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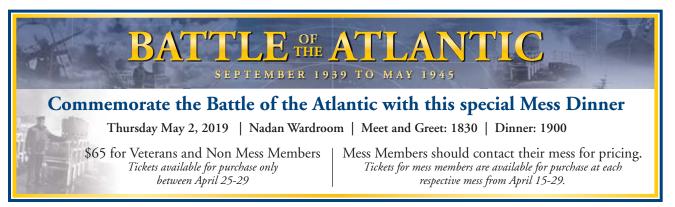
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Chief of the Defence Staff visits CFB Esquimalt

General Jonathan Vance met OS Bobby Oung and other Naval Fleet School Pacific students while on a tour of the base last week. The Chief of the Defence Staff was in town to speak with sailors in Esquimalt through a series of town halls. Photo by MARPAC Imaging Services







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Photo by Corporal Stuart Evans, Borden Imaging Services HMCS Regina's crew poses with over 3,000 kilograms of narcotics seized from a dhow on April 15 during Operation Artemis in the Pacific Ocean.

Regina makes second drug bust

Peter MallettStaff Writer

HMCS Regina and crew completed a second sizable drug bust following the seizure of approximately 3,000 kilograms of hashish of the coast of Oman.

The Canadian warship is participating in Operation Artemis and the Canadian Armed Forces Combined Task Force (CTF) 150, part of an international counterterrorism and maritime security operations in the Indian Ocean involving the combined maritime forces of 33 nations.

The latest seizure unfolded April 15 after a suspicious fishing vessel was spotted in an area of the Indian Ocean known as the Hash Highway.

"We had some intelligence that we might need to go closer to the Yemeni coast," said Commander Jacob French, Commanding Officer. "So we took off at high speed towards that direction, and saw a dhow that matched the description we received. We tried to hail the dhow, but the vessel didn't respond. As a result, we deployed our Naval Tactical Operations Group to board and investigate further."

The Naval Tactical Operations Group (NTOG) boarded the dhow (a local fishing vessel) and found 150 bags of hashish. The narcotics were transferred to *Regina* where they were subsequently destroyed.

"I am extremely proud of the hard work of our ship's company and we remain ready to continue our mission with the Combined Maritime Forces Coalition," said Cdr French. "Our efforts are ensuring the funding from illegal narcotics is staying out of the hands of criminal and terrorist organizations."

Regina's efforts are being assisted by Naval Replenishment Unit (NRU) Asterix, "who is playing a vital role in Canadian naval operations by providing us with endurance," said Commander French.
"Asterix is helping us achieve our mission objectives by keeping us in the CTF 150 theatre of operations for extended periods."

The CTF 150 area of operations is a massive area of ocean that is approximately 8.2 million square kilometers, encompassing the Arabian Sea, Gulf of Oman, Gulf of Aden, Somali Basin and Southern Red Sea.

Another crucial component of their efforts is the work of Royal Canadian Navy's NTOG specialized boarding party. The members of the NTOG are trained in hand-to-hand combat, improvised explosive device identification, close quarters fighting and tactical shooting. They have a dangerous job to do but are always mindful that many of the vessels they are boarding are owned by legitimate fisherman who are living in difficult circumstances explains Regina Public Affairs Officer Lt(N)

Linda Coleman.

"The individuals smuggling the illicit cargo are not terrorists," said Lt (N) Coleman. "They're often just fisherman trying to support their families and have agreed to smuggle illicit goods due to poverty and instability in their home regions."

The latest seizure is *Regina's* second since joining Artemis at the end of March. On April 7, more than 2,500 kilograms of hashish were seized from a fishing vessel in a similar area of the Arabian Sea. 119 bags of hashish were located in the ice hold of the vessel, transferred to *Regina* and subsequently destroyed.

The methods used to destroy narcotics vary depending on the type of narcotics, the environment and weather says Lt(N) Coleman. In this case, the hashish was removed from its plastic wrapping and dumped overboard.

Regina will remain in the region until the end of May.

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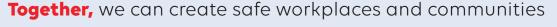
Safety and Health Week

People, Passion and Prevention









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WHAT SAY YOU

People Talk

Lookout asked this question:

What are your thoughts about the dress code changes?



Between the flat shoes and the lack of bobby pins, I love it! I can wear my DEU comfortably and if you only knew how many bobby pins I've picked up during FOD (Foreign Object Debris) rounds.

MCpl Misty Rivard MARPAC HQ METOC



I think it is a great way at increasing morale, although in my dress uniform I still prefer the bun. It just looks better and a ponytail doesn't fit under my hat.

LS Noemy Comeau Steward to Commander MARPAC/JTFP



It is less fuss. It is easier to do in the morning, easier to remove and replace your hat. You don't have to worry about how tight it is unlike the bun.

> SLt Rebecca Post Phase VI CSEO HMCS Vancouver



I think it is a positive change, even if I wasn't sure how I would like it at first. I'm a little surprised at how popular it really is and with the reaction that it has received with everyone.

Col Jamie Speiser-Blanchet Special Advisor to the Chief of Defence Staff

📞 WHAT SAY WE

Canadian Forces amends dress code for women

DND

The National Defence Clothing and Dress Committee met for its semi-annual meeting on Dec. 10, 2018. The committee tackled several issues that affect Canadian Armed Forces (CAF) members who express their gender as women, and as a result several amendments to Ref b were proposed to the Armed Forces Council.

The following is a summary of those approved changes for CAF member who express their gender as women.

Hairstyles for long hair in addition to currently approved hairstyles

It will now be permitted to wear single pony tails in all orders of dress other than ceremonial or full dress (all Number One order of dress). The pony tail will follow the existing regulations regarding single braids (length not to exceed below the top of the armpit, to be gathered in the centre back of the head). Operational, health and safety considerations will

remain paramount and local commanders will continue to have the authority to restrict the wearing of long hairstyles as applicable for such reasons.

Nylons

The wearing of nylons will be optional. As optional items, members would be responsible to purchase them. The regulations regarding nylons remain unchanged (plain pattern skin-toned).

Footwear to be worn with the CAF skirt and pants

Optional footwear will be amended to reflect that heel height is not to exceed 5 cm in height thus allowing the addition of flats and all heights in between, but not ballerina slipper styles. Ref b will be amended in due course.

Questions concerning these changes or further clarification to the amendments in Ref b can be submitted to +DHH3@ CMPDHH@Ottawa-Hull or addressed through the chain of command.



NAVY PRIDE

Overall Participation Numbers for March: 444 CAF and Civilians

March's Recipient
of the Formation Run Cup:
Sea Training with
54% Unit Participation

5KM FORMATION RUN

WHEN: 26 April WHERE: Close to Y-Jetty, CFB Esquimal TIME: 0815hrs for warm-up, 0830hrs start time

Runners will need to bring their Military/DND Identification to the formation Run and have it on them during the run for re-entry into the gate.

ANY FURTHER QUESTIONS PLEASE CONTACT: THE FITNESS CELL AT 3-4485

NAVY GRIT

TOP 3 MALE ATHLETES FOR MARCH

1. AS Sam Gilsig - 19:35 (HMCS Winnipeg) 2. LS Lorne Lee - 19:36 (HMCS Edmonton) 3. A/SLt Gavin Omand - 21:08 (NFSP)

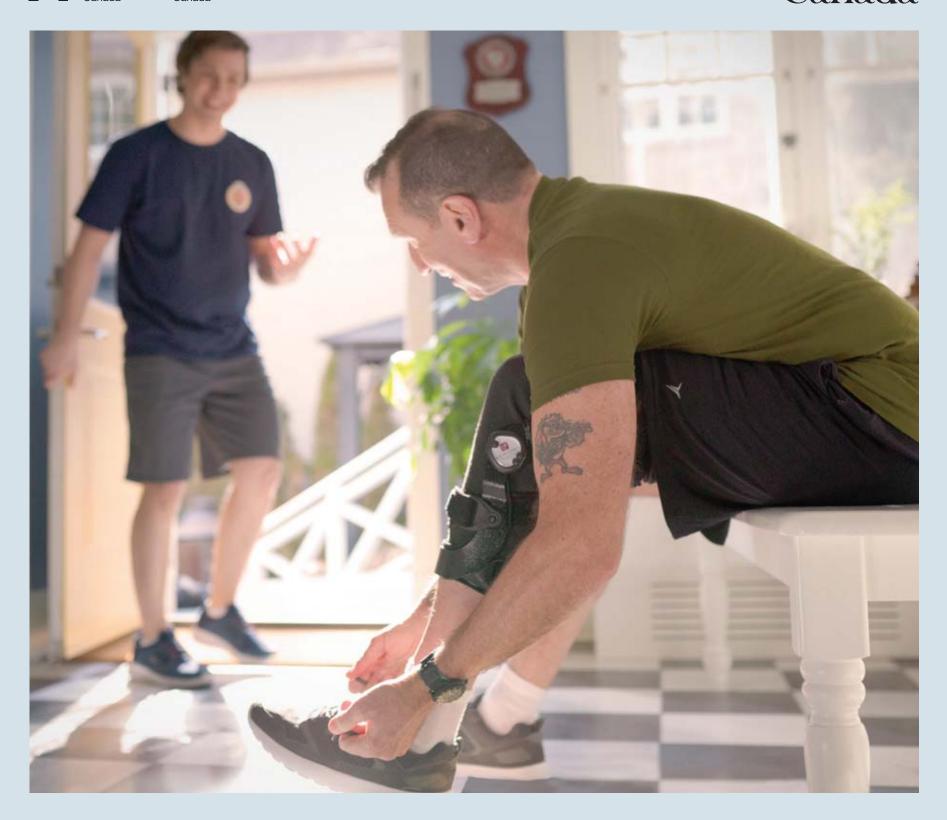
TOP 3 FEMALE ATHLETES FOR MARCH

1. SLt Kirsten Petersen - 24:18 (MSOC(W))
2. Lt(N) Kay Van Akker - 24:54 (NST)
3. A/SLt Natasha Devi Lebrun - 25:38 (NFSP)

*

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CHALLENGES AND FUTURE PLANS FOR MAR TECH TRAINING DEVELOPMENT

201620172018

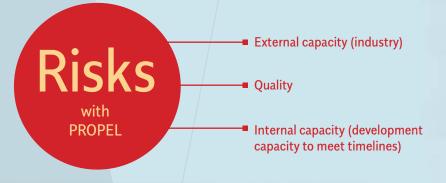
Naval Training Development Centres created, as Centres of Excellence in training development —

2017 MAR TECH stood up

- RCN training is modernized to harness technology learning tools and methods for the Fleet Schools/training sites across Canada
 - Legacy courses begin fading out as MAR TECH courses become available
 - MSE division = 21 personnel and over 400 years of experience
 - · MAR TECH represents approximately 26% of the RCN personnel

PROPEL inception (Feb 18) -

- A thrust for development of MAR TECH training
 - First major, comprehensive, courseware design and development initiative fitting into leading edge training with Technology Enabled Learning (TEL) enhancement
 - Courseware development contracted to industry to alleviate strain on internal resources and to meet timeline
 - · A foundational training approach was taken





Mitigate Risks and Decisions

- 3 phased Quality Control Plan included initial review, Enabling Objective review and Performance Objective review
- Employing Marine Systems Engineers (actual and recently retired) to review material being developed
- Leverage industry to provide necessary levels of expertise for courseware development
- Employing reviews checklists and providing the contractors with templates to reduce the risk of overlooking errors with the material
- Changes to equipment and the addition of new platforms will require adaptations/rework of core courseware
- Lack of internal academic pedagogic expertise to develop academic focused courseware

Advantages of contracting

- · More effective use of our SME
- Industry can provide expertise to develop comprehensive and updated courseware
- Combination of civilian industry and military to train effective technician
- Some institutions instructed our technicians for the past 20+ years, in addition to providing support to industrial
- Leverage industry capabilities to advance technology enabled learning

Outcome and product

- Right training at the right time
- Length of training is reduced without compromising any element to get effective technicians
- Task list followed to ensure all aspects of MAR TECH have been captured during courseware development
- · Comprehensive lesson plans and courseware
- New platforms being delivered require fewer overhauls of the training material
- Foundational style training provides cross platform flexibility for the RCN to facilitate movement of personnel
- Enhances technicians for critical thinking by employing training to a variety of equipment and situations



Future plans for the training

- Technology Enabled Learning (TEL) applications will play a critical role in the instruction
- TEL should be developed, where possible, in tandem with MAR TECH courseware as a key strategic component
- Use of existing training material to assist with the development of new courseware
- New training structures will leverage emerging technology to generate efficiency, effectiveness and economies of scale in support of operational excellence
- Progressive thinking towards modern instructional design
- Working towards a distributed and individualized learning approach



Photographer focuses on veterans







LS (Ret'd) Amy Verge



Maj-Gen (Ret'd) Herb Pitts

Peter MallettStaff Writer

When a hobby merges with passion and determination, it becomes a mission.

For Chief Petty Officer Second Class John Penner that hobby is photography and that mission is capturing the faces of veterans, young and old.

He captures their essence, their personality by staging them against a dark background with minimal lighting. This creates an intended prestige, an acknowledgement of his or her service to Canada.

Chief Penner's growing collection of images are for his Veterans Portrait Project, which he hopes to take on the road at some point as a travelling exhibit.

"I think people need to see that veterans are people, that is the concise way I can boil it down," said CPO2 Penner, 51. "There is a lack of this visibility in Canada, whereas in the United States people are much more nationalistic and have more national pride and support for their military. In Canada when

we aren't at war, and especially outside of military cities, this sentiment is not as strong."

He began his Veteran's Portrait Project seven years ago and has photographed approximately 300 men and women. His next phase is to choose 40 or 50 portraits and print and mount them in large scale format. Cost is holding him back as it could amount to over \$8,000.

The inspiration for his project came following the death of his mother. He realized there were hundreds of pictures of

him, his father, and his brothers, but sadly only one of her, as she was the family photographer.

When a friend, recently retired from the military, complained he didn't have photos of himself in uniform to pass down to his grandkids, Chief Penner had a revelation.

"I always tell people you aren't taking pictures for yourself but for your family. I guess that's really the story of how this began."

CPO2 Penner began his career in the Royal Canadian Navy 32 years



ago as a Naval Electronics Sensor Operator serving in multiple Canadian warships on both coasts.

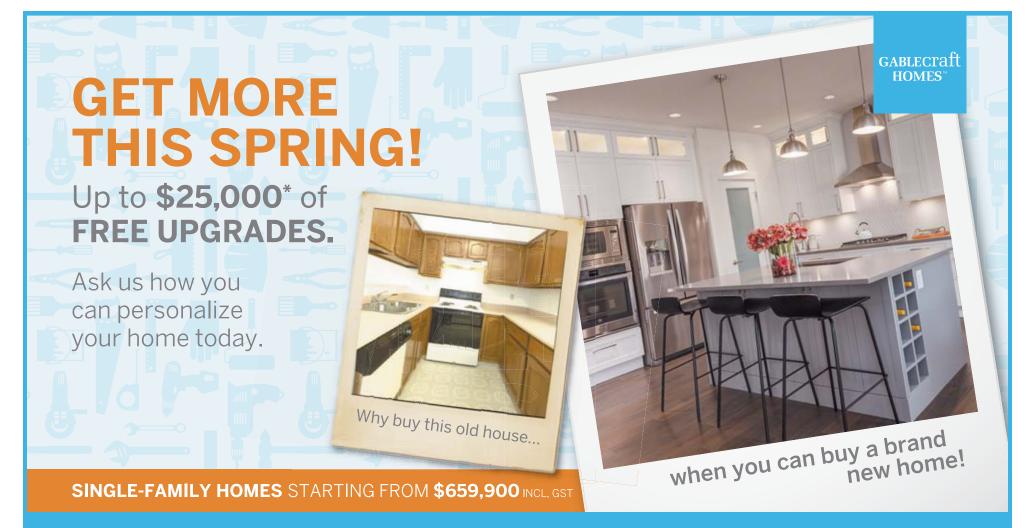
While he advanced his career as a sailor, he was always on the hunt for the "perfect shot" outside of work, something he's been doing since age 12 when he bought a Kodak 126 camera at a garage sale.

Within a year or two he had his own wet-dry dark

room and became consumed with capturing the beauty of life on the sunshine coast in Powell River.

When not working on his Veterans Portrait Project, he can be found capturing Wounded Warrior Run BC, Boomer's Legacy and HeroWork projects.

For more information about CPO2 Penner and his work, visit his website www. johnsphotography.ca



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A CP-140 Aurora, NRU Asterix and HMCS Regina are part of Canadian Task Force 150.



Regina's Naval Tactical Operations Group races to a dhow during Operation Artemis.



Leading Seaman Lionel Achari conducts training.



Photo by MCpl PJ Letourneau, Combat Camera Members of Regina transfer a load of seized hashish from a Rigid Hulled Inflatable Boat to the ship.

Canada Concludes Highly Successful Command of CTF 150

Canada is a member of CMF and has been contributing to CTF 150 since the beginning of the partnership in 2001.

Master

Corporal

Jonathan

Shannon

of HMCS

mount a

Regina's Air

Detachment

torpedo onto

the CH-148

helicopter

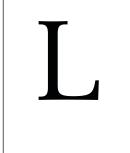
"Bronco".

Audet (left)

and Corporal

Clayton (right),

Photos by Corporal Stuart Evans, Borden Imaging Services



AST WEEK, Canada handed over command of Combined Task Force 150 (CTF 150) to Pakistan, completing Canada's fourth command of this multinational counter-terrorism Task

Commodore Darren Garnier, Royal Canadian Navy, relinquished command April 11 to Commodore Alveer Ahmed Noor of the Pakistan Navy during a change of command ceremony held at Naval Support Activity (NSA) Bahrain.

The ceremony was presided over by Vice-Admiral James Malloy, USN, Commander Combined Maritime Forces (CMF).

Through maritime security operations, regional engagements, and capacity building activities, CTF 150 and coalition partners work to deter and deny terrorist organizations any benefits from employing the high seas for smuggling illicit cargo including narcotics, UN embargoed weapons, and Somalian charcoal. Profits from drug traf-

ficking in the region are a known source of funding for terrorists and criminal networks. This represents a common threat to the security and prosperity of the region. Member countries that contributed to CTF 150 success during this rotation include Australia, Canada, France, Pakistan, the United Kingdom, and the United States, all working together in direct support in pursuit of CMF goals. Canada-led

Task Force success

The Canada-led Task

Force, supported by the Royal Australian Navy (RAN), completed a nighly successful tour by directing 18 boardings

from our coalition partners, and seizing and destroying over 33,000 kg of illegal narcotics, with a regional wholesale value of over \$41 million (USD). This marks the second largest volume of illegal narcotics seized in CTF 150

Notably, in December 2018, Royal Navy warship HMS Dragon broke a record when the ship conducted the largest drug haul in CMF history, seizing and destroying just shy of 10,000 kg of illegal narcotics from two dhows while under CTF 150 command. Also in December, RAN warship, HMAS Ballarat, seized the largest dollar value of heroin in CMF history with 766 kg.

"The successes we achieved during our deployment was a team effort with our CMF coalition partners." said Commodore Garnier. "Together, we accomplished regional cooperation and coalition interoperability, while contributing to maritime security by disrupting the use of the high seas as a pathway for illicit activities that is used to fund terrorism.'

Regina joins the success story

The Canada-led Task Force concluded on a high note April 7 when Canadian warship HMCS Regina, operating under Canada-led CTF150 command, seized and destroyed 2,569 kgs of hashish in the Indian Ocean.

Regina is in the region as part of Canada's increased contribution to Operation Artemis this year. Operation Artemis is the Canadian Armed Forces' (CAF) ongoing contribution to counter-terrorism and maritime security operations in Middle Eastern and East African waters.

Regina, along with its embarked helicopter, Naval Tactical Operations Group, Naval Replenishment Unit (NRU) Asterix. and a CP-140 Aurora aircraft joined CTF 150 at the end of March. At the time, this marked the CAF's third largest operation, significantly increasing the CAF's footprint in

the Middle East and East Africa region.

Satellite data aids the mission

CTF 150 successes can also be attributed to the Canadian Armed Forces Unclassified Remote-Situational sensing Awareness (URSA) system, which allows for the download of satellite data directly from commercial satellites, providing up-todate situational awareness of operational theatres. The system proved to be a valuable asset for CTF 150 in supporting its mission by contributing to building and maintaining situational awareness and patterns of

Commodore's final thoughts

Commodore Garnier also toured the region, meeting with key leaders to discuss the maritime security environment in the CTF 150 area of operations. He conducted key leadership engagements in Egypt, Mozambique, Oman, Seychelles and the United Arab Emirates.

Commodore Garnier stressed the same key points when he said, "Deterring and denying terrorists the use of the seas as a venue for illegal

HMCS Regina's Naval Tactical Operations Group boards a dhow during

Operation Artemis.

activities is a team effort as no single state can shoulder this burden alone. The very nature of CTF 150 operations requires the Task Force to work closely with partners and allies in order to achieve success. Strengthening relationships with regional navies improves interoperability, and allows CTF 150 to build trust, share information, and remain engaged in regional efforts and challenges."

Commodore Garnier concluded his tour by adding, "I'm extremely proud

of the hard work, dedication and professionalism demonstrated by our combined Canadian-Australian Task Force over the past five months. Leading people of this caliber is both a privilege and personally rewarding."

Canada is a member of CMF and has been contributing to CTF 150 through Royal Canadian Navy warships, Royal Canadian Air Force maritime surveillance, and/or staff to operate at CMF Headquarters since the beginning of the partnership in 2001.

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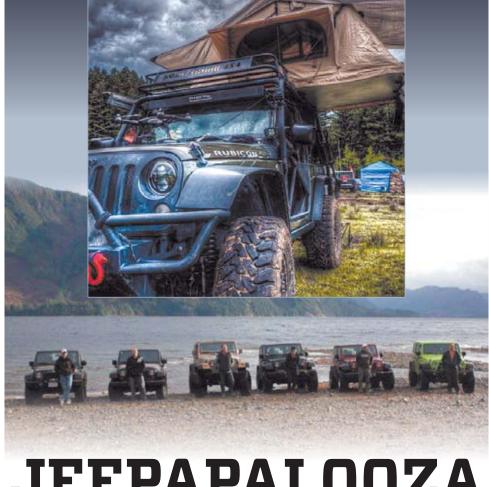












JEEPAPALOOZA

a drive for charity

Peter Mallett Staff Writer

A submariner with HMCS Chicoutimi, along with other members of the military community, is gearing up for next month's Jeepapalooza cancer fundraiser.

The May 17 to 20 event combines camping and camaraderie with a weekend-long off-road caravan for jeep and SUV enthusiasts, taking them on a journey past lakes, streams valleys and mountain vista points on logging territory of the Comox Valley.

This will be Petty Officer Second Class Oleg Mamontov's fifth time as a participant in the sixth annual event.

He returns year after year for a few days of fun and adventure, but also because it serves a much more practical purpose.

"The whole point of Jeepapalooza is to raise as much money as we can for the B.C. Cancer Foundation," says the 42-year-old submariner. "We are looking for individuals and businesses to support us in any way they can from monetary donations, to donations of prizes for our silent auction, to buying raffle tickets."

Jeepapalooza's goal this year is to raise funds for the Immunotherapy Research Program at Vancouver Island's Deeley Research Centre of Victoria. Last year, support for the event surpassed expectations with \$31,000 raised. This year, the charitable event hopes to meet or surpass that total.

As for the fun factor, PO2 Mamontov says that begins after participants set up their campsites at the Jeepapalooza camp ground.

After that, most of their time during daylight hours is spent off-roading in jeeps and other similar-style vehicles on a huge swath of private property owned Timber West Logging territory.

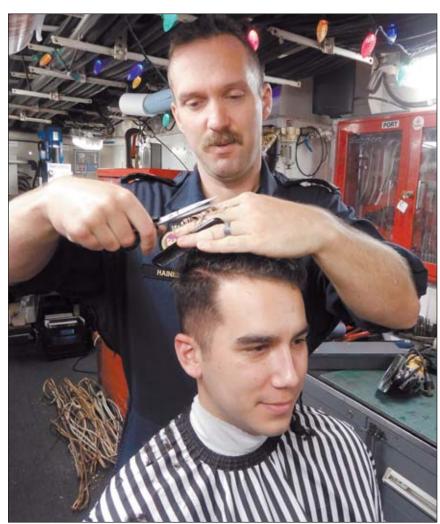
When the vehicles are turned off the fun and friendship-building ramps, says PO2 Mamontov.

"During the day it's all about big jeeps, big tires and lots of mud, but the fun continues at night. If you like the outdoors but are not into exhausting activities like hiking and like to meet new people this might just be the perfect event for you and your friends and family."

For more information about the event and ways you or your business can support Jeepapalooza, contact PO2 Mamontov or visit the website www.jeepapaloozabc.com



Sailor's barbershop fundraises to give kids a Jump Start



LS Tyler Steffan gets a hair cut from MS Jeffrey Haines as part of a fundraiser for children's sports charity Jump Start. Photo by LS Thrun

Peter Mallett Staff Writer

If you pass by the "stoker's" workshop in HMCS Regina, you might catch a glimpse of that infamous barbershop red and blue pinstripe icon. This is the home of the Greasy Clippers, a make-shift barber shop with Master Seaman Jeffrey Haines behind the clippers.

The 34-year-old Marine Engineering Technician is currently on a seven-month deployment in the Arabian Sea and Indian Ocean as part of Operation Artemis. On his down time, he heads to his makeshift barbershop to keep his shipmates shipshape, and the fundraising pot growing for Jump Start.

All the proceeds he raises \$5 a hair cut – goes to the Canadian Tire charity that benefits children's sports. It gives economically disadvantaged youth the chance to participate in organized sports programs and physical activities by paying for equipment, registration fees and other costs.

"It's a hard concept for kids to understand why their parents can't afford something," said MS Haines. "I've always loved what Jump Start has stood for because I believe all kids should have the opportunity to play sports no matter what their background or financial situation."

by the Canadian Tire Corporation in 2005. It has assisted over 1.9 million children and last year raised close to \$30 million to support community-based sports programs.

MS Haines is a self-taught barber and began cutting his and his children's hair after buying a set of clippers.

Two months into Regina's deployment he has done over 140 haircuts. Along with some generous tips he has raised over \$1,000.

The barber shop is his first charity project and took a bit of planning. The week before Regina sailed, he acquired a

barber's apron, neck strips. and chair plus a cut-out barber's pole to help advertise his location to passer's by. He brought along his own clippers, scissors and combs, and uses a low pressure shot of compressed air from a Jump Start was launched hose in the "stoker's" shop to blow hair off the trimmings. Support from the crew has been strong with many returning for a second and third cut.

With such a lengthy deployment, MS Haines expects plenty of hair growth in need of a trim, which translates to more funds raised.

I've always loved what Jump Start has stood for because I believe all kids should have the opportunity to play sports no matter what their background or financial situation."

Master Seaman Jeffrey Haines



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Fleet Maintenance Facility Cape Breton **Awards and Promotions**

Capt(N) Ed Hooper made presentations to members of FMF (CB) before ending his tenure as Commanding Officer of the unit.





LS Dany Nadeau is promoted to MS. PO1 Greg Simmonds promoted to CPO2.



A Certificate of Apprenticeship was awarded to Colton Hayden.



A Certificate of Apprenticeship was awarded to Marc Inston.



A Certificate of Apprenticeship was An FMF Bravo Zulu was awarded to awarded to Shawn Fiset.



Shawn Fiset.



An FMF Bravo Zulu was awarded to Robert Nemeth.



An FMF Bravo Zulu was awarded to Ricardo Soto by the new Commanding Officer, Cdr Amit Bagga.



Erin Brown.



An FMF Bravo Zulu was awarded to An FMF Bravo Zulu was awarded to CPO2 Amil Kreger.



An FMF Bravo Zulu was awarded to John Misener.



An FMF Bravo Zulu was awarded to Warren Shrieves.

HMCS Regina Promotions

Photos by CPL Stuart Evans HMCS Regina





Seaman Michael William Townshend-James is promoted to Leading Seaman by the ship's Commanding Officer, Commander Jacob French (right), and Chief Petty Officer Second Class Ian Burke (left).



Able Seaman Addison promoted to Leading Seaman by Cdr promoted to Able Seaman by Cdr Jacob French (right) and Lieutenant Jacob French (right) and Lt(N) Max (Navy) Matthew Baker (left).



Korb is Ordinary Seaman Dillon Perry is Rosenkranz (left).



Able Seaman Scott Morrison is promoted to Leading Seaman by Cdr Jacob French (right) and CPO1 Ian Burke (left).



LS Caleb Bonney is promoted to his current rank by Cdr Cory Foreman (left), Base Administration Officer, and Lt(N) Krista Seguin, Base Accommodations Officer (right).



PO2 Bev Hibbs receives her new rank from Cdr Cory Foreman (left), Base Administration Officer, and Karen Kang (right), Base Administration Corporate Services Officer



Base Administration Promotions



AB Graham Janack receives his new rank from Cdr Cory Foreman (left), Base Administration Officer, and Lt(N) Amy Mahar, Base Foods Officer (right).



Cpl Maria Calandrino receives her new rank from Cdr Cory Foreman (left), Base Administration Officer, and Lt(N) Amy Mahar, Base Foods Officer (right).



LS Zhen Yu receives his new rank from Cdr Cory Foreman (left), Base Administration Officer, and Lt(N) Krista Seguin, Base Accommodations Officer(right).

Naval Fleet School Promotions



CPO2 Atkins is promoted to his current rank by LCdr O'Regan and CPO2 Calhoun.



PO1 Trottier is promoted to his current rank by LCdr O'Regan and is CPO2 Calhoun.



PO1 Gibson is promoted to his current rank by LCdr O'Regan and CPO2 Calhoun.



LS Brown receives a Bravo Zulu from LCdr O'Regan.



DL 30622. Vehicles are for illustrative purposes only. All vehicles were available at time of print. Prices and payments are plus tax. All dealer rebates, discounts, factory incentives, prices, and interest rates are subject to change or end without notice as new retail incentive programs are announced. Up to \$1000 in discounts and rebates available on in stock 2019 Santa Fe XL models. Up to \$500 in rebates also available on the 2019 Santa Fe XL. In order to qualify for a total of up to \$1500 in discounts and rebates an official military id must be presented. Offers run from March 19 2019 to September 19 2019.



Naval Fleet School Pacific Division Awards

Photos by Leading Seaman Sisi Xu, MARPAC Imaging Services

Commander Julian Elbourne, Commandant Naval Fleet School Pacific presented medals, promotions and awards during his last Division on April 11.



Petty Officer Second Class Robert Wile receives the Canadian Forces Decoration for completing 12 years of good and loyal services.





Leading Seaman Lily Amirault receives her

Petty Officer Second Class David Champagne is presented the Commandant Bravo Zulu for organizing a very successful Professional



Development Day.



Commander Julian Elbourne receives a kisbee ring from Lieutenant Commander Daniel O'Regan, Leading Seaman Daniel D'Sa, and Chief Petty Officer First Class Malcolm Conlon as a departure gift.



Leading Seaman Martin Levert is presented the Canadian Peacekeeping Service Medal for October 1993 - April 1994.



Master Seaman Rommel Billanes is presented the Commandant Bravo Zulu for dedication and professionalism in assisting with Marine Technician training.



Petty Officer Second Class Stephane Lacroix and the team members of procurement section is presented the Commandant Bravo Zulu for dedication and professionalism in supporting daily operations for Campus Pacific.



Commander Julian Elbourne presents Acting Sub-

Commander Julian Elbourne receives a crab cage from Lieutenant Commander Daniel O'Regan (right), Deputy Commandant of NFS(P), as his departure gift.

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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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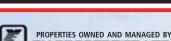
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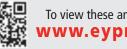
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