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RIMPAC 2016

Photo by LS Jefren Liu, HMCS Yellowknife

Ordinary Seaman Seunghee Ryu keeps a smile on her face while serving dinner during Mine Warfare Ultra Quiet State exercises onboard HMCS Yellowknife just before RIMPAC 16 concluded. See more on page 11.

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PAGE 20

TAKE OUR SURVEY!

Unfamiliar world opens to youth of Big Brothers and Big Sisters



Peter Mallett
Staff Writer

Two children and their mentors from Big Brothers Big Sisters of Victoria got an up-close look at the Royal Canadian Navy (RCN) with a tour of Dockyard on the morning of July 29.

The group started their visit by meeting personnel from Esquimalt's Fire and Rescue Services and the Military Police Unit, where the children tried on fire-fighting gear and were permitted to sound the sirens and horns in a police cruiser, and the hook and ladder truck.

They then moved on for a tour of the RCN's submarine *HMCS Victoria* and participated in an escape-training drill.

Finally, the group boarded *HMCS Regina* for a tour of the bridge and Captain's Quarters of the Halifax-class frigate where they were each presented a souvenir RCN baseball hat.

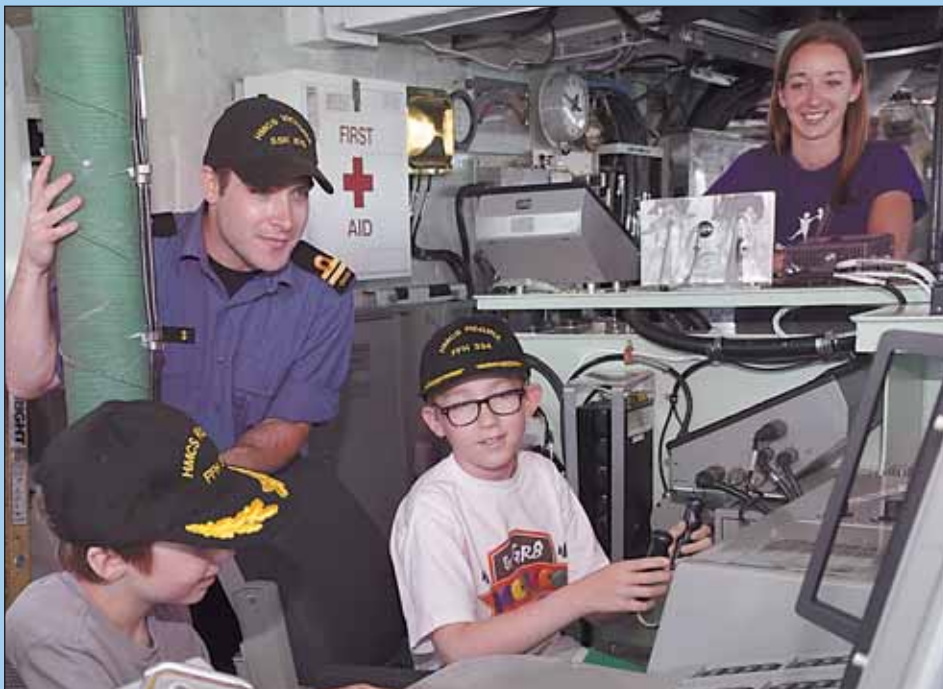
Their day concluded with lunch in the Submarine Shore Office cafeteria where MS Devin Maxwell, a Naval Communicator in *Victoria*, presented Big Brothers Big Sisters Victoria a \$500 cheque from the submarine's charitable fund.

MS Maxwell facilitated the outreach and said he got the idea for the tour after he and his girlfriend drove past the charitable organization's headquarters.

"I knew how much I enjoyed field trips when I was a kid and thought a tour of the base would be a great thing for Big Brothers Big Sisters," said MS Maxwell. "I know they had a blast and were smiling ear-to-ear the entire time because it gave them a chance to come to Dockyard and see things they normally wouldn't have a chance to see."

Big Brothers Big Sisters of Canada currently matches over 42,000 children with adult mentors or mentoring programs in an effort to build life-changing relationships built on friendship, trust and empowerment.

Firefighter Alex Donald helps Raphael and Michael Gravel from Big Brothers and Big Sisters dress in firefighting gear during a tour of Canadian Forces Base Esquimalt July 29.



Lieutenant (Navy) Higgins shows Raphael and Michael the helm and throttle controls on HMCS Regina.



Photos by Cpl Stuart MacNeil, MARPAC Imaging Services
The group from Big Brothers and Big Sisters receive a tour of HMCS Victoria.

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Photo by LS Ogle Henry, MARPAC Imaging Services

Vice Admiral (Retired) Gary Garnett was presented a long lost cup from his former command, HMCS Kootenay by Lieutenant (N) Malorie Aubrey, Aide-de-Camp to the Commander Maritime Forces Pacific/Joint Task Force (Pacific) during the recent Change of Command Ceremony on July 22.

Retired Admiral's lost mug dredged from harbour after nearly 30 years

Sonya Chwyl
MARPAC PA Office

If you've spent time at Canadian Forces Base Esquimalt in the last two months, you may have noticed dredging underway in the harbour by A and B Jetties.

It's all part of the Esquimalt Harbour Remediation Project, which aims to remove contaminated sediment from the area and improve the harbour for sailors and marine life alike.

But it's not just sediment that has been brought to the surface – so far, hundreds of man-made artifacts have been recovered including lighters, keys, dishware and identification cards from as

far back as 1955.

While most of the items can't be traced back to their origins, at least one has found its way back to its owner.

At the recent Maritime Forces Pacific Change of Command ceremony, Rear-Admiral Couturier presented Vice-Admiral (Retired) Gary Garnett with a coffee mug that belonged to him almost 30 years ago.

VAdm (Ret'd) Garnett's name, along with the name of his squadron and ship, is still visible on the worn plastic coffee mug that was pulled from the harbour.

From August 1986 to July 1988 VAdm (Ret'd) Garnett was Commander of the Second Canadian Destroyer Squadron. He says that's

when the mug must have found its way overboard.

"It was somewhat worse for the wear, like myself," said VAdm (Ret'd) Garnett, who is recovering from recent surgery.

And while VAdm (Ret'd) Garnett may not have plans to use the souvenir to hold coffee anytime soon, he says it will find a good home in his office amongst his other military memorabilia.

Currently, a team of archeologists is cataloguing the artifacts pulled from the harbour and reviewing each item for significance. Photos and descriptions of the items are being sent to the CFB Esquimalt Military Museum, who will decide if they want to add the items to their collection.

Anything not claimed by the museum will be sent for recycling or disposal at the end of the project.

For nearly 150 years, Esquimalt Harbour has been a hub of naval and industrial operations. While these activities have become more environmentally friendly over the years, previous practices contributed to the contamination of some areas of the harbour seabed.

The Esquimalt Harbour Remediation project is the Royal Canadian Navy's ongoing effort to address this issue by reducing the exposure of marine life to contaminated sediments and providing a diverse habitat for marine communities.

Attention youth - the PM wants you

DND

Are you between the ages of 16 and 24? Do you want to engage with the Prime Minister and other young people from across the country to shape Canada?

Justin Trudeau, Canada's Minister of Youth, has launched the very first Prime Minister's Youth Council. Approximately 30 youth from across Canada will meet directly with the Prime Minister to provide non-partisan advice on national issues such as employment, access to education, building stronger communities, cli-

mate and clean growth, and many others.

Now is your chance to have your voice heard.

If you want the Prime Minister to listen to what you have to say on any or all of these issues, apply to become a member of the Prime Minister's Youth Council. The Prime Minister is looking for youth engaged in their communities, as well as those who have not yet had the opportunity to do so, representing the diversity of Canada.

Because everyone's perspective is unique and valuable, every young per-

son who puts him or herself forward will be considered.

It only takes 30 minutes of your time to have a chance at representing Canadian youth from coast to coast to coast.

Through the same application or through the "Stay Connected" link, you can also sign up for additional opportunities to engage with the Government of Canada on a variety of issues, even if you are not applying for the Prime Minister's Youth Council at this time.

Head to canada.ca/youth to learn more and submit your application.

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Adventure training goes to new heights

MCpl Denis Byrne

Canadian Scottish Regiment

One day after Canada Day three soldiers from the Canadian Scottish Regiment, and a volunteer firefighter from Langford Fire department, stood atop Mt Baker, Washington, and gazed across the landscape.

In 27 hours they had climbed 3,286 metres (10,781 feet) on one of the most heavily glaciated of the Cascade Range volcanoes. Mt Baker, located in the Cascade Mountain range, was formed by massive tectonic plate movements and upheavals deep in the Earth's crust. It is covered in snow and ice all year. It is the third highest mountain in Washington State and the fifth highest in the Cascade Range.

The Summit Team was led by myself, MCpl Denis Byrne, 53. I am a mountaineering enthusiast and have climbed for over 20 years, with two other successful ascents of Mt Baker, and two of Mt Rainier. I have also scaled Mt Kilimanjaro in East Africa, and have made an attempt on Mt Denali (formerly Mt McKinley) in 2006.

Accompanying me were Cpl Erik Carveth, 23, a strong lead technical rock climber and mountaineer who climbs locally. He has summited many Vancouver Island peaks, notably Kings Peak at 2,065m (6,775 ft). The third Canadian Scottish Regiment soldier was Pte Geoff Baldwin, 23, who has some technical rock climbing skills and general mountaineering.

The final member of the team was Seth Goodwin, 23, a vol-



unteer firefighter with the City of Langford. He is a recreational climber and is trained in rope rescue. He is also a primary care Paramedic.

We arrived at the 5,000 foot base camp on June 30 after traveling from Victoria. For 24 hours we practiced self-arrest and crevasse rescue drills, something we had trained for in Squamish two weeks earlier with Sgt (Ret'd) Jason Budd.

The summit did not come easily. We departed base camp at 1 a.m. on July 2 and climbed throughout the night with headlamps illuminating the route. As we approached the Roman Wall, the 1,500 ft 40 degree crux of the route, hydration at altitude became a pressing issue. Even though it was getting late in the day, we were determined to get to the summit as the weather window was favourable.

At 1:30 p.m. we took our last step to the top. After a few photos and ear to ear grins, we turned our back to the vista and headed down to the Roman Wall. Accompanying us was a two-person team with guide experience, offering support that was gladly accepted.



Canadian Scottish Regiment (Princess Mary's) Summit team at the top of Mt Baker: Pte Geoff Baldwin, Cpl Erik Carveth, MCpl Denis Byrne and Seth Goodwin from the Langford Fire Department.

We were careful on the descent and used technical mountaineering skills to go down the steep 1,000 ft pitch called the Weeping Wall. At 3:30 p.m. on July 3 we arrived safely to base camp, exhausted.

The Canadian Scottish Regiment like a few other units has good adventure training programs for their soldiers including moun-

taineeering and watersports. Major Eaton, the Deputy Commanding Officer of the unit recently summited Pico De Orizaba, North America's third highest peak, Mt Arrowsmith and the Black Tusk, all within the last six months.

Mountaineering builds team work and warfighting skills, and when executed correctly gives sol-

diers, sailors and aviators an experience they will never forget.

I plan on trekking to Everest Base Camp in 2017, and climbing Imja Tse (Island Peak) at 6,189m ASL (20,305ft) in honour of Sgt Mark Salesse, a search and rescue technician who was killed in an avalanche during a climbing training mission in February 2015.



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Soldier heads east to take posting as Aboriginal Advisor



Sgt Moogly Tetrault-Hamel brings the Canadian Armed Forces Eagle Staff ashore during a ceremony on Esquimalt Nations territory, Aug. 19, 2015.

Photo by Peter Mallett, Lookout

Peter Mallett
Staff Writer

Throughout his 15-year military career, Sgt Moogly Tetrault-Hamel has helped strengthen ties and build a greater understanding of Aboriginal issues for Canadian Armed Forces and DND personnel at CFB Esquimalt.

Now he's headed to the Nation's Capital to take the role of Aboriginal Advisor, helping establish proper guidance and direction in regards to Aboriginal spirituality.

In this new role, the Abenaki First Nations soldier from 39 Canadian Brigade Group will share his cultural knowledge on a national level so chaplain services can better serve Aboriginal personnel.

Since much of Aboriginal cultural knowledge comes from oral teachings and personal experiences, Sgt Tetrault-Hamel says he

has the tools to build that greater understanding.

"This acknowledgment is a huge step forward for all of our Indigenous cultural backgrounds. Aboriginal Canadians, Metis, First Nations and Inuit have wide ranges of Indigenous ways, and I hope to entitle our ways with proper support."

At CFB Esquimalt, he served on the Defence Aboriginal Advisory Group (DAAG) as the Regional Military Co-Chair for British Columbia. DAAG advises military leadership on significant issues and trends affecting the role and quality of life of Aboriginal people serving in DND and the Canadian Armed Forces.

His involvement in DAAG began when he

first joined the CAF as a supply technician in 2001. Subsequently he became involved with the Raven Program in 2003 and was DAAG Regional Military Chair for Alberta between 2010 and 2013, before taking on a similar position in British Columbia in 2013.

"Following his years of outstanding support to the MARPAC DAAG, Sgt Tetrault-Hamel's appointment as the Aboriginal Advisor to the Royal Canadian Chaplain Service is richly deserved," said Base Commander, Capt(N) Steve Waddell. "I know he will continue to bring forward the same level of cultural teachings, awareness and passion that we benefited from at MARPAC. Bravo Zulu."

Some of his priorities at the new post are a review of policies and manuals to better include aspects of Aboriginal spiritual support; the creation of more complete National Elders contact list; helping move the CAF towards expanding and improving existing multi-faith centres to support Aboriginal religiosity and spirituality; and improving training of Chaplains on Aboriginal cultural awareness.

"To fill this humbling position is not the end of the journey but the beginning," said Sgt Tetrault-Hamel. "I will have the greatest honour to truly make a difference for our Aboriginal soldiers who practice our Indigenous ways."

In this new role Sgt Moogly Tetrault-Hamel, the Abenaki First Nations soldier from 39 Canadian Brigade Group, will share his cultural knowledge on a national level.

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Petty Officer Second Class Jason Auer in the kitchen at Albert Head Cadet Training Centre where he oversees feeding almost a 1,000 cadets this summer.

Feeding cadets, both body and mind

Capt Angela Sargent AHCTC

A bunch of 12 year olds discussing Pokémon Live over dinner is a far cry from a ship's galley; well, maybe there are some similarities.

This summer, Petty Officer Second Class Jason Auer, base foods resource manager from CFB Esquimalt, has moved into the cadet world to oversee the feeding of almost 1,000 cadets at Albert Head Cadet Training Centre in Metchosin.

His is tasked with ensuring the hired food service contractors follow DND standards when it comes to meal preparation and nutrition. Judging by the line-up at the salad bar, and the discussion by cadets on the relative merits of spinach salad and chick pea salad, the topic of nutrition is just as important

to many teenagers.

Three meals a day are prepared by private contractors who have been providing food services at Albert Head for many years.

This year the recycling program includes a compost bin for food scraps, which is not very full at the end of a meal, offering a tribute to the success of the kitchen staff.

At any one time there are 600 people a day to feed and that means a lot of food. For example, every month the training centre kitchen goes through 4,000 pounds of carrots, 7,200 chicken breasts, and 42,000 eggs.

Having provided food services on a ship, PO2 Auer has adjusted to the different circumstances.

"The lunchboxes are the big difference," he says. "On board ship no one asks for a lunch to go."

The other big difference is daily delivery of foods at Albert Head, which means that unlike an ocean bound ship, fresh salads are available all the time.

Cadet life is familiar to PO2 Auer. He was a Sea Cadet in his youth, but he has noticed some changes for the better. He feels cadets are now treated with more respect and as a result are more comfortable around adults in uniform.

"I love to get out and about. One day a staff cadet was struggling to teach drill," recalls PO2 Auer. "I jumped in to help out and make sure drill was up to standard. They were startled by how loud I was at first, and then they realized I was shouting to be clear, not yelling. Now I notice the volume of drill commands given by staff cadets has gone up."

Court martial system under review

DND

The Judge Advocate General (JAG), Major-General Blaise Cathcart, has launched a comprehensive review of the Canadian Armed Forces' (CAF) court martial system.

The purpose of the review is to conduct a legal analysis and legal policy analysis of the CAF's court martial system, and develop and analyze options to enhance its effectiveness, efficiency, and legitimacy.

Identified as one of the JAG's initiatives in the coming year, the comprehensive review is outlined in the recently released 2015 - 2016 Annual Report of the Judge Advocate General and is to be completed by July 14, 2017.

The comprehensive review of the court

martial system represents an integral means through which the JAG, as part of his mandate, can fulfill his responsibilities under the National Defence Act (NDA) for the superintendence and the conduct of regular reviews of the administration of military justice.

Over the course of the next year, the Office of the JAG team leading the review will engage in consultations with people from across Canada and internationally. These consultations will offer an opportunity for groups such as the Canadian public, foreign subject matter experts, other government departments, and members of the CAF to engage with military justice issues and provide input into the review of the court martial system.

Tritons suffer semi-final loss at CAF ball hockey nationals

Peter Mallett
Staff Writer

They had dreams of a Canadian Armed Forces National Ball Hockey Championship title, but instead the base team earned a third place finish following a semi-final loss to the tournament's eventual champion.

Esquimalt Tritons player-coach MS John Helpard said prior to the tournament, held July 24 to 28 at Camp Borden, he was convinced his team had a legitimate shot at winning it all.

Their cup dream continued to snowball when they won two of four games in round robin play, including a 2-1 win over the Prairies, a 4-1 win over Ontario. The optimism was also buoyed by a late-game comeback attempt, but eventual 5-4 loss to the tournament champions Quebec.

Their great expectations were also reinforced by outscoring their opponents

from Comox by a combined score of 15-0 over two games in Regional Qualifying action on June 20 and 21, along with their recent first place finish and championship in the local men's recreational Victoria Ball Hockey League (VBHL).

"We were convinced we had the right players and chemistry to be successful this year, but the bounces just didn't go our way in the semi-final, and Quebec seemed to make the most of all of their chances," said MS Helpard.

MS Helpard congratulated Quebec on their 5-1 semi-final victory and their 4-2 win over the Atlantic Region in the championship game. He said the mood on the Pacific team remained upbeat despite their elimination.

"I know everyone on our team feels fortunate to have achieved the success we did, and were happy to compete against some of the best Canadian Armed

Forces athletes from across the country," he said.

MS Helpard said the involvement of former coach CPO2 (Ret'd) Darren Fogarty was essential to the team's success. Fogarty coached the Tritons eight seasons ago when MS Helpard first joined the Tritons. He works at Fleet Maintenance Facility and agreed to make the trip to Ontario and take over coaching duties behind the bench at MS Helpard's request, allowing the sailor to focus on playing forward.

Forward SLt Braden Casper, HMCS Ottawa, earned tournament MVP honours for the Tritons while Cpl Marc Gagnon, 443 MH Squadron, also a forward earned most improved player honours for the Tritons. MS Helpard also credited the goaltending duo of CPO2 Ken Simoneau, Fleet School, and CPO2 Randy Collens to the team's success throughout the tournament.

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RAdm Couturier reflects on a year at MARPAC



Photo by LS Ogle Henry, MARPAC Imaging Services

Rear Admiral Gilles Couturier, outgoing Commander of Maritime Forces Pacific/ Joint Task Forces (Pacific), is presented his Command Pennant from Master Seaman Daniel Clarke, Formation Master Seaman, and Chief Petty Officer First Class Mike Feltham, Formation Chief Petty Officer during the Change of Command Ceremony July 22.

Peter Mallett
Staff Writer

Following the relinquishing of Maritime Forces Pacific (MARPAAC) command to Rear-Admiral Art McDonald, Rear-Admiral Gilles Couturier then set his sights on moving East.

The 52-year-old native of Sept-Îles, Quebec, loaded up the family car and begun the cross-country journey with his wife, Sylvie, to the Nation's Capital to assume the

role of Deputy Commander of the Royal Canadian Navy.

When he boarded the ferry for the mainland there was some sadness he said, but more importantly pride and sense of achievement for him and the entire MARPAC team dominated his thoughts.

"It is hard saying goodbye; that's because the Royal Canadian Navy is all about people. From the military to the civilian folks, I have been so impressed with all of you and will miss you."

As Deputy Commander RCN, he will tackle the day-to-day operations of the navy including managing resources and people, with the overarching goal of getting the fleets to sea.

Highlights during his one year term

While he doesn't take credit for the many successes of the MARPAC team during his short term as Commander, he is quick to list them:

- The role of HMCS Saskatoon and HMCS Edmonton on Operation Caribbe, part of Canada's commitment to an international effort to thwart the flow of illicit narcotics in the Caribbean and Pacific Ocean;
- our pivotal role in the ongoing Rim of the Pacific Exercise (RIMPAC), the world's largest international maritime exercise;
- the redesign of the RCN training system, including the creation of Campus Pacific involving the reconfiguration of Fleet School Esquimalt and Naval Officer Training Centre VENTURE; and
- the on-time and on-budget completion of the Halifax-Class Modernization Frigate Life Extension Project.

On the fun side

Some of his most enjoyable moments have been on the Wurtele arena ice as a member of the Esquimalt Tritons Old Timers Hockey team, and playing against the Vancouver Canucks Alumni in a Heroes Hockey 2016 exhibition game at Colwood's Q-Centre last February.

Throughout his military career, the former youth hockey prospect and front office intern for the National Hockey League has never strayed far from the rink.

"Sometimes when I would take my helmet and cage off at the end of the game some people would say 'wow that is the Rear-Admiral.' But really there are no ranks on the ice."

Still to tackle

One issue he will bring with him to Ottawa is the shortage of skilled workers, both the military and civilian side of operations.

"We need more qualified personnel, the right people in the right jobs. On the military side I'm talking about the sailors on the ships that go to sea. Right now during RIMPAC operations there are shortages of engineering and combat personnel."

On the civilian side, he said Fleet Maintenance Facility is enduring ongoing staffing challenges related to the speed at which security checks and vetting of applicants is processed.

"There are some good folks who want to come and work for the Department of National Defence but we need them right now and not six or eight months from now. I am going to take that message back to Ottawa and keep pushing to make the right decisions to quicken the process."

It is hard saying goodbye; that's because the Royal Canadian Navy is all about people.

Rear-Admiral Gilles Couturier



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Friday	1400-1430	Group Classroom Session	NAC Classroom
Friday	1430-1530	Group Exercise Session	NAC Lower Gym

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Canadian Armed Forces successfully complete RIMPAC 2016

DND

The Canadian Armed Forces successfully completed Exercise Rim of the Pacific (RIMPAC) last Thursday.

Close to 1,500 Canadian sailors, soldiers and airmen and airwomen successfully used Royal Canadian Navy vessels, Royal Canadian Air Force aircraft and Canadian Army equipment to integrate with 25,000 military personnel from 25 other nations.

Underscoring the RIMPAC 2016 theme of “capable, adaptive partners”, the Canadian Armed Forces demonstrated the flexibility of its maritime, land and air forces to meet regional and global challenges for mutual benefit.



Photo by MCpl Mathieu Gaudreault, Canadian Forces Combat Camera)

CC-130J Hercules pilots from 436 Transport Squadron, 8 Wing Trenton, fly over Kauai, Hawaii, to respond to a simulated mass casualty scenario during RIMPAC 16.



Photo by AB Paul Beamish, HMCS Yellowknife

Lieutenant (Navy) Devin McCormick, Deck Officer on board HMCS Yellowknife, takes a bearing of HMCS Saskatoon during a towing exercise July 9 off the coast of Southern California, USA.



Photo by MCpl Mathieu Gaudreault, CF Combat Camera
A Canadian Armed Forces Explosive Ordnance Disposal member gets dressed in a bomb suit for a vehicle borne improvised explosive device scenario during RIMPAC 16 at K bay, “Boondocker” range, Wahiawa, Hawaii, USA, July 29.

Quick Facts

- Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel participated in this year’s RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California.
- RIMPAC is the world’s largest international maritime exercise. It provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s oceans.
- RIMPAC 2016 is the 25th exercise in the series that began in 1971. It is held every two years, led by Commander, U.S. Pacific Fleet and executed by Commander, U.S. 3rd Fleet.
- The Royal Canadian Navy participated in a wide scope of training scenarios such as anti-submarine warfare, maritime interdiction operations, mine sweeping and neutralization, command and control and communication operations, ship manoeuvring, standard naval drills, including firefighting, man overboard exercises, weapons firings, and sea combat. Other examples include replenishments at sea, anti-submarine warfare, submarine operations, and multi-national communications.
- The Canadian Army was part of an amphibious force integrated with the United States Marines and Chilean Army in Southern California. Multinational training events included complex live fire ranges, fast roping, aviation drills for a variety of airframes, helocasting, Modular Amphibious Egress Training, as well as participating in a non-combatant evacuation operation.
- The Royal Canadian Air Force deployed one of its largest ever Air Task Forces, integrating all detachments to participate in training scenarios in maritime patrol, Humanitarian Disaster Relief Assistance, fighters, and coalition air-to-air refueling. Over the course of RIMPAC the RCAF conducted anti-submarine warfare operations, offensive and defensive air-to-air tactics, deck landing and joint and collective army training with the US Marine Corps in southern California, and live missile shoots including participation in the SINKEX – a targeting and live firing exercise to sink a decommissioned ship.

Tritons shortstop announces world softball play

Peter Mallett
Staff Writer

LS Josée Cholette normally spends her spare time patrolling the 90 feet of dirt between second and third base, but recently she presided over a different spot at the ballpark.

This time the shortstop for the Esquimalt Triton women's slo-pitch team had a bird's-eye view of the field after earning starter's role as a French-language public address announcer for three days at the Women's World Softball Championships.

She was the voice behind the microphone for opening day festivities on July 15, and then again on July 23 and 24, announcing team lineups, batters and final scores and statistics to the crowd and closing ceremonies at Surrey's Softball City Sports and Entertainment Complex.

It was her first experience working as a support staff member at a major international sporting event and one which she says she thoroughly enjoyed.

"I was initially a little nervous and had some butterflies because I had never been in front of a microphone, but then I realized just like on the field, it's all about teamwork in the press box," she says. "After my initial first-inning jitters I gradually began to feel more comfortable because I know baseball, and the important information that is necessary to convey to the crowd. I think I did a good job."

LS Cholette, 45, grew up in suburban Montreal and said one of her most emotional moments during the tournament was announcing the lineups for France's national team in their opening game against Venezuela and the universally heart-felt moment of silence prior to the opening ceremony. That's because France's game occurred less than 24 hours after the terrorist attack in Nice that killed 84 people, and LS Cholette noted at least three or four members of the team hailed from the picturesque southern seaside town.

"It was an extremely sad moment and difficult time for them, but I heard from

Softball Canada's Committee that their friends and family were safe," said LS Cholette.

She also won't forget some happier moments such as when the New Zealand's team stepped forward and donated proper baseball cleats to Kenya's first-ever team at the softball worlds, which until that point had been wearing flat-soled running shoes.

Another highlight was announcing the United States' gold-medal victory over Japan.

After the final day action LS Cholette said she was excited to meet with the players from Japan and the United States

following the gold medal match along with members of Canada's team, which won the tournament's bronze medal.

LS Cholette extended her thanks to commanding officer, Lt(N) William Boulet for allowing her release to participate in the tournament, and event organizers for their outstanding support and instruction.

Officials from Softball Canada have already discussed the possibility of LS Cholette assuming the same duties at next year's Canada Cup international softball tournament in Surrey, an offer which she says she is very interested in pursuing.



After my initial first-inning jitters I gradually began to feel more comfortable because I know baseball, and the important information that is necessary to convey to the crowd. I think I did a good job.

LS Josée Cholette
Announcer



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Winnipeg hosts families on day sail

Lt Christopher House HMCS Winnipeg

In spite of heavy fog restricting visibility along the coastline, friends and family of *HMCS Winnipeg* crew were given the opportunity to come aboard July 8 and experience first-hand what their loved ones do day-to-day while at sea.

This event, coming at the tail end of a short, four-day sail, allowed over 200 guests to see life aboard an HMC Ship.

There were several activities, including tours of the

ship, displays from the Boarding Party and Ship's Team Divers, high speed manoeuvres, a man overboard exercise, and lunch with the crew in one of the ship's three messes.

The fog in the harbour may have reduced visibility for the ship's watchkeepers, but it wasn't hard to see the excitement and pride present on the face of every person welcomed aboard that day.

"We wouldn't be able to do what we do if it weren't for the support provided by the crew's family and

friends," said Commander Jeff Hutchinson, *Winnipeg's* Commanding Officer. "I've found it challenging to describe what we do when we go to sea; so to have this short opportunity to show parts of what it's like, it's incredibly important. With a better understanding, the bond between the sailor and their family is strengthened. Strong families make strong sailors and strong sailors are the backbone of the RCN."

HMC Ships take great pride in showing Canadians what life at sea is like. Earlier this year in May,

guests from their namesake city were invited aboard *HMCS Calgary* for a day of sailing as part of their "Operation C-Cowboy." Later, *Winnipeg* welcomed thousands aboard for tours as part of West Shore Navy Day in Colwood on June 11.

As the summer moves on and *Winnipeg* continues preparations for work-ups in the fall and eventual deployment in the New Year, it is important to take opportunities such as these to open the eyes of the public to what goes on aboard the ships of the RCN.



Commanding Officer, Cdr Jeff Hutchinson presents CPO2 Daniel Simister with his new rank.



Executive Officer, LCdr Landon Creasy joins in the fun with a family member of Lt(N) Gleb Makarenko.

Dockyard workers take to the sea

MS Stephan Girard FMF Cape Breton

A group of Fleet Maintenance Facility (FMF CB) Cape Breton civilian apprentices and military escorts were also given an opportunity to participate in a family and friends day sail onboard *HMCS Winnipeg*.

This event provided a glimpse into the daily life of sailors and to the abilities of a Canadian Patrol Frigate at sea.

This unique opportunity showcased the ship's weaponry and messing facilities, as well as man overboard rescues, ship maneuverability, and boarding party demonstrations. The added bonus for the 12 FMF CB apprentices was the opportunity

to see the end results of their work on various equipment and systems while *Winnipeg* was underway.

PO2 Phung and PO2 Maynard escorted the apprentices on a guided tour of the ship and shared their own experiences maintaining the equipment at sea with the group. After a brief in the Machinery Control Room by the CERT 3 and Electrician of the watch, the apprentices observed the turning of the shafts and engaged in a thorough discussion of the pitch control system.

In the operations room, they were briefed on the duties of the various positions and were able to observe the radars and sensors in action.



Family members take a tour of the engineering spaces onboard *HMCS Winnipeg*.

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Summer safety guidance

Rachel Lallouz
Staff Writer

The Victoria Joint Rescue Coordination Centre (JRCC Victoria) in Esquimalt is the joint Canadian Armed Forces-Canadian Coast Guard Centre for Search and Rescue (SAR) monitoring, alerting, and emergency response.

Each year, the Victoria JRCC responds to an average of 3,000 calls for assistance. Calls are attended by Royal Canadian Airforce members specializing in aeronautical emergencies and the Canadian Coast Guard who specialize in marine rescues.

General safety tips while operating smaller pleasure craft

Major Justin Olsen, Officer in Charge at the JRCC Victoria, explains that as the weather improves in the summer, often those with ample experience paddling on lakes decide to try taking their canoes out on the ocean.

"But the ocean is a different animal," he says. "The

ocean subjects the paddler to tides, winds, and often unpredictable waves that may quickly build in size to over two or three feet. Paddlers often find themselves in challenging sea states."

Every year, notes Major Olsen, the JRCC responds to calls from concerned citizens on land or at sea who have spotted an upturned canoe and paddler requiring a rescue.

"For anyone choosing to go out onto the ocean, it is extremely important to bring your safety gear," he says. "Wear your life jacket. Bring a radio. Make sure someone knows where you are going and when you will be coming back."

He also stresses that mariners ensure their vessels are well maintained to avoid break downs and consequent drifting while at sea.

"It's all about preparedness," says Major Olsen. "There are preventable accidents and mistakes we can prepare to avoid."

Use a radio while at sea

Unlike larger commercial or fishing vessels, small pleasure craft are not required to bring radios on board, but in the event of an emergency, the radio allows the skipper of a vessel to reach a wide audience quickly and within a range of strong networks.

"The FM radio is specifically designed to be used in maritime traffic channels," says Major

Olsen. "You can turn to the distress channel, which is channel 16, immediately if a problem arises."

Additionally, explains Captain Gregory Clarke, Air Search and Rescue Coordinator at the JRCC, a large number of search and rescue hours performed by the JRCC revolve around boaters who have not communicated a definite plan to a contact on shore.

"Without a radio, and once out of a cellphone's range, these boaters cannot communicate changes in their boating plans," explains Capt Clarke. "Loved ones often call us expressing their concern or to report the boaters as missing."

Aircraft owners: Update your emergency locator transmitters

Every aircraft is required to carry an emergency locator transmitter (ELT) that serves as an alarm to emergency response stations that a plane is in distress. But smaller, privately owned aircraft are not mandated to have the new styles of ELTs that can provide the



emergency response stations with information about the aircraft owner, how to communicate to them, and the aircraft location.

"If the newer versions of ELTs go off, I can track down over the phone who owns the aircraft to make sure they don't need help," says Major Olsen, who adds that older versions of ELTs are often accidentally turned

on during plane renovations on the tarmac, or due to a dying battery, turn on and off by themselves.

Rather than waste precious resources and time attempting to locate and communicate with the aircraft with an activated, older version of an ELT, Major Olsen recommends that pilots upgrade their ELTs to newer versions.

For anyone choosing to go out onto the ocean, it is extremely important to bring your safety gear. Wear your life jacket. Bring a radio. Make sure someone knows where you are going and when you will be coming back.

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Bravo Zulu

HMCS Vancouver

Vice-Admiral Ron Lloyd, Commander of the Royal Canadian Navy, and RCN Chief Petty Officer, CPO1 Tom Riefesel presented awards and promotions on board HMCS Vancouver July 17.

Photos by MCpl Mathieu Gaudreault, CF Combat Camera



Petty Officer Second Class Paul Tucker is presented with the Canadian Forces Decoration.



Chief Petty Officer Second Class Barry Sayeau is presented with the Canadian Forces Decoration.



Chief Petty Officer Second Class Ian Biller is promoted to his current rank.

PCC Change of Command

The outgoing Commanding Officer of the Personnel Coordination Centre, Cdr Allan James (left), Presiding Officer Captain (Navy) Mike Knippel (centre), and incoming Commanding Officer of PCC Cdr Scott Godin (right) sign the Change of Command Certificates, during the Change of Command Ceremony August 2.

Photos by MCpl Brent Kenny, MARPAC Imaging Services







QL3 Completion






Pte C. Walsh successfully completed his QL3 Practical Exam. He prepared and served an outstanding four course meal in the Wardroom of HMCS Whitehorse. The menu consisted of pepper pot soup, a garden salad with balsamic vinaigrette, New York Strip steak with grilled asparagus, carrots and twice baked potato. A delicious apple crisp followed for dessert.



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Bravo Zulu

PLQ Graduation Ceremony

Reviewing Officer Captain (N) Steve Waddell, Esquimalt Base Commander, presented Primary Leadership Qualification (PLQ) graduation certificates at a ceremony July 19.

Photos by LS Ogle Henry, MARPAC Imaging Services



MS T.T. Adams receives his PLQ Course 0079 certificate.



MS S.S. Boparai receives his PLQ Course 0079 certificate.



MS N.J. Broda receives his PLQ Course 0079 certificate.



LS S. Burlakow receives his PLQ Course 0079 certificate.



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MS M.B. Johnson receives his PLQ Course 0079 certificate.



MCpl) M.J.J.M. Lapierre receives his PLQ Course 0079 certificate.



Cpl D.L. Lapointe receives his PLQ Course 0079 certificate.



MS D.G.B. Lefebvre receives his PLQ Course 0079 certificate.



LS K.M. McKay receives his PLQ Course 0079 certificate.



MS J. Parsons receives her PLQ Course 0079 certificate.



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LS M.D. Pelletier receives his PLQ Course 0079 certificate.



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LS A.E. Sagimbekova receives her PLQ Course 0079 certificate.



MS M.C. Subulsky receives his PLQ Course 0079 certificate.



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LS S.G. Slazenger receives his PLQ Course 0079 certificate.



LS B.G. Sorensen receives his PLQ Course 0079 certificate.



LS A.R. Thorley receives his PLQ Course 0079 certificate.



MS T.A. Vivona receives his PLQ Course 0079 certificate.



MS B.G.W. Wasson receives his PLQ Course 0079 certificate.



MS J.R. Winn receives his PLQ Course 0079 certificate.



MS N.J. Broda receives the Top Student Award from Don Cook of the Chiefs and Petty Officers Association.



LS S.J.P. Donegan receives the Drill Award from CPO2 Ken Simoneau.



MS T.T. Adams receives the Formation Chief Petty Officer's Award from CPO1 Derek Kitching, Fleet CPO.



Photo by LS Ogle Henry, MARPAC Imaging Services

Group photo of Primary Leadership Qualification Course 0079, taken at Work Point Parade Square July 19.

Bravo Zulu



Rear Admiral Gilles Couturier and Lieutenant Commander Chad Naefken, Commander of Fleet Diving Unit (Pacific), presented a commemorative plaque to Chief Petty Officer Second Class Luc Champagne prior to his posting to CFB Halifax.

Photo by LS Ogle Henry, MARPAC Imaging Services

MARPAC Bravo Zulu

Chief Petty Officer First Class Mike Feltham, Formation CPO, presented awards at the Commander MARPAC/JTF (P) Change of Command Ceremony July 22.

Photos by LS Ogle Henry, MARPAC Imaging Services



Lt(N) Harrison Nguyen-Huynh receives the MARPAC/JTF (P) Bravo Zulu certificate.



PO2 Beth-Ann Salzer receives the MARPAC/JTF (P) Bravo Zulu certificate.



MS Colin Willdig receives the MARPAC/JTF (P) Bravo Zulu certificate.



Samantha Patterson receives the MARPAC/JTF (P) Bravo Zulu certificate.



MCpl (Retired) Adam Cyr receives the MARPAC/JTF (P) Bravo Zulu certificate.

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