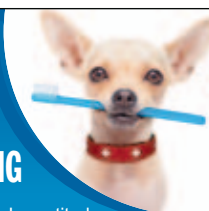


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2017 Four Days Marches Nijmegen

Members of Joint Task Force Nijmegen participated in the 2017 International Four Day Marches Nijmegen from July 18 to July 21. Thirteen Canadian Armed Forces teams marched approximately 40 kilometres a day, for a total of 160 km, through the countryside and towns around the city of Nijmegen, in the Netherlands. This year marked the 101st anniversary of the Nijmegen Marches, although the CAF has been participating since 1952, making this our 65th year.

Photo by Master Corporal Charles A. Stephen, Formation Imaging Services Halifax



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Naval ambassadors become submariners for a day

Peter Mallett
Staff Writer

Clad in their naval combat dress, two West Coast-based Honorary Captains (Navy) climbed down the main access hatch of *HMCS Chicoutimi* July 13 to tour the living and working space of the long-range hunter-killer submarine.

Once inside the boat, HCapt(N) Mandy Farmer

and HCapt(N) David Labistour were able to see the internal workings within the black cigar-shaped hull.

"The submarine was pretty mind blowing, and I can only imagine what life must be like on board for extended periods of time," said HCapt(N) Farmer. "What also blew me away was the camaraderie and overwhelming sense of family amongst subma-

ners. The passion and dedication they have for their boats and each other was inspirational."

Submariners Lt(N) David Hendry and CPO2 Jonathan Wright took the two guests through the boat, stopping at the control room to explain how the sonar, control console, and periscope work.

The two were also shown the messes, living quarters, weapons storage, and engine rooms.

"Having people come down in the submarine and see the work that we do gives them a different and unique perspective on what submarines can offer to Canada," said Lt(N) Hendry. "They can see the capabilities we have, and the importance of the programme, and what life is like onboard a submarine. It is something that myself and the crew are passionate about, so we always love the opportunity to show off what we do, how we live, and the conditions that we work in."

Before they ventured down the hatch, the two Honorary Captains tried their hand at navigating a submarine into port in the Naval Officer Training Centre bridge simulator. Lt(N) Mark Hiebert and Lt(N) Hendry first gave them a demonstration of the software program that replicates Halifax harbour and the jetty at HMC Dockyard. Then it was the visitors' turn to take over the bridge controls and guide the virtual submarine alongside.

"Thankfully there will be

no consequences if I miscalculate my heading and speed," jested HCapt(N) Labistour.

Their day-long tour guide, Capt(N) Chris Robinson, Commander of Canadian Submarine Force, says an up-close look at the navy is crucial to the role of Honorary Captains.

"These distinguished Canadians - appointed by the Minister of National Defence - are leaders in their respective fields and take on the role of ambassador for the Royal Canadian Navy (RCN) to the Canadian people as a whole," he says.

Honorary Captains come from all across the nation and are an integral part of the navy family, each one committed to making a difference for Canada through their support of the RCN. Understanding the navy, its people, missions, successes and struggles is needed to be successful in their honorary duties, he adds.

"The role of Honorary Captains is to do outreach and to champion our mission. Today is our chance to introduce them to the team, and give them a chance to see what we do and how we do it so they are better able to speak on our behalf in the circles in which they work," said Capt(N) Robinson. "We wanted the experience to be enjoyable, but also make sure they saw as much of the equipment as possible and have a sense of the crew."

HCapt(N) Mandy Farmer is the President and CEO of Accent Inns Inc. and is affiliated with CFB Esquimalt.



Photos by Peter Mallett, Lookout Newspaper

Honorary Captain (Navy) David Labistour scopes out dockyard through the submarine's periscope.



Honorary Captain (Navy) Mandy Farmer climbs down the ladder into a Victoria-Class submarine to check out the living and working space within the boat.



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Photos by J W Penner, John's Photography

A member of the Canadian Armed Forces installs a new roof during a HeroWork Radical Renovation at the site of the former Prospect Lake Golf Club. Military and civilian volunteers built a campsite for Victoria-based non-profit Power To Be.

Another hole-in-one for HeroWork

Peter Mallett
Staff Writer

Members of CFB Esquimalt's workforce were an integral part of the crew that turned the recently closed Prospect Lake Golf Course into an inclusive recreational hub for people with physical, mental, or financial barriers.

More than 60 base employees tightened their work belts laden with tools and worked alongside more than 300 HeroWork Society volunteers July 7 and 16, to turn former Honorary Captain (Navy) Cedric Steele's 78-acre parcel of land into a summertime oasis. "My family and I made the decision not to subdivide our land for development but to put it to good use to help the community," says Steele.

The project was organized by the HeroWork Society for another Victoria-based charity Power To Be, who will run the property and provide participants access to nature-based adventures.

Personnel from 19 Wing Comox

and the Bay Street Armoury were also among the pool of volunteers who successfully completed the project, one that HeroWork Executive Director, Paul Latour dubs a "Radical Renovation."

A long list of upgrades and building projects were completed over the 10 days, including the construction of raised bed camping platforms, a full renovation of two existing structures and their conversion into an education centre and a storage building, a built-from-scratch storage facility for kayak and paddling equipment, two toilet enclosures, a kilometre of pathway and roadways, and extensive landscaping with tee boxes, sand traps, gardens, and fencing.

Captain Joe Welsh, a Transportation Officer with Base Logistics, put in multiple full day's work at the site.

"Base Logistics is keen on supporting initiatives like this because it gives us a chance to give back to the community while allowing employees to see the immediate results of their efforts, and the positive impact that it is having on the community," he says.

Steele, 73, still lives on the scenic property located at the south end of the fresh-water lake located in Saanich. He says an experience early in his life was one of the big reasons he and his family offered up the site to Power To Be. Steele was born and raised in South Africa, but suffered from Polio in his childhood that affected his shoulder; he was later admitted to a convalescent house to recover.

"My recovery in that convalescent house was spent with a number of special needs children and I promised myself at that point in my life that if I could ever help children with special needs I would," he says.

To cap off their work on the campsite, Latour and HeroWork held a big reveal July 19 that included food and music.

Next up for the HeroWork Society is a renovation on Anawin House, a community organization that provides support for Victoria's street community. For more information about HeroWork visit their website www.herowork.com.

Rules relaxed for mobile devices on ships

Peter Mallett
Staff Writer

Calling home or catching up with friends on social media just got a whole lot easier on board surface warships thanks to a new policy by the Royal Canadian Navy (RCN).

New regulations greatly expand the areas ships' companies can use their cell phones and other personal mobile devices.

Chief Petty Officer Second Class Carl Dixon, Information and Security Systems officer for Joint Task Force Pacific N6, says the new policy takes effect immediately.

"This is a time where the RCN emphasizes our motto that says: People

First, Mission Always. This new policy is a progressive one that allows sailors to have a much better quality of life while they are away from their loved ones, all the while maintaining a high degree of security," says CPO2 Dixon.

Most high-tech gadgets including cell phones, tablets, E-Readers, game consoles, Blu-Ray players, wireless speakers, smart wear and virtually any device capable of wireless transmission, can now be used in almost every location on a surface vessel. Their use continues to be restricted in areas where classified processes is taking place, such as the bridge and Operations Room.

The old policy limited

the use of wireless technology to the flight deck, quarter decks and hangar of Halifax-Class Frigates, and similar areas on other RCN vessels.

While RCN ships do not transmit a Wi-Fi signal, sailors will now be able to make personal phone calls and use data from bow to stern, when they are in range of their private carrier's signal.

MARPAC Information and Protection Officer, Robert Sayle says the policy change had been in the works for some time, and after a careful review of the policy by senior leadership, the thumbs up was given for the changes.

"There has been a big push for this initiative and

a risk analysis was recently done by DND to investigate the impacts of permitting these devices on board its vessels," says Sayle. "Mobile devices are ubiquitous and DND officials in Ottawa have established that the [security] risk is minimal."

Although the new policy allows for increased flexibility with regard to the use of wireless devices, commanders may authorize increased procedures to ensure a robust security posture is maintained when dealing with non-ship's company personnel. All personnel may be subject to random searches for unauthorized wireless devices operating in restricted areas.

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WHAT SAY YOU

New app on sexual misconduct response and support

DND

The Canadian Armed Forces (CAF) have released a mobile application as a support tool for victims and survivors of sexual misconduct, and anyone who supports them.

The "Respect in the CAF" app is focused on victims; it can be used by anyone as it provides valuable insight on victim trauma, resources available to deal with the impacts of an incident, and links to other educational materials.

The new app's architecture is designed to be highly flexible and expandable. Through routine updates the app will add new modules and eventually serve as a compendium of information and resources related to Operation Honour. The goal is to make accessing information simple and easy in order to enable CAF members to deal more confidently and knowledgeably with the

prevention of, and response to and support of anyone dealing with incidents of sexual misconduct.

The app is meant to complement and enhance existing sexual misconduct resources that span response and support to training and intervention. The app includes support for both those in crisis, as well as tools and educational information for anyone dealing with, or interested in learning more about addressing sexual misconduct. The resources are directly linked to the Operation Honour lines of operation – understanding, support, response and prevention.

The app is part of the Operation Honour mission to eliminate harmful and inappropriate sexual behaviour in the Canadian Armed Forces and is one of many ways of enhancing support and response when an incident does occur.

The Respect in the CAF mobile app has downloadable checklists, and procedures and interactive tools for those in a position to support victims and survivors of sexual misconduct.

The Respect in the CAF app is a free download from app stores, for use with smartphones and tablets using iOS, Android, Windows phone, and Blackberry platforms.

The app is geo-referenced, and can use a device's actual location, to show the nearest resources, such as police stations, hospitals, rape crisis centres and military support units, while still ensuring the privacy and confidentiality of users.

The CAF Strategic Response Team on Sexual Misconduct developed the bilingual, confidential app in collaboration with the Canadian Defence Academy as part of Operation Honour.

WHAT SAY WE

SPORTS trivia MLB All-Star game

1. Where and when was the first All-Star game played?
2. Which team won?
3. Who was the winning pitcher?
4. Who hit the first home run in an All-Star game?
5. Also in the first All-Star game, who caught a Chick Hafey shot by reaching over the right field fence, robbing the National League of a chance to tie the game?
6. Who hit the first National League home run in an All-Star game?
7. Who were the managers in the first All-Star game?
8. In what years did MLB play two All-Star games?
9. Which player holds the record for most All-Star game appearances?
10. Who has the second most appearances?
11. What career All-Star records do Mays and Musial share?
12. Get out the rye bread and the mustard Grandma! Who hit the only grand salami in All-Star history?
13. Who hustled around the bases for the only inside-the-park home run in All-Star history?
14. Who holds or is tied for the greatest number of hitting records in single All-Star games?
15. Which pitcher has won the most All-Star games?
16. Who holds or is tied for the greatest number of career All-Star pitching records?
17. Who was the first MVP in an All-Star game?
18. Who are the only father and son to be named MVP in the All-Star game?
19. What do these All-Star game players have in common: Gary Carter, Steve Garvey, Willie Mays, Cal Ripken Jr, Mike Trout.
20. How many All-Star games have ended in a tie?

1. Comiskey Park, Chicago - July 6, 1933.
2. American League - 4-2.
3. Lefty Gomez - New York Yankees.
4. Babe Ruth - New York Yankees - two-run shot in the bottom of the third inning in the first All-Star game.
5. Babe Ruth.
6. Frankie Frisch - St Louis Cardinals - two-run shot in the top of the sixth in the first All-Star game.
7. National League - John McGraw - New York Giants. American League - Cornelius McGillicuddy better known as Connie Mack - Philadelphia Athletics.
8. 1959, 1960, 1961, 1962.
9. Hank Aaron - Milwaukee/Atlanta Braves - 25.
10. Willie Mays - New York/San Francisco Giants and Stan Musial - St Louis Cardinals - 24 each.
11. Extra base hits with eight and total bases with 40.
12. Fred Lynn - California Angels - 1983.
13. Ichiro Suzuki - Seattle Mariners - 2007.
14. Ted Williams - Boston Red Sox - RBIs - 5, runs - 4, hits - 4, home runs - 2, total bases - 10. Williams also holds career records for RBIs with 12 and walks with 11.
15. Lefty Gomez - three.
16. Don Drysdale - Brooklyn/Los Angeles Dodgers - innings pitched - 19 1/3, batters faced - 69, strikeouts - 19, games started - 5.
17. Maury Wills - Los Angeles Dodgers - 1962.
18. Ken Griffey Sr - Cincinnati Reds - 1980 and Ken Griffey Jr - Seattle Mariners - 1992.
19. All are two-time All-Star MVP's.
20. Two - July 31, 1961 and July 9, 2002.

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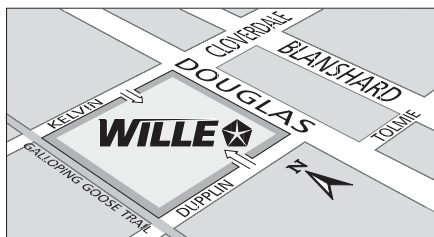
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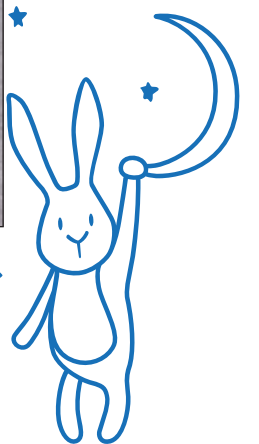
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Cheryl Mathews of the Children's Wish Foundation poses with the running team, and three-year-old Gracie Bell and her family as they accept a cheque for \$30,613 from HMCS Halifax.

Photo by Ryan Melanson/Trident Staff



HMCS HALIFAX runs FOR CHILDREN'S WISHES

Ryan Melanson,
Trident

Crewmembers from *HMCS Halifax* ran across the province in support of sick children in need of a wish.

The *HMCS Halifax* Run for the Wish campaign stretched from Sydney to Yarmouth over a 10-day period, with runners taking relay-style turns to cover the 700 kilometre route.

The unit celebrated the end of the campaign and the team's return to Halifax with a closing ceremony and barbecue outside the *Halifax* shore office on June 22, where representatives from the Children's Wish Foundation were on hand to receive a donation.

Cheryl Mathews, the foundation's Halifax director, thanked the crew on behalf of all the children who benefit from the funds raised. DND is one of the largest contributors to the charity, and the *HMCS*

Halifax event alone has raised more than \$150,000 over the last decade.

"The wishes wouldn't happen without people like the good folks from *HMCS Halifax*. We really enjoy working with them every year; they do so much for the kids," says Mathews.

This year's fundraising total was presented on a giant cheque to Mathews by team member Lt(N) Taryn McGillis, adding another \$30,613 to the grand total raised through the years.

Money is raised through sponsors along the route, events on board the ship, charity tournaments, and other activities, as well as fundraising from team members at the individual level. Runners also visit local schools, community centres, legions and other stops through the province, meeting a number of Children's Wish Foundation recipients along the way.

This year's special

ambassador to the run was a member of the DND community. Three-year-old Gracie Bell has battled and recovered from Acute Myeloid Leukemia. She is the daughter of Cpl Tammie Bell and MCpl Darren Bell.

Cpl Bell said she had been in contact with Children's Wish about Gracie being a poster child for the foundation when she learned about *HMCS Halifax* Run.

"With this event being done each year by sailors, and the fact that my husband and I are both in the service, it all connected really well," said Cpl Bell.

The family met with the team for their grand send off earlier in June, followed along with updates on social media, and were happy to be at the finale to spend time with the runners and the rest of the crew.

Gracie will be using her wish for a trip to Disneyworld; the Bell family plans to wait until

she's a few years older and can appreciate the experience.

"This is an incredible foundation and it's really an amazing gift to have your child and your family receive something like this, and to have these military members giving this kind of support makes me very proud," said Cpl Bell.

Cdr Geoff Steed, *Halifax's* Commanding Officer, said he was thrilled with his first chance to see members of his crew pull off the campaign, and he related that hard work to the work the crew will soon be performing in their ship and at sea.

"It's about the spirit that resonated throughout this effort, it's about the leadership, the guidance, the team effort, the drive and the hard work that goes into this. It all represents everything we're going to be doing next year as we bring our ship back into active service," he says.



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New insignia for Honorary Naval Captain

Kylee Mackay
Crownsnest

The Royal Canadian Navy (RCN) has come up with an innovative way to identify and honour its Honorary Naval Captains (HCapt(N)).

The HCapt(N) insignia pin is a new lapel pin designed to be worn on the HCapt(N) uniform. This pin uniquely represents the commitment to the RCN made by these leaders who have been appointed to act as a bridge

between the RCN and their own sectors of influence.

HCapt(N)s are distinguished Canadians who have been appointed by the Minister of National Defence to take on the role of ambassador for the RCN to the Canadian people. They forge lasting relationships with RCN senior leadership and help the navy communicate its strategic direction and priorities through a variety of events and outreach opportunities.

The new insignia pins were presented to a number of the HCapt(N)s during a mess dinner onboard *HMCS Montréal* while the ship was docked in Montréal for the city's 375th anniversary on May 17.

HCapt(N) Mandy Farmer, from Victoria, was in attendance to receive her pin that night.

"The HCapt(N) insignia pin is very important to me in this role. It is quite an honour to represent the Royal Canadian Navy and I know that it will provide a unique conversation starter when worn with my civilian clothing in my local and professional communities to speak about RCN personnel, programs, and opportunities," she said.

The insignia pins aim to enhance the esprit de corps within the RCN's HCapt(N) community and provide them with a distinctive

identifier they can wear on their military or civilian dress. Former HCapt(N)s may also wear the pin in perpetuity.

Depicting the RCN fouled anchor, the new insignia pin is similar to the Sea Service Insignia worn by all RCN offi-

cers and non-commissioned members to mark their days at sea. A red maple leaf added to the centre of the anchor on the HCapt(N) insignia pin represents their voluntary service to Canada in this role.



This pin uniquely represents the commitment to the RCN made by these leaders who have been appointed to act as a bridge between the RCN and their own sectors of influence.







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Commander Jeff Hutchinson, Commanding Officer HMCS Winnipeg, and Lieutenant-Commander Scott Keleman, Executive Officer HMCS Ottawa, lay flowers at a memorial for the victims of the 2011 Tohoku earthquake and tsunami on July 14 in Onagawa, Japan.



Rear-Admiral Gilles Couturier, Deputy Commander Royal Canadian Navy, listens as Mayor Yoshiaki Suda explains the progress made in the rebuilding of Onagawa, Japan, since the 2011 earthquake.



Sailors from HMCS Ottawa and HMCS Winnipeg pay respects at a memorial to the Japanese war dead in Onagawa, Japan.

Under construction: a future together

SLt S.M. Anderson
HMCS Ottawa

As our bus moves along the highway with the steep, forested mountains on either side, an opening on one side reveals the deep blue of Onagawa Bay in north east Japan.

The road winds down towards the busy port with its fleet of commercial fishing vessels and oyster farms. But it is the dust in the air and the sound of construction that steals attention from the natural beauty of the area.

Onagawa, in Miyagi Prefecture Japan, was one of the most heavily damaged towns in the Tohoku earthquake and ensuing tsunami (Great East Japan Earthquake) on March 11, 2011, and is now the site of rebuilding efforts.

On July 14, Canadian Ambassador to Japan, His Excellency Ian Burney; Rear-Admiral Gilles Couturier, Deputy Commander of the Royal Canadian Navy; and sailors from *Her Majesty's Canadian Ships Ottawa* and *Winnipeg*, visited the town during Poseidon Cutlass 17.

The Canadian team met with Mayor Yoshiaki Suda to review the rebuilding efforts six years after

the earthquake. Mayor Suda spoke of the work of re-visioning the town, rather than simply rebuilding. Speaking through a translator, he talked about bringing the people and the port together and building a sustainable city for future generations.

Chief Petty Officer Mark Johnston, Combat Systems Engineering Chief in *Ottawa*, was impressed by the efforts of the town.

"I was in awe of the amount of work being done by the people of Onagawa six years after the tsunami, as they rebuild their community. It was incredible to see the physical signs of the devastation wrought by the surge of water are still visible today," he says.

Working together with survivors and new community members, the city has embarked on a journey of recovery to create a new town based on collaboration and sustainable development that can be a model to other areas devastated by natural disasters.

Following the Tohoku earthquake and tsunami, Canada offered financial support to the area through numerous charities, but the rela-

tionship between Canada and Onagawa predates the earthquake of 2011.

Onagawa, Japan, contains the only memorial dedicated to a foreign soldier on Japanese soil, Canadian Lieutenant Robert Hampton Gray, V.C., D.S.C., organized and supported by the local Kanda family for the last three generations.

In 1945, in the closing days of the Second World War, Lieutenant Gray was killed when he led an air attack against Japanese naval vessels in Onagawa Bay. Onagawa established a memorial to the 158 Japanese war dead on a promontory overlooking beautiful Onagawa Bay; in 1989, the Kanda family helped create a memorial for Canadian Victoria Cross recipient Lieutenant Robert Hampton Gray. Rather than focus on the adversarial history between the two countries, Onagawa has focused on moving forward in peace and friendship with Canada.

"In a culture that values honour, it is incredibly meaningful to see the honour that Onagawa accords to Lieutenant Robert Hampton Gray," observed Lieutenant-Commander Scott Keleman, *Ottawa's* Executive Officer.

Rear-Admiral Couturier addressed local dignitaries at the Lieutenant Gray monument.

"Here is a serenity of peace for both our countries to share. It is our duty to see that this peace lasts for our children and grandchildren to see...I can think of no better symbol of the peaceful future imagined by the Kanda family than the recent naval exercises between the Royal Canadian Navy and the Japanese Maritime Self-Defense Force on Poseidon Cutlass 17."

Visiting the memorial to the Japanese War Dead, the Lieutenant Gray memorial, and the recent memorial to the victims of the 2011 Tohoku earthquake and tsunami was a poignant reminder of the importance of the relationship building that has been a priority for the two Royal Canadian Navy ships on Poseidon Cutlass 17.

As the bus climbed the road back to Tokyo the sailors spoke to each other of their thoughts after an emotional day. They talked about being ambassadors of Canadian values thousands of miles from home, and of their desire to serve Canada and strengthen peace throughout the world.

A visit to Tokyo



Photo: Royal Canadian Navy Public Affairs
Rear-Admiral G. Couturier, Deputy Commander Royal Canadian Navy, watches Commander S. Belair, Commanding Officer, HMCS Ottawa, break open the sake casks at a reception onboard Japanese Maritime Self-Defense Force Ship Umigiri on July 11 during a port visit to Tokyo, Japan, on Poseidon Cutlass 17.

SLt Cassandra O'Rourke
HMCS Ottawa

The skyline of Tokyo brimmed with skyscrapers as *Her Majesty's Canadian Ships Ottawa* and *Winnipeg* came alongside Harumi Passenger Terminal July 11, in Tokyo, Japan.

Welcoming them on the jetty were members of the Port Authority and the Japanese Maritime Self-Defense Force (JMSDF), including a band dressed in impeccable white uniforms.

That evening members of the Royal Canadian Navy were hosted on board JMSDF Ship Umigiri.

It was a reunion of friends as the Japanese and Canadian warships have been transiting together since early July, and had the pleasure of attending receptions together in Kure, Japan.

The reception and hospitality was impressive as everyone enjoyed sushi, tempura and other Japanese delicacies while sharing stories of

the last few weeks of naval exercises.

Rear-Admiral Gilles Couturier, Deputy Commander Royal Canadian Navy, was present for a reception onboard *Ottawa* July 13, co-hosted by the Canadian Ambassador to Japan, His Excellency Ian Burney.

Members of the government, academics, business and diplomatic community came together to enjoy unique Canadian food and drink, and to celebrate Canada's 150th birthday and the ongoing relationship with Japan. The event further enhanced Canada's diplomatic and military ties in Japan, including the mutual commitment to peace and stability in the Asia Pacific region, highlighted in many of the remarks offered during the official speeches.

The following day a group of sailors from *Ottawa* and *Winnipeg* made their way to Onagawa in the north east of Japan. While there, they visited with the Mayor, His Worship Yoshiaki Suda, to witness the rebuilding efforts since

the 2011 Tohoku earthquake and tsunami.

The crew also paid their respects at a memorial to the Japanese war dead from the Battle of Onagawa Bay in 1945, and the memorial to Canadian Lieutenant R.H. Gray, V.C., D.S.C., the only memorial to a foreign soldier on Japanese soil.

Crew members also visited museums including the Samurai Museum in Shinjuku, and took in a Tokyo Giants baseball game at the Tokyo Dome.

Ottawa and *Winnipeg* are now on the long voyage home across the Pacific Ocean.



Crewmembers of HMCS Ottawa wave goodbye to well-wishers on the jetty as the ship departs Tokyo, Japan, July 15 to begin the transit home.

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Hull technician gearing up for charity ride across B.C.

Peter Mallett
Staff Writer

Leading Seaman Michael Hodgson is revving up for the Military Police National Motorcycle Relay (MPNMR).

Straddling his 2017 Harley Davidson Road King, the sailor will join other motorcyclists July 30 as they venture from Victoria to St. John's, NFLD. He won't go the full distance across Canada, but rather tackle the first leg of the event that covers British Columbia up to Jasper, Alberta.

In total, about 300 people will ride to raise funds for the Military Police For Blind Children.

"While the relay is a lot of fun it's also an inspirational

experience because we are helping out a great cause," said LS Hodgson. "We have fun, and stop in the towns along the way. Last year people shouted support out of their cars and lined the streets as we entered town."

The MPNMR is the world's longest annual motorcycle relay, travelling more than 10,000 kilometres from coast to coast each year with stops at Canadian Armed Forces establishments and points of interest along the way.

Founded as a way to build camaraderie between military police and motorcycle enthusiasts, the relay is now open to anyone who wishes to ride for a day, a province, or coast to coast. In 2016, the relay raised

\$60,000 for the charity and organizers are hoping to match and even surpass that goal.

LS Hodgson has set a personal goal of \$1,000 for this year's ride, and says he believes the whole effort is for a more-than-worthy cause.

"I am normally very picky about where I donate my money or in this case my time," said LS Hodgson. "But this charity is all volunteer run and has no overhead for office space or paid employees, so the money goes straight to children with visual impairments."

To see the scheduled stops for this year's Relay or to find out how to donate or participate, visit the Military Police National Motorcycle Relay website at: www.nationalmotorcyclerelay.ca

Photo by Peter Mallett, Lookout Newspaper

LS Michael Hodgson shows off his Harley Davidson Road King at a parking lot in Dockyard. He will join 300 riders in the Military Police National Motorcycling Relay and will ride his bike from Victoria to Jasper, Alberta, the first leg of the coast-to-coast fundraiser for visually impaired children.



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Dr. Shaila Ramandev, DDS

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IN THE COURTS

Guilty verdict, ex-corporal

DND

On July 5, 2017, Ex-Cpl Robert Stuart was found guilty and sentenced to a severe reprimand and reduction in rank from Corporal to Aviator at a general court martial in Cold Lake, Alberta.

Military Judge Commander Sandra Sukstorf found Ex-Cpl Stuart guilty on two charges related to offences that took place between January 2016 and March 2016 at CFB Cold Lake.

Of the three charges which were preferred by the Director of Military Prosecutions on March 22, 2017, Ex-Cpl Stuart pleaded guilty to one charge of being Absent Without Leave under Section 90 of the National Defence Act (NDA) and one charge of Conduct to the Prejudice of Good Order and Discipline under Section 129 of the NDA.

A third charge, also under Section 129 of the NDA, was withdrawn by the prosecution.

Sexual assault charge laid against military member in CFB Edmonton

DND

On July 12, 2017, the Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with one count of sexual assault under the Criminal Code.

The charge relates to a reported sexual assault against a civilian at a private residence in Edmonton in January

2017.

Captain Mark Sribney, a member of 1 Combat Engineer Regiment at CFB Edmonton faces one count of sexual assault under section 271 of the Criminal Code, punishable under section 130 of the National Defence Act.

The matter is now proceeding in the civilian justice system with the Alberta Crown Prosecution Service.

Sexual assault charge laid against military member in Valcartier


DND

On July 13, 2017, the Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with one count of sexual assault under the Criminal Code.

The charge relates to a reported sexual assault at Canadian Forces Base Wainwright in 2007 against a member of the Canadian Armed Forces.

Cpl Regis Tremblay, a member with the Joint Personnel Support Unit in Valcartier, faces one count of sexual assault under section 271 of the Criminal Code, punishable under section 130 of the National Defence Act.

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.




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Bravo Zulu

Boatswain QL5 Graduation

Lieutenant Commander Daniel O'Regan, Commander Naval Fleet School (Pacific), presented Boatswain Qualification Level 5 certificates July 14.

Photos by Sgt Chris Ward, MARPAC Imaging Services



LS Eckstein is presented his certificate.



LS Narozanski is presented his certificate.



AB O'Brian-Pickering is presented his certificate.



AB Levesque Desjardins is presented her certificate.



AB Rosales is presented his certificate.



AB Milne is presented his certificate.



AB Patenaude is presented his certificate.



AB Bujold-Fosey is presented his certificate.



AB Kernel is presented his certificate.



AB Bakke is presented his certificate.



AB Anderson is presented her certificate.



AB Valade is presented his certificate.



AB Monge Rivera is presented his certificate.



AB Yamagishi is presented his certificate.



AB Yamagishi is presented the Top Student Award.



AB O'Brian-Pickering is promoted to his current rank.

Bravo Zulu

NPTG Change of Command

Incoming Commanding Officer of the Naval Personnel and Training Group Headquarters (NPTG HQ), Capt(N) Martin Drews (left); Commander of the Canadian Fleet (Pacific), Cmdre Jeff Zwick (center); and Outgoing Commanding Officer, Capt(N) Mike Knippel, sign the Change of Command certificates July 14.



Photos by Cpl Blaine Sewell, MARPAC Imaging Services



Capt(N) Mike Knippel (left) receives a Bravo Zulu award from Cmdre Jeff Zwick.

Bravo Zulu

Fleet Maintenance Facility Cape Breton Promotions



PO2 Aaron Murray is promoted to his current rank by Capt(N) Earl and Lt(N) Kerwin.



PO2 Mark Roberts is promoted to his current rank by Cdr Menard and CPO1 Gibbons.



LS Aaron Blaney is promoted to his current rank by Capt(N) Earl and PO1 Lecours.



MS Stephan Girard is promoted to his current rank by Capt(N) Earl and PO1 Lecours.



HMCS Regina Awards and Promotions

Commander Colin Matthews, Commanding Officer HMCS Regina, presented awards and promotions.



AB Leblanc-Levigne is promoted to his current rank.



AB Rogers is promoted to his current rank.



LS Childs is promoted to his current rank.



LS Lacasse is presented the "Sailor of the Quarter" certificate, as well as the SOQ Knife.



PO1 Greffard-Fournel is presented the Canadian Forces' Decoration First Clasp.



PO1 Greffard-Fournel is presented the Canadian Forces' Decoration.



PO2 Hamilton is presented the Canadian Forces' Decoration.



AB Thomas is promoted to his current rank by LCdr Graham, Executive Officer HMCS Regina.

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7:00am-8:30pm
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MATTICK'S FARM
5325 Cordova Bay Rd
7:00am-8:00pm
(250) 658-2998

VANALMAN
751 Vanalman Ave
6:30am-8:30pm
(250) 479-6817

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