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CANADA 150 AT SEA



Photo: Cpl Carbe Orellana, MARPAC Imaging Services

The ship's crew of HMCS Winnipeg, currently deployed on Poseidon Cutlass 2017, form the number 150 on the flight deck in honour of Canada's 150th birthday celebrations at sea.



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# Canada Day on board HMCS Ottawa

**SLt S.M. Anderson**  
HMCS Ottawa

It was business as usual in the port of Incheon, South Korea, on Canada Day.

The air was filled with the noise of a busy port as ships unloaded cargo in the humid air. For *HMCS Ottawa*, July 1 was far from a typical Saturday; it was Canada's 150th birthday and together with *HMCS Winnipeg*, the ships' crew would be the first Canadians to celebrate this milestone.

On that hazy morning, the ship's company assembled on the flight deck in tropical white uniforms, joined by Vice-Admiral Lloyd, Commander of the Royal Canadian Navy. As the pipe from the boatswains call cut through the morning air, *Ottawa's* crew stood at attention as the flag was raised, marking the first Canadian 'territory' to celebrate Canada 150 12 hours ahead of the rest of Canada.

"It was a real privilege to take part in the colours ceremony, to be the first Canadians to celebrate Canada Day," said Leading Seaman Peer, a Medical Technician.

Celebrating Canada Day on the other side of the

world was just one highlight of an eventful port visit to Incheon from June 26 to July 2. After partnering with Republic of Korea Navy (ROKN) for naval exercises, *Ottawa* continued to foster understanding between the two navies by touring ROKN host ship, Cheon Ji.

The Canadian warship returned the favour by hosting ROKN sailors onboard; tours reinforced the relationship between the Royal Canadian Navy and the ROKN as sailors noted the many similarities between the two navies.

On June 29, *Ottawa* crewmembers joined sailors from the ROKN for a friendly soccer match at the Incheon Naval Base. Differences in culture and language were set aside for the mutual love of sport. The two teams played hard in the hot afternoon with the ROKN eventually taking home the victory. The night ended with a concert onboard *Ottawa* featuring Canadian artists Cease and Desist, Hayley Mclean, and Mike MacDonald.

"It was an amazing concert and a chance to relax after four months away from home," said Master Corporal Jacklin, a Meteorological Technician. "It was great

to feel the support of Canadians back home while we are here in South Korea."

While in Incheon, 18 members from *Ottawa* visited the Demilitarized Zone (DMZ); the DMZ was established in 1953 and separates North and South Korea. Sailors met with officials for a brief introduction to the history of the DMZ and then stopped at Freedom House, located only a few feet from the border between North and South Korea.

Master Seaman Marier, a Naval Combat Information Operator, described walking up to DMZ. "The North Koreans didn't talk to us and we were reminded by our hosts that they rarely acknowledge anyone. Official meetings are extremely rare. We got a quick tour of an observation point where we could see several miles into North Korea; we then visited the 'bridge of no return' where repatriations used to take place."

The highlight of *Ottawa's* visit was celebrating Canada 150 in Korea. After being away from Canada for five months, many of the ship's company thought of home, family and friends who would be celebrating

later in the day.

"I talked to my mom and sister, as well as my niece and nephew back in Alliston, Ontario, wishing them a happy Canada Day," said Petty Officer Second Class Ireland, Chief Quartermaster. "They are so proud of me for serving, even though it means being away from Canada on this special day. Despite being away from home today, it is a privilege to be able to share Canada's origins and culture with other countries."

Following the early morning colours ceremony, the ship hosted an evening reception attended by the Canadian Ambassador to South Korea, Eric Walsh, Commodore J.B. Zwick, Commander Canadian Fleet Pacific, and ambassadors and chargé d'affaires from 35 other countries. The cultural diversity and friendliness on the quarter deck was a microcosm of Canada itself.

Canada finds strength in diversity and *Ottawa's* Canada 150 celebrations, an ocean away from Canada, highlighted Canada's unique values and commitment to building relationships to help maintain peace and stability in the Indo-Asia-Pacific region.

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# CANEX Gaming Series returns, prizes galore

**Peter Mallett**  
Staff Writer

Canada's military store is once again offering video gamers a chance to compete for \$7,000 in prizes when the CANEX Championship Gaming Series (CCGS) returns next month.

The 2nd Annual CCGS launches on the Twitch Game Platform Aug. 18 to 20, with this year's competition featuring six-player teams matching their gaming skills in the popular online combat-based action video game *Overwatch*®.

Vivian Ngai, Segment Marketing Manager for CANEX, a Division of the Canadian Forces Morale and Welfare Services (CFMWS), says they and their corporate sponsors are excited about the return of the gaming contest following the success of last year's inaugural launch.

Last year featured the video game *Counter-Strike: Global Offensive*, and Ngai says it wasn't just the game

action itself, but also the interaction between players and spectators that created a social media buzz.

"We had an overwhelming response last year with participation numbers of over 4,000 users and viewers either playing, watching the action on Twitch, or participating in our CCGS live event contests on the CANEX Facebook page," says Ngai. "Our target audience are gamers from the Canadian Armed Forces (CAF) and the defence community and we're confident that we can build on last year's popularity."

Last year's winning five-member team 'Five Guys and Fries' included Cpl Jeff Johnson and Cpl Michael Ryer, both from Base Logistics, CFB Halifax. They were on hand at their local CANEX store Oct. 26, 2016, to collect their team's prizes and have the team's name engraved on the CCGS Trophy.

Ngai says the gauntlet has now been thrown down to this year's competitors.

Team size will increase by one member, and players will compete in one of Blizzard Entertainment's highly popular creations, *Overwatch*®, which was named Game of the Year by The Game Awards, D.I.C.E. Awards and the Game Developers Choice Awards.

*Overwatch*® is available on Microsoft Windows, PlayStation 4, and Xbox One, and requires players on the team to work together, to secure and defend control points on a map in a limited amount of time.

First and second place teams will receive prize packages from the official sponsors including a selection of popular gaming accessories from gold sponsor MSI. Prizes will also be awarded for Players Lucky Draw and Viewers Draw categories with multiple prizes including MSI Hard Shell Gaming Backpacks, ASUS Gaming Laptop, Acer Predator Gaming Monitor and more from sponsors NVIDIA and Cougar.

Ngai says the promotion

encourages friendly competition and social media interaction among participants and viewers in the CAF community.

The contest helps raise awareness in the military community that their gaming needs can be found at CANEX stores or online.

"CANEX is trying to create events that are of interest to our audience," said Ngai. "We really want to do something for CAF gamers and we think this is a great form of entertainment they will want to engage in."

There is no fee for participating or following the action. Participants only need a CFOne Card (indicating their eligibility to the many CFMWS programs and services) to register and compete in the 2017 CCGS. Deadline to register is Aug. 11.

For more information and to register, visit [www.canex.ca/ccgs](http://www.canex.ca/ccgs) or via the CANEX Facebook Page or by searching #CCGS2017.



Two of the five member team that won the CANEX Championship Gaming Series last year, Cpl Jeff Johnson and Cpl Michael Ryer were presented with the trophy and first place prizes by Commodore Sean Cantelon, Director General Morale and Welfare Services; Captain(N) Chris Sutherland, Base Commander, CFB Halifax; Canadian Forces Morale and Welfare Services, CWO Guy Pelleteir; and Larry Mohr, Senior VP of Commercial Services (CANEX and SISIP Financial), at the opening ceremony for the new CANEX and SISIP office at CFB Halifax Oct. 16, 2016. Team members not present were Jonathan Pulsifier, MCpl Terry Stafford and Cpl Mitch Talbot who helped take the first place title in the first ever CANEX gaming series.

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## WHAT SAY YOU

### People Talk

The Lookout asked Soldier On volunteers and participants at the June 27 to 29 paddling camp:

*Why are you involved with the paddle camp?*



I've always been athletic and loved sport. This paddling camp has been a way for me to reconnect with the military and its people.  
**LCdr (Ret'd) Mark Cunningham, participant**



Because it's hugely important for former and current military to have that common thread with others. It gives us a way to bond, have a sense of team spirit, and camaraderie.  
**Sgt (Ret'd) Craig Tompkins, participant**



I volunteered as soon as I found out about the event because I'm a paddler and I always like to support fellow service members. This is a phenomenal cause and great physical activity for all involved.  
**CPO1 Will Slater, Regional Cadet Support Unit, volunteer**



Because I always thought that dragon-boating would be a great fit for Soldier On. This activity tests your physical abilities, and brings back that whole concept of teamwork that is such an integral part of the Canadian Armed Forces.  
**CPO1 (Ret'd) Bob Wiggins, volunteer**

## WHAT SAY WE

### From General Jonathan Vance, Chief of the Defence Staff, regarding Proud Boys incident



File photo

I detest any action by a Canadian Armed Forces member that is intended to show disrespect towards the very people and cultures we value in Canada. We are the nation's protectors, and any member of the Canadian Armed Forces who is not prepared to be the defender we need them to be will face severe consequences,

including release from the Forces.

What happened in Halifax over the [Canada Day] weekend is deplorable, and Canadians should rest assured my senior leadership is seized of the matter. The members involved will be removed from training and duties while we conduct an investigation and

review the circumstances. Their future in the military is certainly in doubt.

On behalf of the Canadian Armed Forces, I apologize to our Indigenous peoples for the behaviour of a few, who certainly do not represent the broader group of proud women and men who serve our country. I expect better.



### United States and Canadian warships in formation

Photo by OS John Iglesias  
United States Ship (USS) Dwight D. Eisenhower (right), USNS Robert E. Peary Berthshift (middle), and HMCS Charlottetown (left) sail in formation off the coast of Halifax, Nova Scotia, June 28.

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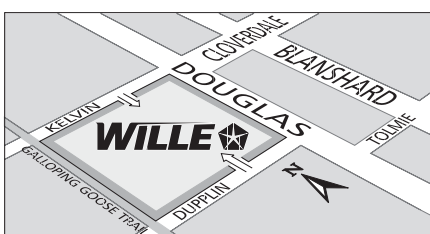
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Photo by Peter Mallett, Lookout

Volunteers and participants of the Soldier On program try their hand at paddling a Dragon Boat in Victoria's Inner Harbour June 29. Soldier On held a three-day Paddling Camp for ill and injured current and former soldiers in Victoria.

## Water sports prove good medicine for injured members

**Peter Mallett**  
Staff Writer

Healing through sports was very evident the last week of June as 12 ill or injured military members tried three on-the-water activities and one shore-based as part of Soldier On.

Former and current Canadian Armed Forces members donned life jackets, and, with paddle in hand, ventured into the ocean in kayaks, on paddle boards and as a group in a dragon boat. On shore they limbered up with yoga.

Petty Officer First Class Joe Kiraly from the Joint Personnel Support Unit, which manages the Soldier On program, travelled from Ottawa to host the event. He is part of the ill and injured group having fallen from a ladder that left him with back, shoulder and neck injuries.

"Participation with the program is a rewarding opportunity for me to not only help others but also help myself in the healing process," he says.

"A recurring comment I hear at every event for first time participants is 'this is the best I've felt in years.' Hearing those comments is one of the most rewarding experiences I've ever had in my military career," he adds.

From 2007, Soldier On has supported more than

3,200 ill and injured members to acquire recreational sporting gear, and to participate in everything from alpine skiing to fishing to multi-activity events such as the paddling camp. Since its creation the program has disbursed more than \$5 million in public and private sector donations for the purchase of equipment and to cover the costs of hosting events.

PO1 Kiraly says there is a common bond between all ranks, trades, and mili-

tary occupations, and that they share the same bond, either through their service or their injury.

"Many participants indicate they feel a loss after being separated from that structure in the military, so it's rewarding to see this instant reconnection with their peers."

For more information about Soldier On and future events and activities visit their website at [www.SoldierOn.ca](http://www.SoldierOn.ca) or their Facebook or Twitter pages.



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**JULY 1 2017**  **Military celebrates Canada 150 in Vancouver**



Hundreds of visitors swarmed Canada Place to check out the many military displays. Plus the Naden Band of the Royal Canadian Navy and the Band of the 15th Field Regiment, Royal Canadian Artillery, participated in the Vancouver Canada Day parade.

HMCS Regina welcomed over 100 members of the Chinese and Sri-Lankan community on board July 3 as part of Canada 150. RAdm Art McDonald and HCapt(N) Chan greeted visitors and spoke about the importance of inclusivity and diversity in the Canadian Armed Forces. The visit to Regina included tours of the ship. The community members also sat for a briefing that highlighted the navy's activities in Indo-Asia Pacific and efforts in diversifying its workforce to be more inclusive.

Photos by Lt(N) Melissa Kia, MARPAC PA



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## Raven Program hosts Aboriginal youth

**Will Chaster**  
MARPAC Public Affairs

Naval Fleet School (Pacific) staff are gearing up to host another round of Aboriginal youth wanting a glimpse into military life, and a possible career in the Canadian Armed Forces.

Forty candidates from across Canada are in Esquimalt July 10 to start six weeks of Basic Military Qualifications as part of the Raven Program.

This includes a military haircut and getting their full uniform and kit.

The program has two parts, a culture camp and basic training as new recruits. At the end of training they can continue as a Primary Reservist, make a component transfer to the Regular Force, or release.

Training emphasizes basic military skills, weapons handling, first aid, and ethical values. Since physical fitness is an integral component of military service, part of the course is spent on fitness training.

"Members vary in age from 16 to their late 20s and

come from all over Canada; it really is fantastic seeing people from different parts of Canada come together for this course," says Lieutenant (Navy) Alicia Morris, Leadership Officer at Naval Fleet School (Pacific).

Raven begins with recognition of First Nation's culture through a Culture Camp at the Canadian Forces Maritime Experimental Test Ranges in Nanoose. Over four days participants explore their own culture and the cultures of other First Nations peoples by taking part in different ceremonies and traditions hosted by three instructors, usually Metis, Inuit and another member of the First Nations people.

Once finished, the youth head back to the Work Point barracks to start the training.

Graduation is set for Aug. 17.

If participants in Raven wish to join the naval reserve following the completion of the program, they can then complete their Naval Environmental Training Program (NETP) without having to complete another basic training.

**Members vary in age from 16 to their late 20s and come from all over Canada.**

Lieutenant (Navy) Alicia Morris,  
Leadership Officer at Naval Fleet School (Pacific)

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# Bravo Zulu

## HMCS Calgary Awards and Promotions

Commander Ryan Saltel, Commanding Officer of HMCS Calgary, presented awards and promotions on July 3.

Photos by MCpl Chris Ward, MARPAC Imaging Services



LCdr Mike Stefanson is promoted to his current rank.



Lt(N) Ji-hwan Park is promoted to his current rank.



WO Jaime Knox is promoted to her current rank.



PO2 Brian Riech is presented the Canadian Forces' Decoration First Clasp.



PO2 Rene Chalifoux is presented the Canadian Forces' Decoration.



PO2 Joel Laurin is presented the Canadian Forces' Decoration.



PO2 Bradley Warford is presented the Canadian Forces' Decoration.



Lt(N) Adam Bailey is presented the Operational Service Medal.



Lt(N) Jeriel Soriano is presented the Operational Service Medal.



PO2 Owen Demarce is presented the Operational Service Medal.



WO Jaime Knox is presented the MARPAC Bravo Zulu award.



MCpl Mark Luke is presented the MARPAC Bravo Zulu award.



SLt Place is presented the Commanding Officer's Bravo Zulu award.



LS Adam Carnegie is presented the Commanding Officer's Bravo Zulu award.





LS Matthew Cormier is presented the Sailor of the Quarter.



CPO1 Paul Fenton is presented the Canadian Forces Physical Fitness Award for Aerobic Excellence White Seal.



LS J.B. Silva is presented the Canadian Forces Physical Fitness Award for Aerobic Excellence Red Seal.

# Bravo Zulu

## Base Information Services Awards and Promotions

Major Grant Whittla, Acting Commanding Officer Base Information Services Esquimalt, and Captain Joshua Weissbock, Operations Officer Base Information Services Esquimalt, presented awards and promotions.



MCpl Christopher Blake is promoted to his current rank by Maj Grant Whittla and Captain Joshua Weissbock.



Sgt Philip Berresford is promoted to his current rank by Maj Grant Whittla, and his wife Kathy Berresford.



MS Solomon Slazenger is promoted to his current rank by Maj Grant Whittla (left), Acting Commanding Officer BIS Esquimalt, and Captain Joshua Weissbock, Operations Officer BIS Esquimalt.



MS Mikhail Joukov is promoted to his current rank by and Captain Joshua Weissbock and Maj Grant Whittla.



MS Bryan Haugh is promoted to his current rank by and Captain Joshua Weissbock and Maj Grant Whittla.



MS Timothy Shao receives the Bronze Level Sea Service Insignia from Maj Grant Whittla.



## Real Property Operations Unit Pacific



Left: John Rose is presented his 35 years of service certificate by Maj Mark Kierstead.

Right: Maj Mark Kierstead is presented the RP Ops Unit (Pacific) emblem by Outgoing Commanding Officer, LCol Ulpiano Honorio. From left to right: CWO Gord Aitken, RP Ops Unit (Pacific) CWO; Maj Andrew McLachlan, RP Ops Section Esquimalt Requirements Officer; LCol Honorio, CO RP Ops Unit (Pacific); Maj Mark Kierstead, OC RP Ops Section Esquimalt; and MWO Bernie MacInnis, RP Ops Section Esquimalt SSM.





# Bravo Zulu

## Naval Security Team Awards

The Commander of the Royal Canadian Navy, Vice-Admiral Ron Lloyd, and Chief Petty Officer of the Navy, CPO1 Michel Vigneault, presented awards in South Korea June 28.

Photos by Cpl Stuart MacNeil, MARPAC Imaging Services



Canadian Pacific Fleet Logistic Officer, LCdr Toni Edmunds receives a Command Commendation.



Lt(N) Kay van Akker receives a RCN Commander's coin.



PO2 Harry Godwin receives a RCN Commander's coin.



LCdr Tim Turner is promoted to his current rank.



## MARPAC Promotion

Photos by MCpl Brent Kenny, MARPAC Imaging Services



PO2 Jonathan Rielly is promoted to his current rank by Capt(N) Steve Jorgenson, and his wife Christina.



**Want to recognize someone in your unit?**

Send your BZs to:  
[melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)



# Bravo Zulu

## Real Property Operations Change of Command

Outgoing Commanding Officer of Real Property Operations (RP Ops) LCol Ulpiano Honorio (left), Reviewing Officer Colonel Kevin Horgan (center), and Incoming RP Ops Commanding Officer, LCol Matthew Sandy (right), sign the Change of Command certificates during the Change of Command ceremony June 22.

Photos by MCpl Chris Ward, MARPAC Imaging Services



Outgoing Commanding Officer of Real Property Operations, LCol Ulpiano Honorio (right), is presented his Commander's Pennant by Maj Dominic Leclerc.



Outgoing Unit Chief Warrant Officer, CWO Gordon Aitken (left), is presented his pennant by Maj Dominic Leclerc.



Incoming Commanding Officer of Real Property Operations, LCol Matthew Sandy (left), is presented the Command Sword by Reviewing Officer Col Kevin Horgan.



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**ANNOUNCEMENTS**

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