engine room had caught fire.

Protecteur was involved in combat missions during the first Gulf War in 1991 on Operation Desert Shield. A year later it

deployed to Florida as part of the relief effort after Hurricane Andrew.

Following a violent outburst in East Timor in 1999, Protecteur was deployed as part of the Australian-led peacekeeping task force.

In 2014, the navy decided to retire the veteran ship. But the end date was accelerated because of a crippling engine room fire off the coast of Hawaii Feb. 27, 2014. The crew battled the blaze for more than 11 hours.

At the podium, Commodore Bob Auchterlonie, Commander Canadian Fleet Pacific,

spoke of that harrowing night.

"In the finest traditions of the Royal Canadian Navy (RCN), the crew of Protecteur, alone in the high seas, in the dark of night, with no power battled a major main-space fire with inspirational leadership, unfailing courage and solid training."

More than 10,000 sailors and aircrew have served on board Protecteur as it sailed more than 800,000 nautical miles over the course of its tenure as a RCN ship.

"The ship and her ship's companies have shown the same spirit, the same can-do

attitude and mission focus, throughout her tremendous service in the Royal Canadian Navy for more than 45 years," he said.

Following the speeches, the crew, lining one side of the ship high above the crowd, gave three last cheers then marched off the ship for the last time. As the Naden Band played Auld Lang Syne the commissioning pennant, Jack and Ensign were hauled down, and the port flag hoisted.

This was a fitting tribute to a warship and its' sailors who served with distinction for 46 years.



MCpl Michael Bastien, MARPAC Imaging Services



# matters of OPINION

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## Celebrating Aboriginal peoples

As the Department of National Defence and Canadian Armed Forces' (CAF's) Champion for Aboriginal Peoples, I welcome this opportunity to express my gratitude to the First Peoples of this land for their past and current contributions to this country and to Canada's Defence Team, both military and civilian.

The tradition of military service found in First Nations, Inuit and Métis cultures and their rich heritage of courage and heroism means Aboriginal Peoples have been at the front lines of this country's major conflicts throughout our history. During the War of 1812, more than 10 000 First Nations and Métis warriors under renowned chief Tecumseh fought alongside the British and Canadian militias, an alliance that proved critical in the shaping of Canada.

Despite early barriers to Aboriginal Peoples' participation, that tradition of service and sacrifice continued in the First and Second World Wars, when thousands of Aboriginal men and women volunteered

to serve in the CAF. War heroes such as Sergeant Francis Pegahmagabow and Sergeant Thomas Prince exemplify the proud warrior spirit and deep sense of patriotism so important to First Nations, Inuit and Métis cultures.

Sgt Pegahmagabow fought for his country in the First World War and came home to champion Aboriginal rights, giving us a moving example of this year's Aboriginal Awareness Week theme, "Self-Determination in Action."

The Aboriginal Peoples of Canada have continued to answer the call of duty whenever our country calls. We give our eternal thanks to those who paid the ultimate price in serving our nation, such as Master Corporal Kristal Giesebrecht, a member of the Mohawks of the Bay of Quinte, who died in an incident involving an improvised explosive device in Afghanistan in 2010.

The CAF belongs to all the peoples of Canada. Ensuring inclusivity and respect for all



Stock photo by: WO Jerry Kean/5th Can Div HQ Public Affairs  
**LGen Marquis Hainse, Commander of the Canadian Army, speaks with members of the Black Bear training course at 5th Canadian Division Support Base Gagetown, New Brunswick.**

members helps this organization stand ready to meet challenges in an increasingly complex world. I recognize and value the ways in which the unique cultural, spiritual and traditional identities of the First Nations, Inuit and Métis Peoples enrich the CAF's military ethos.

Please join me in celebrating the culture, history and contri-

butions of the Aboriginal Peoples of Canada during Aboriginal Awareness Week.

**Lieutenant-General Marquis Hainse  
Commander Canadian Army  
and Department of National  
Defence and Canadian  
Armed Forces' Champion  
for Aboriginal Peoples**

## Self Determination in Action - DND theme

May 19 to 22 is Aboriginal Awareness Week under the DND theme of Self Determination in Action.

This week is an annual celebration and an opportunity to learn about the history of Canada's Aboriginal peoples. Included in that history, is a proud tradition of service in the Canadian military that continues today in DND and CAF.

As the MARPAC Champion for Aboriginal Peoples, I highly encourage all Defence Team members to participate in the activities that will highlight the diversity of the cultures, traditions and values of the First Nations, Inuit and Métis peoples and recognize their contributions and achievements. Activities include:

- Museum Exhibit under the theme of "Strength from our Ancestors"

commencing on May 19 and continuing until June 30;

- Sunrise Drumming by William Stewart at Duntze Head at 0700 hrs; and
- a presentation by Professor Hamar Foster on Aboriginal title, "Litigating the Calder Case" on May 21 at noon at Sea Division Theatre building Naden 67.

Further activities will be outlined on the MARPAC Notice Board. Additional information on Aboriginal Awareness Week can be obtained by contacting Cindy LeBlanc, Acting Employment Equity Officer, at cindy.leblanc@forces.gc.ca.



Stock photo by: A/SLt Ron MacDougall  
**Thirty candidates from the Canadian Armed Forces Raven Aboriginal Youth Employment Program graduated with a formal ceremony at the Work Point Parade Square on Aug. 21, 2014.**

**Steve Waddell  
Captain (N)  
Base Commander**

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# People Talk

While on assignment at HMCS Protecteur's paying off ceremony May 14, Lookout asked retired military attendees and civilian staff:

*What memory stands out the strongest in your mind when you think back to your years in service?*



I got to do a light jack stay from Protecteur to Calgary and back, and it was so much fun!

*Jane Crochley  
Retired Captain who served in Protecteur*



While on Protecteur, we went to Brazil – it was such beautiful place, and we crossed over the Equator.

*Dave Shirlaw, retired Singleman who served in Protecteur from 1976 and 1977*



James and I met on Protecteur in the North Pacific. We were both getting sick off the side of the ship. We bonded and we've been friends ever since.

*Bennett R. Coles  
Retired Lieutenant (Navy) who served in Protecteur*



Protecteur was transitioning to Japan in the Bering Strait, and we were in rough seas. I was up on the upper deck in my survival suit. The wind picked up so heavily that my suit had me pinned – frozen in motion – standing right there. I couldn't move, and I just kept telling myself to get down on the deck.

*James Argue  
Retired Leading Seaman who served in Protecteur*

# BOOK review



**Title: Gates of Fire**  
**Author: Steven Pressfield**

This book is a novel (historical fiction) account of the Battle of Thermopylae. It is written from the per-

spective of the last survivor of the Spartan warriors who defended the pass while in the custody of the Persians; it speaks of the hardships and challenges of Spartan military life and culture.

Extremely well written and eminently readable, its strength lies in its examination of individual leadership under adverse conditions, and the methods used to develop incredible unit cohesion and morale in order to overcome the stress of extreme hardship and combat.

Mandatory reading for the USMC Officer Corps, this book represents an excellent rendition of what motivates

soldiers, both collectively and individually, to unbelievable feats of bravery and accomplishment.

**Title: The Defence of Duffers Drift**  
**Author: Brig-Gen E.D. Swinton**

This is a short, easily readable book that, despite its age (published in 1905), is one of the best examples of leadership for entry level officers and supervisors.

It is the story of a Junior Subaltern during the Boer War who is given the task of defending a river crossing with a platoon of soldiers. Being very junior, he

attempts what he feels to be the correct course of action to meet his mission direction.

Each chapter represents his progressive decisions, actions and the results. As the book unfolds, he is able to learn and build upon the mistakes of his previous decisions.

The strength of this book lies in its simplicity. In an almost parable style, and clearly teaches the lessons of decision making and leadership with practical and timeless examples.

*Maj Chris Buckham is a logistics officer in the RCAF. He maintains a blog of his reviews at [www.themilitaryreviewer.blogspot.com](http://www.themilitaryreviewer.blogspot.com)*

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# HMCS CALGARY 20TH ANNIVERSARY

## “COWBOY UP”

Friday, May 22

Naden Drill Hall



The barn will open at 1630 for ship's company and invited guests to enjoy the BBQ.

Additional guests and past ship's company members are invited to join the festivities after 1900

There will be a live country music band, a mechanical bull, cash bar and a silent auction!

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Saturday, 23 May 2015, 0900-1200

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# Sailing through the Prairies to the Pacific

**Rachel Lallouz**  
 Staff Writer

Chucking bales of hay and clearing rocks from her family's grain fields was about all there was to do for pre-teen Tracy Terry in small town Smoky Lake, Alberta – population 1,000.

It wasn't a wealthy town, which meant there weren't a lot of free recreational programs for youth at that time (1984), except for one, the Royal Canadian Sea Cadets.

Wanting to dust off the field dirt from her jeans and lured by the promise of outdoor adventure training, sports tabloids, small fire arms safety, canoeing and sailing, Terry enrolled in the free program.

That one decision set the course for her future.

Her first real introduction to sailing was on Lake Winnipeg in Gimli, Manitoba. At 13, she was selected for summer training and travelled with cadets from all over Canada to the rural town, where they donned life jackets and stepped into Code 40 sailboats for the first time.

Launching the two-person dinghy, and feeling the wind power the boat and the cold lake water dampen her face was magic.

"I was a little hesitant and nervous," she says. "When you're first learning how to sail, there are so many environmental factors you feel like you can't control. It can be overwhelming. But once I learned how to manage those conditions, I fell in love with the sport."

There is a freedom one experiences after mastering harnessing wind and wave, she says.

"You're able to control the environment around you to propel yourself,

regardless of any limitations you might have as a person. It's a really empowering feeling."

She would not stop at mastering the Code 40. She worked her way up through all the levels of the Canadian Yachting Association, now called Sail Canada. Then she became an instructor for 10 years at the Kelowna Yacht Club.

But life often comes full circle, and for Terry she found herself back in the Cadet Community, only this time as Regional Cadet Water Operations Officer for the Regional Cadet Support Unit (Pacific) in Victoria. She earned the rank of Lieutenant Navy, and has devoted countless hours volunteering as the Vice-President and Director of Sail Training for the B.C. Sailing Association.

"It's so important for me to support these programs because I always think back to the connection cadets can have with the phrase 'Sport for Life.' Sailing is just a small part of what it means to be a cadet, but it represents everything that encompasses what it means to be a healthy human," says Lt(N) Terry. "And that makes it something you carry with you forever."

Through her volunteer work, which highlighted a need for coaching safety on the water, she spent two years writing a safety manual.

Her dedication to the sport, and those who participate, has not gone unnoticed. In March she was awarded the Sport B.C. President's Award for Sailing.

The President's Award is given to volunteers from Sport B.C. member and partner organizations who



Rachel Lallouz, Lookout

**Lt(N) Tracy Terry poses for a photograph in front of numerous awards and certificates she has won during her long career in sailing. Her most recent award is the 2015 Sport B.C. President's Award for Sailing.**

represent the spirit of volunteerism, and whose dedication, energy, and commitment contribute to the development of their sport in the province of B.C.

"If you're passionate about what you do, you just want to do it," she

says. "I don't get up in the morning thinking 'I have to go off to work,' I get up in the morning thinking how lucky I am that I get to do what I love. If everybody in the world did what they loved, this really would be a wonderful world."

**Lt(N) Tracy Terry coaches young sailors at the Sea Cadet Qualifying Regattas in Victoria.**





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# Engine room fire - Commendations and awards

**Katelyn Moores**  
MARPAC PA Office

Twenty-five past and current crew members of HMCS Protecteur and two civilian Fleet Maintenance Facility (FMF) Cape Breton employees were recognized at an Honours and Awards Ceremony May 6, presided over by Rear-Admiral Bill Truelove, Commander Maritime Forces Pacific.

The award recipients were recognized for actions beyond the demands of normal duty in which they displayed outstanding leadership, extensive knowledge and relentless effort in response to a major engine room fire at sea on Feb. 27, 2014.

The Commander Royal Canadian Navy Commendation was awarded to 13 members, while another 14 members received Commander MARPAC

Bravo Zulus.

They were recognized for a variety of contributions, including working to restore and maintain vital communications systems, improving morale and supporting fellow shipmates, restoring essential services such as hygiene facilities and electricity, and providing medical support. Their tremendous achievements, along with the extensive training and the exemplary leadership of the entire crew,

saved the ship.

Protecteur experienced a major engine room fire last year while returning to Esquimalt after a two month deployment in the Mid-Pacific. As a result of the significant damage sustained during the fire, Protecteur was assisted by USS Michael Murphy, USNS Sioux and USS Chosin, and towed back to Pearl Harbor, Hawaii.

A damage assessment was performed, and the decision was made

to have Protecteur towed back to CFB Esquimalt. Upon return, an assessment of the work, time and resources necessary for the repairs, in relation to the time left before the anticipated end of service in 2017, resulted in the decision to accelerate her paying off.

After 46 years of exemplary service, the auxiliary oil replenishment ship was paid off during a ceremony at CFB Esquimalt on May 14.



**RAdm William Truelove, Commander Maritime Forces Pacific/Joint Task Force (Pacific), and Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, presented awards May 6 to some of the last crew members of the former HMCS Protecteur for their roles in saving the ship from a devastating engine room fire.**

Photos by Ed Dixon, MARPAC Imaging Services

**Left:** PO1 Nels Jensen receives the Commander Royal Canadian Navy Commendation for his leadership and support to the ship's company by restoring order and routine onboard in the days following the fire.

**Right:** LS Jordan Barkauskas receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his dedication and support during the fire and the two months in towing preparations.



**CPO2 Corey Young** receives the Commander Royal Canadian Navy Commendation for his leadership as Second Officer in Charge of the Manning Pool during the fire.



**PO1 David Hiller** receives the Commander Royal Canadian Navy Commendation for his leadership and support to the ship's company by restoring order and routine in the days following the fire.



**Brian Hunter** receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for dedication and technical acumen during the recovery of HMCS Protecteur after the fire at sea.



**Lorne King** receives with the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for leadership, dedication and technical expertise during the recovery of HMCS Protecteur in Hawaii following the fire.





Cpl Geoffrey Harshaw receives the Commander Royal Canadian Navy Commendation for his exceptional leadership as the leader of the Rapid Attack Team during the fire.



MS Shawn Malone receives the Commander Royal Canadian Navy Commendation for his outstanding leadership skills and technical knowledge in restoring electrical power to the ship.



Maj Ramzy Abdel-Galil receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his dedication and excellent medical care and comfort provided to the ship's crew following the fire.



MS Dean Kijek receives the Commander Royal Canadian Navy Commendation for his perseverance and technical expertise, enabling the ship to maintain secure communications following the fire.



CPO2 Cory Doyle receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his exceptional leadership and resourcefulness in restoring vital communications Systems following the fire.



Sgt Angela Abbey receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for performing the vital task of photographic evidence-gathering with great professionalism following the fire.



MS David Spiker receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his outstanding devotion to duty as a Casualty Clearer and Cook during the fire.



MS Yannick Berube receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his tireless effort and inspiration in uplifting the spirits of his crewmates during the fire.



MS Matthew Lovejoy receives the Commander Royal Canadian Navy Commendation for his outstanding leadership and support during the fire and the six day tow to Hawaii.



Cpl Stephanie Dondaneau receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for her tireless effort and inspiration in uplifting the spirits of her crewmates during the fire.



PO2 Danny Proulx receives the Commander Royal Canadian Navy Commendation for his leadership and professionalism during the fire.



LS Tong Fo receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his ingenuity and skill in re-engineering a common household appliance to act as a vital electrical component after the fire.



LS Virasak Phonpaseuth receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his devotion to duty as a Casualty Clearer and selfless service in providing logistics support to the crew and Command Team in the week following the fire.



LS Lee Pratt receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his outstanding devotion to duty as a Casualty Clearer and selfless service in providing logistics support to the crew and Command Team in the week following the fire.



PO2 Shawn Mosson receives the Commander Royal Canadian Navy Commendation for his situational awareness and hard work as Containment Monitor following the fire.



LS Donald Seaton receives the Maritime Forces Pacific Bravo Zulu Certificate of Appreciation for his devotion to duty as a Casualty Clearer during the fire. His support was as tireless as his enthusiasm and he bolstered the resolve of those around him to continue the fire-fighting efforts.





A CH-124 Sea King helicopter from HMCS Winnipeg flies over HMCS Yellowknife during Exercise Trident Fury off the west coast of Vancouver Island.

Cpl Stuart MacNeil, MARPAC Imaging Services



The Naval Boarding Party from HMCS Winnipeg practices ship clearing drills during Exercise Trident Fury off the west coast of Vancouver Island on May 5.

Cpl Stuart MacNeil, MARPAC Imaging Services



A .50 Calibre Heavy Machine Gun operator onboard HMCS Calgary takes aim on a target off the coast of British Columbia.

LS Ogle Henry, MARPAC Imaging Services



**Right:** Jason Kenney, Minister of National Defence, tours HMCS Calgary's bridge during a visit May 10. Present during the tour was Cdr Julian Elbourne, Calgary's Commanding Officer.

LS Ogle Henry, MARPAC Imaging Services

# TRIDENT FURY



A United States Navy helicopter from Helicopter Squadron 23 based in Coronado, San Diego, California, conducts a refueling onboard HMCS Calgary on May 7.

LS Ogle Henry, MARPAC Imaging Services

**Lt(N) Paul Trenholm**  
MARPAC PA Office

Exercise Trident Fury ended last Friday with more than 1,200 personnel going back to their units with a strong sense of accomplishment having flexed their mettle / metal.

The warfare exercise, that took months of preparation for 12 days of round-the-clock training, is a biennial, and often multinational naval exercise held off the coast of Vancouver Island by Maritime Forces Pacific.

From May 4 to 15, seven Canadian and American naval vessels conducted maritime scenarios and weapons firing off in the Strait of Juan de Fuca. This location provided some challenges because to the

south are active shipping lanes, but safety was at the forefront of the exercise.

Challenges and mounting complexity were built into each scenario by the planners. Under assessment were air and surface joint operations that included maritime surveillance, live air and surface weapons firing, and anti-submarine warfare training.

Several government agencies were brought into the exercise. Members of the Royal Canadian Mounted Police, the United States Navy (USN) and the United States Coast Guard (USCG) all brought their particular skill sets. Over the course of the exercise these agencies enhanced their skills required to operate seamlessly with the military during real-life international operations.

Special guest Jason Kenney, Minister of National Defence and Minister for Multiculturalism, joined HMCS Winnipeg during the exercise to witness the full scope of Canada's navy and air force capabilities.

Also participating in Trident Fury were HMCS Ships *Calgary*, *Saskatoon*, and *Yellowknife*, United States Ship Cape St. George, United States Coast Guard Cutter Active, and RCN Orca-class vessel Wolf Royal Canadian Air Force assets included the CP-140 Aurora Long Range Patrol Aircraft and CH-124 Sea King ship-based helicopters.

American air assets included the USN P-3 Orion Maritime Patrol aircraft, SH-60 Seahawk helicopters and EA-18 Growler electronic warfare jets.

Of particular interest, recent graduates of the first Maritime Tactical Operators Course who will form the Enhanced Naval Boarding Party (ENBP) Team 1 were woven into the exercise. Although traditional Naval Boarding Parties are able to perform basic obstructed boardings, feedback from recent operational deployments, such as Operation Artemis, emphasized the need for a naval boarding party capable of meeting a new level of threat.

The ENBP was attached to *Winnipeg*, which gave the navy the opportunity to evaluate how the team operates and integrates with a ship's company. They practiced short notice opposed boardings, where a target vessel is resisting boarding attempts with deadly force.

"It was very impressive to see the tactical perspective they brought to the table, and how much they expanded the spectrum of our operations; nothing seemed beyond their capabilities," said SLT Michael Buss, a bridge watch keeper in *Winnipeg*.

The enhanced portion of the new boarding party includes protection for ships as they transit through more precarious environments such as the Strait of Hormuz. The boarding party can also be employed as an assault team for VIP extractions ashore.

Over the two week period, ships, aircraft and personnel conducted 10 boarding serials, 34 opposing force probe harass and attack missions, nine gunnery serials, three anti-submarine serials, two helicopter deck landing qualifications and one

missile exercise. "The RCN is the gifted generalist in terms of capability. This exercise played to that strength and all the ships and aircraft benefitted from the dynamic and challenging environment of Trident Fury 15," said Lt(N) Matthew Arthur, a logistical planner for the exercise.

Training exercises with international allies provide a unique opportunity to help foster cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.

The United States is Canada's most important ally and defence partner. Defence and security relations between the two countries are longstanding, well-entrenched, and highly successful.

United States Coast Guard Cutter, United States Ship Cape St George and HMCS Winnipeg sail in formation during Exercise Trident Fury on May 5 off the coast of British Columbia.

LS Ogle Henry, MARPAC Imaging Services



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#### Dr. Darrell Menard Strengthening the Forces

Most Canadians understand that regular exercise is essential for keeping their bodies fit and healthy. Unfortunately, what many people don't realize is that regular exercise also offers their brains a huge number of benefits.

In recent years, scientists have been researching to determine how much regular exercise really can boost brain function. What they have discovered is that regardless of your age or fitness level, studies consistently show that making time for exercise provides some important mental health benefits.

The great thing about the mental health benefits of exercise is that they don't take nearly as long to achieve as the physical benefits. It can take months to years of dedicated training to develop an efficient heart, to build powerful biceps, muscles or to strengthen your core.

On the other hand, benefits such as stress reduction and mood improvement can occur almost immediately after exercising — a phenomenon that runners call the "runner's high."

One of the most commonly asked questions concerning exercise and mental health is "How hard and how often do I have to exercise to get these benefits?" Well, the good news is that these benefits have

been shown to occur in people who walk as little as 30 minutes/day—three times a week. You don't even have to do all 30 minutes at the same time—you can break it up into three x 10 minute walks.

As with most things in life, too much of a good thing can be bad for you. People who train too hard, too often or for too long can actually find that overtraining will hurt rather than help their mental health.

Despite all of the research that has been done on this topic, we still don't know exactly how exercise promotes mental health. One of the most popular theories is that exercise releases a number of "feel good chemicals" into the brain. These chemicals include serotonin, dopamine and nor-epinephrine. Other studies have shown that inflammation has a negative effect on mental health and sensible levels of exercise have an anti-inflammatory effect on the body. In the end, they will most likely discover that exercise promotes mental health through a variety of different mechanisms.

Regardless of the mechanism, it is very clear that regular exercise has a lot to offer every member of the Defence Team—mentally and physically. So the next time you are having trouble motivating yourself to do a workout—try reminding your brain of all you will gain whenever you train. Exercise truly is medicine.

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# Cadets master compass skills

**Maj L.Y. Hildebrandt**  
RCSU

Cadets from five local cadet corps/squadrons attended the annual Vancouver Island Cadet Orienteering Competition Sunday April 12, which took place on the campus grounds of Royal Roads University.

The Victoria Orienteering Club hosted the competition as part of a regular B-Meet, which attracted over 50 participants including cadet and other civilian competitors.

The weather was sunny and the beautiful campus grounds with its mix of trails and open forest made a perfect setting for the competition.

Cadets from 263 RCSCC, 676 RCACS, 848 RCACS, 2483 RCACC and 3005 RCACC participated in three different courses depending on their age. All cadets put in a solid performance with only two cadets missing one control flag.

Orienteering is a great optional activity for cadet training since it includes the benefits of physical fitness combined with the application of navigation skills. Equipped with a marked map and a compass, cadets individually or in teams of two must find control features marked with red and white flags in the terrain as quickly as quickly as possible. As such, orienteering combines both a physical and a mental component.

Fast running may not be enough, as clever route choice and solid navigation skills usually are the deciding factors on who comes

in first on their assigned course. Interestingly, orienteering began as a military training activity in Sweden, where it was used to train officers in navigation techniques. Orienteering soon became so popular it evolved into a civilian competition, which is now extremely popular in Europe and a growing sport in North America.

In the individual competition, which was open to cadet units without complete teams, Cadet Joshua Ralphs from 676 RCACS placed first on Course 1 and Cadets Huber and Welch from 263 RCSCC placed third on Course 2.

In the team competition, 2483 RCACC recapture their title of Top Orienteering Team after having being nudged to second place the previous year. However, they had some good competition from the team from 848 RCACS, who came in second. Since starting to participate in the competition, 848 RCACS has consistently improved their performance from year to year and will likely be a force to be reckoned with in 2016.

The cadet team from 3005 RCACC placed a respectable third and their results also show the benefit of consistent training to help them move up in the standings from year to year.

After a number of years of unofficial cadet competitions to build interest, the Regional Cadet Support Unit (Pacific) has now officially recognized orienteering as one of the supported cadet competitions. Next year, plans are in place to offer orienteering competi-

tions in all zones within the Pacific Region. This is exciting news to all those corps/squadrons who have been active in orienteering as part of their regular cadet training activities.

The next upcoming cadet orienteering competition will take place in the Lower Mainland Zone on June 7. This event is supported by the Greater Vancouver Orienteering Club who integrate the cadet competition into their annual Junior Orienteering Festival.

For further information and results of the Vancouver Island Cadet Orienteering Competition, please check the Victoria Orienteering Club website at: <http://vico.whyjustrun.ca/>



**Top:** Cadets from 2483 RCACC captured First Place for the second year in a row at the Vancouver Island Cadet Orienteering Competition.

**Above:** Third place winners 3005 RCACC.

**Left:** Cadet Joshua Ralphs from 676 RCACS punches a control during the Vancouver Island Cadet Orienteering Competition.

**Below:** Cadets from 848 RCACS came in at a close Second Place during the Vancouver Island Cadet Orienteering Competition.



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## MARPAC MASTERS

Paired with the Ontario Provincial Masters Swim Meet, the CAF National Swimming Championships were held from April 2-4 in Etobicoke. Approximately 50 CAF swimmers from across Canada including seven members of the MARPAC Masters Swim team attended the CAF National Swimming Championships.

The team came home with 20 medals overall. The most notable swimmer, OS Marjolaine Plante, amassed three CAF awards (100m free, 200m free and 100m back) and six Provincial meet awards.


The MARPAC Masters Swim Team practices Monday, Wednesday and Friday mornings from 6-7:30 a.m. The team is looking for swimmers of all levels. If you want to improve your swimming while getting a great workout with a group of fantastic military and civilian swimmers, come and join us in the pool.

Picture taken at the CAF National Swimming Championships Awards Banquet: (left to right) LS Dave Sinai, 2Lt Oliver Woodbridge, OS Marjolaine Plante, LCdr Ellen Mariano, LS Sam Kehler, PO2 John Hodson, and Capt Mallory McDonald.

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A diver from HMCS Vancouver is hoisted into a Sea King Helicopter during rescue swimmer training.



LS Peters places the Limpet Mine Disposal equipment during a training dive.

## Vancouver divers part of ship readiness

### SLt Sean Catterall

HMCS Vancouver A/DiveO and A/UPAR

After nearly a year since completing its mid-life refit, *HMCS Vancouver* and crew continue to progress along the path to Standard Readiness.

To support these aims, the Ship's Dive Team has adopted a rigorous training and preparation program, which includes collective and individual physical fitness windows, equipment acquisition and consolidation, as well as an increased diving tempo.

Ship's Team Divers bring an essential capability to HMC Ships by providing a means for conducting routine underwater work, as well enabling operational flexibility when deployed abroad. Divers can be employed in a variety of roles to accomplish tasks, such as support to search and rescue operations, boarding operations, man-overboard scenarios, and many other emergencies that require diver deployment.

Over the past few months, *Vancouver's* divers have participated in a variety of exercises both alongside and at sea. Following air work ups in February, 443 Maritime Helicopter Squadron provided one of their Sea King Helicopters to support rescue swimmer deployment training. More recently, *Vancouver's* Dive Team conducted a half-necklace search, and successfully employed their Limpet Mine Disposal Equipment (LMDE) as part of an exercise to neutralize a dummy-mine attached to the hull of the ship.

The LMDE is the primary tool utilized by Ship's Team Divers to neutralize underwater anti-ship thin-cased limpet mines.

Only a week later, the team dove again at Ogden Point Breakwater in order to familiarize themselves with local current patterns and to increase their confidence while under the water.

In the near future, the ship's Maritime Systems Engineering Department will request diver sup-

port in order to conduct a Poker Gauge Test which will measure and verify normal wear on the shaft lines.

As well, *Vancouver* has been designated as Officer Conducting Serial (OCS) for the Fleet Dive Day on May 21 where divers from fleet and shore units are encouraged to participate in order to maintain their readiness.

Being a diver is both rewarding and very challenging. Anyone interested in becoming a Ship's Team Diver should identify themselves to their Chain of Command and begin following a regimented physical fitness program in order to prepare for the course.

Since divers may work alone or in pairs, they must have self-confidence and a strong sense of responsibility.

Moreover, they must demonstrate a high degree of common sense and maintain a very high standard of physical fitness. Comradeship and a tangible feeling of meaningful contribution are just some of the many benefits to being a Ship's Team Diver.

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# HMCS Vancouver Awards & Presentations

Cdr Jeff Climenhaga, Commanding Officer of HMCS Vancouver, made several presentations to ship's personnel.

**Right:** MS Robert Day receives the Margaret Manson Community Service Award.



Cpl Marc-Andre Leclerc receives his Silver Seal for Aerobic Excellence.



CPO1 Pierre Picard receives his Gold Sea Service Insignia (SSI).



CPO2 Jean-Paul Ayotte receives his Bronze SSI.



CPO2 Marc Boudreau receives his CERT 4 qualification.



LS Alicia Thompson receives her Gunmetal SSI.



LS Derek Hill receives his Gunmetal SSI.



LS Johnny Peters receives his Gold Seal for Aerobic Excellence.



LS Joshua Hughes receives his CERT 1 qualification.



LS Micheal Maclean receives his CERT 1 qualification.



LS Michel Desgroseilliers receives his CERT 1 qualification.



LS Neils Marks receives his OSM for Operation Caribbe.



LS Niels Marks receives his Canadian Forces Decoration.



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LS Pierre Alexandre Cossette receives his Bronze SSI.



LS Vance Brousseau receives his Gunmetal SSI.



Lt(N) Matthew Mitchell receives his Silver SSI.



Lt(N) Steven Shute receives his Silver SSI.



MS Brian Hanlan receives his Silver SSI.



MS Caroline Rayos receives the Outstanding Weapons Engineering Award on behalf of Rheinmetall Defence.



MS Charles Wiebe receives his Bronze SSI.



MS Peter Butt receives his Canadian Forces Decoration.



MS Peter Butt receives his Gunmetal SSI.



LCdr W. B. Brown, Captain of HMCS Protecteur, promotes LS Pratt to MS Pratt.



SLt Rebecca Wolfe, OIC BOR, was promoted to Lieutenant Navy by the BAdmO, Cdr Wes Golden.



SLt Jacqueline Forbes, BPAdmO, was promoted to Lieutenant Navy by the BAdmO, Cdr Wes Golden.



PO2 Jarrett Teague receives his Gunmetal SSI.



Left: LS Janice Duncan received her accelerated promotion to her new rank from Acting Base Administration Officer, LCdr Judith Harlock; former Release Supervisor Robert Quann, and MWO Mark Dankwerth, Base Orderly Room Supervisor.



LCdr Ruggles is promoted by Commanding Officer, LCdr Nelson (left) and LCdr Lisi (right) at PCTU May 14.



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