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Winners announced for holiday trees

Peter Mallett
Staff Writer

Three base units headed into the 2018 holiday season with bragging rights and prizes following the judging of the annual Christmas Tree Decorating Contest.

This year's winning entries were Best Festive Tree, Fleet Maintenance Facility; Best Griswold Tree, Canadian Forces Health Services Centre Pacific; and Best Charlie Brown Tree, Naval Development Training Centre.

Decorating of the pre-lit artificial trees began Nov. 26 and were completed by Dec. 7. Winners were announced on Dec. 12 after judging by Skate and Swim with Santa attendees.

Base Commander, Captain (Navy) Jason Boyd was on hand to congratulate the winners at the Naden Athletic Centre and Wurtele Arena on Dec. 13. \$200 gift cards were each awarded for the Most Festive Tree and Best Griswold Tree; \$100 gift card was awarded for the Best Charlie Brown Tree.



Top: Best Griswold Tree, Canadian Forces Health Services Centre (Pacific): (Left) Terri Yuen, Sgt Shauna Karnes, Base Commander, Capt(N) Jason Boyd, and Capt Kelsie Morrison.

Centre: Best Charlie Brown Tree, Naval Training Development Centre (Pacific): (Left) Lt(N) Cat Mason, Capt(N) Boyd, SLt Sarah Valentine, PO2 Tracy Raven, and SLt Anne Marie Hamilton.

Bottom: Best Festive Tree, Fleet Maintenance Facility: (Left) Shayla Brown, Capt(N) Boyd, Morgan O'Gorman, Gordon Chiang, and Brad Noren.

Photos by Peter Mallett, Lookout

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Robin & AJ

Good morning. Good times.

Victoria Grizzlies give back to MFRC

Peter Mallett
Staff Writer

Esquimalt's Military Family Resource Centre (MFRC) is getting ready to score on a Victoria Grizzlies power play.

The Junior 'A' hockey club recently announced a new partnership that will see the community-based non-profit as the sole beneficiary of fundraising efforts for its Military Appreciation Night on Jan. 25 game against the Cowichan Valley Capitals. The club is offering reduced ticket prices of \$10 for all military and DND employees with \$5 from every ticket sold for the game going to the MFRC. Tickets can be purchased through their website and the box office at the Q-Centre in Colwood. When purchasing through the website choose military/senior rate for the discount.

The new partnership and other fundraising initiatives surrounding the game were finalized after discussions between MFRC Community Engagement Manager Lisa Church and Grizzlies President Lance Black.

"It's wonderful that the club is reaching out like this to both the MFRC and the military community. Their level of support is very impressive and heartwarming to see," said Church.

Church noted there are other ways her organization will



benefit from the event including being the beneficiaries of the team's traditional game-night 50/50 draw.

Grizzlies players will also wear specially designed uniforms for the game, which will be auctioned off to the highest bidders following the game. The black and gold jersey was created by the team's graphic designer Ty Didmon and features a navy frigate on the front.

The MFRC will give one lucky registered youth hockey player, under the age of 18, a chance to participate in opening-game warmups with the Grizzlies. Interested players can fill out an application form available at the MFRC's headquarters on Signal Hill or the Colwood Pacific Activity Centre (CPAC) until Jan. 17. The lucky winner will be announced on Jan. 21.

The Naden Band will also be involved with on-ice activities and will perform *O Canada* prior to the opening faceoff. Other events on the night include a family-oriented pre-game tailgate party being organized by the MFRC and sponsored by Quality Foods Langford, and an onsite selfie booth where participants can dawn military, police and fire department helmets and equipment.

For more information or to purchase tickets for the game visit the Grizzlies' website: www.victoriagrizzlies.com/

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Searching for new parenting skills?



The Military Family Resource Centre has partnered with the Boys & Girls Club of Greater Victoria. Together they are offering a nine-week parenting program for two hours every Wednesday morning starting Jan. 14, 9:30-11:30 a.m. at the Colwood Pacific Activity Centre located at 2610 Rosebank Road.

Parenting Without Power Struggles is an educational support group aimed at parents with pre-teens (ages 9-12) looking to examine their parenting styles and abilities, desiring to foster healthy relationships with their pre-teens.

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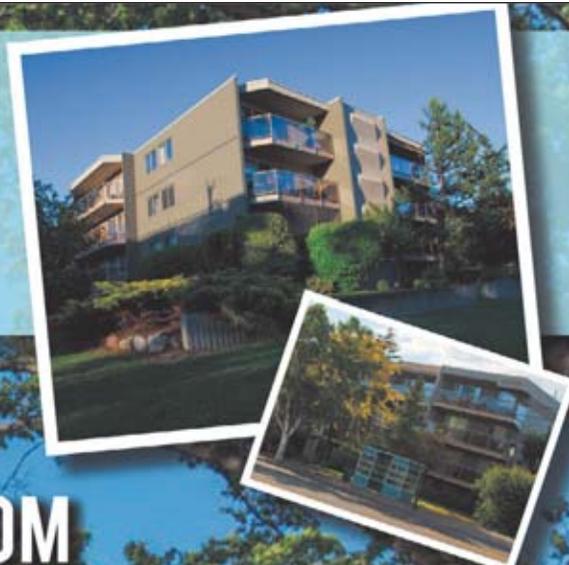
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WHAT SAY YOU



Photo by Jay Rankin,
Canadian Army Public Affairs

Honorary Lieutenant-Colonel, for the day, Aiden Anderson, along with his sister Courtney Holland and mother Isabella Anderson, experienced army equipment during their visit to Le Régiment de Hull (RCAC), in Gatineau, Quebec, on Dec. 13.

Canadian Army helps fulfil a dream

Steven Fouchard
Army Public Affairs

The Canadian Army appointed its first-ever Honorary Lieutenant-Colonel: a 15-year-old from London, Ontario.

However, the appointment was for just one day; the youth in question, Aiden Anderson, who now has memories to last a lifetime.

That day, Dec. 13, 2018, was just one of five Aiden spent in the Nation's Capital with the help of Make-a-Wish Canada, which grants the wishes of children suffering from critical illnesses.

Though he has been healthy for several years, Aiden was born with a congenital heart defect that has kept him in hospital frequently in the past and required four surgeries over his lifetime.

Aiden, a student at London's Sir Frederick Banting High School, with a keen interest in politics and military history, wished to experience a day in the life of the Prime Minister. His experiences included sitting in on Question Period and hosting a press conference just as the PM would.

In addition to learning about the Prime Minister's role, he was able to cross another wish off his list by spending quality time experiencing the military way of life up close with the army.

His day with the army began with a gathering at which the Army Commander, Lieutenant-General Jean Marc Lanthier, was briefed by other senior leaders at the Army

Headquarters in Ottawa.

Officers around the table introduced themselves to Aiden, who was uniformed in CADPAT, and explained their respective roles. CADPAT, which stands for Canadian Army Disruptive Pattern, is the army's distinctive, disruptive camouflage pattern.

"Your courage, your resilience, your drive, and your quality as a person are inspiring," said LGen Lanthier.

That sentiment was echoed by Major-General Stephen Cadden, Commander of the Canadian Army Doctrine and Training Centre in Kingston, Ontario, who spoke via video conference.

"Your story has inspired a lot of us down here," he said.

LGen Lanthier also shared the collective gratitude of the officers at the briefing who, because of Aiden's visit, had been asked to attend in the looser-fitting CADPAT rather than their usual more formal Distinctive Environmental Uniforms.

Aiden concurred, saying he found the comfortable uniform a relief after several days in Ottawa's political sphere.

"I've been wearing a suit all week," he said.

Next for Aiden was a trip across the Ottawa River to the headquarters of Le Régiment de Hull, an Army Reserve Armoured Corps.

Aiden and younger sister Isabella – who was along for the ride with their mother Courtney Holland – were more than pleased with the reception at Le Régiment de Hull. Members showed them some of the vehicles and equipment used by members.

Both young people enjoyed exploring the regiment's explosives disposal equipment, which included piloting a remotely operated robot. Mom Courtney experienced the weight of a protective bomb suit.

Aiden's knowledge shone through as he correctly identified a Bangalore torpedo, an explosive charge used to clear obstacles such as barbed wire, which he recognized from his studies of the Second World War.

The family was impressed by an up-close look at one of the regiment's Tactical Armoured Patrol Vehicles – an experience made even better when they were invited to ride in the vehicle for the return trip to Ottawa and a meeting with Chief of the Defence Staff General Jonathan Vance at National Defence Headquarters.

Gen Vance presented Aiden with the Chief of Defence Staff Coin. Known as "challenge coins," such coins are a long-standing tradition in military circles. Senior members can award their specific coins to deserving individuals to instill unit pride, improve esprit-de-corps and reward hard work.

"I give it to excellent people," he said. "And you are one of them."

Gen Vance met privately with the family; afterwards they departed for the annual Army Headquarters Holiday Dinner, held at the historic Cartier Square Drill Hall in downtown Ottawa.

Aiden's mother expressed gratitude for the experience on behalf of both children.

"You really have given us first-class treatment," she said. "Thank you."

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Can you imagine having a trade, certifications, and a well-paying job with benefits that you enjoy – all without student loans?

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When still in high school and just 17-years-old, he applied for a student co-operative education term at Fleet Maintenance

Facility (FMF) Cape Breton at CFB Esquimalt. As a successful applicant, he took part in the co-op program after graduating from high school in July and August of 2012. He was paid for his work that summer, making him one of the few students at his age to earn an income so quickly after graduation.

After completing the co-operative education at FMF, he was then offered

a four-year apprenticeship program as a pipe-fitter. He began the apprenticeship that November and completed it in 2016 – obtaining his Journeyman Ticket in pipefitting.

Following his apprenticeship, he then “bridged” into full-time employment at FMF. Now at 24, he has been working with FMF for nearly seven years. He also received additional training

during that time, which was all paid for by his employer, the Government of Canada. He obtained his steam-fitting/pipefitting and gas-fitting tickets, as well as qualifications in high pressure brazing. He is currently one of only two employees at FMF who can conduct brazing work on submarines.

“I am very fortunate that my shop teacher told me

about the co-op program when I was in high school, which made all of this possible.”

The bonus is Palmer enjoys his job. From working on submarines to climbing ship's masts to checking lines, to working in FMF's new facilities, there's never a dull moment. He enjoys playing a role in getting ships out to sea to protect our

coasts through his work.

His connection to ship work has also seeped into his personal life. He purchased a boat which he currently lives on. His work in ship maintenance has enabled him to do his own repairs.

“Compared to most of my peers, I am doing pretty well. I have a good job that I enjoy, a great lifestyle, and no student debt.”

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year in 2018 review

Peter Mallett, Staff Writer

january

- The Pacific Fleet Club announces plans to move locations from Lyall Street to a new home in Naden Building 40.
- Members of 423 Maritime Helicopter Squadron in Shearwater, N.S., conduct the final operational flight for the CH-124 Sea King on the East Coast.
- Canadian Armed Forces (CAF) personnel mourn the loss of CFB Esquimalt boatswain Able Seaman Ian Galbraith-McTavish.

february

- Four runners from the base take part in the seven-day, 600-kilometre relay Wounded Warriors Run BC, running the length of Vancouver Island to help raise awareness of Post-Traumatic Stress Disorder and fund raise over \$90,000.
- Maritime Forces Pacific (MARPAF) Visits and Protocol Office receives The Premier's Award for promoting Excellence and Innovation for their efforts in the 2016 Royal visit by the Duke and Duchess of Cambridge.
- The National Defence Workplace Charitable Campaign (NDWCC) announces a grand total of \$300,000 raised in its yearly fundraiser.
- The Royal Canadian Navy (RCN) and multiple government agencies coordinate a rapid and successful joint response after a fuel spill by HMCS Calgary in the Strait of Georgia.

march

- Victoria-class submarine HMCS Chicoutimi returns from a 197-day deployment, its first ever in the Asia-Pacific region and the first major deployment to the region by the RCN in 50 years.
- After completing sea trials, interim Auxiliary Oiler Replenishment ship MV Asterix officially joins the Atlantic Fleet.
- The Military Family Resource Centre Esquimalt names Jackie Carlé as its new executive director following the retirement of Gaynor Jackson.

july

- Over 1,000 Canadian sailors, soldiers and air men and air women participate in the world's largest international maritime exercise, Exercise Rim of the Pacific (RIMPAC) held in Hawaii and California.
- Canada's Defence Attaché to Washington, Rear-Admiral Bill Truelove retires after a 33-year career in Canada's military. A Change of Command saw Major General Simon Hetherington take over his duties.
- The Esquimalt Tritons capture a silver medal in the Canadian Armed Forces Ball Hockey Championship at CFB Borden.
- Lookout newspaper claims first place in the best CAF newspaper category of the News Media Canada yearly Canadian community newspaper competition.

august

- HMCS Vancouver returns to Esquimalt after a four-month deployment to the Asia-Pacific region where it participated in Operation Projection and RIMPAC.
- Personnel from Joint Task Force Pacific work round-the-clock shifts in support of Operation Lentus wildfire response efforts aimed to quell more than 565 wildfires burning across B.C.
- HMCS Calgary becomes the first warship in the RCN to install freshwater ballast in compliance with the Maritime Organizations Ballast Water Management Convention.
- Plans to build a 24-unit affordable senior's housing complex on the site of the Anglican Parish of St. Peter and St. Paul gets initial approval from the Township of Esquimalt following a public hearing.

september

- HMCS Regina hosts French navy vessel BSAH Rhone in Esquimalt during its tour of multiple ports of the Pacific.
- Thousands flock to Ogden Point for CFB Esquimalt's marquee public outreach event entitled Defence On The Dock.
- A new policy statement providing direction and guidance to military personnel and DND civilian employees regarding Cannabis consumption is announced.
- Naden Band bassoonist Petty Officer Second Class Robyn Jutras receives a Commander Royal Canadian Navy Commendation recognizing her composition of the Dolphin March.

april

- HMCS Vancouver departs Esquimalt for a three-month deployment to the Western Pacific as part of Operation Projection.
- Military and civilian employees at CFB Esquimalt wear their favourite hockey jerseys to work as part of the nationwide show of support following the Humboldt Broncos tragedy.
- Canada's Invictus Games team kicks off their training for the 2018 Games in Sydney, Australia, with a training camp at the base.
- The first wave of students in the newly created Marine Technician (MARTECH) trade celebrate their graduation at the Naden Drill Shed.
- Recording artist Shania Twain performs for sailors during a visit to HMCS Ottawa.

may

- HMCS Whitehorse and HMCS Edmonton return from Operation Caribe in the Eastern Pacific, participating in the seizure and disruption of 2,856 kilograms of cocaine.
- A naval service monument commemorating the creation of the Canadian Naval Service in 1910 is unveiled on Museum Square.
- CFB Esquimalt Lieutenant (N) Krista Seguin and Lt(N) Nicholas Lightbody capture three of five awards in the RCN's annual Sports Achievement Awards.
- The navy's longest serving vessel HMCS Oriole completes its transfer from the Pacific Fleet to Maritime Forces Atlantic during a ceremony in Halifax.

october

- Admiral Julio Leiva, Chief of Naval Operations of the Chilean Navy, is welcomed for his visit by Vice-Admiral Ron Lloyd and a Guard of Honour at Duntze Head.
- Tour de Rock cyclists enjoy a hero's welcome during a brief tour stop at CFB Esquimalt Fire and Rescue. The Cops for Cancer benefit raised \$1.2-million and included base riders Matt Arnsdorf and Sub-Lieutenant Antoine Leblanc.
- The RCN signs a Memorandum of Understanding with the Republic of South Korea Fleet Command enhancing bilateral defence relations and cooperative agreements.
- Canada is among a record 18 nations to compete in the The Invictus Games 2018 in Sydney, Australia, an athletic competition for ill and injured veterans and military personnel.
- The championship trophy of the Canadian Football League, the Grey Cup, makes a two-day visit to the base courtesy of the non-profit Canada Company.

june

- A new Conflict and Complaint Management Services (CCMS) office for military members designed to provide resolutions to disputes in the workplace opens in Esquimalt.
- Maritime Forces Pacific (MARPAF) welcomes new Commander, Rear-Admiral Bob Auchterlonie, who assumes the duties of Rear-Admiral Art McDonald in a Change of Command Ceremony.
- HMCS Calgary completes live-fire air defence exercises using Unmanned Aerial Vehicles as targets in preparation for Operation Projection in the Asia-Pacific region.
- The formation of Director General Future Ship Capability (DGFSC) designed to support the navy when it receives new ships for future operations is launched.

december

- After 55 years of service, the CAF says farewell to the Sea King helicopter with a parade and ceremonial flypast at 443 Maritime Helicopter Squadron.
- Base Commander, Capt(N) Jason Boyd kicks off the holiday season during the annual Veterans Dine with a CAF member at the Work Point Gallery.
- HMC Ships Calgary, Edmonton and Nanaimo participate in a holiday homecoming event along with the arrival of new supply ship Motor Vessel (MV) Asterix.

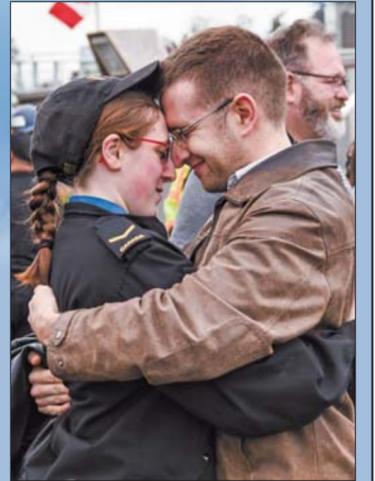


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Santa drops in at children's party

Peter Mallett
Staff Writer

A deployment to the Indo-Pacific region didn't stop *HMCS Calgary* and the Esquimalt Lions Club from hosting the 33rd annual Children's Christmas Party.

In previous years the party was held onboard *Calgary*, but with the frigate deployed on Operation Projection the event was moved to the Gun Room at Work Point.

With landed members from the ship and volunteers from *HMCS Winnipeg* sporting festive Santa hats and Lions Club members dressed as elves, they played host to a group of 25 deserving public school students from six Victoria elementary schools.

"It's an annual tradition and great to have the community engagement between the Esquimalt Lions club, local schools and the navy," said event organizer, Petty Officer Second Class Brad Warford. "It's great to be able to reach out to the local community and show children what we do and what the navy has to offer."

Retired Saanich Firefighter and Lions Club member Daryl Driemel began his involvement in the Christmas party when it first began back in 1985. He says participating puts a smile on his face every year because the kids really seem to "have a ball."

"That is what makes this event so special because it gives these children some free time away from class where

they can experience some holiday joy," said Driemel.

The party kicked off outside of the Gun Room with fire extinguisher and fire hose drills performed by CFB Esquimalt Fire and Rescue. Firefighters also brought their ladder fire truck to show off to the kids and arranged for a visit by Sparky the Fire Safety Dog. Festivities then moved indoors where the children made Christmas crafts and played games before enjoying a lunch of hot dogs and chicken fingers.

But the biggest surprise came at the end of the party with an appearance by Santa Claus himself. That's when Jolly Old Saint Nick handed out personalized Christmas presents to the children.



Game changing mast installation underway on submarines

Peter Mallett
Staff Writer

HMCS *Corner Brook* will become the first of the Royal Canadian Navy's (RCN) four Victoria-class submarines to be equipped with a new modern mast system.

The hunter-killer submarine is currently stationed in the purpose-built repair facility dock at Victoria Shipyards as workers from Babcock Canada install the L3 Calzoni Universal Modular Mast (UMM). The system, similar to the one fitted in U.S. Navy Virginia-class submarines

was acquired under the U.S. Foreign Military Sales program.

Masts are vital to the functioning of any submarine. In Canada's diesel-powered subs they provide air supply, communications, radar, and periscope capability.

Lieutenant-Commander Darryl Gervis, RCN Deputy Director Submarine Combat Systems, says the new technology puts Canada's submarine program on a new course.

"This is a game changer," said LCdr Gervis, referring to the current technologi-

cal shortfall for Canadian subs, which is the lack of a reliable high-speed satellite data link.

"What the Universal Modular Mast [when coupled with the Protected Military Satellite Communication PMSC antenna] will do is provide near real-time high-speed [antenna] communications with the shore. This will allow for improved picture and video transmission, and quicker transmission of messages, and therefore reduce counter-detection opportunities as the submarine will spend less time with its mast out

of the water."

The new equipment will also include the ability to "plug-and-play" a Communications Intercept Suite antenna that will provide the class that capability. This is because the Universal Modular Mast has two multi-purpose ports – like data ports on a computer. This will enable other antennas and intelligence-gathering equipment to be swapped in and out to better suit the needs of a specific deployment or changing technology.

Here in Esquimalt, Deputy Commander -

Operations of Canadian Submarine Force, Commander Mike Mangin is encouraged by the upgrade and says the Universal Modular Mast with Protected Military Satellite Communication will bring Canadian submarine communications capabilities into the modern era.

"It improves the Victoria class as an intelligence, surveillance and reconnaissance platform," said Cdr Mangin. "It increases our utility so much, the upgrades to the comms fit that UMM enables could be compared to using an

old dial up modem to one of today's high-speed modems."

Corner Brook travelled from its home port of Halifax for the contractor conducted extended docking work period and is expected to be completed in 2020. Work is expected to commence on the UMM install in *HMCS Chicoutimi* in 2019, with subsequent work to be performed on *HMCS Victoria* and *HMCS Windsor*.

The plan is to have all four submarines retrofitted with the new equipment by 2026.



HMCS *Corner Brook* on Arctic patrol during Operation Nanook in 2007.

Photo by Cplc Blake Rodgers

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Seamless Canada initiative progresses coast to coast

DND

Canadian Armed Forces members and their families are now one step closer to experiencing a “Seamless Canada”, when they relocate across the country during the course of their careers.

Department of National Defence (DND) and

Canadian Armed Forces (CAF) representatives met with counterparts from all provinces and territories in Ottawa Dec. 5 and 6 to advance the Seamless Canada initiative, first initiated in the summer of 2018.

DND launched Seamless Canada on June 27 to improve the coordination of relocation services

across the country, when CAF members and their families move to a different province or territory. The Ottawa symposium focussed on finding ways to streamline and enhance services across governments on issues specific to CAF members and their families.

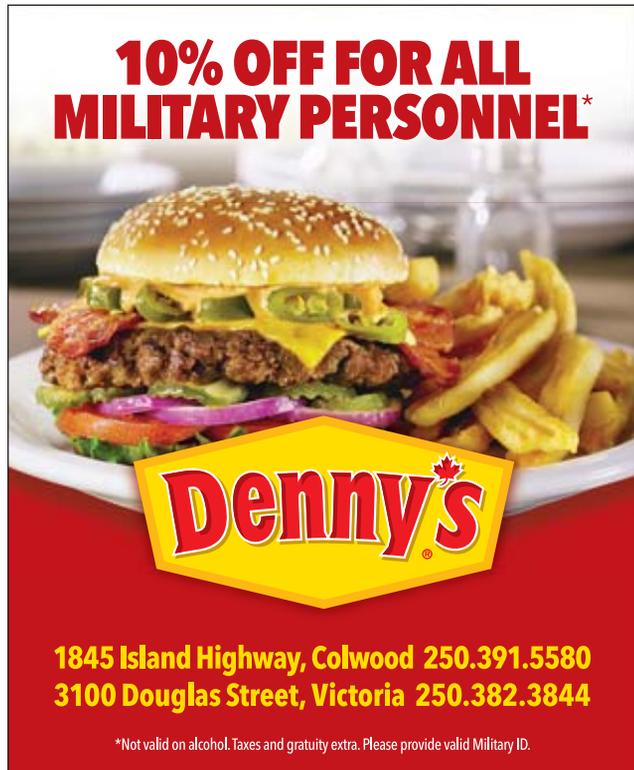
CAF members are required to relocate

across Canada throughout their careers. A Canadian Forces Ombudsman report released in 2013 found that relocation is a major cause of stress and strain for military families, who can expect to move three times more frequently than the average civilian over the course of a member's career in the CAF.

Specific concerns included access to healthcare, employment, child care and education, which all come under provincial and territorial jurisdictions.

The Ottawa roundtable discussions centred on health care, spousal employment, and education and childcare. Participants also worked on shaping the governance of the Seamless Canada framework and deciding on a strategic, long-term path to improving how military families can better transition between the provinces and territories.

The Seamless Canada working group will continue meeting regularly to improve services across provinces and territories in an effort to help ease the burden placed upon CAF members and their families when they relocate.



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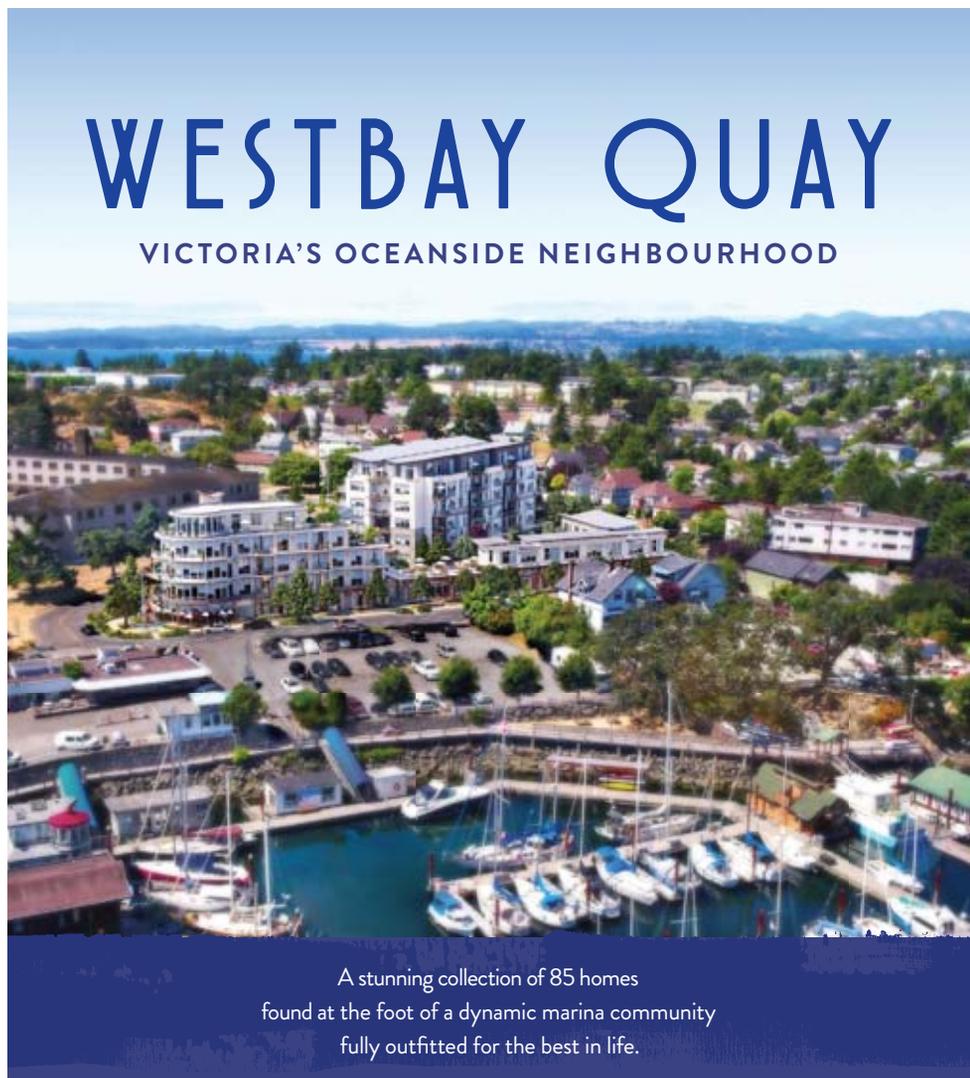
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Photo by Private Tori Lake, Canadian Forces Support Unit (Ottawa) Imaging Services
Members of Seamless in Canada pose for a group photo at the Chateau Laurier in Ottawa, Ontario, on Dec. 5.



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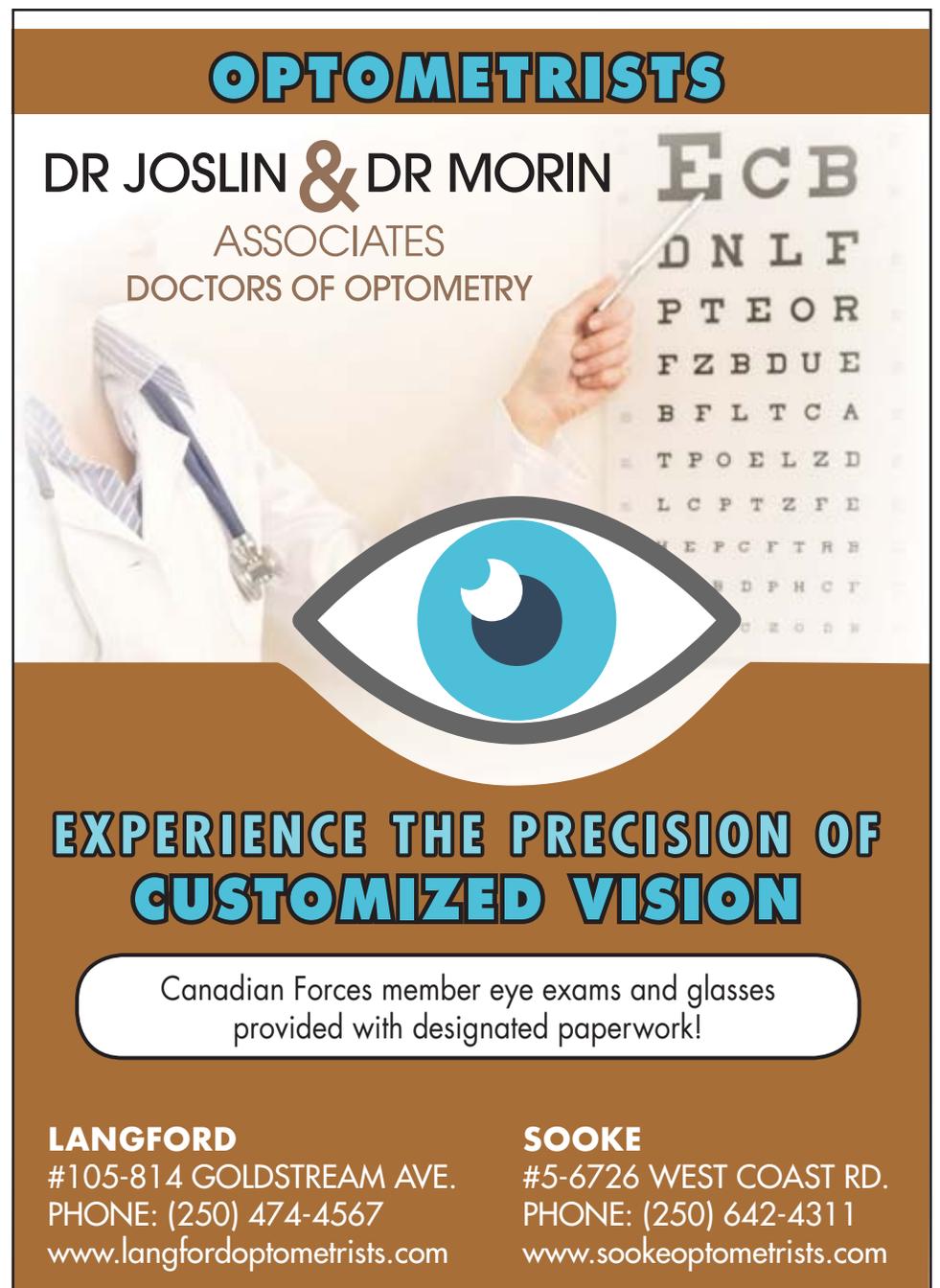
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INTERESTED IN JOINING A coffee/social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. FB Group: cowichan valley coffee.

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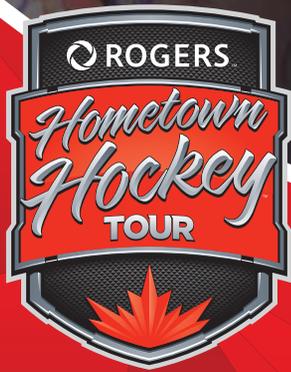
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