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HMCS REGINA AT SEA

Leading Seaman Evan Lawrence (right) and Leading Seaman Russell Blackburn (center) perform maintenance on the ship's stabilized horizon reference system. In the background, Leading Seaman Kevin Allan cleans the ship's close in weapons system during Operation Projecton / Neon in the East China Sea. See pages 8-9 for the full story.

Photo by Corporal Stuart Evans, Borden Imaging Services

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New coin to commemorate Terra Nova mission

Peter Mallett
Staff Writer

A tight-knit group of veterans who served in former warship HMCS Terra Nova are producing a coin to commemorate the peacekeeping mission during the Vietnam War.

From January to June of 1973, Terra Nova was deployed off the coast of Vietnam as part of Operation Gallant during Westploy '73.

The coin, created by Esquimalt's Sharkzcoins, will be distributed to former crew members later

this summer. The intention of the coin is to give each surviving crew member a tangible memento of their part in this mission.

Chief Petty Officer (Retired) Ken Levert, 69, says, while their mission was only six months, most Canadians are unaware of Terra Nova's peacekeeping role in Vietnam.

"It was one crew and one mission, and we have stayed together for over 46 years," said Levert, who served aboard Terra Nova as a Radioman. "Those were our brothers in arms back then; we worked together

and played together, and the camaraderie was second to none."

Terra Nova was deployed to Vietnam should a sea evacuation be necessary for the Canadian peacekeeping troops taking part in Operation Gallant on land, Canada's military contribution to the International Commission of Control and Supervision.

The international coalition was introduced following the signing of the Paris Peace Accord in January 1973, which attempted to put an end to the Cold-war era conflict between

communist forces in the north of the country pitted against United States-backed southern Vietnamese forces. But the ceasefire agreement failed and the conflict and casualties continued to mount even after the peace accord was signed.

Levert says Terra Nova's deployment was highly secretive; they were given few details about its deployment and the vessel

departed Esquimalt quietly with no official send-off.

Canada's military role in Vietnam ended in July 1973, just days after Terra Nova made its return to Esquimalt on June 28 of that year.

The war dragged on for another two years. Approximately 30,000 Canadians volunteered to fight and enlisted in the U.S. Army, albeit illegally, with the same number

of American fleeing to Canada to avoid the draft.

Terra Nova was decommissioned in July 1997 after 38 years of service, but its legacy continues for those who served on board. Last year, Levert and his Westploy shipmates held a 45th anniversary dinner in Victoria that was attended by 54 former crew members and three families of members who have crossed the bar.

HMCS Terra Nova was commissioned on June 6, 1959, and named for the Terra Nova River that flows through the centre of Newfoundland.

The front of the coin features the ship's crest in gold and red over a grey background, along with the ship's mascot, a penguin and includes the inscription "Westploy '73, 29 Jan - 28 Jun 1973." The mascot, named Percy, honours the original Terra Nova, a whaler, and its three-year voyage to Antarctica led by British explorer Robert Falcon Scott.

The reverse side features a three-dimensional likeness of Terra Nova (DDE 259) with the ship's motto "Do Not Falter" inscribed in gold letters on a black background.



From left: Lt(N) (Retired) André Robin, CPO2 (Retired) Ken Levert and CPO2 (Retired) Claude Jolivet reminisce about old times back in 1973 when they were aboard HMCS Terra Nova during Canada's peacekeeping mission in the Vietnam conflict. Photo by Peter Mallett, Lookout



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Comedian and former talk show host Jon Stewart (centre, top row) poses for a group photo with Team Canada athletes during the Warrior Games in Tampa, Fla.

Credit: Soldier On

Mission complete for Canada at Warrior Games

Peter Mallett
Staff Writer

Veterans and currently serving members from Victoria played a vital part in Team Canada's inspirational performance at the Warrior Games in Tampa, Florida.

This year's annual multi-sport competition for ill or injured serving military and veterans was held June 21 to 30.

Team Canada's delegation was organized by the Canadian Armed Forces Transition Group's Soldier On program and was comprised of 36 athletes competing in 13 sports: archery, cycling, shooting, sitting volleyball, swimming, track, field, wheelchair basket-

ball, indoor rowing, powerlifting, wheelchair rugby, wheelchair tennis, and golf. Canadians were among 300 athletes from the United States, United Kingdom, Australia, Denmark, and the Netherlands who competed at this year's games.

Canada won 21 medals - 10 gold, five silver and six bronze.

Master Corporal (Retired) Frieda Van Putten of Victoria won a silver medal in women's cycling time trials, and gold in the women's swimming relay. Captain (Retired) Jennifer Sizer, also from Victoria, captured bronze in women's powerlifting.

Canada's strong medal showing was buoyed by Master Seaman Laura Livesey of Yellowknife who

won two gold medals in 100-metre freestyle swimming and the 50-metre backstroke, and two silver medals in 50-metre freestyle and 50-metre breaststroke.

Leading Seaman Desi Cozier, who works at Fleet Maintenance Facility Cape Breton's weapons engineering shop, competed in rowing, wheelchair rugby, shooting, and discus and shotput in the track and field competition.

LS Cozier had previously enjoyed playing recreational soccer, cricket, and beach volleyball before suffering multiple injuries. He is currently recovering from a laundry list of sports injuries dating back to 2014 including a broken tibia and fibula,

broken finger and tear of the medial collateral ligament (MCL). He said the Warrior Games helped him overcome side-effects of his physical injuries that include depression and anxiety, largely created by not being able to participate in the sports he loves.

"Participating in the Warrior Games was an awesome confidence boost for me, and everyone involved. The big highlight was seeing the healing take place in team members right before my eyes."

His teammate, Lieutenant (Navy) Christina Seed, a naval reservist currently posted to the CAF Transition Group, agrees the Games change lives.

In 2016, she suffered permanent brain and inner ear

injuries during a slip and fall during a deployment that severely affected her balance and basic motor skills. Participating in the Games and pre-event training has gotten her out of the house.

"Getting ready for the Games gave me a new energy, challenge and sense of accomplishment," said Lt(N) Seed. "There were several inspiring moments and seeing other athletes with missing limbs and body parts out there competing really made me believe I can do this too."

Enhancing their experience was the opening and closing ceremonies where the Canadian athletes marched out under the Canadian flag to a cheering crowd. They also got to

meet the Warrior Games Ambassador, celebrity talk show host and comedian Jon Stewart.

"You could clearly see his care and passion for us when he was thanking participants," said LS Cozier. "I said thank you to him for everything that he is doing for the Warrior Games and he said 'No, thank you for what you guys are doing.'"

Organized by the United States Department of National Defense, the Warrior Games was established in 2010 and were the inspiration for His Royal Highness Prince Harry to create the Invictus Games. For full results and information about the Warrior Games visit their website www.dodwarriorgames.com.

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WHAT SAY YOU

People Talk

Lookout asked staff at the Canadian Forces Housing Agency office in Esquimalt: *What was the most memorable house or apartment, past or present, that you have lived in?*



When I was a kid growing up in Richmond, B.C, in the late 1980s and early 90s, our family had a two-story house that backed on to our elementary school. It was cool growing up right next to our school because there was a huge field and playground right outside our back door that we could use any time we wanted.

Peter Carter,
Customer Service Representative



The place I live in now in Saanich near the University because it is memorably gross. I live with four very messy roommates none of which like to put away their garbage, do their dishes or mow the lawn. I'm doing all the work; I get no reward for it and am forced to be the bad guy and tell my roommates to do their share of the work.

Jordan Moore,
Co-Op Student from University of Victoria



A house that I bought out in Sooke. We built a basement and foundation, and then had an older 1940s era vintage home shipped out from Victoria on a truck to put on top of what we had built. I am a carpenter by trade and me and my wife did multiple renovations to this house, which is really unique because it is on one acre of property that overlooks the ocean.

Rory Beegan,
Technical Services Officer



My most memorable home is the one I am living in right now. It is here in Colwood and my husband and son, who are both carpenters, built the house themselves. I got everything I wanted in this dream home, custom-made, including a spiral staircase, roof-top patio with a hot tub and a beautiful view of Victoria.

Anne Corkery,
CFHA Manager

WHAT SAY WE

Co-op students experience life at sea with Winnipeg

Sandra Zhou
Co-op Student

At CFB Esquimalt, I have a secondary role as Co-op Coordinator, where I am responsible for ensuring co-op students develop their skills and gain an appreciation for their contributions to the operations of CFB Esquimalt by arranging learning events and tours of facilities on base.

On the last Saturday in June, six co-op students, employed in a variety of units across the base, embarked on a day sail in HMCS Winnipeg to discover life in a warship. They toured the operations room, machinery control room, engine space, galleys and messes, and experienced ship turns and manoeuvres on the open water.

"It was very exciting, and the crew was very welcoming and

friendly," said Jeffery Hou, Naval Architecture Co-op Student. "As overwhelming as the frigate was in terms of size, people were friendly and directed us to where we wanted to go and ensured that no one got lost."

Opportunities such as this give co-op students a chance to engage with military members and better understand the Royal Canadian Navy and how their own workplace fits in to getting ships and sailors to sea in support of Canada.

"As someone with limited experience with the navy, I think I underestimated the size and complexity of the frigate itself," said Emily Jackson, Labour Relations Co-op Assistant. "The ship was very impressive, and I was appreciative of the opportunity to participate in the day sail."



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Halifax museum showcases medical couple's connection

Ryan Melanson
Trident Newspaper

Stadacona's Admiralty House is currently home to the Naval Museum of Halifax, but the building's deep connection to Royal Canadian Navy history goes far beyond the collections and artifacts now housed inside.

Prior to serving as a museum, the building's former uses include a Royal Navy headquarters Wardroom, and hospital, specifically as Massachusetts-Halifax Relief Commission Public Health Unit No. 1 from 1920-1924.

For recent museum visitors Catherine Blake and Barb Sybbald, the building's time as a naval hospital and clinic is relevant to their own family history. Their late grandfather, Surgeon Commodore Archie McCallum, was working as a medical officer in the early 1920s when he met their grandmother, Arrabelle

MacKenzie, who was one of the few female dentists in Canada and working at Admiralty House.

The couple went on to marry, of course, and their wedding photo was among the items the sisters brought along to donate to the museum during their visit on May 27. The donation included several documents and paperwork from Cmdre McCallum's career, along with a drill cane engraved with his name and rank.

The items will join the museum's existing collection on Cmdre McCallum, which includes his medals, letters, photos and other documents. A small collection of items is also kept at the Archie McCallum Building, home to CF Health Services Centre (Atlantic).

"He was an interesting man and we're lucky to have some letters he wrote and other items to show his family members," said museum researcher Lisa McNiven.

The letters, mainly from later in his career, include correspondence with Prime Minister William Lyon Mackenzie King concerning a nephew of the Prime Minister's who died in the sinking of HMCS St. Croix, as well as an autobiographical accounting of his military career and accomplishments from the late 1950s, where he notes that the information should be saved in case his "wee granddaughters" one day have an interest.

The sisters were in Halifax to attend the Faculty of Dentistry Convocation Ceremony and to present the Arrabelle MacKenzie McCallum Bursary, awarded in honour of their grandmother on the 100-year anniversary of her being Dalhousie's first female dental graduate in 1919.

Blake said she and her sister were excited to fit in a trip to the museum while in Halifax, both to connect with some of their family history, and to pass on some of that history



From left, Catherine Blake and Barbara Sybbald, the granddaughters of the late Surgeon Cmdre Archie McCallum, and Arrabelle MacKenzie McCallum, with Naval Museum of Halifax Curator Jennifer Gamble. The visitors donated their late grandfather's drill cane to the museum, along with a collection of photos and documents. Photo by Ryan Melanson, Trident Newspaper

through the donations. They also met with Lieutenant Colonel Rochelle Heudes, Commanding Officer CF Health Services Centre (Atlantic), and Chief Warrant Officer Gregory

McDonald for a tour of the Archie McCallum building.

"We're thrilled we were able to visit and that so many people were here to meet us and were interested in our family. We didn't

expect such a reception," Blake said, and added she was happy to donate the items to a good home. "They belong here and we hope other people will enjoy seeing them."

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NAVAL PERSONNEL TRAINING GROUP CHANGE OF COMMAND



Capt(N) Jason Boyd took command of the Naval Personnel Training Group June 28 from outgoing commander Capt(N) Martin Drews. The change of command ceremony was presided over by RAdm Bob Auchterlonie, Commander Maritime Forces Pacific.



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Third Seamless Canada meeting continues to improve health care for military families

DND

On June 11, the Department of National Defence (DND) and Canadian Armed Forces (CAF) representatives met again in Ottawa with their provincial and territorial counterparts to advance the Canadian Armed Forces' Seamless Canada initiative.

This is the third time since the initiative was launched last year that these representatives have met.

The Ottawa symposium continued to focus on finding ways military families can better access health care services when relocated to another province. Delivering health care to military families is a top priority because of the number of family members affected by this particular challenge.

During this latest symposium, Harjit S. Sajjan, Minister of National Defence, emphasized his support for the Seamless Canada initiative.

"Moving for military postings can be a difficult experience for members and their families, and we are com-

mitted to making that easier by resolving issues around relocation. We appreciate being able to work collaboratively with the provinces and the territories to find ways to improve the lives of Canada's military families," he said.

DND launched Seamless Canada in June 2018 with the goal of improving the coordination of relocation services across the country for CAF members and their families.

Seamless Canada continues to build on steps taken by provincial ministries in Alberta, Manitoba, Ontario, and New Brunswick that enhance services for military families. Other provinces have worked with Military Family Resource Centres to streamline some services in those jurisdictions.

The Province of Alberta has formally appointed a military special envoy for the province and has set up a website (www.alberta.ca/military-family-resource.aspx) with centralized information pertinent to military families. They were also the first province to launch


a web portal for military families.

The Province of Ontario is maintaining a dedicated website (www.ontario.ca/page/military-families-services-and-support) with information to help military families settle in the province and is actively working towards improving access to primary health care in rural communities.

The Province of Manitoba has made it easier for military families to find supports and services through an updated military portal (<https://residents.gov.mb.ca/moving/military/index.html>) on the Manitoba government's website and has also appointed a special envoy for military affairs.

The Province of New Brunswick provided additional funding for child care spaces in the province.

The next Seamless Canada roundtable will be held in the spring of 2020, where the focus will be twofold: continuing the discussion on access to health care for military families, and further exploring spousal employment related issues.



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Regina laces up for Navy Run

Lt(N) Katrina Giesbrecht
HMCS Regina

Under sunny skies with morning temperatures reaching 29 Celsius, members of HMCS Regina, MV Asterix, and the White Beach Naval Facility Command Master Chief, laced up their shoes and participated in the annual Navy Run while alongside in Okinawa, Japan. The route took participants all over the naval facility. Overall, 24 crew members took part in the run with SLt Grimshaw coming first in the 10 kilometre run, with a time of 0:36:10, and AB Morrison finishing the 5k in 25:14.



HMCS Regina completes Operation Neon commitment

SLt Sarah Halfkenny
HMCS Regina

While in the East China Sea June 18 to 25, HMCS Regina and MV Asterix took part in Operation Neon, Canada's contribution to a coordinated multinational effort to support the implementation of United Nations Security Council sanctions imposed against North Korea. In April, Prime Minister Justin Trudeau announced that Canada would renew its contribution to enforcing imposed UN sanctions

against North Korea with a new two-year military operation. Regina worked closely with allied and partner nations operating in the area, as well as with a Canadian CP-140 Aurora maritime patrol aircraft that conducted surveillance operations. The goal of these operations was to identify maritime sanction evasion activities. Regina provided imagery and intelligence on at-sea transfers to the Enforcement Coordination Cell (ECC). Asterix conducted replenishment activities with U.S. Navy ships USS Curtis D. Wilbur and USS Lake

Eerie, both operating under the ECC. "I am proud of the team's ability to shift focus from an active interdiction role on Op Artemis to conducting surveillance operations in support of ECC on Op Neon," said Cdr Jake French, Regina's Commanding Officer. "Regina's ability to leverage team training and collective experience in a variety of operations is a testament to the hard work of every member of the ship's company." HMCS Ottawa will participate in Operation Neon later this year.



Leading Seaman Russell Blackburn performs maintenance on Regina's Aft Fire Control System.



Ordinary Seaman Thomas Quijote provides lookout while the ship arrives in White Beach Port in Okinawa, Japan.



USS Lake Erie conducts re-supply via helicopter with M/V Asterix in the background.



Leading Seaman Joseph Kendall works a line while HMCS Regina and NRU Asterix conduct a Replenishment at Sea during Operation Projection in the East China Sea.

Photos by Cpl Evans CFB Borden Base Imaging Services

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• SAILOR PROFILE •
LS CAMERON WELCH

A/SLt Adam Smith and A/SLt Donald Den
 HMCS Malahat

When Leading Seaman Cameron Welch joined *HMCS Malahat* in 2017, it was at a time when the administration clerk trade was dividing in two.

He was given a choice of jobs - financial services or human resources administrator.

As he is working towards a bachelor's degree in business with an accounting major at the University of Victoria, financial services administration was the perfect fit for the new naval reservist.

He could apply his academic skills to a real job in finance, get paid for it, and grow his resume.

However, LS Welch is quick to add he did not join the Naval Reserves just to improve his accounting skills.

"I really love being on the water. Any Orca sail that I'm available for, I definitely go, and I enjoy my time out there immensely."

While most of his 20-year-old friends are stationary in their jobs, LS Welch is slowly filling up his passport with custom stamps.

In May, he travelled to Kuwait where he is currently stationed for the summer as part of Operation Impact.

As financial services administration is a "purple trade", meaning it does not belong to one of the three major elements (land, sea or air), he can do the same work he was doing in *Malahat's* ship's office, only in an international operation environment.

"The logistic and financial support is key to any successful military operation," says Cdr Greg Walker, *Malahat's* Commanding Officer. "The ability for reservists to deploy and support the financial administration reinforces the total force concept while providing LS Welch with invaluable operational experience."

LS Welch has advice for anyone considering joining the Naval Reserves, and the financial administration world in the military.

"First, I would recommend doing it now. We need people and there is tons of vertical movement and room to grow. Also, don't be afraid because it says finance in the name. What you need to do is be able to grasp policy; you are not going to be doing parabolas. There are a lot of cool opportunities available. I like my job, it's fun."



RAdm Bob Auchterlonie (right) participates in the presentation of a framed reproduction of an *HMCS Rainbow* painting by marine artist Bo Hermanson to the Royal Victoria Yacht Club (RVYC) on June 27. He was joined by Bill Conconi and Rod Hughes of the Naval Association of Canada – Vancouver Island and Roger Hind, RVYC Commodore.

Photo credit: Paul Seguna, CFB Esquimalt Naval and Military Museum.

HMCS Rainbow print donated to Naval Association

LCdr (Retired) Paul Seguna
 Contributor

A print of an *HMCS Rainbow* painting by Victoria artist Bo Hermanson has been donated to the Royal Victoria Yacht Club (RVYC) by the Naval Association of Canada – Vancouver Island (NACVI).

The presentation of the framed reproduction was made by the artist and the NACVI on June 27 during the NACVI's monthly luncheon at the yacht club. Rear-Admiral Bob Auchterlonie, Commander Maritime Forces Pacific, also participated in the ceremony.

HMCS Rainbow and *HMCS Niobe* were both transferred from the Royal Navy to the newly formed Royal Canadian Navy (RCN) in 1910. *Rainbow* was the only Commonwealth ship operating exclusively on North America's west coast at the outbreak of

the First World War.

Hermanson's print will have a special significance for the yacht club as the wheel of *HMCS Rainbow* has been located in the club's main lounge since the 1920s, said Roger Hind, RVYC Commodore.

The ship's wheel, located above a fireplace, will now be joined by the print and represent the RVYC's long-standing relationship with Canada's navy.

During the ceremony, Hermanson was presented with an NAC Gold Medal certificate. The award recognizes his outstanding contributions in illustrating naval history through his artwork over many years.

The CFB Esquimalt Naval and Military Museum has an exhibit dedicated to *HMCS Rainbow* and information about the vessel is also available on its website <http://navalandmilitarymuseum.org>



Okanagan Military Tattoo returns for 6th year

Culture, history, tradition

The Okanagan Military Tattoo is an event that will stir the heart and feed the soul. It's Vernon's largest annual indoor event and Western Canada's only military tattoo.

It's two hours of action packed, heart pounding, fast-paced family entertainment at the Kal Tire Place in Vernon on Saturday, July 27 and Sunday, July 28.

Over 550 performers will take part in the event, including massed pipes and drums, highland and ethnic dancers, military and civilian bands, cultural troupes, precision drills, and singers.

Featured performers include the 65-member Brentwood Imperial Youth Band from the UK and the Calgary Round-Up Band.

The Regimental Band of the British Columbia Regiment (Duke of Connaught's Own) will participate in the Tribute to the Veterans segment of the program as that regiment was involved in the Battle of Normandy.

Tickets for the 2019 Okanagan Military Tattoo – starting at \$25 including all fees and taxes- are now on sale at TicketSeller in Vernon 250-549-7469 or ticketseller.ca.

The Tattoo will be held indoors – in air conditioned comfort - and all seating is reserved. Special ticket prices apply to seniors and veterans. Second World War and Korean War Veterans are invited to attend free of charge.

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Junior Canadian Rangers participate in **BASIC ENHANCED TRAINING SESSION**

Canadian Ranger Master Corporal Daniel Maldonado, 19, from Fort St. John, B.C., instructs Junior Canadian Rangers from 4th Canadian Ranger Patrol Group's JCR company on leadership skills July 2 in Albert Head.

Photo by Second Lieutenant Christopher King, 4 CRPG Public Affairs



Dozens of youth travelled by land and air to Vancouver Island July 3 from across western Canada to be a part of something that will leave a lasting and positive impact in their lives.

Junior Canadian Rangers (JCRs), aged 12 to 18, belonging to the 4th Canadian Ranger Patrol Group (4 CRPG) arrived at Albert Head for the 2019 Basic Enhanced Training Session (BETS).

The enhanced training session mandate is derived from the Canadian Armed Forces responsibilities for diligent development and optimizing partnerships with communities. One of the goals is

to bring together diverse populations and create common experiences and bonds, something which Michael Nichols, volunteer and retired Canadian Ranger, believes the JCR program does very well.

"I think the JCR program does an awful lot bringing young Canadians together and uniting them," Nichols said. "It brings JCRs from different town sizes, different cultures, and different languages, and we'll put them together in a section. Very quickly they'll learn what they share in common."

Over 90 JCRs are attending BETS this year between July 3 to 11. The exercise is run by the

4 CRPG JCR Company, which includes JCRs from their local patrols in Manitoba, Saskatchewan, Alberta, and British Columbia.

Leigh Auld is a JCR corporal from Ucluelet, B.C., and is working as a mentor for BETS. Auld has been in the program for five years, and this is her first year as a mentor. She said the mentor's role is to provide support to the JCRs and help motivate and lead them.

"For a lot of us it's our first time out of our small communities. It's a huge experience to see new faces and new sights," JCR Auld said. "I remember from five years ago the camps I went on and they were

some of the best experiences of my life."

For those JCRs leaving their communities for the first time, the whole experience can be overwhelming, but according to Nichols, the BETS staff have a plan.

"We try to encourage them to find their comfort zone, and then go a little beyond it," Nichols said. "The whole point is to give them experiences doing a number of outdoor activities, all designed to increase self-confidence."

The 2019 BETS will also take place at Strathcona Park Lodge and Outdoor Education Centre

west of Campbell River, B.C., where a trained guide will work with JCR staff, CRs, volunteers, and mentors.

Maj Scott Macdonald, Officer Commanding JCR Company, 4 CRPG, said the activities include canoeing, camping, rock climbing, kayaking, hiking, and a high ropes course.

"Basic ETS is a terrifically fun adventure for all of us who are fortunate enough to participate," Maj. Macdonald said. "The best part for me is seeing the happiness of new friendships being made, new confidence gained, and new skills learned."



MARTECH Graduation

Lieutenant Commander Eric Poulin, Engineering Division Commander of Naval Fleet School Pacific, presented certificates during the RQPO2 Marine Technician Supervisor course ceremony on June 27.

Photo by LS Wiggins, NFS (P)



MS Kaattari receives the Top Student award.



MS Armstrong receives a Certificate of Completion.



MS Chamberlain receives a Certificate of Completion.



MS Donaldson receives a Certificate of Completion.



MS Eley receives a Certificate of Completion.



MS Hunter receives a Certificate of Completion.



MS Ivany receives a Certificate of Completion.



MS Kaattari receives a Certificate of Completion.



MS Osborne receives a Certificate of Completion.

Bravo Zulu

HMCS Regina Presentations and Promotions

Commanding Officer Commander Jacob French and Lt(N) Alan Ng handed out awards and promotions on board the HMCS Regina.

Photos by Cpl Stuart Evans



PO1 Hugues Mallet is promoted to CPO2.



PO2 Ka-Lun Au is promoted to PO1.



AB Steven Lindsay is promoted to LS by Cdr Jacob French and Lt(N) Robert Davenport.



PO1 Darren Peat receives an engineering certificate.



MS William Jackson receives an engineering certificate.



LS Robyn Murree receives an engineering certificate.



LS Morrison receives an engineering certificate.



LS Andrew Wassenaar receives an engineering certificate.



LS Ouellet receives an engineering certificate.



CPO2 Lee Westwood receives his Gold Sea Service Insignia.



PO1 Demian Vezerian receives his Silver Sea Service Insignia.



PO1 Kenneth Sparkes receives his Silver Sea Service Insignia.



PO2 Thomas Orłowski receives his Silver Sea Service Insignia.



MS Dominic Morin receives his Silver Sea Service Insignia.



SLt John Fields receives his Bronze Sea Service Insignia.



Maj Jason Newton receives his Bronze Sea Service Insignia.



MS Derek Urichuk receives his Bronze Sea Service Insignia.



PO2 Clayton Kihn receives his Bronze Sea Service Insignia.



Want to recognize someone in your unit?
Send your BZs to melissa.atkinson@forces.gc.ca

Watch for your photo on Facebook! @LookoutNewspaperNavyNews

Bravo Zulu

HMCS Regina Presentations and Promotions

(Continued)



LS Russel Blackburn, LS Michael Townshend-James, and LS Jeffrey Allam receive certificates of appreciation for helping at a roadside accident.



LS Shawn Grotenhuis receives his Gun Metal Sea Service Insignia.



AB Paul Woodhouse receives his Gun Metal Sea Service Insignia.



Cpl Chantale Robichaud receives her Gun Metal Sea Service Insignia.



LS Naudeep Phagoora receives her Gun Metal Sea Service Insignia.



MCpl Derek Scott receives his Gun Metal Sea Service Insignia.



Capt Melanie Jupp receives her Gun Metal Sea Service Insignia.



LS Jessica Armstrong receives her Gun Metal Sea Service Insignia.



LS Russell Blackburn receives his Gun Metal Sea Service Insignia.



LS Kevin Allan receives his Gun Metal Sea Service Insignia.



AB Thomas Quijote receives his Gun Metal Sea Service Insignia.



AB Edgar Sangalang receives his Gun Metal Sea Service Insignia.

Transition Centre Esquimalt Promotion



LS David Tessier is promoted by LCdr Judith Harlock, CPO2 Matthew Goodwin and the member's partner Ashley Benner.



Asterix Bravo Zulu

PO1 Jason Bosdet was promoted by his father Peter Bosdet and LCdr Meghan Lobb.



PO1 Ley Ireland was surprised by her mom (Susan Ireland) and father (Verne Ireland) who flew in from Ontario to attend their daughter's promotion. Left to right: Susan Ireland, PO1 Ley Ireland, and LCdr Meghan Lobb.

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