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Her Majesty's Canadian Ships Saskatoon and Yellowknife are conducting coastal operations until mid-June to maintain readiness and ensure their sailors are well-trained on a wide range of naval tasks. Pictured here, Yellowknife conducts a Hoist Exercise with United States Coast Guard D17 Jayhawk helicopter during a Maritime Security Patrol on May 27. During the operation, the ships will visit B.C. communities such as Port Alberni, Masset, Prince Rupert, Campbell River, Vancouver, and Port Hardy. **See back page for more photos.**

Cpl Brandon O'Connell, MARPAC Imaging Services

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Third Arctic Patrol vessel named after Max Bernays

Rachel Lallouz
Staff Writer

The courage and bravery of Chief Petty Officer Max Leopold Bernays will forever be remembered with one of the Royal Canadian Navy (RCN) Arctic/Offshore Patrol Ship named in his honour.

Last Monday, the Bernays family and naval personnel gathered in front of the Naval and Military Museum at CFB Esquimalt to officially name the third Harry DeWolf-class vessel HMCS Max Bernays.

At the naming ceremony Julian Fantino, Associate Minister of National Defence, addressed three generations of the Bernays family.

"Chief Petty Officer Bernays is a true Canadian hero who served our country with great distinction during the Second World War," said the Minister.

CPO Bernays served as Coxswain in HMCS Assiniboine during the Battle of the Atlantic. During close range action with a German submarine U-210 on Aug. 6, 1942, he maneuvered the ship in and out of fog in an attempt to allude and ram the submarine. But a fire caused by the enemy submarine's shells engulfed the bridge and wheelhouse. Surrounded by smoke and flames, CPO Bernays ordered two junior sailors to leave the bridge for safety. He stayed



Portrait of a young Bernays along with the medals acquired during his career.

at the helm and continued to navigate Assiniboine against the U-boat for nearly 40 minutes. During that time, he completed the work of two telegraphmen, dispatching over 130 telegraph orders to the ship's engine room.

Despite taking prolonged machine-gun and cannon fire to the bridge, Assiniboine rammed and sank U-210. There was one fatality and 13 wounded on board the warship.

The success of sinking the U-boat is attributed to the courage of CPO Bernays.

His actions earned him the Conspicuous Gallantry Medal (CGM), one of only two members

of the RCN to receive the CGM during the Second World War.

As a little girl, Shannon Bernays, granddaughter of CPO Bernays, didn't start to comprehend the entirety of her grandfather's legacy until she began to do her own research as an adult, reading stories and piecing together the facts.

"It really hits home now," she says. "I've told my own children the story over the years, and we've come down to the base just to look at the Bernays building."

The Bernays family considers themselves to be a naval family at heart. Max Bernays was overheard saying he believed the navy ran in

his blood, says Shannon.

Her father, Max Bernays Junior, carried on his father's legacy by joining the navy as a young man.

"I just wish my dad and grandfather were here today to see the ship's naming," said Shannon. "But I know they are watching, and they must be so proud and honoured."

In 2014, Prime Minister Stephen Harper announced that six of the new Arctic/Offshore Patrol Ships would be named in honour of prominent Canadian heroes who served with the highest distinction and conspicuous gallantry in the navy.

The lead ship was named

HMCS Harry DeWolf, with the class known as the Harry DeWolf Class. The second ship was also named for a Victoria resident - HMCS Margaret Brooke.

The Arctic/Offshore Patrol Ships will be employed by the navy to conduct sovereignty and surveillance operations in Canadian waters on all three coasts, including the Arctic.

Construction on the warships, being built by Irving Shipbuilding Inc., is set to begin in the fall of this year. The contract, valued at \$2.6 billion (taxes included) will mark the start of the construction phase under the National Shipbuilding Procurement Strategy.



An artist's rendering of the Arctic offshore Patrol Vessel.



A portrait of Chief Petty Officer (CPO) Max Bernays is unveiled during the naming announcement of the third Arctic/Offshore Patrol Ship, held at the CFB Esquimalt Naval and Military Museum. From left: Rear Admiral Bill Truelove, Commander Maritime Forces Pacific/Joint Task Force (Pacific); Marilyn Bernays, daughter-in-law of CPO Bernays; Max Thompson, great-grandson of CPO Bernays; Julian Fantino, Associate Minister of National Defence; and Carly Bernays, great-granddaughter of CPO Bernays.

LS Ogle Henry, MARPAC Imaging Services

Star of Military Valour recipients honoured with plaque

Rachel Lallouz
Staff Writer

Last Monday, Master Warrant Officer David Shultz, Range Control Officer, was in Ottawa to take part in the unveiling of a commemorative plaque at the Valour Building, formerly known as La Promenade Building at 151 Sparks Street.

The soldier was joined by 11 other military members, all recipients of the Star of Military Valour.

The bronze plaque, unveiled by Jason Kenney, Minister of National Defence, is in honour of the heroic actions of 20 military members during Canada's 12 year military mission in Afghanistan.

"This plaque, and the name of this building, serve as a reminder of the self-sacrifice and devotion to duty embodied by our Canadian Armed Forces in Afghanistan," said Kenney, addressing 12 of the Star of Military Valour recipients, and two families of the fallen who were present at the ceremony. "We honour these remarkable individuals who have been presented with the Star of Military Valour for their service to their country."

The plaque and building also serve as reminders of the contributions made by all men and women in uni-

form during the Afghanistan mission. MWO Shultz received the medal for his actions in Kandahar in May 2008 when he formulated and executed a flanking manoeuvre to attack the enemy ambush.

His manoeuvre neutralized the insurgent's position and allowed his patrol to secure the surrounding area; but quickly after, his patrol was attacked again.

Disregarding personal risk to himself, MWO Shultz plunged into intense enemy fire to direct his soldiers and engage the enemy. He repeatedly re-entered the danger zone to remove injured personnel, and execute the patrol's fighting withdrawal.

Due to his actions, countless other casualties were prevented.

"A lot of it goes back to the training that we've had," he says. "And I would be lying if I said adrenaline wasn't involved. You're moving around pretty quick, and it's confusing, just absolute chaos. There was smoke and noise because the entire area was being chopped apart by enemy machine-gun fire.

"Everyone was doing what they were trained to do. There was a lot of fighting and killing and dying. All of us were fighting for the lives of each other. If it hadn't been for the soldiers

working as hard as they did, I'd be dead right now."

MWO Shultz says he accepted the medal on behalf of his Platoon who fought that day.

"I'd never consider it to be an award for myself. I proudly wear it on behalf of all six platoon members, and believe the recognition has to go to the guys who don't have names on a piece of paper, or who haven't received medals," he says. "I'd also like to thank my family and friends for their support, especially my wife and our kids. She is a very strong woman and has stood beside me during the good times and the bad."

More than 40,000 Canadian Armed Forces members served in Afghanistan between 2001 and 2014, making it the largest deployment of military personnel since the Second World War.



Cpl Carbe Orellana, Canadian Forces Support Unit, Ottawa Imaging Services Jason Kenney, Minister of National Defence, and Warrant Officer (Retired) Patrick Tower unveiled the commemorative plaque at the Valour Building May 25 in Ottawa. Inset: MWO David Shultz wearing his Star of Military Valour distinction following the presentation made by then Governor General Michaëlle Jean.

GG2009-0539-004 by Sergeant Serge Gouin, Rideau Hall

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WHAT SAY YOU

BOOK review

Title: Lone Survivor
Author: Marcus Luttrell

The strength of this true story lies in the strength of character and mental toughness of the soldiers, as well as the confusing cultural and ethical nuances that epitomize operations within the Afghan theatre of operations.

The central unit, a four man recon team, is faced with difficult ethical questions relating to prisoners when their deep reconnaissance mission is compromised by Afghan shepherds.

The challenges of modern, asymmetric warfare are highlighted when the team struggles with the factors influencing

what courses of action they have to pursue. The reader comes to quickly appreciate that answers and decisions are not simple, and they all have their consequences.

Additionally, the book is a fascinating study of the inner workings of the Afghan/Pashtun culture. The concept of 'lokhay' or the responsibility that a family and village has for the protection and support of a guest at the expense of all else, is one that is completely alien to western cultures, but is deeply rooted in the Pashtun psyche.

Finally, the book provides additional proof of the necessity for team cohesion and training as they fight. While many expound upon these concepts, too often we let these standards slide to our ultimate detriment.

Title: Piece of Cake
Author: Derek Robinson

This is a very interesting and entertaining book. Dark humour underscores the theme that speaks to the characters' means of dealing with the realities of war.

The novel follows the progress of a squadron of Hurricane pilots as they transition from peace to war. The period of the book, September 1939 to September 1940, encompasses the beginning of the Second World War, the 'Phoney War' in France, the Fall of France and the Battle of Britain.

Its strength lies in its development of characters and insights into the human psyche.

The Commanding Officers

and Flight Commanders struggle with the changes that war brings in their relationships within the Squadron, between themselves, and the young line pilots.

Conversely, the line pilots grapple with the deadlines of their chosen profession and the responsibilities this entails. Maturity comes to all, but slowly.

This novel captures the effects of combat on unit cohesion and command. It is stark and uncomfortable, but it highlights lessons best learned and understood before the guns start firing. Unfortunately, too often, these lessons are not retained nor re-enforced.

Maj Chris Buckham is a logistics officer in the RCAF. He maintains a blog of his reviews at www.the-militaryreviewer.blogspot.com

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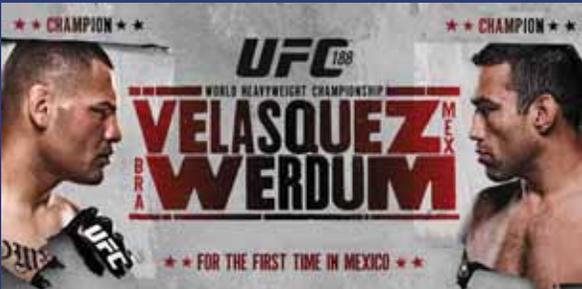
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Retired military member turns fitness into a new business: CrossFit Stasis

Rachel Lallouz
Staff Writer

“When you’re fit physically, you’re fit mentally,” is the mantra playing on loop in Bruno Guévremont’s mind as he lifts weights, rows, and runs. The former navy clearance diver not only lives this philosophy, but also encourages everyone who crosses the threshold of his new business, CrossFit Stasis, to live it as well.

Guévremont opened his training gym a few months before being medically released in January 2014 after a second tour in Afghanistan. Difficulty sleeping and anxiety led him to a post-traumatic stress disorder diagnosis in 2010.

“As a bomb technician on the Afghanistan tour, I was part one of the busiest counter-improvised explosive device teams,” he says. “It impacted me. When I got back to Victoria I had to think hard about when I

had last felt good.”

He turned to CrossFit to get him back to mental and physical health.

As a Clearance Diver he needed to function at an extremely high fitness level in order to reduce air consumption under water. He used CrossFit strategies at the Naden gym each lunch hour, such as rowing, skipping, and weight lifting.

“When people saw what I was doing, they asked me what I was training for. Pretty quickly I had a solid group of people with me every lunch hour.”

Up to 20 people joined Guévremont as he led an informal CrossFit workout each day.

“I started feeling really good about helping other people get fit, and I was getting myself back to a strong physical place,” he says.

With his impending medical release date at the forefront of his mind, Guévremont began brain-

storming alternate career paths. He even began a police officer application. But he kept being drawn back to the idea of starting his own gym.

He took the necessary certification courses - Level 1 and 2 CrossFit and CrossFit Weightlifting and Mobility. At the same time, he searched for gym space, and saved his money to buy equipment.

“The whole process of starting the gym and planning for a business helped me transition into the civilian life because I had a plan for the future. I had a goal.”

He opened a 1,000 square foot studio space in Colwood in August 2013, before his official release a few months later.

“It was a big deal for me to transition,” he says. “You wake up at a certain time every day for 15 years, and you are told what to wear, and you have other people to make decisions for you. I

had to learn how to be self-sufficient.”

CrossFit Stasis has since moved to a 3,000 square foot space to accommodate the influx of clients.

Guévremont has trained special forces members, police officers, fire fighters and marathon runners. But he says the bulk of his clients are everyday people from all ages and fitness levels, from new parents to older folks looking to get in shape.

“What I love about running the gym is seeing the change in people. Once they realize how fast and strong they are, they start glowing.”

These transformations are what make his second career a success.

“The best healing is helping other people heal. That’s the truth.”

For more information, you can contact Bruno Guévremont at info@crossfitstasis.com, or visit www.crossfitstasis.com.



Bruno Guévremont, owner of CrossFit Stasis, holds a medicine ball – one of the many workout tools used during the varied CrossFit workout.

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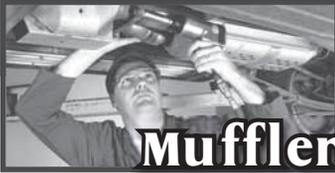
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Military Police Members Selected For 2015 Cops For Cancer - Tour De Rock Team

The start of May was a historical day for the long running Tour De Rock as four Military Police members from the southern Vancouver Island were selected for the 2015 tour team. This year's Military Police are, left to right, Maj Michael Lemire, MPU Esquimalt; Capt Pam Harris, CFNIS (PR); LS Rod Carper, MPU Esquimalt; and Cpl Devon Fidler from 12 MP Platoon. Tour De Rock riders are Police Officers from different jurisdictions of Vancouver Island who volunteer their time to raise money and ride over 1,000 kilometres for childhood cancer. To donate go to www.tourderock.ca.

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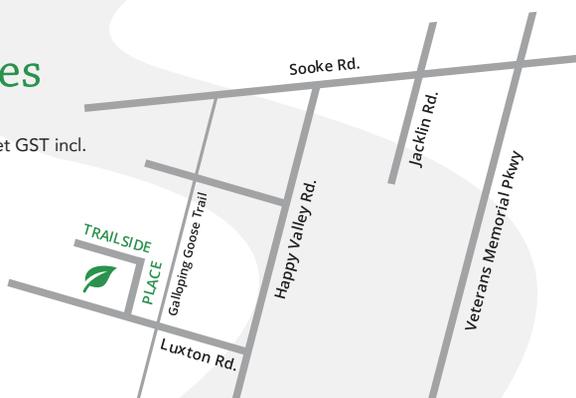


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Capt(N) Steve Waddell, Base Commander, addresses guests from the hangar of HMCS Calgary during the 20th anniversary celebration day sail on May 22.

Calgary day at sea



Naheed Kurban Nenshi, the Mayor of Calgary, sits in the Executive Officer chair on the bridge of the ship.



Lt(N) Collin Reynolds exhibits the ship's boarding team equipment.



The ship's Sea King helicopter conducts a flypast for the guests onboard.

Photos: MCpl Michael Bastien, MARPAC Imaging Services



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Sixty years of defence research in the High Arctic

DRDC

Alert, Nunavut, sits at the northern tip of Ellesmere Island in Canada's High Arctic. It is the most northern permanently inhabited location in the world. Defence Research and Development Canada (DRDC) has been conducting research at Alert and in the High Arctic for the past 60 years.

CFS Alert

Canadian Forces Station (CFS) Alert was named after a British ship, Her Majesty's Ship (HMS) Alert, which wintered in a small bay near Cape Sheridan (which is 10 kilometres east of CFS Alert) between 1875 and 1876. She was under the command of Sir George Nares, a veteran of the search for the ill-fated Franklin expedition. His expedition, an effort to reach the North Pole, was the first to reach Ellesmere Island and sailed further north than any other expedition at that time.

A station in Alert was first settled in 1950 as a joint Canada-U.S. weather station. The weather service still exists and is run today by Environment Canada.

On Sept. 1, 1958, Alert began its operational role as a signals intelligence unit of the Canadian Armed Forces (CAF). At that time, it became the Alert Wireless Station and was under the command of the Canadian Army.

CFS Alert came under the command of the Royal Canadian Air Force (RCAF) in 2009 and is now a unit of 8 Wing Trenton, Ontario. Over the years it has hosted a number of other Government of Canada departments that conduct research related to weather, the ozone-layer, wildlife, plants and geology.

Sovereignty

From the outset, the Canadian government was interested in Alert as a means to exercise Canada's sovereignty in the High Arctic. Alert's location, being closer to Moscow than it is to Ottawa, gave it an obvious value during the Cold War.

In 1953 the U.S. submarine Nautilus completed the first under-ice crossing of the Arctic Ocean making the CAF more aware of a need to establish a presence and conduct surveillance in the Arctic.

"Whatever the future may hold for the Arctic islands, it would be well to invest strongly in scientific exploration as the cheapest and most effective means of demonstrating Canadian sovereignty there," wrote Geoffrey Hattersley-Smith, in the DRDC publication North of Latitude Eighty in 1974.

Getting to know the Arctic

Before defence researchers began mapping the northern coast of Ellesmere Island in 1953, maps were based on data from explorers at the turn of the century.

Hattersley-Smith, a glaciologist, conducted field research by travelling on dog sled with a geologist and several Greenlandic Inuit. Their findings and DRDC's continued investigation into the effect of oceanographic and sea ice conditions on surface navigation and underwater sound set the stage for the research that has been conducted since.

Unique challenges of the High Arctic

Conducting experiments in Alert presents unique challenges compared to any other region in the world.

In April the temperature hovers between -20 to -30°C. The multi-year ice above the frigid waters is over a metre thick, making underwater sensing and surveillance research difficult.

Arctic experts

"Perhaps the most important result of nearly 20 years of activity in northern Ellesmere Island has been to maintain within the Defence Research Board [the precursor to DRDC] a nucleus of Arctic specialists in the fields of geophysics and military geography and logistics, whose knowledge can be tapped on problems of military commitment in the Arctic," wrote Hattersley-Smith.

The Underwater Sensing team from DRDC's Atlantic Research Centre are the modern Arctic specialists.

With some members having 20 or 30 years of experience in the High Arctic, they are DRDC's foremost experts in underwater acoustics and surveillance. DRDC's logistics coordinators are also experts in their own right.

They know which tools the science team needs and how best to operate them in the Arctic's challenging environment.



Signs at CFS Alert.
Janice Lang, DND

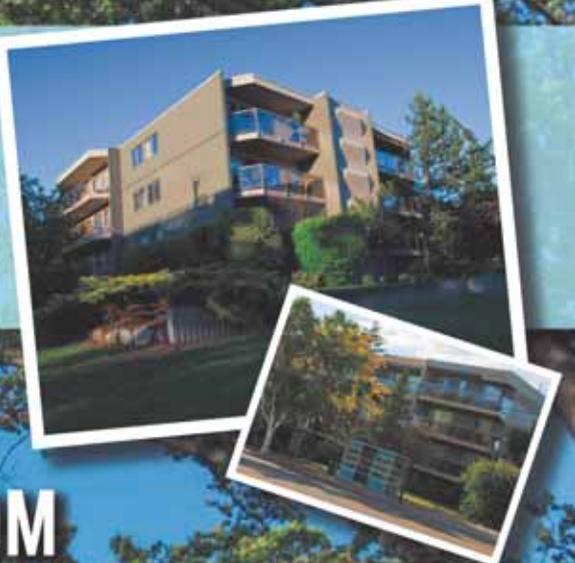


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BCIT receives cash boost to veterans

The British Columbia Institute of Technology will receive \$830,000 to launch the National Advanced Placement and Prior Learning Program for military veterans.

Former and current members of the Canadian military often face barriers to finding a civilian job, including getting the required credential

recognition of the skills and experience they achieved in the military.

BCIT has developed an education placement and prior-learning approach to help assess their skills and experience in order to establish credits for BCIT programs.

This BCIT program will be expanded to other locations

across Canada, including the Northern Alberta Institute of Technology (Edmonton), Fanshawe College (London), triOS College (locations across Southern Ontario) and Memorial University (St. John's).

Since 2009, the BCIT Legion Military Skills Conversion Program has assisted 400 former and

current members of the Canadian military. In the past three years, over 40 former Canadian military members have graduated from BCIT with a diploma or a degree. Currently, over 80 former and current members of the Canadian military are actively pursuing education or training at BCIT through the Legion Program.

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CANEX now offers credit plan online

CFMWS

CANEX, Canada's military store, has announced the CANEX No Interest Credit Plan is now available online.

Customers will now be able to make purchases on CANEX.ca from thousands of products using the CANEX No Interest Credit Plan.

Eligible customers, after logging-on with their CFOne number, will be able to make online purchases with no money down (O.A.C.) in instalments of 12, 24 or 36 months and pay no interest. This new benefit online will also feature individuals' credit availability as soon as they're logged-on.



CANEX.ca was built from the ground up to cater to the needs and wants of the Canadian Armed Forces (CAF) community, offering a similar experience to their stores that have operated on Canadian bases for decades.

"Modernizing CANEX operations and offering an e-commerce online shopping platform will allow Canadian

Forces Morale and Welfare Services (CFMWS) to better meet the needs of the CAF members, their families and the community, particularly those who do not live in close proximity to a CANEX store," says Commodore Mark Watson, Director General Morale and Welfare Services.

With the launch of CANEX.ca, CANEX will now be able to offer customers an extended aisle of products not typically found in CANEX locations. CANEX contributes over \$3 million annually to CAF Morale and Welfare programs directly benefiting Bases/Wings and the entire CAF Community.

TEST THIS WEEK	TEST PRÉVU CETTE SEMAINE
<p>CFB Esquimalt Mass Notification System Monthly Test 11 a.m. on the 1st Wednesday of each month</p> <p></p> <p>www.navy-marine.forces.gc.ca/en/about/structure-marpac-units.page</p> <p> National Defence /  Défense nationale</p>	<p>Essai mensuel du système de notification de masse de la BFC Esquimalt à 11 h le premier mercredi de chaque mois</p> <p></p> <p>www.navy-marine.forces.gc.ca/fr/aperçu/organigramme-fmar-p-unites.page</p> <p> National Defence /  Défense nationale</p>

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Air Force featured on Discovery Channel

RCAF PA

The Royal Canadian Air Force (RCAF) flex's its muscle in the upcoming season of Discovery Channel's television show *Mighty Planes!* After months of production, several RCAF aircraft will display their excellence over multiple episodes.

On Sunday, May 24 the *Mighty Planes* season-opener hit the air with the CP-140 Aurora and the CH-124 Sea King tracking and attacking a submarine target. Members of West-Coast based 407 Long Range Patrol Squadron and 443 Maritime Helicopter Squadron conducted a seemingly impossible mission at the Nanoose Bay

Range in B.C.

Never seen before, high-definition footage of the Aurora and Sea King offered a glimpse inside RCAF operations that are unknown to most Canadians. The Aurora upgrade program was also explored with an insider's look at facilities in Nova Scotia where IMP Group is transforming the CP-140 into one of the world's most advanced intelligence, reconnaissance and surveillance platforms.

Friday, June 5

On Friday, June 5, the CC-115 Buffalo and the CH-149 Cormorant will work in tandem to save lives in Canada's rugged wilderness. The search and rescue capabilities of

442 Squadron at 19 Wing will be showcased in vivid colour and clarity during water and land-based exercises. Stunning air-to-air footage of the CC-115 Buffalo conducting valley shoots and mountain contours in the Canadian Rockies will prove this aviation legend still has what it takes. Water-based medevacs, Cormorant hoists and para-rescue jumps are some of the many adventures in this episode. Check local television listings to confirm times.

Friday, June 26

The *BEST OF Mighty Planes* airs on Friday, June 26 and features the CC-130 J-model Hercules. This prolific

aircraft was featured in a two-hour episode during the previous season of *Mighty Planes* and is making an encore for the show's grand finale.

For 13 months, 1 Canadian Air Division Public Affairs with assistance from 19 Wing, 8 Wing and 14 Wing Public Affairs have worked closely with Exploration Productions (Discovery Channel's in-house production company) to pitch, develop and fulfill these episode concepts. Significant support from the ISR, SAR and DND Imaging community has been instrumental in ensuring these episodes maximize their potential appeal and informative value to Canadians.



For 13 months 1 Canadian Air Division Public Affairs with assistance from 19 Wing, 8 Wing and 14 Wing Public Affairs have worked closely with Exploration Productions to pitch, develop and fulfill episodes on the Royal Canadian Air Force.

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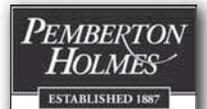
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Candlelight Tribute

Above: Young members of the Air, Army and Sea Cadets, The Navy League of Canada, Scouts Canada and Girl Guides of Canada, salute during the playing of the National Anthem at the Candlelight Tribute at God's Acre Cemetery on May 28.

Left: RAdm Bill Truelove, Commander of Maritime Forces Pacific/Joint Task Force, and Ayesha Azeem, a student at Rock Heights Middle School, along with a veteran and a Sea Cadet, pay their respects.

Below Right: A veteran and an Army Cadet salute out of respect for the fallen. **Below Left:** In glowing tribute, rows of headstones are illuminated by candlelight after dark.

Images by LS Ogle Henry, MARPAC Imaging Services



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Capt(N) Dave Mazur is promoted to his current rank by RAdm Bill Truelove, Commander of Maritime Forces Pacific and Capt(N) James Clarke, Director Canadian Submarine Force at D100.

LS Zachariah Stopa, MARPAC Imaging Services



PO Ross Collett, Royal New Zealand Navy, is presented with his CIWS course certificate by Cdr Drews, Commandant CFFSE.



The Canadian Fleet Pacific Sailor of the Quarter for the first quarter of 2015 is MS Joseph M. Inverarity, a naval communicator aboard HMCS Regina. MS Inverarity has been a member of the Canadian Armed Forces for 12 years. His operational accomplishments include Operation Altair (2006), Op Podium (2010), Op Caribbe (2010) and most recently, he completed Op Artemis and Op Reassurance aboard Regina. MS Inverarity has demonstrated excellence in performance, achievement and professionalism while at sea, alongside and within his community.

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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.

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Sea Cadets from Royal Canadian Sea Cadet Corps Alberni toured HMCS Yellowknife during the ship's visit to Port Alberni on May 23.

The Sea Cadets even experienced a harbour tour in the ship's Zodiac.

Images: Corporal Brandon O'Connell, MARPAC Imaging Services



More wishes funded for kids

MCpl Owen Edwards presents Hannah Smith, the Development Coordinator of the Children's Wish Foundation of Canada (BC and Yukon chapter), with a cheque for \$6,308, funds raised through the 2014 Military Police National Motorcycle Relay.



Bravo
ZULU

Morgan Couture, whose father is a Master Seaman in the RCN, recently received an award for the "Most Deserving Official of the year 2014-2015" from the Vancouver Island Amateur Hockey Association. Morgan has played hockey since she was eight years old. For the past couple years she has played on the Bantam boys team. She stepped into the role of official for the Sooke Minor Hockey Association two years ago as a way to contribute to the game on a different level.

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