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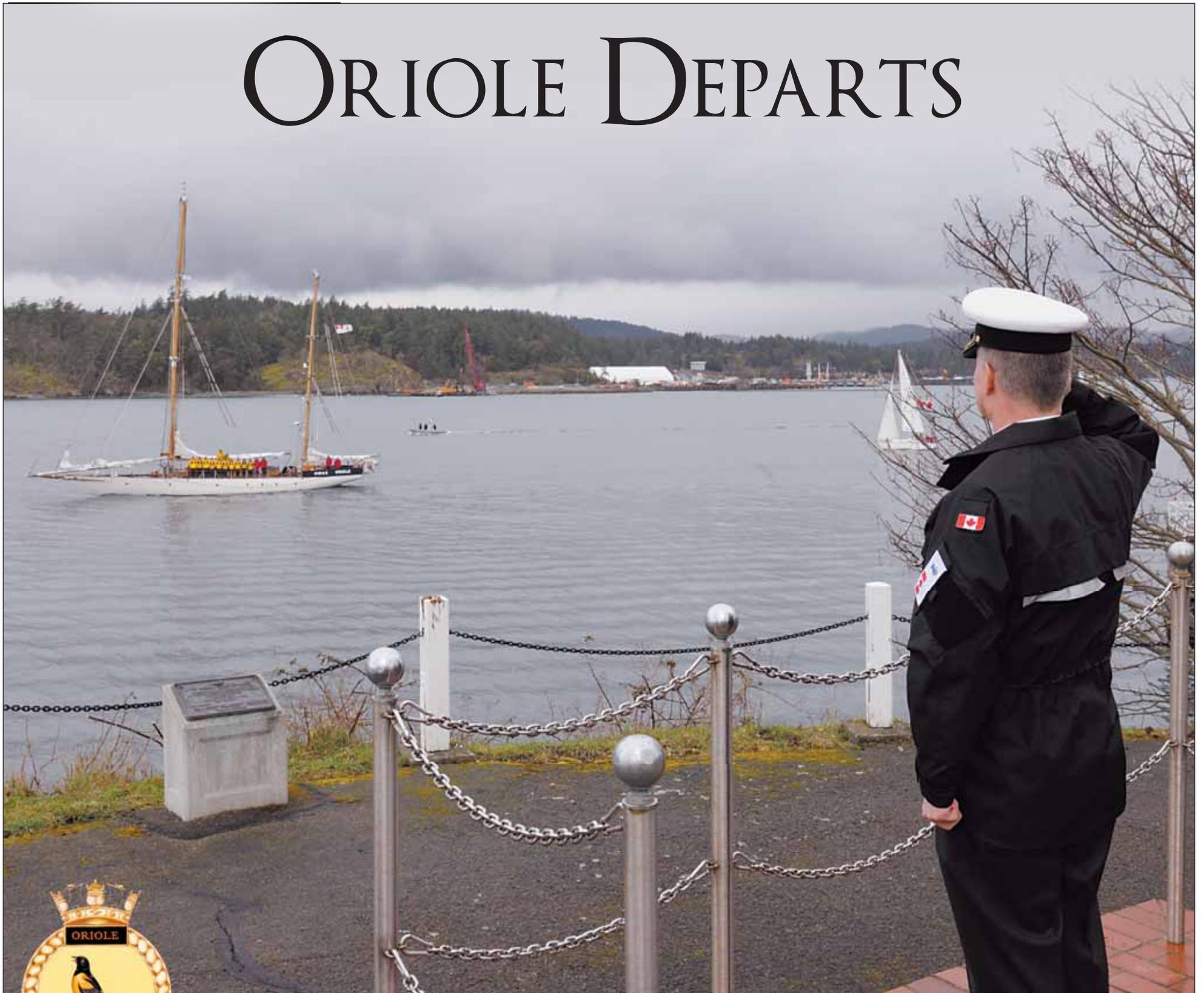


Photo by Ed Dixon, MARPAC Imaging Services

Rear Admiral Art McDonald, Commander Maritime Forces Pacific, salutes HMCS Oriole and crew as the sailing ketch passes Duntze Head March 16 to start its journey to Halifax, Nova Scotia. Oriole is sailing to the East Coast to take part in the Canada 150 celebrations. Read the full story on page 11.



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Military members encouraged to join new fitness study

AIM TO IMPROVE PROGRAMS

Peter Mallett
 Staff Writer

The Ottawa-based Directorate of Fitness Team (DFIT) is looking for 80 volunteers from Esquimalt to take part in a high-tech fitness study beginning next week.

Armed with electrodes and heart monitors, members of the DFIT Team will study the heart beats and sleep patterns of approximately 600 Canadian Armed Forces members nationwide this year. It's all part of an effort by the branch of Personnel Support Programs (PSP) and Canadian Forces Morale and Welfare Services (CFMWS) to improve its current fitness strategy following a February 2015 directive from the Armed Forces Council.

Dr. Michael Spivock, Senior Manager Health Promotion Delivery PSP and co-author of the study, is encouraging anyone interested in taking part to enroll during information sessions

at Naden Athletic Centre March 28, 29 and 30.

Spivock says the latest study is a huge departure from standard data collection methods by DFIT because this new study does not rely on self-reporting methods such as standard health and fitness questionnaires, but instead hard science.

"It's the first objective assessment of people's true activity patterns," said Spivock.

He noted those participating in the study will do so anonymously. Instead of their name, rank and personal details being collected, they will be given a number when they register with the purpose being to gain a general snapshot of CAF member fitness.

"Participants are being advised to be themselves and live their lives as they normally would," said Spivock. "We tell them it is not a contest to see how physically active they are and how they stack up against others, but that we

are trying to get a better sense of their heart rate, sleep patterns and how it relates to physical activity."

Studies have already been completed at bases in Comox, North Bay and Kingston, and one was underway aboard *HMCS Montreal* during a six-day deployment last week.

After collecting data from the Pacific Fleet, the study will move on to Valcartier, Trenton and Petawawa in the coming weeks. Once the data is analyzed over the summer, Spivock says DFIT will then use their findings to make recommendations for improvements to the Fitness Strategy in late 2017 or early 2018.

Collection of the data will be made easier as the heart monitor has a USB port and can be plugged into any non-DND computer, says Spivock. The heart monitors and electrodes are from First Beat Technologies, a Finland-based tech firm that produces a number of digitally-friendly monitoring devices in an effort to help researchers and individuals gain a more complete understanding of how their heart beat impacts stress, exercise, sleep patterns and overall health.

The upcoming two-hour information sessions at Naden will have participants create a profile on their measurement device.

"Then if they are up for it we will send them on their way to go about their lives as they normally would and have them return the device to us at the end of six days," said Spivock.

Registration sessions will be held at the Naden Athletic Centre March 28, 29 and 30 between 10 a.m. and noon or 1 p.m. to 3 p.m., and will be conducted by Dr. Julie Martin, DFIT Human Performance Research and Development Research Assistant and study co-author.

Interested volunteers are asked to make a request to participate through their chain of command and then register with LS Brandon Christenson at the Personnel Coordination Centre or email +ESQ MARPAC PCC TASKER@MARPAC@Esquimalt.

The session will include:

- filling out a general questionnaire on your health
- research team (Dr. Julie Martin from HQ and local PSP fitness staff) will measure participants height, weight, body composition, waist circumference and blood pressure
- participants will wear a HR monitor attached to their skin with two electrodes 24 hours per day, six days in a row and take notes of their daily activities and sleep in a diary
- Participation is estimated to take five hours over the six-day duration
- participants will be given an envelope with return information on it to return HR monitor to local PSP
- if participant provides an email address the research team will provide them a detailed report on the data collected

Dr. Michael Spivock, Senior Officer Human Performance Research PSP and co-author of the study, is encouraging anyone interested in taking part to enroll for registration and information sessions at Naden Athletic Centre March 28, 29 and 30.

Athabaskan's final day sail with veterans

Ryan Melanson,
Trident Staff

As the final crew of HMCS Athabaskan prepared to say goodbye to the storied ship, they took it out for a final day sail from Halifax Harbour with more than 100 special guests.

Retired sailors, former personnel, and even a few former Commanding Officers took advantage of the Royal Canadian Navy's (RCN) invitation to spend the day with the crew and head to sea for a last time.

This Athabaskan was the third RCN ship to bear that name, and all three ships were represented in some form during the final day sail.

Second World War veteran David Stewart, now in his 90s, travelled from Ontario to be on board. A former naval communicator, he sailed during the war, but it was his brother, Signalman Bill Stewart (RCNVR), who was lost at sea when the first Athabaskan was sunk in 1944. He shared the sad memory of coming back to shore and being given the news that his brother's ship had been downed by a German torpedo. But he said it was a very positive experience to step aboard a modern destroyer, meet some of this generation's sailors, and feel the rocking of the sea once again.

"I'll remember this day for

the rest of my life," he said.

Gordon Stewart, 82, left the navy as a Leading Seaman almost 60 years ago, and his final ship was the second ship to be given the Athabaskan name, a Tribal-class destroyer. Stewart was a Torpedo Anti-Submariner; he was excited to get a glimpse at the "new" weaponry, even if the ship is old and on its way out of service. He also sent a few letters to friends and family that would be postmarked from the ship, just like he did as a young sailor.

"There's just no comparison, the newer ships are amazing. And we certainly didn't have helicopters and hangars or anything like that. The only thing that's stayed the same are the shipmates and the camaraderie. That's the good thing about the navy, it's like you're part of a big family," he said.

The bulk of those on board, which added up to 500 counting current crew and visitors, made their naval memories on this particular Athabaskan. PO1 (Retired) Peter Rigby counted 19 years serving in the ship at various times through his career, with the longest stretch being two postings back to back from 1983-1991. He left the ship for the last time in 2015, but said some of his most vivid memories go back to 1990 and the deployment to the Persian Gulf on Operation



Photo by Cpl Tony Chand, FIS Halifax

LS Matt Corbett, a hull technician in Athabaskan, was presented the plaque from the ship's Junior Rank Mess by CPO1 Fred McCrea, who came back to his former ship for the final day sail on Feb. 8.

Friction.

"There were 80,000 people waving us off when we sailed out of the harbour, that's something I'll never forget."

He recalled the crew going to action stations due to a missile alert in the middle of the night, closing up in four minutes from a dead sleep as a Scud missile soared 100,000 feet above the ship.

"It missed us, but we were ready, and if it came close we were going to shoot it down," he said. "It was one of the best crews I ever sailed with. We were well trained and well prepared."

The ship was buzzing with activity through the day sail, as sailors young and old chatted about the changes that have come to the modern RCN and the changing nature of differ-

ent trades and naval practices. The ship's bridge was packed to capacity at 11 a.m. when Athabaskan's 76mm gun fired its final volleys, and the cooks on board were kept busy with a steady stream of guests dining in their messes like old times.

There were also hints of sadness as the ship came alongside in the afternoon and the former crewmembers walked off the gangway for the last time, but Rigby and many others said they were happy to get the chance to say a proper goodbye.

"It's bittersweet, but she's old and she's put in her time. We'll still have all our fond memories."

Athabaskan was decommissioned March 10 with well-deserved naval pomp and circumstance.



Photo by Mona Ghiz, MARLANT PA

Current and former sailors, soldiers and aviators march off during Athabaskan's final parade. Athabaskan was decommissioned after 44 years of distinguished service to Canada March 10.

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WHAT SAY YOU

People Talk

Lookout asked members of the Canadian Forces Sailing Association while they were escorting navy tall ship HMCS Oriole from Esquimalt Harbour:

If you had a tall ship and could take it anywhere on the open seas, which destination would you choose?



I would sail to the Galapagos Islands because of the history and adventure, and because it is warm down there.

**LCdr Chris Maier,
Naval Fleet School (Pacific)**



I would head to Australia and sail around the Great Barrier Reef because of the climate, the incredibly interesting biodiversity, history, and the fact that Australia are our allies.

**Lt(N) Nick Kovacs,
Naval Fleet School (Pacific)**



The Inside Passage to Alaska because my husband and I have sailed there before and we absolutely love it because the scenery is spectacular and absolutely unbelievable.

**Mary Gasser,
member CFSA**



I would go to Bora Bora in Polynesia and I would hug a palm tree. I absolutely love palm trees, beaches and white sand; it's the place for me.

**Vicki Ulibarri,
member CFSA**

WHAT SAY WE



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There is no cost or fee involved. If you would like to apply there is a one-page application form on the Veterans Affairs Canada website or you can contact Guy Black at korea19501953@yahoo.com and use the subject, Canadian Veteran, or send a letter addressed to Legion of Honour C/O 515 - 95 Moody Street, Port Moody, BC V3H 0H2.

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Former Naden Band conductor inducted into prestigious American Band Masters Association



Peter Mallett
Staff Writer

Former Naden Band of the Royal Canadian Navy Director of Music, Captain Matthew Clark was formally inducted into the American Bandmasters Association (ABA) in a ceremony on March 11.

Capt Clark, who currently holds the same position with the Royal Canadian Air Force (RCAF) at 17 Wing Winnipeg, received word of his invitation for induction into the prestigious Association in early 2016.

He was both humbled and surprised by the announcement to join ABA's group of 300 conductors.

"When I finally found out [about the invitation] I had to sit down and take a deep breath," Capt Clark said in March 2016.

The 83rd Annual ABA Convention in Lexington, Ky., held March 8 to 11, also provided Capt Clark an opportunity to conduct The President's Own United States Marine Band.

Photo by American Bandmasters Association

Captain Matthew Clark and his fiancée Helena Buckle are welcomed to the American Bandmasters Association convention by Dr. Gerry King, head of music education and wind conducting at the University of Victoria.



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HMCS Saskatoon seizes an estimated 660 kg of cocaine

DND

HMCS Saskatoon, in cooperation with the United States Coast Guard (USCG), seized approximately 660 kg of cocaine March 12, in international waters in the eastern Pacific off the coast of Central America.

Saskatoon intercepted a suspicious vessel initially spotted by a maritime patrol aircraft on routine patrol in the eastern Pacific Ocean. The ship then launched a rigid hulled inflatable boat with an embarked USCG Law Enforcement Detachment team to halt the vessel of interest. The panga-style vessel was boarded and three suspected smugglers were apprehended. Thirty-three bales of cocaine were recovered from both the panga and the ocean after the suspected smugglers attempted to jettison their cargo.



Photo BY Royal Canadian Navy Public Affairs
Crewmembers from HMCS Saskatoon and the United States Coast Guard (USCG) Law Enforcement Detachment transfer bales of seized cocaine on March 13 during Operation Caribe.

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SASKATOON AT SEA

OPERATION CARIBBE

The Petty Officer of the Watch hauls down two black balls to indicate the ship has control of its steering during an engineering emergency exercise to increase crew readiness.



A Marine Engineer inspects the engine space during his rounds as the ship sails south on Operation Caribbe.



A crewmember from Secretaria De Marina Armada De Mexico De La Vega boards Saskatoon in a simulated boarding exercise during the North American Maritime Security Initiative in the Eastern Pacific.



Crewmembers participate in a range shoot before the ship commences Operation Caribbe in the Eastern Pacific.

Photos by Royal Canadian Navy Public Affairs



Vanessa Roman, Realtor®

VANESSA ROMAN'S Property Perspective

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VICTORIA HOUSING MARKET KEEPS RISING IN 2017

A total of 675 properties sold in the Victoria Real Estate Board region this February, 12.6 per cent fewer than the 772 properties sold in February last year. On the surface, some might believe the lower sales number is an indication of the market starting to cool down, but that would be wrong. The Victoria market is robust; the lower number stems from a lack of available inventory, not a lack of willing buyers. In fact, this February's sales are the second highest we've seen in Victoria over the last 10 years.

What does this mean for Sellers?

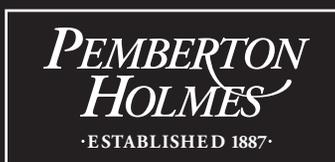
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Housing supply is currently low in many areas of Victoria meaning there will be increased competition for buyers. Success in life and success in real estate is the same; plan and act instead of wait and react. Buying a home is likely the biggest financial transaction you will make in a lifetime; choose the right agent to represent you. The real estate advice I offer my clients is supported by years of experience being a top producing real estate agent. I use my knowledge and negotiation skills to not only actively create positive outcomes for my clients, but what is in some cases more critical – avoid the negative ones.

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HMCS Ville de Quebec tackles ice canoe race

Ryan Melanson,
Trident Staff

A team of daring sailors from *HMCS Ville de Québec* recently competed in what is becoming an annual event for the ship, the Carnaval de Québec Ice Canoe Race.

The unique event sees up to 40 teams of five traverse nearly four kilometres of the frozen Saint Lawrence River in their heavy canoes, pushing and paddling through freezing water and over large chunks of ice.

HMCS Montcalm sailors, the Naval Reserve unit in Quebec City, have become veterans of the race, training through the winter and entering a team each year. *Ville de Québec*, however, entered their first five-person crew in 2015, and the team can only manage to squeeze in a couple days of practice each time before the main event.

Despite the difficult and sometimes dangerous nature of the sport of ice canoeing, it's proven popular with the crew over the last three years and sailors have to fight for a chance to be on the team and compete in the race.

For the 2017 race, held Feb. 5, the team from *Montcalm* placed 10th overall, while the *Ville De Québec* crew were the last group to cross the finish line. But when it comes to ice canoeing, the competitive results are less important than the physical will and tenacity required to complete the frigid course. On that front, both navy teams can claim another successful performance at the Carnaval de Québec.



Members of the HMCS Ville de Québec ice canoe-racing team approach the finish line at the Québec Carnival Ice Canoe Race on Feb. 5. Photo by Cpl Eric Girard, Combat Camera

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MARPAC Riders introduce new course

A new program has varoomed into service: the MARPAC Riders Motorcycle Maintenance Program.

The base motorcycle club's newest program launched Feb. 28 with six students in the all-day course.

They were educated in steering and suspension, wheels and brakes, oil and cooling systems, fuel systems, clutch and transmission, electrical charging systems and more.

Students spent 3.5 hours going over the theory of the various systems before going on a field trip. The field trip took them to Battery Direct in Esquimalt, where the owner opened his shop specifically for the students to learn about different types of batteries, tips and tricks to prolong their life, and common mistakes made that shorten a battery's lifespan.

The afternoon was spent getting dirty working on two bikes to gain confidence in doing the tasks a rider should be able to do in order to perform preventative maintenance and basic repairs and adjustments.

Students left feeling more confident about maintaining their machines and being able to conduct their own maintenance.

The course is available to anyone interested in learning more about how to maintain their ride and save money by doing the simpler jobs themselves.

The next course scheduled is March 25 with the expectation to operate a class once a month. Classes need a minimum of four, with a maximum of eight students.

The only pre-requisite is having some riding experience.

For more information text or call PO2 Beaumont at 250-858-5327 or by email richard.beaumont@forces.gc.ca.

i The course is available to anyone interested in learning more about how to maintain their ride and save money by doing the simpler jobs themselves. The next course scheduled is March 25.

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Sailors planning bright future for dog rescue centre

Peter Mallett
Staff Writer

A Canadian Armed Forces member who spends her spare time caring for abandoned dogs at her Shawnigan Lake home has been told she has to move.

The homeowner is putting the house up for sale and Petty Officer First Class (PO1) Alana Power and her dogs have to be out by

March 31.

The sailor has helped rehabilitate approximately 200 dogs since she started her non-profit Su Casa Rescue in 2013.

"My life revolves around the dogs and it doesn't stop with this move, so this has been hugely disruptive for not only my personal life but the shelter too," she says.

The good news is she's on the hunt for a house of her

own. But she doesn't have the funds to build a shelter on the property. So she's turning to the community to help re-build Su Casa Rescue.

"I immediately knew I needed help and couldn't build a shelter myself," said PO1 Power.

In February PO1 Power started a Go Fund Me Campaign and increased posts on her SuCasa Facebook page to drum up the much-needed support.

She has plans to build individual living quarters for each animal - "doggie-sized condo" with a window and sleeping area.

The support from both the military community and general public has been overwhelming. By early March \$7,000 of her \$50,000 goal had been met. Two people, one anonymous and one from HMCS Regina, each donated \$1,000 and this brought her to tears.

"I cried because it made me feel that people value what Su Casa Rescue is doing," said PO1 Power.

It's not just cash donations she is seeking, but building material donations



Former Su Casa rescue dog Boots looks up from the front door of a playhouse built for him by his owner in his new adopted home.



PO1 Alana Power, a Training Coordintaor for MARPAC's Good Working Relations, poses with two of her house guests at her Cowichan-based, non-profit charity Su Casa Rescue.

and pet supplies.

She became interested in the plight of abandoned dogs in San Bernardino, Calif., after reading a friend's Facebook post about it. PO1 Power says she has helped save the lives of approximately 200 dogs from city pounds in the California area during four years of operating her rescue.

"Many of the dogs I adopt are from high-kill civic dog pounds in California and are slated to be euthanized. My main objective is to save their lives, take care of the dogs, and get them into new homes with responsible owners."

She works tirelessly to care for the animals and find them new homes, all while operating on a shoe-

string budget. She collects bottles from friends and relies entirely on other charitable donations to keep her operation running.

Anyone interested in help Su Casa Rescue can go to <https://www.gofundme.com/su-casa-rescue-must-move>. To learn more about the shelter go to <https://www.facebook.com/sucasarescue>



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BUSY START TO LONG DEPLOYMENT



A member from 443 Maritime Helicopter Squadron inspects cables on a Sea King helicopter bound for work up training aboard HMCS Winnipeg.



Leading Seaman Sean Crilly communicates with shipmates aboard HMCS Winnipeg, currently on Poseidon Cutlass, as it transits to the Port of San Diego, California.



Members of Winnipeg's boarding party listen to safety protocols prior to shooting small arms on the flight deck.



WINNIPEG AND OTTAWA OPERATION POSEIDON CUTLASS

Six month deployment to the Indo-Asia Pacific region

Crew members of Winnipeg stand at attention as the ship prepares to come alongside in San Diego.



Leading Seaman Jennifer Buckle, a member of Winnipeg's boarding party, fires a 9mm pistol on the flight deck.



Leading Seaman Simon Trudeau and Ordinary Seaman Cody Heyenes clean the ship's 57mm gun while alongside in San Diego.



Boatswains fire a 50-calibre heavy machine gun as part of a training exercise.

Photos by Cpl Carbe Orellana, MARPAC Imaging Services



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Photo by LS Gariepy, MARPAC Imaging Services



Photo by Ed Dixon, MARPAC Imaging Services
HMCS Oriole passes Fisgard Lighthouse as the crew waves farewell to those on shore.

Oriole sets sail for Canada 150

Celebrations



Peter Mallett
Staff Writer

An enthusiastic 20-person crew of tall ship *HMCS Oriole* has begun their historic voyage, setting sail for Canada 150 celebrations on the East Coast later this summer.

The navy's 31-metre ambassadorial sailing ketch departed Esquimalt Harbour March 16, the beginning of a journey southward down the Pacific Coast, through the Panama Canal and on to Charlottetown, PEI.

The ambitious voyage is not only a chance to take part in the celebration of confederation and nationhood, but also *Oriole's* first voyage to Canada's East Coast in over 30 years. If all goes according to plan, *Oriole* will take 14 weeks to complete the voyage and cover 10,000 nautical miles (16,000 kilometres) says the vessel's Commanding Officer, LCdr Mike Wills.

"I have been an avid sailor for most of my life, so I'm extremely excited to be taking part in *Oriole's* journey on the high seas. The most exciting parts of this deployment

will be taking part in Canada's 150 celebrations and also the tall ships festival."

Six days prior to their departure, the crew, senior Royal Canadian Navy leadership, representatives from local First Nations communities, and family and friends gathered for a Pre-Deployment Ceremony on March 10 at Victoria Harbour's Ship Point. Elder Maryanne Thomas and Elder Elmer George of the Esquimalt and Songhees Nations offered a blessing and song ahead of the journey.

The two Elders were then presented gifts of appreciation from LCdr Wills and Capt(N) James Clarke of Canadian Fleet Pacific. In naval tradition, Capt(N) Clarke wished the crew "fair winds and following seas" while at the same time saying he was envious of the crew.

"I am a wee bit jealous right now, so if you ever decide that you need an extra hand for the deployment, I get first dibs," he joked.

After welcoming his guests aboard for a tour, LCdr Wills noted the most challenging part of the deployment will be the first 565 nautical miles between Esquimalt and Eureka, California, as the

Pacific Northwest coastline is infamous for its strong winds, currents, and large swells of up to five metres. He says bringing the vessel into the 21st century by installing wireless Internet connection, new generators and improved refrigeration, along with stocking proper supplies and provisions have been critical pre-deployment efforts.

"The crew, which includes a mixture of experienced and inexperienced sailors has worked very hard for this deployment and are very excited," he said. "The deployment itself will be a great way to build both teamwork and valuable skills in seamanship."

LS Mark Watkins was joined on *Oriole's* deck by his wife Jessie and one-year-old son Jack, who held up a Canada 150 flag.

"It's difficult to be away from the family for so long; at the same time I am very excited to be part of this deployment because it's the type of opportunity that only comes along once in a sailor's career, if they're lucky," said LS Watkins.

After Rendezvous 2017 Tall Ships Regatta, *Oriole* is scheduled for a maintenance refit in Halifax before completing the shorter 7,000 nautical-mile homeward leg of its journey in April 2018.

Photo by Peter Mallett, Lookout
The crew of HMCS Oriole participated in a Pre-Deployment Ceremony at Ship Point in Victoria's Inner Harbour on March 10.

Sailing Association escorts Oriole

The naval community showed its support for *HMCS Oriole* and crew on March 16 as it departed Esquimalt Harbour on a historic voyage to Canada's East Coast.

Nine vessels from the Canadian Forces Sailing Association (CFSA) and Sail Training Vessel *Goldcrest* escorted *Oriole* from Esquimalt Harbour.

"It's a big trip for *Oriole* and that's the reason we are all here today," said LCdr

Chris Maier, Commodore of CFSA. "Escorting navy boats is a tradition for us; when naval vessels deploy the sailing community pulls together to escort them out of the harbour. As you can see there are 40 or 50 of our members very excited to be here today."

As the *Oriole* exited the harbour it passed Fisgard Lighthouse and Duntze Head where Rear-Admiral Art McDonald received the general salute from the crew.



Photo by Peter Mallett, Lookout
LS Mark Watkins, his one-year-old son Jack, and wife Jessie display a Canada 150 flag during a Pre-Deployment Ceremony for HMCS Oriole in Victoria's Inner Harbour March 10.

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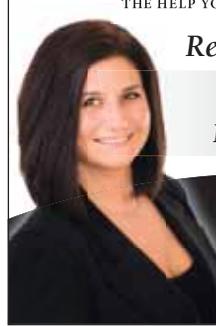


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Financial Officer Melanie Fugard

New campaign co-chair chosen

Peter Mallett
 Staff Writer

When Financial Officer Melanie Fugard was asked by Base Commander, Capt(N) Steve Waddell to become the co-chair of next year's National Defence Workplace Charitable Campaign (NDWCC) her response was immediate.

"Charitable giving is something I strongly believe in," says Fugard. "And since there are so many ways the United Way and other registered charities touch people and families in our community, I had no hesitation in getting involved, and said 'yes' right away."

Esquimalt's 2016 charitable campaign wrapped up in February at the MARPAC Health and Wellness Expo, and the new campaign is slated to launch in September 2017.

Fugard, who works in the Comptroller Branch, will join the Base Commander in being the civilian co-chair for the overall campaign. She currently represents the Canadian Financial Officers on the Formation Union Management Consultation Committee and will now act as a liaison for the NDWCC and the civilian labour unions on base when next year's campaign begins.

The Cowichan resident has been involved in past government workplace charitable campaigns since she began working at the base in 2008, and also with the Canadian Coast Guard (1999 to 2004), and the Canada Revenue Agency (2004 to 2008). She is enthusiastic about the upcoming campaign, but is aware of the financial challenges facing all

fundraising campaigns.

She says factors such as donor fatigue, the increased cost of living and other financial constraints on military and civilian families has much to do with the last campaign's lower-than-anticipated campaign total of \$385,000, down from 2016's tally of \$448,000, and it will also pose a challenge in the coming campaign.

"In recent years, people seem to be earning less money and their paycheques aren't going as far," says Fugard. "You can't just say to people who are being pinched financially, 'Give me some money'. There has to be a real reason or motivation to donate, especially in tight financial times."

Proceeds from the campaign are used to support the United Way of Greater Victoria, Canadian HealthPartners, which represent groups such as the Canadian Cancer Society and Heart and Stroke Foundation, and other registered charitable organizations of the donor's choice.

While noting the wide-reaching impact charitable organizations such as Canada HealthPartners and the United Way have on the local community, she says potential donors also need to realize their money can go to other registered such as the Military Family Resource Centre (MFRC), Wounded Warriors Canada, or Boomers Legacy.

"They have to see that the meat and potatoes of our campaign, payroll deduction forms, not as a burden, but as an opportunity to contribute something that really means something to them personally."

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A look back in time: 881 Squadron



Photo submitted by Peter Olshefsky who served in 881 Squadron on board HMCS Magnificent.

Pictured here is 881 Squadron onboard HMCS Magnificent in the Caribbean Sea in the spring of 1956. On board the aircraft carrier were Grumman Avenger aircraft flown by squadron pilots. Magnificent (CVL 21) was a Majestic-class light aircraft carrier that served the Royal Canadian Navy from 1948-1957. Initially ordered by the Royal Navy during the Second World War, the carrier was later acquired by the Royal Canadian Navy as a larger replacement for its existing carrier group. It was generally referred to as the "Maggie" in Canadian service. Following its return to the United Kingdom in 1956, the carrier remained in reserve until being scrapped in 1965. 881 Squadron was a re-designation of the Second World War 826 Squadron. It was renamed under the U.S. system of numbering in November 1952. It continued service until it disbanded in July 1959 and amalgamated with VS 880. 881 was one of the RCN's Anti-Submarine Warfare squadrons flying Grumman Avenger / Grumman Tracker aircraft from the carrier.

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Halifax sailors set to re-create rush of offshore race

Ryan Melanson
Trident Staff

Being out at sea in *HMCS Charlottetown* is normally easy-peasy for LS Spencer Baldwin.

But change out the warship for a racing sailboat, and then add 40-knot winds and a shorthanded crew to the mix, and easy-peasy is gone with the wind.

That was the case last summer when LS Baldwin joined Skipper Captain Mike Evans, a weapons tactics analyst at CFB Halifax's Trinity, and sport sailing veteran, on his Bavaria 38 Cruiser *Sea Smoke* to compete in the Route Halifax Saint Pierre Ocean Race.

The world-class event is held every two years, with participants racing 365 nautical miles from Halifax to Saint Pierre and Miquelon, a set of French colony islands off the coast of Newfoundland.

LS Baldwin is a second generation Royal Canadian Navy sailor, and he's taking after his father, PO1 (Retired) Dean Baldwin, who has also been active in the offshore racing community.

LS Baldwin said he's been sailing recreationally since he was a child, and had been planning for years to try his hand at an ocean race. When he came back East after a posting to Esquimalt, the timing was right and he linked up with Capt Evans.

"I've been doing harbour races all my life and I was just dying to do an offshore race," he said.

Unfortunately, a number of factors added difficulty, and nearly cancelled the race entirely for Capt Evans and his crew. An injury forced a highly experience civilian crewmember out at the last minute, forcing them to take



LS Spencer Baldwin is at the helm of *Sea Smoke*, a Bavaria 38 Cruiser, during the Route Halifax Saint Pierre Ocean Race in 2016.

on a sailor who wasn't familiar with the boat, and during the race itself, seasickness rendered another veteran crewmember unable to play a large role.

This left Capt Evans and two eager, but less experienced, young sailors, to run the show, lead-

ing to a nerve-wracking moment when the trio had to double-reef their main sail in the middle of the night through "nor'easter-like" weather.

"I had them in this situation in a real maelstrom of weather, it's 40 plus knots, the sea state is pounding away, and the boat is crashing off waves," Capt Evans said. "Fortunately, these guys were young enough to still love that stuff, and they both did a great job."

Despite the setbacks and tense moments, the crew was able to place second in their division, and even kept the excitement going in the final mile, ending up in a tacking duel to pass another competing boat while sailing down a

narrow channel toward the finish line.

LS Baldwin ended up playing a larger role than expected for his first race, but he said he wouldn't trade the experience for anything.

"Being out in the middle of the ocean, but not in a ship, in this much smaller sailboat, was quite the adrenaline rush. It taught me a lot of things in a short period."

Now, the attention turns to the Marblehead to Halifax Ocean race, another 300-plus nautical mile offshore event taking place this July from the Boston area.

In 2015, Capt Evans took home the Friar Trophy for the best combined result in both the Saint Pierre and Marblehead races, and with the strong finish at the Saint

Pierre last year, he'll be in a good position to win it again.

"That's certainly what we'll be shooting for," he said, adding that the hope is to once again bring LS Baldwin along as part of his crew.

With *Charlottetown* currently in their workups program preparing for an extended deployment later this year, timing could be difficult, which Capt Evans said is often the case when trying to crew a boat with serving Canadian Armed Forces members. But the Marblehead Race is an opportunity for RCN sailors to show off their nautical skills on an international stage, and the duo will make every effort to team up for another successful race, hopefully with less exciting weather.

Being out in the middle of the ocean, but not in a ship, in this much smaller sailboat, was quite the adrenaline rush. It taught me a lot of things in a short period.

LS Spencer Baldwin

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Bravo Zulu

MARS Graduation

The Reviewing Officer Captain (Navy) Michael Knippel presented awards and promotions during MARS Graduation parade presentations on March 10.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



A/SLt Riley Perrior is presented the RCN Commander's Award for Top Overall Assiniboine MARS IV Student.



A/SLt Soo Hur is presented the Pullen Cup award for being the Assiniboine MARS IV student who demonstrates the highest standard of Officer-Like Qualities.



A/SLt Nathan Haylett is presented the David W. Groos Memorial Shield for being the Top Assiniboine MARS IV Student at Sea.



A/SLt Scott Beauchamp is presented the Commanding Officer's Cup for being the top overall Cape Breton MARS II student.



NCdt Kheu is presented the Hal Lawrence Award for being the Cape Breton MARS II student exhibiting the highest standard of Teamwork and Officer-Like Qualities.



A/SLt Anna Childerhose is presented the John F. Kilner award for being the Top Chaudiere MARS III Student.



A/SLt Sophie Cormier is presented the Welland Shield for being the Chaudiere MARS III student who demonstrates the highest standard of Officer-Like Qualities.



A/SLt Andrew Chong is presented the John F. Kilner award for being the Top Margaree MARS III Student.



A/SLt Marisa Warner is presented the Welland Shield for being the Margaree MARS III student who demonstrates the highest standard of Officer-Like Qualities.



SLt Nathaniel Askett is promoted to his current rank.



SLt Thomas Conrad is promoted to his current rank.



SLt Kyle Deveau is promoted to his current rank.



SLt Gordon Graham is promoted to his current rank.



SLt Nathan Haylett is promoted to his current rank.



SLt Soo Hur is promoted to his current rank.



SLt Adam Molnar is promoted to his current rank.



SLt Steven Otter is promoted to his current rank.



SLt Riley Perrior is promoted to his current rank.



SLt Michael Simonov is promoted to his current rank.



SLt Jason Teichroeb is promoted to his current rank.



SLt Jacob Thornhill is promoted to his current rank.



SLt Megan Walker is promoted to her current rank.



SLt Zinck is promoted to his current rank.



A/SLt Gallant is presented his commissioning scroll.



Lt(N) Benjamin Roberts is presented his ORCA OIC certificate.

Bravo Zulu

CFB Esquimalt Base Divisions

Base Commander Captain (Navy) Steve Waddell presented awards on March 7.

Photos by MCpl Chris Ward, MARPAC Imaging Services



Aviator Joshua Lee receives the Operational Service Medal – Expedition.



PO2 Daniel Milburn receives the Operational Service Medal – Expedition.



PO2 Andrei Lazaroff receives the Canadian Forces' Decoration First Clasp.



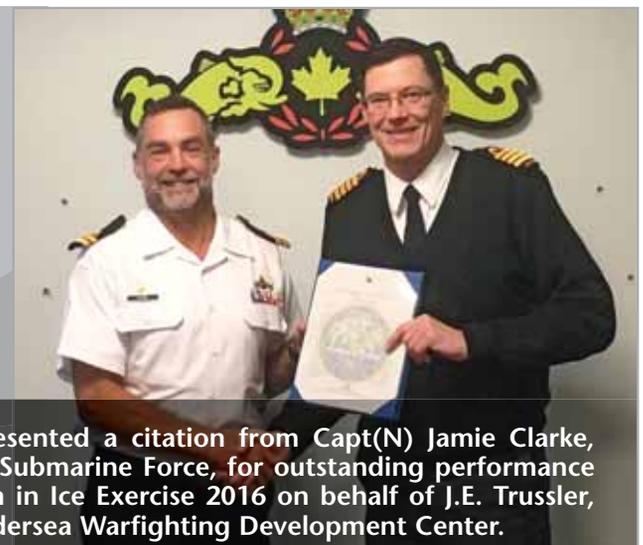
Canadian Submarine Force

PO2 Geoffrey Neale is presented a citation from Capt(N) Jamie Clarke, Commander Canadian Submarine Force, for outstanding performance during his participation in Ice Exercise 2016 on behalf of J.E. Trussler, Rear Admiral, USN, Undersea Warfighting Development Center.



Canadian Submarine Force

Lt(N) John Slack is presented a citation from Capt(N) Jamie Clarke, Commander Canadian Submarine Force, for outstanding performance during his participation in Ice Exercise 2016 on behalf of J.E. Trussler, Rear Admiral, USN, Undersea Warfighting Development Center.



Bravo Zulu

FMF Awards and Recognitions

Captain (Navy) Christopher Earl, Commander Fleet Maintenance Facility Cape Breton, presented awards and recognitions on March 7.

Photos by Cpl André Maillet, MARPAC Imaging Services



PO2 James Duggan is presented the Canadian Forces' Decoration Second Clasp.



PO1 Leo Cooper is presented the Canadian Forces' Decoration First Clasp.



SLt David MacLellan is presented the Canadian Forces' Decoration.



PO2 Jeff Snook is presented the Operational Service Medal - Expedition.



Yong Soo Byeon is presented his certificate of apprenticeship.



Joel Pineau is presented his certificate of apprenticeship.



Brett Sjerven is presented his certificate of apprenticeship.



Joe Small is presented his certificate of apprenticeship.



Jordan Webb is presented his certificate of apprenticeship.



Thomas Webb is presented his certificate of apprenticeship.

Bravo Zulu

Sailors of the Quarter

LS John Ingram, an NCIOP from HMCS Winnipeg, has been chosen as the Canadian Fleet Pacific Sailor of the Quarter, for the fourth quarter 2016.

LS Ingram was selected from 13 submissions from the fleet. He demonstrated excellence in his performance in the operations room, dedication to both training and his section, and most noteworthy, came to the aid of a person having a seizure in downtown San Diego.




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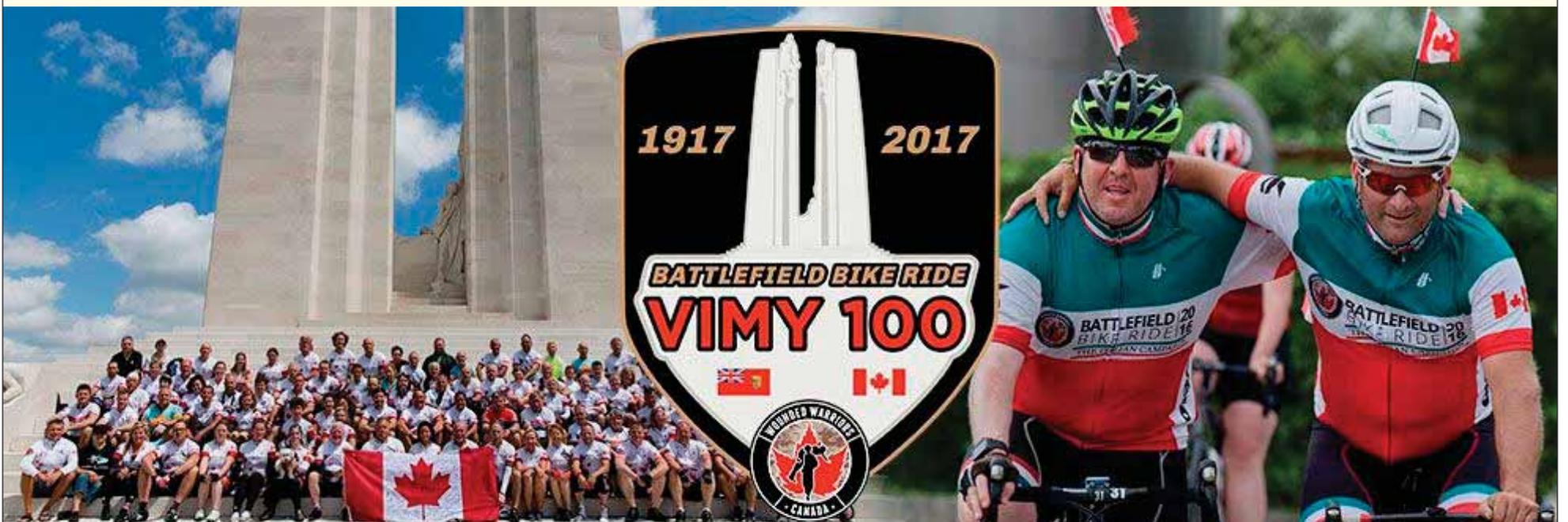
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848 ROYAL ROADS AIR CADETS invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 1289 Parkdale Dr., Langford (Lighthouse School). Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690.

FOR RENT

2 BEDROOM GROUND Level Basement Suite - Near Royal Roads - \$1750./mth avail 16th March. No smoking or Pets. Call Kym for info & showings 250-882-2873 kymgriffin@gmail.com

2 BEDROOM FOR RENT in Colwood. \$1300 includes all Utilities except TV/Internet. Newly renovated. In-Suite laundry. Suite suitable for couple or roommates only. No pets. Phone or e-mail to enquire. References and background check required. bmikulas723@gmail.com phone: 250-507-2890

BRIGHT 2 BEDROOM, 1 Bath Garden Level suite is available for March 1st 2017. Located in the beautiful, Sunriver Estates. Completely self contained, approx. 850 sqft, ground level suite. 8'0" ceilings, large windows with a French door leading to the west facing backyard. Looking for mature, non smoking, professional tenants willing to share the home and the fully fenced, shared backyard with a young family with 2 kids and a dog living upstairs. Small pets are negotiable. Please call Mariann at 250-884-6796

SUNNY, 2 BDRM CONDO. Walk up, close to Naden, buses, Dockyard. No smoking, no pets, no subleasing. \$1500/month. Ready for early March. mastercraft-er1@gmail.com

HOUSING WANTED

RELEASING CANADIAN Forces member is seeking a two or three bedroom suite for a young family in Esquimalt. We are long-term Victoria residents with excellent references. We are happy to sign a one-year lease. Please call 250 896 4528.

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MISCELLANEOUS

COME JOIN US AT OUR Neighbourhood Hootenanny Time Machine all ages Dance Party of Awesome! Snacks, Live Musicians, only \$5/human. Sundays, 3 to 4:30 pm at Rainbow Kitchen at Esquimalt United Church, 500 Admirals Rd. FB group: Neighbourhood Hootenanny Time Machine

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Facebook Group: cowichan valley coffee

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VOLUNTEER

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