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# HMCS Nanaimo joins Operation Caribe

Photo: MARPAC Imaging Services  
A sailor on board HMCS Nanaimo secures the .50 calibre gun on the bridge wing after cleaning. The warship is on the way to join Operation Caribe.



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The crew of Dark Star from CFSA prepare for one of the races held during the CFSA Regatta weekend under the watchful eye of skipper and race organizer Neil Porter.

Photo by: Trina L Holt

## Sailing club sailors breeze to victory

**Peter Mallett**  
Staff Writer

The Canadian Forces Sailing Association (CFSA) claimed the overall team title and earned three top individual finishes in this year's Vancouver Island Racing Series (VIRS).

This year's edition of VIRS competition began in April and involved over 200 teams of sailors from sailing clubs across the Island competing in 13 regattas. Competition wrapped up with the Thermopylae Regatta hosted by the Royal Victoria Yacht Club Oct. 14 and 15.

The CFSA had the top combined point total of any club in the competition. Three sailors led the way in the individual awards with LCdr (Retired) Graham Heath skippering his five-man crew aboard their

yacht Pitoraq, amassing a combined total of 164 points. CFSA skippers Master Seaman Clay Mills and his Jaguar team, and Kerry Blaauw's Final Dash team, took the other top spots finishing with 147 and 145 points respectively.

This is the second consecutive year the CFSA has won the overall points total with skipper Anthony Zegers scoring the top individual score in last year's series. LCdr Chris Maier of Naval Fleet School (Pacific) serves as the CFSA Commodore and says the victory bolsters the club's strong reputation throughout the Vancouver Island sailing community.

"Our reputation as a very competitive sailing club is well deserved and this win is a big deal," said LCdr Maier. "We are the small club. We have a smaller membership and smaller budgets than many of our competitors,

but our sailors know how to use sail, and sail fast."

The scoring system for the regattas allots different ratings for different classes of competing boats. Points in the series are scored by virtue of how well a team does amongst similar rated boats in their division.

The race series also included the CFSA Regatta, held over the weekend of Oct. 1 and won by CFSA Fleet Skipper Colin Nichols who helped guide his team Jack Rabbit to victory.

The CFSA was established in 1946 and operates from its Esquimalt Harbour headquarters located at the foot of Maple Bank Road. The club's mandate is to provide recreational sailing opportunities for military members, their families, DND employees and veterans. For more information about the CFSA visit [www.cfsaesq.ca](http://www.cfsaesq.ca)



Photo by CFSA  
A view of the Vancouver Island Racing Series Club Championship Trophy. The CFSA retained the hardware for their trophy case by virtue of their overall combined points total in the annual racing series.

*Our reputation as a very competitive sailing club is well deserved and this win is a big deal.*

LCdr Chris Maier, CFSA Commodore

Sail boats race off the waters of Esquimalt during the Canadian Forces Sailing Association Regatta held Oct. 1. The regatta was one of 13 weekend racing events held during the annual Vancouver Island Racing Series.



Photo by: Trina L Holt

# Wounded Warriors launches new health program

**Peter Mallett**  
Staff Writer

A ground-breaking support program for military personnel, veterans and first responders suffering from Post-Traumatic Stress Disorder (PTSD) and other forms of trauma has launched in Victoria.

With the new B.C. Afghanistan Memorial at Pioneer Square as a backdrop, Wounded Warriors Canada announced the introduction of its Trauma Resiliency Program (TRP).

The Oct. 12 announcement came a day prior to the kick-off of the group-based training program in Sooke, the opening phase of an intensive eight-day trauma-resilient skills development training program.

Developed by Dr. Tim Black, Associate Professor of Counselling Psychology at the University of Victoria, the program is being administered by the non-profit charity.

The program is designed for people diagnosed with trauma-related injuries.

Scott Maxwell, Executive Director of Wounded Warriors Canada, says all 60 spots for the roll-out at four separate trial sites were taken within a few days of the program's introduction.

"This is a completely new and first-of-its kind program," said Maxwell. "The demand in the country for TRP is significant, and with our launch complete we now need to focus our efforts on making the program available to anyone who needs it."

The initial phase of the TRP, called Regulation for Recovery Training, is a three-day course on the nature of

trauma-related injuries. The opening phase is designed to educate attendees on the delivery models of the program.

The second and final phase of the course, Advanced Recovery Training, requires five consecutive days of intensive study with groups of approximately six people. At this phase they will develop skills, tools and resources needed in their recovery.

"The program is trying to teach people resiliency through their injury and learn the skills and tools to manage it," says Maxwell. "There are all sorts of recovery tools available, but the goal is to equip each individual with the right tools so they come out of the process more resilient than before starting TRP."

Corporal (Retired) Jason Campbell of Chilliwack, B.C. took part in the opening phase of the program. He was a member of the Princess Patricia's Canadian Light Infantry's First Battalion for over 14 years and did a tour of Kosovo in 1999. He didn't realize he suffered from PTSD until after his medical release from the military in 2011.

Campbell has already participated in three separate Wounded Warriors Battlefield Bike Rides, a cycling-oriented treatment program for military, veterans and first responders that takes them to some of Europe's most famous battle sites. He noticed during this summer's Battlefield Bike Ride in France that one of his PTSD symptoms - an overwhelming desire to be isolated - was getting worse.

"Taking part in the opening phase [of TRP]

was very helpful to me, and I'm excited to see what will happen in the second phase of the program. I truly believe this program is going to change things and will get other trauma sufferers lucky enough to get a spot in this program the help they need."

The concept for TRP was developed eight months ago by Wounded Warriors Canada. Dr. Black, who researches and lectures in the field of PTSD and military-civilian transition training, agreed to volunteer his services. He is being assisted by Alex Stirling, a clinical advisor who specializes in group and individual approaches to treating trauma. The University of Victoria Counselling Psychology graduate had previously worked with Dr. Black after he had co-founded Wounded Warriors' Program COPE (Couples Overcoming PTSD Everyday).

Black says living and recovering from PTSD requires a "tremendous amount of resiliency" and believes effective education,

skills training and strategic use of responses can be a huge aid in the healing process. He is hopeful the latest effort will help to continue the ongoing effort to extinguish the stigma surrounding trauma-related injuries, and further normalize understanding and acceptance.

"We want to change the culture around PTSD in our society, particularly with veterans and first responders who are exposed to traumatic events on a regular basis," said Dr. Black. "We are shifting away from the illness models and helping people understand that the 'blood, sweat and tears' required for recovering from PTSD is something that people can be proud of and even share within their communities. In an era of violence and ever-increasing trauma, recovery becomes an act of courage, resistance and resilience."

For more information about TRP visit Wounded Warriors Canada <https://woundedwarriors.ca/how-we-help/trauma-resiliency/>



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***This is a completely new and first-of-its kind program. The demand in the country for TRP is significant.***  
Scott Maxwell, Executive Director  
Wounded Warriors Canada

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

On Oct. 20 base athletes participated in Canadian Armed Forces Sports Day sports tabloid at the Naden Athletic Centre. Lookout asked a few participants:

*Name your greatest sporting moment or achievement.*



Winning a gold medal in weightlifting at the Invictus Games Toronto 2017. I had always dreamed of going to the Olympics so winning a medal at Invictus was thrilling for me.

**Lt(N) Krista Seguin,  
Base Accommodations**



In just two-and-a-half years of my 'illustrious' sporting career I completed my first marathon in May 2017. I had smoked for over 30 years but quit the habit a couple of years ago, and then made running a marathon personal goal of mine. So completing the marathon was really a huge accomplishment for me.

**CPO2 Charles Kuyper,  
Naval Personnel Training Group**



Making the cut for my Pauline Johnson Collegiate high school volleyball team in Brantford, Ontario. Just making it on the team took lots of practice and hard work, and even though it was 20 years ago being part of that team still really means a lot to me.

**LS Dinh Tran,  
Fleet Maintenance Facility**



I played for a women's fastball team in Kelowna called Rutland and we made it to the Western Canadian championships back in 1996 or 1997. Although the team didn't fair too well in the championship tournament, just getting there and winning the provincials was an unforgettable moment for me and my teammates.

**Danielle Wickens,  
Base Logistics**

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1. Send a letter or card, or phone a friend or relative you haven't seen in a while.
2. Give someone a hug.
3. Visit an elderly friend, or someone who is sick.
4. Offer to drive someone to an appointment or run an errand.
5. Send a thank you note to a co-worker appreciating their efforts and the difference they make.
6. Assist a co-worker or classmate with a project.
7. Dedicate a song on the radio to a special someone.
8. Buy coffee for the person in line behind you.
9. Share your professional expertise with someone in need of your skills.
10. Babysit for a single parent.
11. Carry your neighbour's garbage out to the curb.
12. Let someone go ahead of you in line at the store.
13. Rake your neighbour's leaves or sweep their sidewalk.
14. Help out with household chores.
15. Say hello to someone you pass on the street.
16. Offer to wash someone's car.
17. Store furniture for someone.
18. Help someone move.
19. Lend your bicycle/car/tools to someone.
20. Share your discount coupons.
21. Let your staff go home a little early.
22. Write a poem or paint a picture for someone.
23. Make a donation in someone else's name.
24. Hold a door open for someone.
25. Help someone struggling with a heavy load.
26. Carry someone's groceries to their car.
27. Volunteer your time and skills.
28. Arrive at work early to make coffee for your co-workers.
29. Top up an expired parking meter.
30. Donate your gently used goods to a charity or shelter.
31. Assist someone in need of roadside help.
32. Congratulate/comfort a team mate.
33. Let someone in ahead of you in traffic.
34. Stop to offer directions.
35. Reward a loyal customer.
36. Thank a business owner/staff person who has provided you with excellent service.
37. Tell your siblings you love them.
38. Tidy up the staff kitchen at your office.
39. Pick up litter.
40. Pick up clothing that may have fallen off a hanger in a store.
41. Compliment someone.
42. Hold the elevator.
43. Cook your family's favourite dinner.
44. Carpool to save someone the drive.
45. Ride your bike to work/school be kind to the environment.
46. Leave extra coins in the laundry room.
47. Help someone with their resume.
48. Refer a job opening to someone looking for a position.
49. Offer someone a piece of gum/mint/candy.
50. Share a favourite recipe with a friend or co-worker.
51. Donate your time at the food bank or soup kitchen.
52. Take your kids to the park.

For more information go to: [victoriafoundation.bc.ca/random-act-kindness-day-2017/](http://victoriafoundation.bc.ca/random-act-kindness-day-2017/)

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Members of the Royal Danish Navy's Boarding Party observe a CH-124 Sea King helicopter preparing to land aboard HMCS Charlottetown.



## Charlottetown trains with Danish Navy

Lt(N) Meghan Jacques and Leading Seaman Richard Donafeld  
Operation Reassurance Maritime Task Force

Taking advantage of their time operating closely with NATO allies, the enhanced naval boarding party deployed in HMCS Charlottetown recently facilitated a combined team training exercise for the Royal Danish Navy's boarding team from Her Danish Majesty's Ship (HDMS) Niels Juel.

Royal Canadian Navy ships each have a boarding party made up of crew members who have other primary duties. An enhanced naval boarding party is an additional team with specialized skills. It works with the regular boarding party to enhance the ship's maritime interdiction operation capability.

During this exercise, the enhanced naval boarding party worked with Charlottetown's boarding party and the Danish boarding party, sharing knowledge while learning a different perspective.

"This combined training with our Danish counterparts expands our team's way of thinking and problem solving, while allowing us to see challenges in the maritime environment from a different angle and cultural perspective," said Lieutenant (Navy) Jacob Killawee, Enhanced Naval Boarding Party Team Lead.

"The Danish sailors are a class act bunch and were always eager to learn more. Meeting new people from different countries is always a great part about our job, as we get to go to work and be presented with new challenges every day," he added.

The Royal Danish Navy's boarding team has 10 members, including one boarding officer and one assistant boarding officer. They visited Charlottetown on Sept. 18 and 19 to participate in the exercise.

The training consisted of round-robin style stations, spanning topics including medical considerations, close-quarter battle, tactical movement, personnel handling, small arms weapons training and search techniques. As part of the first training day, the Royal Danish Navy's boarding team demonstrated their national doctrine, and the enhanced naval boarding party demonstrated Canadian procedures, highlighting recommended modifications to their methodology that could allow their team to conduct boardings more safely and efficiently.

Over the course of the two-day training program, the enhanced naval boarding party coached their own team and the Danish team through weapons handling, close quarters battle, use of force, person-

nel handling, and casualty scenarios. They practiced moving through a boarded ship safely and securely, moving up and down through ladders and hatches, extracting casualties from difficult spaces, detaining non-compliant personnel, and engaging in escalation of force scenarios simulating a hostile boarding environment.

The goal of this capacity-building training exercise was to share knowledge and best practices between the boarding teams of these two NATO countries.

Not only was the two-day session successful in its goal to improve interoperability, it was extremely useful for the enhanced naval boarding party to have the opportunity to be exposed to another country's approach to boarding operations.

On Aug. 8, HMCS Charlottetown deployed to the Baltic Sea on Operation Reassurance, joining Standing NATO Maritime Group One (SNMG1). SNMG1 is a naval force made up of ships from NATO countries that are working together to reassure allies in the region of NATO's intent to support their stability and security. Charlottetown is the seventh Royal Canadian Navy ship tasked to Operation Reassurance.

Photos by Corporal J.W.S. Houck, Formation Imaging Services



Members of the Danish Boarding Party and HMCS Charlottetown's enhanced naval boarding party observe one another while conducting approach drills aboard the frigate.



Members of the Royal Danish Navy's Boarding Party climb up HMCS Charlottetown as part of a cross-nation training exercise during Operation Reassurance on Sept. 18.

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# New suicide prevention strategy released

DND

A joint suicide prevention strategy that seeks to understand, address and mitigate risks of suicide across the entire military and veteran community has been launched.

Developed in partnership with mental health experts, this joint strategy represents a new, holistic, pan-Canadian Armed Forces (CAF) and Veterans Affairs Canada (VAC) approach to suicide prevention.

It combines efforts in education, communications, health care and support initiatives to better manage risk factors and stress.

The ultimate goal of this effort is a community of resilient and productive CAF members, vet-

erans, and families supported by robust initiatives and programs that promote well-being and prevent self-harm and suicide.

While the CAF and VAC have a network of programs currently in place designed to identify and get help for members and veterans in distress, the joint strategy identifies more than 160 action items between the two departments to ensure members and veterans get the services they need.

There is not one single cause of suicide, nor one single program that can address and eliminate the risk of suicide. While it is impossible to prevent every suicide, meaningful action can, and must, be taken to reduce the risks and build protective factors, support, and resilience.

## VAC investment in suicide prevention

- VAC is making four-year investments of \$4 million in a new Veteran Emergency Fund to assist veterans in urgent and unique situations, and \$13.9 million in a new Veteran and Family Well-Being Fund that will promote innovative research and services.
- VAC is investing \$17.5 million over four years, and then \$9.2 million per year ongoing, starting in April 2018, to establish a Centre of Excellence on Post-Traumatic Stress Disorder (PTSD) and related mental health conditions.



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■ **Naden Fleet School Clinic**  
Date: Monday 23 Oct 17  
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Location: N92 Conference Rm (rm 278)

■ **Fleet Diving Unit**  
Date: Friday 27 Oct 17  
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■ **Dockyard**  
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# VIMY FLIGHT

## LAST PASS OVER VICTORIA

Photos by Peter Mallett



A commemorative inscription on the side of the engine block of pilot Paul O'Reilly's Nieuport 11 denotes the replica plane is dedicated to the memory of First World War flying ace Duncan Bell Irving.

**Peter Mallett**  
Staff Writer

**T**HOSE magnificent men and their First World War flying machines made one last flight, soaring high over the British Columbia Aviation Museum, located near the Victoria International Airport.

Over the Oct. 14 weekend, Captain (Retired) Larry Ricker, lead pilot in the Vimy Flight: Birth of A Nation tour, delighted onlookers with demonstration flights in his replica Nieuport 11, a First-World-War-era bi-plane.

Over 200 spectators attended the event that was the final stop in the group of 10 volunteer pilot's 33 city, cross-country tour that began in May.

Ricker is a pilot for Air Canada and says he marvels at the simplicity of the planes every time he steps in the cockpit.

"The Nieuport is a true delight to fly, it's a pilot's aircraft," he said after a smooth landing back at the museum. "You need to have your hands on the controls

all the time when you are flying or you will get into trouble fairly quickly. It's a challenging aircraft, probably the smallest I have ever flown."

Prior to embarking on their pan-Canadian tour in the spring, the Vimy Flight group loaded four Nieuports 11s, two Sopwith Pups, and one SE5A from the Canadian Flight Museum in Surrey into a Canadian Forces C-17 Cargo plane in Comox, which transported them to France. Vimy Flight pilots then performed before an international audience in a commemorative fly-past during 100th Anniversary commemorative events for the Battle of Vimy Ridge on April 9.

Now their travelling air show is coming to an end with a final non-flying appearance at the Rooms Museum in St. John's, Newfoundland on Nov. 11.

"Now that we can see the end post of this tour in sight, we are starting to realize the enormity of the journey this group has been through," said Major (Retired) Paul O'Reilly, a founding member of Vimy Flight. "Every time I see the planes take off at the end



of the tour a little bit of me goes with them and I almost feel a tear welling up in my eye."

The grand finale in Newfoundland will also feature the third and final film in the documentary series *A Nation Soars*. The final of the trilogy *Flight Path of Heroes*, produced by Sound Venture Productions, will focus on the 2017 flight at Vimy and feature spectacular aerial footage from the cockpits of the planes.

O'Reilly was unable to fly his plane, nicknamed Pokey, and dedicated to former Royal Canadian Air Force (RCAF) Air Commodore Alan Duncan Bell-Irving, who became the first-ever Canadian ace in Royal Flying Corps. A medical condition kept him grounded and Captain Brent Handy, an RCAF pilot from 15 Wing Moose Jaw, took O'Reilly's place for the Vimy flyover.

O'Reilly and Ricker both said the Vimy Flight helped raise awareness of what young aviators faced when they climbed into these warplanes planes with little or no flying experience. Ricker noted the stark contrast to

today's world, pointing out that the 10 Vimy Flight pilots have over 230,000 hours of combined flying experience.

"You think about it, these young pilots, some as young as 17 or 18, would climb into these planes with no parachute, no radios, and most of them had as little as seven hours of training experience before going into combat," said Ricker. "That took a huge amount of courage, and that is what we dedicated our tour to, those young brave Canadian aviators."

Ricker said O'Reilly's plane used for the tour will be donated to the RCAF, and then he hopes to see it put on public display at the Canadian Aviation and Space Museum or other museums.

The weekend-long event at the B.C. Aviation Museum also included a meet and greet with Ricker and four other pilots in the group, a multimedia presentation on the Battle of Vimy Ridge by volunteer pilot Dale Erhart, and performances by the members of Victoria Esquimalt Military Re-Enactors Association.

For more information about the Vimy Flight Group visit their website: [www.vimyflight.ca](http://www.vimyflight.ca)



Tony Austin of the Victoria Esquimalt Military Re-Enactors Association plays a Canadian Major in the Royal Flying Corps during the Vimy Flight: Birth of A Nation tour stop at the B.C. Aviation Museum.



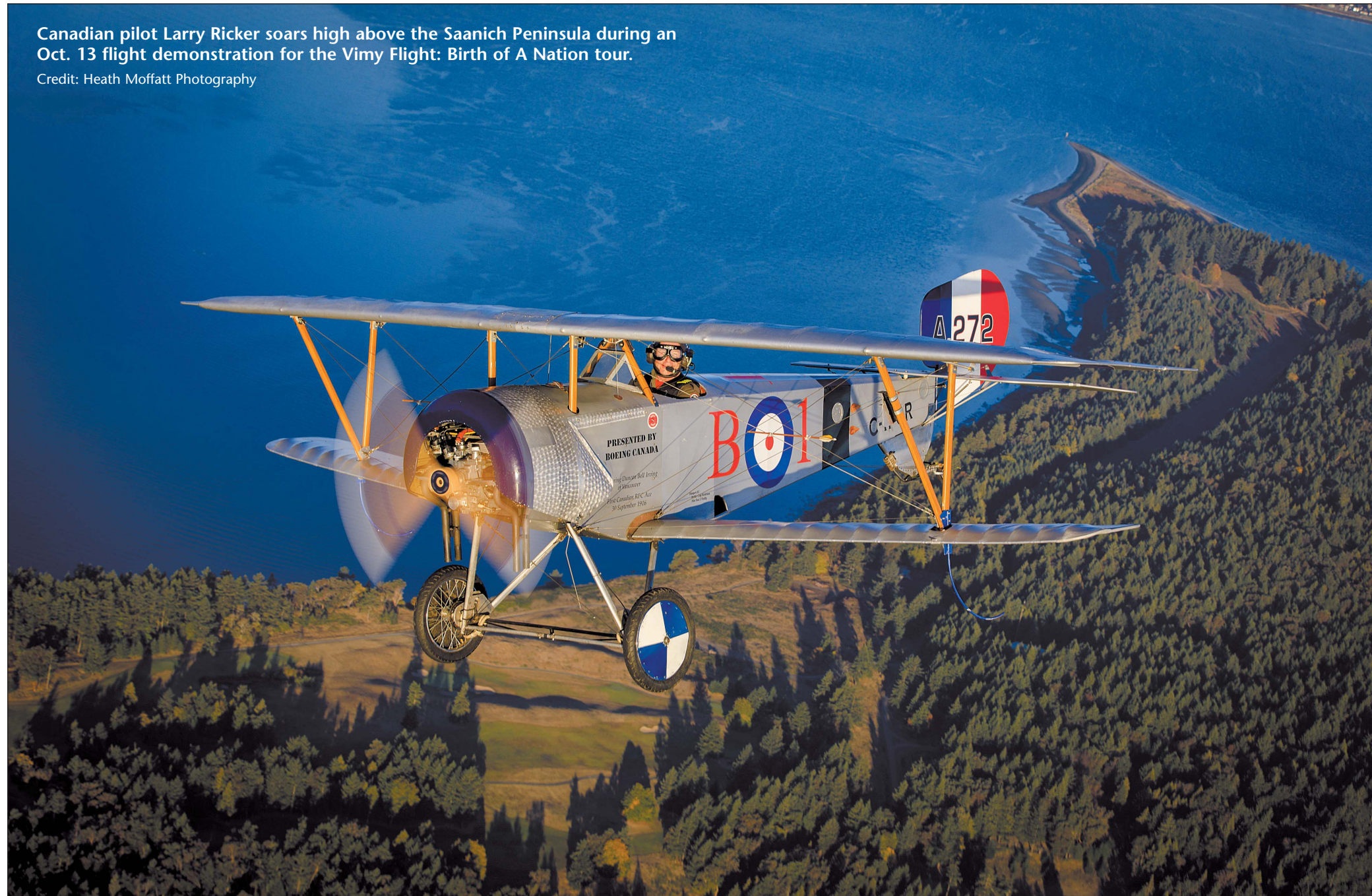
Pilot Paul O'Reilly shows off his Nieuport 11 replica warplane nicknamed Pokey during the Vimy Flight: Birth of A Nation tour stop at the B.C. Aviation Museum.



Vimy Flight members, from left: pilot Paul O'Reilly, mechanics Dan Daigle and Darwin Dzouba, and pilots Larry Ricker and Dave Wilson pose for a group photograph.

Canadian pilot Larry Ricker soars high above the Saanich Peninsula during an Oct. 13 flight demonstration for the Vimy Flight: Birth of A Nation tour.

Credit: Heath Moffatt Photography



Pilot Larry Ricker poses for a photo following his flight demonstration.





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# Veterans' Week - share your story

Every year, as part of the National Veterans' Week Speakers Program, Canadian Armed Forces (CAF) members give presentations at schools and other organizations across Canada.

The key to the program's success is the enthusiastic participation of Regular and Reserve Force members.

The theme of this year's program is "In Service to Canada." By volunteering to be a speaker, you can share

your story of service with Canadians of all ages.

Anyone who would like to take part in the program can register at <http://admpaapp.mil.ca/en/vet/speaker-form.asp>.

The site provides prepared presentations for various age groups, useful information on preparing your own speeches, and guidance on using social media.

Last year, CAF members gave over 2,100 presentations, reaching more than 555,000 Canadians during Veterans' Week.

If you have any questions, contact René Coignaud, coordinator of the program, at 613-943-6145 or by email at [rene.coignaud@forces.gc.ca](mailto:rene.coignaud@forces.gc.ca) or MARPAC OPI, Vicki Kellsey at 250-363-5566 / [vicki.kellsey@forces.gc.ca](mailto:vicki.kellsey@forces.gc.ca).



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## IN THE COURTS: Sexual assault charge laid

### DND

On October 13, the Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with sexual assault under the Criminal Code, and related offences under the National Defence Act.

The charges relate to a reported incident in December 2016 at a restaurant in Saint-Jean-sur-Richelieu, Quebec, involving an instructor and student from the Canadian Forces Leadership and Recruit School located at the Saint-Jean Garrison.


MCpl Pierre Desrosiers, a staff member at the Canadian Forces Leadership and Recruit School, faces the following charges:

- one count of Sexual Assault under section 271 of the Criminal Code, punishable under section 130 of the National Defence Act;
- one count of Drunkenness, punishable under section 97 of the National Defence Act; and
- two counts of Conduct to the Prejudice of Good Order and Discipline, punishable under section 129 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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Canadian Armed Forces CISM Men's Epee Team, from left: Cpl Hugues Boisvert-Simard, SLt Kyle Deveau, and Cpl Clement Feminias-Metivet.

**SLt Terence Kazimierczak**  
HMCS Vancouver  
Public Affairs Officer

When SLt Kyle Deveau competed in last month's CISM World Military Fencing Championships, it represented a means to honour not just the Canadian Armed Forces (CAF) but also his father. In March, SLt Deveau's father, MWO (Ret'd) Jackie Deveau, died in a hit and run. The elder Deveau

played hockey throughout his 35-year career as an Avionics Technician in the Royal Canadian Air Force; he always said it was a great way to maintain friendships and strengthen the bonds within the military family. "After meeting many of the members my dad had played hockey with, it became clear to me how important the sport was to him and the people in his life," said SLt Deveau. "I decided to rediscover a similar sense of pur-

pose and the same sort of friendships that can only emerge as a result of sport." Two weeks after his father's funeral, SLt Deveau was fencing competitively again. Inspired by his father's example, SLt Deveau set a goal: to get on the CAF CISM Fencing Team. After showcasing his talents at Provincials in Vancouver, B.C., he was accepted onto the team and began preparing for the 45th CISM World Military

Fencing Championships in Acireale, Italy, held from Sept. 13-17. The CAF Fencing Team had no illusions about how challenging this event would be. Several athletes from other nations were Olympic medalists, and most of the Canadians had never competed at such a high level. "If it wasn't for the CISM program, I would never have had the opportunity to represent my country on the international stage. I've watched these guys

on YouTube, fencing at the Olympics and at World Cups. I can't believe that I got to go head-to-head with some of them." Although there were a few surprising victories for the underdog Canadians in the early stages of the tournament, most of the team was eliminated following the initial poules. In the spirit of the CISM event, SLt Deveau and his teammates challenged some of the other teams who had been eliminated to a friendly match outside

of the actual tournament. "It was very rewarding to fence some of the other military teams in a 'just-for-fun' bout. And like true Canadians, we brought maple syrup to share with our new friends from other militaries around the world." For SLt Deveau, the last several months have been a whirlwind. His transition from not competing at all to representing Canada at an international sporting event was as rewarding as it was challenging.



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## HMCS Regina Awards & Promotions

**AB Thrun** is promoted to his current rank on board HMCS Regina by Cdr Matthews and Lt(N) Yakimovich. He was also presented his Cert 1 Certificate.

**AB Deschamps** is presented his Cert 1 certificate on board HMCS Regina by Cdr Matthews and Lt(N) Yakimovich. He was also prompted to his current rank.

**AB Coyne** is promoted to his current rank on board HMCS Regina by Cdr Matthews and Lt(N) Yakimovich.

**LS Sayers** is promoted to his current rank on board HMCS Regina by Cdr Matthews and Lt(N) Yakimovich.

**Lt(N) Davies** is promoted to his current rank on board HMCS Regina by Cdr Matthews and LCdr Graham.

**MS Brown** is presented his Cert 2E certificate on board HMCS Regina by Cdr Matthews and Lt(N) Yakimovich.

**PO1 Gapotchenko** is presented his Cert 3E Certificate on board HMCS Regina by Cdr Matthews.

# FMF CAPE BRETON Awards Ceremony



Captain(Navy) Ed Hooper, Commandant of Fleet Maintenance Facility (FMF) Cape Breton, presented certificates and awards during the Awards Ceremony held at HMC Dockyard on Oct. 5.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



Al Blaskovich was presented with his 25 years of service award.



CPO2 John Steffan receives his Bravo Zulu award.



Paul Ouellette receives his Bravo Zulu award.



Paul Vis receives his Bravo Zulu award.



Mercia Tolcher receives her Bravo Zulu award.



Steve Collins receives his Bravo Zulu award.



James Thomas receives his Bravo Zulu award.



Jordan Southgate receives his Millwright Certificate of Apprenticeship.



Michael Ball receives his Millwright Certificate of Apprenticeship.



Christopher Farnham receives his Electronics Technician FMF Certificate of Apprenticeship.



Dave Imeson receives his Certificate of Appreciation.



Mike McDougal receives his FMF Certificate of Appreciation.



Steve McIlwaine receives his FMF Certificate of Appreciation.



Lee Murray receives his FMF Certificate of Appreciation.



Rick Rainsford receives his FMF Certificate of Appreciation.



Jodi Sigsworth receives her FMF Certificate of Appreciation.



Ryan Yeomans (left) and Tim Wiltshire (right) receive their FMF Certificates of Appreciation.



CPO2 Ron Eccles receives his Physical Fitness Award for Aerobic Excellence.





Commander Mike Stefanson, Commanding Officer of HMCS Winnipeg, presented the ship's company with awards and promotions at San Francisco Fleet Week.

# Bravo Zulu

## HMCS Winnipeg awards and promotions

Photos by Cpl Sewell, MARPAC Imaging Services



LS Krause is promoted to his current rank by Cdr Stefanson, Lt(N) Pothier and CPO2 Roberts.



AB Tamayo is promoted to his current rank by Cdr Stefanson, Lt(N) Gray and CPO2 Gallant.



MS Ingram is promoted to his current rank by Cdr Stefanson and Lt(N) Gunderson



LS Blair is promoted to his current rank by Cdr Stefanson and Lt(N) Ducharm



MS Benson was awarded the bronze Sea Service Insignia by Cdr Stefanson.



PO2 Curti is awarded the Canadian Decoration, First Clasp, recognizing 20 years of service, by Cdr Stefanson.



MS Simons is awarded the Winnipeg Sailor of the Quarter and presented the Commanding Officer's coin by Cdr Stefanson.



PO2 Tarso is awarded the Canadian Decoration, recognizing 12 years of service, by Cdr Stefanson.



PO2 Smallridge is awarded the Canadian Decoration, recognizing 12 years of service, by Cdr Stefanson.



WO Thenor-Louis is awarded the Canadian Decoration, First Clasp, recognizing 20 years of service, by Cdr Stefanson.

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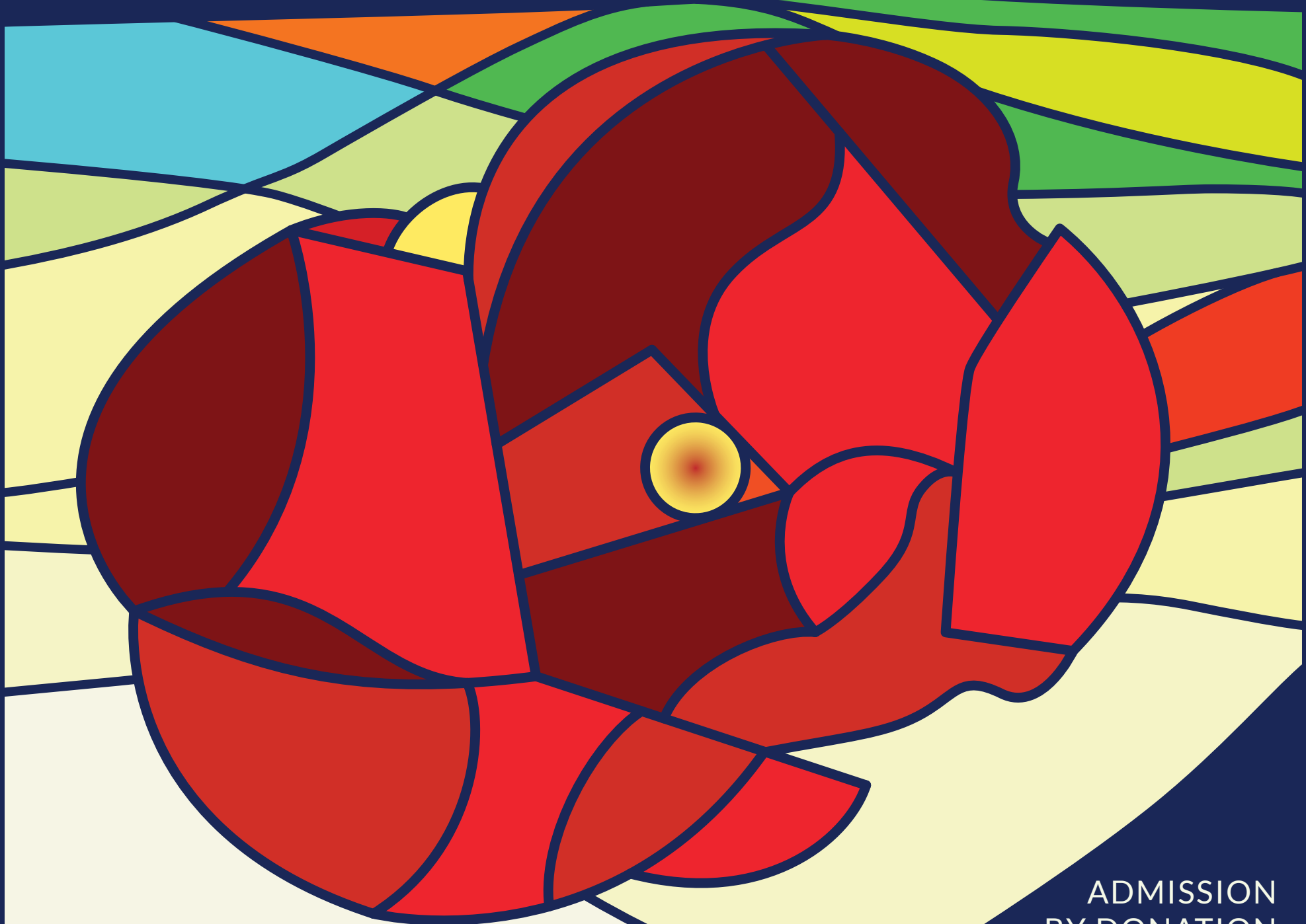
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