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MARCH IS NUTRITION MONTH!
UNLOCK THE POTENTIAL OF FOOD • SEE PAGES 8-9

Volume 63 Number 8 | February 26, 2018

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C

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Respect & Integrity



The purpose under the 2018 theme of Workplace Wellness is to highlight anti-bullying to promote an environment free from violence. This year, the MARPAC Pink Shirt Day focus is on Respect and Integrity. Everyone is encouraged to wear a pink shirt on Wednesday Feb. 28 to show support for anti-bullying.

Bullying doesn't just happen on the playground. The damage inflicted by bullying can be just as serious in the workplace. As managers and leaders, it is important to be aware of how actions and behaviours in the workplace can affect others.

Photo by Corporal Blaine Sewell MARPAC Imaging Services

Senior leadership from Maritime Forces Pacific, Canadian Fleet Pacific, Canadian Forces Base Esquimalt and the Naval Reserve take a stand against bullying by wearing pink t-shirts. The shirts demonstrate their support and commitment to a workplace free from bullying.

Want to know what your Base Commander is up to?

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Follow RAdm McDonald on Twitter @comd_marpac

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Photo courtesy G.S. Matthews
 RAdm Art McDonald, Commander Maritime Forces Pacific, and Honorary Capt(N) Tung Chang celebrated the Year of the Dog with the Chinese community at the Vancouver Chinatown Spring Festival on Feb. 18.

Toronto Maple Leafs pay tribute to the Royal Canadian Navy

Darlene Blakely
Navy Public Affairs
Ottawa

The Toronto Maple Leafs Hockey Club paid tribute to the Royal Canadian Navy (RCN) recently when it unveiled a Stadium Series Sweater designed for its outdoor game against the Washington Capitals at the United States Naval Academy in Annapolis, Maryland, on March 3.

The Leafs will wear an all-white uniform, trimmed in blue, representing the Canadian Naval Ensign. In addition to being one of the most recognized visual identifiers of the RCN, the Canadian Naval Ensign is a symbol of excellence portraying the professionalism and dedication of Canadian sailors who deploy around the world.

"The Maple Leafs have had a very long and proud association with our Armed

Forces throughout the years and this special game is an important opportunity for us to not only pay tribute to the RCN, but to also say thank you to the many men and women who serve our country so bravely," team president Brendan Shanahan said in a statement. "This unique uniform, to mark a unique occasion, celebrates the traditions of both the RCN and the Toronto Maple Leafs, and it will be a great honour for our players to wear this sweater."

The Maple Leafs will wear white sweaters for the first time in an outdoor game along with white helmets, socks, gloves and pants, all with blue trim. The motto of the RCN, "Ready, Aye, Ready", will be featured prominently inside the collar of the sweater. The Maple Leafs' inspiring "Honour. Pride. Courage." will appear on the top stripe



of the left sleeve.

Vice-Admiral Ron Lloyd, Commander RCN, said he was "simply blown away" by the Maple Leafs' new RCN


jersey, which was unveiled in Toronto Feb.10 by Maple Leafs alumnus Darryl Sittler at the Leafs game against the Ottawa Senators.

"This jersey is a winner and a phenomenal tribute to the men and women of the RCN," VAdm Lloyd said. "A special thank you to the Maple Leafs for all the work they did to make this jersey a reality. Bravo Zulu!"

Vice-Admiral Ron Lloyd, centre, Commander of the Royal Canadian Navy, and Command Chief Petty Officer Michel Vigneault, right, accept a framed version of the new RCN Stadium Series Sweater from Toronto Maple Leafs alumnus Darryl Sittler.


A special thank you to the Maple Leafs for all the work they did to make this jersey a reality. Bravo Zulu!

VAdm Ron Lloyd, Commander Royal Canadian Navy





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matters of OPINION

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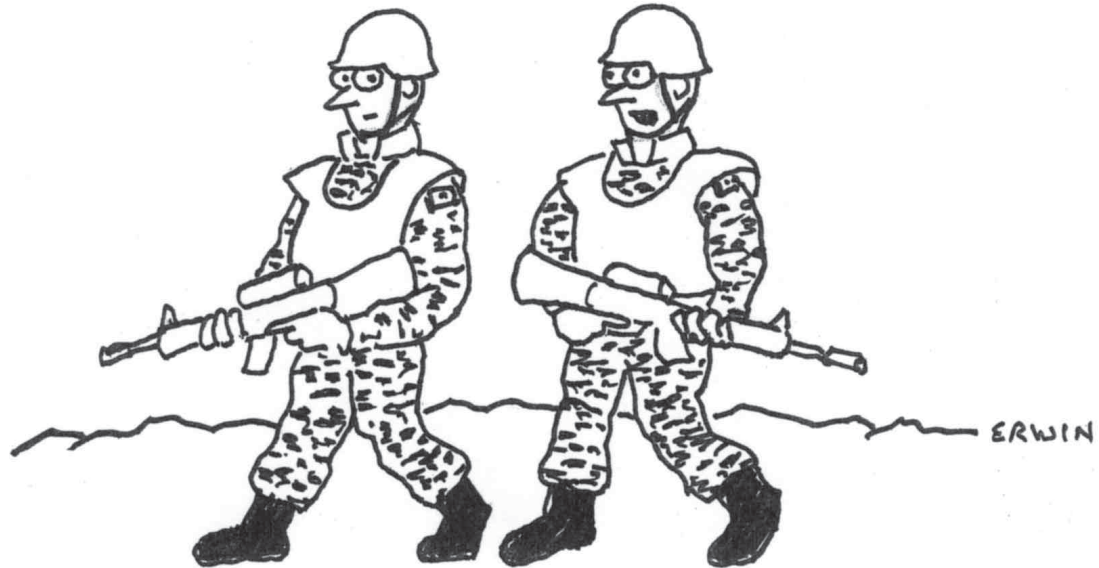
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WHAT SAY YOU



"WHEN THEY SAID LIFE IN THE ARMED FORCES
WOULD BE RUGGED, I JUST THOUGHT THEY
MEANT THERE'D BE RUGS."

WHAT SAY WE

SPORTS trivia WINTER OLYMPICS

By Stephen Stone and Tom Thomson, Contributors

Questions

- As a result of misconduct on the part of the French judge in Salt Lake City in 2002, this Canadian pairs figure skating team was awarded a co-gold medal with the Russian pair.
- This Canadian cross-country skier is the only athlete ever to be awarded bronze, silver and gold medals for the same race in Olympic competition.
- In 2002 this Canadian speed skater repeated her gold medal performance from 1998 in Nagano.
- In which sport did Canada achieve its greatest success in 2002?
- He was an integral part of Canada's double gold in ice hockey in 2002. He did the "Lucky Loonie" thing.
- Where are the two coins now?
- Canada's double gold medals in hockey in 2002 were the first in 50 years. Which team won the previous gold medal in 1952?
- In 2006 in Turin this Canadian became the oldest competitor to win an individual gold medal in Winter Olympic history.
- In 2006 he became the oldest Canadian to win a gold medal in Winter Olympic competition when Brad Gushue recruited him to join his curling team.
- Who is the oldest gold medal winner in Winter Olympic competition?
- Her record as the youngest individual Winter Olympic gold medalist held for 70 years.
- In 2006 this speed skater set the Canadian record for most medals by an individual in a single Winter Olympics.
- In 2006 this Canadian became the only Olympian to win multiple medals in both Winter and Summer Olympics.
- In 2010 in Vancouver, this skeleton racer gained instant folk hero status among Canadian sports fans by celebrating his gold medal victory with a big swig of beer on live television.
- This Canadian was the first to win an Olympic gold medal on home soil.

Answers

- Jamie Sale and David Pelletier of Edmonton.
- Beckie Scott of Vegreville, AB. In 2002 Scott won the bronze medal in women's 2 X 5 km pursuit. Larisa Lazutina of Russia won silver but was subsequently stripped of her medal for a drug violation elevating Scott to second. Original gold medal winner Olga Danilova of Russia was later stripped of her medal for a drug violation elevating Scott to first. The process for Scott to receive her gold took two-and-a-half years.
- Catriona Le May Doan of Saskatoon in 500 metres.
- Short track speed skating - six medals - two gold, one silver, three bronze.
- Trent Evans, the ice maker from Edmonton, who embedded the mystical loonie on top of a Canadian dime at centre ice.
- The loonie resides in the Hockey Hall of Fame in Toronto. The dime is in Evans' personal safe deposit box.
- The Edmonton Mercury's sponsored by the Waterloo Mercury car dealership. The "Mercs" were also world champions in 1950.
- Duff Gibson - Vaughn, ON - aged 39 years - skeleton. Gibson held the record until 2014 when Ole Einar Bjornalden of Norway won gold in the 10 km bathlon sprint at age 40.
- Russ Howard of Midland, ON who turned 50 during the Turin Games.
- Robin Welsh - Great Britain - aged 54 years - curling - Chamoni - 1924.
- Sonja Henie - Norway - figure skater - St Moritz - 1928. Her record was passed by Tara Lipinski, American figure skater, in 1998 in Nagano.
- Cindy Klassen - Winnipeg - five medals - one gold, two silver, two bronze.
- Clara Hughes - Winnipeg. Two bronze in road cycling, gold, silver and two bronze in speed skating.
- Jon Montgomery - Russell, MB.
- Alexandre Bilodeau - Rosemere, Quebec - freestyle skiing - men's moguls - Vancouver - 2010.

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Photo courtesy Tina O'Keeffe
Team members who attended the official robotics competition startup Jan. 6 in Vancouver hold the base of the robot they put together that day. It has come a very long way since then.

Help needed for youth robotics competition

Peter Mallett
Staff Writer

An organization that inspires students to chart career paths in science and technology is looking for volunteers from the base to help run its first-ever B.C. regional robotics competition.

FIRST Robotics Canada (FRC) is a non-profit charity affiliated with U.S. parent organization FIRST (For Inspiration and Recognition in Science and Technology), whose mission it is to inspire high school and elementary school students with hands-on technology experience under the guidance of seasoned tradespeople.

Save-on-Foods Memorial Centre is the location for their regional qualifying event March 14, 15 and 16 with winners moving on to this year's First Robotics World Championship in Houston and Detroit in April.

FRC event coordinator Jason Brett is a former high school shop teacher who now teaches electronics and robotics to future shop teachers at the British Columbia Institute of Technology in Burnaby. Brett says he's excited about the Victoria launch because it means students now have a competition they can call their own.

"I have been involved in this event for 15 years and we always had to take the kids from B.C. to other venues," said Brett. "Now we have a couple of hundred bright talented kids who are converging on Victoria for this challenge, and there are so many people at CFB Esquimalt who are of the same mindset even though they may be a generation or two apart."

Brett says he's looking for military and civilian volunteers from the base to help mentor teams, judge submissions, and lend a hand in

event logistical tasks such as registration and event operations.

"I think when word of what we're doing gets back to the base, we're going to get a lot of interest amongst highly-skilled technical trades and others working there," said Brett. "It means so much to the students to have role models and people they can look up to for support and encouragement."

The robotics competition is the "Formula One" of youth robotics programs, where students can access state-of-the-art tools that high school students normally don't have access to, such as computer-aided design software programs and laser cutters from BCIT and other supportive organizations.

FRC has the sponsorship backing of science and technology heavyweights Microsoft Corporation and GSL Group, and it has

also captured the support of world leaders at past events, such as former U.S. President Barack Obama.

FRC currently has over 160 teams made up of approximately 5,000 students, 1,000 mentors and 800 volunteers who put their brains together to compete in regional competitions across the country.

FRC held its event kick-off in January at BCIT, where teams were given the rules and details of the standard design they would all be working on for this year's competition. They also received a kit of parts including a control system and motors to get them started, but now "the rest is up to them" says Brett.

If you are interested in volunteering for the event please contact Jason Brett via e-mail at Jason_Brett@bcit.ca. For more information about FRC and FIRST, visit their website www.firstroboticscanada.org/

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Scrap the resolutions

LEARN.

how to improve
YOUR HEALTH

Peter Mallett
Staff Writer

A technical support worker at Base Information Services says a new weight-busting health and wellness program offered by Health Promotion has given her the tools to have a better life.

Last April, Christina Van Spronsen enrolled in the LEARN (Lifestyle Education through Activity Resilience and Nutrition), a Health Promotion and fitness program. Prior to taking the course she says stress was mounting in her life, and hopes of leading a healthy lifestyle seemed all but dashed.

"This course gave me something I hadn't had in a long time - hope," says Van Spronsen "It isn't an easy path to stay self-motivated, but I do believe that as a creature of routine, exercise has become my new routine in life."

Since enrolling in the program Van Spronsen has lost 45lbs, her stress has reduced, and she has found more energy for day-to-day activities, both at work and home.

LEARN is offered at CFB Esquimalt and is open to all military and DND civilian employees and family members. The mandate of the program is to help participants reduce weight circumference and improve overall health. Goals are achieved through education and training modules that combine physical activity, nutrition, mental fitness and

resilience training, stress management and conscious relaxation techniques.

Class sizes are small with 10 to 12 people meeting three afternoons a week at the Naden Athletic Centre from 1 p.m. to 3:30 p.m. From 1 p.m. to 2:30 students attend lectures, while the last hour of the segment involves physical training exercises.

Rave Reviews

Claire Grant, Health Promotion program administrator, says 58 people have graduated from the program since it launched 18 months ago.

LEARN, she says, is successful because, unlike fad diets and short-live New Year's resolutions, it offers instruction on three equally important components for a pathway to better health: physical health, resiliency (mental) training, and diet.

"We look at the whole person and set goals that are attainable," says Grant.

Program success is also attributed to the small group setting, similar to a support or focus group, with students sharing similar experiences of health struggles.

Many graduates stay connected with Health Promotion long after they have completed the program.

"Christina still checks in with us and I think that has been a big part of her success," says Krista Durand, Health Promotion Specialist. "Losing weight is not the only goal of LEARN, and you

can clearly see that Christina's attitude changed and that change is sustainable. When you begin to address issues concerning your body and health, the important thing is that you will feel better and I know she has found that."

Van Spronsen adds that much of her success comes from bonding with classmates because many shared similar experiences with health struggles. Classmates motivated each other with challenges such as who could walk the most steps in a day.

Setting a healthy course

A lot has changed in a year for Van Spronsen. She has a more youthful approach to life since completing the course. She's made dietary changes and now opts for green leafy vegetables, has reduced salt and sugar intake, eats smaller meal portions, and is more active.

"It may hurt at first pushing yourself, but stick with it and trust me, you will end up lighter, more energetic, and feeling a heck of a lot better about yourself."

"The key takeaway is that in order to get healthy you need to consider a permanent lifestyle change. It's not a race where you can rest once you have crossed the finish line, you need to be prepared to stick with these changes and stay committed to them."

For more information about LEARN or how to register, email lyndal.greig@forces.gc.ca or call 250-363-4372.

Photo by Peter Mallett, Lookout
After her participation in the LEARN program, Christina Van Spronsen of Base Information Services says she doesn't let the rainy days of winter keep her from staying active.



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MARCH IS NUTRITION MONTH!



DIETITIAN PRO TIP

Diana Steele RD
Vancouver, BC

Fueling your body with healthy snacks between meals can help maintain stable blood sugar levels and lead to more consistent energy throughout the day. Snacks can also curb your appetite and prevent overeating at meals. I have an afternoon snack every day. I always include a fruit or vegetable and a source of protein to anchor my energy. Some of my favorite snacks include: blueberries with Greek yogurt and walnuts, or apple slices with peanut butter and bran cereal.

TRY THIS!



Eggplant dip



Sweet and salty salsa with feta



Balsamic, chic avocado toast

Find these and 12 more recipes at www.NutritionMonth2018.ca

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Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. Visit NutritionMonth2018.ca

Nutritious snacks, in the right portion sizes, can be part of a healthy eating plan. Almost half of all Canadians say that eating a balanced diet is challenging for them because they are so busy. They often skip meals, and close to 30 per cent of Canadians say they snack to stay fuelled in a busy day. This Nutrition Month, dietitians want to remind you of the power of snacking to stay fuelled all day long.

5 TIPS FOR Healthy Snacks

- 1 Plan ahead.** Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry, like cut up veggies, nuts and cubed cheese. Being prepared helps you avoid less-healthy treats.
- 2 Be aware of portion sizes.** Instead of snacking from a large bag or box, take a portion and put it on a plate or in a bowl.
- 3 Listen to your hunger cues.** Ask yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?
- 4 Skip distracted snacking!** Avoid munching while looking at a screen, driving or working. You may eat more than you need if you're distracted from your feeling of fullness.
- 5 Snack on vegetables!** About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add an extra serving or two to your day.

Upcoming Events at CFB Esquimalt:

Fruit Handout

Thursday March 1, 2018
6:30 – 7:45am (or until fruit runs out)
Dockyard Gate, Naden Gate, and the MP Gate

Lunch & Learn with Dietitian, Danielle Van Schaick Get the facts on good health

Monday March 12, 2018
12:00 – 1:00pm
NAC Classroom (upstairs)
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Fleet Run Recovery Snack

Thursday March 29, 2018
Refuel with a healthy, nutritious snack after participating in March's Fleet Run

Nutrition Month Displays

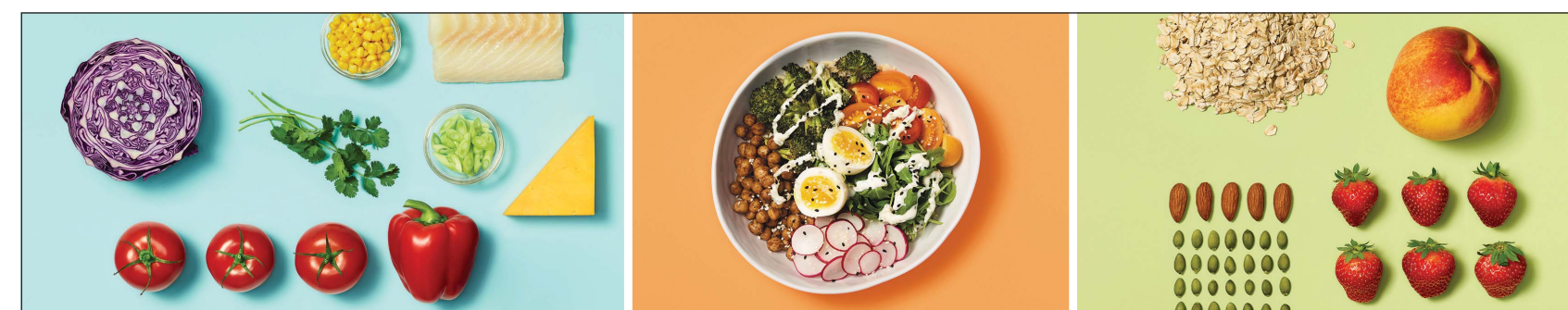
Come check out the Nutrition Month Displays at the NAC and CPAC!

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- Dietitians believe in the potential of food to enhance lives and improve health
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- Find a dietitian in your area: www.dietitians.ca/find



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SWEET AND SALTY SALSA WITH FETA



RECIPE PROVIDED BY:
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Cookspiration.com

RECIPE INFO

SERVINGS: 4 to 6

PREPARATION TIME: 5 minutes

INGREDIENTS

- 1 cup (250 mL) Canadian Feta, finely diced
- 1 cup (250 mL) watermelon, finely diced
- 1 cup (250 mL) cantaloupe, finely diced
- 1 cup (250 mL) red bell pepper, finely diced
- 1 cup (250 mL) pineapple, finely diced
- 1/4 cup (60 mL) red onion, chopped
- 1/4 cup (60 mL) fresh cilantro, chopped
- Freshly ground pepper

INSTRUCTIONS

STEP 1

In a large bowl, mix all the ingredients together and season with pepper.

STEP 2

Serve with meat or grilled fish, or as an accompaniment to Mexican dishes.

DID YOU KNOW?

If you're excited, your kids will be too. Try a new food, describe the flavour and be adventurous to inspire your eaters to do the same. Get other members of the family involved.



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MILLENNIALS

what makes them tick





Meet David Coletto

Peter Mallett
Staff Writer

As civilian and military employers struggle to recruit and retain the next generation in the workforce, the research of David Coletto may help solve the problem.

The MARPAC Health and Wellness Strategy is bringing Coletto to CFB Esquimalt on March 9 to give a presentation entitled Leadership and Millennials: Working Effectively with Generational Change.

He will deliver a two-and-a-half hour presentation in the Rainbow Room of the Chiefs' and Petty Officers' Mess beginning at 9 a.m. The 200 pre-registered spots for the presentation are filling up quickly.

Coletto, 35, is a highly successful millennial who co-founded the Ottawa-based market and public opinion research firm Ababcus Data, and heads its Canadian Millennial Research Practice.

His presentation is

geared to managers, supervisors, commanding officers and people who deliver on-the-job training, so they can better understand what makes millennials tick and how to better accommodate their needs.

Maryse Neilson, CFB Esquimalt's Health Promotion Manager, says Coletto is renowned for his presentation skills.

"He is not only well informed and highly successful in his field, but also an incredible entertainer. He presents his research in a good-natured way that allows you to understand the data," she says.

The Federal Government has been tracking the increasing employee shortfall at the Department of National Defence as people reach the mandatory retirement age of 55, and civilian employees reach the end of their careers.

After a review by the Auditor General of Canada, a House of Commons report in June 2017 declared that the DND "must improve

its methods of recruitment and retention of personnel."

As a result, a key part of Canada's new defence policy document *Strong, Secure, Engaged* was a commitment to grow the military by 3,500 members and the Reserve Force by 15,000.

This includes the implementation of a comprehensive CAF Retention Strategy which Minister of National Defence Harjit Sajjan says is an effort to "keep talented people in uniform with a welcoming and healthy work environment."

Neilson says that's where civilian managers and military command and training teams should take note of Coletto's presentation, as he not only understands what the data means but also how to develop a plan of action.

"As employers and managers we can complain all we want about the problem, but we need to be better equipped to recruit people, and develop and create systems and structures that recruit, maintain and understand millennials," says Neilson. "Baby Boomers and Generation Xs want stability; Millennials want change and adaptability."

Anyone interested in attending David Coletto's presentation can register with Andrea Lam at Andrea.Lam@forces.gc.ca

We need to be better equipped to recruit people, and develop and create systems and structures that recruit, maintain and understand millennials.

Maryse Neilson, Health Promotion Manager



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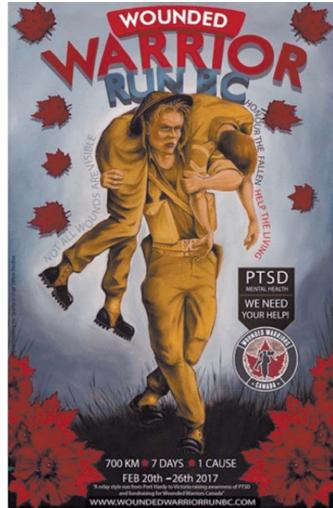
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Teenagers develop business that gives back to wounded

Peter Mallett
Staff Writer

A pair of teenage entrepreneurs from Shawinigan Lake are donating proceeds from their new line of clothing and merchandise to Wounded Warriors Canada.

The two siblings, Mckenna Haz, 19, and her younger brother Cooper Haz, 16, used the annual Wounded Warrior Run B.C. charitable event to launch their new business KidLED and its first line of clothing 'WW1 Centennial Collection', which commemorates the 100th anniversary of the end of the First World War.

They will donate 10 percent of profits generated from product sales to Wounded Warriors Canada, which has been raising the bar on public awareness surrounding Post-Traumatic Stress Disorder (PTSD) and mental illness for military and first responders.

Co-founder Mckenna says aligning KidLED with Wounded Warriors Canada, seemed a natural first step for the business because of the cause, and her family's personal connection to the cause.

"Our dad served as a military [police] member for 10 years and we have family friends that suffer with PTSD, so it hits home to us,"

says Mckenna. "I also think Wounded Warriors really puts mental illness on a high stage and people need to know it is okay to reach out, because at the end of the day we aren't alone. People matter."

Wounded Warrior Run B.C. runners set off from Port Hardy Feb. 19 for the six-day, 600-kilometre relay style run that ended in Victoria on Feb. 25. Captain Jacqueline Zweng, Regional Cadet Support Unit (Pacific), is this year's Wounded Warrior Run B.C. Director, and says the runners are glad to see this kind of support from KidLED.

"It is so outstanding to see different groups of people coming together to support the cause. As our new slogan states: We are All in This Together, and it's wonderful to see the Haz family involved in their community."

The last three letters in their business name LED stands for Leadership, Education and Development. Mckenna says, while their overall goal is to build a successful small business through the sales of clothing and merchandise, KidLED is defined by its mandate to help fund non-profits such as Wounded Warriors Canada and other community organizations.

The matriarch of the Haz

family, Kristie Haz is also a co-founder of KidLED, and says she and her two children came up with the idea two years ago and they have been working hard to put their plan in to action.

Kristie is extremely proud of her two kids. Her daughter is an accomplished rugby player who recently accepted a scholarship at Quinnipiac University in Hamden, Connecticut, and will get to work on a degree in Communications next fall. She was also crowned Miss Teenage Vancouver Island in 2015, and with this platform she was involved in successful fundraising campaigns for Free the Children, KidSport and Cardiac Kids.

Kristie says her son Cooper is an avid rower and hockey player, but also has academic strengths in information technology and science. Cooper attends Brentwood College in Mill Bay and will play a vital role in marketing and fundraising initiatives in his free time.

KidLED's current line of hoodies, t-shirts, toques and mugs feature their WWI 100 anniversary logo and range in price from \$15 to \$55. The merchandise is being promoted on their Facebook and Instagram accounts that directs potential customers to their web-based store at www.kidled.com

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Bravo Zulu

Base Divisions Promotions and Awards

Captain (Navy) Jason Boyd, Commander CFB Esquimalt, presented awards and promotions at the Base Ceremonial Divisions Feb. 20.

Photos by LS Ogle Henry, MARPAC Imaging Services



PO1 Erin Bonnar receives the General Service Medal Rotation Bar – Operation Impact.



LCdr Judith Harlock receives the Canadian Forces' Decoration Second Clasp.



MS William Percy receives the Canadian Forces' Decoration.



MS Tim Shao receives the Canadian Forces' Decoration.



Sgt Kyril Cullen receives the Canadian Forces' Decoration.



LCdr Judith Harlock receives the Maritime Forces Pacific Bravo Zulu award.



PO2 Fiona Borland receives the Maritime Forces Pacific Bravo Zulu award.



Dorothy Mildenberger receives the Base Commander's Bravo Zulu award.



Maril Hanna receives the Base Commander's Bravo Zulu award.



Lisa deWitt receives a Certificate of Appreciation.



PO2 Randy Muttitt is awarded the Priory Vote Of Thanks of St. John's of Jerusalem.



James Folland receives the Silver Pin for Department of Defence Collision-Free Award.



PO2 Stephen Morrison, Naval Combat Information Operator, receives the Canadian Forces' Decoration Second Clasp from LCdr O'Regan, Naval Fleet School Pacific Deputy Commandant.



MS Justin Gaudet, NCIOP, receives Canadian Forces' Decoration First Clasp from LCdr O'Regan, NFSP Deputy Commandant.



MS Justin Gaudet is promoted to PO2 by LCdr O'Regan, NFSP Deputy Commandant, and LCdr Freistadt, NFSP Combat Division Commander.

Bravo Zulu

CFMWS/PSP Awards

Peter Atkinson, Senior Vice President Personnel Support Programs (PSP), and David Rothermund, Senior Manager PSP, presented medals and awards at CFB Esquimalt Feb. 20.

Photos by Bill Cochrane, Lookout Newspaper



Bernadine Templeton (left) and Donny Steel (right) both receive the General Service Medal - Expedition from BGen (Ret'd) Peter Atkinson for their deployments on Operation Impact in Kuwait.



Matt Kingstone receives a certificate in recognition of five years of service to PSP.



Claire Grant receives a certificate in recognition of five years of service to PSP.



Sadie Thompson receives a certificate in recognition of five years of service to PSP.



Heather Catte receives a certificate in recognition of 10 years of service to PSP.



Carol-Lynn Ross receives a certificate in recognition of 15 years of service to PSP.



Fawn Fairbairn receives a certificate in recognition of 15 years of service to PSP.



Allison Jones is presented a Letter of Appreciation.



Kristine Sultmanis is presented a Certificate of Merit.



Peter Atkinson is presented a retirement card from David Rothermund.

Bravo Zulu

Naval Communication Graduation

Commander Elbourne, Naval Fleet School (Pacific), presented certificates during the JR CISON OP QL3 graduation ceremony.

Photos by MS Vlodder

HMCS Regina



LS Brothers from HMCS Regina is promoted to his current rank by Cdr Saltel, Commanding Officer HMCS Calgary, and CPO2 Burno, Chief Engineer.



Naval Communicator OS Abdi receives her JR CISON OP QL3 certificate.



Naval Communicator OS Aucoin receives his JR CISON OP QL3 certificate.



Naval Communicator OS Brayman receives his JR CISON OP QL3 certificate.



Naval Communicator OS Couch receives his JR CISON OP QL3 certificate.



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Naval Communicator OS Wellwood receives his JR CISON OP QL3 certificate.

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848 ROYAL ROADS Air Cadets invite all youth aged 12 – 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 – 9:00pm at 3041 Langford Lake Rd, Belmont Secondary. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

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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After nearly a year as the Flagship of the West Coast Fleet, *HMCS Winnipeg* handed over the reins to *HMCS Calgary* Feb. 2, in order to undergo an extended maintenance and upgrade period. During its tenure as Flagship, *Winnipeg* was involved in many high tempo operations.

Starting March 2017

Upon completion of Sea Training-led Intermediate Air Ship Readiness Training in March 2017, *Winnipeg* deployed in company with *HMCS Ottawa* for Poseidon Cutlass 17-1 in the Indo-Asia Pacific region. The two ships conducted an array of operations with regional foreign navies.

These multi-national operations, which had the Commander Canadian Fleet Pacific and his staff embarked in *Winnipeg* for portions of the deployment, included exercises with the Australian, Indian, Sri Lankan, Japanese, South Korean, New Zealand and United States Navies.

During the deployment, *Winnipeg* had the Maritime Tactical Operations Group embarked, showcasing this advanced capability of the Royal Canadian Navy to our allied navies. Multiple port visits allowed the ship's company to represent Canada at global engagement events in the Philippines, Malaysia, India, Singapore, Sri Lanka, Japan and South Korea. Most notably, the port visit in Malaysia included a high profile global engagement component in support of the Minister of National Defence.

Another notable milestone for this deployment was the proof of concept of the Naval Security Team that consisted of Reserve Force personnel providing enhanced Force Protection to deployed ships while alongside Busan, Korea.

Winnipeg's return transit to Esquimalt after five months abroad included a Replenishment at Sea Force Generation tasking in company with *Ottawa* and the Chilean Tanker *Almirante Montt*, where the Deck department was trained in operations with the tanker, conducting 22 seamanship evolutions within the span of two weeks.

September 2017

This high readiness ship was put to sea shortly after returning from Poseidon Cutlass 17-1 in September 2017 to support the training of an East Coast Air Detachment.

In October, *Winnipeg* embarked members of the Canadian Leaders at Sea programme for a three-day transit to San Francisco for that city's Fleet Week.

The sail facilitated numerous training opportunities, including a stellar ship-wide damage control demonstration for the civilian guests onboard.

Once alongside in San Francisco, the ship hosted over 200 high profile military and industry guests onboard at a reception co-hosted by the Commander Maritime Forces Pacific and Consular General of Canada in San Francisco.

Additionally, nearly 4,000 civilians came onboard for a tour of the ship, and the ship's company participated in many activities ashore, including a significant amount of charitable work.



October 2017

Winnipeg sailed for the remainder of October in the vicinity of Nanoose Bay, advancing the operational testing and evaluation of Anti-Submarine tactics in the Royal Canadian Navy during Optest Stargazer.

November 2017

The ship was back at sea in November in the West Coast Firing Area, where the Above Water Warfare team honed their skills against unmanned aerial vehicles (UAV). The crew demonstrated particular skill in employing *Winnipeg's* RAMSES against the UAVs. The ship also had the honour of being the platform for the ceremony of Committal of Ashes at sea for 13 National Defence members.

Winnipeg's programme in November also included representing the Royal Canadian Navy at the United Nations Peacekeeping Defence Ministers' Conference. While alongside Canada Place in Vancouver, *Winnipeg* provided a hosting platform for various events throughout the conference, as well as comprehensive tours of the ship to UN delegates.

The conference had many high profile Canadians in attendance including The Prime Minister, the Minister of National Defence, the Minister of Foreign Affairs, the Minister of International Development and la francophonie and the Chief of Defence Staff.

Actress Angelina Jolie, who is a Special Envoy to the United Nations High Commissioner for Refugees, was also in attendance.

Shortly after returning to home port, *Winnipeg* was back at sea in support of the Fleet Navigating Officer course, qualifying four new Navigators to the fleet. Having spent most of the year in international waters, the crew relished the chance to transit the picturesque Southern Gulf Islands at high speeds, and enjoyed the scenery in Desolation Sound's rugged Teakerne Arm.

December 2017

The 2017's sailing programme for *Winnipeg* concluded in December with another week at sea in support of the Shipborne Air Controller (SAC) course, qualifying four SACs to the fleet. However, the Flagship's duties did not end there as *Winnipeg* was the West Coast Fleet's designated Ready Duty Ship throughout the holiday season, with the crew fully prepared to respond to any tasking domestically and abroad.

January 2018

Before handing over the reins of the Flagship of the West Coast Fleet, *Winnipeg* had one last tasking in January 2018, once again in cooperation with 443 MH Squadron, with the aim of qualifying Maritime Forces Pacific and Maritime Forces Atlantic personnel in Ship Without Airborne Detachment operations, and air crew qualifications.

Winnipeg undoubtedly had a very busy programme over the course of the past year, sailing over 38,600 nautical miles, with 215 days away from home. Ship and crew were instrumental in the training and development of hundreds of Canadian Armed Forces personnel in various areas of qualification, ranging from multiple echelons of warfare to logistics. It is not without the support of various key players ashore that *Winnipeg* was able to achieve mission success at home and abroad as the Flagship of the West Coast Fleet.

HMCS Calgary is wished all the best as that ship and crew takes on this new challenging role.

Photos by LSIS Bradley Darvill

HMCS Winnipeg sails in formation with the Japanese Navy's JS Izumo and Sazanami during a Passage Exercise in the South China Sea, which included ships from the United States, Canada, Japan and Australia. Inset: HMAS Ballarat conducts a Passage Exercise with Japanese Maritime Self-Defense Force ships Izumo and Sazanami and Winnipeg during Ballarat's South East Asia deployment.

