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Volume 64 Number 19 | May 13, 2019

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CADETS SET SIGHTS TO WIN

Cadet Genevieve Daniels from 2610 Royal Canadian Army Cadet Corps, Sheet Harbour, N.S., takes aim during a standing relay at the 45th National Cadet Marksmanship Championship, May 5-9, at CFB Esquimalt. See page 6 for details. Photo by Captain Shirley Ho

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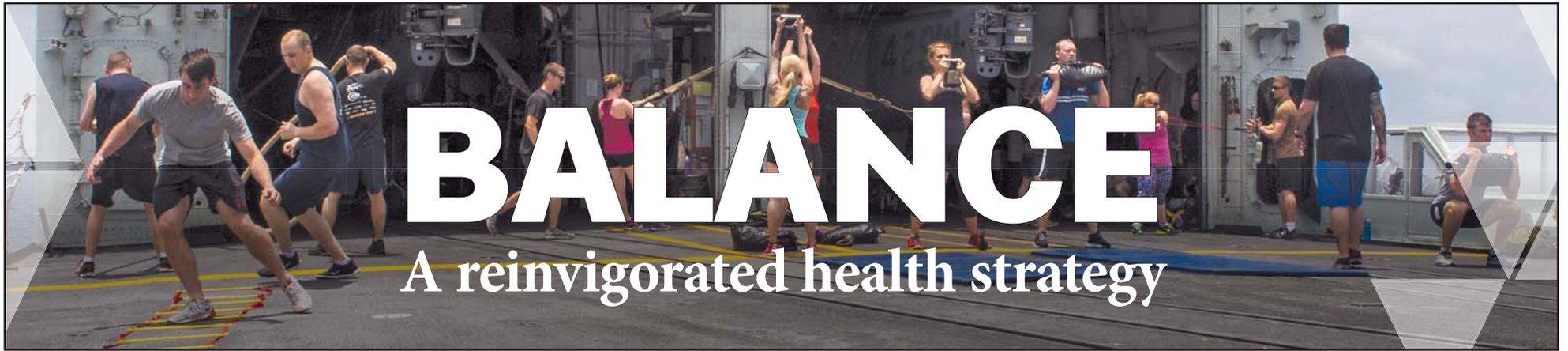
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Peter Mallett
Staff Writer

To invigorate the physical fitness and wellness of its members, the Canadian Armed Forces (CAF) have launched a new physical performance strategy called Balance.

Canada's Chief of the Defence Staff, General Jonathan Vance announced the rollout of the new strategic document on April 23. It's focused on realizing the "people first and mission always" goals spelled out in *Canada's Defence Policy Strong, Secure and Engaged*. Gen Vance says the aim of Balance is to promote a culture of fitness and improved physical performance for Canada's approximately 68,000 regular force and 22,000 reserve members.

"We have a collective responsibility within the Canadian Armed Forces to develop and sustain a strong, healthy and fit military,"

said Gen Vance. "This begins with leaders who are fully committed to a culture of physical fitness and wellness, and where sailors, soldiers, and airmen and airwomen take their wellbeing seriously."

Balance falls in line with Canada's Defence Policy that was announced in June 2017 and builds on the former Canadian Armed Forces Health and Fitness Strategy policy that was introduced in 2008.

Balance is intended to "reinvigorate" the essential components of operational readiness and lifelong wellness by focusing on four key areas: physical activity, performance nutrition, adequate sleep and prevention of injury.

"The strategy's ultimate goal is to ensure every military member has the support, resources and opportunities to maintain a balanced, healthy, active lifestyle that makes them ready for Canadian

Armed Forces operational requirements," said Gen Vance.

Balance was developed by the CAF with support from Personnel Support Programs (PSP), creating an 82-page guidebook available in PDF version on the national CAF Connection website (www.cafconnection.com/balance). It provides local command teams the necessary tools to assist and encourage military members in becoming fitter, healthier and more operationally ready than before.

The document spells out targets for each of the four key areas. In its conclusion, it emphasizes the importance of leaders to "develop a policy framework that makes healthy choices easy for all personnel." It also offers specific advice and guidance for all three branches of Canada's military (army, air force and navy) along with the Canadian Special Operations Forces Command

(CANSOFCOM), Military Personnel Command (MPC), and Canadian Joint Operations Command (CJOC)

Daryl Allard, PSP Director of Fitness, Sports and Health Promotion, says its creation and the rollout was approximately two years in the making, and he acknowledges the goals set in the document won't happen overnight.

"Balance is essentially a strategic document; so, now our focus is all about taking the next step to operationalize this document at the national, command and local level," said Allard. "We are currently collaborating with commands, local leadership and PSP staff to provide them the tools and support for them to execute based on their operational realities and priorities"

The strategy's ultimate goal is to ensure every military member has the support, resources and opportunities to maintain a balanced, healthy, active lifestyle that makes them ready for Canadian Armed Forces operational requirements.

General Jonathan Vance, Chief of the Defence Staff

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Vice Admiral Ron Lloyd receives a special plaque of thanks from Cdr Sam Sader, Base Logistics Officer.



VADM Lloyd is given a demonstration on the new Vertical Lift System in Colwood 66 by Warehouse Storeperson Corrina Colpman.



Photos by MCpl Carbe Orellana, MARPAC Imaging Services

Warehouse moves into modern day automation

Peter Mallett
Staff Writer

CFB Esquimalt's Base Logistics has installed a sophisticated storage and retrieval system at its main warehouse in Colwood that whittles down finding a part to mere seconds.

Vice Admiral Ron Lloyd, Commander of the Royal Canadian Navy, was on hand to snip the ribbon at Colwood 66 on May 3, unveiling the Kardex Remstar Shuttle 500.

The Vertical Lift System (VLS), he said, is a technological innovation that will greatly enhance both the speed and efficiency of the supply chain across the Pacific Fleet.

"When you are down range

in your ship and you need something quickly, being able to get that part is where readiness really stands," said VADM Lloyd.

The cubed-shaped storage retrieval system measures just 600 square feet but can store approximately 40,000 of the warehouse's small volume goods. Those items are currently stored on towering shelving units accessible by ladders that occupy a footprint of 6,000 square feet.

The arrival of the Vertical Lift System took 15 months from planning to execution, which is a record-breaking timeline for the implementation of this first-of-a-kind CAF capability, says Commander Sam Sader, Commanding Officer of Base Logistics.

"VLS is a huge game changer

and a complete transformation of the way the RCN does business because its magnitude for efficiencies is really at least tenfold in everything it does," said Cdr Sader. "Adopting this new best-in-class technology not only optimizes the warehousing process to deliver parts faster to Fleet and FMF, it also makes warehousing systems more user friendly and safer for staff."

In his address, Capt(N) Jason Boyd, Base Commander, commended the assistance of the projects partners including Real Properties Operations (Pacific), who made structural and construction upgrades in the warehouse to accommodate the new system; Base Information Services (BIS) and the Formation Command

and Analytics Office, who provided technical and software expertise; and the purchasing and delivery responsibility that was executed by Public Service and Procurement Canada.

After cutting the ribbon, VADM Lloyd, Cdr Sader, and Capt(N) Boyd were given a demonstration of the new system's capabilities by BLOG warehouse staff.

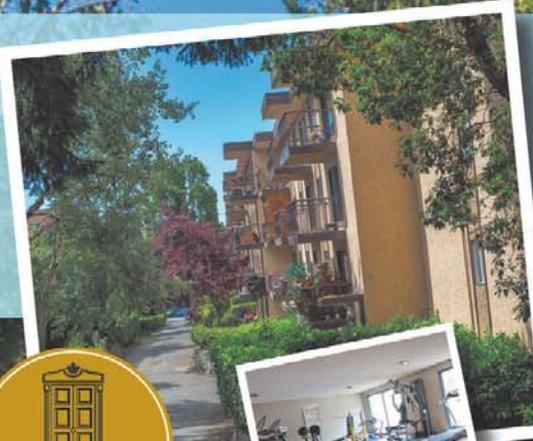
After doing a search of an item they wanted via a computer database, they obtained a digitized stock code that was inputted into the VLS.

VLS then searched through its intricate system of color-coded shelves and compartments to collect and deliver the item along the rotating elevator system with stacked tray shelves inside the machine. It took less than 20

seconds for the package to drop into a small bin at the front of the machine for retrieval, a process that would normally take over 10 minutes.

After completing the demonstration, a surprise was in store for VADM Lloyd. That came when a second item was chosen for the demonstration. This time when he reached into the bin, he pulled out a small commemorative plaque from BLOG staff, with an inscription that thanked him for his "unwavering support in the modernization of the Canadian Navy's supply chain."

In the coming months, Base Logistic warehouse staff will continue to train on the system and catalogue into it the tens of thousands of inventory items.



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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
Katelyn Moores 250-363-7060

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

People Talk

During a recent visit to their shore office in Dockyard, Lookout asked members of HMCS Vancouver this question...

What is something you do in your job that people outside of the military would be intrigued to learn about?



One of my primary roles is being in charge of the discipline of the entire unit and that might surprise people. You can normally gauge the success of this task by how well the team is doing as a whole. If you are not doing a lot of investigations on the disciplinary side then your team is doing a good job.

**Chief Petty Officer First Class
Steve Wist, Coxswain**



During celebrations and important events one of my jobs is to rig the ship with all sorts of signal flags A to Z. This normally happens during an event such as the Queen's birthday or Canada Day and is a way of showing off and grabbing people's attention.

**Leading Seaman Mark Santos,
Naval Communicator**



It's my job to keep updated files on all our people and make certain their information is up to date. That includes their Departure Assistance Group, which is a document used for deployments that includes information such as health, next of kin contacts, and pay information. The document is completed before deployment and can be updated while at sea.

**Leading Seaman
Nancy Rhéaume,
Human Resources Clerk**



Supporting the ship's flight program and assisting in the landing of helicopters when we are in a Ship Without Air Detachment situation. This is one of the many unique tasks in my job that many people would be surprised by."

**Petty Officer Second Class Iain
Fraser, Marine Technician**

WHAT SAY WE



Submitted by MS (Retired) Joe Buczkowski

- 1 In what year was the naval base established in Esquimalt?
- 2 What is the population of Greater Victoria?
- 3 What is the official motto of Canada?
- 4 How many HCM ships (frigates and submarines and MCDVs) currently call Esquimalt home?
- 5 What else does the Welcome to Victoria sign say?
- 6 What year did British Columbia join Confederation?
- 7 Approximately how many people, military and civilian work for Maritime Forces Pacific (MARFAC) and Joint Task Force Pacific (JTTF)?
- 8 How many Prime Ministers have served during Queen Elizabeth II's reign?
- 9 What is the official motto of the Royal Canadian Navy?

ANSWERS: 1. 1865; 2. As of 2019, approximately 367,000; 3. From Sea to Sea; 4. 14; 5. Home of Canada's Pacific Naval Fleet; 6. 1871; 7. 8,000; 8. 12; 9. Ready Aye Ready



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Cadets on target in national shooting competition

Peter Mallett
Staff Writer

Army, air and sea cadets from across Canada hit us with their best shots May 5 to 9 in this year's National Cadet Marksmanship Competition held at CFB Esquimalt.

Equipped with Daisy 853C air rifles, 125 cadets, ages 12 to 18, took to the concrete floor in the Naden Wurtele Arena for the competition, guided under the same rules and regulations that govern Olympic shooting competitions.

Twenty-two teams representing all of Canada's provinces, Nunavut and the North West Territories competed for team and individual medals while shooting from standing and prone (lying down) positions.

Individuals and teams competing in the nationals had won or were runners-up in their provincial or territorial marksmanship competitions in order to qualify.

Cadets were housed and fed at Work Point and Naden, and took part in several activities during their stay that included tours of Fort Rodd Hill, Hatley Castle, downtown Victoria, *HMCS Calgary*, and Zodiac boat rides around Esquimalt Harbour.

Captain Beth Devlin of Regional Cadet

Support Unit (Pacific), an organizer of the event, congratulated senior leadership at the base and Personnel Support Programs staff for pulling out all the stops in making this year's competition a success.

"The cadets got to experience things and see sites they had never seen before," said Capt Devlin. "The support of the base and its staff has allowed us an experience for youth they just couldn't get in any other program."

After all the results had been tallied by the afternoon of May 10, winners were announced in the following categories:

Overall Team
Gold 2820 RCACC, Charny, QC;
Silver 51 RCACS, Ottawa, ON; Bronze 907 RCACS, White Rock, BC.

Junior Individual
Gold Ruby Liu, 907 RCACS, White Rock, BC; Silver Genevieve Moreau, 755 RCACS, Stony Plain, AB; Bronze Isla Rennison, 51 RCACS, Ottawa, ON.

Open Individual
Gold Anna Belanger McGuire, 51 RCACS, Ottawa, ON; Silver Laurie Gonneville, 2595 RCACC, St Jean, QC; Bronze Rachel Cameron, 676 RCACC, Georgetown, ON.



More than 120 sea, army and air cadets from across Canada took part in opening ceremonies of the 45th National Cadet Marksmanship Championship at Wurtele Arena. *Inset: Cadets get a guided Canada tour HMCS Calgary.* Photos by Captain Shirley Ho

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MILITARY VOLUNTEERS ROCK VIEW ROYAL JAILHOUSE



Photo by John Penner/John's Photography

Peter Mallett
Staff Writer

Armed with sledgehammers, drills, saws and tool belts, 35 volunteers from the Royal Canadian Navy helped local charity HeroWork with a difficult demolition project in View Royal.

Made up of staff from the Damage Control Division of Naval Fleet School (Pacific), volunteers spent most of April 30 gutting the inside of a former youth detention centre on Talcott Road. The demo work is to make way for a full-scale renovation of the building on behalf of Our Place Therapeutic Recovery Centre that will take place in June.

HeroWork is a local non-profit that helps other local charities improve their buildings through self-described Radical Renovations.

HeroWork Chief Executive Officer, Paul Latour says the demolition work was a vitally important first step in their latest renovation and the work completed included the removal of

fibre glass beds and seating from the holding cells, lighting and electrical boxes, cabinetry and cupboards, along with the demolition of concrete walls.

He commended the volunteers for their efforts while also noting their work was more difficult than most demolition projects since the site is a former jail and everything there was built not to be broken.

"The team of volunteers arrived on a bus from CFB Esquimalt, got to work right away and in an organized fashion," said Latour. "Historically, volunteers from the base have made enormous contributions to our projects and we can always count on them. We are also expecting a big turnout from them when our Radical Renovation project for Our Place starts in June."

Our Place Therapeutic Recovery is a local non-profit with a mandate of tackling the problems of homelessness, addiction, and incarceration through the development of a therapeutic recovery community as a method of treatment.

The demolition project was organized through Boomer's Legacy and headed by former Commander of the Damage Control Division, LCdr (Retired) Rob Petitpas, who recently accepted a full-time position as HeroWork's Director of Projects. For more information about HeroWork and how to get involved visit their website www.herowork.com

Military members remove a table from the former detention centre.



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RIISING GAS PRICES AND THE BENEFITS OF A Bike



CPO2 Ron Eccles Active Living Working Group

With the price of gas reaching record levels in B.C., it will continue to cost more to fill up your gas tank.

A mid-sized car that used to cost \$60 to fill up a few months ago now costs around \$75, a 25 percent increase over the past four months. As a result, some people may be considering alternative means of transportation, especially for the commute to and from work. The most common options include public transit and carpooling, but they have limitations; relying on the schedule of the bus and others being the most common.

There is also the option of cycling. Now that the weather is warmer and significantly nicer, cycling is an option for commutes.

Think about the benefits

Perhaps the biggest problem is the commute to and from the Westshore and the outlying areas of Metchosin and Sooke by car. For those that live in Colwood and Langford, the daily commute is approximately 15 kilometres each way, and can take 40 minutes or more. That same commute can be done on a bike at least 10 minutes faster using the Galloping Goose and E&N Trails, even with the uphill climb from Six Mile Pub to Goldstream Avenue.

Over a month that's 600 km - the equivalent of at least two tanks of gas.

Cycling to work saves that wear and tear on your vehicle, eliminates the stress of sitting in traffic, and saves you money.

A great stress reliever

Ever had one of those days where you can't wait to leave work and get home?

In a car you might get frustrated with long lines at traffic lights and dealing with the slow commute through the "Colwood Crawl", which can add stress. Throw in additional backups and delays from a traffic accident and you're even more frustrated. Either way, by the time you get home, you're not feeling any better than when you left work.

Cycling is a great way to burn off stress, and there's no better feeling than getting on a bike at the end of a frustrating work day, taking a nice ride home with no long waits at intersections, and arriving home feeling refreshed.

Burn baby burn

Cycling results in calories being burned. A trip to and from the Westshore could burn up to 500 calories. If you eat less calories than what you burn off, you lose weight. So, cycling to work every day for a month, with a healthy diet, could result in weight loss. Plus, it will increase your cardiovascular health. Cycling increases the heart and lung capacity, so taking the stairs is not as difficult, plus it decreases the resting heart rate.

So, as the price of gas continues to climb, instead of getting stressed out over how much money you must put into the tank (and stress isn't good for the heart either), think about cycling to and from work. You don't need an expensive road bike or need to dress in spandex to ride. For those that have longer commutes or hills that may be challenging, e-bikes are another option that will make those longer commutes and hills a lot easier. And, with the money you're saving on gas, by the time fall comes, the bike will have more than paid for itself - in more ways than just price.

BIKE TO WORK WEEK
MAY 27 - JUNE 2

Have you registered yet?
If you have participated in Bike to Work Week (BTWW) before, simply log in to be registered for this year's events.

If you are helping someone register for the first time, it only takes a few moments to register for free. Go to <https://www.biketowork.ca/victoria> and click register and follow the prompts. New participants can join an existing team or start their own! Register your team under MARPAC.

Team Leaders get a free Team Leader kit that includes a t-shirt, promotional materials, information, and other free swag items. Kits can be picked up at the BTWW office #201-531 Yates Street during office hours Monday to Friday, 8:30 a.m. to 5 p.m.

Win a trip for two to Whistler including airfare!

This is an exclusive grand prize for participants in Victoria which means the odds of winning are great. Any registered participant can qualify; all you have to do is recruit someone new. So many people are hesitating to participate and just need a little help overcoming a few barriers. Your support and encouragement can go a long way. Once you've recruited someone new, email us with both names (the new participant and the recruiter) to submit both names into the prize draw.

**BTWK BREAKFAST MAY 30, 0600-0800HRS
ORNAMENTAL NADEN GATE**



HOW HEALTHY IS YOUR

HEART

Try this

Calculate your maximum heart rate (220 subtract your age). Conduct a physical fitness exercise or activity that gets your heart rate up to or close to its maximum. As soon as you stop, measure your heart rate and make note of it, then rest for two minutes. At the end of that two minutes, take your heart rate again, note it and subtract that from your heart rate from two minutes earlier. That number is called Heart Rate Recovery (HRR) and what that number actually is says a lot about the health of your heart; the bigger the number, the better. If the difference between the two numbers is:

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Your biological age is about the same as your calendar age.

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Your biological age is slightly younger than your calendar age.

59-65

Your biological age is moderately younger than your calendar age.

66+

Your biological age is a lot younger than your calendar age.

BATTLE OF THE ATLANTIC

HONOURING HMCS CALGARY'S BYGONE AND CURRENT SERVICE

SLt Richard Bowker
HMCS Calgary

The first HMCS Calgary (K231) was a Flower-class Corvette, one of many that were built to meet the demand for escorting merchant vessels across the Atlantic during the Second World War.

Corvette crews earned a reputation of possessing a hardy and courageous spirit, which would serve them well against the submarines that stalked allied ships. The Corvettes proved effective in anti-submarine warfare, with Calgary being no exception.

On Nov. 20, 1943, Calgary in consort with HMCS Snowberry and HMS Nene, sank the German submarine U-536. Calgary would continue to serve in an anti-submarine and escort role through the Battle of the Atlantic and in the North Sea, as well as at the Battle of Normandy. Calgary was paid off on June 19, 1945, but her spirit lives on in her successor.

The current *HMCS Calgary* (FFH335) is the flagship of Canada's Pacific Fleet and proudly carries the Battle Honours of her predecessor. Her strike to maintain mission focus and courageous spirit has brought the ship and crew success at home and abroad, most recently during Operation Projection in 2018.

From Newfoundland to British Columbia, and all parts in-between, the crew of *Calgary* hails from all walks of life and proudly represents Canada. Not all her sailors are from the navy; many of the crew come from the air force and army. MWO Louise Martel is one such sailor. Though her element is army, she

has sailed with the navy for three years in *Calgary* as the senior supply technician and racked up over 365 days at sea. No matter their background, the crew of *Calgary* came together the first Sunday in May to honour the sailors who served in the Battle of the Atlantic.

Over 30 members of the ship's company were involved in the ceremonies at local cenotaphs around Greater Victoria and across Canada to commemorate the Battle of the Atlantic.

Calgary's Coxswain, CPO1 Arvid Lee was the Chief Petty Officer supporting Capt(N) Montgomery at the ceremony in Edmonton, AB.

Naval Communicators AB Michalski, LS Cutrell, and LS Dang represented the RCN and *Calgary* in their home towns of Halifax NS, Edmonton AB, and Vancouver, BC, respectively.

Boatswains OS Lariviere from Trois-Rivieres, QC, and LS Swedgan from Vancouver, BC, returned home to attend ceremonies, along with Naval Combat Information Operator LS Marsh who went to his home town of Calgary, AB.

Whether showcasing the RCNs capabilities during Op Projection or laying a wreath to honour Canadian sailors at the Battle of the Atlantic, *Calgary* stands ready to meet the challenges of the future. Crewed by some of the best sailors in the fleet, Calgary will continue to connect with the present public while honouring those who have served Canada in the past.



Photo by Leading Seaman Brendan Gibson, MARPAC Imaging Services

Capt(N) Jason Boyd, Base Commander of Canadian Forces Base Esquimalt, lays a wreath at the cenotaph during the Battle of the Atlantic service May 5 on the Legislature grounds.



Rear Admiral Bob Auchterlonie, Commander of Maritime Forces Pacific, gives his opening remark during the Battle of the Atlantic Service.



Members of Royal Canadian Navy participate in the Battle of the Atlantic Service.



Robin&AJ
Good morning. Good times.





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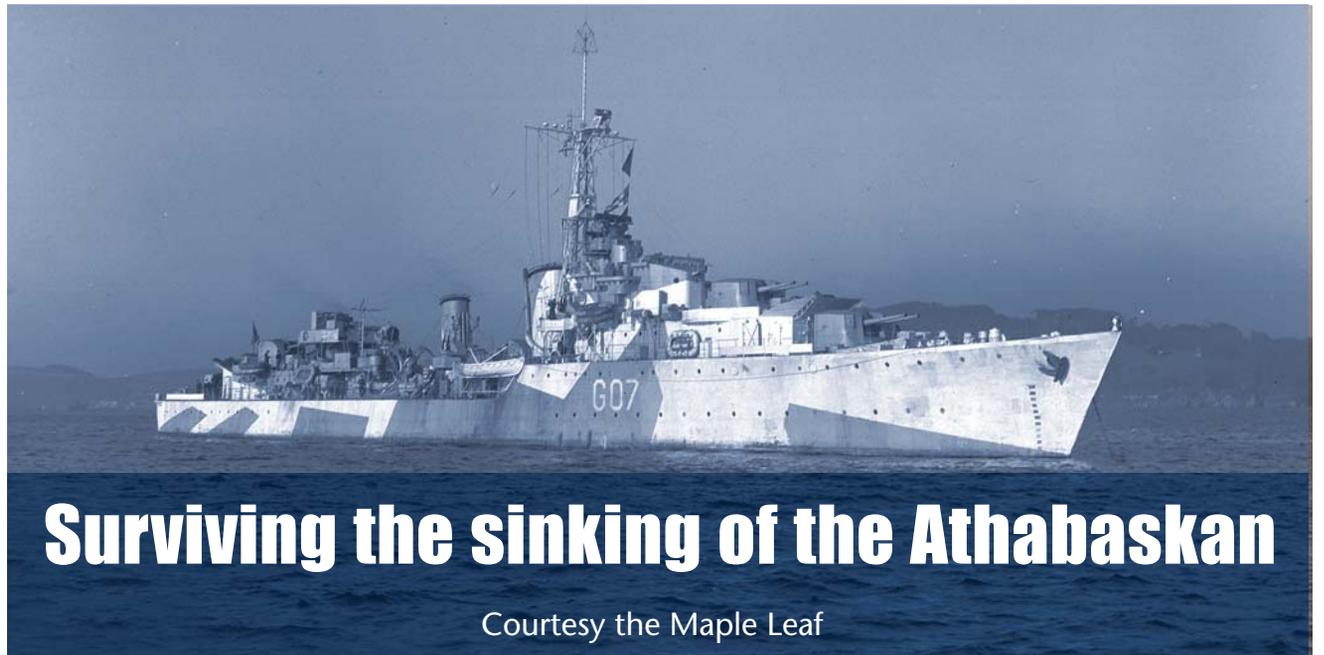
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When a massive explosion ripped through HMCS Athabaskan, Able Seaman Harry Liznick was forced to leap into the cold waters of the English Channel from his position on the starboard forward anti-aircraft gun.



It was April 29, 1944, and Athabaskan had just been hit by a torpedo from German U-boat T-27 as the Battle of the Atlantic raged.

"I could see fire for what seemed 100 feet above me. I lay there looking up and saw pipes, irons, huge chunks of steel, away up in the air. I thought to myself that all this steel would kill me when it came down," Liznick remembered in an interview many years ago.

His face burned, and fearing for his life, Liznick jumped over the side.

Athabaskan was listing to port. Swimming as fast as he could, Liznick looked back after 200 feet and "watched as the stern went under and the bow came up and the good old Athabaskan slid under and sank."

Those trapped below deck went down with the ship.

After chasing T-27 onto the rocks and setting it ablaze with gunfire, sister ship HMCS Haida returned to recover Athabaskan survivors. Launching its boats, floats and scramble nets, Haida's crew managed to save dozens of dazed and exhausted oil-soaked men.

Too far away to reach safety, Liznick joined the chorus of men in the water hollering for help.

It was to no avail and after lying stopped for 18 minutes, Haida had to abandon the rescue. Dawn was approaching and Haida, close to the enemy coast, was in great peril from aerial attack and from nearby shore batteries.

Of the entire crew,

Athabaskan's captain John Stubbs and 128 men were lost, 42 were rescued by Haida, six managed to reach England in a small craft, and 85 were taken prisoner.

Covered in thick black bunker oil, the survivors fumbled in the water trying to attach themselves to anything that floated.

"The oil seemed at least two inches thick. It covered everything and we had a hard time to hang on to anything. We swallowed a lot of water along with bunker oil and our mouths were thick with grease," Liznick recalled.

"For those of us that were left behind our ordeal was just beginning..."

At dawn, German ships and several minesweepers set out to rescue survivors. Liznick recalled being well-treated by the German sailors. While still at sea, the survivors were given a shower and "slightly warm gruel" to eat. "It was tasteless and looked like the paste we used in primer school."

Stripped of their oily clothing, the Athabaskans

a starving man keep anything that was edible for any length of time?"

Once a month the sailors got a dehydrated block of sauerkraut about 2.5 inches square. Liznick described it as "hard as a rock! If you put this in a pail of water, it swelled up and we'd have a whole pail of sauerkraut."

After 11 months of captivity, the mood in the camp changed as radio broadcasts indicated the Allies were approaching.

On April 25, 1945, the POWs awoke to find the British Second Army had liberated the camp.

The Canadian POWs were flown by Lancaster to Horsham, England, to recuperate and then returned home.

Liznick arrived in Iroquois Falls, Ont., on May 31, 1945, 13 months after being torpedoed and just in time to help his father plant the summer crops.

In 2002, the wreckage of Athabaskan was located in 90 metres of water near the island of Batz in the English Channel. Many of those who perished are interred at the Plouescat Communal Cemetery southwest of Batz in Brittany, France.

Harry Liznick passed away in 2005.

As the Royal Canadian Navy marked the 75th anniversary of the sinking of HMCS Athabaskan on April 29, 2019, it is wartime seamen like Liznick and his shipmates who personify the courage, determination and fortitude that inspire today's sailors.

were issued French navy uniforms that had been confiscated when the Germans took France in 1939. The prisoners were herded below decks and confined in the hold.

Landing in Brest, France, to a crowd of locals and German officials, the Athabaskans were taken to a makeshift hospital that had once been a convent. Within days the survivors were crammed onto trains for the four-day journey to Marlag und Milag Nord, a prisoner of war (POW) camp for naval and merchant seamen outside of Bremen, Germany.

The first six weeks were spent in solitary confinement. Food was sparse and consisted of two slices of black bread, a pat of margarine and a cup of ersatz tea. Later the bread was scaled back to one slice per day, with the prisoners expected to save half the slice for supper.

Liznick was especially challenged by the new ration and said, "What a laugh it is today. How could

UVic author ready for Aboriginal Awareness Week address

Peter Mallett
Staff Writer

Author Misao Dean, University of Victoria Canadian literature professor and author of *Inheriting a Canoe Paddle*, will speak about Reconciliation from a Settler Point of View on May 22 at 11 a.m. at Naden's Learning and Career Centre.

Her appearance is facilitated by the Defence Aboriginal Awareness Group as part of CFB Esquimalt's Aboriginal Awareness Week events.

"The theme for my address is to make the point that we are all treaty people," said Dean. "Indigenous people carry a treaty card and are very aware they are governed by the provisions of treaties, but sadly the rest of Canadian society is mostly oblivious to the fact. Treaties confer obligations as well as benefits. I want people to think about the obligations imposed on us by treaties and better understand the historical injustice that has occurred in our country."

Her presentation of blunt, often unpleasant historical facts and a rejection of more traditional interpretations of Canadian history has created a buzz in literary circles, but has also caused her some unwanted attention. In March 2016, Dean appeared on CBC 180 to discuss her book. She used the phrase "white canoeists" and that brought on a barrage of cyber bullying comments.

"It was quite frightening," said Dean. "My intention was never to suggest that all colonialists were personally evil people, but more factually that they didn't pay close enough attention to the consequences of their actions. Consequences we all have to live with today."



Author Misao Dean

Dean moved to Victoria in 1989 after receiving her PHD in English at Queen's University. Over the years she has taught several former and current serving military personnel in her classes and says she has little doubt the military community will embrace her message.

"I perceive military people as hard working and very focussed on trying to do good in the world, so I have great respect for Canada's military," she said.

Dean says she is not interested in talking about guilt or self-pity, but instead remains focussed on sparking a debate about how non-indigenous people can behave ethically in the present.

"History is not about making yourself feel bad. It's more about learning what the law is and also that elected officials and people who represent us have broken that law on our behalf throughout the history of this country. That's why we need to think about stopping that from happening and achieving justice for people that have suffered from that."

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MARTECH Graduation

Lieutenant Commander Daniel O'Regan, Commanding Officer of Naval Fleet School Pacific, presented certificates during the Electrical Technician (ETech) Journeyman Maintainer course ceremony on April 26.

Photos by MS Billanes RS, NFS (P)



LS Baldwin receives a Certificate of Completion.



LS Clause receives a Certificate of Completion.



LS Coyne receives a Certificate of Completion.



LS Horan receives a Certificate of Completion.



LS Kisby receives a Certificate of Completion.



LS Moorby receives a Certificate of Completion.



LS Morgan receives a Certificate of Completion.



LS Pfeifer receives a Certificate of Completion.



LS Shen receives a Certificate of Completion.



LS Shi receives a Certificate of Completion.



LS Moorby receives the Most Improved award.



LS Kisby receives the Top Student award.



Base Administration Promotions

Acting Sub-Lieutenants, and brothers, Courtney and Hayden Pooley, received their promotions to their new rank.

Pictured left to right: Cdr Cory Foreman, Base Administration Officer, promoting A/SLt Courtney Pooley, with help from SLt Isabelle Bergeron. LCdr Colleen O'Brien, Executive Officer Base Administration, promoting A/SLt Hayden Pooley, with help from Lt(N) Victor Pullen.



A/SLt Linda Whitehouse receives her promotion to her new rank from Cdr Cory Foreman, Base Administration Officer, and SLt Isabelle Bergeron.



A/SLt Julien Godding receives his promotion to his new rank from Cdr Cory Foreman, Base Administration Officer, and SLt Isabelle Bergeron.



PO2 Robert Williamson receives his promotion to his new rank from Cdr Cory Foreman, Base Administration Officer, and Lt(N) Amy Mahar.



MS Sean Guiney receives his promotion to his new rank from Cdr Cory Foreman, Base Administration Officer, and Lt(N) Amy Mahar.



Lieutenant Commander David DuVall is promoted to his current rank with his wife and daughter.



Lieutenant (Navy) Marc-Andre Valois is promoted to his current rank.



Lieutenant (Navy) Jordan Bornholdt is promoted to his current rank.



Major Joel Cote receives his Canadian Forces' Decoration Second Clasp.



Lieutenant (Navy) Jeffrey Grime receives his Canadian Forces' Decoration.



Leading Seaman Kevin Roth receives his Canadian Forces' Decoration, with his daughter.

Bravo ZULU

MARPAC HQ Promotions and Awards

Commander Jeffrey Watkins, Commander Maritime Forces Pacific Headquarters, and Lieutenant Commander Katherine Kincaid present awards and promotions.

Photos by Master Corporal André Maillet

Bravo ZULU

Regional Cadet Support Unit (Pacific) Medals and Awards

Presented by Brigadier-General Dave Cochrane, Commander of the National Cadet and Junior Canadian Ranger Support Group, and Formation Chief, Chief Warrant Officer Will Crawford.



Major Dan Davies receives his first clasp of the Canadian Forces' Decoration



WO Amanda Robinson receives her Commander's Commendation for exemplary leadership, initiative and dedication.



CPO1 (Retired) Muriel Arsenault receives her Commander's Commendation.



Lt(N) Kevin Eames receives his Commander's Commendation for excellence in delivering the sail training program to cadets in B.C.



Lt(N) Kevin Eames receives his first clasp to the Canadian Forces' Decoration.

BZ

Base Information Services Promotions



MS Veronica Leslie was promoted to her current rank by CPO2 Doug Bacon, Operations Chief, and Cdr Nicholas Manley, Base Information Services Officer.



PO1 Neil Comisky receives the BIS Achievement Award from Cdr Nicholas Manley, Base Information Services Officer.

MARPAC



Lt (Navy) Younghoon Kim receives his promotion from Lieutenant-Commander Kathryn Logan, Executive Officer of New Capabilities Introduction, and Lieutenant Cassandra Van Behthem Jutting, Capabilities Training Officer, during the Maritime Forces Pacific promotion ceremony.

Photo by LS Brendan Gibson

Bravo Zulu

HMCS Regina Muscat Honours and Awards

Photos by Corporal Stuart Evans, Borden Imaging Services

Presented by Commanding Officer, Commander Jacob French while the ship was in the Indian Ocean during Operation Artemis.



Corporal Edwin Lee Judas receives his Gun Metal Sea Service Insignia.



Leading Seaman Jamie Jorstad receives his Gun Metal Sea Service Insignia.



Captain Alexander Chatwin receives his Gun Metal Sea Service Insignia.



Lieutenant (Navy) Michael McKenna receives his Gun Metal Sea Service Insignia.



Lieutenant (Navy) Linda Coleman receives her Gun Metal Sea Service Insignia.



Captain Stephen Graham receives his Gun Metal Sea Service Insignia.



Ordinary Seaman Jady Pizzigrilli (center) is promoted to Able Seaman by the ship's Commanding Officer, Commander Jacob French (right), and Lieutenant (Navy) Christopher Niewiadomski (left).

Bravo Zulu

Sailor of the 1st Quarter

MS Josh A. Adams, a Clearance Diver with Canadian Fleet Pacific's Fleet Diving Unit (Pacific), is awarded the CANFLTPAC Sailor of the Quarter for the First Quarter of 2019.

Photo by Ed Dixon, MARPAC Imaging Services



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Saturday, May 25 Westshore Community Concert Band 12th annual Café Suite event. Held at Our Lady of the Rosary Parish Hall, 798 Goldstream Avenue, Langford, 7 to 9pm. Variety of concert band music, delicious snacks, desserts, door prizes, all included in the ticket price, plus a silent auction. Tickets \$15. each at the door (if still available) or call Pauline Barnes at 250-477-0117.

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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