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Volume 60 Number 32 | August 10, 2015

# LOOKOUT

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# Final farewell



Image by: LS Zachariah Stopa, MARPAC Imaging Services

The symbolic rowing ashore of an outgoing commanding officer was slightly adjusted for LCdr Jeffrey Kibble. Following the change of command ceremony for HMCS Oriole July 30, LCdr Kibble was rowed to a sailboat anchored in the bay. It was symbolic of his life transition from Royal Canadian Navy sailor to a retired one ready to sail his own boat. Accompanying him in the boat were wife Angel and sons Cameron, Andrew, and Tyler. Rowing the boat were Oriole sailors, MS Hamilton, SLt Whitaker, and SLt Wagner with PO1 Goodwin steering. Read more on page 5.

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Cpl Alex Cape (above) swims Cowichan Lake, Saturday Aug 1.



## Distance swimmer just shy of world record

**Peter Mallett**  
Staff writer

After 50 hours submerged in the choppy, wind-blown waters of Cowichan Lake an exhausted Cpl Alex Cape decided to call it quits.

She swam a remarkable 94 kilometres in the large freshwater lake over the August long weekend, but fell two kilometers short of the world record for longest continuous open-water swim.

"I swam pretty freaking far. I still can't completely wrap my brain around it," said Cpl Cape, 35. "There have been 12 people who have walked on the moon, but only four have swum this distance before, solo and unassisted."

On Sunday evening around the supper hour, Cpl Cape and her support crew in nearby escort boats decided to end her aquatic marathon due to safety concerns. Cpl Cape, an experi-

enced swimmer who works as a medical technician at CFB Esquimalt's clinic, says she doesn't consider the result a failure.

She and her swimming partner Susan Simmons, 50, set off from the shores of Municipal Beach on the southern shores of the lake on Friday July 31 at 4 p.m., with an aim to swim 105 kilometers. Simmons has multiple sclerosis, so her goal to smash distance swimmer Vicki Keith's 1987 benchmark was even more incredible.

The two Victoria Masters Swim Club members took on the challenge to raise funds for Special Olympics and MS and to raise awareness about the website 'What's Your 105?'

Simmons previously swam the English Channel and the Georgia Strait and was aware of the daunting challenge she faced this time around.

In 2014, the two com-

***There have been 12 people who have walked on the moon, but only four have swum this distance before, solo and unassisted.***

Cpl Alexandra Cape

pleted a 70 km swim of Cowichan Lake, but this time around the weather conditions were much less favourable with higher winds and waves.

By midmorning on Saturday, Simmons had covered 44 km before her MS had the final say about how far she could push her body. Vertigo, vomiting and the inability to keep vital nutrients in her stomach

had dashed hopes of completing the swim.

"You need to be mentally prepared and realize that you might not complete the distance," explains Simmons. "I am glad I was able to make the right decision at the right time."

Simmons, a B.C. Public Service employee, began swimming over 10 years ago and used the challenge to show other people with MS they can lead active lifestyles despite the disease.

"She [Susan] is my friend and teammate and the fact she has MS rarely enters my mind, but when it does I realize the mass distances we are covering and how inspiring Susan's determination is to myself and others," said Cpl Cape.

"My goal is to make people aware that exercise is a legitimate form of therapy for MS," explains Simmons.

Cpl Cape's swim was only two km short of the

world-record distance of American Ted Erikson and Egyptian Abdel-Latif Abou-Heif who swam Lake Michigan in 1963.

Vicki Keith's double-crossing of Lake Ontario in 1987 and her distance of 105 km may have been incorrectly reported with some saying the Canadian marathon swimmer covered 94 km.

Cpl Cape, who began swimming 25 years ago, said a nine-hour period of strong winds and fierce pounding waves Saturday afternoon and evening greatly slowed her progress and led to her eventual exhaustion.

Aside from suffering nose bleeds and head-to-toe chaffing that open water swimmers normally endure, she says hallucinations became a serious factor as fatigue and sleep deprivation took over.

"I was swimming and sleeping at the same time with my eyes closed just

like a zombie. I would catch myself falling asleep, I would be swimming in a straight line following the course and then all of the sudden take a sharp right turn, which was very concerning for volunteers in the escort boats."

While neither reached their initial goal, they were pleased to get word on Saturday that a young swimmer whom they coached had succeeded in her five km swim in Cowichan Lake. Special Olympian Aly White of Saanich had actually exceeded her goal by one km, giving everyone cause to celebrate.

"I was so thrilled to hear this and it really motivated me to continue," said Simmons. "She swam like a champion the entire time."

Simmons and Cpl Cape both said they will need more time to decide whether they will make a second attempt to break the record.

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# Peruvian firefighters tour HMCS Calgary

**Rachel Lallouz**  
Staff Writer

Peruvian volunteer firefighters Estefania Moraves, 21, and Marco Abad, 23, tried on fire fighting gear, examined emergency supplies and travelled through the narrow passageways of HMCS Calgary on July 31.

The tour of the Canadian warship focussed on fire safety precautions and gear used on board a Royal Canadian Navy frigate.

Ship firefighter, Sgt Veron Atkinson led the two through every nook and cranny of the ship, from the Officer's Mess to the machinery control rooms.

"I've learned a lot since arriving in Canada," says Abad. "I'm paying attention to skills that are different here that I can bring back to Peru to improve my own firefighting techniques."

The two were invited for a visit to Canada by Firefighters Without Borders member Stephanie Dunlop, the Fire Chief of the Metchosin Fire Department. Moraves and Abad spent three weeks touring fire halls in Langley, Burnaby, Sidney, Central Saanich, and Oak Bay, before crossing the brow of Calgary.

When Firefighters Without Borders members visited fire stations in Callao, Peru, three years ago to teach skills courses to volunteers, Dunlop was introduced to the two, who were eager to expand their knowledge of

Sgt Veron Atkinson shows Peruvian volunteer firefighters Marco Abad (center) and Estefania Moraves (far left) the fire safety equipment on board HMCS Calgary.

fire fighting with a trip to Canada.

When a big brush fire broke out in Metchosin at the end of July, the two were put on the line and helped get the fire under control. They were given extrication training and high rescue rope training in Sooke, and have done ride-alongs with the Langford and Salt Spring Island Fire Halls. The two also toured CFB Esquimalt Fire and Rescue Fire Hall.

As volunteer firefighters, both Moraves and Abad must meet a required number of hours spent in their fire halls each month. Moraves dashes from her classes as an engineering student to her fire hall multiple times a week, for a total of 31 hours per month. Abad, who is also studying engineering, spends his weekends or nights at the fire hall near his university, for a total of 20 hours per month.

In Peru, prospective volunteer firefighters begin taking mandatory training courses at 15 years old. To begin working in the fire halls, they

must be at least 18.

"I live near my fire hall and saw the firefighters training one day as a teenager," says Moraves. "I walked right in and asked how I could start."

Abad says he turned to

firefighting when he was 17, after he wasn't able to become a pilot.

"We both feel so good doing this job, sometimes we just spend our free time in our fire halls hanging out," says Abad.



Peruvian volunteer firefighter Marco Abad tries on fire fighting gear on board HMCS Calgary during a ship tour.



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## WHAT SAY YOU

### People Talk

While on board HMCS Oriole Lookout asked invited guests:  
*What is your favourite ocean-themed movie and why?*



Master and Commander: The Far Side of The World. It was nominated for best picture a few years back and for me it was a great movie because it was just so well done and beautifully filmed with great acting.

Bill Neapole,  
Commissionaire POESB



Titanic. I love the fact that it's historical and romantic. It really was a wonderful movie and I thought Leonardo DiCaprio did a great job playing one of the lead roles in the film.

Dee-Ann Lemire,  
Victoria



The Perfect Storm because it exhibits the severity and power of the ocean, and seeing how small a human being truly is on that grand scale of the ocean, and how quickly life can turn things around on you.

Eric Raschig,  
singer/guitarist with the  
Turnpike Bandits



The Pirates of The Caribbean because it gives that sense of adventure with the open ocean being your road, and going to the great unknown and whatever comes your way.

Jeanette Trevor-McLean,  
Duncan, B.C.



Babette's Feast because I'm a foodie and the central character in the movie is a chef who is a refugee rescued at sea after the revolution in France. She wins the lottery and spends a fortune on a wonderful feast for the people of this little seaside town.

Nathaniel Snider,  
University of Victoria

## Esquimalt sailors rescue abandoned seal pup

Pictured below, abandoned seal pup Babe Zaharius recovers at the Vancouver Aquarium's Marine Mammal Rescue Centre.

On July 29, MS Erik Lindholm of HMCS Edmonton noticed a motionless seal pup sitting on C Jetty in Dockyard. He contacted the base's Environment (FSE) office for guid-

ance. They reached out to the department of Oceans and Fisheries who reviewed photos of Babe and a report, and determined a rescue was necessary.

Named by the aquarium staff in honour of the trailblazing U.S. women's golf legend, Babe's rescue was performed by Edmonton's LS Nicholas Locke, who low-

ered and hoisted a crane down to the jetty while AB Brian Liska assisted FSE staff to get Babe into the crate. After removing an oily substance from Babe's fur and tending to some flipper wounds, aquarium staff told the Lookout the pup has been put on a milk-replacer diet, and at last report was in stable condition.



Photo courtesy Staff Vancouver Aquarium

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# Oriole skipper says farewell to sailing ketch

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

After sailing as *HMCS Oriole's* Captain for almost four-and-a-half years, LCdr Kibble handed over command to LCdr Michael Wills July 30.

The new Commanding Officer is junior to him in age, but carries equal confidence and capacity to bear the responsibility of skippering the 94-year-old sailing ketch.

*Oriole* was designed and built in 1921 as a racing platform. It was eventually commissioned into the Royal Canadian Navy (RCN) in 1952. LCdr Kibble says all but a few really understand the true power of this ship, both as a racing/training vessel and a floating ambassador.

"*HMCS Oriole* packs a wallop for Canadians in general, and the RCN in particular wherever we go. We draw huge crowds of young and old alike, and we are center stage."

He adds, "She's a better ship now than when she was first built," referencing the vast changes that only a commissioned vessel in the navy can receive through the decades.

During his four years at the helm, LCdr Kibble has witnessed the "oohhs and aahhs" from sailors and the public as they tour the vessel, or take part in sailing it around Vancouver Island waters.

"Sailors hailing from every nation flock to have a look at her and talk to her crew. On behalf of Canada, she gives us a resonating voice with the pub-

lic, and it's an experience they never forget."

First taught to sail by his father, LCdr Kibble then honed his skills aboard the *Golden Hinde*, a replica of Sir Francis Drake's ship. From there his schooling included two 140 foot top sail schooners, *Winston Churchill*, and *Malcom Miller*. As a professional mariner, the next step in his progression was joining the RCN.

LCdr Kibble was scoffed at when he boldly declared to a Navy Selection Board he had his crosshairs set on *Oriole*. When that declaration came to fruition, he said to his parents, "mission accomplished."

Despite his lengthy sailing background, LCdr Kibble said he felt humbled when took responsibility for *Oriole* and

crew for the first time.

The key ingredients for building a robust crew are the same for any RCN vessel, namely discipline, teamwork, repetition, and camaraderie. But sailing a massive warship and a wooden-hulled sailing ketch are very different. *Oriole* requires a hands-on ability to sail in all types of weather conditions.

"In order to accomplish that level of skill, you have to really

listen to this ship and hear what she's telling you. That takes time," says LCdr Kibble.

Performance on the waves isn't just about what the ship can do, it's about what the ship and the crew can do together working as one, he says.

The sailor now has his sights set on retirement and working with his father and sons to repair a sailboat. Once fixed, he will be on the water once again.



Images by: LS Zachariah Stopa, MARPAC Imaging Services

**Above:** LCdr Jeffrey Kibble salutes during the National Anthem.  
**From left to right:** LCdr Kibble, Outgoing Commanding Officer; Capt(N) James Clarke, Reviewing Officer; and LCdr Michael Wills, Incoming Commander, sign the Change of Command Certificates during *Oriole's* Change of Command Ceremony held at Albert Head on July 30.

# Coordinated search effort saved lost Russian helicopter pilot

**Lt(N) Christine Hurov**  
JTFA Public Affairs

It was a long two days for the Joint Rescue Coordination Centre (JRCC) Halifax as the search for missing helicopter pilot Sergey Ananov continued for over 30 hours – from July 25 to 26.

It was even longer for Ananov as he waited to be rescued from an ice floe that he shared with three polar bears.

Ananov was attempting to complete a flight around the Arctic Circle in a helicopter that weighed less than a tonne, and was nearly halfway through a flight from Iqaluit, Nunavut, to Nuuk, Greenland, when mechanical failures caused him to ditch his aircraft. In the few seconds before the helicopter sunk he was able to retrieve a life raft and flares. After swimming to an ice floe, he hunkered down, awaiting rescue.

Watch keepers at JRCC Halifax were alerted to the incident when the GPS tracker in Ananov's helicopter was showing zero speed and altitude Saturday afternoon. Just over an hour later Ananov was declared overdue at his destination. However, because of the alert by the tracker JRCC had already dispatched

a 413 Squadron Hercules Aircraft, a Transport Canada patrol aircraft, and a fishing vessel that was in the area.

Captain Derek Prescott was the Air Combat System Officer of the first 413 Squadron Hercules that departed Greenwood to conduct the search. He said the fact that Ananov's helicopter had a tracker was incredibly helpful. "It allowed us to proceed directly to that area. If he did not have a tracker we would have had to search from Iqaluit to Nuuk."

The GPS tracker alerted the JRCC to Ananov's plight over an hour before he would have been declared overdue, allowing for the complex mechanisms of the SAR to start moving hours before they would have. In the harsh and austere conditions of the Arctic, those hours can mean the difference between life and death.

Despite the harsh con-

***We never gave up on him. There's a combined story of his tale of woe and the determined search by search and rescue.***

Admiral John Newton



Photo courtesy Canadian Coast Guard

ditions in the Arctic, Rear Admiral John Newton said JRCC worked on the assumption Ananov was alive throughout the operation.

"We never gave up on him. There's a combined story of his tale of woe and the determined search by search and rescue."

A critical part was played by the fishing vessel Belle Isle Banker, who was in the area and provided a first search presence. By law, JRCC

can order all vessels within a specified area to report their position, to take part in a search, and to carry out SAR operations as deemed necessary. The master of a vessel is required to comply with these orders insofar as it does not endanger his or her own vessel or personnel. Transport Canada was also directed to help with the search effort.

In addition to the initial assets, a second Hercules aircraft, a Cormorant helicopter, and the Canadian Coast

Guard Ship (CCGS) Pierre Radisson were all part of the search.

Making the search more challenging was a low ceiling and heavy fog that persisted throughout Sunday.

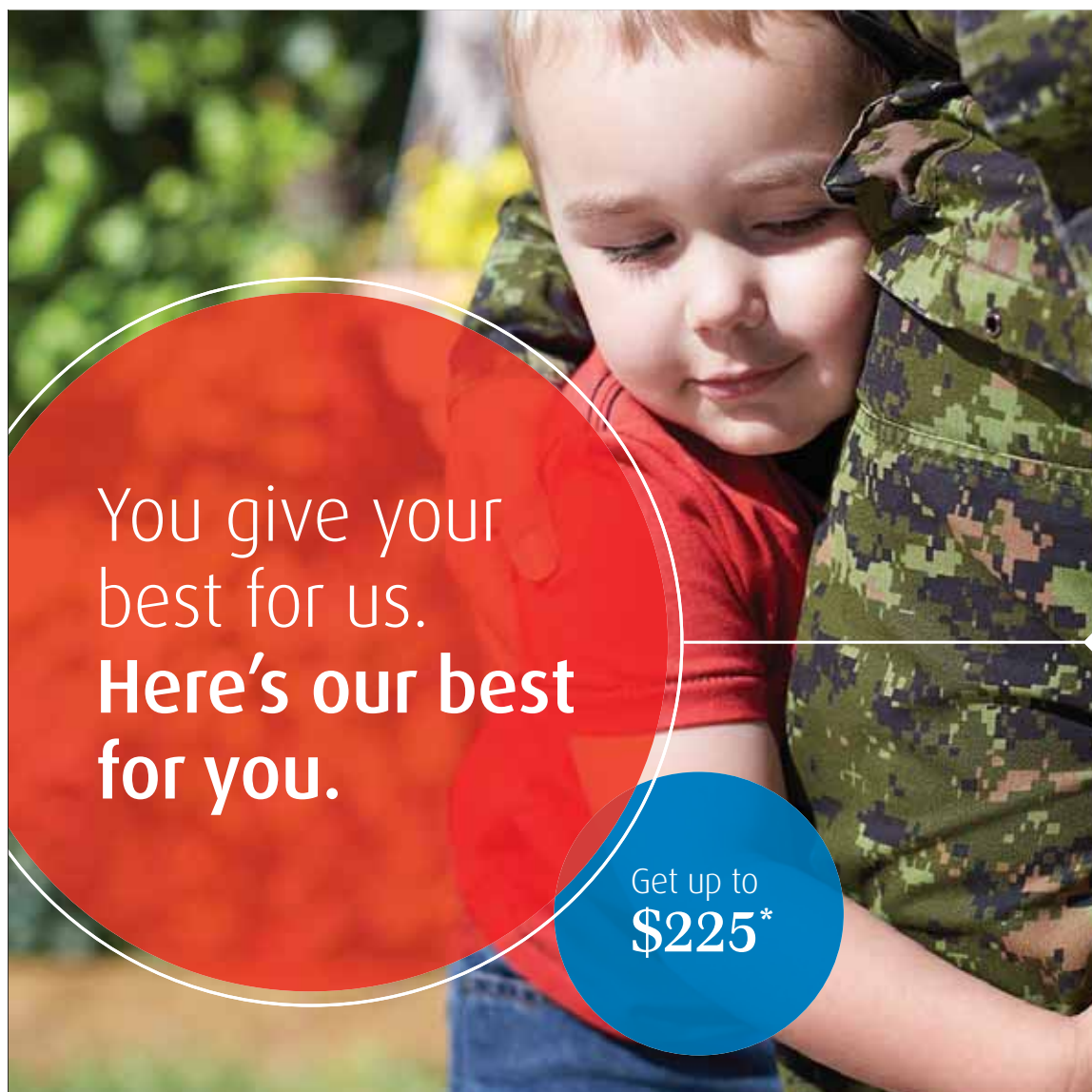
A break in the weather late Sunday night allowed CCGS Radisson to launch their helicopter, which ultimately picked up Ananov when his last flare was seen from the bridge of the ship.

"Four minutes later personnel on board the helicopter located the survivor

on the ice, alive, walking and waving," said Radisson Captain Stéphane Julien. "When they announced the news, cheers erupted all around the bridge."

Ananov arrived in Iqaluit on July 29, happy to return to solid ground.

The CCGS Pierre Radisson has resumed summer patrol and ice breaking duties. The RCAF aircraft and crew that participated in the event have also returned to their home base, ready to react once again.



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# Whitehorse returns from busy summer of sailing

**SLt Kazmierczak**  
HMCS Whitehorse

Following the completion of a four-week search and rescue patrol of the west coast waters, HMCS Whitehorse headed to the 66th annual Seattle Seafair.

Led by USS Boxer, Whitehorse sailed into Seattle in column with HMCS Vancouver and HMCS Brandon as part of the international parade of ships.

The three ships served as Canadian ambassadors while alongside in Seattle, providing daily tours for over 1,000 visitors, shedding light on the Royal Canadian Navy's capabilities, and sharing stories of past joint operational successes with the United States Coast Guard and the United States Navy.

While in Seattle, Vancouver hosted a reception with recently appoint-

ed Commander Third Fleet VAdm Tyson, and Commander of United States Coast Guard D13, Capt Raymond. The Navy League of the United States honoured PO2 McRae as senior sailor of the year, and MS Noa as junior sailor of the year for Whitehorse.

When asked to comment afterwards, PO2 McRae said, "It was an ego-shrinking experience seeing the calibre of sailors I was up

against."

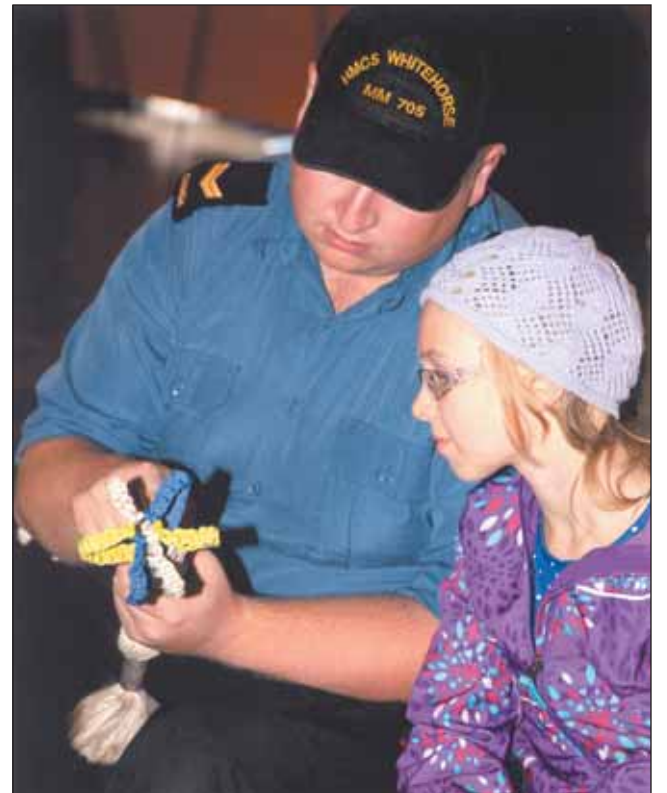
It has been a busy summer for Whitehorse with Seattle Seafair marking the fifth and final community engagement of the summer. The first saw the ship travel to the Portland Rose Festival and then support a training exercise with the United States Navy Seals.

After Portland, Whitehorse set off to support Prince Rupert Seafest where the crew participated in numerous shore-based events and helped to educate the public and bring awareness of the Royal Canadian Navy by providing ship board tours.

While en route to Prince Rupert, Whitehorse rescued the crew of the American yacht Amora Mia when the vessel suffered an engine explosion, and towed the distressed vessel to safety.

The ship then anchored in Powell River to make a contribution to the 75th anniversary of the Liberation of the Netherlands by firing the ceremonial saluting cannon during the 1812 Overture.

Following this, the ship was deployed on the search and rescue (SAR) zone mission for the month of



**Above:** LS Doyle shows a youth some traditional "tiddy" rope work.

**Left:** LS Peters, AB Ternes and LS Doyle with visitors to the ship.



July with a Coast Guard SAR specialist embarked to further enhance the ship's capabilities.

The visit to Seattle marked the final tour for Commanding Officer LCdr Rochon. The ship was turned over to LCdr

Denneny at the change of command ceremony on Aug. 7.

Though his departure marks an end of an era, LCdr Rochon is looking forward to his appointment as the Executive Officer in HMCS Regina.

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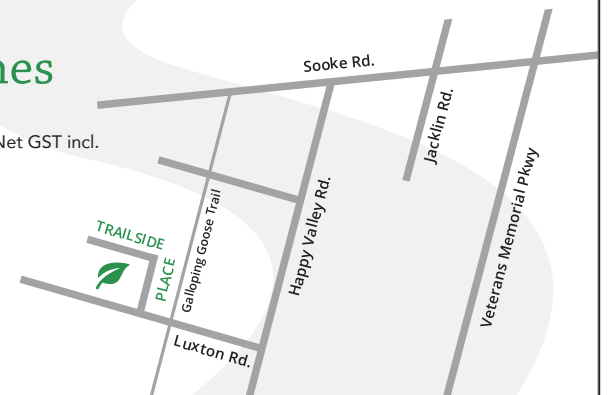


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# Oriole hosts Cops for Cancer -Tour de Rock

**Pater Mallet**  
Staff Writer

A gentle southwesterly breeze was barely enough to fill the sails of *HMCS Oriole* Aug. 1, but that didn't stop guests from charting a course to a memorable day.

The navy's sailing ketch welcomed 16 visitors, a mix of Tour de Rock supporters, junior riders, and members of the Tour de Rock team, for a four-hour cruise of Victoria Harbour and the southern tip of Vancouver Island.

"We were more than happy to support the Tour de Rock because they raise

money for pediatric cancer," said LCdr Mike Wills, *Oriole's* new Captain. "It would have been nice to have a little more wind, but today is not so much about the sailing as it is getting members of the public to connect with the sailors and our Tour de Rock riders."

Guests headed for lunch in the ship's galley at the midway point of their sail. It was easy for them to work up an appetite because they weren't idle passengers. When directed by the Captain, they turned into a makeshift gibling team. Grunts and shouts of "heave-ho" could be heard across the water as they grimaced and strained while furiously pulling on ropes to hoist and lower the ship's sails.

Tour de Rock rider Maj Michael Lemire helped organize the event as part Cops for Cancer - Tour de Rock extensive pub-

lic awareness efforts for the upcoming cross-island cycling expedition.

"We are out here on a beautiful boat, on a beautiful day. There are a lot of positives that have come together to make this event a success," said Maj Lemire as the ship floated past the B.C. Legislature building in Victoria's Inner Harbour.

Maj Lemire, Capt Pam Harris, and LS Rod Carper will join other law enforcement personnel from across Vancouver Island for the 1,100 kilometre cycling marathon from Port Alice to Victoria. The yearly Cops for Cancer - Tour de Rock event raises funds for pediatric cancer research and Camp Goodtimes, a camp for children with cancer and their families.

Each Tour de Rock rider is responsible for raising \$5,000 ahead of the race and Maj Lemire attributes the continuous help of wife Dee-Ann has to the success of his campaign. To date, Maj Lemire has reached 47 per cent of his goal.

"It gives me a feeling of satisfaction," said Dee-Ann.

"We knew coming into this that there was going to be a big time commitment [for fundraising], but the added bonus is the wonderful people you meet along the way."

One of those invited aboard was Tour de Rock junior rider Amelie McLean, a Grade Six student at Queen Margaret's school in Duncan, B.C., who recently won her battle with leukemia. As she watched a fish jump off the starboard side of the boat, she said she was thrilled with the opportunity to sail with the crew of *Oriole*.

"It's really fun, the fresh breeze feels so nice and this ship is beautiful," she said with her mother Jeanette Trevor-McLean and her younger sister Miranda nearby. "It was a lot of work when we helped put up the sails but they [Tour de Rock riders] do so much work for us. It's for a good cause and it's worth it when they are done."

Maj Lemire says the Tour de Rock fundraising efforts are going well and also noted he and his fellow riders are equally pleased with both small and larger donations they receive at fundraising events.

For a full list of the numerous upcoming fundraising events or to donate to the MP's fundraising visit the Tour de Rock website [www.tourderock.ca](http://www.tourderock.ca)

## FUNDRAISING EVENTS

Cops for Cancer – Tour de Rock Upcoming Fundraising Events:

**Weekly Thursday: Tour de Rock Barbecue**

Naden MP Club (next to the Drill Shed) N69

11:30 a.m. to 1 p.m.

For only a minimum \$5 donation get a burger or hotdog, plus chips and a drink.

**Aug. 21**

Golf tournament at Ardmore Golf and Country Club in Sidney, followed by a steak lunch at the Esquimalt Legion

\$45 per Player - 9 Holes Golf , 9 a.m. tee off and lunch and prizes at the Esquimalt Legion at 1 p.m. Join the lunch for only \$16.

For registration and payment contact either the Legion Office - Neil (250-386-7635 - [rclesquimalt@shaw.ca](mailto:rclesquimalt@shaw.ca)) or MP Unit Esquimalt: - LS Carper (250-363-4437 - [rodney.carper@forces.gc.ca](mailto:rodney.carper@forces.gc.ca))

Cut-off registration date for this for event: Monday, Aug. 17.

**Aug. 28**

"Good Times Dance" at the Sooke Community Hall

\$10, doors open at 7:30 p.m. Live band – Phoenix

Tickets on sale at Sooke Shoppers Drug Store and Sooke Peoples Drug Store

**Aug. 29**

Westshore Rebels Football Game "Hero's Night" starting at 3 p.m. at the Westhills Stadium with the 50/50 Draw proceeds going to the Tour de Rock.

There will also be Tour de Rock swag and raffle tickets available. For more information go to [www.westshorerebels.ca/schedule/](http://www.westshorerebels.ca/schedule/)

**Oct. 2**

Tour de Rock Yukon Raffle Draw

1st Prize: Explore Yukon package for 2, \$1,500 value. Includes flight, hotel, train and spa.

2nd Prize: Adrena LINE Zipline Adventure Tours for 2. \$160 value. Includes vouchers for two adult or youth zipline tours.

Tickets: \$10. 2,000 Tickets Printed. BC Gaming Event Licence # 76506. For more info on how to get your raffle tickets, email Capt Pam Harris at [touderockpam@outlook.com](mailto:touderockpam@outlook.com)

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**Right:** LCdr Mike Wills, the newly appointed Commanding Officer, at the wheel of HMCS Oriole.

**Left:** Tour de Rock guests (front) Dee-Ann Lemire and Allison Lemire get a crash course in rigging as HMCS Oriole heads out to the open sea during the Aug. 1 day sail.

**Main image:** LS Gatlin Wunder puts musician Eric Raschig and other guests to work hauling up the gennaker during the Oriole day sail.

Photos by Peter Mallett, Lookout



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# HMCS Star showcased at Golf and Pan Am events

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

Sailors from Hamilton's Naval Reserve Division *HMCS Star* received national recognition at the RBC Open Cup golf tournament in Oakville, ON, July 26.

More than 70,000 people attended the event, and over one million people viewed it on TV.

Taking the role of the Canadian Armed Forces town crier was *Star's* Commanding Officer, LCdr Glenn Woolfrey. He spoke to the crowd and welcomed each player to the final putt, announcing their names as they approached the 18th green.

At the final hole were two *Star* members serving as Flag Orderlies.

"Holding the Canadian flag on the 18th hole was truly a tremendous experience," said Master Seaman Nancy Bunting. "Each golfer went out of their way to thank me for my service, while I was congratulating each of them on their golf game. The best part of

the whole day was when I was right on the side of the green watching Jason Day's winning putt. Nobody had a better spot than I."

Sailors also shared a booth with the Support our Troops foundation who sold hats, shirts, and memorabilia.

As CAF members went to prepare the Canadian Flag for the trophy ceremony, they walked along the pathway between the spectators and the 18th green. There was a wave of cheers and applause that sailors initially attributed to the golfers teeing off at the 18th hole. It took a moment for them to realize the applause and cheering were for them.

### The Pan Am Games Waterfront Cultural Showcase

That same day, sailors from *Star* attended The Pan Am Waterfront Cultural Showcase, a two-day event in the City of Hamilton.

*Star's* Band kicked off the event with a performance of the National Anthem. The event culminated in a spectacular fireworks show complimented by music

from the National Academy Orchestra.

"Being a sailor is like playing sports, in that it is one of the few passions that everyone can appreciate," said PO2 Kelly Mills. "Navy life and sports share common traits. Each allots valuable time spent with family, friends and colleagues. Each reminds us about staying the course, playing inside the rules, and working well with others. Moreover, each mandates the need to reach inside for the willpower to succeed."

This year's Pan Am Games hosted 6,132 athletes from 41 countries representing 36 sports marking the largest multi-sport event hosted in Canada. In terms of athletes competing, a record 45 per cent of competitors were women, the most ever for any multi-sport event.

Both venues were an opportunity for *HMCS Star* sailors to meet and greet Canadians as public ambassadors, answer questions from the curious, and exchange "salty dips" about navy life to potential sailors.



MS Nancy Bunting and David Hearn show camaraderie on the course during the Golf Canada 2015 RBC Canadian Open July 26 in Oakville, Ontario.

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# Cadets return for summer training

**Capt Angela Sargent**  
RCSU(P)

When a new wave of cadets arrived at Albert Head Cadet Training Centre in July, one group exited the bus in excited chatter.

They took in the familiar sights and sounds and greeted friends not seen since last year. These were returning cadets coming back to the Cadet Training Centre for specialized training in a chosen subject.

They have grown in confidence since last year and are now taking on courses ranging from survival

to military band. Courses include the elements of citizenship, leadership and physical fitness woven through classes in specialized topics.

Returning cadets are on familiar ground.

“My sister told me to do the basic survival course and it is pretty fun,” says Cadet Lilian Yuen. “I have done general training and basic aviation and loved it, but I wanted something different. It is not what I expected, there is less sitting in the dirt and more learning interesting things. I am more able to learn this now than I would have

been two years ago.”

Cadets seem to agree that when they look back on themselves as general training course cadets they felt less mature, less confident and less able to complete the tasks that now come easily.

“I am so much more mature than I was on the general training course,” says Cadet Julduyz Jumataeva. “It is great to meet old friends again that I have not seen since last year and to make new friends. I feel that I am learning really important stuff. We always need to look back to see how far we have come.”



**Above:** Left to right, cadets Lilian Yuen, Aman Soheili and Juidyz Jumataeva enjoy Basic Survival training at Albert Head Cadet Training Centre.

**Top image:** Cadet Chianne Ellis from Dawson Creek, B.C., works on an improvised shelter during the three-week Basic Survival Course.

Photo by Captain Jacqueline Zweng



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LS Calvin Langager, who was awarded Canadian Fleet Pacific Sailor of the Quarter.

## Sailor of the Quarter

Bravo Zulu to Leading Seaman Calvin Langager who was awarded Canadian Fleet Pacific Sailor of the Quarter.

LS Langager is the most recent sailor to receive this award and esteemed title, which is given in recognition of his outstanding achievement and success as a junior non-commissioned member in a fleet unit.

Robust leadership, steadfast dedication, and exceptional performance are just a few of LS Langager's attributes. Over the past quarter, while a member of the Patrol Craft Training Unit (PCTU), LS Langager co-ordinated and led complex training exercises, oversaw key maintenance of the Orca class vessels,

and spread his wealth of knowledge throughout the Deck Department.

He is also a strong proponent of physical fitness. LS Langager not only volunteered as coordinator for PCTU's participation in this year's Navy 5km and 10km run, but also achieved one of the fastest times in the unit.

Outside of the navy, LS Langager's commitment to duty is no different. He serves his community passionately, and continues to volunteer as an assistant coach with the Triangle Mountain Novice Red Rockets baseball team.

# Canadian Army Reservist earns top shot at international shooting competition

DND

Sergeant Tatyana Danylyshyn, from The Canadian Scottish Regiment (Princess Mary's) in Victoria, B.C., earned the top shot honour at the annual Bisley shooting competition held in Bisley, United Kingdom, from June 21 to July 1.

Sgt Danylyshyn competed in two of the three weapons categories: service rifle and service pistol. Her top shot placing was in the service rifle category of the Army Reserve Operational Shooting Concentration.

This was her third time competing in the shooting competition held at the Primary Training Centre Pirbright in Bisley. She placed second in both her previous appearances.

She was one of 20 Canadian Armed Forces (CAF) members (10 Regular and 10 Reserve Force) who participated in the competition.

"It was an honour to be selected to represent Canada at such a prestigious event, and a real privilege to be able to shoot with and against some of the best shooters from vari-

ous nations in the world. I am grateful for the skills learned and honed through the Canadian Army," she said.

Participating in shooting competitions gives Canadian soldiers the opportunity to train and test their combat readiness. This training platform also allows CAF members to share knowledge and best practices of small arms training with other participating nations.

This event was her third international competition this year. She will also represent 3rd Canadian

Division at the Canadian Armed Forces Small Arms Concentration (CAFSAC) at the Connaught Ranges in Ottawa this September.

The Canadians competed against more than 700 military shooters from around the world. The Canadian contingent was extremely successful, placing in the top three of nearly all matches entered.

The Canadian Armed Forces Combat Shooting Team to Bisley is selected from the winning scores at the CAFSAC held the previous year at the Connaught Ranges in Ottawa.

## Regular Force Marine Engineer Certificate 2K first for the RCN

**CPO2 Richard Bungay**  
HMCS Shawinigan Chief Engineer

LS Allan Petrie recently reached a significant milestone for his career and for the Marine Engineer trade when he became the first Regular Force Marine Engineer to achieve his Certification 2K (Kingston Class) in the Royal Canadian Navy.

Members are selected after completing their QL5 technician's course. It involves a four-week simulator phase in CF Fleet School (Quebec) and a six-month on-the-job training period on a Kingston Class ship. The Cert 2K is in keeping with the "One Navy" direction where the Kingston Class is now manned under a 60/40 Reserve - Regular Force split.

LS Petrie, a native of Sydney, Cape Breton, volunteered to sail in HMCS Shawinigan and qualified after just four months of his six-month on-the-job training time limit.

When asked what he thought about sailing in the class, LS Petrie said, "I found it an excellent way to gain the Diesel Electric experience to prepare me for the new Harry DeWolf Class Arctic Offshore Patrol Ships, which I hope to be eventually selected for. I recommended this for any Mar Eng who wants a change and wishes to learn new skills."

LS Allan Petrie is the first Regular Force Marine Engineer to achieve his Cert 2K (Kingston Class) in the RCN. He qualified after only four months of the six-month on-the-job training time limit.



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