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Volume 63 Number 34 | August 27, 2018

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## HIGHER LEARNING

Firefighter Jon MacDonald helps Able Seaman Conner Dulisch repel from a training tower at the CFB Esquimalt Fire and Rescue Aug. 20. AB Dulisch and his classmates were conducting difficult rescue training as part of their QL5 Hull Technician Training. Read the full story on page 2.

Photo by Peter Mallett, Lookout Newspaper

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# Firefighters train students on difficult rescue scenarios

**Peter Mallett**  
Staff Writer

Students from Naval Fleet School (Pacific) (NFS(P)) are getting difficult rescue training from CFB Esquimalt Fire and Rescue after the launch of a new partnership.

Last Monday, two members of the base fire department were perched high atop a training tower located at the rear of the fire hall on Esquimalt Road. Firefighters Jon MacDonald and Keith Lee were kept busy helping 15 students complete the Helo Rescue portion of their Hull Technician Qualification Level 5 (QL5) training course.

Marine Technicians (MarTech), a new trade that combines elements of the Marine Engineer, Hull Technician and Electrical Technician, are responsible for firefighter billets while at sea. That includes employing the proper procedures for rope rescues.

"The training is a sharp learning curve for most and with this type of training it's always about safety," said Lee. "We explain all of the safety devices and procedures to build their confidence. It's not a rush, we don't want them to rush into

anything. We give them an opportunity to learn by watching other people."

Students learn procedures for tying rope knots, the details of their personal protective equipment, the mechanics of the repelling manoeuvre, and how to use the hardware and repelling devices.

On day two of training the group focusses on patient packaging and how to rescue an accident victim from a difficult area.

While the first two days of training had students learning how to use their equipment in a controlled environment and the relative safety of the fire department's training centre, on Aug. 22 they took their skills into the real world.

Students and firefighters embarked in *HMCS Vancouver* to learn more about proper rope techniques on Canadian warship ladders, rescues in tight engine spaces, and hangar-top rescues.

Sergeant Stephanie Harding, Senior Firefighter with NFS(P) Damage Control School, says an agreement to cooperate on training was struck earlier this year. Members of the Damage Control School approached Deputy Chief Geordie Douglas with the idea, and Sgt Harding says the partnership with CFB Esquimalt Fire and Rescue was going "wonderfully."





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Participants from Big Brothers Big Sisters of Victoria were joined by Pacific Fleet Club Executive committee members and HMCS Victoria and HMCS Chicoutimi crew members.

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# Youth tour submarine, warship

**SLt M.X. Déry**  
MARPAC PA Office

Six "littles", as they are affectionately known, from Big Brothers Big Sisters of Victoria were accompanied by four adult mentors and family members on an unusual sightseeing tour last week.

The youth had the rare opportunity to venture down into the submarine *HMCS Chicoutimi* and walk the decks of Halifax-class frigate *HMCS Regina*.

The Saturday tour was at the suggestion of PO2 Devin Maxwell, a naval communicator in *Chicoutimi*.

One by one the group crossed the brow onto the black hull and then traversed down the hatch via ladder into the submarine. Once

inside, submariners showed them the inner workings of the Victoria-class diesel boat, something very few members of the public get to see.

Awaiting the youth on the jetty as they climbed out of the hatch at the tour's end was a police cruiser and fire truck brought over by the Military Police and Esquimalt Fire Services. It was a hands-on moment as the youth donned fire gear, climbed the fire truck and let the police cruiser siren bellow.

In the afternoon, the group moved to *Regina* for a tour of the surface ship.

"Half the kids wanted to become submariners and the other half wanted to be surface sailors," said PO2 Maxwell.

At the end of the day, the sailors surprised the group with a \$1,600 donation from the Pacific Fleet Club executive committee and the Submarine Forces.

"It is such a unique experience," said Danielle Gumbley, team lead and mentoring coordinator at Big Brothers Big Sisters of Victoria. "Not only did they plan this fantastic day, but they also supported the agency. We wouldn't be able to do what we do without community support."

PO2 Maxwell deemed the event a success.

"We were happy to see such big smiles on the children's faces at the end of the day," he said. "We look forward to continuing our relationship with the agency."



Teagen dresses in full firefighter gear.



Keira takes the wheel of the Esquimalt MP Cruiser.



# matters of OPINION

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## WHAT SAY YOU



*Take 30 seconds to plan, attempt the photo and review. If the soufflé didn't rise, try again. Your imagery will be the sweeter for it.*

## I shutter to think: plan and adapt

### M.X. Déry Contributor

*I love that almost everyone nowadays takes photos, but there are a number of you, and you know who you are, that commit every photography sin, and I shutter to think what people in the future will say about our walls of rubbish photos.*

I've ranted heavily about cell phones, but last week I also advised that if you must shoot your photos with a phone, you should use the highest resolution, turn on high dynamic range (HDR) and to not use a digital zoom.

While this advice is unique to cell phones, there are things every would-be photographer can do to improve their imagery.

For one, you are not a tripod. When people take a picture, they tend to hold the camera up to

the eyes while standing perfectly still, legs fully extended as if they were a tripod, unable to move.

While this posture might be good for the first shot, if the subject of the photo isn't the same height as the photographer, it is unlikely the angle will be perfect.

Changing the angle for the second and third shot is a great way to improve your photos. Take the time to review the shot you took as the "tripod" and then remember you can bend your legs and move around the subject.

On the topic of the subject, there are two "rules" of photography that seem to contradict each other, but the sweet spot is where they overlap: the rule of thirds and don't centre the heads.

Shooting a photo of a person in landscape and centering the

head creates an image with more than half the space being empty and is, quite frankly, boring. The same shot in portrait mode, with the subject filling the right or left third of the frame is much more appealing to the eye.

Change the focus point on your camera or phone so you are not stuck using the centre of the frame to focus. On a phone it is as simple as touching the point you want to be the focus. Depending on the camera, it can be a quick joystick motion or a complex menu option. Explore your menus to find it.

While HDR may help you take a photo of a subject that is back-lit, it is always better to reposition so the light is lighting up your subject, rather than let the software on your phone fix your mistakes.

Most mistakes can be elimi-

nated by planning your shots before you take them. Before you cook a meal, you consider the time you have available, the ingredients you need and the tools required to make it. A photo is the same. It needs light, the correct angle, and proper framing.

Take 30 seconds to plan, attempt the photo and review. If the soufflé didn't rise, try again. Your imagery will be the sweeter for it.

*The Lookout*, CFB Esquimalt and Maritime Forces Pacific Public Affairs are always looking for good imagery for social media. Imagery technicians can't be everywhere, so if you have high quality imagery of interest, such as shipboard life, promotions, ships arriving/departing, etcetera, be sure to send it to n02pao@gmail.com

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## MARPAC takes proactive approach to fentanyl crisis via special training sessions

**Peter Mallett**  
Staff Writer

Maritime Forces Pacific (MARPAC) aspires to be a leader in organizational health and wellness by offering instruction to military and civilian DND employees on the proper procedures if they encounter a fentanyl overdose victim.

The interactive one-hour training sessions are organized by the MARPAC Health and Wellness Strategy's Addictions Free Living (AFL) Working Group in partnership with AIDS Vancouver Island.

They provide an informal discussion about the deadly opioid's impact on our community and country, the associated stigma and myths surrounding substance use, and a question and answer session.

Participants of the session also receive hands-on training on how to use the life-saving Naloxone injection kit.

"The purpose of the presentation is to empower the workforce with the skill and knowledge they need to stay safe and be able to respond in the case of an emergency," said Alli Jones, AFL working group member.

The first training session took place in the Fleet Maintenance Facility Cape Breton theatre on July 10. The discussion was led by Lana Fine, a health educator with AIDS Vancouver Island.

### Get the facts on fentanyl

Fentanyl is a synthetic opiate that is a powerful prescription painkiller, 50 to 100 times more toxic than morphine and is often found in pill,

powder, liquid and blotter form.

It is inexpensive, highly addictive and is being mixed with other drugs such as heroin, ecstasy and cocaine, often unbeknown to the user.

It is odourless and tasteless, making it difficult to detect, and its potency is what makes it lethal. Many people don't realize that a small amount of fentanyl, the size of two grains of salt, can send people into respiratory arrest.

It is now an accepted fact that the death toll across the country from fentanyl overdoses is growing; the Province of British Columbia became the first in Canada to declare fentanyl a Public Health Emergency in April 2016.

A national report titled *Apparent Opioid-Related Deaths in Canada* released by the Government of Canada in June 2018 found that of the 3,987 opioid-related deaths 92 per cent were accidental. Of those accidental opioid-related deaths 72 per cent involved fentanyl or fentanyl analogues, as compared to 55 per cent the previous year.

In British Columbia the drug overdose problem is more pronounced than the rest of Canada, with the province ranking the highest in accidental opioid-related deaths (974) and all drug overdoses (1,470) both in total numbers and per capita deaths with 20 or more per 100,000 people.

"This is a very serious situation that is impacting our communities," said Jones. "We all have a role to play in saving lives."

### Stung by stigma

While statistics are staggering, Jones says educating participants about the

stigma surrounding substance use is the first hurdle many people need to clear.

"Guilt and shame go hand in hand with substance abuse and it's a topic many people don't feel comfortable discussing. The more we can bring it to light, the more able we are to provide help and support," she said.

Chief Petty Officer First Class Chris Koblun, an advocate for health and wellness, saw great value in offering a fentanyl awareness presentation and suggested FMF a suitable unit to trial it because of its diverse workforce.

He had little difficulty filling the FMF theatre to capacity for the debut of the presentation, since many people in the community know someone close to them who may be at risk of knowingly or unknowingly using fentanyl.

"There was a great deal of concern from the audience throughout the presentation and you could clearly see participants were genuinely interested and engaged throughout," said CPO1 Koblun.

Those in attendance reported this was one the best, most relevant, presentations they had attended in recent memory.

CPO1 Koblun and Jones are planning more workshops at FMF for early September. They are encouraging representatives from other units or departments at the base to get involved and book a training session at their unit. Alli Jones can be reached at 250-363-5532 or via email Allison.Jones@forces.gc.ca.

For more information on fentanyl visit the Government of Canada website at [www.rcmp-grc.gc.ca/en/what-is-fentanyl](http://www.rcmp-grc.gc.ca/en/what-is-fentanyl)

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# Military Police Officer gears up for Tour de Rock

**SLt M.X. Déry**  
MARPAC PA

Military Police (MP) Officer SLt Antoine Leblanc, Officer Commanding Canadian Forces National Investigation Service (Pacific Region), has raised over \$4,000 for pediatric cancer while training for the Cops for Cancer Tour de Rock ride in September.

Over the last few weeks, SLt Leblanc has participated in two spin-a-thons, most recently at the Quality Foods in Langford with paramedic Greg Stubbs where he spun over 50 kilometres. The previous spin-a-thon and barbe-



SLt Antoine Leblanc talks shop with junior rider Jules, who was sightseeing at the base last month.

cue, which took place at CFB Esquimalt with firefighter Matthew Arnsdorf, raised \$2,400.

"I am always amazed by how generous military members and DND employees are," said SLt Leblanc. "Thank you to everyone at CFB Esquimalt who helped organize, and participated. Thank you to Thrifty Foods too, who donated all the food."

SLt Leblanc enjoys the spin-a-thons because it not only raises funds, but it also helps raise awareness of pediatric cancer and Tour de Rock, the seminal event of the Cops for Cancer charity on Vancouver Island. He admits they could just be standing behind a table or doing a barbecue, but Tour de Rock is a cycling journey, so they spin.

"It is not so much about doing a lot of kilometres, it is to speak with people, connect with the community," he said.

Tour de Rock is the biggest community charity event on Vancouver Island and it has raised over \$24 million in the last 20 years. This year they are projecting to raise \$1.25 million. This community event, which takes place between Sept. 22 and Oct. 6, is a team of emergency personnel who ride the length of Vancouver Island from Port Alice to Victoria, with a few detours to places such as Ucluelet and Tofino, raising funds along the way.

"MPs have been involved in Tour de Rock since inception," said SLt Leblanc. "Every year we've had an MP participate. Usually the previous rider will recruit the next rider."

When he went to the information session, SLt Leblanc was touched by the stories he heard about children undergoing cancer treatment.

"I had tears in my eyes," he said. "Right then and there I knew I was going to be the rider this year."

SLt Leblanc is paired with junior rider Jules, who is undergoing treatment for leukemia. Jules visited the base last month, sightseeing via a police vehicle and getting an impromptu tour of a submarine.

"The first time I met him he showed me a book about submarines from World War Two until present day," said SLt Leblanc. "And I told him I might be able to show him a submarine next time he comes on base."



Left to right: Maj Harris, Capt Poirier, SLt Leblanc, and CPO2 Tucker.

While perusing the vessels on the jetty, a member of HMCS Chicoutimi's duty watch asked if they wanted to come aboard. "It was completely unexpected," said SLt Leblanc.

Having a junior rider helps SLt Leblanc understand the difficulties of pediatric cancer.

"I've had the chance this year to meet children with cancer and I saw what it does to them and their families," he said discussing the financial and time constraints that it imposes and the difficulties for those on Vancouver Island, as it requires a lot of ferry trips to get to the children's hospital on the mainland.

"The parents have enough to deal with," said SLt Leblanc. "I think it should be up to the rest of the community to collect the donations and raise awareness."

For now, the spin-a-thons are done and preparation for the Tour de Rock continues. Until then, SLt Leblanc is thankful for the generosity shown by all those that donated over the last few weeks, including Quality Foods.

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# Chief blows the whistle on lacrosse

**Peter Mallett**  
Staff Writer

Chief Petty Officer Second Class Robert Cook spent a few weeks this summer with a whistle between his teeth.

He was one of 91 referees from around the world who officiated the 47-team quadrennial 2018 Men's World Field Lacrosse Championship, July 12 to 21 in Netanya, Israel.

"It was my honour not only to be selected to represent Canada, but also as the only active member of the Canadian Armed Forces," said CPO2 Cook, who is also the head referee with Juan de Fuca Lacrosse.

He attended two selection camps before finding out he had been picked as one of 15 referees from Canada to officiate in the tournament. The normally mild-mannered CPO2 Cook admits he had trouble containing his emotions after receiving a phone call from Andrew Corbould, Canadian Lacrosse Association Officials Chairman, in February telling him he was going to Israel.

"I take great pride in being a referee and I was the only one from Vancouver Island selected and one of five from British Columbia."

He has officiated in three national championship tournaments, but this was his first international competition. Match officials at the world championships are volunteers and not paid for their work, but tournament organizers do cover the costs of their accommodation and food.

It was his first trip to the Middle East and he described the well-known Mediterranean resort town as "scenic" and beautiful.

He officiated in 10 games at the Wingate Sports Complex during the tournament including seven on the field, two as a Chief Bench Official, and one as a Bench Manager.

The tournament was played in seasonally hot and humid conditions with daytime high temperatures often approaching 40°C.

The highlight of his trip was refereeing an 11th place match on the penultimate day of the competition between Jamaica and Wales. Jamaica won 11-7 in a tight-checking physical contest that was televised live by U.S. sports broadcaster ESPN. CPO2 Cook admitted to having a few pre-game butterflies before stepping out onto the field.

"I have refereed Senior A games at the Q-Centre before but was a little bit nervous before opening faceoff in this game," said CPO2 Cook. "I just told myself this is just another normal lacrosse game, and then it was all routine and felt more comfortable after a few minutes into the game."

The United States defeated Canada 9-8 in the championship game to claim their world-leading 10th title.

Two other referees attending the tournament were also current serving military members, one from the German army and the other from Australia's air force. The trio got together for post-game food and drinks one evening and CPO2 Cook said the bonding and camaraderie helped ease the tension of being in the spotlight and made him feel more comfortable.

CPO2 Cook, 52, began his naval career in 1987 and has spent that time in Victoria. He was previously involved in lacrosse as a house league player while growing up in suburban Montreal, and later tried

his hand at coaching in Victoria. He started refereeing youth games with the Victoria Field Lacrosse 15 years ago.

He says he was first approached by the Victoria Field Lacrosse orga-



**CPO2 Robert Cook**

nization to referee matches. A senior official with the club said there was a shortage of referees to provide mentorship to kids and they felt he fit the bill.

Today, as the club's Head Official he teaches younger referees the fundamentals of being a good referee.

"It's extremely gratifying to take someone that hasn't refereed a game before, teach them, mentor them and watch them progress to a higher calibre and levels of play," said PO2 Cook.

His job of refereeing at high profile tournaments this summer isn't over yet. CPO2 Cook will referee the U18 Field Lacrosse Championships of Canada, Aug. 29 to Sept. 2 in Oshawa, Ont.

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## Military steps up with wildfire response

**Peter Mallett**  
Staff Writer

As more than 565 wildfires burned across British Columbia last week, CFB Esquimalt's defence community stepped up its relief efforts in the ongoing provincial state of emergency.

Approximately 40 personnel from Joint Task Force Pacific (JTFP) are covering around-the-clock shifts at Dockyard's Battle Watch Operations Centre. They are acting in support of the Province of British Columbia as part of the Canadian Armed Forces (CAF) ongoing disaster relief effort known as Operation Lentus.

The provincial government made its formal request to the Federal Government for wildfire assistance on Aug. 12. JTFP is now playing a key role in directing and coordinating approximately 400 personnel and military equipment in support of that effort.

Captain(N) Steve Jorgensen, Joint Task Force Pacific Chief of Staff for Plans and Operations, says the scope of this year's forest fires is significant.

No fewer than 2,000 B.C. properties are under an evacuation order, and around 12,000 are also on evacuation alert. A thick blanket of smoke from the fires has prompted prolonged air quality advisories across Western Canada.

Approximately 300 soldiers from 1

Canadian Mechanized Brigade Group from CFB Edmonton were deployed Aug. 15 and 16 and are stationed at the Vernon Cadet Camp, and in Merritt. This Land Task Force is tasked with conducting mop-up activities, making sure extinguished wild fires don't re-ignite. Deployed in small groups, each team of 20 soldiers is working under a supervisor, also known as a Strike Lead, from the B.C. Wildfire Service.

The efforts of multiple teams are focused on the 633-hectare Gottfriedson Mountain Fire, west of West Kelowna, which is now under control. CAF efforts will also focus on the Monashee Fire Complex near the Village of Lumby.

Capt(N) Jorgensen's multidisciplinary team is kept busy maintaining situational awareness of the wildfires, working with deployed military members and municipal, provincial and federal authorities. JTFP Liaison Officers are embedded in the Provincial Emergency Coordination Centre in Saanich and the Provincial Region Emergency Operations Centres in Kamloops and Prince George, and are engaged in advising the province on how the CAF might best assist.

The effort provides the Commander of JTFP, Rear-Admiral Bob Auchterlonie, with the information needed to direct Lentus.

Capt(N) Jorgensen oversaw J3's Operation Lentus wildfire response in

B.C. last summer and this spring's severe flooding in the Okanagan Region. He says this year's CAF wildfire response efforts are markedly different than last year's and that's primarily due to geography.

In 2017, the CAF wildfire response began in early July and was mainly focussed on providing support to Williams Lake and the Cariboo Region.

"Last year's fires threatened larger population centres and that meant the province could move most of its civilian fire fighters around by road," said Capt(N) Jorgensen. "But this year our aircraft have been key to moving equipment and people around the province to several fires in several remote locations, where many times, there are no roads to get there."


To address those concerns, an Air Task Force of Royal Canadian Air Force personnel have been deployed to Smithers and Comox. Pilots and their ground crews are using a pair of helicopters—a CH-146 Griffon and CH-124 Sea King—as well as a CC-130 J Model Hercules cargo plane. The aircraft are also being used to support medical evacuations and move people in remote communities out of harm's way if called upon to do so.



For more information about Operation Lentus and updates on the Canadian Armed Forces efforts to combat this year's wildfire season visit the web page: [www.forces.gc.ca/en/operations-canada-north-america/op-lentus.page](http://www.forces.gc.ca/en/operations-canada-north-america/op-lentus.page)





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# HMCS Ottawa sailors volunteer in Maui

**Peter Mallett**  
Staff Writer

Members of *HMCS Ottawa* took time out from a day in paradise last week to build a new paradise, in the form of a meditation garden at Maui Hospice.

The Canadian warship was headed to Los Angeles for Fleet Week and made a port visit at Hawaii's second largest island after sailing from Guam. Instead of spending their leave time unwinding or exploring the island's rich Polynesian culture, about two dozen volunteer sailors rolled up their sleeves and grabbed rakes, cultivators, shovels, machetes and pruning shears. Under a hot tropical sun they hacked away at dense brush and dug up trees and overgrown shrubberies. By day's end they had cleared nearly an acre of dense underbrush at the palliative care facility located in the town of Wailuku.

"The members of the ship's crew who volunteered their time to help create a safer environment for the volunteers, workers, patients and their families of Hospice Maui and did so in true Canadian spirit," said Chief Petty Officer Second Class Susan Frisby, Operations Chief for *Ottawa*. "We showed up willing to help in whatever way possible, making light work of hard labour. This type of opportunity speaks to what comradery is all about, people helping people."


After the task of bundling and disposing of the brush was completed, volunteers then laid flagstones for a pathway and created gardens using agricultural fabric. As a direct result of their efforts, they also made several road safety improvements on the property by improving sightlines for motorists.

When their task was completed the sailors presented a \$10,000 cheque

to hospice Chief Executive Officer Greg LaGoy and his staff on behalf of Canadian humanitarian charity Boomer's Legacy. The money will be used to buy a solar lighting system for the hospice parking lot.


Their generosity didn't go unnoticed in the community as their story made a big splash in local newspaper *Maui News*, which heralded the sailors as 'not just sightseers.' La Goy described the results of their labours as "fabulous" and essential to improving day-to-day life at the hospice. The volunteers were presented with plumeria lei (flower necklaces) as a show of appreciation by hospice staff.

The visit by *Ottawa* was spearheaded by Lieutenant (Navy) Andrew Klinger, the ship's chaplain. Lt(N) Klinger said he wanted the ship's younger members to better understand the importance and value of palliative care facilities.

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Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546





IN MEMORY of  
**Tara Susanne Ross**  
1956 - 2018

Tara Susanne Ross (née Riley), born in Moose Jaw, SK, on November 15, 1956, passed away peacefully in Victoria Hospice (BC) on July 24, 2018. Many know that, in June 2017, she was diagnosed with stage 4 breast cancer after almost eight years in remission; yet, they also know that did not define her.

"I'm fine" was one of the last things she said, and that speaks volumes for her character; she would do anything for her family and always showed such strength for them. We will be forever grateful for all the time we had to share with her and miss her every day.

Tara was married for 41 years and, with her husband, Mike, welcomed four children. Trevor, her eldest, left the same day he arrived but is now reunited with his mom. Sheena (Brendan) shared a love of gardening with Mom and would take her out to nurseries and bring back many new treasures for the garden. Justine (Steve) would enjoy taste testing various cocktails with Mom while indulging in an episode or two of Grey's

Anatomy. Brendon (Sophia), her youngest, always made her the most amazing meals and was always willing to give her a good foot rub!

What might have warmed her heart the most was her granddaughter, Emma (4), and her grandson, Finn (October 2018). She absolutely loved being Grandma and telling everyone about Emma's latest activity and the upcoming arrival of Finn.

Tara enjoyed various careers throughout the years, including hairdresser, video store owner, Tupperware consultant, sales and marketing manager at the Lookout (CFB Esquimalt) and, most recently, in communications at BC Pension Corporation. She loved and committed to every job she had despite being hard of hearing and needing to lip read.

The loss of such an amazing lady is felt deeply by many, but she made everyone better and would want us to continue spreading the kindness and joy that radiated from her.

As an expression of sympathy, donations can be made to Victoria Hospice or the BC Cancer Agency.

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## Sailor gives the gift of music

**Peter Mallett**  
Staff Writer

Guitarist Leading Seaman Dany Nadeau is striking a new chord by sharing his musical skill with the military community.

Registration is now open to take 30-minute lessons from the 29-year-old, who has been strumming for over a decade. Teaching in a classroom setting at the Colwood Pacific Activity Centre is a new beginning for LS Nadeau, who has served eight years in the Canadian Armed Forces, and previously as a private-sector millwright in his home province of Quebec.

"I want to pass on my love of music and encourage more people to start playing music," he said. "Music has been a big part of my life, so if I can find others to do the same that would be highly rewarding for me."

He began playing the guitar at 17, purchasing a cheap imitation Stratocaster from a local music shop to emulate his

musical heroes such as famed guitarist Darrell Lance Abbott (Dimebag Darrell), a founding member of heavy metal bands Pantera and Damageplan.

Today his taste has evolved slightly with his biggest influencer being Tosin Abasi of Animals of Leaders.

"Really I'm a fan of all types of music and the key for me in my lessons is to make the music fun," said LS Nadeau.

Lessons are one-on-one, tailored to the individual and will have the student's goals as primary focus. They span from early September to late November on Tuesday and Thursday evenings between 5 and 7 p.m. Fees for a package of four lessons are affordable at \$5 for currently serving military members and \$8 for Department of National Defence (DND) employees, \$10 for all others. LS Nadeau says he will even supply one of his spare guitars if a student does not have one to play.

For full details about the program and payment option, visit [www.cafconnection.ca/esquimalt](http://www.cafconnection.ca/esquimalt).

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# Bravo Zulu

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MS Lalond receives his Canadian Forces' Decoration First Clasp from LCdr O'Regan.



PO2 Cook receives his Canadian Forces' Decoration from LCdr O'Regan.



Lt(N) Read receives his Canadian Forces' Decoration First Clasp from LCdr O'Regan.



PO2 Fors receives his Canadian Forces' Decoration First Clasp from LCdr O'Regan.



PO2 Parry receives his Canadian Forces' Decoration First Clasp from LCdr O'Regan.

# Bravo Zulu

## HMCS Regina Promotion



LS Van Dine is promoted to his current rank on board HMCS Regina by Cdr French, Commanding Officer, and Lt(N) Rosenkrantz.

# Bravo Zulu CFS Masset Detachment



Captain (Navy) Jason Boyd, CFB Esquimalt Base Commander; Chief Petty Officer First Class Gino Spinelli and Master Warrant Officer Boisvert with Canadian Forces Station (CFS) Masset detachment members. In early June 2018, Capt(N) Boyd visited the Masset site and presented the detachment a Commander's Commendation to recognize the small group of dedicated non-commissioned members. Every member of the team was also presented with a coin, and the detachment reciprocated with their own Detachment Masset coin.



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