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Captain (Navy) Jason Boyd, CFB Esquimalt Base Commander, accepts a \$15,000 cheque on behalf of Support Our Troops from Paul Warmenhoven, Rogers Communications Business Development Manager. They are joined by Padre Angela James, Formation Chaplain, and Major Mark Kierstead, Officer Commanding Real Property Operations Section Esquimalt. The donation came on the eve of Rogers Hometown Hockey weekend at CFB Esquimalt.

Peter Mallett, Lookout



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Tritons teams capture three Canada West hockey titles

Peter Mallett
Staff Writer

Three Esquimalt Tritons hockey teams completed a rare triple win of Canada West regional championship titles this month after the women's team struck gold in Winnipeg on Feb. 13.

Esquimalt capped off the remarkable feat after being crowned women's champs at this year's regional qualifier with a 3-2 overtime victory over CFB Edmonton. The Tritons went undefeated over three games with a 4-1 win over Cold Lake in their opening game followed by a victory over tournament hosts CFB Winnipeg in the semi-finals. They now advance to the Canadian Armed Forces Women's Hockey Championship in Edmonton, March 2 to 4.

Tritons Old Timers team

The latest hockey title for the women's team comes on the heels of the Tritons Old Timers team capturing the Canada West Regionals title with a 5-0 win over hosts Cold Lake on Feb. 7.

Esquimalt went undefeated over four games in the six-team tournament and outscored their opposition with a combined score of 30-2.

Tritons forward, Captain (Navy) Jason Boyd captured the championship game's Most Valuable Player (MVP) award after scoring the first two goals in the final. Esquimalt goaltender Petty Officer Second Class Marc-Andre

Bibeau was named overall tournament MVP after recording two shutouts and allowing just two goals in four games.

The Canada West regionals served as their qualifier for the Canadian Armed Forces National Old Timers Hockey Championship at CFB Edmonton, March 2 to 7. Triton's Team Manager and Assistant Captain, Petty Officer First Class Robert Tibbetts says the team's success came after months of preparation including playing in senior men's tournaments in Port Hardy, Richmond, and here in Victoria.

"It was a great team win as we fulfilled our goal of competing in the national finals," said PO1 Tibbetts. "Our goal since the beginning of the season has been to improve our team from last year, get to the nationals and bring a gold medal home to Esquimalt."

PO1 Tibbetts says the Tritons have a "significant chance" at a national title this year while also noting several long-serving members of the team say this year's Tritons are the most skilled and cohesive team they have seen at the base in years.

The Tritons won last year's smaller two-team Canada West Regional tournament by sweeping Comox in their best-of-three series. Esquimalt then went winless over four games at the



Esquimalt Tritons goaltender PO2 Marc-Andre Bibeau is congratulated by the CFB Cold Lake Base Chief and Wing Commander after being named Canada West Regionals Tournament MVP.

Photo by Corporal Justin Roy

2018 CAF Nationals, which was won by CFB Shearwater.

Tritons Men's team

On Feb. 1 Esquimalt hoisted its first regional hockey trophy of the month when the men's open age team scored a come-from behind 5-4 win over CFB Edmonton in Wainwright, Alta. The winning goal came from Lieutenant (Navy) Edric Lim, a Logistics Officer with HMCS Ottawa.

The Triton's men's team travels to Edmonton for CAF Men's Hockey Championship action Feb. 23 to 28.



Esquimalt Tritons women's hockey team gather for a team photo after their 3-2 overtime victory over CFB Edmonton in the championship game of the Canada West Regionals on Feb. 13.

Photo by Avr Tanner Musseau-Seaward

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HMCS Discovery brings the Navy to Chinatown Spring Festival Parade



Photos by PO2 Greg Matthews

Sub-Lieutenant Christian Mosley (left) and Ordinary Seaman Kelly Le (right) lead the HMCS Discovery procession in the Chinatown Spring Festival Parade in Vancouver.

Lt(N) Paul Pendergast
Naval Reserve Western
Region PAO

The long history of friendship between *HMCS Discovery* and the Chinese community in Vancouver is reflected in the many members of the Naval Reserve Unit who are of Chinese heritage.

Several of those reserve sailors were among the military members who braved the sub-zero temperatures to participate in the 2019 Chinatown Spring Festival Parade.

"I was proud to represent the Royal Canadian Navy as a sailor, but I was also representing my

family's heritage and culture," said Ordinary Seaman Kelly Le. "It really touched me when I was approached by younger girls who asked to take photos with me. Their eyes would light up when they saw a fellow Asian female marching in uniform."

The 46th annual cultural extravaganza and signature event of Vancouver's Chinatown featured lion dances, cultural dance troupes, marching bands, and martial arts performances. While the Year of the Pig in the Chinese Lunar calendar began on Tuesday, Feb. 5, the parade was held on Sunday, Feb. 10. The parade draws over 100,000 spectators along the

route each year, plus many more who watch through TV coverage.

HMCS Discovery was joined in the parade by the Naden Band of the Royal Canadian Navy, as well as local army reserve units, cadet groups, and veterans.

"This parade is a great opportunity to interact with a large number of people who may not have considered the Naval Reserve as an option," said Commander Christopher Persson, Commanding Officer of *HMCS Discovery*. "Our members posed for hundreds of selfies, and Sonar the Mascot was very popular with the children."



Sonar the Royal Canadian Navy mascot checks in with the Naden Band of the Royal Canadian Navy prior to the parade start.



A/SLt Aviva Yang poses for a photo with a young admirer during the parade.



PO1 Allan Loy and Sonar interact with young spectators at the Chinatown Spring Festival Parade in Vancouver.



Cdr Christopher Persson, Commanding Officer of *HMCS Discovery*, poses for a selfie with a parade spectator.

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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Bill Cochran 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION
250-363-3372

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006
James Vassallo 250-363-7060

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WHAT SAY WE

Farewell from ashore and a welcome back to sea

SLt Mike Harris
HMCS Regina

Children, parents, siblings, spouses, friends and colleagues were all special guests on board *HMCS Regina*, there to spend one last morning with their loved ones before the ship departed.

Ship and crew will be participating in Operation Projection and Operation Artemis in an exciting six-month deployment with Naval Replenishment Unit (NRU) Asterix.

A morning snack and refreshments were shared as friends and family watched the sailors' morning routines as they prepared to set sail.

When it was time for *Regina* to leave the wall, family members and friends lined the jetty and waved goodbye. Many emotions could be seen in the faces of the children and spouses. The sorrow of knowing the Pacific Ocean would be between them and the excitement and pride of their loved ones' role supporting peace and stability around the globe.

Regina joined NRU Asterix and *HMCS Ottawa* for the transit to the first port of Pearl Harbor, Hawaii. One last crucial part of the team landed on its new mobile home for the next half of the year. A CH-148 Cyclone named Bronco joined its 22 flying and support crew, the first time a Cyclone will deploy on a west coast ship.

Regina joined NRU Asterix and *HMCS Ottawa* for the transit to the first port of Pearl Harbor, Hawaii.

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Photos by Leading Seaman Shaun Martin, MARPAC Imaging Services

Above: Lieutenant-Colonel Travis Chapman spends a few moments with family before the ship departs on Operation Projection and Operation Artemis.

Left: Another member of the ship's company spends a few moments with family.



Photo by Leading Seaman David Gariepy

Petty Officer Second Class Marielle Audet (left), a member of the Naden Band and Lisa Dewit (right), a member of the Defence Aboriginal Advisory Group (DAAG), perform on a traditional drum as HMCS Ottawa leaves for a training at sea Feb. 6, sailing with Regina and NRU Asterix to Hawaii.

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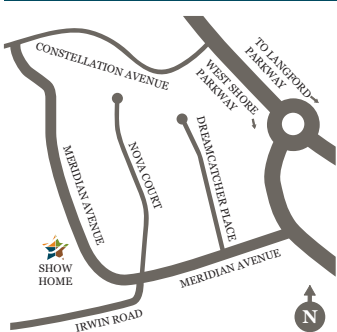
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Two DND employees prepare for Wounded Warrior relay

Peter Mallett
Staff Writer

Two employees from the Department of National Defence (DND) are preparing to traverse Vancouver Island in support of Wounded Warriors Canada mental health programs.

Master Seaman Mary McGregor from CFB Kingston and Matthew Carlson, a Personnel Support Programs employee from Esquimalt, are among a team of seven runners taking part in this year's Wounded Warrior Run B.C., Feb. 25 to March 3.

The relay-style run is to raise funds and awareness about Post-Traumatic Stress Disorder (PTSD) and Operational Stress Injuries (OSI) impacting current-serving military members, veterans and first responders.

The runners will set off in Port Hardy Feb. 25 and cover over 600 kilometres before reaching the B.C. Legislature in Victoria on March 3. Along the way they will stop at community centres, schools, fire halls and branches of the Royal Canadian Legion where they will be cheered on by supporters and boosted by donations to their cause.

Wounded Warrior Run BC held their official launch at Legion Branch 91 in Langford on Feb. 8 where they announced a fundraising goal of \$100,000 for this year's campaign. The money will be used for support programs operated by Wounded Warriors Canada.

Captain Jacqueline Zweng of the Regional Cadet Support Unit is returning as the run's director and announced

\$30,000 in donations had already been raised.

A \$10,000 donation from medical cannabis supplier Tilray Canada and another combined \$10,000 donation from the Town of Langford and the West Shore Developers Association have accounted for an early surge in donations.

Capt Zweng, who also worked as the run's Director last year, says more community organizations and municipal governments have thrown their support behind this year's event which has helped fundraising snowball.

She also noted that Rear-Admiral Bob Auchterlonie, Commander of Maritime Forces Pacific, is backing them too and will participate in the last leg of the run from the Afghanistan Memorial to the B.C. Legislature.

"I have also had a huge and positive response from mayors and [municipal] councils from across the Island who are going to come out and support us along the run. They are now asking us when we are going to be showing up in their communities. It is an incredible shift to have leadership stand up and say we are important; it encourages others to think in the same terms."



Philippe Lucas (right), Vice President Global Patient Research and Access representative with title sponsor Tilray, presents a cheque for \$10,000 to Wounded Warrior Run BC members PO2 (Retired) Stephane Marcotte, Susan Marcotte, Matt Carlson and Wounded Warrior Run Director Captain Jacqueline Zweng.

Photo by J. Kacki Photography

Other team members are: Saanich Police Department Detective Constable Lori Timpson, Victoria Police Department Constable Samson Haire, Petty Officer Second Class (Retired) Eric Meredith of

the Metchosin Volunteer Fire Department, Mike Bowen, a Rotary Wing Engineer with the Canadian Coast Guard, and media runner Chris Loran, a Roadie with Victoria radio station The Q 100.3.

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Farewell to Canada's last Dambuster

RCAF Public Affairs

Canada's last Dambuster has slipped the surly bonds of earth.

Sgt (Retired) Frederick Edwin Sutherland died Monday, Jan. 21, 2019, at the age of 95. He was the last living Canadian who participated in the famed Dambusters Raid on the night of May 16, 1943. The raid was carried out by the Royal Air Force's 617 Squadron, formed specifically for the secret mission.

Only one Dambuster is still with us: the RAF's Squadron Leader George Leonard "Johnny" Johnson, who is 97.

Sergeant Sutherland joined the Royal Canadian Air Force at the age of 18 and was only 20 when he became front gunner with Flight Lieutenant Les Knight's Lancaster bomber crew at 617 Squadron. After the development of the innovative "bouncing bomb" by Barnes Wallis and weeks of practice by the hand-picked aircrews, 19 specially-modified Lancasters and their 133 crew members were sent on a daring mission to destroy the Möhne, Sorpe, Eder and Ennepe dams in the Ruhr River in the heartland of Germany's industrial complex. The mission was dubbed "Operation Chastise".

Flight Lieutenant Knight's crew breached the Eder Dam on the last run against the structure and returned safely to England. However, eight aircraft were lost during the raid; of the 133 men who took off from RAF Scampton near Lincoln, England, 53 were killed, including 14 Canadians. Seventeen members of the RCAF survived: 16 Canadians and one American.

Sergeant Sutherland was not so fortunate four months later when his crew set out to attack the Dortmund-Ems Canal in Germany on the night of Sept. 15, 1943. Their Lancaster was hit, but Flight Lieutenant Knight managed to get the damaged aircraft across the border to Holland before the crew bailed out. Flight Lieutenant Knight was killed, however, trying to land the crippled Lancaster.

Sergeant Sutherland was picked up by the Dutch resis-



Photos courtesy
International War Museum



tance, given clothing and false papers, and put on a train—filled with Germans—to Paris. From Paris, he and his crewmate, Flying Officer Harold Sidney Hobday, travelled south by train and truck. They walked across the Pyrenees and eventually to Gibraltar on the famed "Chemin de la Liberté" route. From there he was flown back to England.

"Fred's flying career was over," says journalist Elinor Florence, whose cousin Margaret was married to Sergeant Sutherland. "Once an airman was rescued by the Resistance, he wasn't allowed to fly again in case he was captured and forced to reveal the identities of his rescuers."

He sailed back to Canada in December, reaching Edmonton in January and marrying Margaret the next day: Jan. 5, 1944. He had to get his parents' permission to marry, however, because he hadn't yet reached 21—legal age to marry.

"After the war, he became a forestry inspector for the Government of Alberta," continues Ms. Florence, "and worked in Calgary, Edmonton and Rocky Mountain House, where he retired."

With files from Elinor Florence



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Former sailor sets course for business success

Peter Mallett
Staff Writer

A former sailor turned entrepreneur says the navy's love of all things brass is helping him carve out a niche market for his metal and woodworking shop in Edmonton, Alberta.

Leading Seaman (Retired) Will Steed once served on warships of the Royal Canadian Navy as a Naval Weapons Technician from 1989 to 1996. Today, the 47-year-old and his wife Robyn Steed are business partners in a profitable manufacturing outfit called DIY Workshop.

Right now, it is "all-guns-a-firing" for DIY and the couple who started operations in 2017. Steed says a good chunk of their company's financial success has come through the manufacturing of mementos and keepsakes for current and former military members.

"I have noticed that many RCN people seem to love anything with brass, and it's something we constantly work with at our shop," says Steed. "We often incorporate brass lettering into some very beautiful hardwoods, and we can custom make almost anything upon request."

One unique project is a miniature replica of a Mach 46 Torpedo that he will mount onto an oak backing. The design is based on his research, photographs and looking at online models. The miniature is being made for a former military member from CFB Esquimalt to give to his friend as a

memento for the time he served on warships.

"Sailors love getting presents that remind them of their work and time at sea, and we are more than happy to fulfill that need, whatever it might be," says Steed.

From a 2,500 square foot facility in Edmonton's Rosedale Industrial District, the Steeds' workspace includes a fully-equipped workshop with saws, sanders, planners and metal work equipment — that includes welders, a CNC milling machine, metal lathe, a full arsenal of hand and power tools and a Fusion 360 design and engineering system.



The company employs three full-time workers who help Steed produce most of his contracted work. His wife handles much of the DIY (do-it-yourself) side of business. This includes weekend seminars where participants are taught how to make crafts, household items, and small and medium furniture such as storage cabinets. DIY also rents out the shop and its machinery to anyone interested in using it.

While he loves working on keepsakes for current and former sailors, some of his work borders on the bizarre.

He recently constructed a suit of armour made entirely of animal bones that was worn by a customer during a costume play festival in Arizona.

Last summer an Edmonton man wanted his ride-on lawnmower converted into a mobile picnic table complete with umbrellas to be used at a local summer festival. Steed was more than happy to comply and said the creation looked strange but was well-equipped for a mobile barbecue or picnic and completely functional.

DIY is eager to fulfill any need and Steed hopes his story inspires others in the military looking for a new path in life.

"I truly hope that other veterans and military members who are reading this and are looking to make the jump to the civilian world, realize the value of their skill sets and have the confidence to stay the course for success."

For more information, visit www.thediyworkshop.ca.



Above: LS (Retired) Will Steed of DIY Workshop (left) receives a Special Service Medal in 1994 for his work as a Naval Weapons Technician. Below: Steed works with students during a DIY seminar at their workshop in Edmonton.



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- Q College
- Royal Roads University
- Royal Military College of Canada
- St Margaret's School
- University of Victoria
- Vancouver Island University
- Victoria College of Art
- Wilfred Laurier University
- Westshore Centre for Learning
- West Coast College of Massage Therapy

HEALTH AND WELLNESS

- Arthritis Society
- BC Schizophrenia Society of Victoria
- Big Brothers and Big Sisters
- Boys and Girls Club
- Bridges for Women Society
- Canadian Cancer Society
- Community Options for Children and Families
- doTerra Essential Oils
- DND Employee Assistance Program
- Edgewood

HEALTH PROMOTION

- HealthPartners
- Island Deaf and Hard of Hearing Canada
- IUP Single Parent Resource Centre
- Island Hand Therapy Clinic

- Island Prostrate Centre
- Island Kids Physio Victoria
- Lifetime Networks –Support for People with Disabilities
- Lindsay Trowell Counselling
- NexGen
- NORWEX
- Mary Kay Cosmetics
- MARPAC Health and Wellness Strategy
- MFRC
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- Quit Now – BC Lung Association
- PSP Sports and Fitness
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- Base Personnel Selection Office
- DND Conflict Management
- DND Disability Management Program
- BC/Yukon Command of the Royal Canadian Legion

SPORTS AND FITNESS

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Senior navy appointments released

Royal Canadian Navy

After distinguished service to Canada and the Royal Canadian Navy, the following general officers and flag officers retired in the latter stage of 2018 or will retire in 2019:

- Vice-Admiral M.F.R. Lloyd
- Commodore S.N. Cantelon
- Commodore M.B. Watson

Promotions and appointments

- Rear-Admiral A.G. McDonald will be promoted to the rank of vice-admiral and appointed Commander of the Royal Canadian Navy, at NDHQ, in Ottawa, replacing Vice-Admiral M.F.R. Lloyd.
- Commodore C.F. Sutherland will be promoted to the rank of rear-admiral and appointed Deputy Commander Royal Canadian Navy, at NDHQ, in Ottawa, replacing Rear-Admiral A.G. McDonald.
- Commodore J.A.S. Page will be promoted to the rank of rear-admiral and will be appointed Deputy Chief Of Staff - Assistant Deputy Minister (Materiel), at NDHQ, in Ottawa, replacing Major-General P. Ormsby.
- Commodore S.M. Waddell will be promoted to the rank of rear-admiral and appointed to a new position as Vice Commander 2nd Fleet United States Navy, in Norfolk Virginia.
- Captain (Navy) C.A. Robinson will be promoted to the rank of commodore and appointed Director General Naval Strategic Readiness, at NDHQ, in Ottawa, replacing Commodore S.M. Waddell.
- Commodore acting while so employed J.M. Hamilton will be promoted substantive to the rank of commodore and will continue to serve in his current appointment, Director General Defence Force Planning, at NDHQ, in Ottawa.
- Commodore acting while so employed R.L. Patterson will be promoted substantive to the rank of commodore and will continue to serve in her current appointment, Director General Canadian Armed Forces Strategic Response Team on Sexual Misconduct, at NDHQ, in Ottawa.
- Commodore acting while so employed B.A. Peats will be promoted substantive to the rank of commodore and appointed Commander Canadian Fleet Atlantic, in Halifax, NS, replacing Commodore C.T. Skjerpen.
- Commodore C.T. Skjerpen will be appointed Director General Plans - Strategic Joint Staff, at NDHQ, in Ottawa, replacing Commodore acting while so employed B. Peats.



DESIGN UNVEILED FOR THE FUTURE CANADIAN SURFACE COMBATANTS

DND/RCN

On Feb. 8, the Government of Canada unveiled the selected design and design team for the Canadian Surface Combatants. This marks another step towards the construction of Canada's future warships.

Through the procurement process, the government identified a design

based on BAE's Type 26 design, also known as the Global Combat Ship, as the starting point for the design of the future warships.

The work is not finished yet, however. The navy has unique requirements and Canada has the world's longest coastline along three oceans and a climate of extreme weather conditions.

National Defence experts, together with ISI and Lockheed Martin Canada, will now refine and finalize the selected design to incorporate capabilities specific to Canada - such as support for the Cyclone helicopter - and to ensure these ships meet the needs of the Royal Canadian Navy today and well into the future.



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Above: Leading Seaman Judas watches Naval Replenishment Unit Asterix approach HMCS Regina for a replenishment at sea.

Right: Leading Seamen Ignatescu and Leading Seamen Leroux of HMCS Regina disconnect the fuel line after a replenishment at sea.



OTTAWA, REGINA ASTERIX AT SEA

Photos by Corporal Stuart Evans, Borden Imaging Services

Left: HMCS Ottawa and NRU Asterix conduct a replenishment at sea as part of a Pacific Fleet task group sail to Pearl Harbor, Hawaii. These engagements prepare Canada's Navy to deploy globally, maintain a forward presence, and respond to potential humanitarian crises, regional instability and global conflict. NRU Asterix and HMCS Regina will continue on to deploy into the Asia Pacific region while HMCS Ottawa participates in the Submarine Commander Course off Hawaii.



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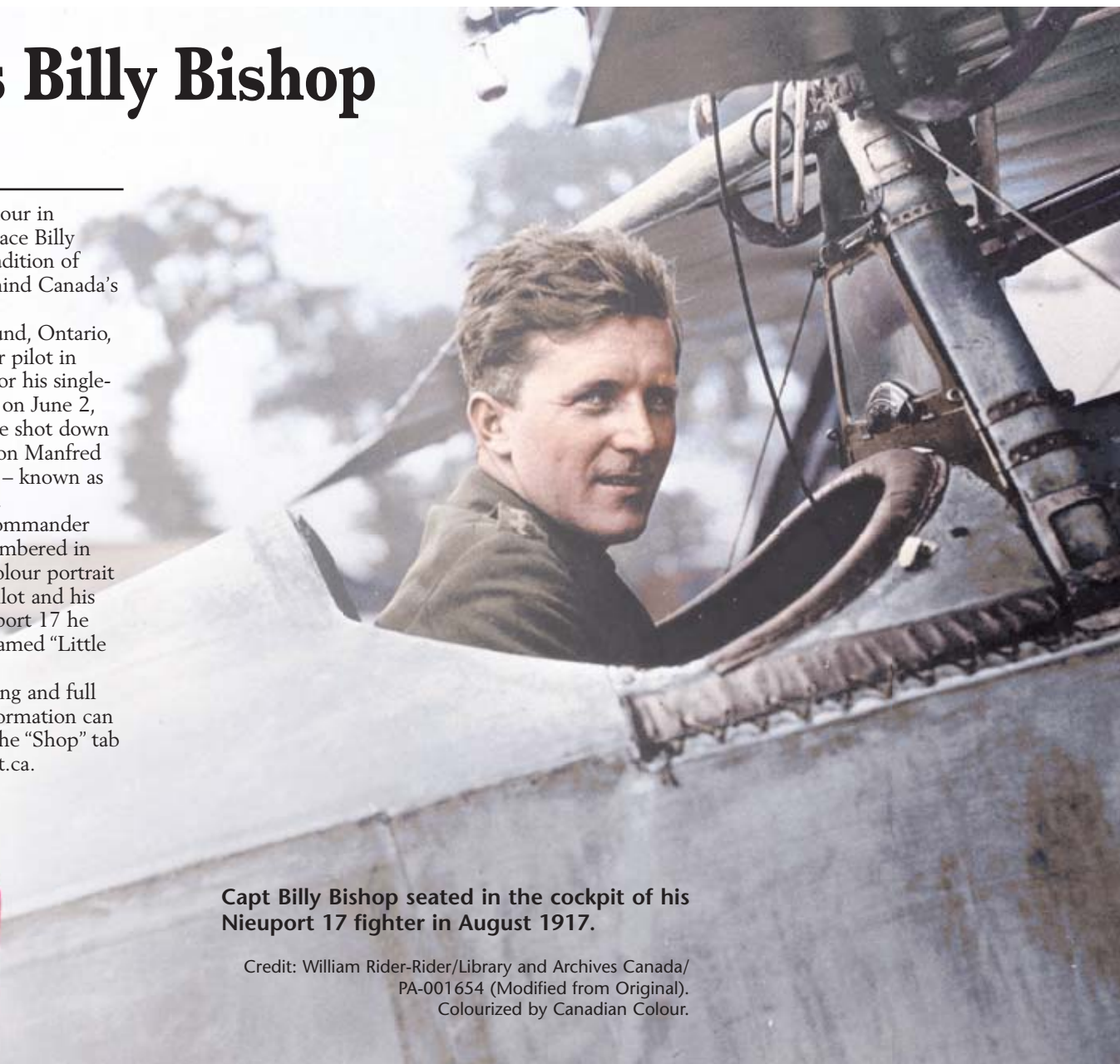
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Capt Billy Bishop seated in the cockpit of his Nieuport 17 fighter in August 1917.

Credit: William Rider-Rider/Library and Archives Canada/
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Photo: Matt Cecill

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WHAT SAY YOU

People Talk

The weather in Esquimalt was frightful early last week with cold temperatures and plenty of snow. With that in mind Lookout asked people at the base:
What warm weather destination would you travel to if you could?



For tropical and warm weather I would go anywhere in Costa Rica because it's hot and humid and I love nature.
LCol Andrea Tuka,
Canadian Forces Health Services (Pacific)



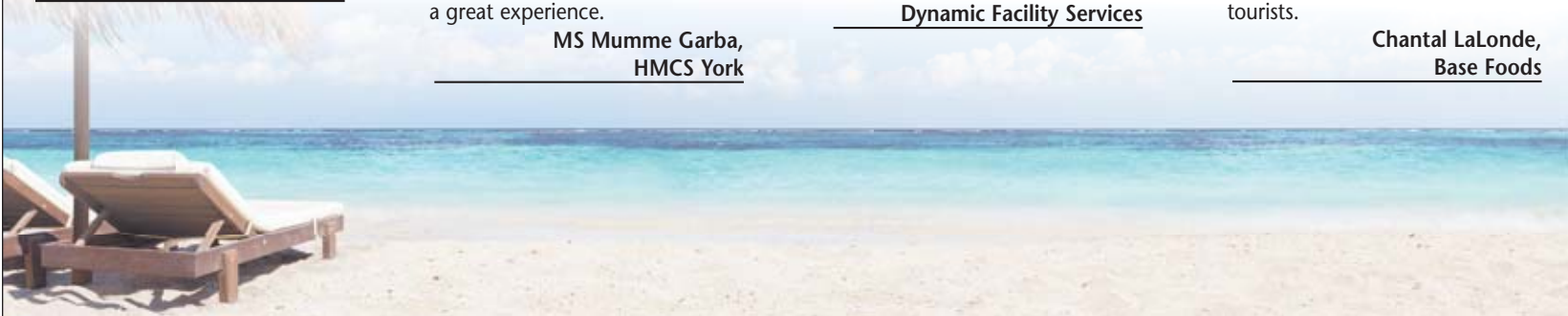
I would book myself a trip to Roatan, Honduras. I had a port visit there once with the navy and really admired their beautiful weather, tropical climate and jungles. We had an opportunity to go bungee jumping and it was just a great experience.
MS Mumme Garba,
HMCS York



Cancun, Mexico. I am travelling there soon with my friend and we are going there because the weather is warm and hot, there is no snow and the beaches are beautiful.
Thelma Frank,
Dynamic Facility Services



I have never been to Cuba and would love to go there. I have heard it's a beautiful place to go in terms of culture, food and weather. I have also been told the people of Cuba are interesting, friendly and accommodating to tourists.
Chantal LaLonde,
Base Foods



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BCIT Ecological Restoration students, Sgt [Ret'd] Ricky Hurley and Cpl Ken Wu, get hands-on experience at Guichon Creek.

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY



MARTECH Graduation

Lieutenant Commander Eric Poulin, Marine System Engineering Division Commander at Naval Fleet School Pacific, presented certificates during the Marine Technician RQOS course ceremony on Feb. 13.

Photos by LS Billanes, NFS (P)



OS Asuncion receives a Certificate of Completion.



OS Barrie receives a Certificate of Completion.



OS Edwards receives a Certificate of Completion.



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OS Witkowskyj receives the Top Student Award.



Naval Fleet School Pacific (NFS-P)

Photo by LS Billanes, NFS (P)

LCdr Eric Poulin and CPO2 Michel Michaud promote PO1 John Beaulieu to his current rank.



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MISCELLANEOUS

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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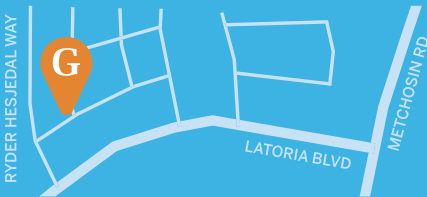
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