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## MARPAC NEWS

CFB Esquimalt,  
Victoria, B.C.



# Raven Program empowers Indigenous Youth

Photo by LS David Gariepy,  
MARPAC Imaging Services

Ordinary Seaman Basic  
Raelinn Parenteau (left),  
Ordinary Seaman Basic  
Konnor Issaluk (front) and  
Ordinary Seaman David  
Inglangasuk (right).

The six week Raven  
Indigenous Youth  
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# New family prepares for upcoming deployment

**SLt M.X. Déry**  
MARPAC PA

Today *HMCS Calgary* departs Esquimalt Harbour for Operation Projection, contributing to the Royal Canadian Navy's persistent presence in the Asia-Pacific region. For many, the goodbyes before a five-month deployment are a familiar routine, but for others it will be their

first long absence from friends and loved ones.

"It is going to be quite a challenge for my family because during my previous deployment it was just myself and my wife, and for only 10 weeks," said Sub-lieutenant Sean Place while speaking about his Op Carribe experience.

Now he is father of an 11-month-old who is crawling, cruising and soon

to be walking.

"I'm going to miss his first steps," said SLt Place. "I have a greater appreciation for the fact that I'll be missing out for five plus months. I've been trying to maximize the time I spend with them."

Since coming out of refit, *Calgary* has been preparing for this deployment to the Asia-Pacific where they will work with

partner navies to enhance military cooperation and regional partnerships in support of Canada's diplomatic efforts in the region.

For a junior officer, such a deployment requires a lot of preparation professionally, but it is also the perfect opportunity for advancement.

"I've been progressing in my training and helping the various teams of people that are working to make the ship ready," said SLt Place, "everything from updating references to making sure that our training, like boarding party training, our qualifications are up-to-date."

Professionally, SLt Place looks forward to cooperating with partner navies "especially Australia, South Korea and Japan and seeing how we integrate, work together, sail together and do things together as professional mariners."

The deployment is likely to keep him busy standing watches on the bridge as a bridge watchkeeper under training, but also as the Bull sub and the Evidence Gathering Officer for the Naval Boarding Party team.

Long work days on the open ocean mean limited time and capability to communicate with family members. SLt Place's wife, Isabel Montoya, the family network representative for *Calgary*, cautions family members to keep their expectations on communications low.

"They will communicate with you," Montoya said. "Just don't expect 'letters from the front,' romantic things that you see in movies."

She has been attending the Military Family Resource Centre (MFRC) pre-deployment meetings and has been getting involved to ensure she has the social connections she needs.

"I've also been reaching out to other Navy wives who have children about the age of my child so that I can have that sympathetic ear that knows exactly where I am."

Relatives are scheduled to come to BC to help out with the couple's infant son, but smaller everyday things also require thinking ahead, such as car insurance.

"This is a pretty small detail in the grand scheme

of things, but my car insurance expires halfway through the deployment and it is far enough away that I can't renew it ahead of time so I had to look at options for doing that," said SLt Place.

The MFRC can help members and their family plan for the small, everyday tasks that cannot be neglected. Montoya is already planning the schedule for their son to make the transition easier once SLt Place returns near Christmas.

Despite being far in the future, the young family is already tentatively planning their mid-deployment leave to South Korea, conscious of the fact that the ship's schedule might change.

"It is difficult to be simultaneously excited for the deployment, but also knowing that you are leaving people behind who are going to miss you a lot," said SLt Place. "But I think if you communicate with each other a lot and are understanding and compassionate, everybody can be happy for the challenges and good things that will come out of it at the end."



Photo by SLt M.X. Déry  
SLt Sean Place and wife Isabel Montoya enjoy a last picnic in Saxe Point Park with their 11-month-old son Montgomery.



## MFRC - a great resource for members and their families during deployment

"If you have children, the MFRC gives you three hours a week [of respite care] free. Do it, use it! Do your nails, cut your hair. Finish a hot coffee. Take care of yourself," said Isabel Montoya, the family network representative for *Calgary*.

There are a host of resources provided to members and their families during a long deployment of over 21 consecutive days. Respite child care for parents of children under school age is a good example of a service that can help a military spouse.

Prior to a departure there are briefings to help military families prepare to ensure everything runs smoothly dur-

ing the deployment, such as checklists about bills, contact information, computer passwords, power of attorney, wills, etc.. The MFRC can also assist in developing an emergency child care plan to deal with the first 72 hours of an unexpected emergency.

During the deployment, there are workshops at the MFRC on return and reintegration to prepare spouses and children to deal with the challenges of having a parent come home after a long absence.

Social gatherings such as the "Away Cafés" and Deployment Dinners help keep a member's family and friends con-

nected to their greater military family.

Friends and family are encouraged to drop off mail and packages at the MFRC for the deployed members which are sent to the ship for free to help boost morale.

As ships can be isolated and far from cell service and wifi during portions of a deployment, videoteleconferencing is available at certain times to help keep families connected.

While many services are geared towards spouses and children, it is important not to forget single members and extended family.

Single members can have parents

come in for videoteleconferencing or be signed up for the Staying in Touch service that gives loved ones the latest updates on the ship.

"If you want to know what is happening, get the family network email," says Montoya.





Ordinary Seaman  
David Inglangasuk



Ordinary Seaman Basic  
Konnor Issaluk



Ordinary Seaman Basic  
Raelinn Parenteau

Photos by LS David Garipey, MARPAC Imaging Services

# RAVEN EMPOWERS INDIGENOUS YOUTH

**NCdt S.L. Delaney**  
MARPAC PA

This summer, 24 Indigenous youth from across Canada are gathered in Esquimalt for six-weeks of sharing culture and training with the Royal Canadian Navy. Now in its sixteenth year, the Raven Program invites Indigenous youth to experience the military lifestyle through immersive training that teaches basic military skills while honouring cultural customs. The current students have travelled from eight different provinces and territories, representing Métis, Inuit, and First Nations people.

After arriving in Esquimalt, the students are sworn in as Naval Reserve members of the Canadian Armed Forces. From there, they dive right into the first phase of the program with a four-day culture camp in Nanoose Bay. There, they gather with Elders to learn Métis, Inuit and First Nations teachings.

While partaking in team-building activities, raising a teepee and sharing in a sacred fire, the students are also building a foundation of trust in their peers and in themselves to carry them through the demanding military training that awaits.

And the training is rigorous. Waking up at 5:00 a.m., the candidates fill their days learning new skills like first aid, orienteering and weap-

ons handling, all the while maintaining a steady schedule of physical training, drill and inspections. In fact, in six short weeks, the students will earn their full Basic Military Qualification.

Graduates can then elect to continue on as a Naval Reservist or transfer to the Regular Force. In the last five years, Raven has seen 168 graduates, with 21 members retained in the reserve force, and nine members transferring into the regular force.

Beyond recruiting and retention, the program also builds awareness and fosters relationships between the RCN and Indigenous communities across Canada. The program has seen the power of word of mouth, fielding calls throughout the year from parents and teachers who have heard great feedback from past participants.

The students who do not choose to stay in the forces still come away with their first aid certification, new skills, increased confidence and new friends and mentors from across the country.

Ordinary Seaman Basic (OSB) Raelinn Parenteau, current Raven candidate, affirms that “it’s great to have people from all over Canada come together like this. I have a new family.”

OS Parenteau is from Chatham, Ontario, and she heard about Raven from her uncle, a graduate of Black

Bear, the Eastern Canadian Army equivalent of Raven. Parenteau chose the Raven program because she likes the water and felt the Navy would be a great fit.

Her favourite part of training so far has been the confidence course—an obstacle course that challenges physical and mental toughness, and requires the candidates to lean on each other and work as a team. Parenteau took on the challenge of Raven because she wanted to put herself outside her comfort zone and engage with new people. Tackling the confidence course is physical proof that she is doing just that.

OSB Konnor Issaluk lives in Deep River, Ontario, and is originally from Nunavut. His stepfather is a serving military member who recommended the Navy as a great way to develop leadership skills.

Issaluk explains that he decided to join Raven because “I was looking for summer employment; I wanted to push my limits; I wanted to learn about being a leader, and I wanted to follow in my father’s footsteps.”

Issaluk aspires to give back to his community using the skills that he learns this summer.

“I want to do charitable work back home. I want to be able to stand up as a leader and guide people in helping each other,” he said.

With teamwork and leadership as essential parts of Raven training, Issaluk is already working towards his goal.

Graduating from Raven in 2017, OS David Inglangasuk is a prime example of the outreach program at work. After a summer of challenging training, he decided that he wanted to join the military full-time.

He transferred to the Regular Force within the RCN and has had his eye on the horizon ever since. Inglangasuk has been working in *HMCS Regina* since completing his boatswain’s training last month, and is slotted to be posted to *HMCS Max Bernays*, the first of Canada’s Harry DeWolf-class Arctic Offshore Patrol Vessels, when the crew is stood up.

As Inglangasuk looks forward to a fulfilling naval career and hopes to travel to many foreign ports, he looks back to where he came from.

“Raven is a great program that provides you with exciting career opportunities. Last summer, we became a cohesive team and faced new challenges.”

The current Raven students have three more weeks of training ahead. As individuals, as future leaders and as teammates, they are developing skills and building a community that they can carry with them on any career path they choose.

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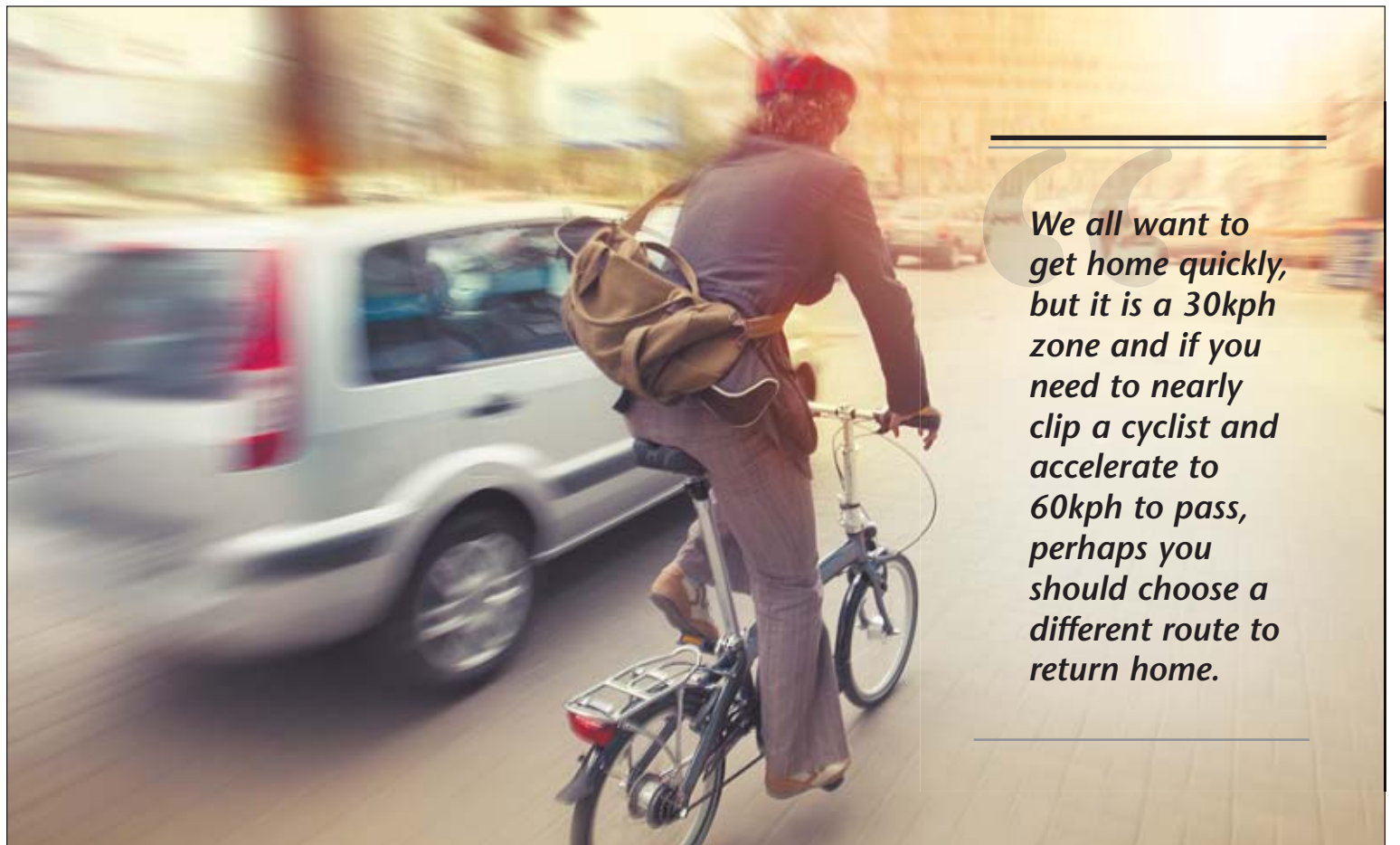
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## WHAT SAY WE



*We all want to get home quickly, but it is a 30kph zone and if you need to nearly clip a cyclist and accelerate to 60kph to pass, perhaps you should choose a different route to return home.*

## What grinds my gears: might isn't right

**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.*

I'm not an adrenaline junkie, so having close-calls with cars while on my bicycle is not a pleasant experience. Too often have I had to rely on my reflexes to avoid a near collision situation created by a motorist. Every example in this edition of "What grinds my gears" happened in the last month since I started writing the series.

Despite travelling at 30kph in school zones and in the 30kph zones around the Base, I am

routinely passed by cars going much faster. While most motorists give me the 1m safety bubble required by the BC Motor Vehicle Act, others do not. ICBC advises to assume a cyclist is the size of a car, and if you do not have enough room to pass them safely, don't pass.

The issue is compounded by the fact that many areas in Esquimalt have cars parked on both sides of the roads, making the risk of dooring, the number one cause of cyclist injury by motor vehicle, a real hazard. I've been nearly pinned between a parked car and a passing motorist who, at the last moment, realized that there is incoming traffic that they must avoid.

We all want to get home quickly, but it is a 30 kph zone and if you need to nearly clip a cyclist and accelerate to 60 kph to pass, perhaps you should choose a different route to return home.

Furthermore, the danger from that passing motorist doesn't end once they pass me, as usually in

their rush to get home or into the general parking lot, they turn right, cutting me off. As a cyclist, I am either in the bike lane or 1m from the curb. If you pass me and then abruptly turn right I have no escape. Do your shoulder checks so that I don't have to apply full brakes to avoid smashing into your passenger side.

Just last week I was far astern of a small car that was driving at 5 km/h on the far side of the road, nearly touching the curb. Since I could not travel between the car and the curb, I positioned myself to pass. Then, without indicating, the car accelerated quickly and swung to the left when I was just a few metres behind.

I came to a full stop about a metre before hitting the vehicle and the driver realized that I was there and stopped as well. The driver had decided to do a u-turn and gave himself ample room by hugging the right side. Well planned but poorly executed since he failed to shoulder check and indicate.

Last week I was returning to Dockyard from the Base Hospital. While awaiting to turn left on Admirals Road, I indicated my intention and the car opposite me had its indicator on to turn left as well with no vehicles behind them.

When the light turned green, we both proceeded into the intersection, but the car did not turn left and I was forced to increase my left turn to avoid being struck. From behind me the driver of a pickup truck screamed "turn off your turn signal" at the car that nearly hit me.

On my way back to the hospital, a week after my near miss, the car in front of me on Admirals Road drifted completely into the bike lane while trying to find something in the centre console. Had I been a few metres forward, I would have been run over.

Have some common sense, maintain 360-degree situational awareness, respect the safety bubble and do your shoulder checks.

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Firefighters from CFB Esquimalt Fire and Rescue enjoy a cold glass of lemonade in support of an Esquimalt military family's fundraiser for Ben Kilmer.

Photos by Peter Mallett, Lookout Victoria siblings (left) Jaiden Brown, Jeffrie Brown and Juley Brown are joined by their mother Charleyne Oulton at their Lemonade Stand located near Workpoint on July 20. The family organized the fundraiser to benefit the family of Cowichan Valley father Ben Kilmer who has been missing since May 16.

*Military family offers up sweet gesture of kindness*

**Peter Mallett**  
Staff Writer

An Esquimalt military family have turned lemons into love with a heartfelt fundraising drive for the family of a missing Cowichan Valley man.

On a warm week's end summer afternoon, Charleyne Oulton and her three children Jeffrie, Juley-Anne and Jaiden Brown were kept busy squeezing, stirring and making change at their roadside lemonade stand located near Workpoint Barracks. It is their way to raise some money and show support for the family of Cowichan Valley electrician Ben Kilmer who has been missing since May 16.

Oulton says she was brought to tears by her children's efforts of "compassion" and the level of support she received from the community. She credits her 11-year-old son Jeffrie for spearheading the effort after hearing about the Kilmer family's plight on the news.

"Jeffrie started crying right after we got our first donation last night and said to me: what if it was me that was lost or if it was my Dad or Step-Dad who was lost, his poor children, his poor wife," said Oulton. "My children are always compassionate but to hear this as a mother just breaks your heart."

Oulton says she is in the process of joining the Naval Reserves, while her partner, Master Seaman Jonathan McGregor is currently attending his 6A course in Halifax. He will soon be reunited with the family later this summer when he begins a two-year posting at Naval Fleet School (Pacific).

As word of their efforts spread on social media the youngsters enjoyed a huge surge in sales largely thanks to military and civilian employees at the base. The campaign got a huge kick start when an online donor contributed \$150 to their cause.

At \$1.50 a glass, her children had raised a total of \$500 by days end. Members of the Maritime Forces Pacific, Military Police Unit Esquimalt and two truckloads of firefighters from CFB Esquimalt Fire and Rescue were just some of the civilian and military employees from the base who stopped by to lend their support.

Petty Officer First Class Joe Fogarty said he was there to show his support to the military family.

"It gives you a great feeling that these children are well-informed

about community news and events and are showing concern and looking out for other members of the community," said PO1 Fogarty.

Firefighter Greg Lecky echoed PO1 Fogarty's sentiments stating "it's great to see youth in the community step up and help others in their time of need."

It's not the first time their children have participated in charitable endeavours, recently assisting in fund-raising efforts for the B.C. Society for the Prevention of Cruelty to Animals and other organizations.

"I just felt it was a very important thing to do," said Jeffrie. "When I heard about Ben [on the news] I just felt really bad for his wife and two children because they are very young and are going through this."

Jeffrie's 10-year-old sister

agreed with her brother about the importance of showing their support stating: "Not a lot of people help others and it's good to do something to help other people."

Despite a massive search-and-rescue effort by volunteers and emergency services at press time Kilmer's whereabouts remained unknown. When word of the children's efforts reached Tonya Kilmer, Ben's wife, she was quick to send them a heartfelt thank-you message.

"This touches my family's hearts more than words can say," wrote Kilmer. "Bless these sweet angels and their family for thinking of us - if you are the future then the future looks very kind."

Customers at the Lemonade stand were also encouraged to add words of support to a giant greeting card designed by the children. Jaiden says he and his family hope to present the card to the Kilmer's and meet them in person in the near future.

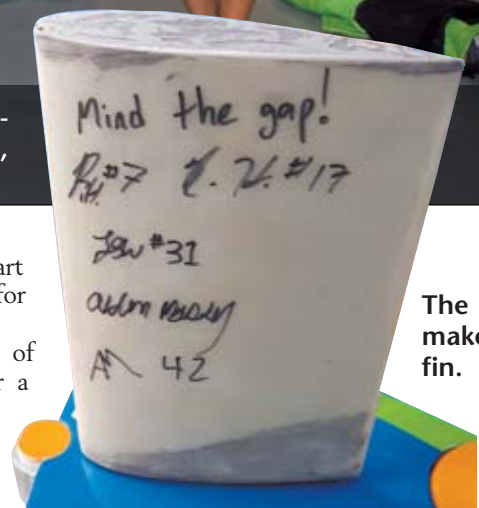


**Robin&AJ**  
Good morning. Good times.





UVic Submarine Racing Club members pose with Chinook while holding up club founder LS Manuel Dussault-Gomez while in Gosport, England. From left to right: Daniel Snyder, Russ Hiltz, Aiden Massey, Tim Jun, Ryan Foxall, Ryland Henderson, Jaryd Middleton, Konnor Davidson, and Andres Agresot.



The makeshift fin.

# reservist scores high in submarine race

Chinook cuts through the race while the safety boat maintains a vigil above the water.

**SLt M.X. Déry**  
MARPAC PA Office

The University of Victoria Submarine Racing Club has returned from the fourth biennial European International Submarine Race in England, placing fourth and winning three awards: Reliability, Presentation and Engineering Design Report.

For club founder Leading Seaman Manuel Dussault-Gomez, a Reserve Marine Technician, this is quite the accomplishment, as this was the club's first competition.

"It was an amazing experience," said LS Dussault-Gomez. "We built a reliable submarine and showed that we were an effective team underwater."

The scoring was close with the club's vessel, Chinook, scoring 70.1 with less than 2 points between fourth and second place.

Earning the Reliability Award required not only that Chinook work properly without the need for any repairs, but also remain level, since surfacing, hitting the bottom or hitting any of the poles would count as faults. Time spent preparing for each race was also counted, meaning a team that could quickly set up their submarine underwater, ballast

it correctly and safely start the race scored higher for reliability.

Diving for an average of four hours every day for a week in a large underwater race course gave the team more experience working together underwater than the eight months they spent preparing for the competition.

"We have a good team dynamic underwater," said LS Dussault-Gomez who motivated the team by giving inspirational speeches every morning. "Morale is important [while competing], just like in the Navy."

The team remained focussed throughout the competition and looked for ways to improve their performance. While analysing the overhead footage of their races, the team realized that Chinook was drifting more than their competitors, all veteran sub racers, in the slalom section of the course.

Cannibalising their spare rudder, they fashioned static fins forward of the centre of buoyancy. While it added more drag, the compromise in speed gave Chinook more manoeuvrability.

"If you work hard and think of innovative ways to solve problems, you can do anything," said LS Dussault-Gomez who praised his team's work ethic in modifying Chinook in between races during the competition.

While some members will remain in the club, for LS Dussault-Gomez this was his first and last race. He will be graduating in the coming weeks from UVic and is planning on taking his Orca-class engineering course in October before looking for full-time employment in the marine industry.

"We started something really good," he said in closing, hopeful that future club members will use the club not only to discover the world of marine system engineering, but make connections in the industry.

To see the full results from the race go to [www.subrace.eu](http://www.subrace.eu)

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# Ex-sailor strikes a new chord

**Peter Mallett**  
Staff Writer

A former sailor of the Royal Canadian Navy is hitting all the right notes and fulfilling his dream of becoming a professional musician.

Since his departure from the navy due to a shoulder injury Leading Seaman (ret'd) Roland

'Rollie' Barrett has been busy carving out a niche for himself as a respected singer-songwriter and performer in Victoria's lively bar and restaurant scene. It's been a rewarding journey from the beginning, chuckles Barrett, who confesses to playing his first coffee shop gigs for a sandwich.

A late bloomer to music, the 49-year-old says his journey as a musician began in 2001 when he picked up a guitar in hopes of becoming good enough to busk. After he listened to folk musician Ray LaMontagne song *Jolene* he had an overwhelming urge to become a songwriter.

Then while *Ottawa* was on the way to a deployment in the Persian Gulf, he bought a guitar during a port call in Thailand and says he's been attached to his guitar and his music ever since.

In 2016 Barrett got his big break while playing for an invite-only backyard concert at a home in Victoria. His music caught the attention of nationally renowned indie/roots musician and producer Leeroy Stagger who was attending Barrett's show. Barrett's bandmate PO2 Brad Robinson of Naval Fleet School (Pacific) says the synergy between

the two was instantaneous.

"He [Stagger] couldn't believe his ears and after hearing each one of his songs repeatedly asked if they were his and original," said PO2 Robinson who plays drums and keyboards during Barrett's live performances.

## Debut Album

Stagger convinced Barrett to record his songs at his Rebeltone Ranch recording studios in Lethbridge, AB. In July Barrett released his debut album *Dark Hearts and Other Stories* a ten-song compact disc, which Stagger described as "the most pure and real" recording experiences he's ever had.

"Each song was a gift to be able to produce and work on," said Stagger. "I don't know what the album will do for him as his career goes forward but my hope is the world catches on to just how gifted he is."

All of the songs on the album were recorded "live off the floor", with all musicians in the same room playing together in a spontaneous collaboration. The album was mastered by three-time Grammy Award winner, Los Angeles-based, John Greenham.

One of the standout tracks on the album is his song dedicated to veterans and currently serving members of the armed forces entitled *I'd Be The One*.

Barrett grew up as a self-described 'military brat' and "went to 12 different schools in 12 years." Throughout this time he really knew no permanent home with his father in the midst of a 30-year military career as a mechanical engineer and cook. He says *I'd Be The One* is based on the collective military experience of everyone he has met in the forces since his childhood and throughout his career.

"The inspiration for the song came from the ups and downs of the military life as seen through the lens of a number of personal connections rather than my own," said Barrett. "The inspiration for it came easily enough although translating the sensitive emotions and experiences can be difficult especially when you've lived or dealt with them very close to home."

It's an experience PO2 Robinson who works as a Naval Communicator Instructor at the fleet school can also relate to.



"It's a bittersweet song by design, it speaks to the moments missed, the time lost, the connections affected, but it does so with an understanding that we all sign on the dotted line, that this is what we do and why we do it," said PO2 Robinson.

Unlike Barrett, PO2 Robinson did not inherit his love of playing music while aboard a warship but instead in his hometown of Tillsonburg, Ont. His father and grandparents who were all "multi-instrumentalists" always had music playing in the house. When playing concerts or in jam sessions with Rollie, he keeps the family tradition alive by having his keyboard incorporated into his drum setup. He sometimes performs backup vocals.

Barrett credits PO2 Robinson with doing an excellent job of coordinating their rehearsals ahead of their many live performances. The two worked briefly together in the RCN. They kept in touch because of their similar musical interests and reconnected six years ago, when Barrett was in the market for a new drummer for his band.

PO2 Robinson says the reason why Rollie's music has such wide

appeal is because the genre and style of music he plays is too hard to pin down.

"People approach us all the time at concerts and say they like us but it's hard to pigeon hole what style of music we play," said PO2 Robinson. "The music is kind of rock, it's kind of country and has strong folk elements, but the writing and music is so good and solid that you don't really care."

To accompany the album's release PO2 Robinson edited and published a book entitled *Dark Hearts and Other Stories*. The publication is a collection of lyrics from Barrett's original compositions but also contains several photographs of Barrett and PO2 Robinson along with several accompanying anecdotes about how each song came to fruition.

To promote the release of their album, the duo are planning some upcoming performances here in town. On Aug. 23 they will perform at Victoria's Northern Quarter. Barrett's ten song CD, "*Dark Hearts and Other Stories*", is available on Spotify and iTunes with hard copies available at Barrett's live shows, and digital downloads available on his website, rolliebarrettmusic.com.

## You'd Be The One

*I shipped in this morning  
I could see it in your face  
You looked in my eyes  
I watched your heart turn away*

*Something was missing  
Something just wasn't right  
You can blame it on the pills  
Or the nine months on tour  
Or just my lost will to fight*

*But don't say goodbye  
Just say good night*

*The last three years were hard ones  
Nothing came free  
Most days I'd just stand by the window  
Staring back overseas.*

The opening lyrics to Roland Barrett's song *You'd Be the One* from the song book publication *Dark Hearts and Other Stories*.



Photos by Megan Roberts

(Left) Victoria musicians Petty Officer Second Class Bradley Robinson and Leading Seaman (ret'd) Roland 'Rollie' Barrett strike a pose during a photo shoot on Fisgard Street to promote Barrett's debut album *Dark Hearts and Other Stories*.

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Courtesy of Progressive Assistance Canada (PAC).

**Philippe Blanchard, Founder and Executive Director of PAC, on the ground in Barangay 128, Manilla, Philippines, in Mai 2017.**

# Retired Major fights poverty

**By SLt L.-P. Gosselin**  
Base PA

After spending more than half his life with the CAF, including his last appointment as Commanding Officer of Joint Personnel Support Unit Pacific, Maj. (ret'd) Philippe Blanchard found himself searching for a way to continue to make a meaningful contribution in his new civilian life.

A 2014 trip to the Philippines, and first-hand experience with the abject poverty in many parts of the country, fundamentally changed him, inspiring him to begin a new Non-Governmental-Organization (NGO), Progressive Assistance Canada.

"When you have to take off your uniform, and you've spent all your adult life in the Forces, you have to rebuild your identity somehow," said Blanchard, a former Air Force Logistics Officer who spent over 26 years in the military. "This gave me meaning, a way to continue to have an impact in other people's lives."

After he released from the CAF in 2015, he returned to the Philippines to begin humanitarian work with an established NGO.

Immediately he found he wanted to do more, so he proposed to the group that they open a Canadian chapter of their organization. Thrilled at first, the organization eventually told him his plan was not in line with their goals.

"As a Canadian, I think we see the world differently than other countries," says Blanchard.

What could be seen as a failure, quickly became a new mission. Confident in the skills that the CAF gave him, he met with the other aid workers who would soon become members of his own NGO. Of the four he reached out to, three decided to embrace his plan and together they created their own organization on May 29, 2016.

The question now was to decide where they could help. Through connections he made in the past, Blanchard met the chairman of Barangay 128, a community located in the inner city of Manilla that was in dire need of support.

The barangay is a small administrative unit, representing anywhere from a few hundred to 40,000 persons. The community they help, within Barangay 128, has 500 inhabitants, 300 of which are children.

"They are scavengers, recycling garbage. They used to live on top of a 40-year-old dump until the government built temporary buildings in the early 1990s which, of course, became permanent," said Blanchard.

At first, his organization could only provide limited help, mostly by offering food. This changed when community leaders started to trust him and his team, composed mainly of people from the Philippines. He was then allowed to begin an after school program, his true motivation right from the start.

"Out of 26 NGOs that work in the area, we are the only one helping children with learning difficulties. To find the reason we ask ourselves: why are we here? Since the only way out is through education, we wanted to help those that would most certainly drop out and continue with this cycle of poverty. All it takes is one kid to succeed in order to help the whole family," said Blanchard.

This realization was possible because of the open mindset of his organization. Instead of imposing his views, Blanchard wanted to work with the locals, within their own system.

"It is also what the Forces taught me over the years, to be open to helping communities where they want it, not to impose our values on the community,"

This was enough to catch the eye of other organizations who became interested in what Blanchard's group was doing. Acting as an 'effect multiplier', his NGO made new partnerships that has helped provide support to the children from birth all the way up to their graduation.

All of this has happened within the last two years, but for Blanchard it's just the beginning. Next, he hopes to create trade schools, starting with sewing classes.


"That is the ultimate goal, to give them long term means to live without the need of the organization," said Blanchard.

Using the skills he learned during his career, Blanchard and his staff of 11 directors, have started to transform a small corner of the world. He's brought hope and empowerment to people living under the shadow of poverty.

If you would like to learn more about the work performed by Blanchard's organization, visit [www.pacanada.org](http://www.pacanada.org)



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# RIMPAC 2018

Photos by Lieutenant (Navy) Tony Wright

Above Water Warfare Director (AWWD) Petty Officer First Class (PO1) William Stewart works to detect and counter threats to HMCS Vancouver during a simulated air engagement while the ship takes part in RIMPAC.



Members from the Combined Information Bureau go about their business of reviewing footage and images, posting to social media sites, discussing future opportunities and planning events in support of RIMPAC 2018.

## What happens when those warships go to sea?

The Combined Information Bureau can show you

**Lieutenant-Commander Desmond James**  
Public Affairs Officer, Canadian Armed Forces

When warships go to sea, the public often has no idea what the ships are actually doing. As the saying goes, out of sight out of mind. That is why the work of the staff in RIMPAC's Combined Information Bureau (CIB) is so critical. The CIB staff are really the eyes for the general public.

Every two years, a multinational group of military journalists, photographers, videographers, and public affairs officers unite in Hawaii and Southern California to tell the story of the world's largest international maritime exercise.

The CIB is divided into three cells: production, distinguished visitors, and media. Together, they provide access to all aspects of the exercise, including coordinating visits by leadership from around the world, facilitating ship tours, and providing access to civilian media agencies. CIB members also document the exercise through photos, video, and stories, illustrating the partnerships that are otherwise hidden behind closed doors or that happen while

operating miles out at sea.

"In Japan, our primary objective is to improve tactical operability as well as promoting understanding and reinforcing ties with other navies," says Lieutenant-Commander Daiju Kambara, Japan Maritime Self-Defence Force public affairs officer.

Coordinating with international civilian media helps give friends, family, and the general public back home a window into their navy's participation in RIMPAC.

"We receive questions from media from many different countries and each wants to discuss their country's specific role in RIMPAC," said U.S. Navy Lt. Cmdr. Julie Holland, RIMPAC CIB media cell lead.

"We make a concerted effort to ensure we don't just speak about one country, but rather how each partner nation plays a vital role in building partnerships and thus a successful RIMPAC."

While traditional news media plays a large part in telling the RIMPAC story, social media con-

tinues to grow and has taken on a larger role recently.

"Social media enables us to communicate and engage with the public no matter where in the world they are," said Royal Australian Navy Lieutenant John Thompson, RIMPAC's social media lead.

"We're using Facebook, Twitter, Instagram, LinkedIn and YouTube and we're being more innovative. We're improving our engagement by doing more video, live broadcasting and infographics. The results have been extremely encouraging."

Modern military operations are often conducted in diverse, international coalitions, so RIMPAC is a valuable opportunity to build relationships, train together, and increase interoperability in a peacetime setting.

Dozens of CIB team members communicate the critical importance of that partnership to the world through imagery and stories, showing the public that the 25 RIMPAC nations have indeed become capable, adaptive partners.

## HMCS Vancouver conducts MISSILEX

HMCS Vancouver fires an Evolved Sea Sparrow Missile during a missile exercise while the ship participates in RIMPAC. In the background is Her Majesty's Australian Ship (HMAS) Toowoomba.



**Lt(N) Tony Wright and Lt(N) Clayton Erickson**

After completing Op Projection Asia-Pacific 18-01, which saw the ship patrol and conduct strategic outreach throughout the Western Pacific, HMCS Vancouver began the 2018 Rim of the Pacific exercise (RIMPAC) by conducting a missile firing exercise (MISSILEX), successfully launching two Evolved Sea Sparrow Missiles (ESSM).

This MISSILEX served several important functions. The event was both a test of the Royal Canadian Navy's (RCN) tactics and procedures as well as a key opportunity to further technical and engineering knowledge. Staff from the Canadian Forces Maritime Warfare Centre (CFMWC), Naval Engineering Testing Establishment, and Fleet Maintenance Facility Cape Breton were on board to see how the ship's systems behave in a realistic, operational scenario and collect detailed information on the ship's radars, weapon systems, and command and control systems.

It isn't very often that the RCN gets a chance to do firings like this, so making the most of the opportunity to benefit force development and force generation by involving a wide range of personnel is important.

The ship's company began preparing for this exercise well before deploying on Op PROJECTION Asia-Pacific in April. During the ship's Pacific voyage, staff from CFMWC, and Naval Fleet Schools Pacific and Atlantic joined Vancouver to conduct Missile Readiness Inspection (MRI) training for the Operations Department.

This training phase ensured that Vancouver was ready to conduct the firings safely and in accordance with doctrine and procedures. MRI staff also inspected the ship's technical readiness to ensure that Vancouver was materially able to support the test and research objectives.

During MRI training, the Operations Department practiced fighting through many types of equipment deficiencies and safety issues, such as an out of control target drone, to confirm that every member of the team knew their duties and responsibilities, including how Vancouver would collect the wide variety of technical data.

The red letter day was July 16th, and Vancouver conducted two firing runs. For the first run, Vancouver worked with two other RIMPAC ships.

Target drones were launched and approached the task group. As the targets approached, the three ships tracked and identified the threats. Each ship, in turn, engaged their assigned target, with Vancouver

firing a single missile. This scenario provided a coordination challenge that tested all three ship's abilities to work together in defending each other.

For the second run, Vancouver fired a second missile as part of a complicated tactical scenario which required the team to simulate degraded equipment.

The missiles fired were tele-metric – designed to gather valuable data on performance. In each case, the warheads were disabled and there was no intent to destroy the target drones so that they could be re-used for other events.

"Missiles and sensors may be the Operations Department's part-ship, but this MISSILEX was a whole ship evolution," said Vancouver's Commanding Officer, Commander Christopher Nucci. "I am proud of the entire crew for the dedication and focus that they put into this successful missile shoot. What at first glance appears to be an event lasting ten seconds, in reality, represents a steady effort over the past ten months."

With other trials and the MISSILEX complete Vancouver rejoined its RIMPAC Task Group for Force Integration Training with partner nations.

RIMPAC 2018 will end with a Photo Exercise and free-play phase lasting several days before Vancouver returns home to Esquimalt in early August.

# Local rugby players named to new CAF team

**Peter Mallett**  
Staff Writer

Three sailors from Esquimalt have been chosen as starters to represent the new Canadian Armed Forces (CAF) rugby team in international competition.

Petty Officer First Class Jay Jimmo of the Naval Personnel Training Group (NPTG), Petty Officer Second Class Marc-Andre Bibeau, Fleet Diving Unit (Pacific) and Leading Seaman Lionel Achari, HMCS Regina have been named to the fledgling rugby program's permanent roster after their strong performances during an international match against the British Royal Air Force, last month at CFB Edmonton. The match served as a selection camp ahead of next year's biennial International Rugby Defence Championships (IRDC) in Japan, which Canada hopes to participate in in the future.

"I was completely honoured to be selected for the Canadian Forces national team, not just for myself but also for Maritime Forces Pacific and my home rugby team the West Shore Velox," said PO1 Jimmo, starting Tighthead Prop of the CAF team. "It's a chance for all of the players to make an impact on developing the game for Canada's military."

Rugby is taking its first on

the road to becoming a CAF-sanctioned sport. Invitations to the quadrennial tournament have yet to be sent out but PO1 Jimmo says he and his teammates are hopeful that they will be in Japan when play kicks off in Oct. 2019.

The CAF side's inexperience as a team showed on the pitch in Edmonton as the British airmen easily dispatched their challengers with a lopsided 100-10 win. Over 30 players took part in the international match and they were competing for 23 spots and 15 starting positions on the national squad's roster.

PO1 Jimmo scored his team's only try in the loss while he also earned his first international cap for Canada. He said he and his teammates knew they were in for a tough battle against their skillful opponents well in advance of the opening kickoff.

"There is little shame in losing to a team that is essentially a professional level team, that were named 2018 British Forces rugby champions," said PO1 Jimmo. "Getting this kind of experience will only make us better."

He says the match was a dress rehearsal and eye-opener for some of the competition they will face at the IRDC tournament being held concurrently with the 2019 International Rugby Board World Cup. PO2 Bibeau, a winger and LS

Achari who will play the starting Number 8 have also been invited to join the team for next year's preparatory training camps as they build towards the worlds.

PO1 Jimmo, 44, works as a project coordinator at NPTG but prior to his current job sailed aboard Canadian warships for over 17 years, working as a Naval Combat Information Operator. He grew up in Saint John, N.B., playing rugby in high school and the senior men's team before joining the military. Now he says rugby takes up most of his spare time while he's not at work.

That's because PO1 Jimmo not only plays for the West Shore Velox Valhallians men's team and Vancouver Island's Crimson Tide provincial rep team but also acts as the Director of Membership and Registration on the board of directors, as well as the Velox webmaster, providing news and updates concerning all the club's adult and youth programs.

A former martial arts expert who represented Canada's national karate team at past world championship competitions, PO1 Jimmo is also the brother of late Ultimate Fighting Competition (UFC) star Ryan Jimmo.

"I use martial arts in my play all the time and I have learned a lot from it on how to stay healthy stay mobile on the field and having the



Photo by  
LS Derek Rowland

Rugby players from the base, Petty Officer First Class Jay Jimmo, Petty Officer Second Class Marc-Andre Bibeau, and Leading Seaman Lionel Achari recently participated in a match against the British Royal Air Force.

flexibility, strength and reaction time to not get injured," said PO1 Jimmo. "It has made me tough enough to take the hit."

One of his club's coaches, ex-professional Mike Shelley says that despite PO1 Jimmo's age, his quickness combined with his 300 lbs frame still make him a force to be reckoned with in any scrum. Shelley, also a Rugby Canada coach, played for the English Rugby Union professional side Leeds Tykes over 200 times.

"Jay has been an active participant with us [Velox] for over two decades and has a huge passion for the game," said Shelley. "At 45-years-old he's still turning out whenever needed and is a great

example of what looking after your health and never giving up can get you."

Playing its matches at the Juan de Fuca Recreation Centre in Colwood, Velox boasts an experienced coaching staff and offers men's women's and youth programs. PO1 Jimmo and Shelley say the club is always looking to take on new players no matter what their abilities or level of experience. He encourages any CAF members or their family members interested in playing rugby to get involved with the Velox.

For more information about the club and their teams visit their website: <http://www.wests-horercf.com/>



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Photo by MARPAC Imaging Services

# New defence team workshop supports Operation Honour

**Peter Mallett**  
Staff Writer

A new workshop hopes to help shift the culture around sexual misconduct in the Canadian Armed Forces. *Respect in the CAF* (RitCAF) launches at CFB Esquimalt this September and is delivered by trained and certified Health Promotion staff.

RitCAF has been developed by the Canadian Armed Forces Strategic Response Team on Sexual Misconduct and Operation Honour, the military's ongoing mission to eliminate harmful and inappropriate sexual behaviour. The program is being offered at bases across the country.

Maryse Neilson, Esquimalt Health Promotion Manager, says the interactive workshops will not only offer attendees a comprehensive

understanding of sexual misconduct, but also the proper procedures to support victims from a trauma informed perspective.

"Participants are not just going to increase their awareness and understanding of environments and cultures that promote sexual misconduct, but their own potentially harmful beliefs and behaviours will also change," said Neilson.

The workshop includes lecture-based presentations, interactive and participatory exercises, discussion of sexual misconduct scenarios, and handouts to reinforce learning. The one-day workshop is being offered to all ranks and trades and will be delivered in the Naden Athletic Centre classroom.

It consists of three main modules:

Module 1, The Nature

and Magnitude of Sexual Misconduct in the CAF, which explains the broad range of behaviours that constitute sexual misconduct, its impact on victims, and impact on cultures that ignore sexual misconduct;

Module 2, Bystander Intervention, which teaches how to safely and effectively prevent sexual misconduct and promote a culture where bystander intervention is widely accepted; and

Module 3, Victim Support that discusses proper procedures for reporting and maintaining confidentiality, disclosure, and self-care methodology.

The first course will run Tuesday, September 18 from 0830 – 1600 hours. Pre-registration is required through Health Promotion at 250-363-5621.

## Correction

The caption on issue 27 front page photo incorrectly named the band accompanying HMCS Calgary sailors as the Naden Band of the Royal Canadian navy. It was in fact the National Band of the Naval Reserve.

The photos of OS Horvat and OS Malabre were reversed on page 8 and 9 of issue 29.

## Volunteers WANTED

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



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A Conair firefighting Lockheed L-188C Electra aircraft conducts aerial fire suppression by dumping fire retardant over the fire zone.

Photos by LCdr Erik Poirier

## STUDENTS FACE REAL EMERGENCY AT SEA

**Lt(N) G. Alex Low**

NCdt Belanger, a reservist from *HMCS Champlain*, was on watch on PCT Raven 56 practising coastal navigation, during his Naval Warfare Officer (NWO) III course, in Desolation Sound when he spotted smoke rising from the shore on East Redonda Island and immediately reported to ship staff.

On closer inspection, they saw that one of three newly built homes was engulfed in flames. Raven staff immediately notified the BC Wildfire Service and developed a plan to assist.

Raven cautiously approached the area and launched a shore reconnaissance party by zodiac with Raven's Medical First Responder and Cook, LS Kedy onboard. The prior-

ity was to ensure that there were no casualties or personnel unaware of the unfolding events.

With confirmed air assets from BC Wildfire Services approaching, and confirmation of no casualties, the shore party was later directed to evacuate the entire area.

As the fire and the number of boats & observers grew, Raven and her zodiac enforced a waterborne perimeter around the shore fire, enabling the airborne response, both helicopter and fixed wing assets, to the affected areas.

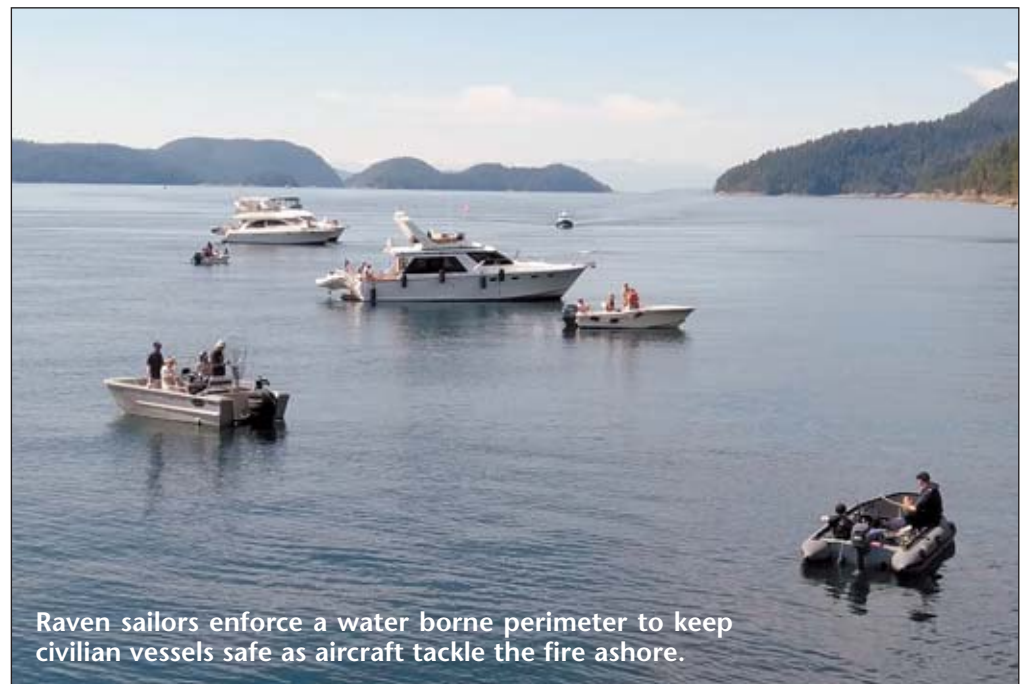
Awaiting the response, the crew of Raven embarked civilian personnel affected by the fire, providing them with provisions and shelter as most had been in the elements for some time.

On holidays from North

Carolina, many guests documented and shared the unfolding story on social media, while others sought the air conditioning and comfort of Raven's training room.

Raven's encounter with a shore fire was a great introduction for young NWO trainees and Patrol Craft Training Unit staff to the dangers and responsibilities unexpectedly faced by Royal Canadian Navy personnel during standard patrols and training.

The lessons of team coordination, keeping the ship, her company, and civilian personnel safe, as well as interacting with Other Government Departments, for this shore fire on East Redonda Island will galvanize these young NWOs to always be ready to help.



Raven sailors enforce a water borne perimeter to keep civilian vessels safe as aircraft tackle the fire ashore.

# Prince Edward Island CAF medic wears many hats

**Capt Dawn O'Connor**  
Public Affairs Officer

Tim Corcoran, a Canadian Armed Forces medical technician, finds the right treatment for a patient during the Rim of the Pacific (RIMPAC) Exercise 2018.

Cpl Corcoran, from Harrington, Prince Edward Island and currently posted to Canadian Forces Base Esquimalt, serves as a medical technician for the National Command and Support Element during RIMPAC 2018.

"The best thing about my job is that I get to work in many different roles; it's not always the same Monday to Friday." As part of RIMPAC 2018, the world's largest international maritime exercise, involving 25 partner nations and over 25 000 personnel, Cpl Corcoran helps keep the Canadian team in top shape to take on their roles within the biennial exercise.

Cpl Corcoran was 20-years-old when he joined the military. "I wanted to serve my community and country; I had a past of grandparents being in the military, and I thought that being in the medical field was a good opportunity to get an education as well as to serve."

After leaving Charlottetown Rural High School, Cpl Corcoran completed his Paramedic Diploma at the Atlantic Paramedic Academy in Moncton, New Brunswick. "Success comes in many ways and paths, and it's not always clear what's going to happen, but if you follow your way through, you'll probably be successful," remarks Cpl Corcoran.

"What surprised me most about being in the military was how many avenues there are to move throughout your career: places to live, opportunities to work in different settings and opportunities to move into a different career if you choose."

Cpl Corcoran volunteers for the local fire department and is a coach for the Special Olympics. "I'm really passionate about volunteering within the local community. The Special Olympics athletes at the Victoria Athletic Club inspires me every day with their hard work."

"My favourite quote is 'Who's your father?' because in P.E.I. it's an initiation to every discussion for people to figure out who you are and what you are all about." Serving others, one quickly learns, is what Cpl Corcoran is 'about.'



Corporal Trevor Matheson; Canadian Armed Forces Imagery Technician  
**Medical Technician Corporal Tim Corcoran organizes supplies in the RIMPAC Role 1 medical facility in Waikiki, Hawaii.**

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## THE CANADIAN FORCES JOINT OPERATIONAL SUPPORT GROUP

# Shines

## AT RIMPAC 2018

Photos by Cpl Trevor Matheson, RIMPAC PA

### Lieutenant(N) Jeff Lura PAO Joint Task Force, RIMPAC National Command Element

In and around Hawaii and Southern California, Canadian Armed Forces personnel and equipment are omnipresent during RIMPAC, the world's largest maritime exercise. A CP-140 Aurora flies regularly over the scenic vistas of Kaneohe Bay.

Canadian Patrol Frigates and Maritime Coastal Defence Vessels conduct complex maneuvers alongside allied warships on pristine Pacific seas. CADPAT-clad personnel go about their daily business on ranges, and in offices and operations centres across the exercise areas.

Canadian operations here are a well-oiled machine; so well-oiled in fact, that very few people stop to wonder how they got that way. In the small National Command Element/Joint Task Force Support Component (NCE/JTFSC) in the heart of Waikiki, lies the answer to that rarely-asked question; much

of Canada's RIMPAC success is thanks to the Canadian Forces Joint Operational Support Group (CFJOSG).

Headquartered in Kingston the Canadian Joint Operations Commands, CFJOSG comprises six units and numerous detachments across the country. The core staff of the in-theatre NCE/JTFSC are drawn from these units.

Throughout the exercise, personnel are available 24/7 in the small Canadian HQ, coordinating arrivals and departures of personnel and equipment, and providing a wide range of support including administration, accommodations, medical, and communications services. Advance teams

arrived in-theatre weeks before the bulk of the CAF contingent, and will leave after the remainder have already arrived home. They are the engine at the heart of the massive RIMPAC undertaking.

"RIMPAC 2018 is a perfect example of what CFJOSG does," says Lieutenant-Colonel Shawn Courty, J5 CFJOSG and CO NCE/JTFSC. "We got here early, conducted theatre activation, are available throughout, and will close things when we're done. It's efficient, it works, and it lets all of the other units and elements focus on conducting operations."

For Chief Warrant Officer François Fleury, NCE/JTFSC Sergeant-Major,

it's the people who are most impressive. "We've got such a great team," he explains. "Each and every member knows how important they are to keeping this exercise running smoothly; they work long hours, solve difficult problems, and never seem to lose their energy or motivation. I couldn't be prouder."

The work of the CFJOSG is not limited to RIMPAC. During a recent theatre visit, Colonel Carla Harding, Commander CFJOSG, briefed personnel on the status of numerous other operations, both in Canada and around the world. The sailors, soldiers, airmen and women in the room listened intently, knowing they could well be on their way to one of these destinations in the near future.

The CAF's record of success in operations is well-known, and CFJOSG personnel are critical to that success. As the CAF enters a period of increased operational tempo, deploying members can and should be reassured; if RIMPAC 2018 is any indication, they will be provided with service and support that is second to none.



Members of the National Command Element / Joint Task Force Support Component of RIMPAC 2018 pose near the iconic statue of Duke Kahanamoku in downtown Waikiki, Hawaii.



Mobile Support Equipment Operators Warrant Officer Paula Hickey and Sergeant Steve Abbott organize and assign vehicles to RIMPAC personnel at the National Command Element/Joint Task Force Support Component HQ in Waikiki, Hawaii.



Master Corporal Jordan Guillette and Private Melanie Thibeault-Bédard work the reception desk at the RIMPAC 2018 National Command Element/Joint Task Force Support Component HQ in Waikiki, Hawaii.

# Bravo Zulu

## HMCS Vancouver

Commander of the Royal Canadian Navy, VAdm Ron Lloyd and RCN Command Chief Petty Officer, CPO1 Michel Vigneault presented Commander Royal Canadian Navy (CRCN) coins on board HMCS Vancouver during the Rim of the Pacific exercise (RIMPAC), July 18.

Photos by Lt(N) Tony Wright, HMCS Vancouver Public Affairs Officer



LS Steven Kryskow receives a CRCN coin.



Cpl Eric Baron receives a CRCN coin.



LS Davis Griggs receives a CRCN coin.



PO2 Nicholas Fenton receives a CRCN coin.



PO2 Sean Barrett receives a CRCN coin.



PO1 Jonathon Sorensen receives a CRCN coin.



LS Jacob Debresser receives a CRCN coin.



SLt Andrew Helmeczy receives a CRCN coin.



Lt(N) Nathan Schnarr receives a CRCN coin.



Lt(N) Jackie Geiger receives a CRCN coin.

# Bravo Zulu

## Public Services and Procurement Canada (Pacific)

Andrew Smith, Senior Environmental Specialist for Public Services and Procurement Canada (Pacific), receives the PSPC Award of Excellence from Annie Desgagné, Regional Director General, PSPC, Maureen Hare, Client Service Director, PSPC, and Base Commander Capt(N) Jason Boyd, July 25.

Photo by Rodney Venis, BPOA





# Bravo ZULU

## Naval Fleet School (Pacific) Promotions

Commander Julian Elbourne presented promotions to members of NFS(P).



LS Chen is promoted to his current rank by Cdr Elbourne (left) and Senior NCIOP Instructor PO1 Robbins (right).



LCdr Chodat is promoted to his current rank by Cdr Elbourne and LCdr O'Regan (right).



PO1 Moisan is promoted to his current rank by Cdr Elbourne and Lt(N) Perry (right).



PO2 Malone is promoted to his current rank with his fiancé Ashlee and son Conor by Cdr Elbourne.

# Bravo ZULU

## HMCS Regina Promotions



PO1 Berube is promoted to his current rank by Cdr French.



PO1 Peel is promoted to his current rank by Cdr French and PO1 Nelson.



SLt Paul is promoted to his current rank by Cdr French and Lt(N) Fillion.



## Naval Ocean Processing Facility

Naval Ocean Processing Facility serving members were presented awards to commemorate their time at the NOPF, Whidbey Island.

Photos courtesy of LS Epple



LCdr Collins (left) Receives a 3D Chart of Puget Sound from CPO2 Brown.



MS Wood (left) receives coins from MS Forest (Beaver lodge president).



Outgoing CO, LCdr Graham Collins and his spouse Alison.



PO1 Marchand (left) receives an engraved plaque from LCdr Collins.



Seth Pollard (left) and Camden Pollard (right) receive coins from LCdr Collins and CPO2 Brown.

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

**MISCELLANEOUS**

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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1 BEDROOM APARTMENT wanted. Older guy (ex-navy) looking for an unfurnished 1 bedroom apartment preferably in Esquimalt. Very clean and quiet. Would like main floor of a four-plex or similar. I smoke cigarettes, but never inside. So, need a patio or backyard entrance. Have moderate budget. Looking for something for long term and require by September 1st. Please email to: [brendonstiles@telus.net](mailto:brendonstiles@telus.net) or call me @ 250 427 0642.

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1 LG BR SUITE \$1200 in North Saanich. All utilities included w/Parking. Shared Laundry. Close to Rec Center and airport, 30 minutes to Naden. Single working person only. Available immediately. E-mail [alrobert@shaw.ca](mailto:alrobert@shaw.ca)

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*Heart of Oak*

Come, cheer up, my lads, 'tis to glory we steer,  
To add something more to this wonderful year;  
To honour we call you, as freemen not slaves,  
For who are so free as the sons of the waves?

**Chorus:**

**Heart of Oak are our ships,  
Jolly Tars are our men,  
We always are ready: Steady, boys, Steady!  
We'll fight and we'll conquer again and again.**

We ne'er see our foes but we wish them to stay,  
They never see us but they wish us away;  
If they run, why we follow, and run them ashore,  
For if they won't fight us, what can we do more?

**(Chorus)**

They say they'll invade us these terrible foe,  
They frighten our women, our children, our beaus,  
But if should their flat-bottoms, in darkness set oar,  
Still Britons they'll find to receive them on shore.

**(Chorus)**

We still make them fear and we still make them flee,  
And drub them ashore as we drub them at sea,  
Then cheer up me lads with one heart let us sing,  
Our soldiers and sailors, our statesmen and king.

**(Chorus X2)**



# A distinctly Canadian tradition

Photos by HMCS Quadra Public Affairs

**NCdt S.L. Delaney**  
MARPAC PA

On Saturday, August 4th at 7:30 p.m., HMCS Quadra Cadet Training Centre will host a Ceremony of Flags at the Victoria Legislative grounds. This ceremony features more than 200 cadets, live musicians, a 21-gun-salute and a parade proudly displaying the Nation's flag in company with the flags of each province and territory. Vice-Admiral Ron Lloyd, Commander of the Royal Canadian Navy, will be the reviewing officer for this rousing event.

Originally performed in 1967 to celebrate Canada's Centennial, the ceremony is fittingly being presented primarily by the Royal Canadian Sea Cadets who are marking a centennial of their own. Founded in 1918, Sea Cadets is a free program for youth aged 12 to 18 years that fosters leadership, citizenship and physical fitness, develops seamanship skills and builds awareness of naval traditions.

The youth presenting the Ceremony of Flags are travelling from the cadet training centre, HMCS Quadra, in Comox, BC.

Every summer, over 1,000 cadets from all across Canada attend training at Quadra, and in addition to their general training they can partake in specialized courses as sailors, small boat operators, shipwrights and musicians.

All members of the public are invited to join these young Canadians in celebrating our nation, our proud naval heritage, and 100 years of the RCSC. Those attending are invited to bring along the following copy of the lyrics and join in singing "Heart of Oak," the newly appointed official march of Sea Cadets.

