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ADIEU ALGONQUIN



The last ship's company of HMCS Algonquin files off the warship at the end of the paying off ceremony June 11.

Read the full story on page 2.

Image by: Ed Dixon, MARPAC Imaging Services

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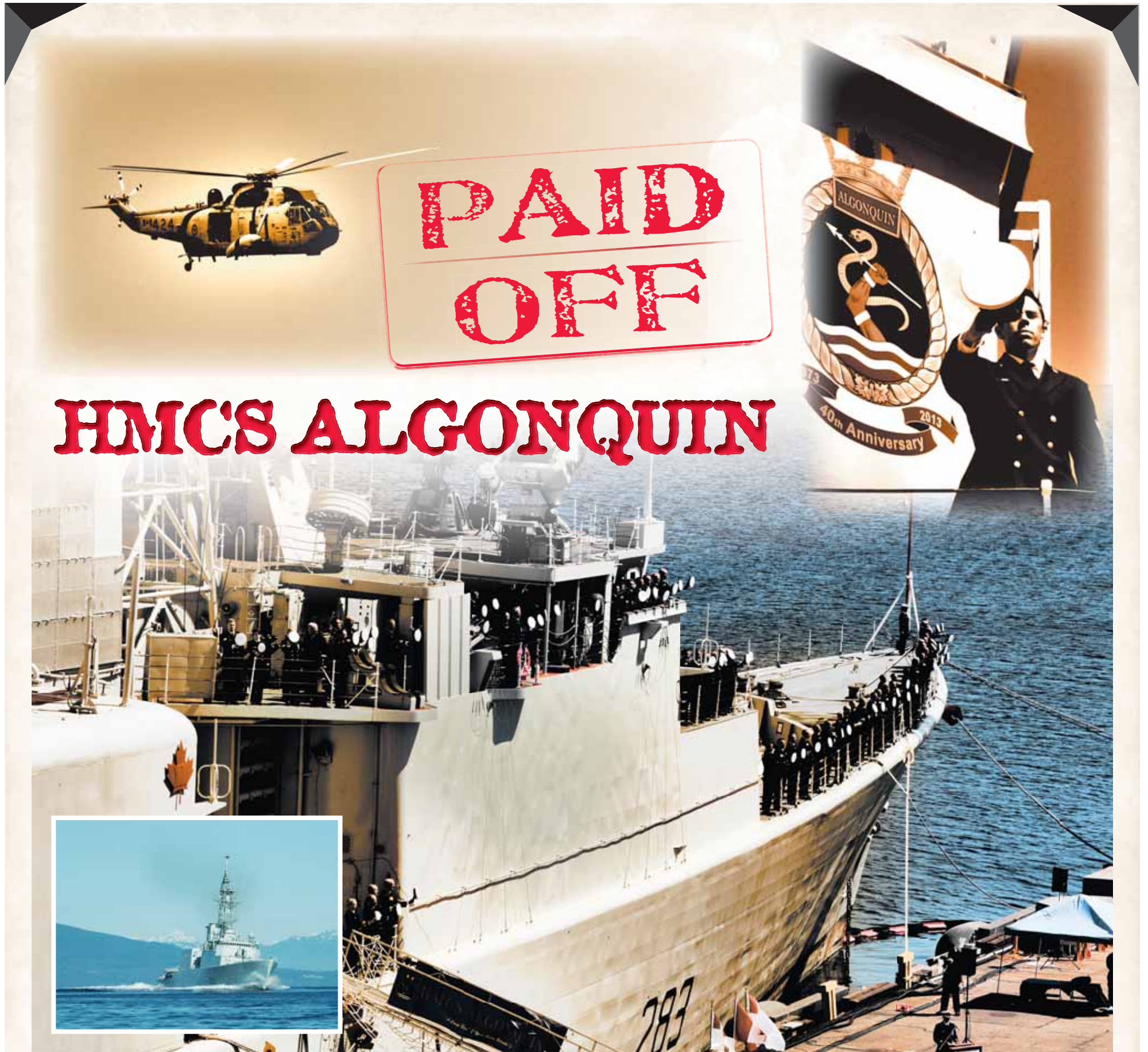
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HMCS ALGONQUIN

Peter Mallett
Staff Writer

Dressed in their black ceremonial uniforms, the last crew of HMCS Algonquin lined the rails of the ship for a final salute as it was paid off after 41 years of distinguished service.

During the ceremony in HMC Dockyard last Thursday were stirring tributes and even a few tears.

"Algonquin was such an important part of the fleet and after more than four decades the ship has served its country well," said Lieutenant-Commander Jonathan Lafontaine, Algonquin's

final Commanding Officer. "Today is a day of mixed emotions because this ship served as a second home for so many sailors."

More than 300 current and former crew attended Thursday's ceremony. Among them were two surviving members of the original HMCS Algonquin, a V-Class Destroyer that was paid off in 1970 and was part of the historic 1944 D-Day invasion at Normandy.

Jack Buller and Andrew Irwin have remained good friends since their role in the historic Second World War mission.

"It's a very meaningful experience for me to be

here. I've never felt like a hero before until today," said Buller, 89, who was raised in Victoria but now resides in Sacramento, California, Buller was just 17 and Irwin 19 when they first served together in Algonquin.

"I can still remember the evening of June 5, (1944) like it was yesterday. Our commanding officer called 'clear all decks' for a full gathering around the torpedo tubes and gave us our orders for the next 48 hours. We all knew something big was about to happen; there were so many ships in the harbour that day."

Watching the current Algonquin leave the RCN

forever was tough for the two veterans.

"There will never be another Algonquin. It's a little bit like a funeral or the passing of a good friend for so many sailors past and present," said Irwin.

MS Elisabeth Morin-Fortin served in the present-day Algonquin and echoed the sentiments of Irwin and Buller about the significance of the vessel.

"It's not just a ship, it's a family," said MS Morin-Fortin, a naval communicator from Jonquiere, Quebec. "This was the second ship I served on during my (military) career and I learned so

much aboard Algonquin. I just remember the crew being so fantastic; we all had such a strong bond."

The Prime Minister announced the paying off of four warships on Sept. 19, 2014 – HMC Ships Algonquin, Protecteur, Preserver, and Iroquois, because they had reached the end of their operational lives.

After being commissioned on Nov. 3, 1973, the destroyer spent the first half of its life assisting NATO forces in the Atlantic and was then permanently transferred to the West Coast in August 1994.

It had originally been scheduled for retire-

ment in 2019, but sustained extensive damage in a collision at sea with Protecteur on Aug. 30, 2013, as the two conducted exercise manoeuvres en route to Hawaii. The cost to reinstate the ship was deemed not "a responsible use of public funds" and the decision was made to decommission Algonquin.

As the ensign, naval jack and commissioning pennant of the Iroquois-class destroyer were hauled down one final time, the Naden Band of the Royal Canadian Navy played a stirring rendition of *Sunset*. A Sea King helicopter did a farewell flyby.



The Canadian Forces Unit Commendation includes three elements: A gold-embossed scroll, a 12-sided gold colored medallion and a special commemorative flag.

Admiral presents Commendation to U.S. Navy

RAdm Bill Truelove, Commander, Maritime Forces Pacific (MARPAF), presented RAdm Rick Williams, Commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and Cdr Todd Hutchison, Commanding Officer of the guided-missile destroyer USS Michael Murphy, with the Canadian Forces Unit Commendation aboard Michael Murphy at Joint Base Pearl Harbor-Hickam May 26.

The Admiral presented the Commendation to the two senior American navy officers for the U.S. Navy's rescue efforts of *HMCS Protecteur* in February 2014 after the ship suffered a fire several hundred miles off the coast of Hawaii

during its transit back to Esquimalt, British Columbia.

During the ceremony, RAdm Truelove expressed his thanks and appreciation to those in attendance, and the crew of Michael Murphy, for their resiliency and hard work during the recovery operations of *Protecteur*.

Michael Murphy was first to arrive on scene immediately after the fire occurred in the early morning of Feb. 28. Shortly after, USS Chosin arrived on scene and commenced towing operations, while food and water was transported to *Protecteur* via embarked helicopter from Helicopter Maritime Strike Squadron.

A week later, while onboard *HMCS Calgary* during the Portland Rose Festival, the Admiral presented the Canadian Forces Unit Commendation on behalf of General Tom Lawson, Chief of the Defence Staff, to USS Chosin.

Created by the Chief of the Defence Staff in 1980, the commendation is awarded to any formation, unit or sub-unit of the Canadian Armed Forces, or to any similar organization of a foreign armed force working with or in conjunction with the Canadian Armed Forces, that has performed a deed or activity considered beyond the demand of normal duty.



Photos: U.S. Navy photo by Mass Communication Specialist 2nd Class Johans Chavarro

RAdm Bill Truelove, Commander of Maritime Forces Pacific, presents Cdr Todd E. Hutchison, commanding officer of the guided-missile destroyer USS Michael Murphy, with the Canadian Forces Unit Commendation aboard Michael Murphy at Joint Base Pearl Harbor-Hickam.

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- 25 – **Thursday Poker & Movie Night – Fifty Shades of Grey**
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- 28 – **Sunday Kids Movie – Spongebob**
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National Public Service Week activities

National Public Service Week is celebrated annually during the third week of June and recognizes the Federal Public Service.

Founded in 1992, National Public Service Week has developed into an opportunity for departments across Canada to take pride in the commitment and professionalism of their Federal Public servants.

Maritime Forces Pacific will host a series of events during the week of June 15-19 in recognition of employee contributions. The Employee Assistance Program welcomes you to explore their new space with the grand opening of their new location in D74 on June 16 from noon to 1 p.m.

This year's barbecue, taking place on June 17 from 11:30 a.m. – 1:30 p.m., will boast a ball hockey tournament, music and lunch served by senior leadership. Register your ball hockey team with Heather Bishop, Personal Support Program. Heather.Bishop@forces.gc.ca (250) 363-4069

The Learning and Career Centre will host an open house on "Building Team Effectiveness through Innovative Learning" on June 18. This half-day event will showcase activities that focus on ways learning can occur in the workplace.

Events are open to all Defence team members.



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Guy Parent

All Veterans, military and RCMP members, and interested parties are invited to a Veterans Ombudsman Town Hall.

Tous les vétérans, militaires, membres de la GRC et autres personnes intéressées sont conviés à une assemblée publique de l'ombudsman des vétérans.

**Tuesday
June 23
6:30 - 8:30 p.m.
463 Belleville Street
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A Town Hall session will also take place at CFB Esquimalt on Tuesday, June 23rd at 10:30 am at the Chiefs' and Petty Officer's Mess.

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Une assemblée générale aura lieu à la BFC Esquimalt le mardi 23 juin à 10 h 30 au mess des maîtres et premiers maîtres.

Belgium school honours Canadian soldier

DND

A special ceremony took place in the town of Ville-sur-Haine, Belgium, recently when the town renamed their elementary school in memory of a First World War Canadian soldier, Private George Lawrence Price.

Canadian Armed Forces (CAF) members from Formation Europe serving at the Supreme Headquarters Allied Powers

Europe (SHAPE), Belgium, along with the Canadian Ambassador to Belgium, Denis Robert attended the official ceremony to unveil the new name, "École George Price", above the entrance to the school.

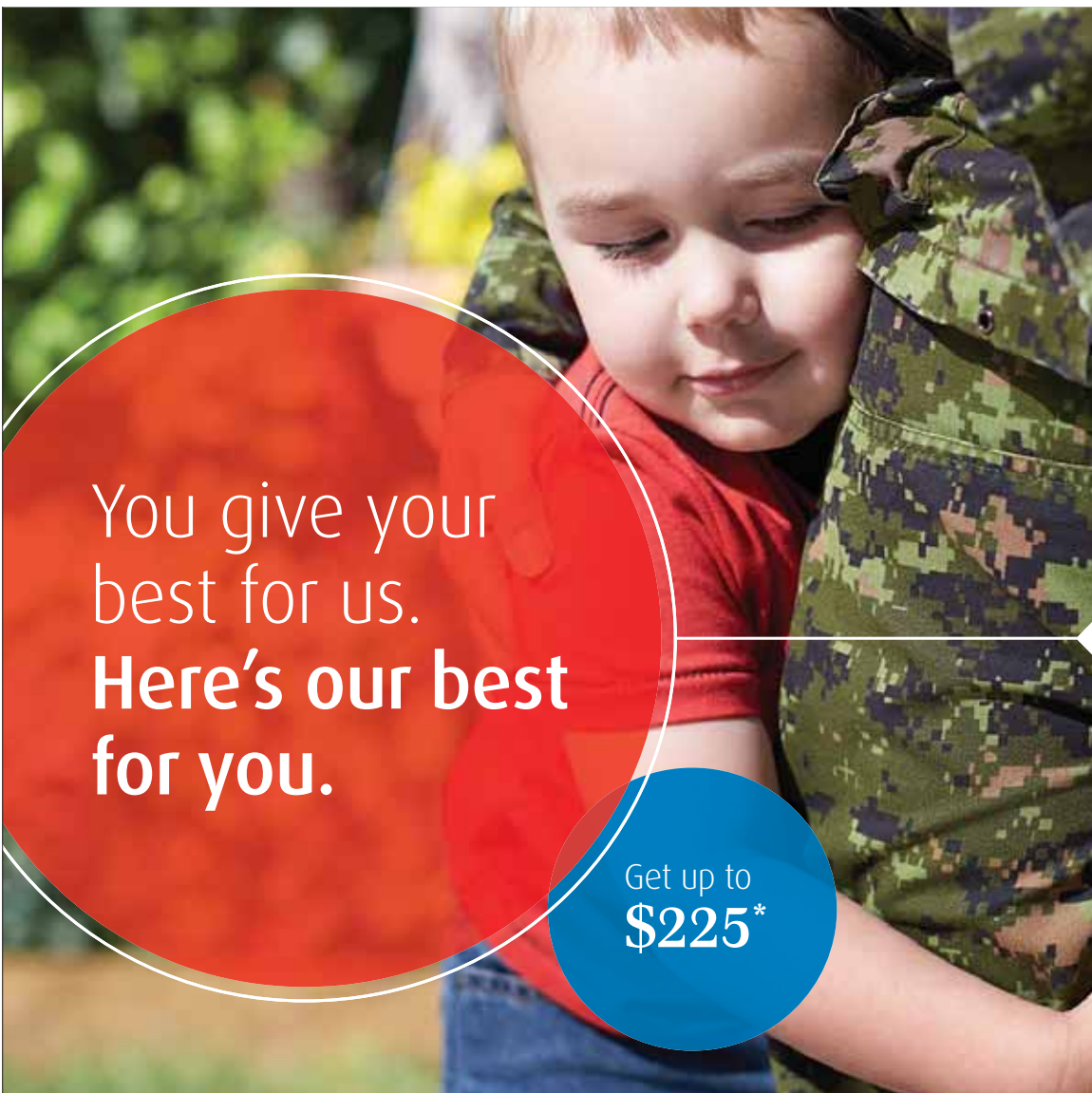
"I am certain that George Price would be very proud to know that a school will bear his name," said Capt(N) Dave Scanlon, CAF member from SHAPE. "What better legacy for a soldier's memory than the education of young peo-

ple in the enduring spirit of freedom and equality."

Pte Price was the last Canadian and final Commonwealth soldier to die during the First World War. He was killed by a sniper just two minutes before the armistice came into effect at 11 a.m. on Nov. 11, 1918, in Ville-sur-Haine. The town decided that renaming their school was a fitting tribute to a soldier and a country that came to their aid in time of war.



Teachers and students gather for a ceremony renaming their school the George Price School in honour of Private George Price, the last Canadian soldier to die during the First World War. *Inset:* A portrait of Pte George Price is displayed in his honour.



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Military Police centre of museum's new exhibit

Rachel Lallouz
Staff Writer

Private Jeffrey Baker brushes away a piece of lint from an immaculate Military Police (MP) uniform, one of many adorning the mannequins at the CFB Esquimalt Naval and Military Museum as part of a display celebrating the MP unit's 75th anniversary.

"As a MP reservist, I feel proud that we are being represented at the museum with both reservist and regular force displays," says

Pte Baker, who helped curate the exhibit with museum exhibit designer Clare Sharpe and fellow Military Police member Master Corporal Ian Beswick.

When Pte Baker brought his seven-year-old son, Joshua, into the museum one day, a query to Sharpe about including more army representation turned into challenge. Sharpe invited Pte Baker to turn his personal knowledge of the military police into a display. As a self-professed military history buff, he says curating is not out of character for him.

For the past eight months, MCpl Beswick and Pte Baker have been collecting Military Police antiques, memorabilia, and artefacts for the display, which now takes up almost half of one display room.

"We have head gear, helmets, Second World War uniforms and battle dresses on loan from my own unit, (1 MP Regt/12 Platoon), and courtesy of LCol Leaker at Ashton Museum," he says.

A large glass display case holds a mix of modern and historical artefacts, including a fingerprinting kit from the 1990s, air force MP arm bands, evidence bags, and antique cap badges.

Many of the artefacts were borrowed from MCpl Beswick's private collection and the Ashton Armoury Museum, some of which originally

Rachel Lallouz, Lookout
Private Jeffrey Baker, a reserve military police member, stands in front of the display he helped curate with museum exhibit designer Clare Sharpe, and Master Corporal Ian Beswick.
Left: The glass showcase displays a fingerprinting kit, evidence bags, a current military police cap (far left), and a historic military police cap (far right).

belonged to Provost Marshal George Wilkinson.

The Provost Corps was the military branch that evolved into the modern day Military Police in 1999. Provost Wilkinson, a Second World War veteran, is one of the last surviving Provost Marshals in Canada.

"A cornerstone of the display is dedicated to George. Much of his collection has, over the years, been donated to the Ashton Museum," says Pte Baker.

Final touches on the display were completed in the last two weeks, and the display is now open for viewing.

"It's been an interesting challenge, but a very enjoyable and rewarding experience," says Pte Baker.

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Crew members of HMCS Whitehorse used their Rigid Hulled Inflatable Boat to rig a tow line to the Motor Vessel Amora Mia after the vessel suffered an engine room fire and a loss of propulsion near Robson Bight, north of Vancouver Island.

Inset: LCdr Chris Rochon, Commanding Officer of HMCS Whitehorse, welcomes the crew of Amora Mia. Whitehorse towed the stricken vessel to Port McNeill after they requested assistance.

HMCS Whitehorse aids stricken vessels

DND

HMCS Whitehorse responded to a request for assistance from Amora Mia, a 75-foot pleasure vessel, which had reported an engine room fire at approximately 1 p.m. on June 10 six nautical miles east of Robson Bight.

When Whitehorse arrived, the fire had been extinguished but the vessel was adrift with no propulsion.

The four crew members of Amora Mia were brought on board Whitehorse for safety reasons.

The Maritime Coastal Defence Vessel was conducting coastal operations, including costal surveillance, along the coast of British Columbia when they responded to the stricken vessel.

Amora Mia was brought under tow by Whitehorse and handed over to an Inshore Rescue Boat near Port McNeill.

The rescue boat is jointly crewed by Canadian Coast Guard and the Royal Canadian Navy.

Crewed by both Regular and Reserve Force members, Whitehorse is a multi-role minor war vessel with a primary mission of coastal surveillance and patrol, including general naval operations and exercises, search and rescue, law enforcement, resource protection, and fisheries patrols.

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Marching in Holland - a highlight of sailor's career

Rachel Lallouz
Staff Writer

The memory of marching through the crowded, cobblestone streets of Weinhagen, Holland, with the Canadian Flag gripped firmly in his hands is still very vivid for PO2 Derrick Siska.

It was just over a month ago that he joined 150 Operation Distinction members in the 70th Anniversary Liberation March.

PO2 Siska, an Electrical Maintenance Supervisor in *HMCS Vancouver*, says the march is the highlight of his military career.

Along the six and a half kilometre parade route were 150,000 cheering Dutch people, ready to show their gratitude for Canada's liberation of the Netherlands at the close of the Second

World War.

"Once we hit the street, our emotions took over. All I could see were 20 rows deep of parents and little kids waving flags."

Present at the parade's mid-way point was Prime Minister Stephen Harper, who declined to make a speech, but showed his appreciation to the marchers with a broad grin.

When the hour and a half long parade ended the sailor says a little melancholy set in.

"I just wanted it to start all over so I could experience it again and again," he says.

With the march over, Dutch children wanting photographs swarmed

them.

In mid April, he was approached with a nomination for the merit-based Operation Distinction. He was the only West Coast navy representative selected.

"I think the work I do on board was noticed," he says. "I take every day for what it's worth, and I try to walk around with an outgoing, positive attitude and hope that other people can pick it up."

He made it into the top three contenders at CFB Esquimalt, but says an interview with the Fleet Chief secured his spot.

"When I finally found out that I would be going, I was just extremely grateful, proud, and of course, honoured," he says. "I never could have anticipated that I'd be going to Holland someday."

Alongside 140 army members,

five air force members, and four other navy members, PO2 Siska travelled to Canadian Forces Base Trenton, Ontario, for two full days of drill practice. He checked and double checked the fit of his uniforms, and watched YouTube videos on flag drills to further familiarize himself with the complicated movements.

"The air at Trenton was charged with excitement, apart from nerves," he says. "Everyone was ready to be part of a once-in-a-lifetime opportunity."

The group was shuttled to Holland via military airbus on April 29, where the 11 hour ride gave PO2 Siska plenty of time to mentally ready himself.

"Everything had happened so fast, and up until the plane ride, I hadn't had any time for it all to sink in. I didn't know what to expect, and really was facing the unknown."

After landing at the Dutch air force base in Holland, the Operation Distinction members spent the next few days polishing their drills for the parade, and squeezed in a visit to the Holten Canadian War Cemetery for Holland's Remembrance Day on May 4.

It was at that cemetery that PO2 Siska chatted with the elderly caretaker, Edwin van der Wolf, who recalled being four years old when his village was liberated by the Scottish regiment of Victoria during the Second World War.

Later, at the Remembrance Day ceremony in the cemetery, van der Wolf found his "Canadian son" PO2 Siska. As the anthem began to play, van der Wolf pulled a handwritten piece of paper from his pocket – the lyrics to "Oh Canada." He read along as best he could while hundreds of Canadian veterans, Holland natives, and Operation Distinction members sang.

PO2 Siska says the experience has deeply affected him as a navy member.

"You can get so caught up in the political and business side of the military, that you might forget why you are in the military to start with. But when you forget the good reasons you're in – the history you are making – you can't share that with your juniors. That means the whole tradition of the military could get lost. An opportunity like this reminds you of the importance of what it is you do every day."



PO2 Derrick Siska was a crowd favorite while handing out Canadian Flag stickers and tattoos at the liberation march in Weinhagen, Holland.

Left: PO2 Siska at Holten Canadian War Cemetery with a local whose village was liberated by the Canadian Scottish Regiment during the Second World War.



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Maritime nations meet to improve crisis response standard operating procedures

Katelyn Moores
MARPAAC PA Office

International representatives from the Multinational Planning Augmentation Team (MPAT) met in Victoria last week for the 18th Multinational Force Standing Operating Procedures Development Workshop.

The five-day workshop is sponsored by U.S. Pacific Command and aims to revise and update six sections of the MNF SOP

through contributions from as many MPAT nations as possible.

The Multinational Force Standing Operating Procedures is a set of guidelines that detail the procedures for the activation of an operational level multinational command in response to large-scale crisis situations, such as natural disasters. They are the SOP of choice for operations and exercises for most Pacific nations and aim to standardize basic concepts to

promote cooperation and dialogue between partner nations.

The Multinational Force Standing Operating Procedures is part of the MPAT, a multinational program established by the Chiefs of Defence within the Asia-Pacific region in 2000. The program works to facilitate a cooperative effort in the rapid and effective establishment of a multinational task force headquarters from which to plan and execute coali-

tion operations in response to small-scale contingencies, humanitarian assistance, disaster relief and peace operations. It aims to improve interoperability, mission effectiveness, the speed of a multinational response to a crisis and unity of effort.

Sections of the document were used to respond to the 2004 Indian Ocean Tsunami, the 2010 earthquake in Haiti, and, most recently, the 7.8 magnitude earthquake in Nepal.

The 31 nations who belong to the MPAT Program are listed below.

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MCpl Michael Bastien, MARPAAC Imaging Services.

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Aquarius divers journey to Telegraph Cove

MCpl Iza Fontaine Contributor

Once again, members of CFB Esquimalt's Aquarius Dive Club took part in the May long weekend dive extravaganza held in picturesque Telegraph Cove, B.C.

Hosted by the Top Island Econauts, divers from all over the province descended on this quaint tourist destination to dive, dive, and dive again.

Along with the divers, friends, family and pets travelled north to enjoy the natural beauty of the area that is devoid of city lights and sidewalks.

The club arranged accommodations

in vaulted ceiling cabins with rock wall fireplaces and covered decks located on the docks of the resort.

Diving was conducted from two boats chartered through Tide Rip Grizzly Bear Tours to ensure the divers were able to relax and explore the extraordinary dive sites available at this remote location.

While the sea life at the northern end of the island is similar to what is found around Victoria, there is generally much more of it and on a greater scale.

After two, three or even four dives during the day, divers were able to relax and enjoy camaraderie over

the delicious offerings of the club's personal chef Jennifer Brooks and her assistant Deborah Taylor. While feasting on these culinary delights, the club's own portable compressor could be heard in the background as Shawn Falconer and Will Slater filled tanks for everyone, a luxury that set Aquarius apart from all other clubs in attendance.

Cabins and boats have already been booked for 2016 and divers are encouraged to reserve soon before all the spots are taken.

For more information go to www.aquariusediveclub.com or follow us on Facebook.

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Major Donald Senft is cited for outstanding achievement while serving as the Royal Canadian Navy Maritime Forces Pacific liaison to the United States Coast Guard from August 2011 to April 2015.

Bravo
ZULU



Image by LS Ogle Henry, MARPAC Imaging Services
Capt(N) Patrick Montgomery, of Naval Reserves Western Region, is promoted to his current rank by RAdm Bill Truelove, Commander of Maritime Forces Pacific/ Joint Task Force (Pacific), at MARPAC Headquarters on May 29 with CPO1 Thomas Curley, Naval Reserves Pacific Region Chief, presiding.



Image By: Corporal Malcolm Byers, MARPAC Imaging Services
Cdr Sylvain Belair, Commander of Communication and Information System at Maritime Forces Pacific Headquarters (MARPAC HQ), presents Joel Anderson with his certificate for 35 years of service to the Government of Canada during a ceremony at MARPAC HQ on June 8.

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Youth 10-17 years	CANSail Basic	\$240	\$280	Intro to the sport of sailing & seamanship
	CANSail Advanced	\$440	\$480	Seamanship, sportsmanship and fun. Honing of skills

Week	MON	TUES	WED	THURS	FRI
A June 29 - July 3	29	30	July 1	2	3
	Opti wet feet		Opti basic		
	Youth CANSail Basic				
B July 6 - July 10	6	7	8	9	10
	Opti basic		Opti Advanced		
	Youth CANSail Basic				
C July 13 - July 17	13	14	15	16	17
	Opti wet feet		Opti basic		
	Youth CANSail Basic				
D July 20 - July 24	20	21	22	23	24
	Opti basic		Opti Advanced		
	Youth CANSail Basic				
E July 27 - July 31	27	28	29	30	31
	Opti wet feet		Opti basic		
	Opti Advanced				
	Youth CANSail Basic				
F Aug. 4 - Aug. 7	Aug. 3 Holiday Monday	4	5	6	7
	Opti wet feet		Opti basic		
	Youth CANSail Basic				
G Aug. 10 - Aug. 14	10	11	12	13	14
	Opti basic		Opti Advanced		
	Youth CANSail Advanced				
H Aug. 17 - Aug. 21	17	18	19	20	21
	Opti wet feet		Opti basic		
	Youth CANSail Advanced				
I Aug. 24 - Aug. 28	24	25	26	27	28
	Opti basic		Opti Advanced		
	Youth CANSail Basic				

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Fair Winds

HMCS WINNIPEG

& Following Seas



HMCS Winnipeg, its crew of 250 and its embarked CH-124 Sea King helicopter air detachment deployed today from its home port of Esquimalt to join Operation Reassurance, a Standing NATO Maritime Force operating in Central and Eastern Europe.

Getting ready to go - life before a deployment

SLt Jamie Tobin
HMCS Winnipeg

Deploying with the Royal Canadian Navy for an extended period is a challenging task and deployed members feel the strain well before the trip starts.

HMCS Winnipeg's crew experienced these challenges as they prepared to deploy on Operation Reassurance. The ship departed Esquimalt today, June 15, and is not expected to return until early 2016.

"Our sailors demonstrated exceptional drive, dedication and devotion as we conducted an intensive training program tailored to our upcoming mission," said Cdr Pascal Belhumeur, Commanding Officer of HMCS Winnipeg, before the ship left. "We are ready in all respects to join our NATO allies and continue the Royal Canadian Navy's tradition of operational excellence. One with the strength of many."

Getting the ship to a standard of high-readiness is a team effort but as individuals, every member deploying with the ship

must be physically and medically fit to deploy, and have all of the necessary training required to perform his or her duties in support of the mission.

"Before we leave, every one of the approximately 255 members deploying in Winnipeg must complete the necessary training required to keep them safe and effective throughout the mission," said PO2 Shawna Stewardson, the ship's Deployment Assistance Group Coordinator. "It is a large task to get our entire crew trained."

In addition to each member's occupation and trade-specific certifications, the list of required qualifications includes: first aid, firefighting, damage control, physical fitness, sea survival, and C8 rifle and 9mm Sig Sauer pistol training. Many of these skills are refreshed every two to three years, but members deploying must have up-to-date qualifications before they depart.

With so many courses and qualifications being required, the support from the Formation to keep the ship manned

in the final months was essential.

Packing enough uniforms, kit, clothing, toiletries and the comforts of home for a period of more than six months is another tall task; add to that the need to take care of administrative needs to ensure homes and loved ones are cared for back in Canada.

"We are responsible to take care of each member's needs aboard the ship and at home, which includes everything from their pay to legal considerations and even the support of their family," says PO2 Jason Bosdet, Regulating Petty Officer aboard Winnipeg. "Our team is fortunate to have access to dedicated professional members aboard and a great support network here in Esquimalt to take care of these needs as they arise."

For Winnipeg's team, the light at the end of the tunnel is a unique opportunity to represent the Canadian Armed Forces, the Royal Canadian Navy and the Maritime Forces Pacific community on an international operation in support of our NATO allies in Europe.



Archive photo

Packing enough uniforms, kit, clothing, toiletries and the comforts of home for a period of more than six months is a tall task.

Members need to be trained, fit, medically deployable and supplied to get through six months in theatre.



Archive photo

Farewell Messages

From the Lieutenant Governor

As *HMCS Winnipeg* deploys on the Operation Reassurance mission to the Mediterranean alongside our NATO allies, your fellow citizens stand proud of the work you do on behalf of all Canadians. I am humbled by the dedication and service that our men and women of the Canadian Armed Forces perform daily.

I extend my support to the families of all those who will deploy on *Winnipeg*. As military families, the sacrifices made while keeping the home fires burning and marking the days until your loved one's return, you too serve your nation with great pride and selflessness in support of your loved ones who wear the uniform.

I wish the ship's company of *HMCS Winnipeg* all the very best during your mission. Thank you for the excellent service you provide and your very professional conduct that makes us so very proud to call you our Navy.

Stay safe and Godspeed!

Sincerely,
The Honourable Judith Guichon, OBC
 Lieutenant Governor of British Columbia



From the Admiral and the Formation Chief



HMCS Winnipeg has just deployed on Operation Reassurance, Canada's contribution to NATO assurance measures in Central and Eastern Europe. Throughout the deployment, this team of trained professionals will proudly represent the Royal Canadian Navy (RCN) and the Canadian Armed Forces as they operate alongside NATO partners in the region while flying the Canadian Naval Ensign and delivering operational excellence at sea.

The ship's company, a team of more than 250 dedicated sailors, soldiers and aviators, will be deploying for up to nine months and during this time, the crew and their families will receive the entire support of our defence community.

The Royal Canadian Navy has always been supported by the communities of the Greater Victoria area, and this support is important now more than ever to aid both the ship's company in achieving mission success and comforting the families during this extended separation from their loved ones.

We are extremely proud of the crew of *HMCS Winnipeg* and we look forward to hearing of their deeds during the operation and sharing them with the community. They serve in the proudest traditions of the RCN and we know they will make our community proud.

For the ship's company, we wish you mission success and look forward to your safe return.

Unum Cum Virtute Multorum (One with the Strength of Many).

Rear Admiral Bill Truelove
 Commander Maritime Forces Pacific
 &
 Chief Petty Officer First Class Mike Feltham
 Formation Chief Petty Officer
 Maritime Forces Pacific



From our Honorary Captain

As the newest Honorary Captain (Navy) for the Royal Canadian Navy, it is my honour to bid farewell to the crew of *HMCS Winnipeg* as they deploy to an operation half way around the world. My Navy affiliation is to the Commander of the Canadian Fleet Pacific, which makes *Winnipeg's* deployment even more special for me. I have been learning a lot about the Navy in the last few weeks and now I will watch closely, as I hope all Canadians do, to observe the great work this ship will do on the international stage.

I know these sailors are dedicated to their duty and that is truly admirable and inspiring. As British Columbians, we must honour and applaud their efforts throughout the journey, and especially so while supporting the families at home in the Greater Victoria Area. I am committed to supporting the Navy, including their families, in any way I can, as should all Canadians.

During my short time as an Honorary Captain (Navy), I have learned a lot about the capability of the military members and warships serving the Royal Canadian Navy, and I am confident that *HMCS Winnipeg* will serve as a valuable asset to our NATO allies. I am certain that the ship's team will tackle various challenges with the high level of professionalism and proficiency that they are known for, and I look forward to hearing about their adventures throughout the deployment.

Best of luck to the crew of *HMCS Winnipeg*.

Sincerely,
Anita Huberman
 Honorary Captain (Navy)
 Canadian Fleet Pacific





MFRC services make deployment a little less stressful

Archive photo

Deployment can be an emotional and challenging time for many families. But, by doing everything you can to get yourself and your family ready, you may find that you are better able to cope and be resilient throughout this time apart. The MFRC has a variety of resources to assist you. Be sure to familiarize yourself and your family with the wide variety of services available.

Military Family Resource Centre (24-Hour Line) 250-363-2640 or toll free 1-800-353-3329

To find out more, check out www.esquimaltmfrc.com for an online resource.

HMCS Winnipeg Sunday Information Sessions

These sessions are designed for family members and loved ones of serving members onboard HMCS Winnipeg. These sessions begin at noon with a potluck lunch followed by a planning session with the Ship's Family Network and video link-up with the ship.

During the video link-up the Commanding Officer will talk directly to families about what they have been up to, and answer any questions you may have.

Senior members of the Canadian Fleet Pacific Staff will also be on hand to address concerns and questions. Questions are encouraged. An Adult Workshop follows the briefing and begins at 2:30 p.m. Child minding is provided from 12:30 – 3:30 p.m.

For further information, or to

register your childcare needs, call the MFRC 24 Hour Information line at 250-363-2640. Registration required at least one week prior to session date for all participants.

Location: MFRC - CPAC

Watch the *HMCS Winnipeg* page on the MFRC website or email your *Winnipeg* Family Network Volunteer at winnipeg.family@shawcable.com for dates.

Understanding the Emotional Cycle of Deployment

Separation from a loved one is hard, whether it's for eight weeks or eight months. Deployment is a very emotional experience for both the deployed member and the family and friends left behind. Many seasoned military spouses are familiar with something called the "emotional cycle of deployment." Gaining an understanding of the different stages of emotion surrounding deployment, and realizing that those feelings are completely normal can ease some of the concern. To find out more go to www.esquimaltmfrc.com for online resources.

Collaborative Supportive Counselling Sessions

This deployment if you are wanting to address concerns and make an investment in your own personal growth – put some time aside to access collaborative counselling sessions.

Our professional, caring staff offers support with relationship issues, parenting challenges, the military lifestyle, coping with short-term crisis situations and

various emergencies. We're also your one source for quality referrals to outside counselling resources and specialized support services. Give us a call today to find out more information.

The MFRC respects your privacy. We do not provide any information of a confidential nature to any other person or organization without your explicit permission – except as required by law.

Our Confidentiality Policy is

on our website www.esquimaltmfrc.com. If you need assistance, don't hesitate to call your MFRC: 250-363-2640 (toll free: 1-800-353-3329).

Mail Drop Off

You may drop off mail bound to HMCS Winnipeg for free at any of our MFRC locations. Check out the MFRC website www.esquimaltmfrc.com for cut off dates, parcel size and content

restrictions. We also are able to assist with wrapping and addressing of parcels.

Number letters in the order they are written - this will make the reading much more interesting when a stack of letters arrive on board. For further information you can call the Fleet Mail Office at 250-363-2176.

Packages and letters are encouraged and should be mailed to the following address:

Rank / name / initial
HMCS Winnipeg, mess # (if known)

Mission name (if known)
Po box 17000 Stn Forces
Victoria BC V9A 7N2

Check out www.esquimaltmfrc.com for care package ideas.

Family Networks (for spouses/partners, friends and parents of deployed CF members)

Family Networks are a great way to keep connected with others families. Get the latest information about your loved one's deployment, participate in social activities, and get mutual support from others who are "in the same boat." Visit the Family Network webpages on the MFRC website: www.esquimaltmfrc.com (click into 'Deployment'). Contact your Family Network Representatives via email at: winnipeg.family@shawcable.com or call the MFRC: 250-363-2640 (Toll free: 1-800-353-3329). Fill out the Family Network Contact Sheet, then email or drop it off at the MFRC. Information you provide is kept strictly confidential.



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