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Volume 63 Number 28 | July 16, 2018

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Photo by Corporal Trevor Matheson

RIMPAC 2018

A member of HMCS Ottawa conducts sentry duty as the ship prepares to slip from alongside Pearl Harbor to commence the sea phase of Exercise RIMPAC 2018 on July 10. 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 co-operative 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. See page 13 for more images.

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Photo by LS Sisi Xu, MARPAC Imaging Services
 Leading Seaman Laurent Morin, from HMCS Tecumseh, cooks pancakes at a Calgary Stampede pancake breakfast.

Photo by MCpl Brandon O'Connell, Image Tech, 3rd Cdn Div PA
 The Canadian Army, the Royal Canadian Air Force and Royal Canadian Navy took part in the Stampede kick-off parade, Rodeo and various Calgary Stampede events, such as CAF displays.



CALGARY SAILORS COWBOY UP AT STAMPEDE

By Lt(N) Paul Pendergast
 Maritime Forces Pacific PA

Sailors from *HMCS Calgary* once again donned their Smithbilt hats at the 2018 Calgary Stampede.

Twenty-eight *Calgary* sailors participated in the 10-day event as part of an annual namesake city visit and were joined by the National Band of the Naval Reserve, as well as personnel from the Naval Security Team, Naval Tactical Operations Group, Canadian Forces Fleet School (Esquimalt), Fleet Maintenance Facility Cape Breton and *HMCS Tecumseh*.

This year marked the 106th edition of the 'Greatest Outdoor

Show on Earth,' and officially kicked off when the navy led the military contingent in the Stampede Parade. Thousands of Calgarians lining the streets stood and cheered enthusiastically when the sailors and soldiers passed by.

On the Stampede grounds, the Royal Canadian Navy (RCN) was joined by members from the Canadian Army and Royal Canadian Air Force at the Canadian Armed Forces display.

The crew of *Calgary* made a stop at the Foothills Medical Centre to donate \$3,350 from their charity fund to the Calgary Health Trust in support of the Burn Unit.

Calgary raises money for the Trust and other charities through various activities, including

50/50 draws, barbecues and their Cowboy Up event, which brings Calgarians and friends of the crew on board to meet the *Calgary* crew and experience a day on the ship.

Money donated by *Calgary* in previous years has been used for purchasing priority equipment, staff education and research for the Burn Unit.

"The Calgary Stampede attracts in excess of 1.2 million visitors to the grounds," said Commander Blair Saltel, Commanding Officer of *Calgary*. "That provides the RCN an occasion to inform Canadians and visitors from abroad on our capabilities and accomplishments. Furthermore, it gives my exceptional sailors the chance to excite potential

recruits about the opportunities and adventures a career in the RCN provides."

Along with the display at the Stampede Grounds, there were events around the city such as daily pancake breakfasts, where navy personnel joined volunteers in serving breakfast for up to 5,000 people. The Navy Display Bus provided information to young and old on life at sea and ashore with the RCN, and "Sonar" the navy mascot was there to entertain the children.

According to Lt (N) Sonja Maul-Wilson, the people of Calgary are very patriotic and have welcomed the crew of *Calgary* with open arms.

"People are constantly approaching us and thanking us for our ser-

vice," said Lt (N) Maul-Wilson. "It happens a lot here."

After the Stampede festivities, the crew will transition to the job of preparing the ship for its next mission. At the end of July, *Calgary* will deploy on Operation Projection. This is a five-month patrol in the Western Pacific that will include visits to Hawaii, Guam, Vietnam, South Korea, Japan and Australia.

Operation Projection will demonstrate RCN operational capabilities, and the flexibility to contribute to a range of requirements: support to international missions, strengthening relationships with allies and partners, and responding to humanitarian or security related incidents in the Indo-Asia Pacific, if required.

98.5 OCEAN
Robin & AJ
 Good morning. Good times.

Military spouse captures Island title

SLt M.X. Déry
MARPAC PA

For the second year in a row, Mrs. Vancouver Island BC has been won by a military spouse.

On July 2, Jane Vermeulen, Mrs. Vancouver Island BC 2017 and wife of Lt(N) Miklos Kovacs, crowned her friend, Jenn Sheffield, as Mrs. Vancouver Island BC 2018.

Vermeulen knows her friend will do well in the role and was thrilled to be the one to crown her. The pageant is something she suggests for all women.

"It is a little bit outside our ordinary lives," said Vermeulen. "I work as a vet and I have two children, so it is either scrubs or jeans, so wearing a gown for a night is great."

A veteran of pageantry, having been crowned Miss Cape Breton in the 90s, Sheffield, wife of LCdr Robin Sheffield, was convinced by Vermeulen to compete and is pleased with her results in the provincial the Miss BC pageant, and how pageantry has evolved; throughout the weekend, there were workshops on leadership, healthy living, empowering women and even self-defence.

"It is less about women's bodies," she said. "It's now more about our skills, our minds, what we think, and our platforms, which to me is the beautiful piece."

Open to women from 14 to 54, the Miss BC pageant focuses heavily on charity and personal expression, with the breakdown of the competition being sportswear, evening gown, a private interview with the judging panel and a public on-stage interview in the final showcase.

The goal is to help women create and promote a charitable platform. For Sheffield, her platform is one of deep significance.

"I'm developing a free yoga program for women and girls who have gone through sexual violence and are survivors," she said. "I'm a survivor myself and so I feel it's important



Photo by Catchlight Photo Canada

to provide those resources."

She understands that not all survivors of violence, especially girls and young women, want to speak with parents, but rather to a fellow survivor, someone who can truly relate.

"I want to provide that program, that resource for young women to come together so they can learn from each other and learn from older women as well."

With her new title, and with training and mentorship from the Miss BC pageant in interview skills and charity planning, Sheffield plans to connect with local schools to find young women to help.

"I'm hoping to run a pilot project this school year," said Sheffield, who is looking for space at a discount or subsidized rate to run these yoga sessions with tea afterwards.

Previously she worked in a high stress health care environment, but with the support of her husband she has shifted to helping others; this has had a massive positive impact on her life as focusing on dance and yoga contributed to her losing 200 lbs in four years.

"I don't worry about the number on the scale, I worry about how I'm feeling," said Sheffield, who ran a half marathon last year.

But for now, she is enjoying her new title.

"I was not expecting to even place as a finalist, let alone to win a regional title, and I'm just so happy to have the opportunity to both build on my own platform, but also to show people that someone who doesn't have your typical pageant body, and someone who spends their life doing yoga and meditating can fit into that world and do well."

You can follow her charity work on Facebook at "Mrs Vancouver Island BC 2018-19"

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WHAT SAY YOU

*When speaking
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police, the top
infractions by
cyclists are failure
to stop at red
lights and stop
signs, failure
to signal, and
failure to wear
the appropriate
safety equipment.*



What grinds my gears? We're our own worst enemy!

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.

Sharing the road with motor vehicles and pedestrians is difficult as a cyclist, but the hardest obstacles to deal with are fellow cyclists. Pedestrians mostly stay on the sidewalks where bicycles are prohibited, and the ubiquity of bike lanes means interactions with motor vehicles can be limited, but other cyclists are unavoidable.

When speaking with local police, the top infractions by

cyclists are failure to stop at red lights and stop signs, failure to signal, and failure to wear the appropriate safety equipment.

I see it all the time on my bike. A fellow cyclist will burn through a stop sign as if it wasn't there or ignore a traffic light because there are no cars that they can see. I've seen pedestrians jump out of the way because they expected a cyclist to stop, and I've almost been hit while on my bike for the same reason.

This is due to cyclists not understanding they are vehicles under the BC Motor Vehicle Act (BCMVA), required to obey all traffic signs. Ignorance of this fact won't save them from a ticket when on base. Military Police (MP) are empowered to issue tickets under the BCMVA on DND property. That infraction will run them \$167.

Going the wrong way down a one-way street, such as near the Chiefs' and Petty Officers' mess is another example. I see

this occur almost daily, especially at the end of the day. There is a sidewalk and if a rider dismounts, they become a pedestrian, but riding a bike through that area is akin to driving a car down a one-way street.

This is also true of failing to signal. I often follow a cyclist for a few hundred meters as they weave to the right and left while pedaling, and then violently exit the bike lane without indicating. That move could cost as much as \$368.

I rarely see people riding without helmets, but I often see pairs or small groups riding side by side. Whether in the bike lanes or trails, riding side by side is hazardous. These leisurely riders rarely go quickly, preferring conversation to transportation, thus forcing actual cyclists to pass them.

In a bike lane, this can mean making a bold alteration out of the lane and deep into the vehicle lane. Bluetooth headsets exist

if you want to talk more than you want to ride.

A minor annoyance for me is bike parking. There could be more in some areas, since we are required to secure our bike, but locking a bike on gates and fences around base is not allowed in the Base Standing Orders. Unsecured bikes are to be collected and brought to the MPs, but that does not mean that cyclist should leave their bike locks dangling on the bike racks, as if they were reserving a spot.

The most dangerous action to take on a bicycle is the same as behind the wheel of a car: impaired driving. A bicycle is not an alternative to a car once you've had a few too many. Even though you don't need a licence for an e-bike, a drunk cyclist could face a roadside suspension, since it is a motorized vehicle.

The long and short of it is, you shouldn't act any differently on a bike than you would in a car. Stop at red lights and stop signs.

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Photo credit: NCdt S.L. Delaney

SISIP serves up food and information

NCdt S.L. Delaney
MARPAC PA Office

How can SISIP Financial reach more members and help them through financial issues?

Shannon Childs, Financial Services Coordinator, determined the answer is food and fun.

On Wednesday, July 11, SISIP Financial hosted a client appreciation barbecue at the Naden field and invited participants to join in a full-sized version of the game of Real Life.

Childs envisioned the interactive game board because she wanted “to

engage members in an enjoyable activity while allowing them to discover how our products tie in with everyday life choices.”

The SISIP Financial Esquimalt team brought their ideas together and created the board using a giant tarp and twister tiles, designing the game so players earn SISIP Financial points as they move along the board, passing through different stages of life—from university to retirement and everything in between. As participants travelled their selected course, they earned points to cash in as multiple entries in the prize draw.

Local military members, DND employees, and their families came out to partake in the event, and the inaugural game of Real Life provided a fun and new way to consider the value of financial planning.

SISIP Financial has been an integral part of Canada’s military community for close to 50 years (since 1969), providing financial solutions that consider the unique financial needs that accompany a military lifestyle.

In the words of Wade Walters, SISIP Financial Esquimalt Branch Manager, “The most rewarding part of this job is using an edu-

cational approach to financial advice and hearing our clients say, ‘I know way more now than I did when I first came in.’ ”

SISIP Financial advisors can address the financial situation of every client in terms of their savings, investments, insurance and overall financial needs. They also throw a mighty fine barbecue.

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People Talk

Lookout asked people attending the July 11 SISIP Financial Client Appreciation Barbecue: *what was the best financial advice you have ever received?*



Purchasing life insurance through SISIP Financial because it provides for family and loved ones, and also helps me save money on insurance for financial loans.

Sergeant Linda Burton,
Joint Personnel Support Unit



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Karine Dion



Investing in tax free savings accounts. Both my husband and I max out our limit each year because it’s a great investment and an excellent way to build for the future.

Dee-Ann Lemire, Base Administration



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Warrant Officer James Linhan, Military Police Unit Esquimalt



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Photos courtesy of SLt Louis Pierre Gosselin/BPAO
From left to right: LS Daniel D'Sa, CPO2 Yannick Gagné, CPO2 Yves Ouellet and LS Mike Hodgson pose with Joe Lescene's Harley-Davidson at the Military Police National Motorcycle Relay start July 7 in front of the Naden Drill Shed.

SLt Louis-Pierre Gosselin
Base PA OJT

When Joe Lescene, a long-time supporter of the Military Police National Motorcycle Relay, died in a tragic accident last year, his friends made sure his legacy – and his bike – were honoured in the annual relay.

The former Petty Officer Second Class died after he fell from a cliff while on vacation in Oregon last September. The loss was a blow not only to his friends and family, but to the Relay, an event that helps raise money for the Military Police Fund for Blind Children.

In recognition of this tragedy and his contribution to the Military Police National Motorcycle Relay, his friends CPO2 Yannick Gagné, CPO2 Yves Ouellet, LS Daniel D'Sa and LS Mike Hodgson decided to honour him during the Vancouver Island portion. They renamed it the Joe Lescene Memorial Ride.

"He was a great friend and someone you could count on," said CPO2 Gagné in front of the Naden Drill Shed before kicking off the Joe Lescene Memorial Ride Saturday July 7.

CPO2 Gagné mustered what he called the 'guts' to call Lescene's

family and ask if he could use Lescene's bike in the ride.

That is how he arrived on July 7 under an overcast sky in the parking lot beside the Drill Shed, riding the flaming-orange Harley-Davidson of his late friend.

A further tribute was built by Master Seaman Philip Thorsteinson, helped by LS Hodgson, in the form of a memorial box made of shedua, a special West African wood, resistant to the passing of time. Inside the box is a bell with the Canadian flag and Lescene's nametag dis-

played on a navy-blue backdrop.

"I will be carrying that from coast to coast. It is a way that we can pay tribute to Joe and everything that he's done," said Lamont French, National Chair and Ride Captain for the national relay that begins July 29.

The event is open to any type of vehicle.

"If you believe in doing charity work, and if this charity is something you want to be a part of, you are welcome with open arms," adds French.

This year the National Ride will gather a record number of 24 participants, riding from Victoria to St. John's, Nfld. All proceeds go to the Military Police Fund for Blind Children.

The charity has provided over \$250,000 in B.C. alone in the last 10 years to children in Western Canada.

To see the Relay's scheduled stops or to find out how to donate or participate, visit the Military Police National Motorcycle Relay website at: www.nationalmotorcyclerelay.ca

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Photo by CPO1 Michael Vincelette

Lt(N) Sean Milley, NCdt Carrie Magannon, NCdt Katie Hembruff practice tacking and gybing while underway to Comox on June 13.

OS Cedrick Delisle Contributor

I decided to join the Royal Canadian Navy (RCN) a little over a year ago. I did so out of a desire to find a new work environment where collaboration, teamwork, learning and healthy living were at the forefront.

A year later, I am still baffled by the vast amount of opportunities made available to me. One that encompasses so many aspects of what I was looking for and surpassed my expectations is the RCN Sail.

RCN Sail is the navy's sail training program, built around the simple premise of learning to navigate on a sailboat. It is a great way for sailors to familiarize themselves with seamanship, leadership and teamwork while developing good work ethic and learning a great deal.

Surrounded by ISPA (International Sail and Power Association) qualified instructors and using structured course material, students learn a range of skills, from basic competency as a crewmember to coastal and offshore navigation.

At its core, the program uses two identical CS36 sailboats for the practical aspect of training, STV

Tuna and STV Goldcrest, the latter of which I had the opportunity to call home for the last two weeks. During a sail training trip that spoke to the spirit of the program, plus the navy's values as I perceive them, I experienced the many ways this program helps prepare sailors for the rest of their career within the fleet.

We left Esquimalt harbour and over a few days navigated towards Comox, sailing through the Gulf Islands, and stopping in many ports along the way. This gave each student a chance to practice the skills learned prior to the trip, and get firsthand experience applying these skills while STV Goldcrest sailed to its destination and back. We sailed in various wind and sea conditions and appreciated how weather and current affected our journey. We navigated through passages many navy ships don't visit such as Dodd Narrows, Gabriola Passage and Enterprise Channel. It also made for some unexpected and much appreciated surprises such as an encounter with a pod of orcas outside of Nanaimo, a first for many sailors on board.

For me, an added value of the program is that sailing tends to be a great equalizer and allows every-

one to be comfortable giving input based on knowledge and experience, regardless of rank. Done so respectfully, it teaches us to listen and learn from our peers, a skill which we will carry through the rest of our careers, and is a key element of every good leader.

Arriving in Comox for the weekend, the whole crew busied themselves representing the navy by taking part in Camp Boomer, a fundraising event for the Boomer's Legacy Foundation that helps men and women in uniform make a positive impact in the lives of others in Canada and abroad. During the event itself, crewmembers walked, ran, cycled and gave tours of STV Goldcrest. It made for a great culmination to our trip, making even our downtime meaningful.

RCN Sail is an example of a great program made possible by the motivated personnel who enable sailors to discover a life-time skill, or in my case, an enduring passion for sailing. I feel very fortunate to have had this experience and I strongly encourage other sailors to look into the many opportunities the RCN has to offer.

You can follow RCN Sail on Facebook and Twitter using the hashtag #RCNSail



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CH124 (Tail number 17) in Ottawa in June 2018. Photo taken by Major Don Philip

LCol Travis Chapman,
443 (MH) Squadron Commanding Officer

Designed in the late 1950s and procured by Canada through a dynamic acquisition program in the early 1960s, the CH124 Sea King helicopter has served Canadians with distinction since May 24, 1963.

Such longevity, combined with avionics and mission system upgrades and the utility of a medium lift helicopter, has created a legacy that ignites passion spanning multiple generations unlike any other Royal Canadian Air Force (RCAF) asset.

To pay tribute to the history of Canada's esteemed maritime helicopter (MH), Maj Trevor Cadeau, 443 Squadron Aircraft Maintenance Engineering Officer, initiated a project with technical and operational staff at Director Aerospace Equipment

Program Management (Maritime) and 1 Canadian Air Division, in December 2017. He sought the necessary approvals to change CH12417's modern livery to one that recalled a bygone era.

The requested paint scheme was inspired by the original Royal Canadian Navy livery from 1963, and previously applied in 2010 to commemorate the Canadian Naval Centennial. The success of the latest livery project can be traced to a large team of personnel within Patricia Bay, Shearwater, Ottawa, and Winnipeg.

Of course, once painted, it had to be reassembled for its cross-country ferry.

Not only does the special paint herald the Sea King's history and exceptional contributions to RCN and RCAF operations over the last 55 years, but the project presented an uncommon professional development opportunity for many Aircraft Structures technicians. Those involved were able to exercise their own painting skill sets, as well as

use the new paint booth in the 12 AMS hangar in Shearwater, NS.

In addition to CH12417, team members repainted aircraft CH12401 in preparation for its induction into the Shearwater Aviation Museum.

Although 423 (MH) Squadron ceased Sea King flight operations on the east coast in January 2018 and has already transitioned to the CH148 Cyclone, 443 (MH) Squadron has been busy flying the CH124 throughout 2018 in support of deployed operations on *HMCS St. John's*, and domestic taskings and advanced force generation at Arundel Castle in Patricia Bay, B.C.

On June 13, a crew from 443 (MH) Squadron left Shearwater to commence a cross-country ferry flight to bring CH12417 from the home of maritime aviation in Shearwater to 12 Wing's west coast forward operating base in Pat Bay, BC.

443 (MH) Squadron is proud of the history and success with the Sea King, and will enthusiastically

fly CH12417 during the fleet's last six months of RCAF service. Over the summer, civilians and service personnel can expect to see CH12417 in its new clothes at various airshows, and in the skies over Victoria and Pat Bay.

Adding an extra dose of excitement, Cyclones will operate alongside Sea Kings at 443 (MH) Squadron from August until the end of December.

Post-retirement, it is expected that CH12417 will remain at 443 (MH) Squadron as a "gate guardian". CH12417 will also be present at the Sea King Retirement 2018 festivities planned in Victoria from Nov. 30 to Dec. 1. The organizing committee is planning an impassioned salute to this workhorse's 55 years of service to Canada, and CH12417 should feature prominently in both the flying and ground events.

Additional information and ticket details can be found at www.skr18.ca.



SEA KING

going out in style



Sea King aircraft during the final operational flight on the east coast. Photo by DND



ABOUT THE SEA KING

The CH124 pre-dates Bill C-243, The Canadian Forces Reorganization Act, and as such, the Sikorsky HSS-2 was acquired as a Royal Canadian Navy anti-submarine warfare weapon system and designated CHSS-2 upon entering Canadian service.

A maritime helicopter from the outset, it has operated aboard the HMCS Bonaventure aircraft carrier, St. Laurent-class destroyer escorts and Iroquois-class destroyers, Auxiliary Oiler Replenishment

ships, and Halifax-class frigates.

In many ways, Canada's efforts to embark a large aircraft on a small flight deck revolutionized the concept of organic air support to naval operations by demonstrating the theoretical to be possible. By leveraging the inherent capabilities of a larger helicopter, crews could carry more armament, more fuel, and a suite of avionics with capacity for growth. Considering the rapid advancement of submarine capabilities in the 1950s, the CHSS-2

became a potent counter-punch to non-friendly submarines, and over time, it also proved capable of acting as an autonomous, multi-role ASW weapon system through several permanent and temporary modifications, including radar, sonobuoy processing, GPS, Automatic Identification System, Tactical Common Datalink, and various iterations of tactical navigation computers, as well as the development of aircraft-specific tactics for crews to wield.



CH12417 departs Shearwater for the final time. Photo courtesy Jake Buchanan

Thanks to everyone involved

An outstanding example of pride in our aircraft and our community's history, many thanks and congratulations to those who made the CH12417 throwback livery possible. It is a fitting compliment to a weapon system that has served generations of Canadians at home, and Canada's foreign policy abroad for over 55 years.

Crucial to project approval were Maj Cadeau, Maj James Wilson (CH124 Aircraft Engineering Officer), LCdr(RN) Simon Peck (12

Air Maintenance Squadron (AMS) Senior Support Engineer), Maj Ryan Snider (Staff Officer MH, 1 CAD), Capt Michael Aubry (Staff Officer, A4 Maintenance 1 CAD), Sgt Hank Pilgrim (12 AMS), and MCpl Hans Brasche (443 (MH) Sqn).

Essential to its impressive execution were technicians from 12 AMS, 423 (MH) Sqn, and 443 (MH) Sqn; namely, Sgt Hank Pilgrim, Sgt Jason Miller, MCpl Matthew Fournier, Cpl David Anderson, Cpl Terri Brown,

Cpl Kevin Coakley, Cpl Jean-Philippe Caron-Vadeboncoeur, Cpl Jeffery Cheeseman, Cpl Scott Delaney, Cpl Carl Hillier, Cpl Megan McKeigan, Cpl Troy Mckinney, Cpl Eric Parker, Avr Mark Belliveau, and Avr James Proulx from 12 AMS and 423 (MH) Sqn; and, MCpl Ryan Harpell, Cpl Francois Morin, and Cpl Draven Cowan from 443 (MH) Sqn.

WO Michael Griffin, Sgt Tom Legg, MCpl Luc Godin, MCpl Derrick Curry, MCpl Luc Garneau, MCpl Aaron

Pottelberg, MCpl Kevin Ferguson, Cpl Michael Milton, Cpl Doug Luffman, Cpl Craig Cox, and Cpl Logan Randall from 12 AMS and 423 (MH) Sqn; and, WO Jean-Francois Bordeleau, Sgt Paul Van Bommel, MCpl Erick Gagnon, MCpl Eric Duchesne, MCpl Hans Brasche, MCpl Jonathan Audet, Cpl Brendan Wales, Cpl Robert Bracey, and Cpl Andrew Hamilton from 443 (MH) Sqn all worked hard to put it back together and prep the aircraft for its cross-country ferry.

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Sub commander goes outward bound

Peter Mallett
Staff Writer

A senior commander with the Canadian Submarine Force will fulfill his dream this summer of paddling the waters of the far north's South Nahanni River.

Commander Mike Mangin, Deputy Commander Operations of the Canadian Submarine Force, will be part of Outward Bound Canada's 10-day canoe expedition on the scenic, but fast-moving river in the Northwest Territories.

The expedition is part of Outward Bound Canada's Reach Beyond Fundraising Expeditions, which are a unique opportunity for people to achieve a personal aspiration while making a difference.

"Paddling the Nahanni River has been a life-long goal of mine and now that I'm getting close to the dates the excitement is mounting," said Cdr Mangin.

After two days of preparation for the trip in Fort Simpson, N.W.T., the 12-person team, including two guides, will fly to Virginia Falls and set off in canoes on Aug. 5.

They plan to arrive at their destination at Nahanni Butte on Aug. 14 after covering a distance of approximately 240 kilometres. The fast-moving, white water course features several rapids and will take them through the Nahanni National Park Reserve and past the majestic Mackenzie and Selwyn Mountains.

Cdr Mangin, 50, began his career with Canada's navy in 1991, and in his current job plans submarine operations and scheduling. His busy work schedule inhibited him from

taking part in Outward Bound's canoe training camp in the spring.

He also confesses to be a rookie paddler with limited experience in a canoe. Learning the mechanics and strokes of a canoeist is his biggest challenge, so he's busy watching instructional videos on YouTube.

The outdoor element, while breathtaking, will be plagued with relentless swarms of mosquitos and blackflies, he adds.

This journey will mark his fifth excursion with Outward Bound Canada since he first heard about the organization in 2011.

Founded in 1941 in Wales to provide survival skills for being lost at sea, Outward Bound has evolved into a non-profit with chapters around the globe. Its mandate is to build leadership and teamwork skills through specialized expeditions for civilians. Outward Bound also offers a weeklong adventure-based resiliency training Veterans program for those impacted by occupational stress injuries.

In addition to being a participant, Cdr Mangin has operated as a military liaison for an Outward Bound Veterans Program adventure. His role was twofold: helping adventure tour guides understand the needs of former military members, while at the same time offering reassurance to participants that someone who understands their culture was part of the group.

"The program puts former service members in small teams, something they have been used to working in for most of their careers," said Cdr



Mangin. "We are used to being reliant on each other, and for a lot of people who transition out of the military, they lose that structure and the idea of 'if you have my back, I have yours'. During wilderness adventures like this, everyone on the team has a job to do and you need to work in teams like this to survive."

His latest adventure is not specifically designed for military veterans, but rather is a fundraiser for Outward Bound's four support programs: Veterans, female victims of domestic abuse, at-risk inner-city youth, and Indigenous youth. His team will be made up of civilians from across the country and from all walks of life.

Cdr Mangin is paying the out-of-pocket expenses for the trip but hopes to raise \$6,000 to help support the funded programs through word of mouth and by crowd funding.

If you are interested in supporting his fundraising campaign visit his webpage at www.canadahelps.org/en/charities/outward-bound-canada/p2p/nahanni_river_2018/page/mike-mangins-outward-bound-reach-beyond-expedition-nahanni-2018/

Commander Dave Mangin of the Canadian Submarine Force takes a break from paddling his kayak during an Outward Bound event near Grand Manan, New Brunswick in June 2014. Top right: Cdr Mangin hikes the Columbia Ice Fields during an Outward Bound expedition in August 2012.



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RIMPAC 2018 UNDERWAY



Photo by Sgt Devin VandeSype, CAF Imagery

Leading Seaman Jordon Moehling, Marine Technician in HMCS Vancouver, performs maintenance while alongside Joint Base Pearl Harbor-Hickam, July 6. 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 co-operative 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.



Photo by Lt. Tony Wright, Navy Public Affairs Officer

Bridge Watchkeeper, SLt Thomas Gray (foreground), and Navigating Officer, Lt(N) Amy Clements navigate HMCS Vancouver as the ship departs Pearl Harbor for the at-sea phase of RIMPAC.

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The MS Society is looking for volunteers to help at the MS Bike - Cowichan Valley on Aug. 10 to 12. The ride begins at Camp Pringle and tours through the beautiful scenery of the Cowichan Valley. Spend the afternoon at a winery or help us at our banquet; we're sure to have a role that fits your skillset. To sign up, email Jenessa Noviello Jenessa.Noviello@mssociety.ca

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RAVEN

Photos by Leading Seaman David Gariepy, MARPAC Imaging Services

Candidates for Raven Basic Military Qualification wait for the Swearing-In Ceremony at the Naval Officer Training Centre, July 5. The six-week Raven Aboriginal Youth Employment Program is an outreach program designed to build bridges into the Aboriginal communities in Canada, and to make Aboriginal youth aware of potential military or civilian careers with the Department of National Defence.

Commander Julian Elbourne, Commanding Officer of Naval Training School (Pacific), conducts the Swearing-In Ceremony of Ordinary Seaman Sarah Belanger.

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Bravo ZULU

HMCS Vancouver Awards and Promotions

Commander Christopher Nucci, Commanding Officer of HMCS Vancouver, presented awards and promotions at sea during Operation Projection Asia Pacific on June 24.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



The Gun Metal Sea Service Insignia is presented to the following crewmembers: AB Bartlett, LS Hofing, AB Hodkinson-Crook, LS Traynor, SLt Hur, and SLt Helmeczy.



LS Matt Pelletier receives the Bronze Sea Service Insignia.



PO1 Martin Michaud receives the Silver Sea Service Insignia.



MCpl Steven Dugas (right) receives a CPO1 coin from CPO1 Steven Wist, Chief Coxswain of HMCS Vancouver.



LS Tristan Harris is promoted to his current rank by Cdr Nucci, accompanied by CPO2 Chad Horne and Lt(N) Jeff Brooker.



MS Greg Peters is promoted to his current rank by Cdr Nucci, accompanied by PO2 Ken Jenkins and Lt(N) Mohammad Gudal.



CPO2 Jeff Liefhebber is promoted to his current rank by Cdr Nucci, accompanied by CPO2 Jean-Francois Gaudreault and Lt(N) Chantal Woolley.



Lt(N) Terence Kazmierczak is promoted to his current rank by Cdr Nucci, accompanied by Lt(N) Amy Clements and Lt(N) Greg Monteith.



SLt Thomas Gray (left) and Lt(N) Blythe McWilliam receive their Bridge Watchkeeper Certificates from Cdr Nucci.

Bravo ZULU

Base Administration Promotions



LS Tian Liu received his appointment to MS from LCdr Colleen O'Brien, Acting Base Administration Officer, accompanied by Lt(N) Amy Mahar and CWO Mark Dankwerth.



Avr Cassandra Fuller received an accelerated promotion to Cpl from LCdr Colleen O'Brien, Acting Base Administration Officer, accompanied by Lt(N) Amy Mahar and CWO Mark Dankwerth.



AB Jeremy Tapp received his first chevron from LCdr Colleen O'Brien, Acting Base Administration Officer, accompanied by Lt(N) Amy Mahar and CWO Mark Dankwerth.



Regular Officer Training Plan Enrolment Ceremony

Captain (Navy) Jason Boyd, Base Commander, presented Certificates of Enrolment to Regular Officer Training Plan enrollees during a ceremony at Hatley Castle, Royal Roads University on June 28.

Photos by LS Valerie LeClair, MARPAC Imaging Services



Kane Cracknell receives his Certificate of Enrolment from Captain (Navy) Jason Boyd.



Curtis Dunsmuir receives his Certificate of Enrolment.



Kyle Fraser receives his Certificate of Enrolment.



Trey Kish receives his Certificate of Enrolment.



Deirdre Lind receives her Certificate of Enrolment.



Harley McCoy receives his Certificate of Enrolment.



Marko Osobik receives his Certificate of Enrolment.



Dominic Plante receives his Certificate of Enrolment.



Benjamin Roth receives his Certificate of Enrolment.



Daniel Skinner receives his Certificate of Enrolment.



Michaelson Titchai receives his Certificate of Enrolment.



Patricia Watkins receives her Certificate of Enrolment.



Connor Fee receives his Certificate of Enrolment.



Ryan Kelly receives his Certificate of Enrolment.



Ian Marrack receives his Certificate of Enrolment.



Michael Martel-Chretien receives his Certificate of Enrolment.



Jesse Moran receives his Certificate of Enrolment.



Heather Mowers receives her Certificate of Enrolment.



Evan Murry receives his Certificate of Enrolment.



The newly enrolled members of the Regular Officer Training Plan.

Bravo Zulu

Base Information Services

Awards presented by Major Grant Whittla, Acting Commanding Officer Base Information Services.



LS Dominique Tetreault receives the Canadian Forces' Decoration in recognition of 12 years of service to the CAF.



PO1 Andrea Clark receives the First Clasp to the Canadian Forces' Decoration in recognition of 22 years of service to the CAF.

Bravo Zulu

Naval Fleet School Pacific Awards and Promotions

Capt(N) Martin Drews presented awards and promotions.



Dave Christensen receives his Long Time Service Certificate for 44 years from Capt(N) Drews, Commandant Naval Fleet School (Pacific).



Lt(N) Henderson receives a MARPAC BZ certificate from Capt(N) Drews.



LS Galambos is promoted to MS by Capt(N) Drews and LCdr Kelly.



LS Galambos receives a MARPAC BZ certificate from Capt(N) Drews.



MS Rae receives a MARPAC BZ certificate from Capt(N) Drews.



CPO2 Barnes receives a MARPAC BZ certificate from Capt(N) Drews.



MS Becht is promoted to PO2 by Capt(N) Drews and Lt(N) Kovacs.

Bravo Zulu

Canadian Fleet Pacific Headquarters Promotions

LCdr Jason Stewart, Fleet Logistics Officer, handed out promotions.



Cpl Corral is promoted to his new rank by LCdr Stewart.



MCpl Bae is promoted to her new rank by LCdr Stewart.



MCpl Filiatrault is promoted to his new rank by LCdr Stewart.



MS Koga is promoted to his new rank by LCdr Stewart.

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MISCELLANEOUS

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We are seeking participants, speaking English or French, for a research study investigating the mental health and well-being of Canadian Armed Forces members and veterans as well as effectiveness of the support available during the military-to-civilian transition.

Participation involves 3 interviews and brief surveys throughout the military-to-civilian transition period (about every 6 to 9 months).

If you are a member of the Reserve Force with a deployment experience or the Regular Force who will be taking either an Item 3 – Medical or Item 4 – Voluntary release from the Canadian Armed Forces (CAF) within the next six months you are invited to participate in a research study.

You can contact us to get more information or to register:

For francophones:

Dr. Dave Blackburn, Ph.D. :

Email : ebetmc@uqo.ca

Phone : 1-800-567-1283 ext: 4106

Website :

www.daveblackburn.net/projet3-transition

For anglophones:

Dr. Heidi Cramm, Ph.D.:

Email: wellbeingMCT@queensu.ca

Phone : 613-533-6094

Dr. Maya Eichler, Ph.D.:

Email : wellbeingMCT@queensu.ca

Phone : 902-457-6237

Ethical Approvals

The Research Ethics Committee of the Université du Québec en Outaouais (UQO) has approved and authorized this research project, which will run from January 2018 to March 2019. Project Number: 2554. To find out more about your rights as a study participant contact Professor Dr. André Durivage at 1-800-567-1283 ext. 1781.

The Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board has approved and authorized this research project, which will run from January 2018 to March 2019. Project Number: 6020454. To find out more about your rights as a study participant contact Dr. Albert Clark at 1-844-535-2988.

The University Research Ethics Board of Mount Saint Vincent University has approved and authorized this research project, which will run from January 2018 to March 2019. Project Number: 2016-163. To find out more about your rights as a study participant contact Dr. Daniel Seguin at (902) 457-6350.

The research submission titled "Study on Well-Being and Military to Civilian Transition" has been approved by the DGMPPRA Social Science Research Review Board, in accordance with DAOD 5062-0 and 5062-1. The SSRRB approval # is 1656/17F. To find out more about your rights as a study participant contact SSRRB-CERSS@forces.gc.ca.