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LOOKOUT

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Rear Admiral Bill Truelove



Outgoing



Rear Admiral Gilles Couturier

Incoming



Image by LS Zachariah Stopa, MARPAC Imaging Services
Rear Admiral Bill Truelove, outgoing Commander Maritime Forces Pacific (MARPAC), Vice Admiral Mark Norman, Commander Royal Canadian Navy and Rear Admiral Gilles Couturier, incoming Commander MARPAC, sign the change of command certificates during the Change of Command ceremony July 14.

Peter Mallett
Staff Writer

Maritime Forces Pacific's (MARPAC) new commander, RAdm Gilles Couturier, endeared himself to hockey fans at CFB Esquimalt when he introduced himself during a change of command ceremony on A-jetty on July 14.

During his opening address, RAdm Couturier drew parallels between Canada's national sport and its navy.

"The reason I use the analogy of hockey is because I believe in the concept of team sports where success is dependent on teamwork and team spirit," he said. "On the ice, it's the goal-scorer, the playmaker, the stay-at-home defenceman or the grinder,

but within the navy it's the officers, the non-commissioned members, the operators, the technicians and the civilians that ensure the success of the team."

In his 32-year naval career, RAdm Couturier has applied the lessons learned in the hockey arena as a player, coach and referee to create success for himself and his teams in the navy.

Among his biggest achievements was being selected as the Combined Forces Maritime Component Commander (CFMCC) in 2014 for Rim of the Pacific Exercise (RIMPAC), the largest maritime exercise in the world. This was the first time a Canadian had taken on the role.

Continued on page 2

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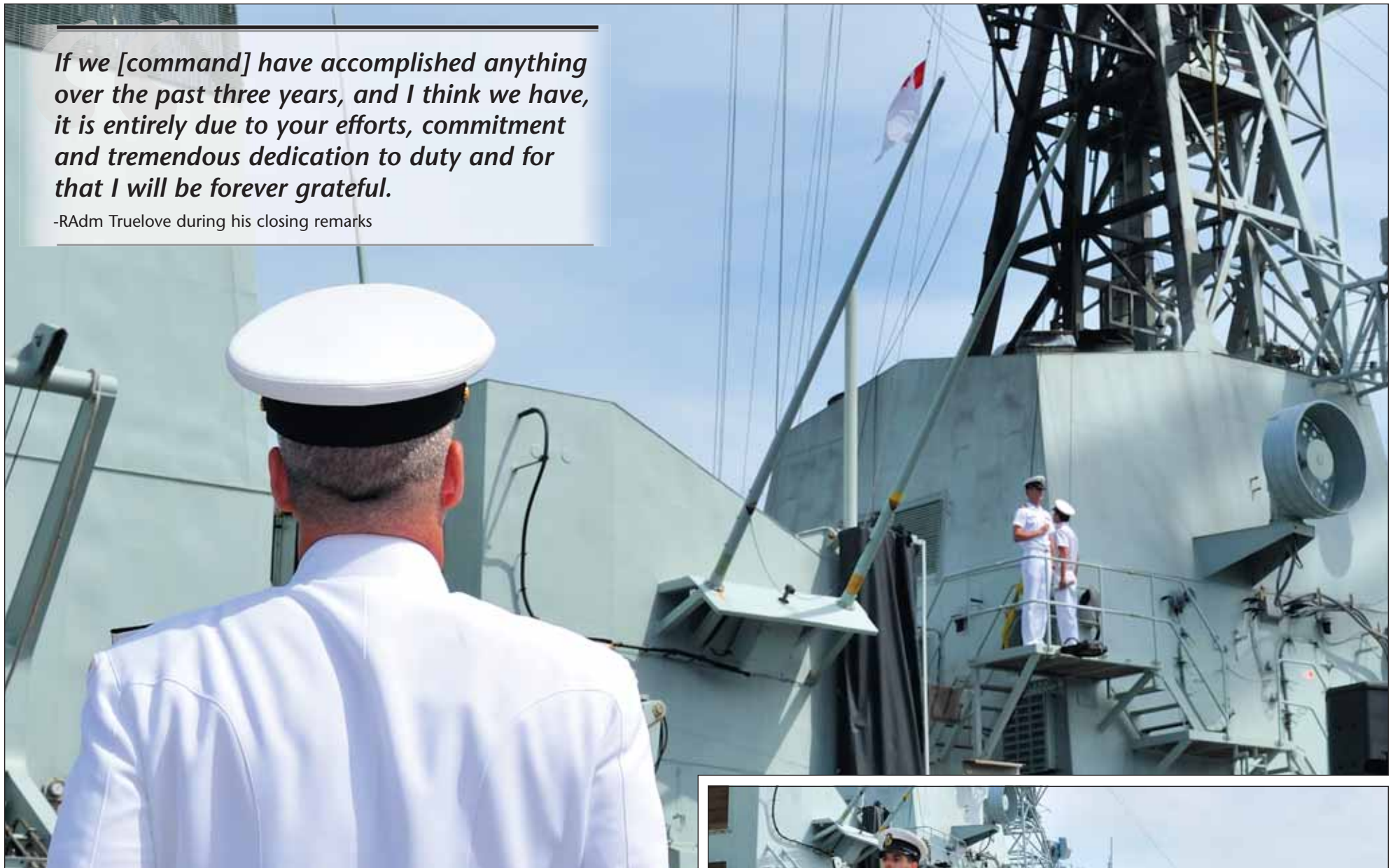
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If we [command] have accomplished anything over the past three years, and I think we have, it is entirely due to your efforts, commitment and tremendous dedication to duty and for that I will be forever grateful.

-RAdm Truelove during his closing remarks



Welcoming a new leader

Continued from page 1

This isn't RAdm Couturier's first posting to the West Coast. He served on Pacific Fleet ships early in his career and later commanded Maritime Operations Group Four. Then in 2008, he served as the Maritime Component Commander for Operation Podium, the Canadian Armed Forces contribution to the overall security effort for the Vancouver 2010 Olympic and Paralympic Winter Games.

"I am thrilled to be back on this coast," he said.

Speaking about the issues currently facing today's navy, RAdm Couturier emphasized the importance of stamping out sexual discrimination and harassment and said the navy will have to deal with this issue "as a team with the MARPAC leadership fully engaged."

He said the Royal Canadian Navy's code of conduct is currently being revised and will set new guidelines he expects

everyone to follow.

As the formation welcomed RAdm Couturier, it bid farewell to outgoing Commander MARPAC, RAdm Bill Truelove.

In his speech, presiding officer VAdm Mark Norman, Commander of the Royal Canadian Navy, recalled the rough seas this coast faced during RAdm Truelove's tenure including last year's engine room fire in the former HMCS Protecteur and the collision between Protecteur and the former HMCS Algonquin in 2013. He commended RAdm Truelove for his strong leadership during these times. He also remarked on the many achievements the formation realized under RAdm Truelove's leadership.

"We just kept giving you more and more and you just kept delivering over and over again," said VAdm Norman. "You embody what right looks like and you made it part of your core business to connect with your community both on and off base."

As July 14 was also RAdm Truelove's 54th birthday, VAdm Norman surprised him by leading the entire crowd in singing Happy Birthday, accompanied by the Naden Band of the Royal Canadian Navy.



RAdm Gilles Couturier, the new Commander of Maritime Forces Pacific addresses those gathered for the ceremony.

Images by LS Zachariah Stopa, MARPAC Imaging Services

Top: RAdm Truelove, orders members of HMCS Calgary to haul down his pennant. **Centre:** The Naden Band in their whites plays for guests. **Above:** Judith Guichon, Lieutenant Governor of B.C., inspects the Guard of Honour.



RAdmiral Bill Truelove and Brenda Truelove with the admiral's Flag Lieutenant Lt(N) Tien Nguyen, who holds "Rogue", the Aboriginal carving that was commissioned as a farewell gift from CFB Esquimalt's Wardroom to the admiral.

Farewell from RAdm and Brenda Truelove

MARPAC PA

When RAdm Bill Truelove and his wife Brenda, arrive in Washington, DC, for the next chapter in his rich 34-year career, they will unpack and display on his desk a departing gift he received from the Wardroom.

The gift, a carving by a local First Nations artist entitled "Rogue", symbolic of a 'rogue wave', reflects some of the challenges that the Admiral has faced during his three years as Maritime Forces Pacific/Joint Task Force (MARPAC/JTFP) leader.

"I came into this job knowing that MARPAC/JTFP was comprised of amazing military and civilian colleagues supported by their families, and that has been proven over and over again, as we faced challenges while we evolved, modernized and implemented the Executive Plan - all while delivering the day to day business."

RAdm Truelove further noted, before turning over command to RAdm Gilles Couturier, that "there are always unexpected challenges that come with a command."

"You know they are coming, but you just don't know from which direction or when. Be it collisions, an allision or the Protecteur fire, I was so amazed and appreciative of the tremendous response of the entire Formation to the "rogue waves" we dealt with," he says.

It is this strong message of thanks and appreciation that RAdm Truelove and Brenda leave to the thousands of men and women, in and out of uniform, and their families, that have supported him in delivering on MARPAC's primary mission - getting operationally ready ships and crews to sea.

"We have witnessed success in operations around the world over the past three years including Regina's two deployments, the work of our ships and submarines on Op Caribbe, RIMPAC deployments, MARSECPATs, Trident Fury, Task Group Exercises and so much more."

The Admiral further highlighted the tremendous work of MARPAC/JTFP at home in search and rescue, support to cadets, community outreach and preparedness to assist the province.

In addition to overseeing the return to the fleet of the modernized frigates, he has also led more than 9,000

search and rescue cases, the repair of *HMCS Winnipeg* after an unfortunate allision with a fishing trawler, the repair of *Protecteur* following a collision between it and the former *HMCS Algonquin*, and safely brought home sailors and *Protecteur* following a devastating fire that crippled the ship.

"The *Protecteur* fire is another clear reminder that our business can be dangerous and reinforced the importance of training," he said.

As part of the Royal Canadian Navy (RCN) Commander's Executive Plan, the Admiral led the integration of the Naval Reserve, the Naval Training System and Canadian Submarine Force into MARPAC. He also oversaw the development and first deployment of the Enhanced Naval Board Party capability, among many other changes in MARPAC.

"The Formation has expanded to enable Force Generation for the entire navy with team members - regular, reserve and civilian - located across the country" he said. "I am immensely proud of the incredible leadership and dedication of all those who worked so hard to implement this substantive change within a year and a half. Our navy is a much better institution due to their work."

The admiral also placed considerable emphasis on communications - both internal and external - throughout his watch, noting the importance of ensuring shared awareness and alignment across the Formation. This included him maintaining a personal twitter account as a way to share the stories of success and to publicly highlight the great work that the Formation was doing.

During the *Protecteur* fire incident, the admiral sent frequent Formation-wide emails with updates on the ship's activity in order to ensure that everyone had the truth and were aware of how the situation was being managed.

"You can never communicate enough," he says. "At that moment I felt it important to let folks hear from me personally, and to hear back from them."

Another area of focus for the outgoing admiral was on the health and wellness of the entire formation team. With his supportive wife constantly at his side, the Admiral was a champion for all Formation members - military, civilian, cadets and their families.

As he highlighted in every speech, "we could not serve without the tremendous support of our families."

Fondly known across the Formation as "Brenda", Mrs. Truelove was a strong partner who was always visible, engaged and herself a strong advocate for military families. She too will be missed.

RAdm Truelove's new job in Washington as the Defence Attaché will see him commanding a much smaller team of about 450 Canadians spread out across the United States. He'll be supporting the Chief of the Defence Staff as well as the Canadian Ambassador in Washington in building upon our strong military to military relationship with the United States.

Leading MARPAC has prepared him well for his new posting. He has spent countless hours working with our American allies, be it at sea on operations and training, at conferences discussing international issues, cross border search and rescue operations or through major events such as the *Protecteur* fire.

The admiral speaks with great respect of the many senior U.S. military leaders he has met and with whom he has developed strong professional and personal relationships during his tour.

A wave of melancholy will wash over the admiral and Brenda as they drive out the dockyard gate and head for the border on Saturday.

"We are sad to leave, but every organization needs a change, needs fresh ideas and a new perspective. RAdm Couturier and his wife, Sylvie, will bring that. He is a great leader; they are a great team and they are taking over the watch of an exceptional ship's company."

He'll exhale a sigh of relief when he hits the road, but then he'll do what all leaders do, refocus on the next chapter while reflecting on how blessed he was to have been a part of such a wonderful organization.

When asked if he had any final comments, RAdm Truelove responded by saying, "Brenda and I can't thank the members of this formation - military and civilian, along with their incredible families - enough for all of their support, cooperation and friendship over the past three years. It has been an honour and privilege to be your commander and we wish you all the very best in the future."



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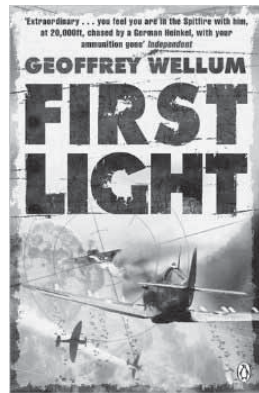
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BOOK review "First Light" by Geoffrey Wellum



Vic Atkinson
Contributor

For me, *First Light* author Geoffrey Wellum comes closest to putting the reader in the cockpit of an airplane - from the tiny two-seater Tiger Moth biplane to the advanced trainer, to the North American Harvard, and finally to the sleek thoroughbred Spitfire. With words as his pallet, Wellum paints a sensational picture of his life and death struggles endured in the air. From the moment of start-up, being propelled into the air by the tremendous power of the Merlin engine, until landing sweat-soaked and completely exhausted, his descriptions make the reader feel they are with him in the cockpit.

Who is Geoffrey Wellum?

Today, now in his nineties, he is one of the very few sur-

living pilots who flew in the Battle of Britain. He was the youngest pilot to fly and fight in the Battle of Britain, young enough to be nicknamed "Boy Wellum" by his squadron mates. In 1939, just two months before the Second World War was declared, 17-year-old Wellum was accepted into the Royal Air Force (RAF) to become a pilot.

His sometimes humorous and sometimes frustrating recollections of his early training in the Tiger Moth Biplane, and then the more powerful and less forgiving North American Harvard, has the reader cheering him on all the way. Wellum's razor sharp memory conjures back to life his incredibly patient instructors and his anxious fellow students. Recollections of his clumsy first attempts to fly are both frustrating and funny.

When his pilot training moves to the more powerful Harvard, Boy Wellum quickly grows into a man as tragic flying accidents begin to whittle down his fellow students. Finally, with a total of 170 hours of frustration, hard work and hope, Wellum gains his pilot's wings.

The war is now a grim reality and much to Wellum's surprise and delight, he is posted to a Spitfire Squadron at the front line fighter station of Duxford.

Having never even seen a Spitfire before, he is now faced

with the daunting task of flying one. With patience and skill, he finally masters the machine and is assigned to a night flying course. In a nail-biting description of night training, we fly with him as he lifts the Spitfire into the darkness. There is no such thing as GPS or radar to guide him through the darkness, just the faint glow from rudimentary instruments and his ability to navigate his way back in the dark to the airfield, and a barely visible flare path guiding his landing approach. As the Spitfire's wheels thump onto the tarmac, we let out as burst of pent-up breath, having experienced the whole flight with him.

As Wellum becomes competent with his Spitfire, he is launched into battle fighting for his young life against experienced German pilots in their Messerschmitt 109 fighters. Once again, Wellum's exciting narration carries the reader into battle. Now at the sharp end, he witnesses the day-to-day loss of his fellow pilots and friends; some are seen plummeting to their deaths, others simply disappear. Wellum's feelings meld with ours as familiar mates get the chop, and the life and death air battles continue with furious intensity. Sharing the cramped cockpit with him, we feel every maneuver as he frantically moves

the stick rudder and throttle to blast a way through the deadly maelstrom of whirling machines. He is imbued with a relentless instinct to survive.

As the Battle of Britain winds down, his Squadron goes on the attack against targets in Europe. Escorting the bombers to and from their targets, he witnesses more tragedy. Eventually, Wellum finds himself posted to the besieged Island of Malta. Spitfires are loaded aboard the aircraft carrier HMS Furious with their pilots. Now they will be faced with the dangerous task of taking off from the carrier's short deck. The Spitfire lacks the range to reach Malta and is equipped with long-range fuel tanks and fitted with a special propeller that enables it to take off from the carrier's deck.

HMS Furious is to be their home for several days before 38 Spitfires lift off from the aircraft carrier deck to their destination - Malta. Needless to say, careful planning accomplishes the task and Wellum finds himself now fighting both the German and Italian Air Forces. Several months later and completely worn out, Wellum returns back to England.

His story is a fascinating one and his book well worth reading. The book was made into a decent film also called "First Light".

People Talk

While Scouts from the Pacific Jamboree 2015 visited CFB Esquimalt last week, Lookout posed this question:

What is the coolest, most adventurous activity you have ever done as a scout?



Probably firing guns for the first time at a camp in Alberta.

Kevin McKay, age 12



The coolest thing I've ever done is running the Christmas market. We had games and other things there to fundraise for coming to the jamboree.

Christopher Plouff, age 11



I would say its adventure scuba. We got to go swimming in a realistic pool that looked like the inside of the ocean, and we got to learn how to use the gear properly.

Tristan Madder, age 13



This is my second jamboree in three years. It's really awesome. You get to meet great people from around the country.

Annie Rose Strauss, age 13



Probably the best experience was building quinzees, which are snow structures. We spent a night in them, and got to learn how to survive the natural elements.

Cameron Alexander McGee, age 14

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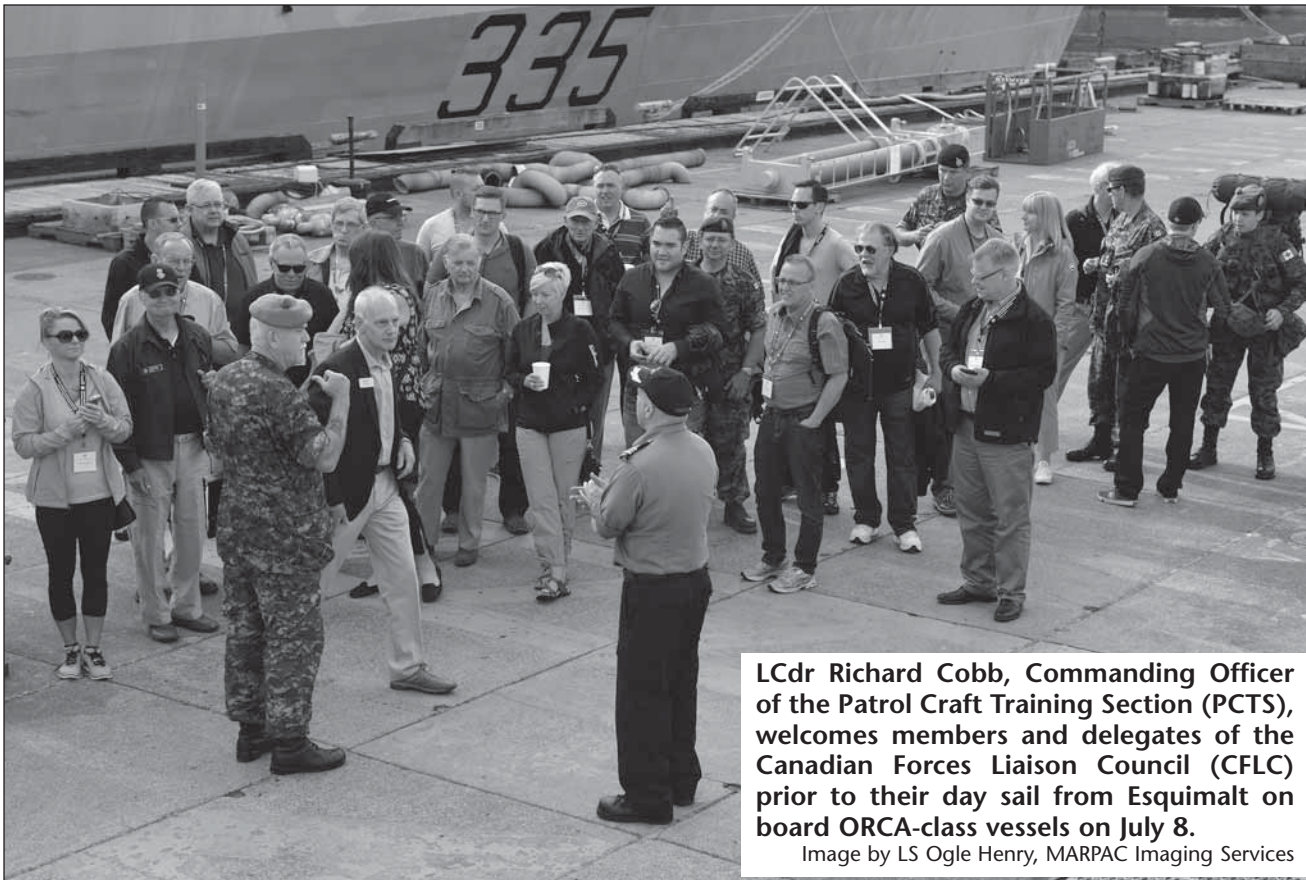
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LCdr Richard Cobb, Commanding Officer of the Patrol Craft Training Section (PCTS), welcomes members and delegates of the Canadian Forces Liaison Council (CFLC) prior to their day sail from Esquimalt on board ORCA-class vessels on July 8.
Image by LS Ogle Henry, MARPAC Imaging Services

Business executives sample the naval experience

Major Dan Thomas
3rd Canadian Division/
Joint Task Force West

More than 20 civilian business and community leaders from across western and northern Canada spent July 7-8 at CFB Esquimalt experiencing how the Royal Canadian Navy trains sailors and officers.

Guests, whose affiliations ranged from educational and financial institutions to communications and transportation enterprises, were invited by the Canadian Forces Liaison Council (CFLC) to learn more about the mutual advantages of employing reservists, and how their skills can transfer to the civilian workplace.

RAdm Bill Truelove, Commander Maritime Forces Pacific and Joint Task Force Pacific, made a point of meeting with the group during his final week prior to his posting to Washington. He issued a "homework assignment" to every guest: "Make a point of going up and meeting a sailor."

Following the Admiral's welcome, participants split into two groups and alternated between VENTURE the Naval Officer Training Centre (NOTC), Fleet Diving Unit Pacific and the Canadian Forces Fleet School Damage Control Division in Colwood.

The bridge simulator at NOTC Venture demonstrated the challenges

of navigating a warship in congested waters during adverse weather and other scenarios. Venture's Commanding Officer, a former Naval Reservist, Cdr Todd Bonnar, emphasized the "One Navy" concept, pointing out the common proficiency between Reserve and Regular Force officers that enables both groups to work on naval platforms.

To put the first day's learning into practice, the group then went to sea the next morning on board Orca Class vessels Cougar and Raven. Orcas proved to be ideal platforms for the visit because their size allowed for personal interactions between civilians and crew.

In such close quarters, the professionalism of the crew was amplified.

The visit concluded with a tour of HMC Ships *Edmonton* and *Saskatoon* – two of the Pacific Fleet's Kingston Class Maritime Coastal Defence Vessels, which are primarily manned by reservists. LCdr Brad Henderson, *Saskatoon's* Commanding Officer, led a tour through his vessel, and enthusiastically described its upcoming Arctic deployment this summer in support of Canada's northern sovereignty.

The CFLC Executrek program is one of many strategic activities intended to strengthen relations between the CAF and its stakeholders.

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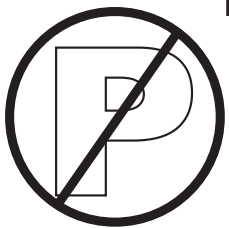
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1400 HRS MEN'S SLO-PITCH
Game #3 – Diamonds (game is if necessary)

1900 HRS MEN'S SOCCER
Game #3 – Colville Fields (game is if necessary)
(game may be bumped approx. 30 min earlier)



Township Increases Parking Enforcement



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The Township will be using Commissionaires to enforce the bylaw.

For a listing of offences and fines, please see Schedule B9 on page 12 of the Ticket Information Utilization Bylaw. For more information, please direct enquiries to bylaw@esquimalt.ca.

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Incoming Commanding Officer Cdr Wes Golden, Reviewing Officer and Maritime Forces Pacific Headquarters Chief of Staff Capt(N) Doug Young, and outgoing Commanding Officer Cdr Lori McAllister sign the Change of Command certificates during the Maritime Forces Pacific Headquarters Change of Command ceremony on July 10.

Image by LS Ogle Henry, MARPAC Imaging Services

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Natynczyk visits base on national tour

General (Ret'd) Walter Natynczyk, the former Chief of Defence Staff and recently appointed Deputy Minister for Veterans Affairs Canada (VAC), recently visited the Integrated Personnel Support Centre (IPSC) Esquimalt during a stopover on his

whirlwind national tour.

The purpose of his visit was to familiarize himself with the relationships between the various IPSC stakeholders, including DND, VAC and client services, while also sharing his vision for a better VAC future by "closing

Walter Natynczyk, Deputy Minister of Veterans Affairs Canada, is greeted by LCdr Judith Harlock, Commanding Officer of the Joint Personnel Support Unit Pacific, during a visit to the Esquimalt detachment of the Integrated Personnel Support Centre on June 16.

Image by Cpl Malcolm Byers, MARPAC Imaging Services

the seam" between the CAF and VAC. VAC is addressing the issue of accessibility and identifying where changes can be made to better meet the needs of our retired members. Natynczyk believes that he's the person to do it.

Natynczyk's vision includes a four-year period following a member's release where a

veteran and his or her family will have access to VAC and Military Family Resource Centre services.

"I am really excited that retired General Natynczyk has been appointed as the Deputy Minister of Veterans Affairs Canada. He brings to the job a wealth of practical knowledge and experience that will enhance the way that we as VAC staff will be able to support our still-serving and released members and clients," says Tiffany Irwin, a case manager with VAC.

VAC serves over 200,000 members nationwide and 13,000 from the Esquimalt branch alone. Natynczyk spoke to a number of veterans and serving members who were in attendance during his visit to IPSC.

For more information, please visit www.veterans.gc.ca.

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HMCS Vancouver (left) pulls alongside Chilean replenishment ship AO-52 Almirante Montt to practice Replenishment-at-Sea procedures in the waters off Vancouver Island.



Image by LS Ogle Henry, MARPAC Imaging Services
RAAdm Bill Truelove, Commander of Maritime Forces Pacific/Joint Task Force (Pacific), was welcomed on board the Chilean Supply Ship Montt by Commanding Officer, Capt(N) Andrés Rodrigo on July 6.

Chilean replenishment ship trains with RCN

Rachel Lallouz
 Staff Writer

For 40 days, Chilean replenishment ship AO-52 Almirante Montt will be conducting at-sea training with Pacific Fleet sailors to prepare for the arrival of Canada's new Queenston-class supply ships.

Partnering with *Montt* are *HMC Ships Vancouver* and *Calgary*, which will practice Replenishment-at-Sea (RAS) operations.

The collaboration

was formalized by a Mutual Logistic Support Arrangement (MLSA) between the Chilean Navy and Royal Canadian Navy following Vice-Admiral Mark Norman's 2014 announcement that the *Protecteur*-class supply ships would be retired.

"This is a particularly significant moment for the navy because we're finding a new and alternative method to maintain a core skills set and we're doing it with the help of our

allies," says *Vancouver's* Commanding Officer Cdr Clive Butler. "It speaks to the teamwork we can achieve through collaboration."

Three waves of sailors, mostly boatswains, from CFB Esquimalt will be on board *Montt* throughout the summer for a few weeks at a time. While the Canadians are on board, Chilean Navy personnel will provide instruction and review on operating the RAS vessel. They will conduct practice RAS operations daily, with the majority carried out off the west coast of Vancouver Island.

The RAS operations involve maneuvering two ships alongside each other at a range of 50 yards, passing lines between the vessels, allowing for the transfer of fuel or other loads, including ammunition, food and water.

"So far, we've practiced night fueling, day fueling and one two-point RAS operation, which means

transferring both fuel and solid stores," says Cdr Butler. "We're getting the opportunity to practice this on a regular basis in a way we haven't been able to without the tanker [the former *HMCS Protecteur*]."

Protecteur, the west coast fleet's only supply ship, was taken out of service after a debilitating engine room fire during its transit back to Victoria from Hawaii last summer.

Safety procedures related to RAS operations and use of equipment needed for the operation to function smoothly will also be reviewed on board *Montt*.

Cdr Butler says that the operation has faced no challenges so far. Even the anticipated language barrier has been negated since most Chilean personnel speak English.

"The joy of working with the Chileans is that we're operating on common procedures," he says. "So we're able to use our established connections to strengthen the valuable expertise."

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Main image: Vancouver Canucks prospects wrap up their visit to CFB Esquimalt and pose for a group photo after a firefighting training exercise at the Fleet School Damage Control Division in Colwood on July 8. **Inset:** Goaltender Thatcher Demko tries on diving gear.

Images by Peter Mullett, Lookout

Canucks prospects sample navy life

Peter Mallett
Staff Writer

On a sunny summer afternoon 30 Vancouver Canucks prospects traded in their sticks and skates for wetsuits, firefighting gear and a sampling of life in the Royal Canadian Navy.

The cast of young National Hockey League hopefuls were warmly received by LCdr Wil Lund when they arrived for their July 8 fieldtrip to CFB Esquimalt.

"There is such a strong parallel between what we do in the Maritime Tactical Operations Group and what these gentlemen are going through as prospects for the Canucks," said LCdr Lund. "These guys are clearly up to the challenges ahead of them and I wish them the best."

Following an official welcome and lunch reception at the Wardroom, the prospects were transported across Esquimalt Harbour to Colwood for an afternoon of activities and demonstrations with the Fleet Diving Unit (Pacific) (FDU(P)) and

Fleet School's Damage Control Division.

LS Paul Johnston helped escort the Canucks delegation by boat to their afternoon activities and said he was excited about his encounter with the NHL's next generation.

"I always follow the NHL draft and the young guys like Cole Cassels, so it was a thrill for me to escort them across the harbour today," said LS Johnston. "It will be great watching their progress next season and see how many of these players will make their mark in the NHL."

Many of the players in attendance were NHL draft selections. When hockey season begins in October they will play for the Canucks farm team, the Utica Comets of the American Hockey League, and a collection of other minor league teams.

The players' activities for the afternoon included trying on various diving and protective equipment, taking part in explosive ordinance disposal drills, and using firefighting equipment such

as high-pressure hoses.

"I think this is a great idea for the Canucks to come here and see what members of the Canadian Armed Forces really do for our country and also why they are such an important part of why Canada remains a free country," said 19-year-old centre Reid Gardiner, who currently plays with the Prince Albert Raiders of the Western Hockey League.

Many of the players marvelled at the readiness of navy personnel to meet any challenge head on.

Twenty-year-old centre Cole Cassels, son of former Vancouver Canuck Andrew Cassels, played through the pain of an abdominal injury to help his team, the Oshawa Generals, win Canada's junior hockey championship last season, but he was clearly humbled when asked about the sacrifices made by members of the Canada's navy.

"Playing injured in the playoffs, I had to deal with some adversity," said Cassels. "But the men and women in the navy go through way more painful and treacher-



ous situations than me so it's an honour to be here today as their guest."

Eighteen-year-old forward Brock Boeser marvelled at the sacrifices of military families as well.

"I can't imagine leaving your family for eight or nine months and going across the sea to face danger," he says. "The sacrifices they are making are huge."

While the jobs are very different, there are some similarities between what naval personnel and up-and-coming hockey players face, says LS Brian Soso of FDU(P). As a former professional

hockey player who spent four seasons in the Ontario Hockey League (2004 to 2007) as a right-winger with the Kitchener Rangers and Windsor Spitfires, he had a unique perspective on the journey these prospects are embarking on.

"These prospects are also taking huge risks and making giant sacrifices because they are at the pinnacle of their career, make-it-or-break-it time," said LS Soso. "In that respect I would say the professionalism of an elite athlete and someone in the military is very similar."

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Rocky Point time capsule preserves a slice of 2015

Rachel Lallouz
Staff Writer

To celebrate the 60th anniversary of the Rocky Point Ammunition Depot, Commanding Officer LCdr Jason Cheney and Ammunition Maintenance Facility Senior Supervisor Glenda Larocque are preserving a little slice of 2015 for future generations of workers.

Anniversary celebrations on July 21 and 22 at the depot will see the unveiling of a time capsule during a ceremony on the second day.

“Originally, I just thought a time capsule would be an interesting little project to carry out,” says Larocque. “But as we began to organize the project, it took on its own significance as we saw history passing before us.”

Rocky Point had long ago come into possession of a Second World War projectile and it had been sitting near the facility’s gun mount. When refurbishment of the shell began, it was discovered to be hollow.

At 15 inches in diameter, four feet high and 66 inches deep, the shell sparked inspiration for Larocque, who saw an opportunity to store artifacts inside of it and make it a permanent piece of the landscape.

Even without anything inside, the projectile has a story to tell.

It was once an APC BL shell with a ballistic cap and weighed 1,920 pounds. It was carried by HMS Warspite, which was heavily damaged on May 22, 1941 during a German air attack of Crete.

As the ship passed through Esquimalt on its way to Puget Sound Naval Shipyard for repair, the shell, which was cracked, was offloaded at the Colwood Magazine. It was moved to CFAD Rocky Point in 1955 where it was used to proof detonators out on the range.

LCdr Cheney says he and Larocque invited CFAD workers to bring items that signified something about Rocky Point. They then placed the artifacts in two

The fully refurbished projectile containing the time capsule will be placed next to the flagstaff at the main gates of the depot.

Image courtesy of LCdr Jason Cheney



Image by Rachel Lallouz, Lookout
LCdr Jason Cheney, Commanding Officer of Canadian Forces Ammunition Depot Rocky Point, shows the initial plans for refurbishing the Second World War projectile.

ammunitions containers inside the shell casing.

Only contributors know what they have placed inside. No one will know the entire contents of the capsule until it is opened 40 years from now.

“We wanted to keep those personal mementos a secret until it is opened,” says LCdr Cheney.

Two Rocky Point employees refurbished the projectile. Terry Anderson painted it according to its original markings and Pat Wade fabricated a replica Ballistic Cap (nose cone). The newly reconditioned shell is now placed at the flagstaff welcoming workers and guests to the depot’s main gate.

“For the next 40 years, the folks who work here at Rocky point will pass it every single day as they come in and when they leave after a long day’s work,” says LCdr Cheney.

To extract the ammunition containers, a crane will be used to lift the shell and turn it to expose the sealed bottom. LCdr Cheney anticipates that either the depot’s commanding officer or a newly apprenticed ammunition worker will be tasked with the honour of breaking the seal to peer inside.

Both Larocque and LCdr Cheney intend for the capsule to be unsealed on the 100th anniversary of the ammunition depot on July 26, 2055.

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Military police ready to roll with Tour de Rock

Peter Mallett
Staff Writer

When cycling 1,100 kilometres looks tough for police riding this year's Tour de Rock, remembering the life-and-death battles being fought by their junior riders will help them keep spinning.

"It's inspirational. Some riders will even tape a picture of their junior rider to their handle bars," said Maj Michael Lemire, from the Military Police Unit Esquimalt, at at CFB Esquimalt. "They do this so they can say to them-

selves, 'My predicament on this bike is nothing compared to what my junior rider is going through fighting cancer.'"

The 21-member Tour de Rock team will cycle from the north end of Vancouver Island to the south in an effort to raise funds and awareness for children battling cancer. This year's tour begins Sept. 20 in Port Alice and concludes Oct. 2 in Victoria. Along the way, the team will stop in 27 different communities and over 46 schools to raise funds and awareness.

Maj Lemire's Junior Rider,

Melia, is currently recovering from kidney cancer treatment.

"She just graduated kindergarten and is looking forward to a fun-filled summer and to celebrating her sixth birthday in August," says Maj Lemire. "Having met with Melia and her family, it is incredible to see how the funds raised through the Tour de Rock have assisted in her treatment and dealing with cancer."

Since 1998, the Tour de Rock has raised more than \$20-million for pediatric cancer research and programs for children with a history of cancer.

Like previous Tour de Rock events, each member of the 2015 team will undergo monthss of preparation and training to ensure they can go the distance. Riders must complete the mandatory three sessions per week of training, which began in March, to participate in the September ride. It's a significant investment of time that requires not only the dedication of the rider, but also the support of their families.

"Before I even considered doing this, I asked my wife if she could help me with the

fundraising. She immediately said, 'Absolutely. This is your one chance to do this. Put your application in and we will take it one step at a time.'"

In addition to Maj Lemire, this year's team includes three other military police members: Capt Pam Harris, LS Rod Carper and Cpl Devon Fidler.

As well as training, each rider is expected to raise funds through donations to the website and fundraising events throughout the summer. Find a complete list of upcoming events on the website www.tourderock.ca.



Photo from the 2014 Tour de Rock.

This year's Military Police members taking part in the Tour de Rock are (left to right) Maj Michael Lemire, Capt Pam Harris, LS Rod Carper and Cpl Devon Fidler.

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Image by Lt(N) Ian Hooker

Orcas celebrate Canada Day and Salmon Festival

Lt(N) Kourzenkov PCTS

In the small and quaint town of Steveston, B.C., July 1 is an especially festive day as it also coincides with the Salmon Festival and the Ship-to-Shore Festival.

The 5th annual Ship-to-Shore Festival welcomes ships from all over the world. Festival visitors come aboard, meet with the crew, and discover their fascinating history. Coming alongside this past Canada Day was a sailing ship manned by sea scouts that was previously used as a U-Boat hunter during the Second World War, and a Rum Runner ship during Prohibition.

The Royal Canadian Navy was well represented with *HMCS Oriole*, the oldest commissioned ship in the Canadian Navy, and three Orca Class Patrol Craft Training vessels. The ships were ceremonially dressed with flags and attracted long lines of visitors, eagerly awaiting their turn to tour a naval vessel and meet the crew dressed in crisp white uniforms at the ready to

answer questions.


The transit into Steveston provided students and crew of the Orcas with a unique opportunity to sail through a narrow channel with shallow banks on each side while facing four to five knots of current.

Steveston is located 20 kilometres southwest of Vancouver and sits at the mouth of the South Arm of the Fraser River. This location made it an ideal hub for salmon fishing, allowing local fishermen to catch the fish as they made their way up river to lay eggs. The fishermen would deliver the fish to local canneries that processed, canned, and distributed the salmon worldwide. The mid to late 1900s saw the decline of fishing and brought with them the closure of the canneries along the Fraser River, including those in Steveston.

The annual Salmon Festival in Steveston serves as a celebration of the glory days of salmon fishing and canning. A giant outdoor wood burning barbeque is set up to roast fresh salmon, filling the air with mouth-

watering aromas in view of thousands of festival goers eagerly lined up for a taste.

Festivities wrapped up with fireworks shot from a barge in front of the visiting ships, allowing an unobstructed view of the display from the waterfront.



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17th annual Dave Barber Charity Golf Tournament brings toys to kids

PO2 Dave Blanchard
MARPAC HQ

On July 9, PO2 Brian Hill, PO2 Dave Blanchard and 10-year-old Kaydra Blanchard delivered \$5,000 in toys and essential items for children at Victoria General Hospital.

The money for these donations came from the annual Dave Barber Charity Golf Tournament, held on June 15 this year. To date, the event has raised over \$80,000 to benefit the Greater Victoria community.

Dave Barber was a Master Seaman Electronics Technician onboard *HMCS Regina* who lost his battle with Leukemia in 1997. He was passionate about the game of golf and also cared deeply about the well-being of children. Every year since his death, current and former Canadian mili-

tary members have teed off in Dave's name to raise money for sick children.

Regina's crew embraces the event and continues to be the major contributor to the charity. Due to the ship's busy refit schedule, former crew members PO2 Blanchard and PO2 Hill, as well as MS Michael Beere from Fleet School volunteered to organize and plan the tournament this year. They also held raffle draws and barbecues throughout the year to help raise additional funds. The Esquimalt Chief and Petty Officers' Mess and the Junior Ranks Mess also made donations to the fund.

"The Child Life Department of Victoria General Hospital has enjoyed a long, wonderful relationship with The Friends of Dave Barber," said Theresa Low of Victoria General Hospital.



Image courtesy of: PO2 Dave Blanchard

On July 9 PO2 Brian Hill, PO2 Dave Blanchard and 10-year-old Kaydra Blanchard delivered \$5,000 in toys and essential items to Victoria General Hospital for sick children to enjoy.

"Over the past 17 years we have received DVD players, DVDs, game systems, books, and toys of all kinds. These items make a tremendous difference in the hospital stay

of children, youth and parents when they come to Pediatric Units - inpatient, emergency, surgical or our outpatient clinics. Last week we received so many toys, videos, bub-

bles and so much more that will be enjoyed by all. This year's large assortment of Lego, mega block sets and the toy medical kits will be definite winners. The selection of some

complex wooden building kits (working re-creation inspired by Leonardo da Vinci) will foster tenacity and concentration helping the older ones focus away from their medical needs."



Canadian Fleet Pacific awards

Cmdre Bob Auchterlonie, outgoing Commander of Canadian Fleet Pacific (CANFLTPAC) presented several awards and promotions during a ceremony held on June 18.

Images by Cpl Brandon O'Connell, MARPAC Imaging Services



CPO2 David Lowther receives a promotion to Chief Petty Officer First Class.



Cpl Kristen Vanderhook receives her promotion to Master Corporal.



PO1 Martin Truchon receives the Canadian Forces Decoration First Clasp.



CPO2 Leonard Balcombe receives the Canadian Forces Decoration First Clasp.



Lt(N) Jessica MacMillan receives her Certificate of Competency, Combat System Engineering



CPO2 Ron Eccles receives the Canadian Forces Physical Fitness Award for Aerobic Excellence.



Image by LS Ogle Henry, MARPAC Imaging Services

CPO1 Shawn Taylor, outgoing Base Chief Petty Officer; Capt(N) Steven Waddell, Base Commander of CFB Esquimalt; and CPO1 Robert (Gino) Spinelli, incoming Base Chief Petty Officer, sign the Change of Appointment Certificates during the Base Divisions Ceremony held on July 16.



Graduation of the Basic Military Officers Qualification Course

Right: Reviewing Officer Capt(N) David Mazur, Chief of Staff, Plans and Operations at Maritime Forces Pacific/Joint Task Force (Pacific) Headquarters, presents special awards to graduates of the Basic Military Officers Qualification Course 0065 on July 2.



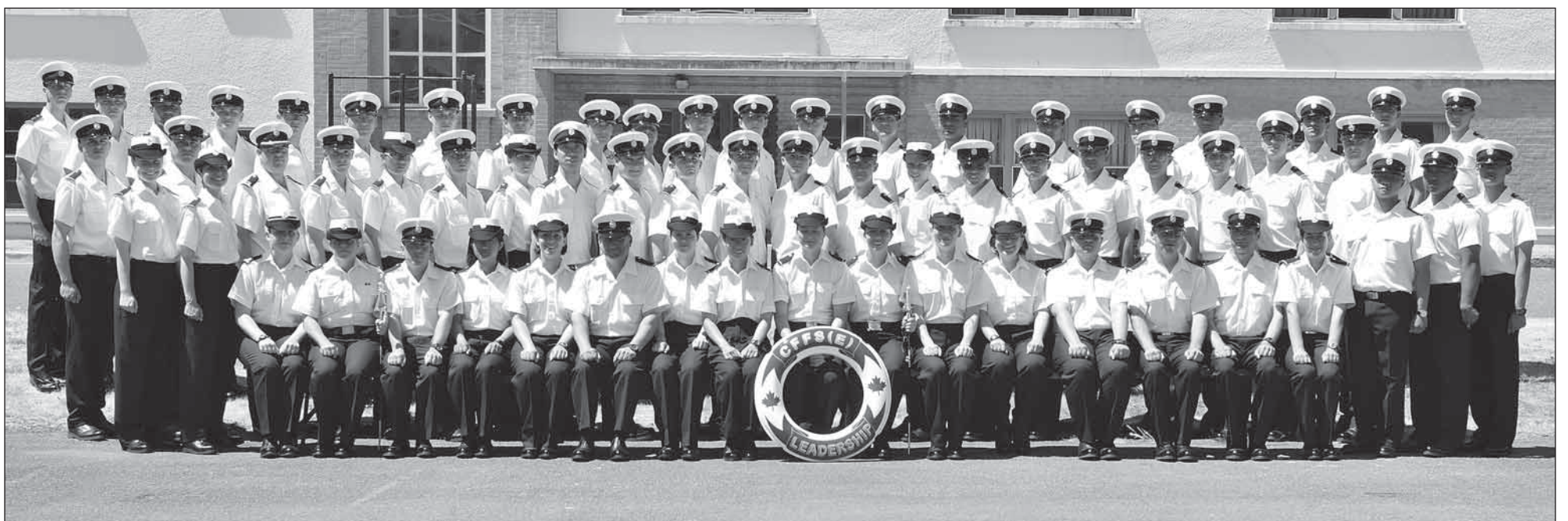
NCdt Jean-Francois Chapdelaine receives the Personal Achievement Award for the most improved student.



A/SLt Mohsin Khan is awarded the Top Overall Candidate Award for being the top student in academics and for displaying exceptional leadership skills.

Below: Group photo of the BMOQ Course 0065 members.

Images by LS Ogle Henry, MARPAC Imaging Services



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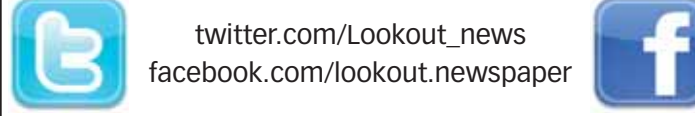
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Museum unveils new exhibit

Rachel Lallouz
Staff writer

“The roots of our navy here on the West Coast are what we’re celebrating with this room,” says Clare Sharpe, Museum Exhibit Designer for CFB Esquimalt’s Naval and Military Museum.

Sharpe and museum volunteer Norman Truswell have been working for over a year on the new display unveiled at the museum’s 30th Anniversary Open House on Saturday, July 4.

“We’ve interwoven multiple strands of history which tell the story of how Esquimalt Harbour came into being as we know it, and the transition from the Royal Navy to the Royal Canadian Navy,” says Sharpe.

Both she and Truswell agreed that because visitors do not generally approach museums and galleries in a linear way, their main goal would be to simply situate observers in the heart of the museum’s history. Unfolding

around the visitors as they enter the gallery to the left are displays arranged in chronological order.

“We pulled together the story by carefully placing artefacts throughout the room that touched on stories like the building’s first use as a hospital, then its transition to HMCS Naden, and finally, what we know it to be today.”

The display encompasses one of the larger, windowed rooms at the museum. Text panels mounted on the walls and windows include French translations of the information, so that French speakers can access the meticulously researched material as well. Notable artifacts include a carefully preserved sea chest originally belonging to Rear-Admiral Victor Brodeur, and a model of the base’s dry dock. Also present is a detailed coaling display, harkening to Vancouver Island’s historic production of this resource, and the navy’s reliance on it to power its ships.

What’s most special, says Sharpe, is the fact that the gallery spans a

time period beginning when the First Nations were situated in the Esquimalt Harbour area.

“The First Nations are part of every story,” says Sharpe. “My other favorite aspect of the gallery would be the Cole Island banner because the island is part of the historic district, which also includes the museum buildings, and people can’t travel to Cole Island very easily, we wanted to bring that story here.”

Most recently, Sharpe says, the museum has been working to partner with groups like the military police, the submariners, and the diving unit to showcase the individual histories of these organizations.

“As far as the museum’s future holds, we’re just so happy to be celebrating our history with the base community, and the surrounding Victoria communities,” says Sharpe. “Even if we are behind the gate, the stories our displays tell are always a part of the bigger world.”



Image by Rachel Lallouz, Lookout

Medical instruments used at CFB Esquimalt’s naval hospital.

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Clare Sharpe, Museum Exhibit Designer

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