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Photo by LS Sisi Xu, MARPAC Imaging Services

A member of the Naden Band of the Royal Canadian Navy interacts with the spectators during the Calgary Stampede Parade. The band joined the ship's company of HMCS Calgary in the parade march in downtown Calgary, Alberta on July 6.

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Change of Appointment for Base Chief, from the left: CPO1 Gino Spinelli, outgoing Base Chief; Capt(N) Jason Boyd, Base Commander, and CPO1 Ian Kelly, incoming Base Chief, sign the certificates officiating the transfer of appointment.

Photo by Leading Seaman Mike Goluboff, MARPAC Imaging Services

Former Base Chief moves from one sea-faring career to another

Peter Mallett
Staff Writer

Last week, when Chief Petty Officer First Class Robert 'Gino' Spinelli signed his name on the Base Chief Change of Appointment certificates, he marked the end of his 35-year naval career.

Dozens of friends, family and co-workers gathered in the Naden Drill Shed July 4 to bid farewell to the 55-year-old and welcome his successor CPO1 Ian Kelly.

"I was honoured to be selected as Base Chief in 2015 and am very fortunate to finish my career in this position," said Chief Spinelli. "In a job like this you really can make a difference in the morale and culture by creating a positive atmosphere throughout the formation, even during difficult times. If you lead the way with a positive approach and you are consistent, you will make a difference."

Much of his career was spent on the deck of warships such as *HMC Ships Kootenay*, *Mackenzie*, *Vancouver* and *Protecteur* as a boatswain. It was on the ship's deck, braving the elements, and tackling the often physically demanding work that he learned the importance of rules, discipline and

leadership. That experience aided him as Base Chief when handing out some tough love to junior rank sailors. While discipline was always in his tool box, he much preferred to educate over punish, especially since he has walked in their shoes much of his life.

A career that has spanned more than three decades is laced with stories and experiences, many in far away places, the luxury of a well-travelled sailor. Chief Spinelli easily plucks memories to demonstrate how well-rounded a career he has enjoyed. In the early years of his navy life (1983), when he was a young lad with little concern for injuries, he took part in the Navy Gun Run, a long ago tradition in which teams of sailors compete to transport a field gun and its equipment over and through a series of obstacles in the shortest time.

A decade later he skippered Sail Training Vessel *Goldcrest*, entering it in two Swiftsure Races. A few years after that he sailed in *Protecteur* to East Timor on International Force East Timor, an Australian-led peacekeeping mission to address the humanitarian and security crisis that took place. He also served as Coxswain in *Vancouver* in

2011 when it deployed on Operation Unified Protector as part of NATO's air-sea campaign during the Libyan Civil War.

These experiences are feathers in a well-worn peak cap, one he will officially take off July 31 when he retires.

Friend, and now former boss, Captain(N) Jason Boyd, spoke of the year he has spent with the Chief, a

mix of both heartfelt sentiment and brotherly quips.

"Though I only had the privilege to work with CPO1 Spinelli for the past year, I have been amazed to witness his tireless efforts and tremendous dedication to make CFB Esquimalt such a fantastic place to work, adhering always to a People First, Mission Always mantra," said the Base Commander. "Poppa

Gino has been one of the most beloved, respected and admired Base Chiefs to grace the halls of N5. I have been lucky enough to learn from him, work through some difficult and challenging situations, but most of all, I feel honoured to have become his friend. He will be sorely missed on the Base, but I do plan on paying him a visit occasionally to keep up our cake quota."

The Base Commander won't have far to travel to see his former Base Chief. As soon as he hangs up his uniform, civilian Spinelli

will pass through the dockyard gates to his next job with CFB Esquimalt's Port Operations and Emergency Services Branch. He'll be back on the ocean in an auxiliary vessel, a deckhand once again.

"I really do like working outside and out on the water," said Spinelli. "For me, working in an outdoor setting will have numerous mental and physical benefits."

Donning a big grin, suggesting his eagerness to taste the salty air again, he says his career as a sailor has come full circle.



In a job like this you really can make a difference in the morale and culture by creating a positive atmosphere throughout the formation, even during difficult times. If you lead the way with a positive approach and you are consistent, you will make a difference.

Chief Petty Officer First Class
Robert 'Gino' Spinelli

Sailor re-enrolls in the navy



Darlene Blakley
Navy Public Affairs Ottawa

One of the first sailors to re-enrol through the Royal Canadian Navy's (RCN) Skilled Re-Enrolment Initiative is happy to be back in uniform.

"There were a lot of things I missed throughout my time away from the navy," says Leading Seaman Steve Auchu. "I am looking forward to catching up with friends and sailing with them again."

Due to attrition rates in recent years, certain Royal Canadian Navy (RCN) occupations have become stressed due to the lack of personnel. As a result, the RCN decided to reach out to former sailors in certain occupations, including the Naval Combat Information Operator, Naval Electronic Sensor Operator, Sonar Operator, Naval Communicator, Weapons Engineering Technician and Marine Technician occupations to invite them to re-enrol into the Regular Force in their former occupation and rank.

LS Auchu, a Naval Electronic Sensor Operator, decided to take the RCN up on the offer. He re-enrolled June 7 and now works in *HMCS Halifax*.

He is well acquainted with the work, as he served in three warships, *St. John's*, *Toronto* and *Ville de Québec*, and was deployed on Operation Caribbe and to the Middle East.

He missed the camaraderie of the military most of all.

"There is no organization that emphasizes teamwork like the Canadian Armed Forces, and working together through adversity helps build some of those lifelong bonds."

Other big factors in deciding to re-enrol were the pension and benefits.

"It's nearly impossible to compare the care and future planning provided by the Canadian Armed Forces. I wanted to ensure I could provide for my family now and in the long term."

Having been employed both as a sailor and as a civilian, LS Auchu has learned the difference between the two.

"The biggest difference is the rigid structure and daily use of the chain of command in the military. This is coupled with a feeling that you're doing something to support your country and its interests."

He recommends anyone in the selected occupations who has left the navy and misses it to take advantage of the Skilled Re-Enrolment Initiative. Personnel who meet specific occupation criteria and who were favourably released from the Regular Force within the last five years are eligible.

If you are interested, email SkilledRCN.MCRqualifiee@forces.gc.ca or call 1-833-203-2698.

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WHAT SAY YOU



He told me he was achieving speeds of 60kph and that riding in the bicycle lane saves him loads of time during his commute. I expressed my doubt that his e-scooter was really a MAC, but he pointed to his "goose approved" sticker and "e-bike" licence plate as proof.

What grinds my gears - e-scooters in the bike lanes

SLt M.X. Déry
Contributor

In this series of commentaries on bicycle safety, I want to address issues that cyclists face every day from motorists, pedestrians and even other cyclists. Most of what I will write about has happened to me personally and are things that constantly grind my gears.

I'll be speaking with subject matter experts to back up my complaints and perhaps after I have vented my spleen, cycling to work will be safer for everyone.

First off, I have been riding a bicycle for three decades now. It has been my main mode of transportation for most of my life; I didn't bother getting a driver's licence until I was 30 years old.

For the last three years, I have been riding my motor-assisted cycle (MAC) to work and before you complain that it is not a real bicycle, allow me to explain what a MAC is, practically and legally.

Practically it means that it can provide extra force while riding, but even my 350 watt hub motor is not enough to get me up the hill outside the dockyard gate without me doing most of the work. On a flat surface, once I've got it moving, it can accelerate up to 32kph, the maximum allowed in B.C. according to the Motor Vehicle Act.

Legally, the motor must be electric, be no more than 500 watts, must cut out at 32kph and there must be functional ped-

als attached. If it meets all these requirements, the MAC does not require a licence, insurance or plates, unlike a Limited Speed Motorcycle (LSM), which requires all of the above.

Electric scooters therefore walk a thin line between MAC and LSM. They are sold in B.C. with detachable pedals, speed limiters than can be turned off and motors that are advertised as 500+W. Recently a fellow MAC rider, or so I thought, came up to me while I was locking up my MAC to show me his recently purchased e-scooter and to ask about my maximum range.

He told me he was achieving speeds of 60kph and that riding in the bicycle lane saves him loads of time during his commute. I expressed my doubt that his e-scooter was really a MAC, but he pointed to his "goose approved" sticker and "e-bike" licence plate as proof.

A quick online search of his e-scooter model revealed that it was purchased locally and that the manufacturer listed its power at 500+W. An examination of the battery shows the peak output is 1303W.

This is how his 107kg e-scooter can get up a hill without pedalling, while my 20kg MAC struggles to get up the same hill, despite the riders being of similar size.

Manufacturers get around the 500W max motor limit by citing the "constant" power without overheating versus the "peak" power the motor can produce. If no one is on the

e-scooter and it is on level ground, the power required might be under 500W, but that is not the typical use case.

Three "MAC" riders have confessed to me in public in the past few months about having a motor well in excess of 500W and reaching speeds over 50kph. One even manages going over 70kph going up hills on his homemade contraption.

According to Capital Regional District staff, they receive complaints about inappropriate vehicles on the trails every year.

"Our operations and enforcement staff try to follow up in areas where regular issues are reported, and work closely with police on enforcing the rules around use of motor-assist bicycles on the regional trails. People can call our main phone line at 250-478-3344 if they have complaints or observations to report," said the CRD staff.

New signage was installed this spring at key locations to remind users of the rules regarding MACs.

Furthermore the CRD does not issue "goose approved" stickers, meaning that those stickers do not authorize e-scooters to be on the trails.

While MACs and e-scooters are green and save time, the limits on their speed are in place for everyone's safety. While I'm willing to share the trail with most riders, a 100kg e-scooter going 60kph is not one of them. You might be able to go that fast, but that keeps you off the trails.

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SLt M.X. Déry
MARPAC PA

By the time SLt Nimmi Augustine packs her bags this fall and heads off to the University of Toronto, she will have one amazing story to tell.

One that involves a little glitz, a little glamour, and touches on her Master's Degree in Global Affairs.

The junior Marine Systems Engineering Officer is vying to become the next Miss Universe Canada, with the pageant set to start Aug. 16. Her goal is to showcase her belief of inclusivity and acceptance of all communities, part of her global affairs philosophy.

"There is more than one avenue to your ultimate goal," said SLt Augustine of the contest. "I feel this is another piece where I can at least try to reach people."

Before she can glide across the stage at the John Bassett Theatre at the Metro Toronto Convention Centre, representing British Columbia in the preliminary and final competitions, she must first fulfill her role as a contestant by learning the many pageant skills.

To prepare, she has dashed over from Vancouver Island to Vancouver once a month since February for pageant workshops.

"They teach you everything from walking to speaking to the public," said SLt Augustine. "One thing Canada does very uniquely

in our pageants is we have a charity piece portion where we have to host a charity event."

She's dived right into this component and planned a July 27 dance workshop entitled "The Secret Language: Charity Partner Dancing Workshop and Social" where dance instructors from Victoria will teach the foundations of partner dancing and communication.

"The instructors are coming from all different styles. The lessons and activities can be used in all forms of dancing."

She believes there are no gender roles in dancing because, with good communication, either person can lead.

"Whoever wants to take the lead can take the lead," she said.

All funds raised will go to the Victoria Cool-Aid Society, particularly to the Sandy Merriman House, an Emergency Shelter for homeless and at-risk women.

"It [Sandy Merriman House] has a very inclusive definition of women," explains SLt Augustine.

"It includes trans-women, gender fluid and non-binary people. I think that is the direction we should be going when it comes to acceptance and including people in the community."

That strong sense of inclusion is what defines her view of the Miss Universe Canada pageant.

"My platform is one of acceptance and inclusivity, and instead of redefining beauty, un-defining it. Meaning that anyone has that within themselves; anyone can do it."

The pageant is like the Royal Military College, where trainees learn to balance education, fitness, and learning to become leaders.

"It gives you that sense of confidence," she said. "Building yourself up, especially at a young age, to being an officer and having to make decisions."

Regardless of the pageant outcome, she plans to use the experience, coupled with her navy work, towards her degree.

"My ultimate career ambition is to find a job that fuses both international development and international security. We need to create a secure space for people to conduct their activities and ensuring their liberty to do so. An example would be working in infrastructure protection and looking for robust solutions to enhance the security of refugee camps."

NAVAL OFFICER
VIES FOR

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Honours*



SLt Nimmi Augustine
Photo by SLt M.X. Déry

For those interested coming to the charity event for the Victoria Cool-Aid society visit:
www.facebook.com/events/1820745251567387/
The charity workshop event is July 27,
6:30 to 7:30 p.m. is the dance class;
7:30 -9:30 p.m. is the social,
at the Downtown Community Center,
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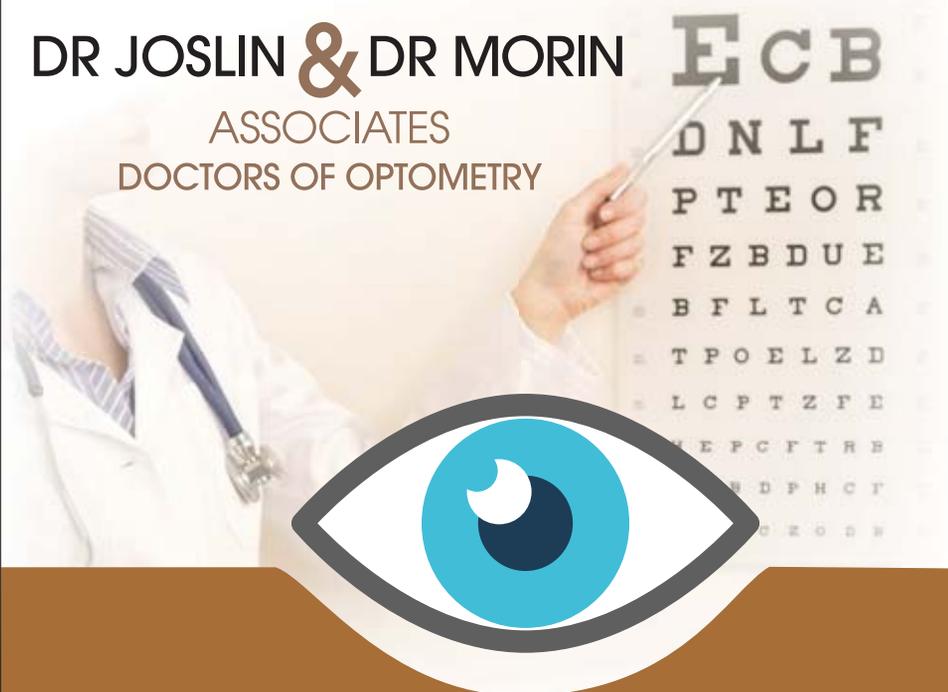
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 On Wednesday June 27 on board HMCS Regina, Commander Jacob French assumed Command of Regina from Cdr Collin Mathews. The Presiding Officer was Rear Admiral Jeffery Zwick, Commander Canadian Fleet Pacific. Cdr Mathews is now heading for a job in Ottawa. In addition, the Executive Officer, LCdr Andrew Graham also turned over his position to LCdr Brian Henwood, and the Coxswain CPO1 Dexter Goulding, passed the job over to CPO1 David Bisal.

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 Photo by Leading Seaman Sisi Xu, MARPAC Imaging Services
From left to right, Commander Andy MacKenzie, outgoing Commanding Officer of HMCS Victoria; Captain (Navy) Christopher Robinson, Commander of the Canadian Submarine Force; and Commander Jean Ouellet, incoming CO of HMCS Victoria, sign the formal Change of Command certificates during the ceremony held at Building D-85, June 21.

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OPERATION HONOUR AND THE RCN COMMAND TEAM COURSE

Natasha Miller
 Naval Training Development
 Centre Pacific

During the week of May 28 to June 3, members of command teams, current and those soon to take their command appointments, were at CFB Esquimalt to participate in the Command Team Course. The overall course spans one week, and includes discussions, lectures, and training in administrative

and operational considerations.

As part of the course there were two days focused on the Royal Canadian Navy Leadership Respect and Honour initiative. A significant part of this was conducted where institutional leaders and specialists (that included AJAG (Pacific), MPU Esquimalt, CFNIS, and CF Health Services Centre (Pacific)) engaged in critical, in-depth discussion regarding Operation Honour.

Attendees were separated into 10

groups and provided a distinct scenario with an emphasis on either harmful and inappropriate sexual behaviour, or sexual misconduct. Each group was required to deliberate an appropriate approach to handle the incident and subsequently share their response with the rest of the attendees.

The yearly Command Team Course is crucial in achieving an end state where all Canadian Armed Forces members are able to perform their

duties in an environment free of harmful and inappropriate sexual behaviour, and sexual misconduct. Strong dedication from each individual member, no matter their rank, is required to continuously strive to attain a positive institutional culture change which fosters mutual trust, respect, honour, and dignity.



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Photo by Warrant Officer Derrick Steeves
Burrowing owls are tiny, weighing approximately 160 grams. They are an endangered species and there may be as few as 400 female/male pairs remaining in Canada, according to Environment Climate Change Canada.

Soldiers and scientists join forces to help recover an endangered species

AT CANADIAN FORCES BASE SUFFIELD

Jocelyn Antonovitch
CFB Suffield Public Affairs

The tiny Burrowing Owl, weighing a little more than a baseball and standing as high as a pigeon, is a rare sight at Canadian Forces Base (CFB) Suffield.

"People who are not from the Great Plains region of North America do not know they exist and find it amazing that owls nest underground," said Graham Dixon-MacCallum, Conservation Research Associate, Calgary Zoo.

Despite their name, Burrowing Owls do not make a burrow on their own, but instead occupy those that have been abandoned by burrowing mammals, and make modifications where needed.

CFB Suffield joined forces with the Calgary Zoo, and Environment and Climate Change Canada (ECCC) on a head-starting project to improve the survival rate of the endangered Burrowing Owl.

The head-starting project takes a few owlets, raises them in captivity over the winter in the Calgary

Zoo's offsite Devonian Wildlife Conservation Centre, and allows them to grow large enough to be released as breeding adults.

ECCC and Calgary Zoo scientists want to test the theory that increasing the owls' first-year survival may in turn reduce the rate of population decline in Canada.

"They are not on their last legs, but their population is steadily declining. They are becoming more and more rare," said Troy Wellicome, Senior Species at Risk Biologist, Canadian Wildlife Service, ECCC. "If we did nothing for 20 years, it is debatable if they would still be around in Canada."

The Calgary Zoo and ECCC returned four pairs of owls to the CFB Suffield National Wildlife Area this spring, where they had been captured as owlets the previous year.

"The National Wildlife Area on CFB Suffield just presents an excellent opportunity. We have trapped owls in the National Wildlife Area in previous years, so now we can release some back

there," said Dixon-MacCallum.

As the only protected area managed by the Department of National Defence (DND), the CFB Suffield National Wildlife Area was established in 2003 to conserve prairie habitat and its many wildlife species, including more than 1,100 plants and animals, about 20 of which are species at risk.

The CFB Suffield National Wildlife Area, at 458 square kilometres, is one of the largest areas of undisturbed prairie left in Canada. This is an ideal location for this project, because of its size and that it is closed to the public. It also houses a small but healthy number of wild nesting pairs each year.

Because military training happens nearby, the chosen sites were cleared of any potential surface hazards prior to this spring's release. Support from CFB Suffield didn't stop at clearing the area; Canadian Armed Forces members donned their work gloves and gave true hands-on assistance digging and placing artificial burrows assembled from plastic nest boxes with tunnels.

For Dixon-MacCallum, one of the most unique aspects of this project was the opportunity to work closely with military personnel.

"Soldiers are a very organized group of people. All in all, just great people to work with. They are really kind, genuine and happy to be working on this project. It was a real pleasure," he said about the experience.

Warrant Officer Sheldon Porter, who manages the Range Maintenance Department at CFB Suffield, was one of the military personnel who cleared the area and dug the artificial burrows.

"All the boys enjoyed it, it was fun. It was interesting to give something back," said WO Porter.

"From the DND perspective, having a National Wildlife Area allows us to do some recovery activities for species at risk, so this was a great partnership overall," said Danny Laganière, Base Environmental Officer CFB Suffield.

protected with a temporary above ground enclosure made from soft netting.

The enclosure is only removed after the owls have laid eggs in hopes that the owls will remain in the area with their offspring.

"They have pretty high investments once they have mated and laid eggs. They will want to stick around that burrow until the eggs have hatched," said Dixon-MacCallum.

ECCC and the Calgary Zoo will continue to monitor the progress of the newly-released owls and their young until the fall when they migrate to Texas and Mexico for the winter.

Later this summer, ECCC and Calgary Zoo staff will trap owlets born this year to be raised at the Devonian Wildlife Conservation Centre and released next spring.

With the help of CFB Suffield, the Calgary Zoo and ECCC plan to continue trialing the head-start program into the future, with the hopes that one day Burrowing Owls will recover and become a self-sustaining population.



Photo by Warrant Officer Derrick Steeves
Graham Dixon-MacCallum (left) and Lieutenant-Colonel Mike Onieu, Base Commander (right), release the first burrowing owl into the CFB Suffield National Wildlife Area on May 3 as part of a new head-starting project to help this endangered species.



Photos by Amy Moores, CFB Suffield

Pairs of burrowing owls were transported in carriers from the Calgary Zoo to the CFB Suffield National Wildlife Area where they were released into soft enclosures on May 3.



Warrant Officer Sheldon Porter, Graham Dixon-MacCallum and Corporal Brandon Beers place an artificial underground nest in preparation for the release of the burrowing owls.



Corporal Brandon Beers (pictured in the excavator), Warrant Officer Paul Boudreault and Troy Wellicome dig one of six artificial nest burrows.



Graham Dixon-MacCallum (left) and Troy Wellicome (right) set up the above ground soft enclosures designed to ease the owl's transition into the wild and protect them from predators.

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RP-Ops bats win in Cock of the Walk

Members of Real Property Operations Unit Pacific participated in the annual Slo-Pitch softball tournament, "Cock of the Walk" at CFB Esquimalt. RP-Ops competed against six naval units from across the base throughout the week of the tournament. Little did the other units know, the only non-naval team would be taking the trophy home at the end of the week.

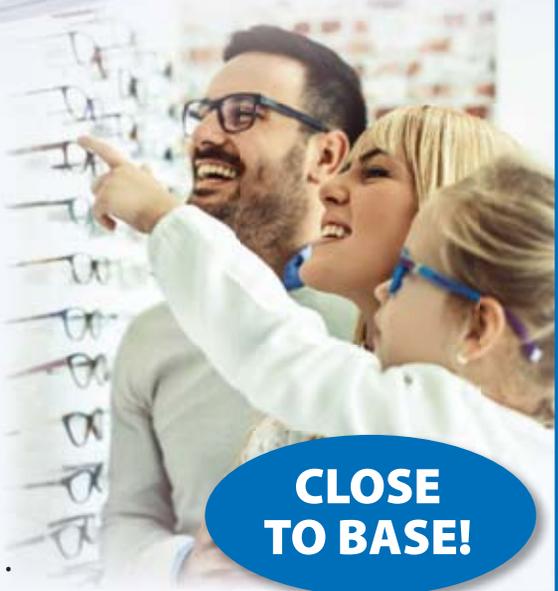
RP-Ops Esquimalt had a slow start, beginning with only two nights of practice as a team before the tournament began. During the round robin, the team only won two of the six games played, just barely making the quarter finals of the tournament.

However, with fantastic coaching from the team leader MCpl James Burris, Team RP-Ops

started to get in the groove and turned the games around by consistently fielding the ball well on defence. The team started winning every single game from that point on, beating *HMCS Winnipeg* in the semi-finals, scoring 18-5, and then taking the trophy home with a score of 22-16 in the finals against Fleet Diving Unit (Pacific).

This sporting event was not only a great way for military members to stay active, but initiate comradery between members of the unit, building esprit de corps, fostering team work, and developing a stronger relationship between Section Esquimalt and Region Pacific. Congratulations to RP-Ops Esquimalt for taking home the "Cock of the Walk" trophy with pride.

Eye care for your family!

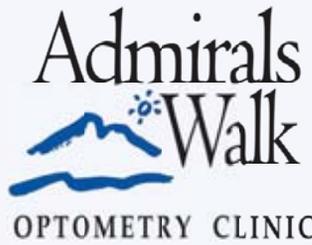


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RIMPAC CANADA DAY



Piping party during Canada Day reception at Joint Base Pearl Harbor-Hickam.



Admiral Chris Aquilina, Commander U.S. Pacific Fleet, being greeted by Commander Alex Barlow of HMCS Ottawa.

Photos by Sgt Devin Vandes, Imagery Technician

HMCS Ottawa was in dressed ship state for a Canada Day reception at Joint Base Pearl Harbor-Hickam in preparation for Rim of the Pacific (RIMPAC) exercise. Twenty-five nations, 46 ships, five submarines, about 200 aircraft and 25,000 personnel are participating in RIMPAC from June 27 to Aug. 2 in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity while fostering and sustaining cooperative relationships among participants critical to ensuring the safety of sea lanes and security of the world's oceans. RIMPAC 2018 is the 26th exercise in the series that began in 1971.



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Bravo Zulu

Awards and Promotions



CPO2 Truchon is promoted by his wife Liz, and Cdr Watkins, Commanding Officer MARPAC HQ.



Deborah Martin of Base Administration receives her Public Service Certificate and Pin from Capt(N) Jason Boyd, Base Commander, representing 35 years of distinguished service to DND and the CAF.



Amanda Brown receives the Base Commander's BZ certificate from Capt(N) Jason Boyd, Base Commander.



PO1 Berube is promoted to his current rank by Cdr French and PO1 Radutsky of HMCS Regina.



PO1 Fortin is presented with his Canadian Forces' Decoration First Clasp from LCdr O'Regan.

Bravo Zulu

Patrol Craft Training Unit Promotions

Photos by LS Valerie LeClair, MARPAC Imaging Services



CPO2 Paul Parent is promoted to Chief Petty Officer First Class by his wife Jodie, with daughter Chelsea, and Cmdre Jeff Zwick.



LCdr Todd Bacon is promoted to Commander by Cmdre Jeff Zwick.



Naval Fleet School Pacific Promotions



PO1 Woodward is promoted to Chief Petty Officer Second Class by Cdr Elbourne (left) and SLT Read.



MS Holmes is promoted to Petty Officer Second Class by Cdr Elbourne and Lt(N) Blume.



MS McCulloch is promoted to Petty Officer Second Class by Cdr Elbourne and Lt(N) Blume.

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Base Administration Promotions

Left to right: MS Melissa Roux, MS Andrea Lafeber, MS Celine Chunn, and MS Elizabeth Robinson pose for a photo after being promoted to their current ranks.

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Real Property Operations (Pacific) Honours and Awards

Lieutenant-Colonel Matthew Sandy, Commanding Officer of Canadian Forces Real Property Operations (Pacific), and Chief Warrant Officer Gilles Caouette, Chief Warrant officer of CF RP Ops (P), presented honours and awards during a ceremony on June 28.

Photos by MCpl Carbe Orellana, MARPAC Imaging Services



Maj Keil Monette-Saillant is promoted to his current rank.



Lt Tyler Ovens is promoted to his current rank.



Maj Mark Kierstead receives his Canadian Forces' Decoration Second Clasp.



Sgt Matthew Ridgway receives his Canadian Forces' Decoration First Clasp.



Selwyn Buss is presented a branch coin.



MCpl James Burris and CWO Gilles Caouette present LCol Matthew Sandy with the Cock of the Walk trophy.



Sgt Matthew Ridgway receives a RP Ops (P) Certificate of Service from Maj Mark Kierstead, Officer Commanding of CF RP Ops (P), and MWO Ron Granados.



MCpl Ian De Lafontaine receives a RP Ops (P) Certificate of Service by Maj Mark Kierstead and MWO Ron Granados.



Want to recognize someone in your unit?

Send your BZs to melissa.atkinson@forces.gc.ca

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Bravo Zulu

MARPAC Promotions

Cdr Jeffery Watkins, Commanding Officer of Maritime Forces (Pacific) Headquarters, presented promotions during a ceremony on July 3. Photos by LS David Gariepy, MARPAC Imaging Services



WO Michael Foulkes is promoted to his current rank by his wife Angela, with sons Matthew and Nolan, and Cdr Jeffery Watkins (left).



Lt(N) Andrew Cullum is promoted to his current rank by Cdr Jeffery Watkins and Cdr Michele Tessier.



Lt(N) Amy Tucker is promoted to her current rank by Cdr Jeffery Watkins and Lt(N) Melissa Fudge.



MS Jeffery McConnell is promoted to his current rank by Cdr Jeffery Watkins and Lt(N) Andrew Cullum.



MCpl Stuart MacNeil is promoted to his current rank by Cdr Jeffery Watkins and MCpl Carbe Orellana.



MCpl Andre Maillet is promoted to his current rank by Cdr Jeffery Watkins and MCpl Carbe Orellana.

Bravo Zulu

HMCS Winnipeg Awards and Promotions

LCdr Tony Lefresne, HMCS Winnipeg's Executive Officer, awarded presentations and promotions on behalf the ship's Commanding Officer, Cdr Mike Stefanson.



Cpl Therrien receives a Bravo Zulu award.



LS Earl receives a Bravo Zulu award.



AB McDavid is promoted to Leading Seaman.



LS Pickering receives a Bravo Zulu award.



Lt(N) Gedeon receives his CSE HOD certification.



MS Holowachuk receives his Cert 3 qualification.



LS Thompson is promoted to Master Seaman.

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MISCELLANEOUS

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For information 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. Look under the Facebook Group: cowichan valley coffee.

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