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Volume 63 Number 26 | July 2, 2018

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## CALGARY: LIVE FIRE AIR DEFENCE

Photo by Jacek Szymanski

The support team for QinetiQ pose on HMCS Calgary's flight deck with the Vindicator II Unmanned Aerial Vehicle Target prior to the Live Fire Air Defence exercise last week. Read the full story on page 3.



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# Re-enrollment initiative brings back retired sailors

**Ryan Melanson**  
Trident Newspaper

The Royal Canadian Navy (RCN) has been making an extra effort to bring recently retired sailors back to the organization, and the first two to take advantage of this Skilled Re-enrollment Initiative have now made it official.

LS Kenneth Squibb and LS Steven Auchu, both Naval Electronic Sensor Operators (NESOPs) with sailing experience, who each retired from the navy less than two years ago, will be back putting their skills to use with the fleet. They participated in a re-enrollment and enrollment ceremony alongside new recruits at CFRC Halifax on June 7.

The Skilled Re-enrollment initiative is a result of growing attrition rates that have put stress on some navy occupations. Letters have been sent to identified members from trades such as NESOP, Naval Combat Information Operator, Sonar Operator, Naval Communicator and Marine Technician, to invite them to re-enroll but keep their former rank and occupation.

RAdm Craig Baines, Commander Maritime Forces Atlantic, presided over the ceremony in order to welcome the two sailors back into the fold, as

well as welcome the new recruits. The main goal of the initiative is to ensure those who recently left the organization are aware the door remains open should they wish to restart their military career. "Today we've re-enrolled two

NESOPS, and these two individuals have important skills that are, quite frankly, needed on the ships right now, so we're very happy to have them," said RAdm Baines.

LS Squibb said the extra push from the Skilled Re-enrollment

Initiative, which can include a recruiting allowance in some cases, was a factor in bringing him back to the navy.

"It was something I was considering, but I was still enjoying my time with my family and I wasn't

sure about it. When I got the letter and heard about this, that definitely had an impact on my decision."

In addressing the new recruits at the ceremony, RAdm Baines recalled his own enrollment in the military nearly 31 years ago, and the uncertainty that came with it. He would eventually settle into a career that's brought him to more than 30 countries and allowed him to serve Canada in exciting ways, but said the friends and colleagues met along the way have provided the biggest highlights of his life in the navy.

"The people you're with today, and the people you'll meet along the way will be what inspires you to stay and be motivated and be a part of the team. The calibre of people within the Canadian Armed Forces is terrific."

Along with the NESOPS returning to the navy, the ceremony welcomed 12 recruits: Jaclyn Buell, Logan Countway and Sarah Goodman, all from Halifax; Brandon Crawford of Aylesford; Kelly Godfrey of Lake Echo; William Grant of West Porters Lake; Brian McLea of Bedford; Joshua O'Reilly of Kingston; Russell Sabine of Boutilliers Point; David Szasz of Margaretsville; Kristie White of Hammond's Plains; and Mitchell Williams of Hardwood Lands.



Photo by Mona Ghiz, MARLANT PA  
From left: RAdm Craig Baines, Commander Maritime Forces Atlantic, LS Kenneth Squibb, LS Steven Auchu, and Formation Chief, CPO1 Pierre Auger at the re-enrollment ceremony at CFRC Halifax on June 7.

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Photo by Jacek Szymanski

## Calgary completes live fire air defence exercise

By SLt M.X. Déry  
MARPAC PA Office

“At the time, sitting in the chair, pulling the trigger, hearing the whoosh of the missiles was surreal,” said Lt(N) Sara Kucher, HMCS Calgary’s Above Water Warfare Officer. “I will remember this for a very long time.”

Last week, Calgary fired three Evolved Sea Sparrow Missiles (ESSM) as part of a live fire air defence exercise, complete with unmanned aerial vehicles (UAVs) as targets. This exercise is the culmination of months of preparation. It takes Calgary and crew one step closer to high readiness in preparation for their upcoming deployment on Operation Projection in the Asia Pacific.

For Lt(N) Kucher, this was her first live fire air defence exercise in that position after 20 months in

the chair, and it marks the end of her time in Calgary. She is being posted ashore after her D-level tour.

“I really enjoy my job; I really enjoy working with my team, and I will miss this ship,” she said. “However, I look forward to finding something in my future career to top this.”

While these types of exercises are not rare, Lt(N) Kucher said it is definitely not something that every Above Water Warfare Officer gets to do during their time in that position.

Getting the warship ready for this exercise took a substantial amount of work and preparation.

“Preparations started months ago,” said Lt(N) Kucher. “Both the Operations and the Combat Systems Engineering Departments worked steadily to bring Calgary from re-fit to successful completion of this exercise.”

One of the major components to this type of training is communication, as members of the ship’s operations team need to quickly identify threats, determine a course of action, and attack that threat in a timely fashion.

“We came together conducting training serials over the course of the last several months and improved our communications within the team. This allowed us to execute the exercise very smoothly,” said Lt(N) Kucher.

The exercise took place in the West Coast Firing Area off central Vancouver Island, where the Royal Canadian Navy conducts at-sea force generation. To ensure range safety, the ship advised ships in the area prior to the shoot via radio and used its many sensors to ensure no one and no marine animal was within the range.

“The day of the missile firing we had assistance

from a CP-140 aircraft to clear the range and make sure that our firing arcs were clear of other vessels, aircraft, and marine life,” said Lt(N) Kucher.

Launchers for the UAVs were placed on Calgary’s flight deck in order to catapult their targets into the air.

All eight targets were shot down, some by the 57mm main gun and others by the three ESSMs.

“To have all that work and team effort end in the destruction of the targets was very exciting,” said Lt(N) Kucher. “We were all smiling at the end of it.”

This is not the finale of Calgary’s training prior to deploying. At the end of July, they will depart to complete Intermediate Multi-Ship Readiness Training with Sea Training Pacific while en route to Australia where they begin their five-month deployment on Op Projection.



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## WHAT SAY YOU



# Royal Roads hosting reunion this fall

## ABOUT HOMECOMING

Homecoming is a celebration of Royal Roads' past and present; it is open to alumni, ex-cadets, faculty, and staff from Royal Roads Naval, Tri-Services and Military Colleges (RRMC), and Royal Roads University to provide a dedicated weekend for coming home.

Homecoming embraces tradition, while welcoming the future. Celebrations are designed as a salute to familiar friendships, class reunions, the forging of new friendships, and paying homage to days past.

We hope you'll join us for Homecoming 2018 to reconnect with your Royal Roads family.

Both the RAdm John Charles Military Museum and the Dunsmuir Museum have undergone a major facelift and will be open for the weekend. Come enjoy these two wonderful museums.

In addition, all the special cadet brass plaques that once were on display in the Grant Block Quarterdeck of RRMC will be installed at the special Royal Roads Memorial area behind the Quarterdeck.

For this year, several ex-cadets from these special classes will be

attending Homecoming 2018:

1958 - their 60th anniversary;

1968 - their 50th anniversary;

and

1978 - their 40th anniversary.

## PROGRAM

**Friday, Sept. 7**  
**President's Reception**  
**6 - 9:30 p.m.**

Join President Allan Cahoon at the official kick-off to the Homecoming weekend. Raise a glass to old friends and new at this reception held within the historic Hatley Castle. Cash bar provided. *Dress: Business Casual*

**Saturday, Sept. 8**  
**Family and Friends Barbecue**  
**11:30 a.m. to 2:00 p.m.**

This is the inaugural family barbecue to bring together ex-cadets, alumni and their families to enjoy the ambiance of Royal Roads. There will be great food and lots of fun events for families, including face painting, croquet and dunk tank.

Our campus patio holds incredible views all year long, but in September it is particularly rich, lets gather to take in some sun while we enjoy an outdoor barbecue our family and friends can also enjoy. Garden tours will be available and the museums open. *Dress: Casual*

**Dinner & Dance**  
**6:30 - 10:30 p.m.**

What's a celebration without a fine dinner overlooking the campus? Guests will enjoy a gourmet buffet and an evening of camaraderie. Bring your spouse or guest for an evening designed to provide you with not only an opportunity to connect, but to create new memories on campus. We'll also host a photo booth for those who fancy a keepsake of their reunion. *Dress: Semi-formal*

**Sunday, Sept. 9**  
**Mast Site Ceremony**  
**10:30 a.m. - 12:30 p.m.**  
**Vice-Commandant's House to Hatley Castle**

In this ceremony we honour Royal Roads' military history by gathering at the mast in front of the former vice-commandant's house for a dedication of the paver stones engraved with the names of Royal Roads ex-cadets and staff. Guests are then led by the Westshore Pipe and Drum band from the mast site to Hatley Castle for a farewell toast and reception. Following the reception, ex-cadets are again escorted by the Westshore Pipe and Drum band to walk the ceremonial "circle" that cadets remember running around. Together we'll

re-live memories and retrace old steps from the Castle to the Grant Block, to the wonderful grounds. It's our way our paying homage to the training and dedication of Royal Roads Military College and its dedicated ex-cadets and staff. And it's our way of coming together as past and present alumni to acknowledge where we came from and where we are going. We hope to see you there. *Dress: Business Casual*

## REGISTRATION

Should you be interested in bringing your class reunion to Homecoming weekend, please reach out to your alumni relations team at: [alumni.relations@royalroads.ca](mailto:alumni.relations@royalroads.ca)

Registration is now open. Please register by Friday, Aug. 24 to allow appropriate time for our event planning committee. Registration is located on RRU website: [www.royalroads.ca/alumni/homecoming](http://www.royalroads.ca/alumni/homecoming)

Co-chairs Royal Roads Homecoming Committee: Mehgan Cabrera, Alumni Manager RRU, and Dave Bindernagel, President Vancouver Island Ex Cadet Club.



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## CFB Halifax's fitness centre closes

By CFB Halifax

After 75 years as a health and physical fitness hub for local military members, their families and the community, CFB Halifax's Stadacona Fitness, Sports and Recreation Centre (STADPLEX) will permanently close its doors by Oct. 31. The facility has reached the end of its useful life and, although currently safe for occupancy, is now beyond long-term economical repair.

Personnel Support Programs (PSP) staff is working to ensure STADPLEX programming and services remain available to the Defence community until

the closure. The 12 Wing Shearwater Fitness and Sports Centre will remain operational seven days a week, open to Defence Team members, veterans and members of the public who possess memberships. The Fleet (HMC Dockyard) Fitness Centre will see its hours extended to accommodate members of the Defence community who frequent the facility for PT classes, programs and day-to-day use.

The closure of STADPLEX will happen in phases, with the closure of the pool and squash courts taking place first. The official dates of closure for these two facilities have not yet been determined, but notice

will be given to members and community groups as the dates are confirmed.

A project proposal for the replacement of STADPLEX is in early stages of development and is expected to take several years to deliver. This long-term solution will come with full support and commitment from leadership and will ensure the Defence community is able to enjoy vital health and physical fitness services for years to come.

For the latest updates and information including a list of FAQs, please visit the PSP website at <https://www.cafconnection.ca/Halifax/Facilities/Fitness-Sports-and-Recreation-Centres/Stadacona.aspx>

Photo submitted  
STADPLEX will be closing at the end of October. After 75 years of use, the facility has reached the end of its useful life, as long-term economical repair is not feasible.

## CFB Esquimalt Base Administration Change of Command



Photos by LS Valerie LeClair, MARPAC Imaging Services  
Commander Jeanne Lessard, receives a Maritime Forces Pacific Bravo Zulu from Captain (Navy) Jason Boyd, Base Commander. Pictured left to right are: Commander Jeanne Lessard, Captain (Navy) Jason Boyd, husband Jason Carroll, and son Elliot Carroll.



On June 27 during a ceremony held in the Nixon Building, Commander Cory Foreman, (right) officially assumed command of the CFB Esquimalt Base Administration Branch from Commander Jeanne Lessard (left). The ceremony was presided over by the Base Commander, Captain (Navy) Jason Boyd (centre).

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A new organization, Director General Future Ship Capability, will help ensure future ships such as the Arctic Offshore Patrol Vessel will be introduced smoothly into service.

# NAVY PREPARES FOR FUTURE SHIPS

**Darlene Blakeley**  
Navy Public Affairs Ottawa

A new organization designed to support the Royal Canadian Navy (RCN) as it receives new ships for future operations, aims to introduce them into service smoothly, and with a view to driving naval innovation.

Director General Future Ship Capability (DGFSC), headed by Rear-Admiral Casper Donovan, will ensure the RCN is ready in terms of occupations, training systems, infrastructure, doctrine and tactics, and operational policies as ships are completed and turned over to the navy.

DGFSC has three main components.

The first is the Directorate of Naval Major Crown Projects, which includes the RCN teams assigned to the new Arctic and Offshore Patrol Ship (AOPS), Joint Support Ship (JSS) and Canadian Surface Combatant (CSC) projects.

The second is the Directorate of New Capability Introduction (DNCI), which includes a team in Ottawa, as well as detachments in Halifax, NS, and Esquimalt, BC.

The third is the Maritime Innovation Team (MIT).

"DNCI is critical to ensuring the RCN is ready, in all respects, to receive new ships and is ready to introduce them into operational service," explains RAdm Donovan. "They are focused on all things other than the ship itself, such as crewing, training, infrastructure, helicopter integration, occupational structures, tactics development and readiness standards."

MIT is a small team which works within DGFSC to ensure the RCN innovates as it introduces the future fleet.

"It's not just about new ships, it's

also about new approaches to how the navy will deliver on its future missions," RAdm Donovan says. "This mindset requires innovation to be at the forefront of everything we do."

He adds that DGFSC is well set up to enable this innovation.

"Obviously the inclusion of MIT in the organization helps, but I would also say that marrying the three project teams with the DNCI organization creates great synergy between what we are pursuing with each project and the folks who are embedded on the coasts. These DNCI personnel are plugged into the broader RCN organization so that we all stay in sync as to where we are going in key functional areas, like our future naval training system or in pursuing a much more digital navy."

RAdm Donovan says the new organization affords the navy a more dedicated capacity to devote to all future ship builds, but particularly the CSC.

"The CSC is undoubtedly the main effort for DGFSC, but not the exclusive focus. The RCN has much to learn from both the AOPS and JSS projects, like we did from the Halifax Class Modernization project, that will shape, influence and inform what we potentially do with the CSC. It makes a lot of sense to have all the ship projects in DGFSC."

This dedicated capacity is especially important once the design for the CSC has been selected.

"There will be a significant amount of work which the project team will need to begin and progress in an expedient manner," RAdm Donovan says. "There is no time to waste – all the organizations involved with the CSC want to complete the design and start cutting steel as quickly as is reasonably possible."

There are three main things he'd like to accomplish during his tenure as DGFSC. First, he'd like to see

Harry DeWolf, the first Arctic and Offshore Patrol Vessel, introduced into service smoothly.

"Once the ship is ready to be transitioned from the shipyard to the navy, we will have thought through all the details, so it is very seamlessly introduced into operational service on behalf of Canada and Canadians. There is so much work behind-the-scenes that we can't lose sight of, and Harry DeWolf will be the first test of how we do. There will be 21 to 22 more ships to introduce as we move into the future."

Second, he wants to establish the RCN Innovation Program and move forward with momentum. This includes encouraging a culture of innovation in the RCN, laying out priority areas and initiatives where innovation is pursued, and seeing these initiatives materialize in the fleet and ashore.

Finally, he'd like to see the CSC enter its design phase as early as possible in 2019.

"There's a ton of work to do prior to entering the design phase, but if we put our minds towards doing this work in a smart and disciplined manner, we can accomplish a lot in a short time."

DGFSC, in conjunction with Commodore Rich Feltham's team at the Director General Naval Force Development (DGNFD), "double-downs" on the future needs of the navy and the goals of the defence policy *Strong, Secure, Engaged*.

"We are bolstering the navy's capacity to move on *Strong, Secure, Engaged* by more capably covering off the major ship builds and innovation. This overall team approach between DGFSC and DGNFD is key to our success," says RAdm Donovan. "Pulling it all together coherently will be challenging, but the team is up to the task."

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LOOKOUT





As the morning sky broke across the Olympic View Golf Course Monday June 25, 117 golfers set out to play 18 rounds of golf in the 5th Annual Base Commander's Golf Tournament.

The sun quickly warmed the day, but a steady breeze made golfing a little challenging.

Following the last team's play, everyone scrambled into the dining hall for a buffet steak dinner and news of who won what.

- Competitive Play (Individual Stroke Play): winner Matthew Campbell.
- 4 Person Scramble Winners: Tim Christy, Erick Gestwa, Chris Kucheran, and John Smith
- Highest Score (aka non winners): Victor Clement, Eric Gingras, Christopher Imamshah, and Michele Schnob.

- Ladies Closest to the Pin: Gosia Croden, prize WestJet flight voucher.
- Men's Closest to the Pin: Edward Whitmore, prize WestJet flight voucher.
- Women's Longest Drive: Liz McDougall, prize \$250 Golf Town gift card courtesy Camosun College.
- Men's Longest Drive: Bob Auchterlonie, prize \$250 Golf Town gift card courtesy Camosun College.

Tournament players also got to wish the new MARPAC Commander Rear-Admiral Bob Auchterlonie a Happy Birthday.

Special thanks to the tournament sponsors Seaspac Victoria Shipyard, Babcock Canada, WestJet, Camosun College, Harris Dodge Victoria, and Hotel Grand Pacific.

Photo by Gillian Larsen, PSP Recreation



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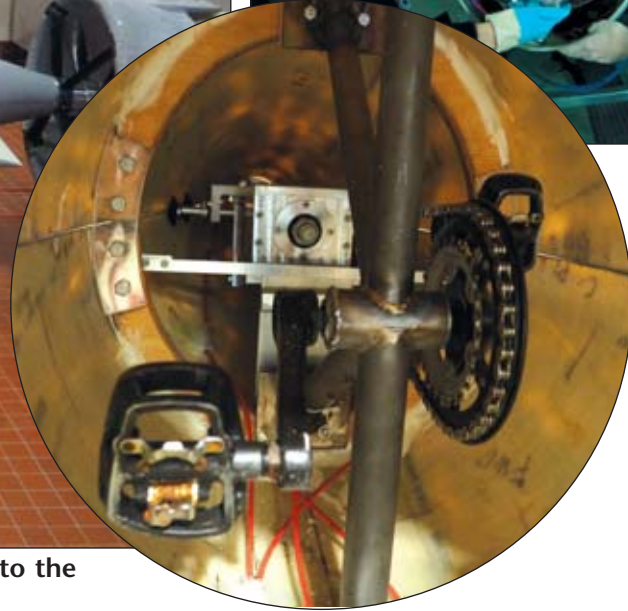




Photo by  
Santiago Gutierrez Manzano



Top: The fully assembled submarine during one of the three test launches prior to the competition. Inset: LS Manuel Dussault-Gomez, club founder.



Top: Club members fit the front dome underwater to enclose the pilot in the submarine prior to a test race.

Left: The child pedal system, complete with toe clips, that power the coaxial shaft to the counter rotating propellers.

# University club's mini-sub races in England

**SLt M.X. Déry**  
MARPAC PA Office

This week, the University of Victoria Submarine Racing Club will compete in the fourth biennial European International Submarine Race (eISR) for the first time.

The 10-person team is in Gosport, England, to race their human-powered submarine against 11 international university teams. It's a race against the clock around a demanding underwater slalom course.

Club founder, Leading Seaman Manuel Dussault-Gomez, a reservist Marine Technician, is excited to see the submarine he designed and help build go up against

some formidable opponents.

The UVic Submarine Racing Club came from a desire to compete, and to promote the field of marine system engineering. LS Dussault-Gomez began pre-engineering at UVic in 2012; he joined the Naval Reserves as a Marine Technician in 2013. During his QL3 course, he scoured the library for engineering books to help him design a submarine that could compete in the eISR.

He found a book by the German Naval Architect Volker Bertram on practical ship hydrodynamics.

"There are a number of coefficients with regards to the submarine that will

reduce the drag once it is moving underwater," said LS Dussault-Gomez.

From the nose radius, the beam-to-length ratio, the max cross-section of the submarine and the tail cone radius, everything is designed for efficiency.

"We did a lot of computational fluid dynamic analysis and we figured out that the boundary layer is tiny, which is ideal, and then as the flow of fluid moves downstream, the boundary layer increases and then in the back end of the submarine there is a sharp radius that we had to implement; because if not our submarine would be seven metres long."

While a longer vessel would be faster, the

European race is more than just a sprint; it includes a 25-metre radius turn and a slalom course. This forced the Submarine Racing Club to place the rudder far aft.

"By putting the rudder as far aft as possible we will attain a bigger moment of turn, a better turning radius," said LS Dussault-Gomez.

Having a well-designed human-powered submarine is only part of the equation. They need a scuba diver pilot capable and willing to get inside the small flooded sub and peddle to victory.

Aiden Massey is vice-president of the Submarine Racing Club and one of two scuba pilots for the submarine, the other being Jaryd Middleton.

"The most challenging part is trying to manage everything," said Massey. "You have to think about depth, you have to think about turning left and right, and maintaining the dead man's switch."

For safety reasons, because the submarines are flooded, a dead man's switch is required in case the pilot gets in trouble; once released a distress buoy floats to the surface.

Due to the size of the submarine, which was designed to accommodate the six-foot-tall Massey, the propulsion peddles are only 30 centimeters, much like those on a child's bicycle. This means peddling a tiny fixed-gear bicycle under-

water to turn the coaxial shaft which powers counter-rotating propellers.

While most teams design their submarines and outsource production to companies, UVic's Submarine Racing Club had limited time and budget, meaning they manufactured their own submarine.

"We built everything ourselves," said LS Dussault-Gomez. "We didn't outsource anything other than welds and our mold."

However, he did not see this as a hindrance, but rather an opportunity to learn more about the process.

Learn more about the race here: <https://www.sub-race.eu/>

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Good morning. Good times.







## Wanted: Naval Tactical Operators

The Naval Tactical Operations Group (NTOG) is a unit within the Royal Canadian Navy that specializes in Maritime Interdiction Operations and Force Protection. NTOG is seeking self-motivated, highly professional sailors who are looking for a challenge and want to work in an operationally-focused small team environment to join its ranks.

Those who want more information on how to become a Naval Tactical Operator should attend the information session held at S90 Room 317 on July 17, 10 a.m. to noon, and July 18, 1 to 3 p.m.

NTOG originally stood up in June 2014 and has worked with many partner nations on a variety of operations including Operation Reassurance, Operation Edifice, and Operation Projection.

To join NTOG, candidates must attend the mentally and physically challenging Assessment Center

for five days for NCMs and NCOs, and seven days for Officers. Candidates from both Regular and Reserve Force personnel are recruited from across the RCN's sea element personnel, including Naval Reserve Divisions.

The next Assessment Center will run Nov. 12 to Dec. 2 and interested candidates should have their application in by Oct. 10.

If a candidate is successful at the Assessment Center and is selected, he or she will be required to attend a five-month Naval Tactical Operator Course that covers advanced insertion techniques, tactical shooting, hand-to-hand combat, tactical combat casualty care, close quarters battle, rigging and rappelling, and sensitive site exploitation. After completing the course, Naval Tactical Operators have employment opportunities on deployments, expeditionary taskings and further specialized training.

## Help available to aid veteran transition

Maple Leaf

The Veterans in the Public Service Unit (VPSU) of Veterans Affairs Canada (VAC) is available to assist Veterans navigating Canada's public service hiring process.

Members of the Canadian Armed Forces receive education, training and leadership development. This in turn creates a pool of talented Veterans. The VPSU works with the Public Service Commission to promote the skills and experiences that Canadian Veterans offer to public service hiring managers and human resources professionals across the country.

"Helping Veterans and military members transition into the federal public service is an excellent opportunity for both Veterans and the public service. VAC is an excellent employer who has allowed me the flexibility to continue to serve on a part-time basis with the Navy. In fact, the federal public service is an excellent fit for any reservist," says Alex Grant, a member of the VPSU team, and a reservist in the Royal Canadian Navy.

If you are interested in learning more about the VPSU and careers in the federal public service, please visit: [www.veterans.gc.ca/eng/services/transition/ps-hiring](http://www.veterans.gc.ca/eng/services/transition/ps-hiring)

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# FINISH

## Ex-soldier and family savour Navy Run success



Running Through Time: MWO (Retired) Bill Cantwell's family has run in each of the past four Navy Runs at CFB Esquimalt. From the left: Liam Cantwell, Chantelle Sinclair, Shane Cantwell, and Bill Cantwell.



**Peter Mallett**  
Staff Writer

Giving gifts or treating Dad to Sunday brunch are traditional ways to celebrate Father's Day, but not for Master Warrant Officer (Retired) Bill Cantwell and his family.

For the past four years, the 53-year-old, his wife Chantelle, and two of their children have made running the Navy Run their Father's Day tradition.

"To me it's the perfect way to start Father's Day," said Cantwell. "We still go out for brunch after the race."

The annual road race is organized by Personnel Support Programs staff and is held on the third Sunday

of June. The 2018 run featured 580 runners and a separate race for young children held near the finish line in Naden.

This year Cantwell was brimming with pride at the finish line because he and both of his sons, 13-year-old Shane and 16-year-old Liam, won gold medals in their run categories, and posted in the top of their overall race fields.

The family patriarch was tops in his 44 to 55 age category finishing the five-kilometre course in 22:45; he was 17th overall in the 5K, which he said was an encouraging improvement over times posted in past years. But Dad still wasn't fast enough to beat son

Shane who finished 38 seconds faster for first in his up to age 15 category, and 14th overall in a field of 222 runners.

On the 10-kilometre course Liam took first overall in the 16 to 24 age category with a time of 38:23, and was third overall among 206 runners. Wife Chantelle Sinclair, who Cantwell described as the family's most dedicated runner, placed sixth in the women's 45 to 54 category with a time of 1:01:56.

"Even though everyone in the family was successful at the finish line this year, to me the Navy Run isn't about winning or losing, but just improving on past

performances, and much more importantly coming together as family in an activity we all enjoy," said Cantwell.

To achieve their goals Cantwell and his two sons trained all year.

"We worked for it and it paid off with each one of us improving on our times from last year," said Cantwell. "It's a valuable lesson for everyone to learn because with running things happen slowly, but if you put the effort in and don't give up you will get better."

Cantwell says he and his family are already looking forward to next year's Navy Run but know they will need to put the practice time in to have a chance at retaining their titles.



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RETIRED AS	<b>LEADING SEAMAN //</b> <b>MARPAC HQ //</b>
DEPLOYMENTS	<b>COASTAL DEFENCE VESSEL (MCDV) //</b>
LOCATION	<b>EDMONTON //</b>
TITLE	<b>VICTIM SERVICES COORDINATOR //</b>
SERVICE	<b>2014-PRESENT //</b>

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## Sailors will be on the Amazing Race

DND

A team from the Royal Canadian Navy will participate in the next *Amazing Race Canada: Heroes Edition* beginning July 3.

Zainab Ansari, 32, a naval combat information operator from Hamilton, Ont., and Monica Demian, 23, a naval communicator, born in the

Sudan and raised in Markham, Ont., will compete against nine other teams for the top prize.

“We are highly trained, highly skilled and we grew up being told we could do whatever we want. We get the mission done. That’s the goal, and that’s what we’re going to do here,” they said.



## Windsor returns after five months

Photo Credit: Mona Ghiz, MARLANT PA

HMCS Windsor returned to Halifax, N.S., after a five-month deployment in the Euro-Atlantic region. This deployment included the first operations conducted in the Mediterranean by a Victoria-class submarine, marking an historic milestone for the Royal Canadian Navy submarine fleet. The deployment also allowed numerous opportunities for Windsor to operate with NATO allied navies, and to provide security and strategic deterrence in the Mediterranean.

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# LIVE ACTION VIDEOS AID IN TRAINING

A combined team from the Naval Training Development Centre (Pacific) and MARPAC Imaging embarked in *HMCS Calgary* last week to film live action videos that will be used to support the new Marine Technician (MARTECH) training.

The team managed to negotiate *Calgary's* engineering spaces with their cameras and lighting equipment to capture footage that will be used to create four videos to support training for the new generation of sailors entering the fleet.

*Calgary's* crew enthusiastically supported filming, providing personnel as subject matter experts and on-screen actors.

The Naval Training Development Centre's mandate is to provide technology enabled learning support to the Naval Fleet Schools aimed towards modernizing naval training. They are currently developing distance learning solutions, large format printing, 3D printing, and multi-media products for classroom learning. It is through the support of units such as *HMCS Calgary* that the Naval Training Development Centre can achieve its mandate.



Photo by Master Seaman D. Ann Marie Aird

Joshua Paul, a videographer from the Naval Training Development Centre, and LS Sabrina Wyls.

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# Bravo Zulu

## MARPAC/JTF(P) Awards

Outgoing Commander of Maritime Forces Pacific and Commander of Joint Task Force (Pacific) Rear Admiral Art McDonald presented Bravo Zulu awards during a ceremony on June 22.

Photo by LS David Gariepy, MARPAC Imaging Services



Cmdre Buck Zwick, Commander Canadian Fleet Pacific, receives a Bravo Zulu award.



Cmdre Marta Mulkins, Commander of Naval Reserve, receives a Bravo Zulu award.



Capt(N) Clive Butler receives a Bravo Zulu award.



CPO1 Gino Spinnelli receives a Bravo Zulu award.



MS Daniel Clarke receives a Bravo Zulu award.



Captain Mike Dailey (centre) and CPO2 Matthew Goodwin (right) accept a Bravo Zulu award on behalf of Joint Personnel Support Unit (Pacific).



Cdr Scott Godin (centre) and by CPO2 Kirk Peck (right) accept a Bravo Zulu award on behalf of Personnel Coordination Center (West).



Capt(N) Christopher Robinson (centre), Commanding Officer Canadian Submarine Force, and CPO1 Dave Bryson (right), accept a Bravo Zulu award on behalf of the Canadian Submarine Force.



LS Blake Verhaeghe receives a Bravo Zulu award.



William "Bill" Stewart receives a Bravo Zulu award, accepted on his behalf by LCdr Robin Sheffield, Executive Officer of Fleet Maintenance Facility.



CPO2 Yannick Gagne, Training Manager of Naval Personnel and Training Group Headquarters, receives a Bravo Zulu award.



Andrea Lam receives a Bravo Zulu award.



Cdr Andrew Graham, Executive Officer of HMCS Regina, receives a Bravo Zulu award.





LCdr Simon Brown, Admiral's Executive Assistant, receives a Bravo Zulu award.



Lt(N) Malorie Aubrey receives a Bravo Zulu award.



Mathilde Belanger receives a Bravo Zulu award.



# Bravo Zulu

## MARPAC Headquarters

Left: Maj Dave Baldwin receives a Certificate of Achievement for his participation in Operation Lentus from Capt(N) Steve Jorgensen.

Right: MCpl Nicolette Ducharme is promoted to A/Sgt by her mother and Capt(N) Steve Jorgensen.



# Bravo Zulu

## Canadian Coastal Division Awards and Promotions



CPO2 Gervais is promoted by Cdr Kenward and LCdr Denny.



LS Radtke receives his Canadian Forces' Decoration from Cdr Kenward.



LS Monks receives the Special Service Medal from Cdr Kenward.



LCdr Kelly is promoted by Cdr Kenward and Commodore Zwick.



PO1 Stewardson receives the Special Service Medal from Cdr Kenward.



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# Bravo Zulu

## HMCS Regina Awards and Promotions



AB Gill is promoted by Cdr Matthews and PO1 Radutksy.



AB Lindsay is promoted by Cdr Matthews and Lt(N) Negm.



AB Woodhouse is promoted by Cdr Matthews, Cmdre Zwick, and Lt(N) Leitch.



Cdr Graham is promoted by his wife, Cdr Matthews, and Cmdre Zwick.



LCdr Atkinson is promoted by his wife, Cdr Matthews, and Cmdre Zwick.



LS Gozzola receives his Sea Service Insignia - Gun Metal from Cdr Matthews.



LS Guy receives her Sea Service Insignia - Gun Metal from Cdr Matthews.



LS Higgin receives his Sea Service Insignia - Gun Metal from Cdr Matthews.



LS Leach is promoted by Cdr Matthews and Cmdre Zwick.



Lt(N) Fillion receives his Canadian Forces' Decoration from Cdr Matthews and Cmdre Zwick.



Lt(N) Kuhn receives the Sea Service Insignia - Silver from Cdr Matthews.



Lt(N) Leitch receives the Special Service Medal from Cdr Matthews and Cmdre Zwick.



Lt(N) Newman receives a Head of Department certificate from Cdr Matthews and Cmdre Zwick.





MS Antonovic is promoted by his wife, Cdr Matthews, and Cmdre Zwick.



MS Brown receives the Sea Service Insignia - Bronze from Cdr Matthews and Cmdre Zwick.



PO1 Gapotchenko receives his Canadian Forces' Decoration First Clasp from Cdr Matthews and Cmdre Zwick.



PO2 Cantwell receives his Canadian Forces' Decoration from Cdr Matthews and Cmdre Zwick.



PO2 Rudolph is promoted by Cdr Matthews and Lt(N) Newman.



SLT Charelbois receives the Sea Service Insignia - Gun Metal from Cdr Matthews and Cmdre Zwick.

# Bravo ZULU

## Naval Personnel and Training Group Promotions

Cdr Elbourne and PO1 Parsons promote members of NPTG.



MS Baune is promoted.



MS Hunter is promoted.



MS Kennedy is promoted.



PO2 Theriault is promoted.



# Bravo ZULU

## MARTECH Graduation

Commander Julian Elbourne, Commanding Officer of Naval Fleet School Pacific, presented certificates during the Marine Technician course graduation ceremony on June 21.

Photos by LS Billanes



OS Umbrico receives a Certificate of Completion.



LS Vinogradov receives a Certificate of Completion.



OS Wilcox receives a Certificate of Completion.



OS Hopkins receives the Top Student award.



LS Audeshe receives a Certificate of Completion.



OS PickellBrown receives a Certificate of Completion.



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AB Stewart receives a Certificate of Completion.



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# KNOW THE REFERENDUM ADVERTISING RULES

**British Columbia is having a referendum on whether to adopt a proportional representation voting system for provincial elections.**

## *Proponents and Opponents*

Elections BC will provide \$500,000 to one group that supports proportional representation (the official proponent), and \$500,000 to one group that opposes proportional representation (the official opponent).

The deadline to apply to be the official proponent or opponent group is 4:30 p.m. on July 6, 2018. Information about who can apply, the selection process, and the application forms are available at [elections.bc.ca/2018-referendum-funding](http://elections.bc.ca/2018-referendum-funding).

## *Third Party Advertising*

The campaign period for the referendum is July 1 to November 30, 2018. Individuals or organizations that sponsor advertising about the referendum during this period have rules to follow. They must:

- Register with Elections BC **before** sponsoring any advertising
- Include their name and contact information on all advertising
- Only accept referendum advertising contributions from individuals who are Canadian citizens or permanent residents residing in British Columbia
- Limit contributions received from any one eligible individual to \$1,200
- Not spend more than \$200,000 on referendum advertising
- File disclosure statements with Elections BC

If you have questions about the rules or how to register as a third party referendum advertising sponsor, contact Elections BC at **1-800-661-8683** or [electoral.finance@elections.bc.ca](mailto:electoral.finance@elections.bc.ca).

1-800-661-8683 | [elections.bc.ca](http://elections.bc.ca)