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HMCS Ottawa

Chief Petty Officer Second Class Herman Rohrback embraces his wife on the deck of HMCS Ottawa, just moments after the warship came alongside after four months away.

Photo by LS/Mat1 David Gariépy MARPAC Imaging

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HMCS OTTAWA RETURNS

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After a busy four months at sea, *HMCS Ottawa* returned to its home port in Esquimalt last Wednesday.

Since departing in May, the ship conducted readiness training, participated in the Rim of the Pacific Exercise and LA Fleet Week, and more recently fired two Harpoon missiles during the Joint Littoral Training Exercise (JOLTEX).

“JOLTEX is a great force generation tool for those giving orders ashore, for those executing the strikes ashore, and everything in between,” said Lt(N) Garrett Aitken, *Ottawa’s* Above Water Warfare Officer. “Further, it provides opportunity to develop and improve our tactics and systems used during a land strike.”

Ottawa fired the two Harpoon missiles in the Point Mugu Sea Test Range, to the North-West of Los Angeles, on Sept. 7, striking targets ashore after it conducted a full dress rehearsal on the range the day prior to validate their procedures and communications.

A previous opportunity in July to fire Harpoons was sadly lost when the ex-USS *McClusky* sank quicker than anticipated after taking multiple hits during a RIMPAC exercise to sink the hulk.

“Unfortunately, ex-USS *McClusky* slipped beneath the waves before I could strike her... particularly disappointing as that hull was an old nemesis from my days in *HMCS Protecteur*,” said Lt(N) Aitken, who served aboard *Protecteur* during wargames where the former *Oiler* was a high value target for the opposing force.

Surface firings are not rare occurrences in the Royal Canadian Navy but launching a Harpoon missile may occur only once during the career of an above water warfare officer, who typically fires anti-air missiles.

“But once you’ve done

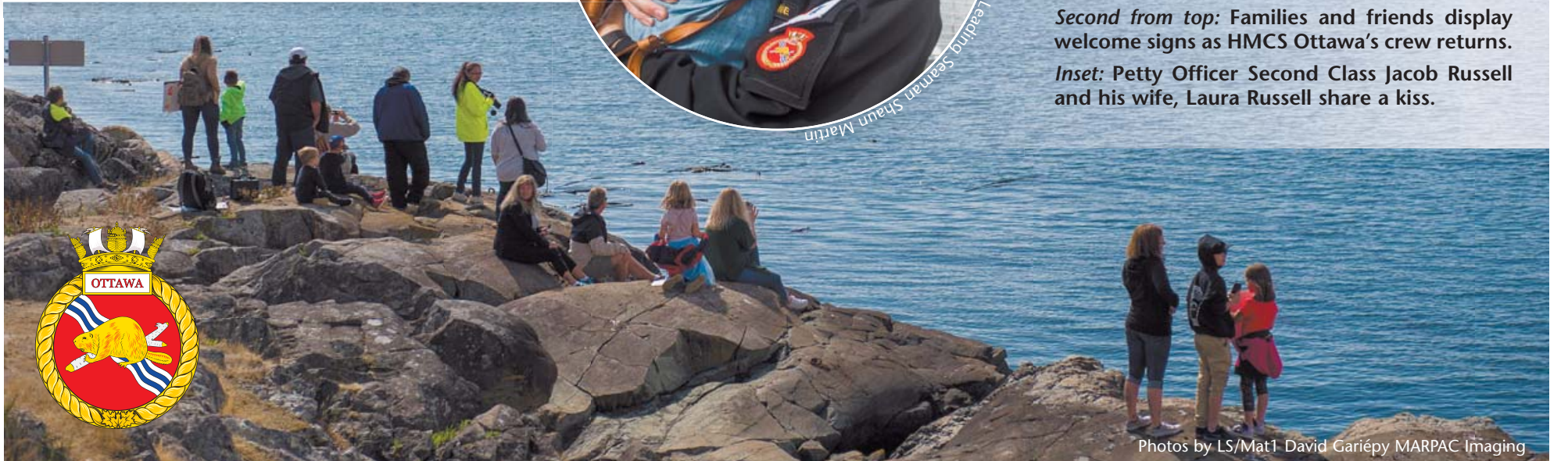
one, you want to also do another, next year, perhaps,” said Lt(N) Aitken, adding that this sail marked many career milestones.

“This summer was many firsts for me: first 57mm engagement, first major sail on a Halifax-class frigate, first Close in Weapon’s system firing, first Director tour, the list goes on.”

Despite the firsts, Lt(N) Aitken explained that he was well trained and prepared for the shoot by Naval Fleet School (Atlantic) and Canadian Forces Maritime Warfare Centre. There he acquired the skills necessary to safely execute a missile shot at a ship or a land target.

For Lt(N) Aitken, the last four months away from creature comforts was worthwhile and he looks forward to heading out again. But for now, *Ottawa* is alongside and the ship’s company is spending some time ashore with their loved ones.

“Before a few months are passed, I’m sure I’ll be itching to get back out there and do something awesome like this again. It’s a lot of work, but it’s very rewarding knowing your team is truly ‘Ready Aye Ready.’”



Top left: Ordinary Seaman Casey Moore with his son Benjamin.

Second from top: Families and friends display welcome signs as *HMCS Ottawa’s* crew returns.

Inset: Petty Officer Second Class Jacob Russell and his wife, Laura Russell share a kiss.

Photos by LS/Mat1, David Gariépy MARPAc Imaging

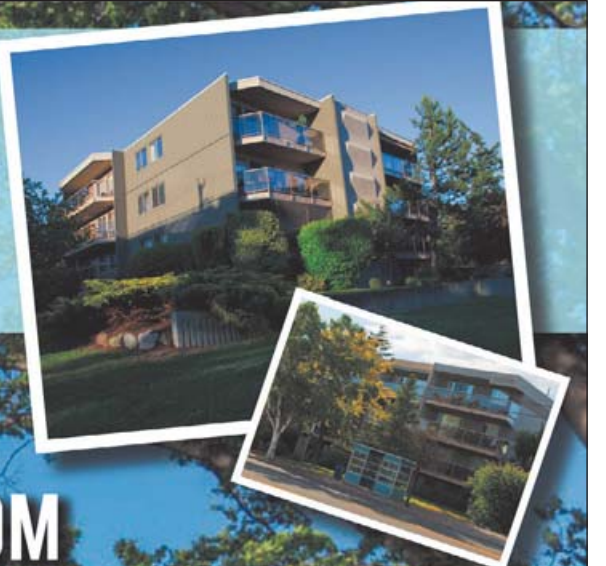


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New policy released for cannabis use

Maple Leaf

With Canada's new cannabis laws set to come into force on Oct. 17, the Canadian Armed Forces (CAF) has issued a new policy that provides direction and guidance to Canadian Armed Forces members regarding cannabis consumption.

The policy – known as Defence Administrative Order and Directive (DAOD) 9004-1, Use of Cannabis by CAF members – is an order that applies to officers and non-commissioned members of the Canadian Armed Forces, and a directive that applies to employees of the Department of National Defence (DND) who supervise CAF members.

The DAOD comes into effect on Oct. 17 and was developed to ensure the Canadian military remains a fit, deployable, and effective force by establishing periods of prohibition for the consumption of cannabis while fostering a safe and healthy workplace for all members of the Defence Team.

Under the order of the

Chief of the Defence Staff, General Jonathan Vance, the policy establishes that all CAF members are prohibited from cannabis consumption within eight hours prior to performing any duty, while additional prohibitions of 24 hours and up to 28 days are also in place depending on the duty being performed by the member. A total prohibition applies to members participating in a domestic or international operation, exercise, or collective training.

Every military member is strongly urged to read and fully understand the content of the policy to avoid the potential consequences of misuse. Any alleged misuse of cannabis that jeopardizes the safety and operational effectiveness of the CAF, including reporting to duty impaired or being unable to safely and effectively perform duties due to consumption of any intoxicants, will be investigated and dealt with through the most appropriate administrative or disciplinary action, or both, and may result in release from the CAF.

In addition to this policy, further guidance is under development and will soon be provided to civilian public servants, contractors, and employees of external organizations who work on National Defence properties to ensure safe and impairment-free work environments.

While the legalization of cannabis represents a societal and cultural shift, these rules will help ensure CAF members are able to adequately balance service and operational effectiveness with responsible access to recreational cannabis, thus maintaining the public's continued confidence as a professional and disciplined military force.

The importation or exportation across Canada's national borders of any amount of cannabis, including cannabis for medical purposes, remains prohibited under Canadian law. CAF personnel should note



that possession or consumption of cannabis is illegal in most countries and CAF members could be denied entry to these countries because of cannabis consumption or involvement in the legal cannabis industry in Canada. CAF members are responsible for obtaining information about the cannabis consumption and possession laws and policies of any country they intend to visit.

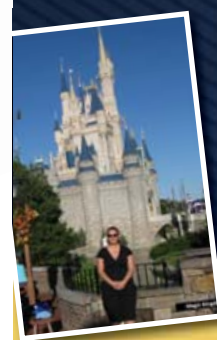
Defence Team members are encouraged to visit the Cannabis: What you need to know Intranet page to get updates on the DND/CAF policies, while additional information can be found on the Government of Canada's cannabis webpage.

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Veterans get their own service card



DND

The Government of Canada has introduced the Veteran's Service Card.

The new cards will be distributed to former and releasing Canadian Armed Forces members who completed basic training and have been honourably released.

It will provide a tangible symbol

of recognition for former members, encourage an enduring affiliation with the Canadian Armed Forces, and ensure linkages to Veterans Affairs Canada support programs as members transition to post-service life.

The first stage in distributing the card begins in September with all newly releasing Canadian Armed Forces members.

Interested Veterans who released from the Canadian Armed Forces between April 1, 2016, and September 2018 can apply for the card during stage two beginning in December 2018.

The third stage will begin in the summer of 2019, and will see cards produced and issued upon request, to all eligible Veterans released prior to February 2016.

For more information visit the Veterans Service card page www.canada.ca/en/department-national-defence/services/benefits-military/transition/service-card.html

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Published each Monday, under the authority of Capt(N) Jason Boyd, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Jason Boyd, Commandant de la Base.

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Calgary mission patch new wave for navy

Peter Mallett
Staff Writer

Sailors, soldiers, air men and air women aboard *HMCS Calgary* are proudly displaying their new mission patch during their Operation Projection deployment to the Asia-Pacific region.

Used for decades by Canada's Army and Royal Canadian Air Force (RCAF), mission patches are a relatively new addition to Royal Canadian Navy dress and were introduced following recent changes to the Naval Combat Dress code.

The colourfully embroidered badge measures approximately eight centimetres in diameter and features the Halifax-class frigate riding the ocean waves behind a stampeding mustang set to a backdrop of a map of the Asia-Pacific region. The ship's official motto 'Onward' and the words 'Op Projection 18-2' are also prominently displayed.

Calgary is currently conducting naval presence

operations in the region and will be making port visits in five countries. The mission patch was presented to *Calgary* Commanding Officer, Commander Blair Saltel on July 30 and then distributed to the approximately 220 personnel onboard in the first week of August.

Mission patches, also known as operational patches, are badges worn on the shoulder of a military uniform to designate either a specific mission, unit or affiliation. They are used to build morale and esprit de corps and are formally approved for wear by the formation commander.

Calgary Logistics Chief, Chief Petty Officer Second Class Rob 'Otis' Bates says he came up with the idea for the patch in February 2017.

"Since mission patches are relatively new to the navy, not everyone is fully up to speed on their history, meaning and significance," said CPO2 Bates. "I am very pleased that several people had input on creating the patch and am happy that

it doesn't look like those of any other ship."

CPO2 Bates says it took several weeks of time and effort, along with a great deal of support and input from many others, to move his vision from concept to reality.

He received help from friend and local tattoo artist Olivia Larouche, who took his vision and drew the artwork. Larouche's artwork was then tailored to meet embroidery production specifications by Bill Cochrane, Lookout graphic designer.

CPO2 Bates acknowledges that sometimes breaking with naval tradition and plotting a new course in naval dress isn't always so warmly received but says that despite a few critics, for the most part, the introduction of the new patch aboard *Calgary* has been smooth sailing.

Lieutenant (Navy) Alexander Duff acknowledges he was one of those onboard that held initial reservations; but, after gaining a full understanding of the

intent or purpose of mission patches, he now says its introduction has added great value to their mission.

"Overall I now see mission patches as very important because they aid in generating a brotherhood within the unit or mission, like having a medal that shows mutual experiences," he said.

Master Seaman David Carlé was fully in favour of the patch because it was inclusive of all three branches of the military and thereby highlights the importance of the Canadian Joint Operations Centre (CJOC).

"Since this is my first non-NATO tour, I was pleased that this patch really highlights this Canadian mission," said MS Carlé. "I believe mission patches really help validate to the crew and bring clarity to others about the importance and purpose of the mission we are on."

Calgary and its crew are on a five-month deployment and will return to Victoria in December 2018.



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From left: MS Jeff Miller, MS Jason Flight, MS Andrew Bailey, and MS Ryan Byrne responded to a highway accident.

Photo by Ryan Melanson, Trident Staff

Atlantic sailors aid crash victims

Ryan Melanson
Trident Newspaper

Four Royal Canadian Navy sailor from Naval Fleet School (Atlantic) lent a hand at the scene of a serious accident on a busy highway.

The sailors were returning from 5th Canadian Division Training Centre Detachment Aldershot around noon on Aug. 22 when a two motor vehicle accident occurred ahead of them on Highway 102. Both vehicles, which included two drivers and three passengers, were sent into the ditch near the Kearney Lake Road exit.

While the group did not witness the accident, they did spot the vehicles in the ditch, with one flipped over onto its passenger side. They immediately pulled over to help.

The accident had occurred just moments earlier, with all victims still inside the vehicles and onlookers making the first calls to 911.

"It had just happened, so

we didn't know if maybe the car was leaking gas or what else might be happening, but we knew there were people in those cars, so we had to try to help," Master Seaman Andrew Bailey.

He and his three colleagues, MS Jeff Miller, MS Jason Flight, and MS Ryan Byrne, headed to the vehicles, while others who had pulled over backed off when they realized military personnel were on the scene.

"It's something we're wired to do, to get out there and act immediately. I think when people saw the uniforms there was a bit of an automatic calming effect," MS Bailey added.

The sailors assisted the first driver out of her vehicle, and then carefully helped her two daughters from the backseat, lifting them out of the rear window to avoid the shards of glass that covered the area.

MS Miller tended to those victims, who were suffering from shock and minor injuries, while the

others switched their attention to a third passenger, who was pinned inside the vehicle, as well as the driver of the second car, who also remained in his vehicle until paramedics and firefighters were on scene.

Once emergency crews arrived, the sailors continued to assist in bringing the final vehicle's occupants up from the ditch using a spinal board and KED splint.

The group said there was no question when they arrived on scene that trying to assist was the right thing to do, and that it wasn't their status as Canadian Armed Forces members, but rather common sense and decency that compelled them to act.

However, as highly trained sailors and members of Naval Fleet School (Atlantic) Primary Leadership Qualification staff, they were likely more prepared to respond than other bystanders, said MS Byrne.

"There are aspects of our training that came into play. We prioritized things. The

people who could get out, we got them out right away. MS Bailey was there for the people who needed assistance, and MS Miller was taking care of people who were in shock."

Aside from the technical details of first-aid training, their experiences also allowed them to remain calm in the face of a chaotic situation, and the sailors even got one of the pinned passengers laughing at jokes to help ease the tension.

"I told her that she had a group of handsome navy guys ready to help her out. We were just trying to put her at ease a little bit," MS Bailey said.

All five people involved in the accident were sent to hospital to be treated for shock and injuries that included cuts, scrapes and possible broken bones. Given the condition of the vehicles and the crash occurring at high speeds on a busy highway, the sailors were thankful that all survived and appeared to have escaped serious or life-threatening injuries.



98.5 OCEAN

Robin & AJ
Good morning. Good times.

Saanich set to honour First World War Armistice

Peter Mallett
Staff Writer

Members of Victoria's military community are being asked to fall in for a rededication ceremony being held later this month honoring historic Shelbourne Street. On the last Saturday of September the northern stretch of the roadway that runs through the District of Saanich will be symbolically recognizing Shelbourne Street as a 'Memorial Avenue' to honor the 100th anniversary of the armistice that spelled an end of the First World War.

The event is also commemorating the original dedication of the street's London Planetrees that were planted in 1921 as a living memorial to recognize the 600 men and women of greater Victoria who died during the war.

The Street of Unfinished Dreams Project ceremony commences on Sept. 29 at 10:30 a.m. at Cedar Hill Road and Shelbourne (Mount Douglas Park) with the closure of the roadway. It will include a pipe procession led by members of the Canadian Scottish (Princess Mary's) and the 443 Squadron pipe band.

The procession will arrive for the 11 a.m. rededication proceedings at the intersection of San Juan Avenue

and Shelbourne Street where Royal Canadian Legion Chaplain Richard Steele will lead the gathering in the Act of Remembrance and a cadet will read the poem *Pilgrim* by Robert Service.

The Honourable Janet Austin, Lieutenant Governor of British Columbia will preside over the ceremony and First Nations representatives will perform a blessing. Other dignitaries attending will include Victoria MP Murray Rankin; Oak Bay-Gordon Head MLA Andrew Weaver; and Saanich Mayor Richard Atwell.

In advance of the ceremony the District of Saanich is installing 30 new street sign toppers, between North Dairy Road and Mount Douglas Park. The signs depict the redesigned, red-colored leaf of a London Planetree, flanked by two poppy symbols used with licensing approval from the Royal Canadian Legion. Also included in the event will be the official unveiling of four new interpretive signs for the Street of Unfinished Dreams Project. A panel containing the signs will be placed permanently near the General's Monument at San Juan and Shelbourne.

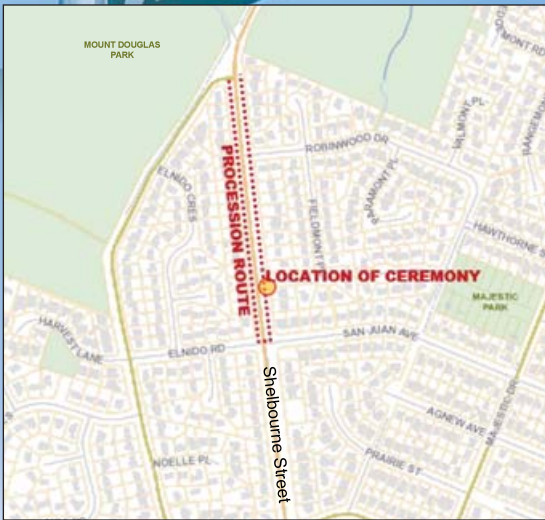
Memorial Avenue Committee Chair Ray Travers says the committee is anticipating a turnout of close to 1,000 for the ceremony and that's mainly because the event has

such wide-reaching appeal with the people of Saanich and Victoria.

"The event will be multi-generational and family-oriented and so far, the general response has been one of interest and excitement," said Travers, 76. "Many have been sent RSVPs because their ancestors were at the Oct. 2, 1921, Memorial Avenue dedication."

Travers says interest in the event has been stoked in people from all walks of life. That includes currently-serving military personnel, relatives of the descendants of the fallen and many others, some long-standing members of the community who, as young adults and children, opposed urban development of the street and cutting of the symbolic planetrees back in the late 1960s. Interest has also come from many other circles including those with famous ties to the war including a local descendant of famed First World War Lieutenant Colonel Francis Scrimger, VC. Francis is purported to have convinced his co-worker Lieutenant Colonel John McRae to send his poem *In Flanders Fields* to the *London Magazine Punch*.

Saanich Police will provide traffic control during the event while BC Transit will have extra buses added to nearby routes. For more information about the ceremony visit rededicationmacsaanich.com and Saanich.ca



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2018 Industrial supplier TRADE SHOW

James Fenton of Snap-On Industrial tests out a giant pair of needle-nose pliers.

Below: Reservist Paul Madden, a fitness retailer with Fitness Depot and a Gunner with the 5th (BC) Field Regiment, hoists a kettlebell above his shoulders.

Corey Whelen of the Ocean 98.5 Community Cruiser encourages attendees to enter a draw for \$50 in free gasoline.

Hundreds of military personnel and civilian employees from the base converged on the Naden Drill Deck for the 2018 Industrial Supplier Trade Show on Sept. 13 from 10 a.m. to 3 p.m. Over 100 hundred vendors representing large and small business and community organizations were on hand to promote their products and services.

A yearly tradition in Esquimalt, the purpose of the trade show is to unite businesses with the Defence Community to present information and resources for their industry wares and services. This year's event also included, free product samples and interactive displays, over \$5,000 in door prizes and free food for the first 500 visitors that was provided by Greek on the Street and Judy's Snack Shack.

Allan Massel of Binatex Inc. sorts a stack of bills with a multi-currency value counter.

Ryan Harvey of AWC Process Solutions tests out a progressive cavity pump that is used on Canadian warships.

PHOTOS BY PETER MALLET, LOOKOUT

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Katrina Gould, Minister of Democratic Institutions, meets with members of the 3rd Battalion, The Royal Canadian Regiment.

Soldiers to get cutting edge smart-phone like devices

Petawawa Post

Karina Gould, Minister of Democratic Institutions, met with members of the 3rd Battalion, The Royal Canadian Regiment in August to highlight new equipment being delivered as part of the Integrated Soldier System (ISS) Project. The ISS is cutting-edge technology that includes smartphone-like devices built into a wearable vest with integrated communications equipment and accessories.

It will allow soldiers to

see, in real-time, where other connected soldiers are. This will improve situational awareness, allowing them to stay better connected with their teams and their chain of command during operations.

This technology is considered one of the most advanced available, making Canada a leader in this field. It is a prime example of how the Canadian Armed Forces (CAF) is evolving with technology to improve its operations and to support soldiers.

Rheinmetall Canada was awarded a contract to deliver 4,144 systems as part of the

ISS Project. Deliveries of the equipment began in March 2018 and will continue in three phases.

The first is the wearable vest with integrated communications equipment and accessories. The next phase will see the equipment connected to army vehicles and integrated with additional equipment such as sensors. The last phase will incorporate any new technology that is added. With these systems, soldiers will have the ability to generate reports, send messages, and share information.

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CANEX GAMING SERIES: SPECIAL ONLINE EVENT

GET READY FOR BATTLE

Peter Mallett
Staff Writer

The CANEX Championship Gaming Series (CCGS) is back for a third installment with this year's competition boasting a larger number of prizes and a growing field of competitors.

The increasingly popular Canadian Armed Forces (CAF) official online video gaming competition organized by Canada's military department store commences Oct. 19 to 21 and is open to CANEX authorized patrons (CFOne Card holders) and a maximum of two civilians per team.

Six-player teams, including a captain and one alternate (substitute) player will compete in the popular team-based, multi-player, first-person shooter video game Overwatch.

The competition is available to be viewed on the web through live streaming platform Twitch. Last year's statistics indicated over 21,000 people engaged in the event as either players or viewers, which accounted for a sharp increase over the inaugural competition.

"Each year we have run this event the participation numbers have increased in terms of participating players and social media engagement. We anticipate this year's event will continue to gain momentum," says Michael Prouty, CANEX Segment Marketing Manager.

A 2017 CANEX-run survey showed many customers in the defence community are gamers. The survey found the top-three motivators for playing the game were: entertainment and fun, 94 per cent; stress relief, 74 per cent; and because it was challenging, 70 per cent; and thereby justified a demand to provide a source of entertainment to enhance the morale and welfare of the military community.

The gaming competition is also a perfect fit for CANEX, says Prouty, because some



of the store's most in-demand products are gaming related.

"Based on this demand, we created the event to help connect like-minded individuals in the CAF community with this fun competition," said Prouty. "Immediately the feedback from players and viewers has been overwhelmingly positive and has helped foster the organic growth of the gaming series year over year."

Part of that popularity has been by engaging video gamers by allowing them to pick the video game used in the competition. Earlier this year, organizers ran a pick-the-game contest via Facebook with Overwatch being overwhelmingly selected as the gamer's game of choice.

Created by Blizzard Entertainment, the on-screen action sets a diverse cast of heroes, villains and adventurers against each other on a near-future earth that is undergoing a global crisis.

"Our generous sponsors have continued to increase the number of prizes we are able to offer which has certainly helped fuel the growth of this event," says Prouty.

The total dollar value of prizes has increased from \$7,321 last year to \$8,539. This year's First Place prize will include a total prize value of \$2,969 to be distributed equally amongst winning team and includes Cougar Armor S Gaming Chairs and MSI GE Series Dragon Fever Bundles.

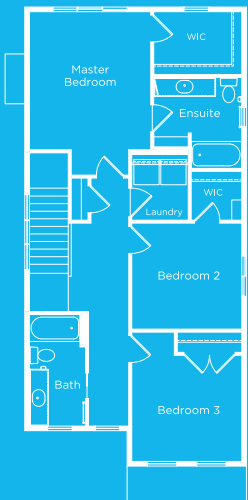
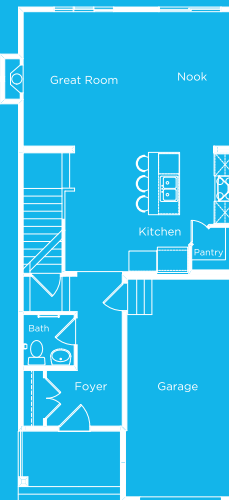
In 2017, team Desktop Support of CFB Halifax edged out Chair Force of CFB Petawawa to claim the 2017 CANEX Championship Gaming Series title.

CCGS is open to all skill levels and experience, and each player and Twitch viewer is eligible to win prizes through random draws that will take place over the tournament weekend.

For more information about the competition, prizes, rules, and registration details, visit the webpage <http://www.canex.ca/ccgs>



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Operation Presence - Mali successful MEDEVAC

DND

A CH-147 Chinook and CH-146 Griffon helicopter took to the sky during Operation Presence-Mali Sept. 11 successfully helping a United Nations soldier reach medical aid. Members of Task Force Mali were woken up in the early hours by a request for medical evacuation north of Gao. At the time of the call, Gao was under severe weather conditions; however,

within 20 minutes visibility had cleared enough for the teams to launch and successfully evacuate the soldier and return to camp without further incident. The medical evacuation is at the core of the Canadian Armed Forces efforts as part of the Minusma mission and this first successful Canadian MEDEVAC mission illustrates our commitment to peace and stability in the Sahel region.



Photos by Corporal Ken Beliwicz
 A CH-146 Griffon helicopter (top) and CH-147F Chinook (bottom) take off from Camp Castor in Gao, Mali, during Operation Presence.



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Find registration forms and the *Guide for Local Elections Third Party Sponsors in B.C.* at elections.bc.ca/sponsors.


If you have questions about the rules or how to register, call Elections BC at 1-855-952-0280.

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Bravo Zulu

HMCS Calgary Awards and Promotions

Cdr Blair Saltel, HMCS Calgary Commanding Officer, made presentations, awards and promotions to members of his crew while on Operation Projection.



AB Brockmoeller is promoted to his current rank by Cdr Saltel and CPO2 Bruno.



CPO2 Laurendeau receives the Gold Sea Service Insignia.



LS Clermont is promoted to her current rank by Cdr Saltel, Lt(N) Crowder, and PO1 McKiver.



LS Fenton is promoted to his current rank by Cdr Saltel, PO1 McKiver, and PO1 White.



LS Holland is promoted to his current rank by Cdr Saltel and CPO2 Laurendeau.



LS Stoffer is awarded a MARPAC Bravo Zulu.



Lt(N) Godkin receives the Gunmetal Sea Service Insignia.



PO2 Quentien receives the Silver Sea Service Insignia.



AB Racicot is promoted to his current rank by Cdr Saltel and CPO2 Bruno.



LS Sherrington is promoted to his current rank by Cdr Saltel and CPO2 Bruno.



SLt Boston receives the Bridge Watchkeeping Ticket.



AB Westling is promoted to her current rank by Cdr Saltel and CPO2 Bruno.

Bravo Zulu

Tour de Rock Set to Hit the Road

The Canadian Cancer Society Cops for Cancer Tour de Rock team departs Sept. 22 to ride the 1,100-kilometre length of Vancouver Island, raising money to put an end to childhood cancer.

SLt Antoine LeBlanc will ride on behalf of CFB Esquimalt.

pproximately 132 children in B.C. this year will be diagnosed with cancer; 24 of them will not make it.

To make a difference to kids battling cancer, support the team and cheer them on as they pedal their way down Vancouver Island.

To donate and for more information on the team's stops, visit www.tourderock.ca.



Bravo Zulu

MARTECH Graduation

Commander Julian Elbourne, Commanding Officer of Naval Fleet School Pacific, presented certificates during the Marine Technician course ceremony Sept. 11.

Photos by LS Billanes RS, NFS (P)



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