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# 2017 POSEIDON CUTLASS

Crewmembers from HMCS Winnipeg await a cargo delivery from their embarked Sea King helicopter.

Photo: Cpl Carbe Orellana, MARPAC Imaging Services

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# Navy chefs serve up delicious victory

**Peter Mallett**  
Staff Writer

An event akin to the famous Iron Chef TV show took place two weeks ago in Ottawa, pitting navy and civilian chefs against each other to cook up a delectable win.

Battling it out in the Mystery Box Cooking Challenge were two teams of four comprised of navy chefs, a local Ottawa chef, and a culinary student from Heritage College in Gatineau, Que.

The event was held at Naval Reserve Division HMCS Carleton and was judged by local food critics and Capt(N) Steve Irwin, Director of Naval Logistics.

CFB Esquimalt chef LS Jorge Medina, who cooks for Rear-Admiral Art McDonald, Commander Maritime Forces Pacific, was on the winning team.

However, the win was not a simple fare. The two teams had to cook two courses - appetizer and main - using

the secret ingredients of polenta, Jerusalem artichokes, cod, citrus fruit, shi-take mushrooms, beef, and asparagus.

The winning team dished up an appetizer of Tatami beef, a variation of a traditional Japanese dish that included asparagus, balsamic vinegar and tomatoes, and steamed cod with a citrus butter sauce accompanied by ravioli served in a shitake mushroom cream sauce.

LS Medina's teammates were Master Seaman Victoria Tavares, HMCS Carleton; Michael Connelly, a culinary student from Heritage College, and Ritsh Purran, Head of Culinary Instruction at Heritage College.

A refrigeration issue almost brought catastrophe to LS Medina's team.

"We thought we wouldn't be able to overcome the huge setback with the change to our appetizer course," said LS Medina. "It created a fair degree of nervousness and as a group

we were clearly agitated by the development, had short tempers, and then began to doubt our chances."

Part of the competition included using the new combi-steam ovens that will soon be installed on board Royal Canadian Navy (RCN) ships.

Competing on the other team from the East Coast navy was Cpl Brandon Wasson, a chef aboard HMCS Toronto.

"It was a great competition between the two teams and incredibly exciting considering the slim margin of victory," said Cpl Wasson, referring to the .9 spread between the two teams. "I was impressed with the way they changed their recipe on the fly and recovered for the win."

Cpl Wasson's team created a citrus-marinated poached cod appetizer followed up by a main-course of herb-marinated grilled beef tenderloin with caramelized onion and Sunchoke bacon hash.



The winning team: Leading Seaman Jorge Medina, Master Seaman Victoria Tavares, Michael Connelly, a culinary student from Heritage College, and Ritsh Purran, head of culinary instruction at Heritage College.

Both men gave favourable reviews to the combi-steam oven, which has been specially designed for the RCN by German manufacturer Rational AG, and uses healthier hot air technology to cook food instead of grilling and deep frying.

"The ovens don't take away from the feel-good vibes of a fish and chips dinner, for example, and is still able to make the fish batter and fries crispier but with a

whole lot less oil," said Cpl Wasson.

**RCN ovens get turned up a notch**

The new combi-steam ovens use a combination of steam, hot air technology, and an advanced cooking system that delivers a healthier, higher quality product in a shorter period of time, says Lieutenant-Commander Deanna Wilson, Senior Staff Officer Food Services.

"It's a very exciting project. The innovative cooking technology coming to RCN ships will modernize the delivery of food services at sea," she says. "The combi-

steam ovens will deliver food that is healthier and safer than fat frying or char-broiling, which are known carcinogens."

LCdr Wilson says the ovens are also more energy efficient and will create less food waste than older technology currently onboard RCN ships.

The ovens were specifically designed with extra at-sea safety features to suit Kingston-Class or Halifax Class vessels. Combi-steam ovens were first introduced to the German Navy in the 1980s.

The introduction of the ovens on all Halifax-class frigates and Kingston-class Maritime Coastal Defence Vessels is expected to occur within three years with the Pacific Fleet's HMC Ships Calgary and Vancouver expected to be amongst the first ships in the roll-out. In Halifax-class vessels both deep fat fryers, the charbroilers, and griddle will be replaced by two combi-steam ovens.



Photos by Darcy Boucher, Royal Canadian Navy

Leading Seaman Jorge Medina prepares Jerusalem artichokes during the cooking competition that featured the navy's new combi-steam oven.



One of the final creations.



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# Cold War era Jeep gets a reboot

**Peter Mallett**  
Staff Writer

A blue Cold-War-era Jeep languishing in storage in the CFB Esquimalt Naval and Military Museum garage will be pressed into action as a ceremonial staff car for the Base Commander.

The 1967 Willys Jeep CJ5 has been refurbished by mechanics from the Royal Canadian Electrical Mechanical Engineers workshop.

"I'm happy it will have a future with the Royal Canadian Navy (RCN)," says Glendon Smith, who oversaw the work. "I'm an experienced mechanic but also a history buff. I even

owned an old army jeep myself once, so I am really delighted to see things coming full circle for this Jeep. It's good to know it will have an official capacity again and hopefully used at the base for many years."

The CJ5 is a two-wheel drive, four cylinder with a three speed standard transmission and seating for four to five personnel.

Much of Jeep's history is unknown, but it is thought to be one of a number of vehicles employed by commanders of RCN ships and used as a "Port Jeep" during the 1950s and 60s.

In 1985, when the navy celebrated its 75th Anniversary, the vehicle was

totally rebuilt by the Base Maintenance Workshop, and presented to then-Base Commander Capt(N) Harry Hal Dzioba, says Smith. Prior to that it had sat idle for several years in a parking lot at Work Point, with its paint fading and rust creeping in

After the 75th it was once again mothballed.

"Honestly I would love to hear from anyone in the military community who has information about this vehicle and where and when it might have been used," says Smith.

While there are gaps in its history, Smith does know the CJ5 model was purchased specifically for the RCN by the Government of Canada, and is markedly different from other Jeeps used by the Canadian Army during the same time period.

The CJ5 model borrowed several design features from Jeep's "more glamorous" Tuxedo Park edition of the same era. Features such as fold-out benches, a spare tire rack at the rear, and side

steps, also known as running boards, were added to the vehicle.

Smith adds the 134-cubic-inch engine may seem "primitive" compared to today's more advanced engines.

"It was a basic engine that runs on fuel and spark, and was designed that way so anyone with very little mechanical knowledge could repair it," he explains.

Capt(N) Steve Waddell plans to use the Jeep at parades and other community events.

"The naval jeep will provide an opportunity to engage with the community and showcase the rich and vibrant history of the Royal Canadian Navy and CFB Esquimalt," he says. "It will allow us to share our stories while also inspiring people around the region to reach out and share their stories with us."

If all goes according to plan, the Base Commander will be driving down Esquimalt Road in the May 13 Buccaneer Day parade.



Photo by Peter Mallett, Lookout

Cpl Alex Desbians, a Vehicle Technician with the Royal Canadian Electrical Mechanical Engineers workshop, inspects the 1967 Jeep CJ5 at the Work Point vehicle maintenance garage.

*The naval jeep will allow us to share our stories while also inspiring people around the region to reach out and share their stories with us.*

Capt(N) Steve Waddell,  
Base Commander

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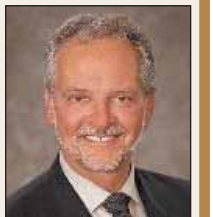


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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*If your office, unit or shop was putting together a time capsule what item would you insist on including to tell future generations about life in 2017?*



An electric car owner's manual because in my opinion people will be flying not driving 100 years from now. Although an electric car may seem and look archaic to them it may serve a useful purpose after the world's petroleum supplies are exhausted.

Ivy Burkhart,  
Base Logistics,  
Vehicle Fleet Management



I would include a current-day smart phone because chances are they wouldn't even recognize what it is, but today it is such a commonly used piece of technology.

Cpl Alex Desbiens,  
Base Logistics,  
Royal Canadian Electrical  
Mechanical Engineers



Definitely seeds because 100 years from now all the fruits, vegetables and flowers will be a GMO [genetically modified organism], and then people will be able to see what the genuine items really taste, smell, look and feel like.

Elizabeth McDougall,  
Base Logistics,  
Vehicle Fleet Management



I would put a copy of our LEMS [Land Equipment Management Systems] manual because it would explain much about the vehicles we use in the Canadian Armed Forces today, and would also explain how we manage and repair the Fleet, and also tell people about the work we do.

WO Brian Pappas,  
Base Logistics,  
Royal Canadian Electrical  
Mechanical Engineers

## WHAT SAY WE

# Cars and Coffee Club starts up



Peter Mallett  
Staff Writer

The love affair for automobiles and motorcycles continues to rev up the hearts of enthusiasts with a new Victoria-based club dubbed Cars and Coffee.

CFB Esquimalt is the backdrop for their first meet and greet Sunday, May 7, 9 a.m. to noon, at the Canteen Road parking lot behind Lyall Street Service Station.

Anyone interested in showing off their ride and talking all things mechanical is welcome to attend.

The driver of the club, Ilya Ford-Ruckle, a contractor with Houle Electric who works in Dockyard, is hopeful the inaugural event will bring plenty of owners out to show off their chrome and wheels.

"The ultimate goal of Cars and Coffee Victoria is to build a routine, established family-friendly community event that brings a vibrant group of people to enjoy a common passion," he says. "Cars and Coffee events started in California over 10 years ago and have been replicated all over the world ever since."

The club's other founding members are LS Aaron Bernardin from HMCS Victoria, and former Royal Canadian Navy sailor Scott Watson.

Coffee, water and pop will be on sale courtesy of Cora Restaurant.

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# What are you reading?

**SLt Susannah Anderson**  
Operation Caribe PAO

The tropical heat settled like a wet wool blanket over the ship and the Weapons Engineering Technician was wedged into a small sliver of shade on the sweep deck, avidly reading a paperback on his break.

"Have you read *Ready Player One*? One of the boatswains gave it to me; I just can't put it down."

On *HMCS Saskatoon*, 47 days into a deployment in the eastern Pacific on Operation Caribe, *Ready Player One* by Ernest Cline is being passed from hand to hand throughout the ship.

In a world of instant connectivity, sharing a beat-up paperback with friends seems old fashioned. The loss of instant connectivity can come as a shock to new sailors; Internet speed at sea varies based on the position of the ship's mast or the necessity for operational security.

Even with transmitting and receiving turned off, access to cell phones is strictly controlled and instant texts are replaced by thoughtful emails or a mail drop in a port far from home. The lack of connectivity with home quickly fosters a deeper connectivity on ship; meals are taken together, sleeping is done in bunks stacked two and three high, and crewmembers work together on watch.

Common experiences and shared books like *Ready Player One* are links in a chain that bring crewmembers closer together, says Lieutenant-Commander Todd Bacon, Commanding Officer of *Saskatoon*.

"*Saskatoon* sailed from Esquimalt in February 2017 with a new crew, brought together from across Canada, both Regular and Reserve Force," he says. "Through hard work and excellence in training, they have grown together and have performed seamlessly in theatre. After two months sharing the exhilaration of successful interdictions, and long days together at sea, the crew is more than a group of sailors, they have become a family."

Life in the oak-paneled wardroom is centred on the dining table.

"Have you read *Ready Player One*?" asks an officer over pancakes and fruit in the Officer's Mess. The novel is an avid topic of conversation between crewmembers of all ranks and trades.

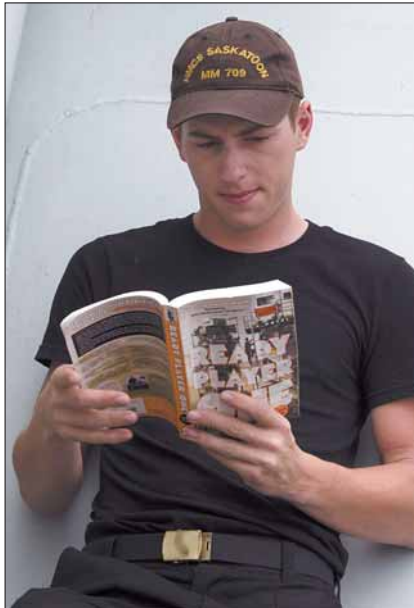


Photo Royal Canadian Navy Public Affairs  
**A boatswain onboard HMCS Saskatoon reads on the sweep deck during Operation Caribe.**

Conversation is stilted in the breakfast line as tired crewmembers come in from the night watches and brightens once the rich smell of coffee starts wafting through the ship.

The reliability of satellite television fades within days of going to sea, replaced by black folios of DVDs. Movies are watched together in the messes and what is shown on the big screen is determined by who had the foresight to toss DVDs into their kit bag before sailing. Sentimental movies are often rejected in favour of movies that speak to the camaraderie and determination the sailors face daily.

Cabins are shared between three or four personnel. Knowing who likes quiet in the morning and who will

bounce out of bed singing to the morning wake-up song is important for maintaining peace. Understanding when a cabin mate needs space and privacy or when they need a supportive shoulder means that friendships deepen quickly. The long night watches lend themselves to meaningful conversations.

"The mids (middle watch from midnight until 4 a.m.) conversations are my favourite," says *Saskatoon's* Operations Officer, who cannot be named for operational security reasons. "We keep the ship safe and on course throughout the night. While watching for contacts, we talk, tell stories, and discuss ideas. *Saskatoon's* sailors are from diverse backgrounds and different parts of Canada. Everyone has an interesting story to tell; the long night watches are the place to tell it. There is a book everyone on ship is reading that has led to some really interesting conversations lately."

*Saskatoon* returned home to Esquimalt last Friday, and its sailors were once again instantly connected to the world. The connectivity ashore, however, cannot match the deeper connectivity of a life shared at sea.

Over the last two months, the crew has sailed from Canada to Panama and back, helping to seize over 1100 kg of cocaine and disrupted an estimated 1,500 kg along the way. After 11 years, Operation Caribe continues to be successful in its mission of interrupting the northward flow of drugs into North America.

Life onboard *Saskatoon* is about more than the mission: it is about the sailors and lasting connections they forge at sea. There is this book everyone is talking about, *Ready Player One*. Would you like to borrow it?

*The reliability of satellite television fades within days of going to sea, replaced by black folios of DVDs. Movies are watched together in the messes and what is shown on the big screen is determined by who had the foresight to toss DVDs into their kit bag before sailing.*

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# DEMOLITION TEAM BEGINS WORK TO TEAR DOWN JETTY



Photo by Peter Mallett, Lookout Newspaper

A view of Dockyard's jetties (foreground) and B Jetty (above) as seen from a bluff overlooking the Dockyard construction site. The crane barge and scow were moved to the site by private contractors to begin the demolition of B Jetty as part of Defence Construction Canada's A/B Jetty Recapitalization project.

**Peter Mallett**  
Staff Writer

The second phase of the A/B Jetty Recapitalization in Dockyard has moved into full swing with contract one awarded to Pomerleau Inc. Their subcontractor is beginning demolition work on B Jetty in early May.

A work crew from Ruskin Construction Ltd. mobilized on April 26 and began tearing apart the first of the two 70-year-old structures with the assistance of a 150-tonne, 120 foot-long crane barge, and 200-foot-long garbage scow.

"This deconstruction work is an important first step towards the completion of the A/B Jetty Recapitalization Project," said Erin Rice, Defence Construction Canada (DCC) Construction Services Team Leader. "DCC is excited to be supporting DND throughout the program to successfully deliver the new A and B Jetties."

The eight-year A/B Jetty Recapitalization project, with an estimated cost of approximately \$781 million, involves a complete rebuild and modernization of the jetties and the remediation of contaminated seabed soils, and is intended to greatly improve berthing space for the Pacific Fleet's Halifax-Class Frigates, two Victoria-Class

submarines, and the new Artic/Offshore Patrol ships and Joint Support Ship.

Phase one, completed in 2014, saw the building of a nearly one-kilometre service tunnel to carry communications and electrical services, sanitary sewer, steam, and potable water to the head of B Jetty.

Under the current contract, the construction crew will break B Jetty and its concrete and wooden jetty with a large mechanical arm attached to the crane barge. Remnants will then be hauled away by the scow and stored onsite before moving to the permanent offsite disposal site.

The B Jetty deconstruction work is expected to wrap up in early August. Then the seabed in and around the site will be dredged as part of the Esquimalt Harbour Remediation Project. Pomerleau's contract concludes in September 2019, and includes new and upgraded facilities to handle oily waste water from the ships, as well as an electrical substation, an extension of the utility tunnel, and a jetty interface building that includes washrooms, thus paving the way for the commencement of jetty construction.

Construction of the new B Jetty will begin after completion of Pomerleau's contract. If all goes according to plans the Royal Canadian Navy expects to have the new jetties fully functional by 2024.



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Leading Seaman Kayla Ruiz uses the "Big Eyes" as the ship departs from the Philippines.



Leading Seaman (LS) Brendan Gibson and LS Anthony Berardi carry the ships fenders on the ship's upper decks.

Photos by Cpl Carbe Orellana, MARPAC Imaging Services



Ordinary Seaman Nico Araujo and Master Seaman Justin Dewar place a torpedo in a launch.

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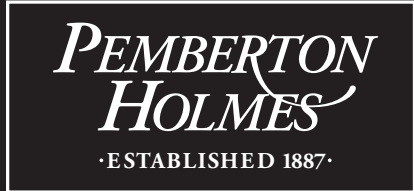
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# the 2017 VOLUNTEER APPRECIATION Night



Jennie Levesque, Supervisor Belmont CANEX Store (left), and Danielle Sutherland, Senior Manager Personnel Support Programs, cut the "Thank You" cake during the 2017 Volunteer Appreciation Day Banquet.



Group photo of volunteers during 2017 Volunteer Appreciation Day Banquet held April 20 at the Wardroom.

**Jon Chabun, MFRC**

It was a magical night, both figuratively and literally, when 108 volunteers gathered at the Wardroom Thursday April 20 to be celebrated for their charitable spirit.

The event, sponsored by CANEX, recognized the contributions volunteers make to the Military Family Resource Centre (MFRC), Personnel Support Programs (PSP), and the CFB Esquimalt Naval and Military Museum.

"Volunteers contribute thousands of hours to the military community," said Ekaterina Gregory, coordinator of volunteers at the MFRC. "Many programs, services and events depend on volunteers for their success."

The night featured a buffet dinner and the magic of Paul Kilshaw. There were speeches from Rear Admiral Art McDonald, Commander Maritime Forces Pacific, and Danielle Sutherland, Senior Manager PSP. Other attendees included 60 guests of the volunteers.

"Volunteer contributions are very broad and diverse," added Gregory. "Some volunteers lead our base clubs, some officiate sports, while others staff special events. Some make workshops and groups possible for military families. Some help contribute to preserving our history."

At the MFRC, volunteers help run 35 Away Cafes, 10 Deployment Dinners, 36 Playing Together parent-child drop-in sessions, six Sunday Information Sessions and various other support programs for our community. Overall, over 100 MFRC volunteers donated 3,212 hours last year. Youth volunteers contributed 90 hours to help with childcare support.

At PSP, volunteers played a vital role in assisting with various activities and special events such as the Navy Run, Formation Fun Day, base sports, base clubs and special interest activities throughout the year. Approximately 80 volunteers contributed at special events setting up and tearing down events, marshalling run routes and manning booths. More than 50 volunteers supported teams and events at base sports, both locally and at nationals. In total, volunteers donated over 1,600 hours to Personnel Support Programs.

At the CFB Esquimalt Naval and Military Museum, volunteers helped support the work of three staff members. In total, 21 volunteers donated 2,700 hours to the organization.

"A big thank you to each and every volunteer who gave their time," concluded Gregory. "We are a stronger community with your contributions."



Attendees listen to speeches.



Attendees socialize during dinner.



Attendees get their dinner from the buffet.



Danielle Sutherland receives the sponsorship cheque from Jennie Levesque, Supervisor Belmont CANEX Store.

*A big thank you to each and every volunteer who gave their time. We are a stronger community with your contributions.*

Ekaterina Gregory,  
Volunteer Coordinator, MFRC



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# HMCS Ottawa enters South China Sea

**SLt Cassandra O'Rourke**  
HMCS Ottawa

The shorelines were turquoise and the seas were calm as *HMCS Ottawa* entered the South China Sea to come alongside Malaysia.

Travelling in consort with *HMCS Winnipeg*, *Ottawa* is deployed for Poseidon Cutlass 17-1 to bolster Canadian diplomatic engagement and defence relations while developing their sailors in a world entirely new to most onboard.

The ship left CFB Esquimalt March 6 and proceeded south along North America's west coast. They conducted a successful missile exercise and then proceeded across the Pacific Ocean to Pearl Harbor. The crew enjoyed shore leave at the surf, the beaches, and a Luau before bringing Sea Training Pacific on board for Directed Ship's Readiness Training.

The transit from Hawaii to Guam was gruelling as the heat and humidity turned up, but the team proved strong and able as they underwent training that consisted of fires, floods, man overboards, hazardous material spills, mass casualties, simulated explosions, and elaborate battle situations.

*Ottawa's* team, under the watchful eye of Sea Training, developed the skills needed to meet the challenges of the environment they would soon enter. After successfully completing this milestone, the crew celebrated their achievement and admission into the high-readiness state by swimming in the Mariana Trench – the deepest part of the world.

Leading Seaman Madeline Kuiper noticed the changes in *Ottawa's* crew and said, "We worked really well together during the mission work up program. People can become very negative when undertaking a busy schedule, but the team was optimistic. I think the team has melded together over the past two months, and we continue to build stronger relationships with each other as time goes on."

After a few days to refresh in beautiful Guam, the ship set sail for the Philippines. On completion of a busy month, the daily schedule was more relaxed and the crew had time to catch up on other necessary administration



work. Showing the dedication and expertise expected from the team, the engineers worked tirelessly to rectify engineering challenges that kept *Ottawa* on track to arrive in Manila.

After one night in Manila, *Ottawa* and *Winnipeg* departed to meet up with Australian ship *HMAS Ballarat*, who joined the Canadian warships on their journey towards Malaysia. Each ship exchanged crew members over three days. SLt Campbell, who spent a day with the Australian consort, described his experience in *Ballarat* as a good opportunity to see the similarities and differences between fellow professionals.

"As a Commonwealth partner, the Australians operate in a similar manner to the RCN, making them very easy to integrate with," he said. "We use a common professional language and similar manning constructs, although *HMAS Ballarat* does have a slightly smaller crew than a Canadian Halifax class frigate."

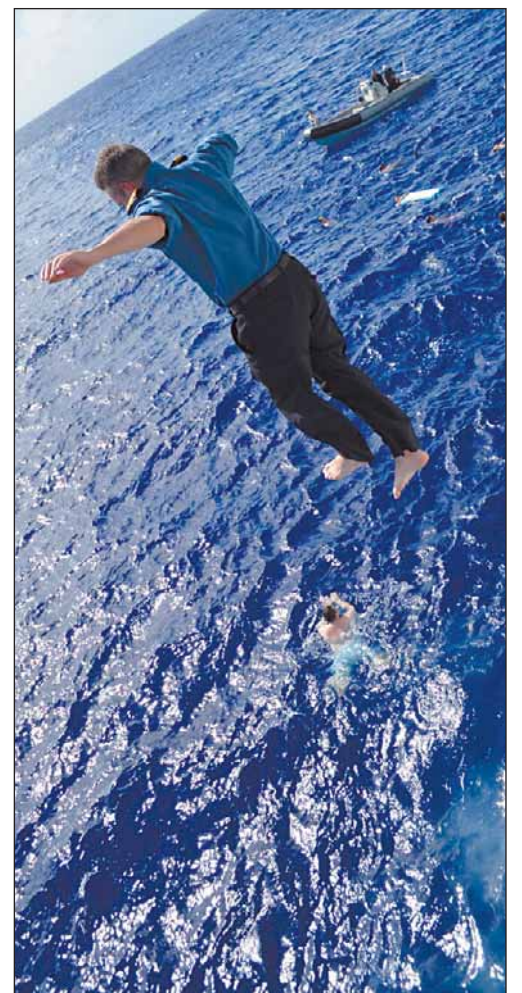
The joint exercise had a busy training schedule that consisted of anti-submarine drills, high speed manoeuvres and helicopter operations.

The crew is ready for its rest and maintenance period in Malaysia. Although the team will be required initially to support a diplomatic engagement, the time alongside will provide

the sailors an opportunity to recharge and reconnect with loved ones while reflecting on the superb memories made so far. Chief Boatswain Mate, Chief Petty Officer Second Class John Kranz, shared his favourite part of the trip so far.

"It has been the young sailors that I have within my department as well as on board. I am living vicariously through them again. I see them with wide eyes as we complete Replenishment at Sea or when coming alongside in a foreign port - it is just the sheer excitement they have for everything. It is allowing me to look into the past and see me when I saw that first new place or had that first experience at sea."

*Ottawa* will recuperate over the coming 12 days before departing to participate in the International Navy Review in Singapore in mid-May.



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## Did you know...

**Peter Mallett**  
Staff Writer

Did you know that May 4 is the Royal Canadian Navy's (RCN) 107th anniversary?

The Naval Service of Canada received Royal ascent May 4, 1910, with the passing of the Naval Service Bill by the government of Sir Wilfred Laurier.

One year later came the permanent name change christened as the Royal Canadian Navy after a proclamation from King George V of England. That same year the Royal Naval College of Canada opened its doors in the Dockyard area of Halifax.

Rear-Admiral Charles Kingsmill, who had previously headed the Department of Marine and Fisheries, became the first commanding officer of a tiny naval force. According to the Canadian War Museum, in 1914 the RCN consisted of "two obsolete cruisers" HMCS Rainbow, based in Esquimalt, and the Halifax-based HMCS Niobe, and fewer than 350 sailors.

In the RCN's early days and prior to the outbreak of the First World War, the protection of Canada's coastline was still entrusted to the Royal Navy which had originally established the Esquimalt Royal Navy Dockyard in 1842, now part of present-day CFB Esquimalt.

The Department of Marine and Fisheries had officially taken over control of military operations at Esquimalt in 1905, and later conceded control to the RCN upon its formation. After the outbreak of war in Europe, the RCN's ranks swelled to 5,000 with another 3,000 Canadians serving the Royal Navy during the war.

### In Memorium

#### Capt(N) R.C.K. Peers, CD, RCN (retired)

March 17, 1927 – April 14, 2017

Bob was born in Vancouver, B.C., to W.J. and Kitty (Hill) Peers of Burnaby Lake.

His early years were in Burnaby, Vancouver, and Winnipeg, before moving to Victoria in 1941. He went to Oak Bay High School where he excelled academically and athletically - playing rugby and soccer, winning the track and field championship, and graduating as Student Council President and Valedictorian.

He attended the Royal Canadian Naval College (Royal Roads 1944-46) and was awarded the Sword of Honour on graduation.

Bob then went overseas to train with the Royal Navy and was posted to HMS Vanguard, the last of the 15" gun battleships. In 1947 Bob participated in the Royal Family visit to South Africa with their Majesties and the Royal Princesses. Sadly, he was the last surviving Canadian Naval Officer from this deployment.

In 1950 he joined HMCS Sioux and completed two tours in Korea.

On March 12, 1952, Bob married Cleone Kathleen Thompson of New Westminster, spending their early years in Ottawa, England and Halifax.

He was honoured to be one of three Canadian Naval Officers to attend the 1953 Coronation of Elizabeth II.

In December 1956, he was appointed Commanding Officer of HMCS Trinity

and subsequently HMCS Chignecto. From 1958-60 Bob was seconded to the U.S. Navy to the Commander Carrier Division 16 (USS Valley Forge). After a posting to RCN HQ in Ottawa, Bob commanded HMCS Annapolis on her commissioning in 1964. Thereafter, he commanded the Sea Training Unit (Halifax) and the Second Escort Squadron (Esquimalt).

In July 1970 Bob was appointed Commandant, Royal Roads Military College. In this capacity he negotiated with the Province of B.C., giving the College a Charter to grant degrees.

He retired in August 1976 and subsequently participated in various non-profit endeavours including the Goldstream Salmon Hatchery and the Charter Fishing Association. Bob spent his last years at the Lodge at Broadmead in Victoria.

The family wish to thank the Lodge staff for the love and care they gave Bob. Thanks also goes to Dr. H. Domke and Wendy Smith for their support.

Bob leaves his two sisters, Anne Latham, Babs Jeffrey (David), and three children, Lorna Peers, Brian Peers (Millie), and Carol Mitchell, six grandchildren and two great grandchildren.

Bob was predeceased by his wife, Cleone, (2010), son-in-law Bob Mitchell and brother-in-law Russ Latham.



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# Bravo Zulu

## Boatswain QL3 Graduation

Commander Todd Bonnar, Commander Naval Officer Training Centre, presented promotions and awards during the Boatswain QL3 1701 graduation ceremony, April 12.



OS Terence Tsatchia receives his Certificate of Military Achievement.



OS Mitchell Boy receives his Certificate of Military Achievement.



OS Benjamin Tyner receives his Certificate of Military Achievement.



OS Ashley Lawson receives his Certificate of Military Achievement.



OS David Elmer receives his Certificate of Military Achievement.



OS Wyatt Piprell receives his Certificate of Military Achievement.



OS Oren Grabarnik receives his Certificate of Military Achievement.



OS Katherine Balsom receives her Certificate of Military Achievement.



OS Nazeeb Omar receives his Certificate of Military Achievement.



OS Timothy Ching receives his Certificate of Military Achievement.



OS Christopher Thompson receives his Certificate of Military Achievement.



OS Michael Nodder receives his Certificate of Military Achievement.



OS Russhell Caberoy receives his Certificate of Military Achievement.



OS David Elmer receives the Top Student award for Boatswain QL3 1701.



### HMCS Cabot

A/SLt Stacey is promoted to her current rank by CPO2 Gilles LeDevehat (left) and Lt(N) Justin Robicheau.



Sgt Terry Schulz is awarded the General Service Medal (Operation Impact) from Commodore Jeff Zwick, Commander Canadian Fleet Pacific. Pictured with her for this occasion is her sister, Francine Merkel.

## Bravo Zulu

### NCIOP RQMS

Graduating photo for the NCIOP RQMS (formerly QL5B) course 0006. All members will now be employed as C4I managers in the operations room.  
Front row: PO1 Whitman, Acting Divisional Chief, and PO1 Jimmo, Instructor.  
Back Row: LS Kettle, LS Scott, LS Piht, LS Landry-Johnson, and MS Allen.



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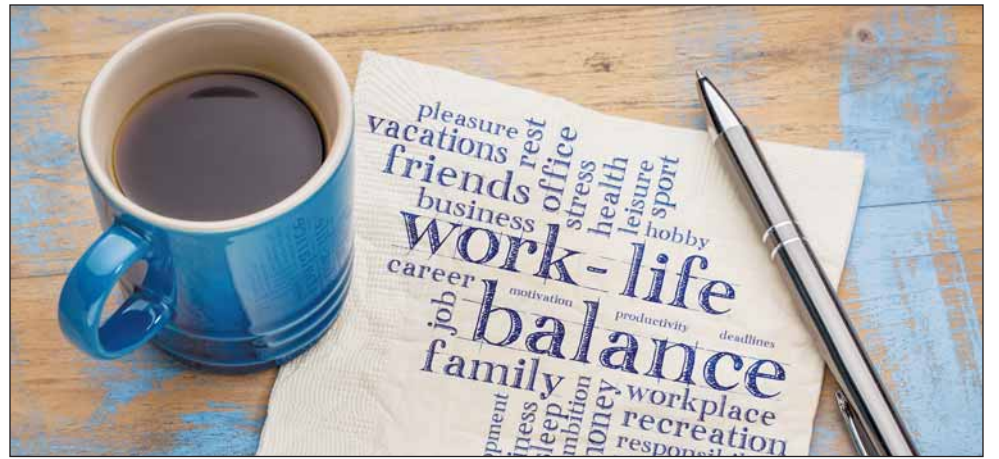
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## Total Health Centre coming

### MARPAC Mental Health Week May 1-17

Mental Health Week is well-timed to introduce the Total Health concept, which will become a new branch of Civilian Human Resources.

This initiative encourages public service employees to take responsibility for their health.

Details about this new branch will be delivered by Gilles Moreau, Director General - Workplace Management, on May 3 at the #Let's Talk More question and answer event at the Chiefs' and Petty Officers' Mess from 9 to 11 a.m.

"As we exercise our body,

we must also do the same for our mind, our wallet, our relationships, our passions, etcetera," says Moreau. "Without good mental health, we cannot be truly healthy. Mental health isn't about avoiding problems; it's about having the tools to cope with life's difficulties. All of us will face challenges, but with the right supports, good mental health is within everyone's reach."

The vision of the Total Health Centre is to safeguard the well-being of civilian Defence Team members, enhance operational effectiveness and productivity, and generate a culture that respects all



forms of health.

It will be a one-stop-shop for civilian employees and managers seeking information and guidance on: mental health, training and awareness campaigns, the Office of Disability Management, Alternative Work Arrangements, the Employee Assistance Program and Awards and Recognition.

Join Moreau and other mental health experts May 3, 9-11 a.m. in the Rainbow Room at the CPOs' Mess to explore the resources available to you, and ask questions of the panelists to better enhance your knowledge on this important subject.

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**ANNOUNCEMENTS**

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please check us out on facebook (STV Tuna).

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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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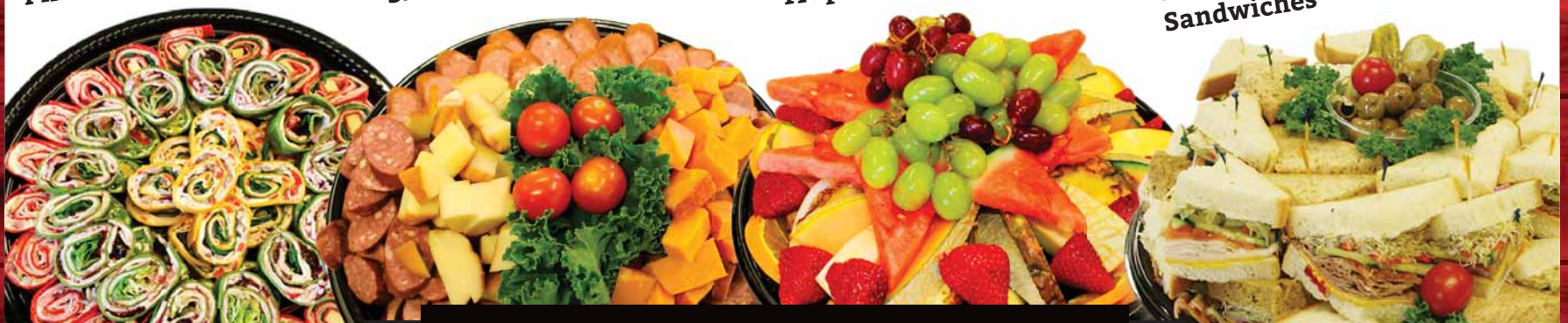
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**LATORIA WALK**  
611 Brookside Rd  
6:30am-8:00pm  
(250) 590-8133

**OAK BAY**  
1933 Oak Bay Ave  
6:30am-9:00pm  
(250) 592-0424

**ESQUIMALT**  
1310 Esquimalt Rd  
6:00am-9:00pm  
(778) 265-0370