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Volume 64 Number 12 | March 25, 2019

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Spring welcomed

Bill Stewart (left), a member of the Ahousaht First Nation, and Sergeant Nicolette Ducharme (right), a member of the Metis community, perform a song during the Spring Equinox Sunrise Ceremony at Duntze Head on March 20. See page 5 for details.

Photo by Leading Seaman David Gariepy, MARPAC Imaging Services

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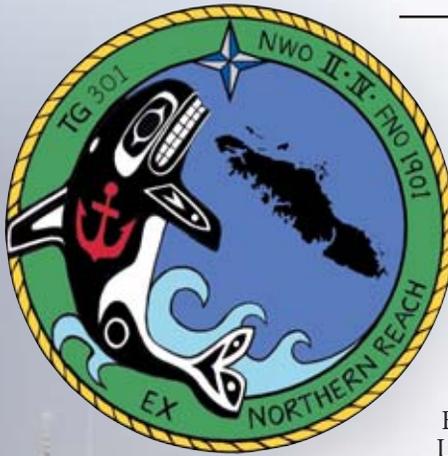
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Outreach visit strives to eliminate naval blindness

Peter Mallett
Staff Writer



A remote community on Vancouver Island is welcoming vessels of the Royal Canadian Navy to its main harbour this weekend.

Four Orca-class Patrol Craft Training (PCT) vessels and 96 crew members will come alongside Small Craft Federal Marina in Port McNeill as part of Exercise Northern Reach.

Located at the northeastern tip of Vancouver Island on the Queen Charlotte Strait, the former logging town, turned summertime tourism destination, has a population of approximately 3,000 residents.

Lieutenant Commander Todd Kennedy, Commander Venture Division, says “the exercise is a continued effort by the navy to combat the nation-wide phenomena of maritime blindness” by helping Canadians learn about their navy and the job it does on behalf of the country.

“Many Canadians know very little about their own navy or even that it exists; so, to be relevant to the population we need to be out there and visible,” said LCdr Kennedy. “This is an effort to showcase what we do, how we train, and to demonstrate pride in our diversity as an organization. We want people to know we are the employer of choice and if there exists a desire to contribute to Canada and its international policies, that we

have a job for you.”

PCT vessels *Orca*, *Caribou*, *Raven* and *Wolf* will be staffed by fleet personnel and Venture students from the Fleet Navigating and Naval Warfare Officers courses needing the fundamental bridge skills training to prepare them for employment in operational ships. Each student is seeking the opportunity to advance their professional competencies.

While in Port McNeill between March 29 and April 1, two vessels will take residents and community leaders to sea, showcasing interoperability with the Royal Canadian Air Force, who have tasked a Maritime Patrol Aircraft from CFB Comox, and the Canadian Coast Guard, who have tasked a Bell 429 helicopter. The remaining two Orca vessels will remain alongside, and open up for guided tours throughout March 30.

The outreach effort and exercise will also involve 20 reservists from a Canadian Ranger Patrol Group.

The Pacific Fleet Commander, Commodore Angus Topshee is also attending the community relations event, along with representatives from the Defence Aboriginal Advisory Group.

Lastly, a three-person forward logistics site will be established in Port McNeill to support the exercise, and Canadian Armed Forces recruiting personnel, with a navy recruiting bus, will be present to give the community insight into the navy.

The outreach effort will also involve a charitable donation by the Boomer’s Legacy Foundation, facilitated by LCdr Kennedy on behalf of Maritime Forces Pacific and the local detachment of the RCMP. They will distribute 70 knitted toques, 70 knitted dolls and two knitted blankets to a Port McNeill non-profit, the Sacred Wolf Friendship Centre in Port Hardy.



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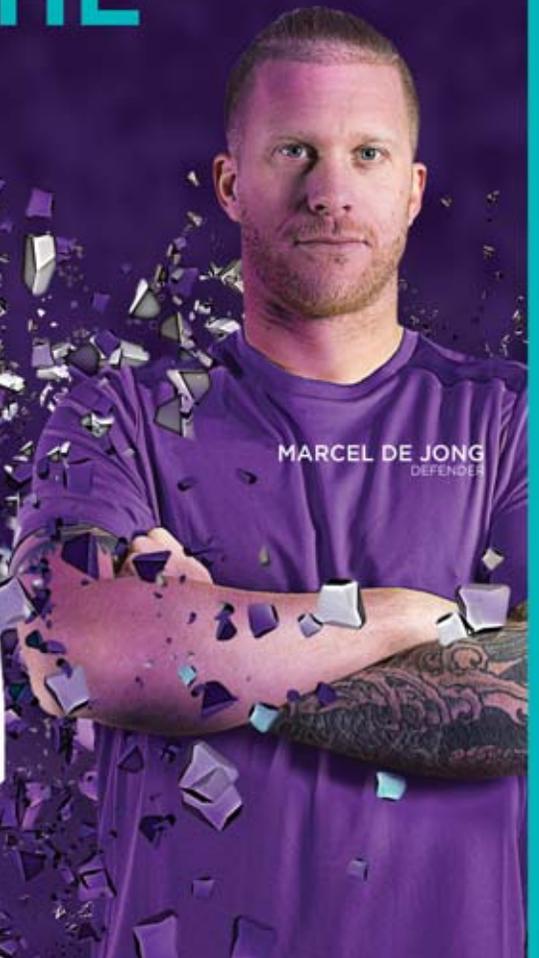
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Come do it Bollywood style

MARPAC PAO

Maritime Forces Pacific Public Affairs has decided to go full-out Bollywood in their next video production, and they are looking for volunteers.

Public Affairs is teaming up with YouTube's Bhangra-king, Gurdeep Pandher April 3 to shoot a high-energy dance video.

What is Bhangra? It's a style of dance that mixes music and moves from India and Pakistan. It's entertaining and also a high-energy workout. If you're curious, just go to YouTube, or check out any Bollywood film on Netflix and you'll see how the pros do it.

You don't need to be a star dancer to join in the video, as Pandher will be teaching everyone. Pandher will introduce trending and commonly used Bhangra steps along with brief details on the history and background

of the dance.

"This video project is important to showcase wonderful diversity and inclusion in the Canadian Armed Forces," he said. "As we know, some elements are trying to divide people; I unite them through Bhangra. Participation is great for showing our togetherness and unity to the world. The video will also help promote the vision that Canada stands for diversity and inclusion."

The video will be shot in two locations: Damage Control School Galiano on the road next to the helo-simulator from 9 to 11 a.m. and on HMCS Ottawa in the afternoon in dockyard.

Dress is Naval Combat Dress or Combats for CAF members, as we want to showcase people in uniform. Civilians are welcome too. Interested volunteers can contact Lt(N) Melissa Kia at the

MARPAC PA Office to sign-up for this event at 250-363-5789 or melissa.kia@forces.gc.ca.

About Gurdeep Pandher

Gurdeep Pandher is a Whitehorse-based artist and author. His works are meant to bring people from all backgrounds together to promote inclusivity and diversity.

His dance videos have gone viral on many occasions, have also been published internationally, and are watched by millions from all over the world.

He has been published by BBC News, CBC National, The Globe and Mail, CTV News, and many international art and media organizations. Governmental bodies including Canadian Embassies and High Commissions abroad, have also published his works to exhibit an ebullient side of Canadian multiculturalism.



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

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

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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WHAT SAY YOU

Women in warships - a fading big deal

Lt(N) Katrina Giesbrecht
HMCS Regina

International Women's Day came and went onboard HMCS Regina with little fanfare.

The 23 female members of Regina were busy with our respective tasks, either preparing to return to sea after a port visit, providing support to repairs on the helicopter, or standing duty.

Each of us joined the Canadian Armed Forces (CAF) for different reasons, but all of us view ourselves as professional members of the CAF first, and women in the CAF second.

We represent all three environments and are represented in each of the three messes.

Sometimes we are asked to attend events in order to highlight the diversity in our navy; however, different doesn't mean wrong, so we appreciate the chance to highlight our experiences to the civilian world, allied navies, and generally across the globe.

When asked about being a woman in the

military, LS Dana Kimoto, a member of the Operations Department, said, "I joined the navy almost eight years ago. I really had no idea what to expect as a woman in the military. I'd heard stories of how it was a boy's club and how 'boys will be boys', but in my experience that hasn't really been the case at all. I've found the military to be more respectful and equal than other jobs I've had. Being able to visit countries where women's rights are not as advanced, and occasionally interacting with women in other navies, has made me appreciate the freedoms we have as woman in the Canadian military."

Navy newcomer MCpl Amy Kingston was struck by the navy's motto: "a sailor first."

"In all activities governing the operation of the ship, be it replenishment at sea, part ship hands or storing ship, all hands are on deck with the sole consideration of carrying out duties safely and efficiently. Gender, age, and all other demographic markers do not come into play when accomplishing these tasks."

Experience and leadership are the sole criteria that decides who makes the requisite calls. There is an explicit regard and respect for all which makes serving in Regina a fulfilling and rewarding endeavour, regardless of whether one belongs to a demographic majority or minority."

In short, the common thread that runs through almost every conversation about being a woman in the navy is that while it is not always easy, it is never boring, and we continue to progress with integration in an organization where there is no gender-based wage gap, and everyone is offered equal opportunity for advancement.

But perhaps, the greatest sign of how far we've come in the generation since women have been allowed to serve at sea, is hearing some male members of Regina remark on how few females there currently are onboard. Our presence at sea is noticed and is continuing to be a positive force in the Royal Canadian Navy today.



Photo by Corporal Stuart Evans, Borden Imaging Services

HMCS Regina's female crew members pose for a photo to celebrate international womens day on the Pacific Ocean during Operation Projecton on March 10.

Front row left to right: Leading Seaman Audrey Leroux, Sub-Lieutenant Morgan Chaffee-Goehr, Able Seaman Madison Walker, Master Corporal Victoria Rogers, Corporal Carly Forde, Master Seaman Jillian Deneau, Leading Seaman Jazmane Guy, Leading Seaman Valerie Courville, Lieutenant (Navy) Katrina May Giesbrecht, Lieutenant (Navy) Nicole Amanda Forbes, Corporal Chantale Robichaud, Ordinary Seaman Basic Valerie Bustros, and Able Seaman Naudeep Phagoora. Back row left to right: Leading Seaman Jefren Liu, Master Seaman Amie Savage, Petty Officer First Class Natalie Halldorson, Captain Melanie Jupp, Lieutenant (Navy) Danielle Chagnon, Master Corporal Amy Kingston, and Leading Seaman Jessica Armstrong.



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Spring Equinox celebrated at Duntze Head

Peter Mallett
Staff Writer

Each weekday morning as the sun begins to rise, Bill Stewart begins his day with an offering of song in the form a traditional Aboriginal drumming ceremony at Duntze Head.

The 60-year-old technical data specialist at Fleet Maintenance Facility Cape Breton is a member of the Defence Aboriginal Advisory Group (DAAG) at Maritime Forces Pacific and a member of the Nuu-Chah-Nulth nation.

Last Wednesday, his ceremony was a little special as it paid homage to the sunrise of the Spring Equinox, when the Earth's equator passes through the centre of the sun. This happens only twice a year; the Fall Equinox is in late September.

Accompanying Stewart was Sergeant Nicolette Ducharme, who also drummed, and a few observers. The ceremony honours the natural world, and Stewart says several animals have revealed their presence as he performs it.

"These songs are understood by certain animal species. Birds, including eagles and ravens, herring, salmon, sea otters, whales, elk, deer and even bears

come out to acknowledge the Spring Equinox."

This year's occasion was marked by the passing of an eagle and a pair of Canada Geese.

In 2017, a killer whale appeared in Esquimalt harbour.

"My elders have advised me to continue with the song because the eagle spirits have come to me with the Travelling Song and that is to be good luck to all who hear it,"

Stewart, who is 90 per cent hearing impaired, began his career with FMF 26 years ago. He has served as co-chair of DAAG on several occasions. In more recent years he has become highly active with his Nuu-Chah-Nulth community, which is located near Flores Island.

He says his performances are also about the process of reconciliation.

"It's the presence of Aboriginal drumming that gets a conversation going," said Stewart. "It acknowledges my ancestors through song, which people can learn through listening versus coming to conclusions. It's also an effort to help people from the mainstream population understand and respect our way of life."



Bill Stewart, a member of the Ahousaht First Nation, recites a prayer during the Spring Equinox Sunrise Ceremony at Duntze Head on March 20.

Photos by Leading Seaman David Garipey, MARPAC Imaging Services

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REGINA STYLE



Lt(N) Mike Harris
HMCS Regina

Tropical heat and a backdrop of palm trees was not enough to keep hockey out of the minds of Naval Replenishment Unit (NRU) Asterix and HMCS Regina crews.

With nets set up on the jetty, where the ships were tied up at Naval Base

Guam, a couple games of ball hockey broke out - all part of physical training and crew cohesion

Watching the game was reminiscent of kids playing ball hockey on the street, except they didn't have to pause and drag the nets to the side as there were no cars driving by.

"We should do events like this more often. Lots

of people came out, everyone loved it and it's good for the ship as a whole," said AB Mailloux. "It was super hot but that didn't stop people from playing."

Two games were played, with the first game being Team Deck Department from the two ships against Team Mixed Departments. It was a close game in the first half, but the diversity of the Mixed Departments led to a final score of 6-2.

Due to the incredible heat and fierce competition, an intermission in the shade had to be instated before the next game.

In a post-game discussion, SLt Charlebois, with his in-depth knowledge on the subject, believed the day of the game was "hotter than Tatooine and slightly muggier."

With all the players rested and hydrated, personnel picked up their sticks and shot balls around, which, in road/jetty hockey rules, means it was time to start the next game.

The outcome of the first

game convinced everyone the teams should be switched up. Classic to a road/jetty hockey draft, everyone threw one shoe into a pile in the middle of the court. The mound of untied, peculiar-smelling footwear was then divided in half.

With shoes back on, team strategies were crafted in quiet, closed huddles.

Team Jerseys and Team Plain Shirts had a much closer game, possibly proving the effectiveness of the time-honoured and tested method of the road/jetty hockey draft. In the end, the final score was 2-1 for Team Plain Shirts.

Ball hockey on the jetty was a great way to have the two ships' companies bond with a little Canuck flare. The cohesion between the two, strengthened through this event, will prove irreplaceable as Regina and Asterix sail onward toward their roles in Operations Projection and Artemis.



Members of the HMCS Regina and NRU Asterix's crews play a game of ball hockey during some down time at Naval Base Guam during Operation Projecton on March 7. Photos by Corporal Stuart Evans, Borden Imaging Services

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From St. John's to Benin - medical officer shares knowledge

Lt(N) Jeff Lura
PAO Operation Projection
West Africa

On the first day of March, sailors from *HMC Ships Kingston* and *Shawinigan* arrived at Foyer Don Bosco, a small school in Cotonou, Benin, nestled within West Africa's largest open-air market.

Using their expertise coupled with good old "elbow grease", they painted walls and repaired furniture in the school. Afterwards they played games with the children.

On the same visit was medical officer Lt(N) Greg Morrow, but he had a different mission. He was there to teach basic first aid to a group of enthusiastic teachers. His

lessons were made more important by the fact that ambulances and hospitals are not widespread in Benin; in many cases, teachers would be the only care available to an injured student.

"It was a challenge," said Lt(N) Morrow after the training. "We [in Canada] take for granted that medical care and supplies are available everywhere, but that's not the case here. I had to really keep it simple, since these villages lack basic services and emergency response."

With the help of a translator, Lt(N) Morrow demonstrated how to deal with cuts, scrapes, fractures, and spinal injuries in a way that would be useful to the

teachers after his departure. By all accounts, his instruction was well-received.

"It was perfect," said teacher Pascal Akakbo after the training. "We're confronted with problems and injuries here all the time, so a better understanding of how to respond will do so much good. We will use this [newfound knowledge] very often."

When he's not sharing his expertise to the far corners of the globe, Lt(N) Morrow spends his time at sea mentoring the ship's casualty clearing teams, providing care to the crew, and generally expanding his knowledge of the Royal Canadian Navy.

For those considering life as a

CAF medical officer, he has a few words of wisdom.

"My military career has been amazing so far, and I'd recommend it to any of my colleagues. In addition to the medical challenges and professional development opportunities, I've fired a .50 calibre machine gun, driven a small boat, undergone a traditional crossing the line ceremony, and so much more. You just don't get to experience things like this in civilian practice."

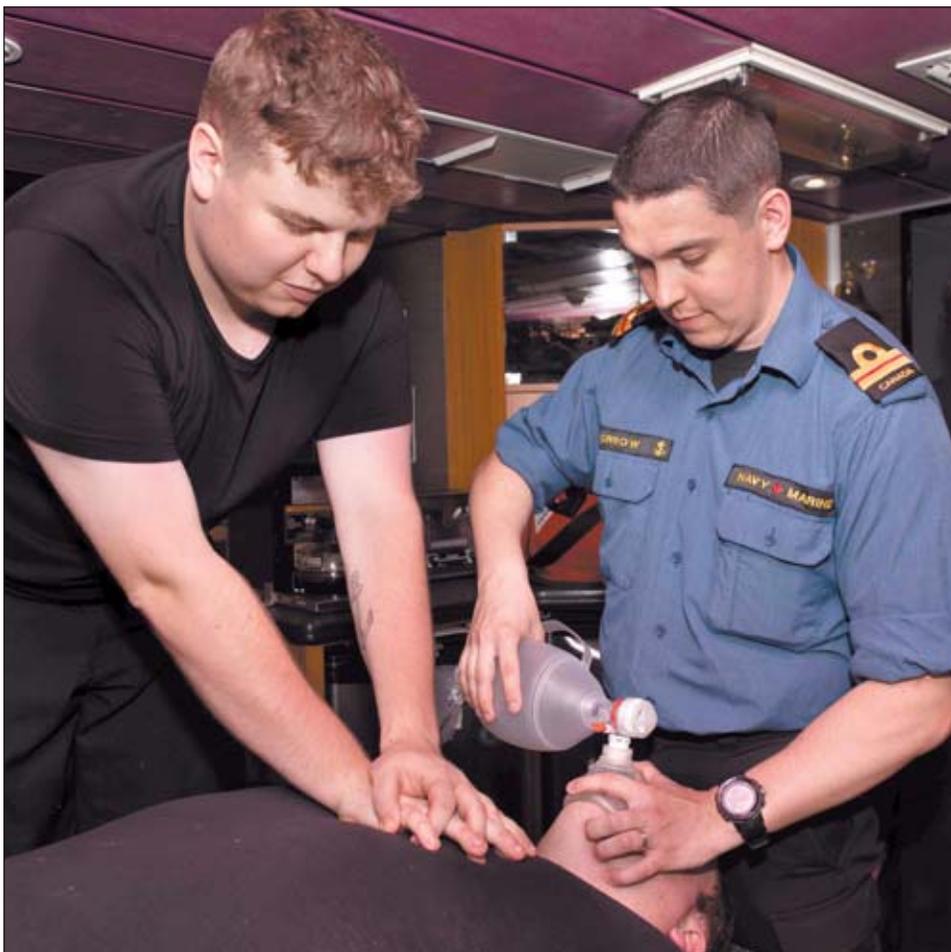
He hails from St. John's, Newfoundland, and completed his medical training in 2018. He joined the Canadian Armed Forces shortly thereafter. Mere months into his career, he was

selected to join *HMCS Kingston* to deploy to West Africa.

"Medical officers don't get to sail very often," he explained, "so I jumped at the opportunity. That said, I knew had my work cut out figuring out life in a ship."

On his return from West Africa, Lt(N) Morrow will serve as a General Duty Medical Officer at Canadian Forces Health Services (Atlantic), providing care to personnel at CFB Halifax and the surrounding area.

The Canadian Armed Forces are currently hiring medical officers, and more information can be found at <https://www.canada.ca/en/department-national-defence/services/caf-jobs.html>.



Lt(N) Greg Morrow provides casualty clearing training onboard HMCS Kingston while at sea during Operation Projection West Africa.



Lt(N) Greg Morrow chats with Canada's Ambassador to Benin, Edmond Wega, at Foyer Don Bosco school in Cotonou, Benin, after providing first aid training to school teachers.

Photos by Cpl Angela Gore

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Top left: The Commanding Officers of HMC Ships Shawinigan and Kingston present donated school supplies to the director of L’Espace de Fraternité in Lomé, Togo.

Bottom left: LCdr Jeremy Samson, Commanding Officer of HMCS Kingston, is interviewed by Togolese military journalists shortly after arriving in Lomé.



HMCS Kingston Navigating Officer, Lt(N) Graham Austin discusses search-and-rescue strategies with Togolese military and government personnel on March 7.



Lt(N) Jeff Lura
PAO Operation Projection West Africa

On a beautiful Tuesday morning, HMC Ships Kingston and Shawinigan came alongside in Lomé, the capital city of Togo.

Deployed on Operation Projection West Africa, the ships had already visited several other African countries, but the reception this time was different.

Uniformed Togolese military personnel – including the commander of Togo’s largest naval base – lined the jetty. A camera crew filmed the ships as they arrived, preserving the event for posterity.

The reason? No Royal Canadian

Navy ship had ever visited the country.

“We’re honoured to be the first Canadian warships to visit your country,” told LCdr Jeremy Samson, Kingston’s Commanding Officer, to journalists shortly after arriving. “Building and reinforcing relationships is a large part of our mission here in Africa, and we look very much forward to spending time with you.”

The visit was a busy one for the ships’ crews. Hours after entering the harbour, sailors exchanged their working uniforms for gleaming whites, and welcomed members of Togo’s military, government, and community organizations on board. Representing Canada, Ambassador

Heather Cameron spoke to guests of the importance of cooperation between Canada and African partners, and the strength of the Canada-Togo relationship.

“Relations between Canada and Togo are founded on almost 60 years of history,” she told attendees. “Cooperation is essential in order to ensure regional maritime security, maintain international trade, and develop coastal communities.”

Following the official presentations, military personnel from both nations made fast friends, posing for photos and discussing the similarities between the Canadian navy and the Marine Nationale de Togo.

The next day, sailors visited L’Espace de Fraternité, a centre

that welcomes mistreated youth in search of a better life from all over the region. There, sailors provided a fresh coat of paint to the facility’s 40-bed dormitory and played a game of soccer with newly-donated soccer balls and nets from Canada.

“You cannot imagine how much these past few hours have restored hope and a taste for life to our children, and given needed encouragement to we who guide them,” the centre’s Director Mack Adodo gratefully explained after the visit.

In the final hours of the visit, Kingston crewmembers were joined by Togolese search and rescue professionals to discuss the respective nations’ procedures and strategies for responding to vessels

or people in distress.

“My favourite part of international deployments is meeting new people,” said Lt(N) Steve Bartholomew, who organized the visit on behalf of the ship. “Today, we had a great opportunity to share some of our practices with the Togolese SAR [search and rescue] community, and to learn how they do things in return. Overall, it was a great event.”

Spirits were high as the crews prepared to leave after a hectic and rewarding few days in Lomé. Their collective focus already shifting to their next set of regional engagements, each sailor was now part of the history of Canada’s warm and ever-strengthening relationship with Togo.

A CANADIAN FIRST NAVY SHIP STOPS IN TOGO

Photos by Cpl David Veldman

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Virtual career fair for military spouses

CFMWS

Save the date. On March 27, Military Family Services will host its second virtual career fair for military spouses across the country as part of the Military Spousal Employment Network.

"The beauty of a virtual career fair is that regardless of location, people from coast to coast will have access to employers looking to hire," says Kristy Fallon, Community Development and Stakeholder Relations Manager, Military Family Services. "This is a chance to connect people with opportunities – and not just in their communities but

with remote work options too."

Nationally, there are 1,084 opportunities available that recruiters will be looking to fill, as well as several remote positions. This is in addition to new opportunities added to the Network daily.

Participating employers are: Advanis, Air Canada, Alorica, Bank of Montreal, Bayshore Medical Personnel, Bell, Calian Group Ltd., Canadian Forces Morale and Welfare Services, Department of National Defence, Garda World, LiveCa, and Sykes Assistance Services. These national employers have agreed to offer military

spouses equal and fair access to employment opportunities within their organizations.

Growing steadily, the newly minted Military Spousal Employment Network has more than 1,200 users since it launched in the fall. The Network is a self-directed online resource with access to job postings, tools, resources, and events such as training sessions and virtual and in-person career fairs.

Military spouses can register for the Military Spousal Employment Network at msen.vfairs.com and the virtual career fair at <http://bit.ly/Mar27VirtualCareerFair>.



Joe O'Rourke, Vice President and General Manager of Seaspan Victoria Shipyards, presents Military Family Resource Centre (MFRC) Executive Director Jackie Carlé with a donation of \$8,000. The donation, received on Thursday March 21 at the Signal Hill MFRC, is going to support services for military families at CFB Esquimalt.

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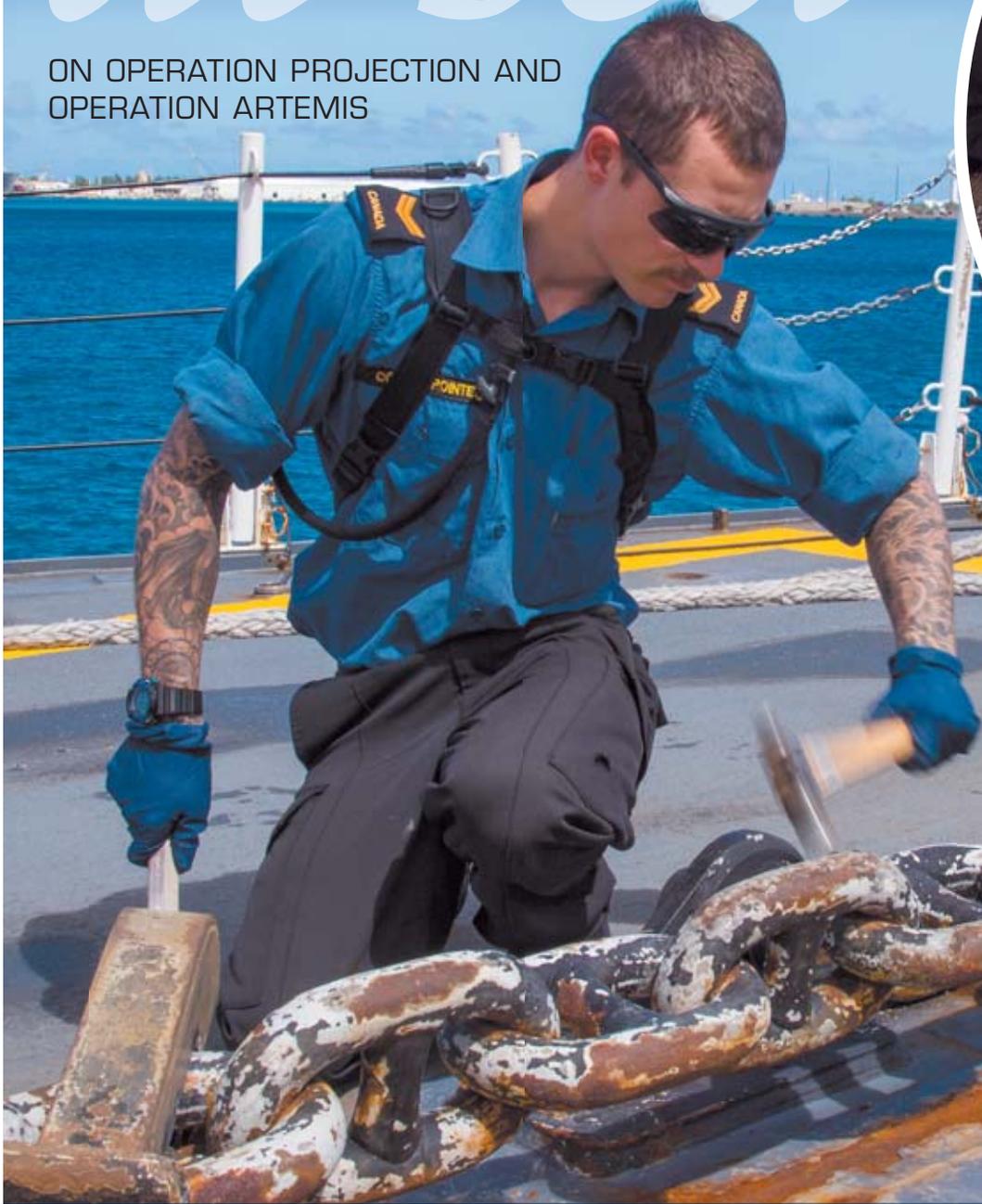
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HMCS REGINA *at sea*

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Leading Seaman Alexis Côté-Lapointe conducts repairs on the ship's anchor chain.



Top inset: Master Corporal Robert Basso (left) calls out instructions while providing first aid to simulated casualty Lieutenant Craig Bellamy.
Inset: Sub-Lieutenant Mackenzie Labrecque practices traditional navigation with a sextant.



Photos by Corporal Stuart Evans, Borden Imaging Services



Leading Seaman Robert Anderson (left) and Able Seaman Thomas Quijote (right) release 1,500 feet of the ship's sonar tail.

CADETS EARN SEA LEGS IN HMCS CALGARY



Peter Fuerbringer
Regional Cadet Support Unit Pacific

Sea Cadets from Alberta and British Columbia took to the high seas aboard *HMCS Calgary* for a five-day experience off the southern shores of Vancouver Island.

The cadets, many of whom hail from *HMCS Calgary's* namesake city, earned the experience to become part of the crew thanks to

a unique aspect of the Cadet Program that opens up opportunities to interact with active members of the Canadian Armed Forces.

Cadets were able to join the ship in Victoria and take part in training exercises such as man overboard, fire suppression, navigation, high speed maneuvers and onboard landings with the Royal Canadian Navy's new Cyclone helicopter.

"I thought it was super cool to become part of the crew for a little bit and see the ship in action," said Cadet Tyler Knowless from Sidney, B.C. "There is so much teamwork that happens during the drills, and it was great to be

treated like part of the team by so many people we look up to."

According to the ship's Commanding Officer, Commander Blair Saltel, having cadets on board has been a top priority since he took command in 2016.

"HMC ships are busy when we put to sea, but some missions allow for opportunities to show the Canadian public what the RCN does and what life at sea in a warship is like, while allowing my sailors to develop their own skills."

In 2018, his team and the cadet organization managed to bring 89 cadets to sea over a series of five-day periods.

"I hope *Calgary's* program will allow for something similar, starting with this past sail. Working with the cadet organization showed me how impressive and solution-focused they are to get great kids to experience great things."



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HMCS Ottawa aids USN in submarine course

Peter Mallett
Staff Writer

HMCS Ottawa has returned to Esquimalt after successful completion of a training exercise involving torpedo fire with vessels of the United States Navy (USN), and support to the Canadian Navy's Operation Projection.

The Halifax-class frigate and its crew of 220 completed a month-long deployment on March 4 that included participation in a USN Submarine Commander's Course (SCC), Feb. 20 to 22, off the coast of Hawaii.

Ottawa sailed to Hawaii Feb. 6 with HMCS Regina and Naval Replenishment Unit (NRU) Asterix. During their transit to Pearl Harbor, Ottawa served as the command platform for the initial task group under the leadership of Canadian Fleet Pacific Commanding Officer, Commodore Angus Topshee.

In Hawaii, they supported Regina's and Asterix's Operation Projection mission by working with partner navies and conducting key leadership engagements to enhance military cooperation and partnerships in support of Canada's diplo-

matic efforts in the Asia-Pacific region.

Before taking part in the Submarine Commander's Course, Ottawa was required to complete a Torpedo Readiness Inspection under the guidance of Sea Training Pacific (ST(P)). While on board, ST(P) staff helped the ship's crew fulfil its Assisted Ship Readiness Training that included internal emergency response to fires and floods.

Ottawa Executive Officer, Lieutenant Commander Tyson Bergmann said, "With the help of Sea Training Pacific, Ottawa's crew sharpened their skills and

learned critical lessons that will be valuable moving forward, and I am proud of our capable and competent crew."

The USN Submarine Commander's Course saw Ottawa engaged in exchange of torpedo fire between the ship and USN submarines. The exercise torpedoes fired by Ottawa allowed the ship to conduct real-world training safely with other units as these torpedoes did not contain a payload and were unarmed.

"Ottawa was part of the combined task force designated to detect, track and engage U.S. submarines

who were attempting to do the same to the surface ships involved," said Sub-Lieutenant Matthew Mooney, one of Ottawa's Bridge Watchkeepers. "The anti-submarine warfare team did an outstanding job detecting and prosecuting the submarines and together, with the help of our USN counterparts, Ottawa was able to conduct two successful torpedo firings."

Three USN submarines and a pair of Arleigh Burke-class destroyers - USS Wayne E. Myer and USS Michael P. Murphy - were involved in the exercise along with

MH60R Seahawk helicopters and a P3 Orion fixed wing, anti-submarine surveillance aircraft.

LCdr Bergmann rated his crew's performance as "excellent" and commended them for overcoming the challenges faced in an anti-submarine warfare environment.

While deployed, the ship's company hosted a video game tournament in its hangar to support the Perley and Rideau Veterans' Health Centre, the ship's namesake city. Together with a 50/50 draw, \$2,000 of support was raised for the centre.



Commodore Angus Topshee and his staff pose on board HMCS Ottawa as the ship enters Pearl Harbor.



HMCS Regina, Asterix, and HMCS Ottawa enroute to Hawaii.

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Sea cadets

schooners and a taste of

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Photos by Christa Brunt



Cadet Richard stands by to jigger the mainsail peak halyard one last time.



Cadet Renate has a look at her sail training handbook.



A cadet trainee waves goodbye to her instructors after returning from her five-day journey aboard Pacific Swift, March 11 to 15.



Bosun Brock directs cadets Cassandra and Hunter as they prepare to come alongside in Victoria Harbour on the deck of S.A.L.T.S. schooner Pacific Swift.

Peter Mallett Staff Writer

A group of 57 Sea Cadets from across Canada set a course for fun and adventure earlier this month aboard two tall ships.

The heritage vessels are built and operated by the Sail and Life Training Society (SALTS) of Victoria. The aspiring mariners, all between the ages of 13 and 25 representing nine of Canada's 10

provinces, took part in SALTS's first deployment of 2019.

The two schooners, the Pacific Grace and Pacific Swift, returned to Ship Point Pier on March 15 after five days at sea and a voyage that took the cadets through the Gulf Islands and back. As the ship entered Victoria's Inner harbour under fair skies, Sea Cadets could be heard cheering and singing while several were spotted climbing the rigging one last time.

SALTS Executive Director

Loren Hagerty says the heritage tall ships provide an ideal platform for youth mentorship at sea, and provide them a confidence boost and sense of wellbeing.

"Every young person on board has to fully participate and engage in order for the ship to go anywhere," said Hagerty. "The result is growth in relational skills, teamwork, work ethic and the satisfaction of accomplishing something significant together."

Each ship normally has a crew

compliment of five who are accompanied by up to 31 trainees. While aboard, cadet trainees had the opportunity to handle sails, take the helm, climb the rigging, and take part in night-time anchor watch along with many other activities of shipboard life.

Each year 1,700 young people are given an opportunity to learn how to sail, grow relational skills and develop work ethic in five to 10-day voyages aboard Pacific Grace and Pacific Swift. The voy-

ages are not just for cadets - any teen or young adult can sign up online. Expenses cost each sailor approximately \$200 per day but a \$100,000 bursary fund has been set aside to help lessen the financial burden for aspiring sailors who can't afford the costs of the program.

SALTS is a registered charity that was established in 1974. For more information on SALTS and upcoming voyages, visit their website www.salts.ca

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MISCELLANEOUS

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ANNIVERSARY REUNION

40TH ANNIVERSARY OF 268 RSCC Bras D'Or will take place on the weekend of May 24 to 26 in Quispamsis/ Rothesay, NB. The events will be a Meet and Greet on Friday May 24 at Branch 58 Legion, Annual Cadet Review and Dinner, Saturday May 25, BBQ at Meehan Cove Beach, Sun May 26.
 For more information email eisanb@nb.sympatcio.ca or call Brian at 506 849-4146.

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