

OPERATION CARIBBE UNDERWAY

A sailor in HMCS Whitehorse conducts pre-flight checks on the CU-175 Puma, the Royal Canadian Navy's recently acquired Maritime miniature unmanned aircraft system. The all-environment Puma provides a beyond-visual-line-of-sight intelligence, surveillance, target acquisition and reconnaissance capability to Kingston-class vessels. Whitehorse, along with sister ship Nanaimo, are on Operation Caribbe, the Canadian Armed Forces contribution to the elimination of illegal trafficking of drugs by organized crime in the Caribbean Sea and the eastern Pacific Ocean. Editor's Note: Sailors deployed on this mission cannot be named for security reasons.



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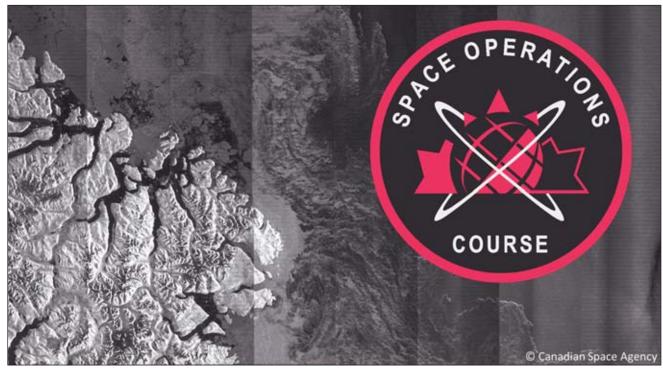












Gourney to) A C E work

RCAF BARKER COLLEGE COURSE COMING TO BASE

For those interested in space operations, a unique course is being brought to CFB Esquimalt in May.

17 Wing's RCAF W/C William G. Barker VC Aerospace College will deliver their five-day Space Operations Course May 4 to 9 at the Learning and Career Centre. It is a follow-on to the Basic Space Operations Course, and is intended for those who want positions with Director General Space, the Canadian Space Operations Centre, outside Canada Space Operations, or those who use space assets operationally.

The course is open to all trades and ranks of aviators, ordinary seaman, through to majors and lieutenant commanders.

The course teaches students a variety of space related topics such as space environment, electromagnetic spectrum, orbital mechanics, space intelligence surveillance, reconnaissance or remote sensing, missile warning, missile tracking systems, space communications, and spacebased global navigation systems such as GPS, Glonass, Galileo, and Beidou.

The instructor-guided syndicate portion of the course teaches presentation techniques to colleagues and commanders on aspects of space operations, and how available space assets are employed in joint or combined operations.

The course will similarly uncover some of the challenges of space operations and cyber domain concerns, which could affect our space reliance.

Finally, the course concludes with group research and presentation on a specific space operations topic. The course involves some reading homework and briefing note type preparation assignments.

The pre-requisite Basic Space Operations Course can be found on the Defence Learning Network. The course must be completed 14 days prior to attending the Space Operations Course.

The distance learning curriculum, a series of 19 modules, takes about 60 hours to complete – students have 90 days to complete the course

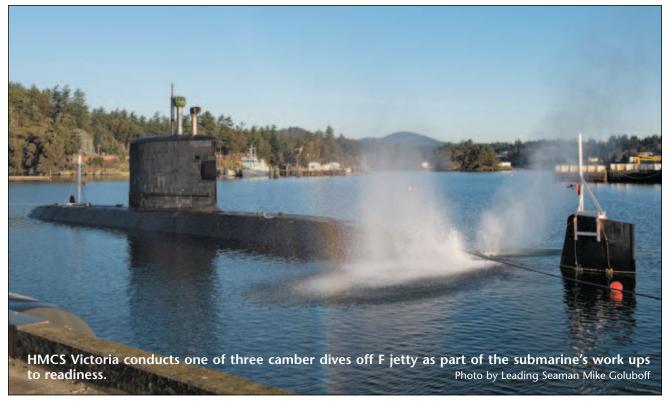
once registered. The courses introduces the fundamentals of space power and its application in modern operations by gaining an appreciation of how the space environment functions.

Priority will be given to those members that are currently employed in a position that work closely with space assets such as Satellite Communications (SATCOM), space-based global navigation systems, and space-based intelligence, surveillance and reconnaissance.

To register contact RCAF Barker College directly at DaceCourses@forces.gc.ca and or go to http://17wing. winnipeg.mil.ca/cms/en/ aftc/winginfo/CFSAShome/CFSAS.aspx







HMCS Victoria prepares for operations

Peter MallettStaff Writer

HMCS Victoria and crew have completed a critical step in the submarine's work-ups in preparation for 2020 submarine operations.

The submarine conducted a camber dive at the F Jetty location, where it submerged to verify the integrity of water tightness, as well as the functionality of several key submarine systems.

In order to ensure fitness before returning to operational service, a submarine must be certified following the successful completion of harbour acceptance and sea trials. Once certified, the submarine must be manned with a qualified and experienced crew and be deemed safe to sail, enabling it to conduct trials, and execute operations.

Throughout a combined 20-hour period, *Victoria's* 48-person crew successfully completed three dives to depths of 11 metres.

"It was the fourth camber dive in which I have participated throughout my career, and I can say from my experience that the submarine and most importantly her crew performed outstandingly well throughout the whole evolution," said LCdr Eric Isabelle, *Victoria's* Commanding Officer. "A variety of systems were tested to ensure the submarine is safe to operate in dived condition."

Subject matter experts from Fleet Maintenance Facility Cape Breton and NDHQ Director Maritime Equipment Programs Management Submarines were part of an 11-person rider crew who recorded data and analytics in support of all submarine testing functions.

Among the systems evaluated during the camber dive were the submarine's trim and ballast systems.

The ballast system enables the submarine to dive or surface through tanks that store the proper proportion of air or water via main blows, emergency blows and low pressure blower. Meanwhile, the trim system compensates for depth changes when the submarine is dived. This process, known as trim and

incline, is a highly sensitive testing process, where even the slightest movements on board could have a dramatic impact on the recording of data. Precision and care is crucial to ensure the accuracy of the test, as the slightest movement of personnel in the submarine causes a sufficient disturbance, resulting in changing the submarine's attitude.

"Any sort of movement can have a noticeable impact on the submarine's trim, and in this case, the ordered movement of five people from the centre line of the vessel to the engine room was sufficient to deliberately change the position of the submarine by 2.5 degrees, despite not using any water compensation to do so," said LCdr Isabelle.

Victoria and crew are preparing to participate in the multinational RIMPAC (Rim of the Pacific) exercise this summer off the coast of Hawaii.

"RIMPAC is expected to be in *Victoria's* future; with my crew's immediate priority being to successfully conduct workups and sea trials to ensure *Victoria* can be employed to the best of her newly upgraded capabilities, as required both at home and abroad," said LCdr Isabelle.

It was the fourth camber dive in which I have participated throughout my career, and I can say from my experience that the submarine and most importantly her crew performed outstandingly well throughout the whole evolution."

LCdr Eric Isabelle, HMCS Victoria's Commanding Officer



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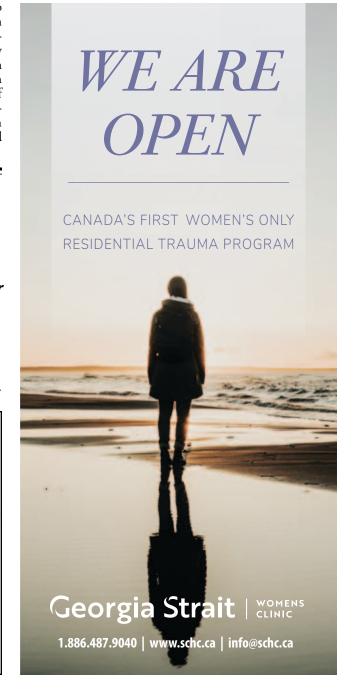
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WHO WE ARE

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 Cochrane 250-363-8033 workstation3@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION

Jennifer Barker 250-363-3127

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

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WHAT SAY YOU

People Talk

Lookout asked people attending last Thursday's MARPAC Health and Wellness Expo: What is your secret remedy for maintaining good health?



Eliminating stress in my life is very important in contributing to a healthy lifestyle. When you reduce stress then you are not depressed.

Holly Page,

United Way Greater Victoria



Walking my dog because it's a great way to take a break from your day at work, get a little exercise outside in the fresh air, stay in shape, and reduce stress. The dog enjoys this too and it's good for both of us to have that break every day, rain or shine.

Kris Archambault, Bank of Montreal



Message therapy. Many people come in to our business for message therapy as part of their regular treatment for an injury, but I use message therapy for preventative maintenance all the time. I work out at the gym a lot and I find these treatments are also really good for preventing any potential injuries down the road.

Samantha Maegaard, West Coast College of Massage Therapy



I work at a desk most of the day, so I try to get up and move around the office so I am not sitting the entire day.

Maribel Pavico, British Columbia Institute of Technology



Joe O'Rourke, Vice President and General Manager of Seaspan Victoria Shipyards, presented MFRC Board Chair Sam Krzywonos with a donation of \$8,000. The donation is going to support services for military families provided by the MFRC. Seaspan Victoria Shipyards also made a sizeable donation to the MFRC in 2019.

Photo courtesy MFRC

Summer Camp Program GRANTS AVAILABLE

CAF Morale and Welfare Services National Summer Camp Program offers a grant for eligible CAF families to send a child to an accredited week long residential or day camp.

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- c. Dependants of CAF members who are currently deployed, or on a prolonged training (course) or an attached posting away from their families;
- d. Special needs children of CAF members; and
- e. Children of CAF members with special needs siblings (1 sibling per special needs child).

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Base Commander's branches support

Captain (Navy) Sam Sader, Base Commander, shares a moment with Theo Fleury before his talk about compassion, trauma, recovery, addiction and hope. The event at the Chiefs' and Petty Officers' Mess was organized by the MARPAC Health and Wellness Strategy and the **Esquimalt MFRC.** Photo credit: Base Public Affairs





CFB Esquimalt Fire and Rescue firefighters from left, Tristan Thomas, Keith Kershaw, Alex Marshall, Jeff Clarkson and Mike Gordon prepare to compete in the 19th Annual Climb the Wall fundraiser for the BC Lung Association on Feb. 23. The base team successfully completed the task of scaling the 48-story Sheraton Vancouver Wall Centre and raised \$2,610 in the process, helping boost the event's overall fundraising total to \$126,337.78.

Credit: CFB Esquimalt Fire and Rescue



Major General Guy Chapdelaine, Chaplain General Royal Canadian Chaplain Service (RCCS), receives a Base Commander's Coin from Capt(N) Sam Sader as a thank you for the spiritual support he provides to the base. Joining the presentation are: Chief Warrant Officer Robert Hains, Branch Chief of RCCS; Padre LCol Angela James, Maritime Forces Pacific Chaplain; Chief Petty Officer First Class Ian Kelly, Base Chief; and Lt(N) Felix Roberge, Chaplain.

Photo credit: Base Public Affairs



People from across the Formation doned Pink Shirts as a reminder that kind words and small actions have a meaningful impact, and work to thwart bullying. Pictured here are employees from Fire and Rescue Services, Base Executive, Fleet Maintenance Facility Cape Breton, the Health and Wellness Strategy team, Esquimalt Military Familiy Resource Centre, and visiting hockey star Theo Fleury. Photo credit: Base Public Affairs, Base Fire Department, FMF Cape Breton





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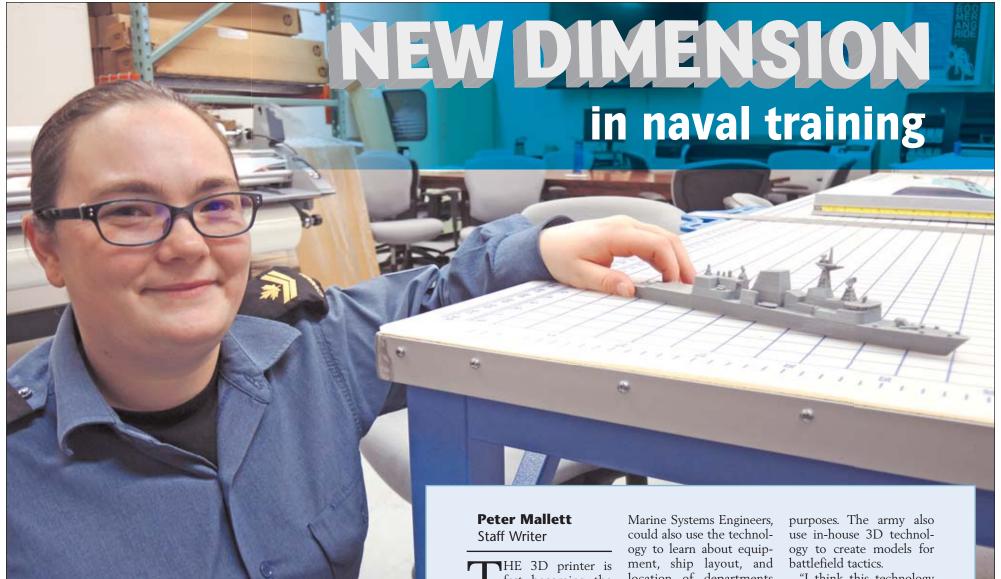
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The Naval Training Development Centre (Pacific) was established in 2016 during the launch of the Royal Canadian Navy's new training system strategy. It saw the delineation of training development from the schools and created a dedicated unit on each coast, with all naval curriculum development responsibilities divided between them. NTDC(P) is now the Navy's Centre of Excellence for engineering, damage control, command, leadership and professional curriculum and

courseware development. The NTDC(P) continuously reviews, updates, and improves RCN training in order to support Canadian sailors.

The Learning Support Centre Pacific enhances training for both instructors and students by providing training tools such as online course development, course-specific videos, and wide-format printing. To learn more about what the LSC has to offer, email +NTDC(P) LearningSupportRequest@ NTDC(P)@Esquimalt.

fast becoming the progressive instructor's secret weapon.

At Naval Training Development Centre (Pacific), this emerging technology has become a new resource for instructors at Naval Fleet School (Pacific) to help students learn the particulars of a frigate.

One-dimensional warship drawings from past curriculum will, over time, become lifelike threedimensional printed figurines of frigates or ship parts.

Once printed, 3D warships are magnetized and placed on grids where naval communicator students can practice creating formations and tactical operations at sea, like the game Battleship.

Other trades, such as

location of departments within it.

School instructors are supported by the NTDC(P) Learning Support Centre, who develop training aids. Their higher resolution 3D printer - a Sigma R19 manufactured by BCN 3D of Spain – is housed in the Nixon Building in Work Point. Master Seaman Anne Marie Aird and Able Seaman Torrey Francis are the printing technicians.

"I think there is a great deal of potential for 3D printing in everyday naval use. It has an infinite number of uses for the navy beyond just training aids, which is what we are currently using the technology for," says MS Aird.

3D printer technology is also used at Fleet Maintenance Facility Cape Breton for manufacturing

"I think this technology will increase a sailor's selfconfidence when they are asked to do a real-life task," said MS Aird. "If you have seen it before and were able to play around with it, this helps you make the connection between your brain, your body, and the physical world."

Feedback from students has been positive with many indicating they prefer to use these lifelike models as learning tools that enhance traditional learning methods such as textbooks, online resources, or verbal instruction, as they add a physical and visual representation.

"Most people seem to be genuinely excited about this technology and its capabilities because of its limitless applications," said AB Francis.





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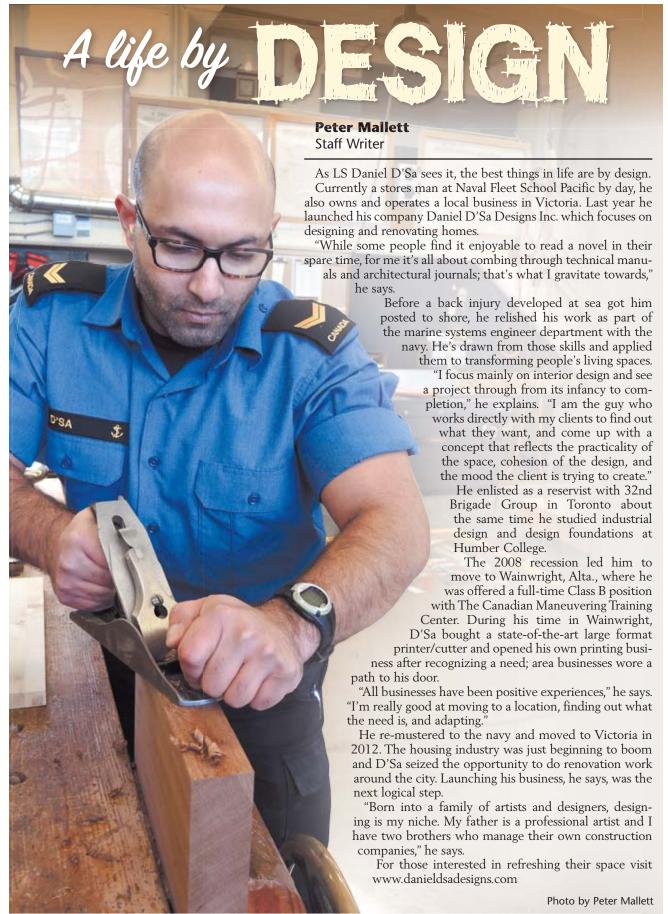
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- MS Bike Cowichan Valley is looking for Points of Interest, Food, Site, and Route Coordinators.

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More than 850 defence employees, families, military members and veterans attended the MARPAC Health and Wellness Expo, where 130 vendors representing a vast array of health and wellness products, education and services were on display. The event is part of a growing health and wellness movement and showcases the wide range of community support available to the Defence Team. Pictured here are a sampling of the vendors that filled out the upper and lower Naden Athletic Centre gym floors. Photos by Peter Mallett, Lookout



Daryan Ranson shows off the unique sand-bagstyle weightlifting gear from fitness company Elite Force Gear.



Anthony Thompson of Arthur Murray **Dance Studio and Base Comptroller LCdr Tracey Barlow** try out their moves on the dance floor. Photo by Daniel Seguin / Arthur Murray Dance



The chocolatecovered strawberries offered up by the Sandman **Hotel Group** got some sweet reviews.

















Army preps for the big one

Capt Jeff Manney 39 Canadian Brigade Group

It was just a test, but when Major Jeff Hamel showed up for work at his Vancouver unit over the weekend he could feel the ground shaking.

A simulated 8.1 magnitude quake had just struck B.C., triggering Cougar Tremor, the army's response plan for a major earthquake in the province.

Signallers and line technicians of 39 Signal Regiment, streaming in for a routine training weekend, were given a no-notice order: deal with it. This was Exercise Mercury Thunder II.

"Normally the army plans in a methodical way - prepare, rehearse and execute a plan to seize that bridge, that sort of thing," says Maj Hamel, the Regiment's 'A' squadron commander. "But earthquake response is different. It's a call in the middle of the night to get something to work come hell or high water."

In this exercise, the quake levelled the bridges around Vancouver, brought down a hospital, sent looters and hastily deploying rampaging through debris, and pushed citizens, who felt the government wasn't responding quickly enough, to occupy critical federal land where they could set up their own evacuee camps.

"We all hope we never have to do this. But if it happens, and if we suck at this task, thousands of people will die because we didn't want to step outside our comfort zone," Maj Hamel

On paper, the task for the Army's Reserve signallers in a domestic emergency is a simple one - provide communications to military units responding to the disaster.

"The Canadian Armed Forces is prepared to surge huge capabilities after a catastrophe like this. Hundreds of troops will show up and deal with a problem that has totally overwhelmed the local community. The job of my unit is to make sure those hundreds of troops can talk to each other."

Hamel dispatched his signallers as they appeared, cobbling together teams

them to critical communication points throughout the Lower Mainland and Vancouver Island: Mt Seymour, Sumas Mountain, Cultis Lake, HMCS Discovery, and the Nanoose transmitter site. He moved his command post to the Abbotsford Airport.

In an interesting twist, not all those on the radio this weekend were signallers. In a real emergency, with bridges gone and roads destroyed, some signallers might be unable to report to their unit. Mercury Thunder II exercised a workaround for this contingency, using infantry and armoured reconnaissance soldiers to help handle the Signals mission.

"Cougar Tremor requires those soldiers who can't make it in to go to the nearest unit," Maj Hamel says. "We would expect maybe a third of those reporting to be from other units, so we'd have engineers and medics instead. We have to figure out how to make a radio network with people who may not normally work with radios."

In other nods to realism,



Members of 39 Signal Regiment covered plenty of ground Feb 21-23 as they took part in Exercise Mercury Thunder II, a test of the unit's ability to provide communications support to other military units taking part in earthquake relief operations. Graphic by Capt Jeff Manney, 39 Canadian Brigade Group

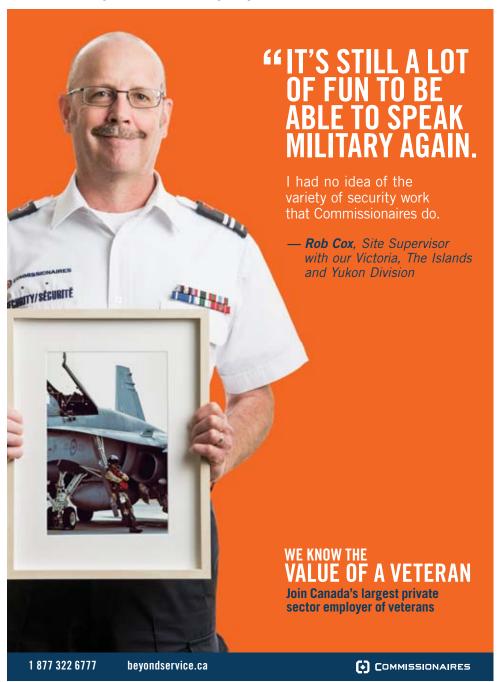
Mercury Thunder's creative exercise planner Warrant Officer Colette Welch brought in non-unit actors to act as earthquake victims and further test the signallers' responses. She also introduced video and newspaper reporting, which charted the course of the emergency response in real time and allowed the troops

to sense public reaction to their decisions.

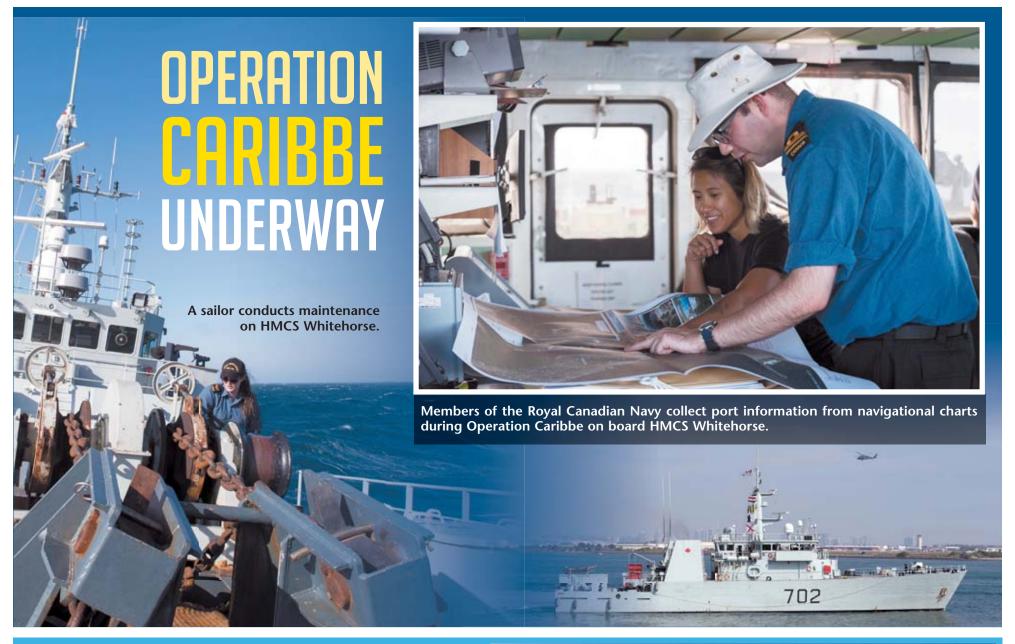
"An earthquake won't give us any warning, so we need to sharpen our immediate response skills," WO Welch says. "To do that, we need to be as realistic as possible in our training."

She hopes the extra effort will pay other dividends as

"I want everyone to walk away feeling challenged, feeling better than when they started," she says. "For our newest soldiers, who haven't seen this kind of exercise before, I want them to go home and tell their friends 'look at what we did this weekend, this is so important, this is so awesome'."







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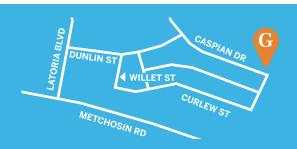
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Maritime Forces Pacific will display the various strengths of women in the workforce on March 5 through its Defence Women's Advisory Organization (DWAO) planned events.

More than 80 women from the Defence Team, as well as key community influencers, will tackle the Albert Head confidence course on Thursday morning in a Survivor-style boot camp. The event will showcase Canadian Armed Forces ($\hat{\text{CAF}}$) capabilities and the opportunities for women in all aspects of CAF operations.

"Our main goal is empowerment," says Lt(N) Melanie Weaver, military co-chair of MARPAC DWAO. "Participants can expect an action-packed experience that will surely put their problem-solving, communication, and team-building skills to the test."

A fully-inclusive facilitated discussion and keynote speaker rounds out the afternoon.

"Resilience and progress are key topics of the afternoon event," says Nicole Schaaf, DWAO Civilian Co-Chair.

Jennifer Gervès-Keen a Master Corporate Executive Coach, will deliver Thriving, Not Just Surviving, During Times of Change. For three consecutive years Gervès-Keen has been named one of CEO Today magazine's top 100 outstanding consultancy experts in the world.

"We are living in a period of human history where the pace of change is outpacing our ability to absorb it," says Gervès-Keen. "It is critical that individuals understand how they and the people around them react to change, what happens in their brains and what they can do to sustain and support themselves and others during times of uncertainty and transformation."

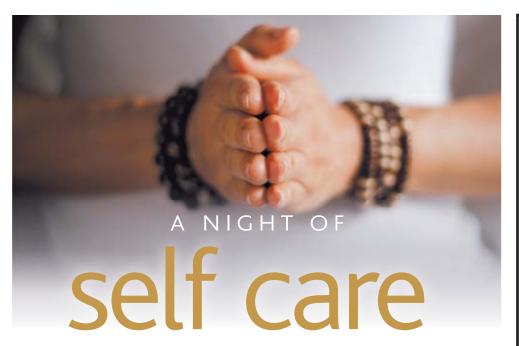
March 8 marks International Women's Day and provides an opportunity to assess the progress towards gender equality and honour the contributions women have made and are making in Canada and around the world.

DWAO is one of four advisory groups mandated by the Employment Equity Act to provide advice and insight to leadership to help identify systematic barriers to employment and challenges to the integration of women in the

For more information about this event and how register or to become a member of the DWAO email them at EsquimaltDWAO@forces.gc.ca



Lt(N) Melanie Weaver tests out the obstacle course at Albert Head. The obstacle course and surrounding terrain will be used for a boot camp, part of this week's International Women's Day event organized by the Defence Women's Advisory Organization (DWAO).



Peter MallettStaff Writer

Erika Johnson is building a self-care movement one event at a time.

The military member has joined Kara Poyntz, a military spouse, to host A Night of Self Care at the Colwood Activity Centre Saturday, March 14, 6 to 9 p.m.

Together they will present information on meditation, essential oils and exercise.

"There can be a lot of stress associated with being a spouse or member of the military. We believe everyone needs to find their own self care solutions," said Johnson. "Finding these methods can be difficult, so we are offering a sampling of different techniques to achieve that goal."

To aid them in their goal, they have enlisted healing experts Meagan Bagnall, a kinesiologist who will offer instruction on kettlebell fitness techniques; Sarah Hofing will provide instruction on yoga and chakra meditation techniques; and Victoria-based dance instructor Miss Cheryl will teach a Zumbini music

dance class for children and a Hot Hulu exercise class for adults.

Education and sampling of various essential oils will be taught by Johnson and Poyntz.

To round out the event, local health industry representatives and vendors will have booths on site. There will also be free giveaways and samples of health care products.

Daycare will be provided for parents with children.

There are 40 spaces available for the event at a cost of \$25, available through Eventbrite.ca.



VANCOUVER MILITARY DINNER APRIL 18, 2020

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You are cordially invited to join a distinguished group of Canadian Armed Forces members, veterans, and prominent British Columbians at the **7th Annual Vancouver Military Dinner**.

The event is a celebration of Canadian military tradition, bringing civilians and service members together to raise awareness and share experiences. In addition to an elegant evening, fine food and drink, and riveting conversation, guests will enjoy special presentations from **Rear-Admiral Bob Auchterlonie** (Commander, Maritime Forces Pacific) and **Retired Major Rob Hicks** (Captain, Invictus Team Canada 2018). Funds raised will support Canada's 2020 Invictus Games athletes, and other rehabilitative sports programs offered to ill and injured veterans by **Soldier On**.

When: Saturday, April 18, 2020. 1800 (6:00 PM)

Where: The Vancouver Club – 915 West Hastings, Vancouver

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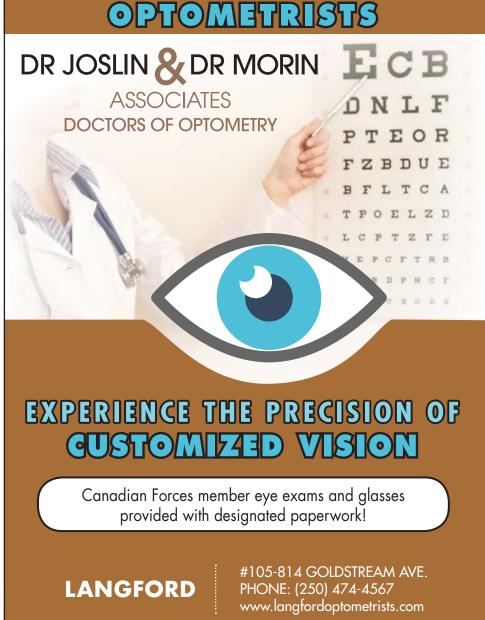
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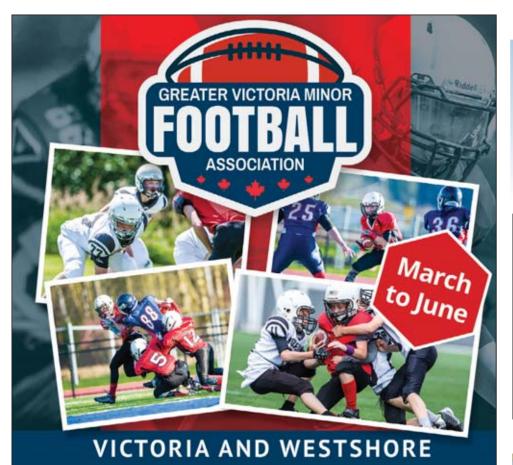
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Bravo Zuiu

Third Clasp to Canadian Forces' Decoration



Lieutenant Commander Glenn Falconi, Naval Reserve Music Advisor, receives his third clasp to the Canadian Forces' Decoration marking 42 years of good service. Awarding the clasp is CPO1 Ricky Martin and Capt(N) Chris Peschke from Maritime Forces Pacific headquarters. LCdr Falconi joined the Naval Reserve as a boatswain in 1977 and quickly re-mustered to musician at HMCS Star. He then took his commission from PO1 in 1999 as a Logistics Officer. He has worked in all heads of department positions at his unit, and was appointed Executive Officer and Acting Commanding Officer for HMCS Star. He was appointed Naval Reserve Senior Staff Officer Bands in 2004. He has been responsible for all aspects of the Naval Reserve Music Branch.

Credit: LS Gillian Embree

Bravo Zuty

USQ-LS Weapons Engineering Technician Sonar Apps Course

LCdr Dany O'Regan, Deputy Commandant of Naval Fleet School (Pacific), presented certificates of graduation on Feb. 7.



LS Baggio receives his certificate.



LS Bartlet receives his certificate.



LS Scott receives his certificate.



LS Scott receives the top student award.



Regional Cadet Support Unit (Pacific) **Honours** and **Awards**

Presented by Cdr Brad Henderson.



Capt Evelyne Lacey receives the first clasp to the Canadian Forces' Decoration.



Decoration.



Cpl Norm Mosveen receives the sec- PO1 Amanda Dagenais receives the Special ond clasp to the Canadian Forces' Service Medal with Expedition Bar for her service on Operation Poseidon Cutlass with HMCS Ottawa in 2017. Alongside her is wife Jennifer Mayer.

Bravo Zuiu

Canadian Submarine Force Awards and Medals

Presented by Capt(N) Jean Ouellet, CSF Commanding Officer.



LS Beck receives a Base Commander's Commendation.



LCdr Isabelle receives the Operational Service Medal.



Lt(N) Hiebert receives the Canadian Forces' Decoration.



PO Briand receives the Special Service Medal.



MS Noa is awarded the Canadian LS McNeil receives the Special Service Forces' Decoration. She also received the Commander Canadian Submarine Force coin to recognize her as top student.



Medal - Expedition Bar for deployment with HMCS Windsor in 2018.



OS Hessel is promoted to Able Seaman.

USQ-LS Weapons Engineering Technician Fire Control Apps Course

Cdr Annick Fortin, Commandant, Naval Fleet School Pacific, presented certificates of graduation on Feb. 19.





LS Gallant receives the top student award.



LS Payne receives his certificate.



LS Gallant receives his certificate.

Bravo Zui



LS Simeon Weststeijn receives a Base Commander's Coin from Capt(N) Sam Sader for his contribution leading the Naden Band's National Defence Workplace Charitable Campaign fundraising. The Naden Band of the Royal Canadian Navy raised \$11,000, which makes them the highest per capita unit in Maritime Forces Pacific in terms of funds raised.

Bravo Zulu

Junior Weapons Engineering Technician Apps Course

Cdr Annick Fortin, Commandant Naval Fleet School (Pacific), presented certificates of graduation on Feb. 21.



OS Helali receives his certificate and the Top Student Award.



OS Boyle receives his certificate.



OS Maurice receives his certificate.



OS Ouinn receives his certificate.

Bravo Zu

USQ-LS Weapons Engineering Technician Radar Apps Course

Cdr Annick Fortin, Commandant Naval Fleet School (Pacific), presented certificates on Feb. 18.



LS Fitzpatrick receives the Top LS Derome receives his certificate. Student Award.





LS Fitzpatrick receives his certificate.



LS Martin receives his certificate.



LS Louis receives the Top Student LS Carrière receives his certificate. Award.





LS Louis receives his certificate.



USQ-LS Weapons Engineering Technician Communications **Apps Course**

LCdr Dany O'Regan, Deputy Commandant, Naval Fleet School (Pacific), presented certificates of graduation on Feb. 7.



Email your Free Word Classified to melissa.atkinson@forces.gc.ca

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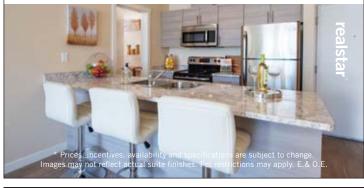


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