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Images by Lt(N) David Lewis, PAO for National Sentry Program and Ceremonial Guard

Fortissimo finale

Royal Canadian Navy sailors lower the flag at the conclusion of the evening's performance of "Fortissimo" on Parliament Hill in Ottawa. "Fortissimo" is a military and musical spectacular event that takes place on the lawns of Parliament Hill for three nights during the summer. The sailors are part of Roto 6 of the National Sentry Program. They will be standing sentry at the Tomb of the Unknown Soldier at the National War Memorial until Aug. 14.



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Sea Training prepares HMCS Vancouver for success

Rachel Lallouz
Staff Writer

To prepare *HMCS Vancouver* for its ongoing Replenishment at Sea (RAS) operations with the Chilean Navy, the Commander of Sea Training (Pacific), Cdr Chris Peschke, and a team of eight instructors have designed and implemented at-sea training for participating sailors.

"We use the expression 'showing people what right looks like' to explain how we take a ship's crew and help build their skills to a certain level so they can continue with training and development on their own," says Cdr Peschke. "Sea Training opens the door and the ship does the rest."

On any work-up or at-sea training period, Sea Training instructors board a ship to provide individualized overview, instruction and debriefing on basic seamanship, navigation, exit from the harbour, and a range of safety precautions such as man overboard procedures. The training aims to bring a crew's capability to multi-threat warfare or serious damage control.

"We assess the threats a ship is going to face, the area of the world she's going to be operating in, and then we develop a specific training work up so the ship is comfortable operating when it gets there."

In *HMCS Vancouver's* work with Almirante Montt, Cdr Peschke says his team has faced the challenge of training for the specifics of RAS operations. Though routine, the operation is risky. It involves stringing steel cables under 5,000 pounds of tension between a replenishment tanker and a receiving ship. Then heavy pallet loads are sent across with food, fuel and ammunition.

Cdr Peschke and his team utilized the Sea Training Guide, Combat Readiness Requirements and past experience to design a program that increases in complexity as the training goes on.

"We started off with two 'dry hook-ups' where hoses were passed from [Chilean ship] Almirante Montt to *HMCS Vancouver* to practice transferring fuel. It's the most important capability, and we practiced it at night as well," says Cdr Peschke.

His instructors then oversaw the multi-station replenishment in which fuel, ammunition and food were transferred simultaneously all while conducting flight operations with *Vancouver's* Sea King helicopter. They worked closely with the bridge team to orchestrate

bringing *Vancouver* alongside Almirante Montt at the uncomfortably close range of 150 feet.

"At one point we carried out four replenishments in a single day. It was taxing work and we were pretty tired after that," Cdr Peschke says with a laugh.

Sea Training instructors also provided instruction to the engine room crew and those responsible for emergency steering. Seamless cooperation between these two departments and the bridge crew is critical to successful replenishment operations.

"We're training the next generation of sailors here," says Cdr Peschke. "We made sure that as many junior officers as possible were present for training so that our pool of knowledge grows and future ships know how to keep themselves safe."

Having Almirante Montt here to train crews on this critical operation enables personnel on this coast to maintain their proficiency.

"RAS can be an extremely dangerous operation and it takes a lot of practice to reduce the risks both to individual people and to each ship as a whole."

Operations practised at night added the challenges of minimized depth perception

and visibility to the already challenging task of two tethered ships maintaining the same speed and direction. Varying weather conditions, such as fog, gave the crew a realistic glimpse into the adverse conditions they could expect while performing future RAS operations.

"Other risks involved are the swinging of the heavy load pallets, the transferring of highly flammable fuel and keeping humans from getting in between anything metal and heavy," says Cdr Peschke.

He says the Royal Canadian Navy's close alliance and past experience working with the Chilean Navy has helped mitigate those risks and reinforced the training, which has gone smoothly so far.

Ultimately, the at-sea training prepares sailors to pass on their skills to junior crew members, says Cdr Peschke.

"There is lots of instruction written down in books for carrying out operations, but when it comes down to the art of actually being at sea, that's hundreds of years of knowledge being passed from one generation to the next through hands-on practice."



The crew of *HMCS Vancouver* practices Replenishment at Sea maneuvers with Chilean Navy ship Almirante Montt.



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Scouts are instructed on how to scuba dive at the Naden Pool.

Scouts bring Jamboree excitement to CFB Esquimalt



Images by Rachel Lallouz, Lookout



Above: Scouts Venturers do some yoga as they wait for the waves to die down at the kayaking event on July 15.

Left: A Scouts Venturer practices getting into and out of a kayak on the dock of the Pacific Fleet Kayak Club.

Below: An organizer of the kayaking program, which was run by the Pacific Fleet Kayak Club, demonstrates how to properly wear a life jacket.



Rachel Lallouz
Staff Writer

CFB Esquimalt played host to hundreds of Scouts last week in support of the Scouts Pacific Jamboree 2015.

From July 11 to 18, Scouts as young as 11 years old participated in either a day of scuba diving at the Naden Athletic Centre or a day of kayaking run by the Pacific Fleet Kayak Club.

“Though the kids here aren’t getting certified as scuba divers or kayakers, they are learning something new,” says Jane Riddell, one of the event organizers. “Every time a child experiences something new and is successful, they

feel like they can take on other challenges in life.”

Scout troops from as far away as New Zealand had their pick of over 20 different programs in Victoria. Options included whale watching, mountain biking, canoeing, and rock climbing.

“During the programs, they get to meet other scouts from different parts of the country or world, and that’s especially important if your scout troop is from a small community. Children get to realize we are a worldwide organization and that there are millions of us,” says Riddell.

“Our goal for the kids is to offer them adventure and fun,” she adds. “But they also get to grow as people.”

matters of OPINION

WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Rachel Lallouz 250-363-3672
rachel.lallouz@forces.gc.ca

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com

Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

RECEPTION 250-363-3127

ACCOUNTS/CLASSIFIEDS

Heather Catte 250-363-3127
heather.catte@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

Sara Helmecci 250-363-7060

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CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

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WHAT SAY YOU

People Talk

While on assignment, Lookout asked this question:

What do you think will be the next greatest technological development and why?



I know they have them in China, but hover cars!

Holly Anne Feluch, Scout



Light sabers, because why not?

Jonathan Wiggins, Scout



There's going to be some way to telepathically communicate without a phone, for sure.

Jade Byrne, Scout



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Nicole Cadieux, CANEX, Sales Associate



Some advancement for people who wear eye glasses. There needs to be some sort of telephoto lens that works with your eye instead of the traditional method.

Cpl Michael Neuman, Esquimalt Military Police



The victorious Esquimalt Tritons Men's Slo Pitch team members pose for a photo as the 2015 Regional Champions.

PSP Regional tournaments wrapped up

Penny Blanchard
PSP

PSP wrapped up Regional Soccer and Slo Pitch Tournaments last week in Game 2 for Soccer and Game 3 for Slo Pitch.

Thank you to all the athletes who came out, played hard, and displayed great sportsmanship and athleticism.

Congratulations to Esquimalt who

has qualified for Nationals in both Soccer and Slo Pitch. Well done guys!

Thanks also to everyone who helped out with making this tournament run: officials, trainers, arena and grounds guys, all PSP staff and military members who helped with set up and scorekeeping, and of course the coaches and captains for all their commitment and assistance.



Results for Soccer and Slo Pitch are as follows:

Soccer Game 1:
Esquimalt – 4
Comox – 0

Slo-Pitch Game 1:
Esquimalt – 16
Comox – 14

Soccer Game 2:
Tied at 1 – 1, this game went into overtime. Esquimalt scored another two goals and took the title of Regional Soccer Champions for the sixth year in a row.
Esquimalt – 3
Comox – 1

Slo Pitch Game 2:
Comox – 24
Esquimalt – 11

Slo Pitch Game 3:
Esquimalt – 21
Comox – 15



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Adventure training on the West Coast Trail

Capt Quinton Mimura
Base Logistics

On July 17, eight members from Base Logistics departed on a seven day, 75 kilometre hike along the West Coast Trail, ready to push their boundaries and enjoy the beauty of Vancouver Island.

To prepare for the strenuous expedition, members trained every Saturday for two months to condition our bodies to hike on rugged terrain with a week's worth of camping gear. Lightweight gear was rented to keep the load light, but our packs still weighed between 40 and 50 pounds, filled with freeze dried rations, snack food, two person tents, sleeping bags and mats, camping stoves and pots, water filters, water bottles, first aid kits and clothing.

Originally built to facilitate the rescue of survivors of shipwrecks along the Southwestern edge of Vancouver Island, the West Coast Trail features challenging terrain and unpredictable weather, and hikers must be prepared both.

The first day started at the Northernmost point of the trail at Pachena Bay. We covered 12 kilometres along the beach and the inland trail, stopping for lunch at a viewpoint where we saw whales, seals and sea lions. We saw so

many whales in the first three days that WO Rodrigue was convinced the whales were following us.

Our first campsite was at Michigan Creek where we began to adopt the daily routine of setting up tents, filtering water for meals and water bottles, relaxing and playing on the beach, eating and finally packing our food into bear boxes to avoid the ugly surprise of a hungry animal encroaching on our camp in the night.

Our days started at around 5:30 a.m., which gave us plenty of time to enjoy breakfast and pack our gear for a 7 a.m. departure. Though far from gourmet, we quickly got accustomed to the freeze dried ration pouches for breakfast and supper, wraps and peanut butter for lunch, and beef jerky and fruit mix for snacks throughout the day.

The second day was a 13 kilometre hike to Tsusiat Falls where we capitalized on the low tide to explore the beach and view the remains of shipwrecks from the shore. Later in the day we reached our first cable car passing, where two hikers at a time took an enjoyable ride over the beautiful Klanawa River. The last two kilometres featured an inland trail up and down hills followed by a lengthy set of ladders leading down to our campground. All of us enjoyed a refreshing bath in a pool of fresh water fed by the falls. Some of us felt like we were in an Irish Spring commercial while shampooing our hair under a waterfall. It was so hot that most of us slept in the shade we as we

quickly dried off from bathing.

The third day was the longest, but the most enjoyable in my opinion. Our 17 kilometre journey started out on hard packed beach sand through a "hole in the wall" - a natural sandstone arch carved by ocean waves over time. The remainder of our morning would be on loose sand and forest trails, passing the Ditdaht luxury tents, which hikers can stay in for a fee.

We caught a boat ride across Nitinat Narrows, a river that is only passable by boat, to a Reserve where the locals were selling a freshly cooked meal of fish for \$30 a plate. All of us gladly paid the \$30 for a generous serving of salmon or crab; the crab being cooked right out of the water. After a delicious meal, we hiked the remaining 10 kilometres to our next campsite mostly through forest designated as a no camping area due to the abundance of wildlife. Fortunately, we did not run into any bears or cougars.

Our fourth day started out with a wakeup call from numerous sea lions grunting on a lone rock near our campsite.

From this point on we only saw a few more whales; however numerous eagles and seals would greet us along our 11 kilometre journey that day. We stopped at the Carmanah lighthouse, which is maintained by a family who also provides assistance to Parks Canada and hikers. Shortly after that, we arrived at Chez Monique where we all purchased a juicy burger for lunch. We enjoyed the afternoon walking on the beach to one of my favourite campsites at Walbran Creek, which has a large pool of fresh water perfect for swimming right by the campsite. That night, we enjoyed a campfire with a few marshmallows.

On day five we hiked inland, carefully balancing over tree bridges and board-

walks, jumping over roots and boulders, climbing ladders and crossing over man-made bridges. The most enjoyable part of the day was when we crossed a large one-person wide suspension bridge and up multiple exposed ladders. However, a few individuals thought it was more fun jumping from root to root, stump to stump, and rock to rock as they imagined the mud and dirt as lava.

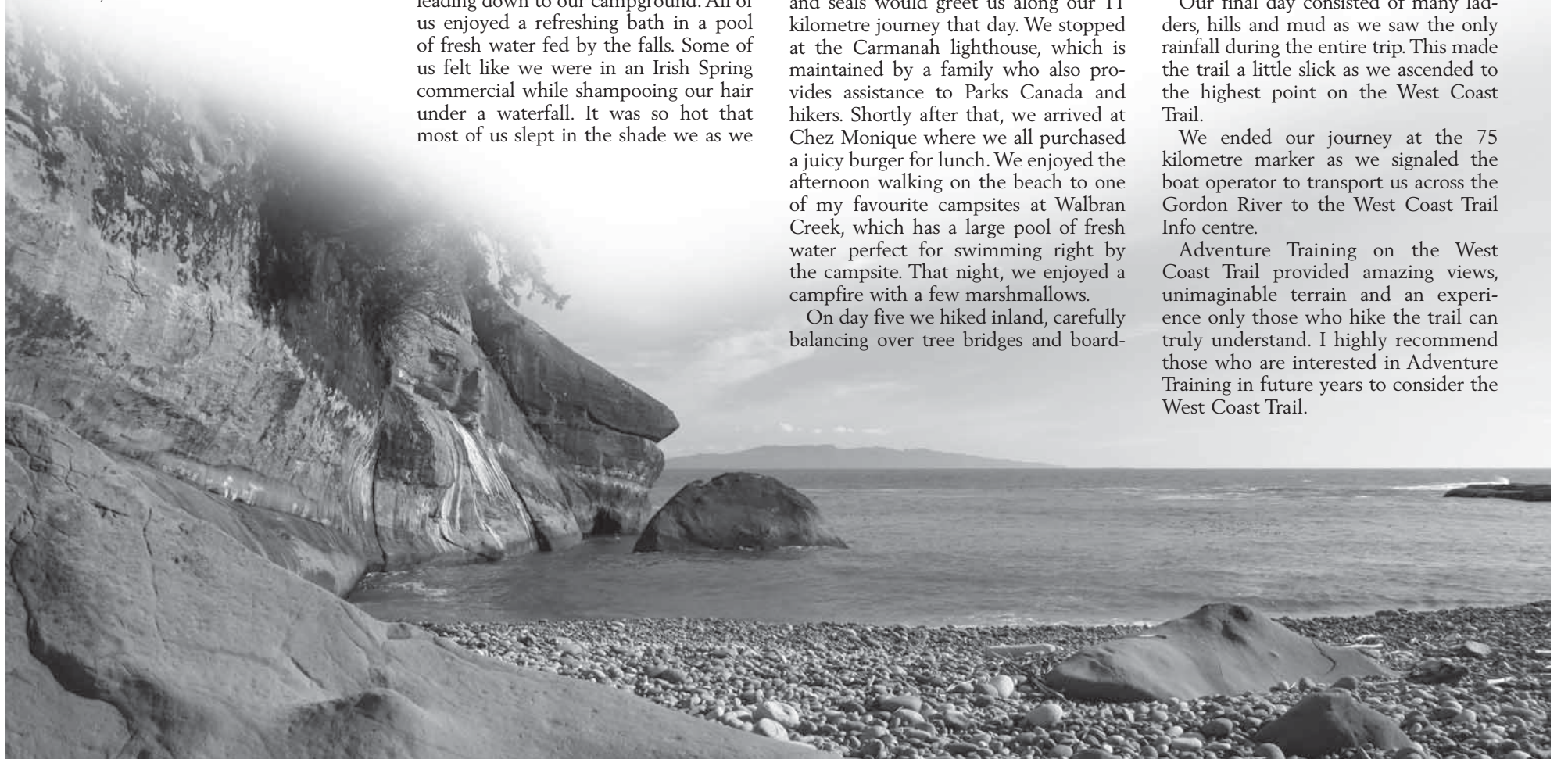
The next two days were the most difficult, which we had been warned about by many hikers coming from the South as well as the Parks Canada representative during our orientation prior to starting the trail.

We started the sixth day on the inland trail and trekked back to the beach. Fortunately, the tides were low during the morning, allowing us to take the beach route for the rest of the day. We experienced some rock climbing and jumping over surge channels before we reached Owen Point. We stopped briefly to view seals playing in the water before we continued boulder hopping along the beach for the next three kilometres. Finally, we stopped at Thrasher Cove campsite where we all fell asleep and got a bit more sun than we wanted.

Our final day consisted of many ladders, hills and mud as we saw the only rainfall during the entire trip. This made the trail a little slick as we ascended to the highest point on the West Coast Trail.

We ended our journey at the 75 kilometre marker as we signaled the boat operator to transport us across the Gordon River to the West Coast Trail Info centre.

Adventure Training on the West Coast Trail provided amazing views, unimaginable terrain and an experience only those who hike the trail can truly understand. I highly recommend those who are interested in Adventure Training in future years to consider the West Coast Trail.



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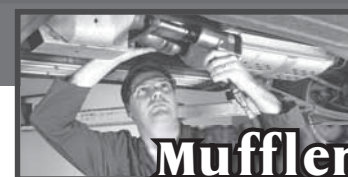
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Image by Peter Mallett, Lookout
Former Base Chief, CPO1 Sean Taylor (left), and Base Commander, Capt(N) Steve Waddell, show off their Swipe and Dine Cards at Nelles Block Pacific Galley.

Swipe and Dine Card offers convenience

Peter Mallett
Staff Writer

Base Foods hopes to make dining more convenient at all CFB Esquimalt messes with this week's introduction of the new Swipe and Dine Card.

"I think there are a lot of people out there who simply don't have the time in their days to make lunch or drive through traffic to find a restaurant off

base," says PO2 Jason Auer of Base Foods. "Proper nutrition is essential to doing your job and the Swipe and Dine Card offers a solution to this dilemma."

The preloaded plastic cards work much the same as gift cards for restaurant franchises. Cardholders can load the desired amount of money onto the card at the Rations Office (located at Nelles Block) and then use their card

to purchase food and beverages at any Base Foods location. The Swipe and Dine Cards will make their debut at CFB Esquimalt on August 1 and are available to both military and civilian staff not on rations.

Base Commander, Capt(N) Steven Waddell, and former Base Chief, CPO1 Sean Taylor, have given the new system positive feedback after using it on a trial basis.

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Community mailboxes planned for base housing

Rachel Lallouz
Staff Writer

By the end of 2015, Canada Post anticipates that Residential Housing Units (RHU) associated with CFB Esquimalt will be converted from the individual mailing system to community mailbox delivery.

Andrew Graves, an advisor for Canada Post's Communication Services, says the conversion is a result of newly emerging trends in the mailing needs of Canadian households.

"Our letter mail volumes have decreased considerably over the last few years, and that decline is not going stop as Canadians move to digital communications," says Graves. "Canadians sent 1.4 billion fewer letters in 2014 than they did in 2006.

Our letter mail volumes have decreased considerably over the last few years, and that decline is not going stop...

Andrew Graves, Canada Post Communication Services

At the same time, we are seeing growth in our parcel volumes, but it is still not enough to compensate for the loss in our lettermail business."

The new community mailboxes will feature individual locked compart-

ments for each household. These compartments are large enough to accommodate magazines without having to be rolled up as well as parcels of the same size. Eighty per cent of parcels currently delivered by Canada Post will fit in the newly redesigned boxes. Large parcel compartments will be located at each community mailbox station, allowing members of a household to access their packages without travelling to a post office or having them left on the doorstep.

Residents of communities converting to the new system are asked to fill out surveys early in the process to share their priorities and preferences when it comes to the conversion.

"Because every community is a little bit different,

we approach each community separately," says Graves. "Teams across the country in every community are trained as experts to find the most suitable places for the mailboxes in a given neighborhood."

Using this feedback, CFB Esquimalt and Canada Post worked together to develop a community mailbox plan that suits the requirements of families living in RHUs.

Some RHU residents recently received letters about community mailboxes from Canada Post. These were sent in error.

In the coming weeks and months, residents of RHUs will receive new letters with information on the location of their community mailboxes and they will receive keys to their compartments.

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Elders Gathering feeds partnership

Peter Mallett
Staff writer

They cooked enough food to feed an army and now members of the Canadian Armed Forces (CAF) are receiving a heartfelt salute from the 2015 B.C. Elders Gathering.

"The support of the Canadian Forces at our event was both inspiring and encouraging," said Mavis Underwood of the Elders Gathering Planning Committee and elder with the Tsawout Nation. "It built bridges between our communities and truly was a very powerful happening for everyone in our community from our youth to our elders."

Military cooks from CFB Esquimalt's Base Foods joined forces with 39 Service Battalion and First Nations cooks to provide food for 5,000 people at the 39th Annual B.C. Elders Gathering at the Panorama Recreation Centre in North Saanich earlier this month.

The CAF supplied three kitchen trailers staffed with 10 Cooks, to supplement the Tsawout Kitchen staff and volunteers at the annual event. Working side by side, military and First Nations cooks prepared western European cuisine such as

soup, sandwiches and chicken, as well as traditional aboriginal dishes including smoked salmon and bannock.

The gathering gave Esquimalt's cooks the rare opportunity to train for cooking in Field Kitchens in a remote environment.

"Their main area of expertise is in static kitchens or in galleys on ships," said Sgt Barbara Lane of Base Foods. "Although they didn't get the full field experience because they had access to electricity and water, they did get a better understanding of both what will happen when they work remotely and the actual physical work environment in a field kitchen."

Sgt Moogly Tetrault-Hamel helped facilitate the military involvement in this year's gathering and began planning for it in November 2014. During the event, he was the overall Operation Coordinator.

A quartermaster by trade, Sgt Tetrault-Hamel is also the Regional Military Co-Chair of the Defence Aboriginal Advisory Group of British Columbia. He credited Underwood with initiating the process of including the CAF at the event for the first time.

"DND always seeks opportunities to build a strong

relationship with Aboriginal groups in Canada," said Sgt Tetrault-Hamel. "Mavis was the point of contact and essential to this working. She came to us, gave us the pitch about what the Elders Gathering was all about, and initiated the whole process."

Underwood's motivation for inviting the military to join in this year's event was her family history. Her father, George Underwood, was a member of the Princess Patricia's Canadian Light Infantry during the Second World War. He died in 2014 and it made sense for her to pick up the military torch for her dad, she said.

"That's part of the reason why, when I heard the Elders Gathering was coming to Victoria this year, I understood the significance and said, 'We need this partnership with the military.'"

The B.C. Elders Gathering helps First Nations elders throughout the province build stronger ties with each other, socialize and celebrate past accomplishments. This year's event also provided a two-way street for learning between the CAF and First Nations as First Nations cooks got to see how the military cooks operate while military members learned the art of cooking traditional First Nations food.



Above: LS M. Seigny of Base Foods and Cpl Raymond Sam of 39 Service Battalion work the grill in one of the Mobile Kitchen Trailers.

Left: Capt(N) Steve Waddell, Base Commander of CFB Esquimalt and MARPAC Champion for Aboriginal Peoples, Sgt Moogly Tetrault-Hamel, Regional DAAG Military Co-Chair for the B.C. Region, and LCol David Awalt, Commanding Officer of 39 Brigade amongst the crowd.



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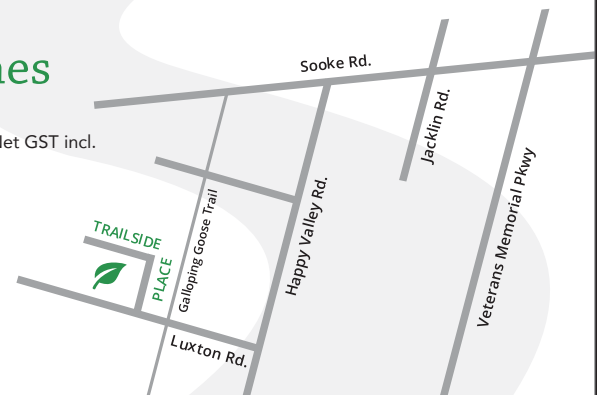


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Scuba diving raises money for Tour de Rock

Rachel Lallouz
Staff Writer

Cycling and scuba diving don't generally go together, but diving instructor Cpl Dustin Renz paired the two this month when he offered beginner scuba diving classes as a fundraiser for Cops for Cancer Tour de Rock.

For just \$15, newbies learned the basic skills necessary for exploring what lies beneath the waters surrounding Vancouver Island.

An instructor with the Aquarius Dive Club, Cpl Renz provided the instruction and the dive equipment for three sessions at the Naden Athletic Centre Pool on July 7, 16, and 21.

I was among four newbies who took advantage of the opportunity on July 7.

Ready to be initiated into the world of diving, I stood on the Naden Pool deck, buzzing with excitement.

"The goal for fundraising is simple," Cpl Renz told our group. "To raise as much [money] as possible and to get some people interested in diving."

Before we hopped in the water, Cpl Renz familiarized us with our gear. The first thing we were given was a buoyancy control device (BCD), a backpack-like piece of equipment that inflates to help a diver float to the surface and deflates to help a diver descend.

Next, we donned our masks, first wetting the inside to prevent fogging while we were under water.

Last, but most important, we learned how to handle our air delivering regulators, which attach to the oxygen cylinders mounted on our backs. It was awkward to wrap my lips around the regulator's wide plastic mouth piece at first, but I quickly adjusted to breathing slowly in and out with only my mouth.



The air cylinder and pressure gauge are examined by Cpl Dustin Renz.



Rachel Lallouz, Lookout reporter.



The trainees in the pool ready to practice what they had learned in theory.

Finally, we slipped into the shallow end of the pool, pulling on our fins, masks and air cylinders in the waist deep water.

"I want everyone to practice equalizing with me," said Cpl Renz, explaining that equalizing is necessary to reduce the water pressure that affects any air spaces in your body, like the ears, sinuses, and lungs.

I practiced by pinching my nostrils together and gently attempting to blow air through my nose. Completed underwater, the resulting "pop" cleared my sinuses, allowing me to descend deeper.

We also practiced basic hand signals above the water. These included pointing to an ear to communicate an ear problem and signaling "OK" to our diving partners. When we were all comfortable with the signals, Cpl Renz checked our gear as a final precaution to make sure everything was in its proper place.

At the count of three, we ducked under the water. While everyone else sank to the floor of the shallow end, kneeling, I immediately bobbed to the surface. Cpl Renz signaled that I needed some additional weight apart from my gear to sink me down.

After loading 12 pounds worth of weights onto my gear, I was able sink to the floor of the pool with the other group members. We gathered in a semi-circle, waving to each other under the water. Taking my first few breaths had me feeling lightheaded with excitement. I took a moment to enjoy the silence in the depths of the pool and the sound of my own breath flowing in and out of the regulator.

While submerged, we practiced clearing a partially flooded mask. In the event that a diver's mask floods while they are far below the surface, it's crucial to be able to clear it of water so they retain good visibility. Following Cpl Renz's hand motions, we held the top of our masks to our foreheads, and pulled back the bottom to allow a little water to seep in. We then tilted our heads back slightly and exhaled through our noses until the water was gone.

When we were done, Cpl Renz motioned for us to turn and follow him a little bit deeper into the pool. As instructed, I kicked from my hips

with my knees slightly bent. My fins didn't disappoint me. I glided along the white, smooth bottom alongside my fellow divers. High above me, fluorescent pool lights shimmered at the surface. But I couldn't simply drift into deep end as the silence lulled me into relaxation. I had to remember to check my air pressure gauge regularly, breathe slowly and deeply, and routinely equalize the air pressure in my sinuses.

We moved toward the deep end of the pool as Cpl Renz tossed around a water toy for us to practice retrieving. We grinned awkwardly at each other under the water, challenged by the regulators in our mouths. It felt surreal floating fully upright below the surface and running my fingers along the bottom of the pool without my lungs demanding oxygen.

Unfortunately, as we glided closer

to the deepest section of the pool, no amount of equalizing could clear the feeling of pressure in my ears. With a quick signal to Cpl Renz, we swam slowly back to the shallow end. To be on the safe side, Cpl Renz made the call to end my foray into the world of scuba diving for the time being.

My classmates went on to learn more about safely navigating an underwater world while I towelled off, disappointed that my experience had ended prematurely, but happy I had the chance to explore something new.

Cpl Renz raised \$245, which he contributed to the military police members' Tour de Rock fundraising total.



Cpl Dustin Renz shows the class how to properly wear the components of scuba diving gear.

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Image provided by Vancouver Aquarium
Seal Pup Chris Higgins recovers at the Marine Mammal Unit of Vancouver Aquarium.

Cadets and staff save pup

Peter Mallett
Staff writer

Some teamwork by members of HMCS Quadra, the Cadet Training Centre in Comox, has given a seal pup named after hockey star Chris Higgins a second lease on life.

On July 5, CPO2 Tom Briggs, the Boats Officer with HMCS Quadra, spotted the newborn seal pup clinging to a floating dock on the jetty. He alerted Lt(N) Nolan Stewart, the Maintenance Engineer Officer, who is the Unit General Safety Officer and Unit Environmental Officer at the Quadra.

"This was totally out of left field for me and [a seal in distress] is not something I normally deal with," says Lt(N) Stewart.

After watching the pup's condition worsen over the next three days, Lt(N) Stewart and his colleagues came to the realization that the mother was never coming back.

"He was shivering, his eyes were turning red, and he appeared to be gradually succumbing to the elements," recalls Lt(N) Stewart.

Lt(N) Stewart called the Vancouver Aquarium's Marine Mammal Rescue Centre. He sent his notes and observations of the pup's condition as well as cell phone pictures to the aquarium staff.

"Instead of intervening too quickly they did exactly what they should have done and called us," says Emily Johnson, manager of the Vancouver Aquarium's Mammal Rescue.

After reviewing Lt(N) Stewart's report, Johnson determined the pup was likely only a few days old and a rescue was necessary to save its life.

Fortunately, Naval Cadet Eric Servais, who had previous experience handling marine animals, successfully rescued the pup from the jetty and placed him in a crate for transport to the aquarium. Lt(N) Stewart

then helped facilitate the pup's transfer to Vancouver through the Comox Valley Mountaineer Avian Rescue Society.

Upon its rescue, the pup was named Chris Higgins by aquarium staff. Each year they use a different naming convention to identify its rescued sea mammals. This year's theme is famous athletes and the name of Vancouver Canucks forward Chris Higgins was chosen for the Comox pup.

"It was a complete team effort to save [seal pup] Chris Higgins," says Lt(N) Stewart. "It will never be the same next time I see one of our seals in the harbor though. I will always think of Chris and wonder how he is doing."

After a few weeks on a simulated milk diet, Johnson said the tiny seal appears to be making a full recovery. When the rehabilitation process is complete later this year, Chris Higgins will likely be released back into the wild, says Johnson.

Fort Rodd Hill gets a facelift

Peter Mallett
Staff Writer

Fort Rodd Hill will soon be getting a facelift with \$4 million in federal government funding for infrastructure improvements.

The money is part of the federal government's \$33.6 million infrastructure improvement package for Parks Canada sites across coastal British Columbia.

"Fort Rodd Hill is part of our Canadian consciousness," said Vancouver Island North MP John Duncan, who was at Parks Canada's Colwood facility for the July 15 funding announcement. "A community is not a community without having a history that we can share. It is certainly a living symbol of our shared history and needs to be protected and preserved."

A spokesperson for Parks Canada said close to \$2.4 million of the money will go towards repairing and replacing aging concrete in the fort's barracks and walls.

The remainder of the money will be used as follows: \$350,000 to upgrade exterior lighting at Fisgard Lighthouse; \$570,000 to upgrade exterior lighting at Fort Rodd Hill; \$922,000 for enhancements to the Garry Oak ecosystem, which covers part of the park.

"This work will greatly improve the integrity of this national historic site, allowing it to be enjoyed for generations to come," said Melissa Banovich, Parks Canada Manager of Historic Sites for Coastal B.C. "New exterior lighting will improve safety for visitors camping in the oTENTiks area overnight and also serve to reduce unauthorized access to the site in the fall and winter months."

Fort Rodd Hill previously served as a coastal artillery fort and was built by the British in the late 1890s to defend Victoria and the Esquimalt naval base. Fisgard Lighthouse was constructed in 1860 and was the first permanent lighthouse on Canada's West Coast.



Base Divisions

Base Commander Capt(N) Steve Waddell made several presentations during Base Divisions on July 16.



Images by LS Ogle Henry, MARPAC Imaging Services
CWO David McLaughlin is awarded the second Clasp to his Canadian Forces Decoration for 32 years of dedicated service.



PO2 Sean Fallon is awarded the Canadian Forces Decoration for 12 years of dedicated service by Capt(N) Waddell.



PO2 Dave Brewin is awarded the First Clasp to his Canadian Forces Decoration for 22 years of dedicated service by Capt(N) Waddell.



CPO2 Allen Hamilton receives a promotion to Chief Petty Officer First Class from RAdm Bill Truelove, former Commander Maritime Forces Pacific.



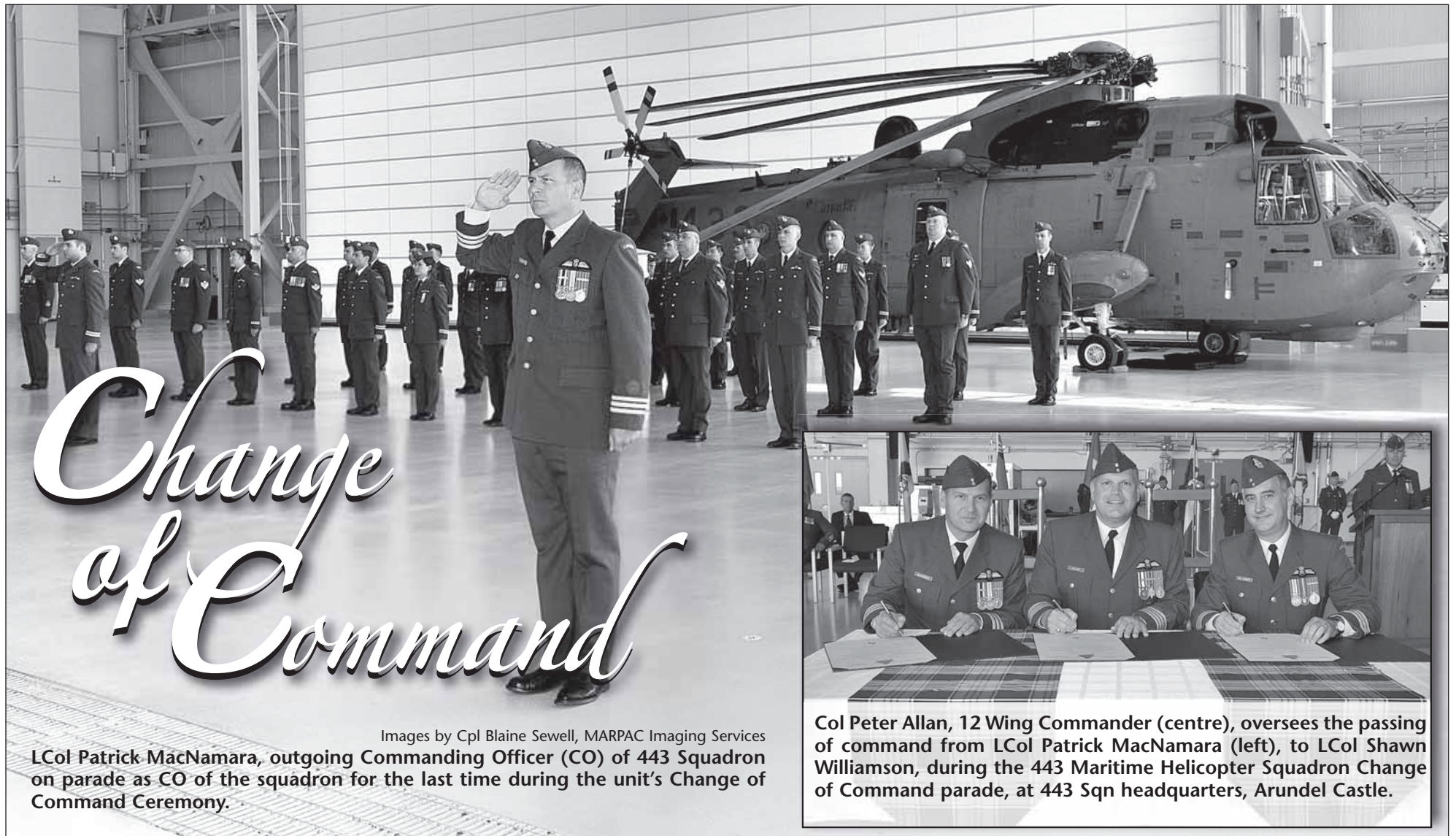
Surinder Singh Bawa received a Base Commander's Commendation Award from Base Commander, Capt(N) Waddell, and Base Chief, CPO1 Spinelli. While working at the Chief and Petty Officers' Mess, Bawa noticed a boat overturn in the vicinity of Saxe Point. He quickly notified others so that authorities could be contacted. Bawa's actions enabled the Coast Guard to get to the scene and aid the boater.



Capt Michael Gibbons, with his wife and daughter Emma, is promoted to Major by Cdr Tanya Koester, Commanding Officer of Canadian Fleet Pacific Headquarters.



Lt(N) Jeannine Friesen receives her Sea Service Insignia from Cdr Tanya Koester, Commanding Officer of Canadian Fleet Pacific Headquarters, and LCol Doug Friesen.



Images by Cpl Blaine Sewell, MARPAC Imaging Services
LCol Patrick MacNamara, outgoing Commanding Officer (CO) of 443 Squadron on parade as CO of the squadron for the last time during the unit's Change of Command Ceremony.



Col Peter Allan, 12 Wing Commander (centre), oversees the passing of command from LCol Patrick MacNamara (left), to LCol Shawn Williamson, during the 443 Maritime Helicopter Squadron Change of Command parade, at 443 Sqn headquarters, Arundel Castle.



Maj Justin Olsen, incoming Officer in Charge, RAdm William Truelove, Commander of Maritime Forces Pacific, and Maj Jenn Weissenborn, outgoing Officer in Charge, sign the change of appointment certificates for the Joint Regional Coordination Centre Change of Appointment Ceremony July 10.



Images by LS Zachariah Stopa, MARPAC Imaging Services
Left: Group picture taken after the JRCC Change of Appointment Ceremony held at the Wardroom on 10 July 2015. **From left to right:** Susan Pickrell, Joint Regional Coordination Centre (JRCC) Victoria Regional Supervisor Marine Services, Canadian Coast Guard (CCG), Clay Evans, Superintendent Search and Rescue (SAR), CCG, Major (Maj) Jenn Weissenborn, outgoing Officer in Charge (OIC), Roger Girouard, CCG Assistant Commissioner and Joanne McNish, CCG Regional Director.

Change of Command



Image by LS Zachariah Stopa, MARPAC Imaging Services
Left: LCol Joanne Simard, outgoing Commanding Officer (CO), Capt(N) Rebecca Patterson, reviewing officer, and LCol Gordon Peckham, incoming CO, sign the Change of Command Certificates during the Canadian Armed Forces Health Services Centre (Pacific) Change of Command Ceremony on July 16.



Image by LS Ogle Henry, MARPAC Imaging Services
Below: Cdr Julian Barnard, outgoing Commanding Officer (CO) of HMCS Ottawa; Reviewing Officer Capt(N) James Clarke; and Cdr Sylvain Belair, incoming CO, sign the Change of Command Certificates during a ceremony held on HMCS Ottawa's flight deck on July 17.



Image by LS Ogle Henry, MARPAC Imaging Services
Above: Incoming Commanding Officer (CO), Cdr Colin Matthews; Reviewing Officer, Capt(N) James Clarke; and outgoing CO, Cdr Daniel Charlebois, sign the certificates during HMCS Regina's Change of Command Ceremony held at the Naval Officers Training Centre drill hall on July 21.



Image by MCpl Michael Bastien, MARPAC Imaging Services
Right: LCdr Jean Stéphane Ouellet, incoming Commanding Officer (CO); Capt(N) James Clarke, Reviewing Officer; and Cdr Alex Kooiman, outgoing CO, sign certificates during the Change of Command Ceremony for HMCS Victoria on July 15.



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