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Volume 63 Number 3 | January 22, 2018

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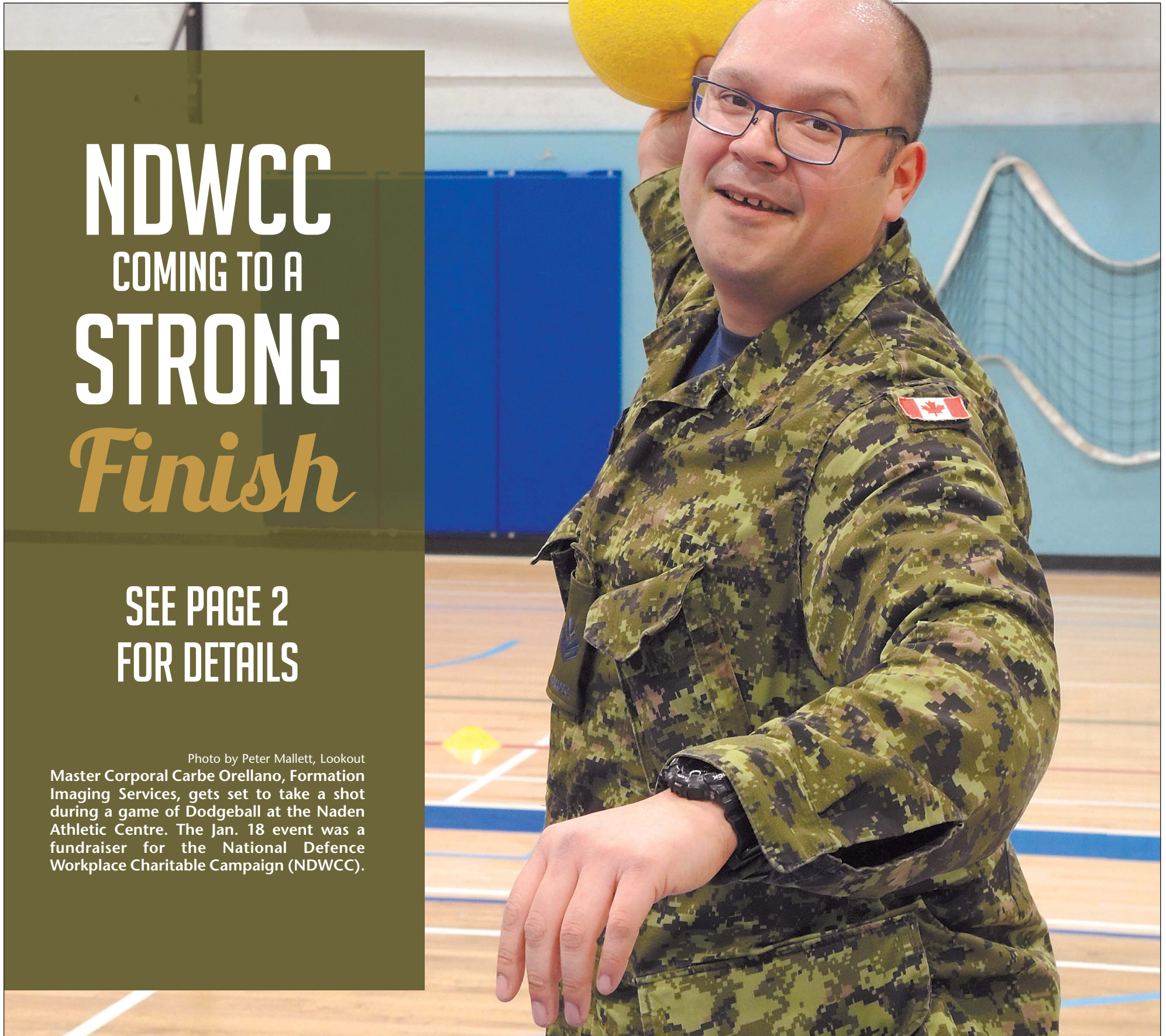
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# NDWCC COMING TO A STRONG *Finish*

SEE PAGE 2  
FOR DETAILS

Photo by Peter Mallett, Lookout  
Master Corporal Carbe Orellano, Formation Imaging Services, gets set to take a shot during a game of Dodgeball at the Naden Athletic Centre. The Jan. 18 event was a fundraiser for the National Defence Workplace Charitable Campaign (NDWCC).



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Photo credit: Rodney Venis, Base Public Affairs

Lieutenant-Colonel Bob Hart, Commander 1 Dental Detachment Unit Esquimalt, talks teeth with Rear Admiral Art McDonald, Commander Maritime Forces Pacific, as Jinky Apayo, a Certified Dental Assistant, prepares for the Admiral's checkup. The checkup was part of RAdm McDonald's work with the dental unit after it secured his services in the "You're the Boss" auction in support of the National Defence Workplace Charitable Campaign.

# Admiral tackles dental work in fun charitable event

**Peter Mallett**  
Staff Writer

Rear-Admiral Art McDonald made a career move earlier this month when he temporarily left his command at Maritime Forces Pacific to become a "Dental Care Program Clerk For a Day".

The Admiral was "won" in the "You're The Boss" special auction by the Dental Unit, with monies raised going to the National Defence Workplace Charitable Campaign (NDWCC).

He ventured over to the 1 Dental Unit Detachment Esquimalt, located at the base hospital on Colville Road, Jan. 12, taking up his post as dental clerk under supervision of Darla Gibbins.

"It's a tough job and her work is twice as hard as mine," said RAdm McDonald as he sent out emails to command teams to ensure their ships/units are dentally fit, and also to individual members to schedule

their annual checkups.

"Our readiness in the Royal Canadian Navy starts with looking after the health of our people and our Dental Detachment is a key component of that."

As he drafted a reminder letter on a computer, he noted one of the biggest challenges of his new job was tracking down patients attached to the fleet who had switched units or moved between ship to shore.

As patients arrived in the lobby for their checkups, they were surprised to see a new person in the receptionist's chair.

Gibbins marvelled at the Admiral's professional telephone demeanour and his typing speed.

"He's doing great," said Gibbins. "We are happy to have him here and he's making a great effort this morning."

The first-of-its-kind fundraiser was launched by the Base Commander's office in December and saw the services of six senior

leaders auctioned off and put to work at various units in Esquimalt. RAdm McDonald's volunteer work provided a boost to this year's NDWCC campaign total, raising \$4,840 of the approximately \$6,000 total raised in the "You're The Boss" event.

"It's a win-win-win for the Admiral, the NDWCC, and our unit," said Lieutenant-Colonel Robert Hart, 1 Dental Detachment Commander. "He gets to see first-hand the importance of the work we do, and how that work also helps his fleet maintain their fitness and health. If his ships are required to deploy, his personnel will be ready to do so."

Before the morning was finished, RAdm McDonald was required to have his own dental health put under scrutiny as he was also due for a checkup. He eagerly hopped into the dentist's chair and opened wide so LCol Hart could perform the annual dental exam.



*Come out and cheer for your favourite team!*

**WHO IS ON THE ICE?**

Each team is made up of civilians and military members of all ranks from Base Logistics, which is 50 years old this year!

The teams are coached by the Cdr Sam Sader, Base Logistics Officer, and CPO1 Smith, BLog Branch Chief.

Teams are captained by Capt(N) Jason Boyd, Base Commander, and CPO1 Gino Spinelli, Base Chief.

**Wurtele Arena at CFB Esquimalt**

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**Fundraising activities include**

**• 50/50 • Pie in the Face • chili dog lunch**



Photo by: Peter Mallett, Lookout

Rear-Admiral McDonald gets advice from Dental Care Program Clerk Darla Gibbins at the office of 1 Dental Unit Detachment.





A crew member from HMCS St. John's says goodbye as the ship prepares to leave Halifax.

# HMCS St. John's departs for operation

**Darlene Blakeley**  
Navy Public Affairs Ottawa

Family and friends watched as HMCS St. John's, covered in a thin layer of fresh snow, left the jetty Jan. 16 on its six-month deployment.

HMCS St. John's left for the Mediterranean Sea on Operation Reassurance, the Canadian Armed Forces' contribution to NATO assurance and deterrence measures in Central and Eastern Europe.

"Today is the culmination of a tremendous amount of work by the crew of HMCS St. John's," said Rear-Admiral

Craig Baines, Commander Maritime Forces Atlantic (MARLANT), who was on hand to see the ship off. "In fact, not only did they have to prepare for this deployment, but in the fall they were our go-to ship to head down south to help out after the devastation that was wreaked by hurricanes in the Caribbean area. And I think this, in very real terms, shows the flexibility of sea power."

Speaking directly to the families, RAdm Baines underlined the importance of both training and deterrence to the mission.

"It's very important that all of our nations be able to operate together if

and when required in the future," he said. "St. John's is a very high-end contribution to Op Reassurance."

St. John's, under the command of Commander Gord Noseworthy, will be part of Standing NATO Maritime Group One (SNMG1), one of NATO's maritime immediate reaction forces.

Prior to sailing, Cdr Noseworthy commented that the past eight months have been extremely busy for crew members as they prepared for the mission.

"We have already sailed thousands of miles and spent many weeks away from home in preparation for our upcoming deployment," he said. "Now that day is upon us. We are all extremely excited to get underway as we set sail east to represent Canada overseas."

He paid special recognition to the crew, supporting agencies throughout MARLANT, and the families.

"(The families) have done most of the heavy lifting in the time we have already spent away, and who will continue to carry the heavy burdens while we are deployed. It is that support that enables us to go forward and execute our mission."

This marks the second deployment on Operation Reassurance for St. John's; its first was from January to July 2017.

St. John's will take over from HMCS Charlottetown, which has been deployed as part of SNMG1 for the past six months. Charlottetown is expected back in Halifax later this month.



HMCS St. John's crewmembers line the rails as the ship departs Halifax on Operation Reassurance. Below: HMCS St. John's leaves the harbour.



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#### 10 Feb UFC 221

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Fight Night at the PFC.  
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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*What person, place or thing about your home town are you most proud of and why?*



Victoria, B.C. I was born and raised here and love it because it's the perfect sized small city. Everything is conveniently located, plus there is a true sense of community here and I always recognize people when I'm out and about.

**Kelly Binette,**  
NDWCC Campaign Associate



Halifax, Nova Scotia. Downtown is famous for its donair shops. They are so tasty and rich that the first time I had one I was hooked. Having one of these donairs is definitely a must after working up an appetite from a night on the town.

**Ordinary Seaman Josh Hustins,**  
Formation Augmentation Pacific



Williams Lake, B.C. I went to Columneetza Secondary School, the same high school as famous Paralympian Rick Hansen. Our town is also known for the annual Williams Lake Stampede that takes place on Canada Weekend and draws thousands of people, and also features a carnival and parade.

**Makenzie Klepsch,**  
Personnel Support Programs



London, Ontario. Because of our great bike path trail system. The system of trails go on for 70 kilometers and are well maintained and well lit. It's a beautiful ride.

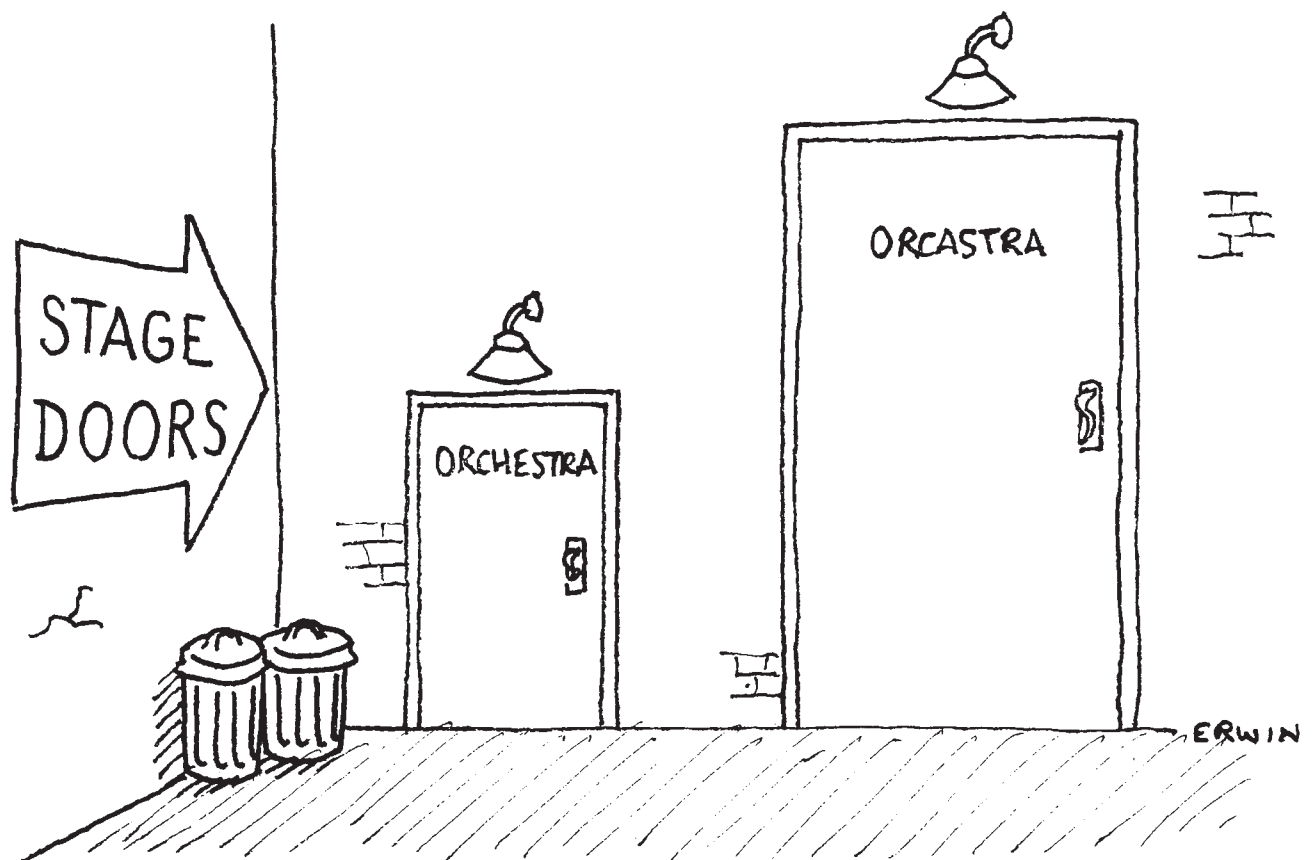
**Master Seaman Stephen Mahabir,**  
Naval Fleet School Pacific



Mississauga, Ontario. One place that I love about my hometown is San Francisco Italian restaurant in Erin Mills. There is one dish I can't get enough, their Spicy Veal Parmesan Sandwich. I'm a regular at that place and I'm on a first-name basis with the owners.

**Master Corporal Carbe Orellana,**  
Formation Imaging Services

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Torch Award FINALIST







Photo courtesy of Manseau Sports Photos

PSP Fitness and Sports Instructor Thomas Dalziel, right, got his first pro kickboxing victory on Dec. 18, 2017, in a main-event match American fighter Ravon Baxter of Nashville during the World Combat Arena fight card at the Montreal Casino.

## PSP fitness instructor kicks up a victory

**Ryan Melanson**  
Trident Newspaper

The men and women of the Canadian Armed Forces are highly trained and capable of defending themselves if necessary. However at 12 Wing Shearwater they're not the only ones who know how to put up a good fight.

Thomas Dalziel, a Personnel Support Programs Fitness and Sports Instructor at the Shearwater gym, is a third degree black belt in Kajukenpo and four-time amateur kickboxing champion. He recently took the next step in his fight career by winning his second professional kickboxing match.

Dalziel defeated American fighter Ravon Baxter of Nashville on Dec. 18, 2017, fighting in the main event of a World Combat Arena fight card at the Montreal Casino. The victory came by way of TKO; his opponent

was saved from Dalziel's strikes in the third round by the bell, and was unable to return to fight in the fourth.

Baxter was making his professional debut after going undefeated in amateur kickboxing, with multiple knockout wins on his record. Dalziel took the bout on short notice after plans for a promotional fight in New Brunswick fell through.

"The promoter with World Combat Arena reached out and I jumped at the opportunity," he said. "It was great to get the win."

He made his professional debut in July after a decade of amateur experience, and though he lost that fight after suffering a broken orbital bone early on, he was confident in his abilities going into his second pro matchup – as long as he could keep his eye sockets in one piece.

"I really believe I had the first two rounds won and the injury is what took the fight away from me the first time, so not having any facial breakage was definitely a big help for this fight," he joked.

He also had some help from one of the best in the business on fight night. With his own coaching team unable to make the last-minute trip to Montreal, Dalziel was able to link up with Canadian kickboxing legend and 23-time cham-

pion Jean-Yves Theriault, who taped up his hands and worked his corner for the event.

"That was a rare opportunity and a pretty special moment for me," he said.

Dalziel added that he was thankful to the promotion for getting him on the fight card on short notice, and he plans for his next pro fights to also be under the World Combat Arena banner, with events scheduled for February and April of this year.

*Dalziel defeated American fighter Ravon Baxter of Nashville on Dec. 18, 2017, fighting in the main event of a World Combat Arena fight card at the Montreal Casino.*

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Photo by: LS Trent Galbraith, FIS Halifax  
MV Asterix alongside in Halifax on Jan. 8.

# MV Asterix arrives in Halifax

**Ryan Melanson**  
Trident Newspaper

The Royal Canadian Navy's (RCN) new interim Auxiliary Oiler Replenishment (AOR) ship, the converted commercial container ship MV Asterix, has now arrived in Halifax and is alongside at HMC Dockyard ahead of sea trials set to begin later in January. Converted by Davie Shipbuilding in Quebec and now leased by the RCN from Davie's sister company Federal Fleet Services, the ship is the result of Davie's Project Resolve, a 24-month process that saw the vessel stripped to its keel and rebuilt in a modular fashion.

It is now equipped to support RCN operations with key military equipment including the OSI Integrated Tactical and Navigation Systems, L3 MAPPs Integrated Platform Management System, and Hepburn Replenishment-

At-Sea Systems.

"The delivery of this ship is an innovation showcase for Canadian industry and marks an important new era in Canadian maritime power, for it once again allows the Royal Canadian Navy to independently deploy globally for combat, peacekeeping and humanitarian operations," said Spencer Fraser, CEO of Federal Fleet, after the arrival of Asterix in Halifax.

The ship was initially alongside at the Halifax Seaport, near the location of Federal Fleet's Halifax shore office, and then berthed at HMC Dockyard as of Jan. 8.

The ship is owned and operated by the private firm, rather than the Government of Canada, meaning Asterix will sail with a civilian master and crew of 36 civilian mariners, who will be joined by roughly 115 Canadian Armed Forces (CAF) Mission Specialists from the newly stood up

Naval Replenishment Unit (NRU) Asterix. Led by unit commanding officer LCDr Jason Walsh, NRU Asterix will be responsible for replenishment (RAS) at sea and any other work dealing with CAF equipment, including flight operations.

Other features of the ship touted by Davie and Federal Fleet Services include the ability to land all Royal Canadian Air Force helicopters including the CH-147F Chinook, four RAS stations rather than just two, an at-sea hospital facility with operating theatre, an at-sea intermodal handling area, and a fully redundant extra electrical power plant and propulsion system.

The ship is also capable of being fitted with a range of active and passive self-defence systems.

"We set out to build an innovative, modern design of a naval support ship with the latest, state-of-the-art systems that would

be fully compliant to meet Canada's international and NATO commitments yet also provide a purpose-built platform for responding to humanitarian crises," said Fraser.

Because the vessel remains privately owned and leased by the government, it will not be commissioned or receive the HMCS title. The contract with Davie currently allows for five years of service with an option to be extended to 10 years. Davie has also expressed interest in selling the ship to Canada in the future, which would allow for commissioning and a full crew of RCN personnel.

It's expected that Asterix will join the Atlantic Fleet by the end of January to begin trials ahead of its sailing to support fleet operations and exercises later this year. Plans are for the supply ship to sail to the West Coast and deploy to the 2018 Rim of the Pacific Exercise.

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## Trials ongoing for smallest aircraft

Courtesy Maple Leaf

The Canadian Army and the Canadian Special Operations Forces Command are conducting the first-ever operational trials and evaluations on the latest version of the smallest operational military aircraft

in the world – the Black Hornet 3, made by FLIR.

Weighing just a few dozen grams, it consists of two aircraft, a hand controller and a chest-mounted tablet, all fitting into a small shoebox-sized package.

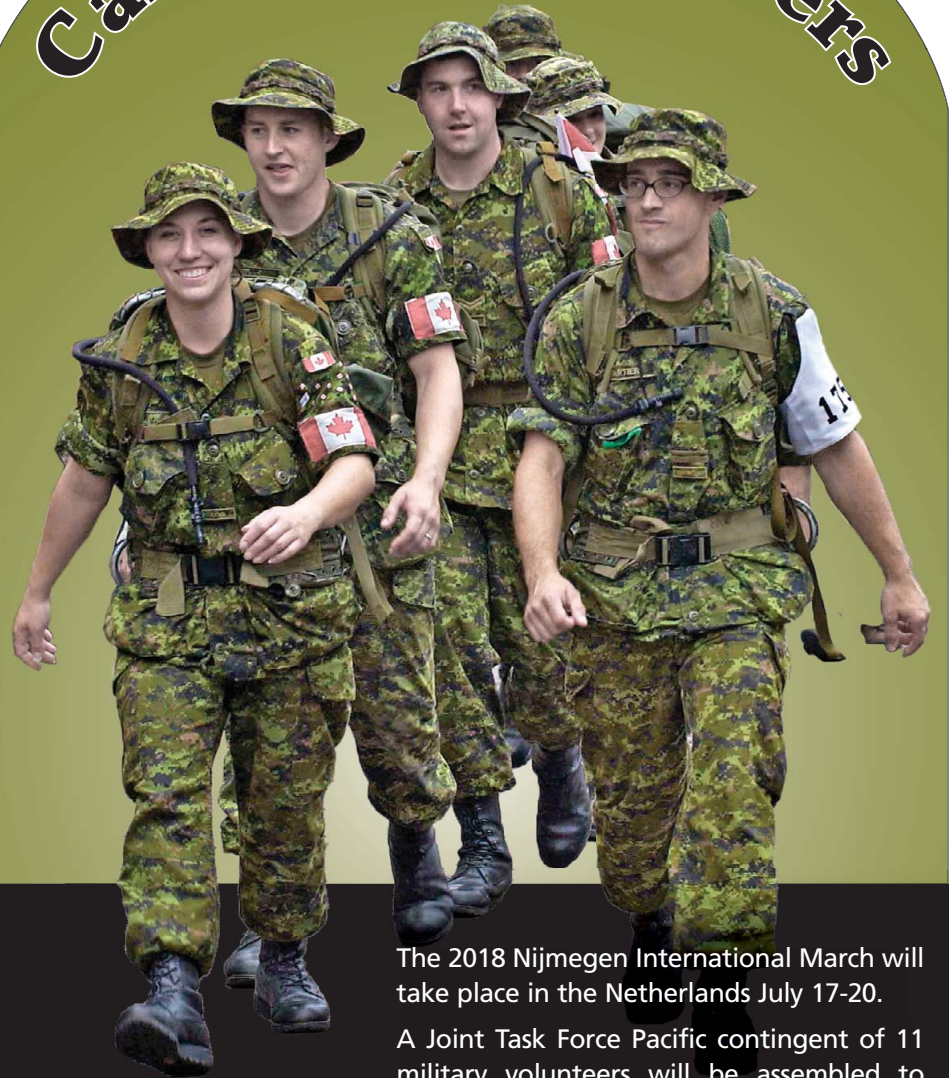
The aircraft has a range of over a kilometre with video

and night-vision capabilities. This equipment opens up a whole range of possibilities, and both commands will seek innovative ways to evolve tactics, techniques and procedures to use this new capability, assess its usefulness and identify requirements.



Photos by ADM(Mat)

## Calling all Marchers



The 2018 Nijmegen International March will take place in the Netherlands July 17-20.

A Joint Task Force Pacific contingent of 11 military volunteers will be assembled to reflect a diversity of units, ranks, trades, environments and gender.

Teams must complete the four day 160km (4 x 40km) march in CADPAT carrying a minimum rucksack load of 10 kg.

Interested volunteers are encouraged to attend an information brief at 9 a.m., Jan 26 in the MSE Theatre at NFS(P), building N92. Team training will start Feb 22.

For further information contact: Lt(N) Haley van Poorten, Tel: 250-363-2614

**Operation  
NIJMEGEN  
Briefing  
Jan 26  
at 9 a.m.**

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# MARPAC Supports a Healthy Workplace!

# What is a healthy workplace

# and what does it



# look like?

Over the past several decades, the definition of a “healthy workplace” has shifted from an almost exclusive focus on the physical work environment, including traditional occupational health and safety concerns such as physical, chemical, biological and ergonomic hazards, to one that has broadened to include the psychological, social, and cultural aspects of health. We spend the majority of our time in the workplace and often find ourselves sliding down the Mental Health Continuum from the green to the red when things start to get stressful, deadlines get closer, and work begins to pile up. However, with the support of a healthy workplace we are able to overcome these challenges and continue on a successful and healthy trajectory.

## Here are a few examples of what we believe a healthy workplace looks like:

### Social health

- Social support from co-workers
- Mutual respect and appreciation among colleagues
- Sense of belonging to a meaningful and supportive work group
- Opportunities to participate and be part of the community
- Organizational culture of trust, honesty and fairness
- Having conflict resolution practices in place

### Mental health

- Sense of confidence and self-worth
- Coworkers and supervisors are supportive of employees' psychological and mental health concerns and respond appropriately as needed
- Encouragement and support in the development of interpersonal, emotional, and job skills
- Recognition and appropriate acknowledgement of efforts
- Psychological safety is a priority
- Balance between work, family and personal life
- Work tasks and responsibilities can be accomplished successfully within the time available
- Employees have control and autonomy over their work
- Feel empowered
- Flexibility at work

### Physical health

- Appropriate action is taken by the organization to protect employee's physical safety
- Promotion and support of physical activity and fitness
- Available and accessible health resources
- Supportive and accommodating environment to all workers, including those with chronic diseases or disabilities
- Available time and resources to engage in physical activity and fitness

### Financial health

- Fair and equitable income
- Job protection and social benefits
- Available financial resources, education, and support
- Compensation for sick time

### Spiritual health

- Acceptance and support for all spiritual practices and beliefs
- Opportunities to engage in spiritual practices
- Access to spiritual support or guidance

## Mental Health at Work: Let's Talk

at CFB Esquimalt

- Who:** Everyone welcome! No registration required
- What:** Canada School of Public Service webinar on mental health at work, with guest speaker Dr. Oren Amitay followed by a group discussion on workplace wellness
- Where:** Rainbow Room at C&PO's
- When:** Wednesday, 31 January, 2018 9:45am to 12:30pm
- Why:** To create positive mental health at work

Units unable to attend are encouraged to hold their own, small group discussions and webinar viewing. The webinar link can be accessed through registration on the Canada School of Public Service website (<http://bit.ly/CSPSlink>)

Keep your eye out for speech bubble posters around the Formation to facilitate further dialogue on healthy workplaces. Take a minute to think about what a healthy workplace means to you and write it down on the posters! When you're done...share it with your Twitter followers and Facebook friends using the hashtag #MARPACLet'sTalk so we can get everyone talking about workplace wellness! And don't forget to tag MARPAC (@MARPAC\_FMARP) and CFB Esquimalt Health Promotion (@HP\_CFB\_ESQ) in the conversation!



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# JUNIOR CANADIAN RANGER WINS *Indigenous Writing Award*

**Sergeant Peter Moon**  
3rd Canadian Ranger Patrol Group

**A** last-minute submission for a writing competition won a Junior Canadian Ranger from the remote Cree community of Peawanuck in Northern Ontario a prestigious Indigenous writing award. "I'd written a couple of poems before," said Junior Ranger Nova Gull, 16. "And then I wrote my winning entry and everyone liked it. At the last moment, we decided to enter it for the competition."

That required typing it out and emailing it to Timmins, Ont., where it was printed and rushed to a mailbox just before the midnight deadline for entries.

"Nova's poem 'Where's Our Voice?' highlights the lack of attention towards Indigenous issues," said the citation for her winning entry, "and aims to bring awareness to what has happened to Indigenous people in Canada."

Her poem was one of five entries that received a James Bartleman Indigenous Youth Creative Writing Award from Ontario Lieutenant-Governor Elizabeth Dowdeswell in a ceremony held at Queen's Park in Toronto in December.

Nova's father, Matthew Gull, the Canadian Ranger sergeant commanding the Ranger patrol

in Peawanuck, was at the ceremony along with her grandfather Moses Gull, and other members of her family, including her sister, Aurora, 14, who won a similar award last year.

"I'm very proud," Sergeant Gull said. "I'm proud of my kids. They are also both Junior Canadian Rangers."

Nova was invested into the Order of St. George in October 2017 for her dedication to the Junior Rangers. The Order of St. George, the Canadian Priory has roots going back to 1326, and it helps support military family organizations, Canadian Armed Forces cadets and the Junior Rangers, among other charitable organizations.

She was also appointed an honorary aide-de-camp to the lieutenant governor during her visit in July to Camp Loon, an annual camp that provides specialized leadership training for selected Junior Rangers.

The annual awards were created by the Province of Ontario in honour of Mr. Bartleman, who was Ontario's first Indigenous lieutenant governor from 2002 to 2007.

The recipients each received a scroll and a cheque for \$2,500.

Asked what she was going to do with the prize money, Nova said: "That's a secret."

She and her sister Aurora are attending high school in Timmins.



Photo by Sergeant Peter Moon, Canadian Rangers

Junior Ranger Nova Gull received a James Bartleman Indigenous Youth Creative Writing Award from Ontario Lieutenant-Governor Elizabeth Dowdeswell in a ceremony held at Queen's Park in Toronto in December.

*Nova's poem 'Where's Our Voice?' highlights the lack of attention towards Indigenous issues, and aims to bring awareness to what has happened to Indigenous people in Canada.*

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# Bravo ZULU

## Promotions and Presentations



Murray Ramsbottom (left) and president-elect Kim McGowan (right) of the Rotary Club of Victoria present a \$1,000 cheque for Wounded Warriors to Capt Jacqueline Zweng (centre). McGowan will be participating in the next Wounded Warriors Battlefield Bike Ride with his two sons, including former MARPAC member CWO (Retired) Todd McGowan.



PO2 Marchand is promoted to PO1 by LCdr Collins, Commanding Officer Trinity Detachment Whidbey Island. PO1 Marchand's wife, Lindsay, was on hand to help with the rank badge change.



AB James Townsend is promoted to his current rank by LCdr Graham and Lt(N) Newman from HMCS Regina.

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# 50 Years

## OF SERVING THE FLEET

**E**STABLISHED IN 1968, the Logistics Branch will proudly celebrate fifty years of service second to none on February 1st, 2018. In honor of the contribution that Logisticians have made in support of Canadian Armed Forces (CAF) operations, 2018 has been declared the "Year of the Logistician". The celebration of this milestone will occur throughout the entire year with a number of related events organized across the country. CFB Esquimalt will kick off the Year of the Logistician with a cake-cutting and social gathering on the Logistics Branch birthday, 1 February 2018 at 11:00am at the Naden Wardroom.

As the year unfolds, the Logistics Branch plans to incorporate a number of planned community outreach activities and military events. To keep everyone informed of the various local events that are planned throughout the year, we are happy to present a calendar of our anniversary celebrations. The Logistics Branch invites you to join us in celebrating Logisticians, both military or civilian, for their excellence in supporting the Royal Canadian Navy and the Canadian Armed Forces' success.

### Celebrations and Events

- Feb 1 Logistics Branch 50th Birthday Celebration
- Feb 2 All Ranks & Civilian Employee Mess Dinner
- May 6 Logistics Branch Vigil Party at Battle of Atlantic Sunday Ceremony
- May 28 Logistics Branch Marching Contingent – Victoria Day Parade
- Oct 1 Opening of the Logistics Branch 50th Anniversary exhibit at the CFB Esquimalt Base Museum
- Nov 11 Logistics Branch Vigil Party at Remembrance Day Ceremony
- Nov Logistics Branch 50th Anniversary closing event

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Fort McMurray-Cold Lake MP David Yurdiga fires HMCS Toronto's .50 cal machine gun.



**CLaS**  
CANADIAN LEADERS AT SEA PROGRAM

## PARLIAMENTARIANS BECOME SAILORS FOR A DAY

**Ryan Melanson**  
Trident Staff

For residents of Halifax, seeing Royal Canadian Navy (RCN) ships sail in and out of the harbour is routine, and it's common to see the navy uniform being worn around town by the thousands of sailors who call the region home.

However, Canadians who live away from the coasts don't normally have the same level of familiarity with Canada's naval service, and it can be harder to understand how the navy fits within the Canadian Armed Forces service to the country.

One of the ways the RCN continues to combat this effect is through the Canadian Leaders at Sea (CLaS) program, which offers once-in-a-lifetime seagoing experiences to influential civilians in government, business and academia. The latest group set sail from CFB Halifax just before the holidays, spending more than 24 hours at sea with both *HMCS Windsor* and *HMCS Toronto*.

Each CLaS program is designed to be an intense and immersive experience, giving participants a brief taste of what life is really like for RCN sailors and submariners, while also leaving them with a better understanding of naval operations and their importance to Canadian security.

Sailing in submarines and warships while accompanied by senior navy leaders is an opportunity that most civilians are unlikely to come across, and the significance of the trip isn't lost on the participants, said Gabriel Ste-Marie, the MP for the Quebec riding of Joliette and one of two members of the Bloc

Quebecois party to go to sea.

"It's a unique chance that's presented to us, to get a bit of knowledge of this reality without enrolling for anything long term, and I appreciate the hospitality and everything that's being done for us," he said.

Aboard *Windsor*, LCdr Peter Chu and his team took the CLaS guests under the waves for a simulated anti-submarine war game, where they were able to use the periscope, listen to underwater acoustics via sonar, and get a walk-through on the state-of-the-art fire control system.

They then embarked *Toronto*, where they dined in the different messes and mingled with sailors, observed the ship's company go to action stations and engage in damage control and firefighting exercises, and even suited up for a force protection scenario where they assumed roles among the crew and handled small arms with blank ammunition.

A particularly thrilling nighttime activity had each CLaS participant firing *Toronto's* mounted .50 cal machine gun off the port bridge wing, with a light-up target in the water allowing for some friendly marksmanship competition.

Even the transfer of the visitors from *Windsor* to *Toronto* was an adventure, involving a RHIB ride in the dark followed by boarding the ship via the Billy Pugh transfer device. Of course, standard tours of the entire ship and different mechanical briefings and information sessions were also part of the visit, as well as tours back on land of facilities at HMC Dockyard, 12 Wing Shearwater,

and Irving Shipbuilding's Halifax Shipyard.

Cmdre Craig Skjerpen, Commander Canadian Fleet Atlantic, joined the group for the overnight sail in *Toronto* and through some of the tours of CFB Halifax facilities on land. The RCN is striving to increase recruitment and spread its message to Canadians who may be less familiar with Canada's Navy, and Cmdre Skjerpen said exposing elected officials and other community leaders to this first-hand experience will hopefully allow them to take what they've learned and inject it into the public discourse.

"The basic things we hope they take away are an understanding of the professionalism of our sailors, and the need the country has for a navy of a certain size that is globally deployable. We also hope for an understanding of what an important strategic asset our submarines are," he said.

The 24-hour adventure in Halifax won't be forgotten anytime soon. Even Winnipeg Centre MP Robert-Falcon Ouellette, who happens to also be a PO2 in the Naval Reserve and a musician with the stone-frigate *HMCS Chippewa*, said he had an eye-opening experience stepping foot in a fully operational Canadian submarine, and that he witnessed a new level of training and preparedness during exercises on board *Toronto*.

Dr. Robert Huebert, a senior research fellow in political science at the University of Calgary, echoed comments about the highly trained crew, particular during the action stations/dam-

age control exercise.

"What struck me is the multi-level nature of the response," he said. "You have the crew in the ops room still focusing on the fight, while they have to trust that others are working to try to save the ship that's been damaged. It must require an amazing amount of concentration in a real-world scenario."

Cdr Steven Archer, Commanding Officer of *Toronto*, said he was

thrilled to welcome the special guests for a night as he and his crew prepare eventual deployment to Operation Reassurance in early 2019.

"I've got a group of sailors that are great ambassadors for the Royal Canadian Navy and they love to show off the ship, so this is a great way for people to learn about the important work that we do. Hopefully they were able to have some fun at the same time."



Photos by: CPO2 Shawn Kent, FIS Halifax  
Terrebonne MP Michel Boudrias, a former Army Captain who served in Afghanistan, participates in a force protection scenario on board *HMCS Toronto*.

*Each CLaS program is designed to be an intense and immersive experience, giving participants a brief taste of what life is really like for RCN sailors and submariners, while also leaving them with a better understanding of naval operations and their importance to Canadian security.*



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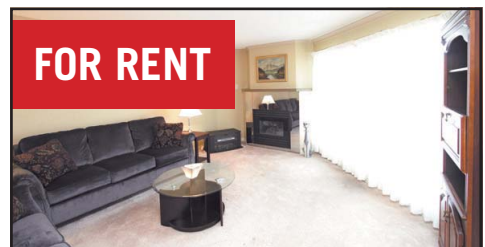
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INTERESTED IN JOINING a coffee or social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories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

**MISCELLANEOUS**

HMCS TERRA NOVA WESTPLOY '73 REUNION Crew members of Terra Nova's Westploy '73 cruise, Operation Gallant, will be reuniting 01-03 May 2018 in Victoria for the 45th Anniversary of the mission. Terra Novans who made this cruise and wish to attend, or wish more information, are to contact John Appler at jeappler@gmail.com

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