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WELCOME HOME HMCS VANCOUVER

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Three-year-old Kenzi Moehling holds up a welcome home sign for her father Leading Seaman Jorden Moehling during the homecoming for HMCS Vancouver in Dockyard last Friday, Aug. 10. See more on page 3.

Photo by Peter Mallett, Lookout

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Peter Mallett
Staff Writer

A Royal Canadian Navy sailor and his classmates at Royal Roads University say they've found a fundraising recipe "whey" too good to resist.

As part of his studies for a Bachelor of Arts in Commerce, Chief Petty Officer Matthew Goodwin, a Regional Unit Chief for Joint Personnel Support Unit (JPSU), and four fellow students recently launched their own cookie company called Whey2Good Cookies. Their assignment is not just about building a profitable

small business, but, according to CPO2 Goodwin, it's also about providing a healthier snack alternative for people on the go, and a bit of community give back.

They will be graded on building a successful e-commerce business through product marketing, digital sales and promotion via social media. They are responsible for manufacturing, packaging and selling their product to the public, with their marks dependent on sales and marketing techniques.

Each cookie retails for \$3. They are free from preservatives, have 16 grams of protein and use natural coconut palm sugar and coconut oil. They come in two varieties: a dark double chocolate cookie made of ginger, cinnamon and a hint of Cayenne pepper and Himalayan sea salt, and English vanilla toffee that has a crispy and crunchy toffee bottom and a hint of vanilla.

"They are made with organic ingredients and by tasting them you would never know what's in them and how healthy they are," said CPO2 Goodwin. "We wanted to offer our customers something quick and healthy to eat while on the go and at the same time provide an alternative to mass-produced, store bought energy bars."

Profits from sales won't be going to the

shareholders or boosting their own bank accounts. Instead, after their baking and supply costs, \$2 from the sale of each cookie will go to support Victoria non-profit Jeneece Place.

The 10-bedroom facility is named in honour of Canadian philanthropist Jeneece Edroff and owned by the Children's Health Foundation. Located on the grounds of Victoria General Hospital, it offers accommodation to children and their families while receiving medical care. CPO2 Goodwin says supporting Jeneece Place was something he and other students in his group felt strongly about.

"I have a young daughter who is turning three next month and the importance of this charity really hit home for me," said CPO2 Goodwin. "That's because I thought: What would I do and where would my family stay if my child fell ill and required a stay at a distant hospital?"

CPO2 Goodwin is attending Royal Roads as part of the Individual Learning Plan and is in the midst of completing a condensed four-year commerce degree in two years. He is also juggling his full-time work at JPSU, family life and a small business.

The duration of their assignment is six-weeks and concludes in mid-September.

The company's sales and website <https://whey2goodcookies.com> launched Aug. 7.

According to their business plan, Whey2Good will only produce 1,500 cookies. CPO2 Goodwin says he and the other students are doing most of the baking at their homes while following B.C. Food Safe regulations. They are also planning to do a larger group baking session in the kitchen of Jeneece Place in the coming weeks.

Photos by Peter Mallett, Lookout
Petty Officer Second Class Matthew Goodwin displays two Double Dark Chocolate Cookies. The cookies are produced by Whey2Good Cookies, a company started by PO2 Goodwin and his classmates as part of a school project for Royal Roads University's School of Business.



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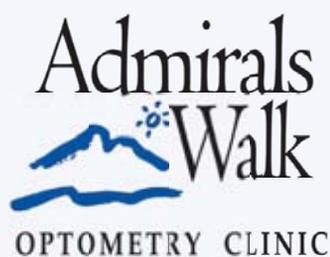
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Linda Foisy, mother of Leading Seaman Alexandre Bujold-Foisy, holds up a sign for her son during the HMCS Vancouver homecoming.



Leading Seaman Steven Robicheau embraces his wife Mary Robicheau for the ceremonial homecoming first kiss.



THERE'S NO PLACE LIKE A HOMECOMING

A boisterous crowd of family, friends and co-workers were on hand in Dockyard last Friday as *HMCS Vancouver* returned from a four-month deployment in the Asia-Pacific region. From April 3 to June 25, *Vancouver* participated in Operation Projection, conducting forward naval presence operations and participating in several naval exercises with partner nations. Immediately afterwards *Vancouver* headed to Hawaii to take part in Exercise Rim of the Pacific (RIMPAC), the world's largest maritime military exercise.

Photos by Peter Mallett, Lookout



Little Carson holds up his hand-made sign for his father to see as the ship came alongside.



Left: Cpl Eric Baron reunites with his family on C jetty.

Photo by SLt M.X. Déry



matters of OPINION

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WHAT SAY YOU



“
They say an image
can be worth a
thousand words,
but I have one word
to describe most of
the photos on your
phone: delete.”

I shutter to think - group photos, delete

M.X. Déry
Contributor

I love that almost everyone nowadays takes photos, but there are a number of you, and you know who you are, that commit every photography sin and I shutter to think what people in the future will say about our walls of rubbish photos.

For over 15 years I've been taking photos using cameras great and small. I didn't get a cell phone with a camera embedded in it until I had over a decade of experience using larger, faster and more capable equipment.

Don't worry, I'm not here to dismiss or deride cell phone photography. I think the miniaturisation and proliferation of cameras in everyone's pockets is great. You no longer need to buy a 35mm roll of film, figure out how to put it into the camera and then go to the store to get it developed.

The days of 35mm film photography are gone, and good riddance. I recently scanned some of my old work and the resolution back then was terrible. It took days before you knew if a photo you captured was good or not.

Now you can take a dozen photos and know right away if you have the shot - if people bothered checking; and then delete the bad ones - if people bothered deleting them. Whenever someone wants to show me a photo on their phone, there are hundreds of photos that all seem to be of the same thing.

Keeping old photos is as much a mistake in the digital age as it was in the 35mm photo age. No one wants to see an overexposed group photo of people no one can identify, or an underexposed photo of a cat.

This isn't high school mathematics, it's photography, so you don't need to show your work. They say an image can be worth

a thousand words, but I have one word to describe most of the photos on your phone: delete.

A whole genre of photography that also deserves nothing more than to be deleted is group photos. Perhaps our need to put 20-30 people together for a photo has its origins in elementary school where students form 2-3 rows and pose with their teacher and a little sign, year after year.

Think about the photos you've framed, or printed, or made your desktop wallpaper, and tell me how many of them have more than 3-4 people in them. Then think how often you've posed for or been asked to take a group photo. That gap exists because group photos don't look as good on the tiny screen of your phone, or the low resolution of a newspaper or printed on a 4 by 6 at Costco.

Another aspect of group photos that make them infuriating

is when everyone wants a copy of the image on their own phone or camera, it necessitates that the hapless photographer, or photographers, take the image multiple times.

When more than one photographer is taking imagery, the group doesn't know who to look at, making an already worthless image look awkward.

So, if a group photo really is required, designate one person, preferably with a good camera, to take a single photo and have them send it to the group.

CFB Esquimalt and Maritime Forces Pacific public affairs are always looking for good imagery for social media, the *Lookout* and more. Imagery technicians can't be everywhere, so if you have high quality imagery of interesting facets of navy life, be sure to send them to n02pao@gmail.com or cfbesquimalt@outlook.com. No group photos will be accepted.

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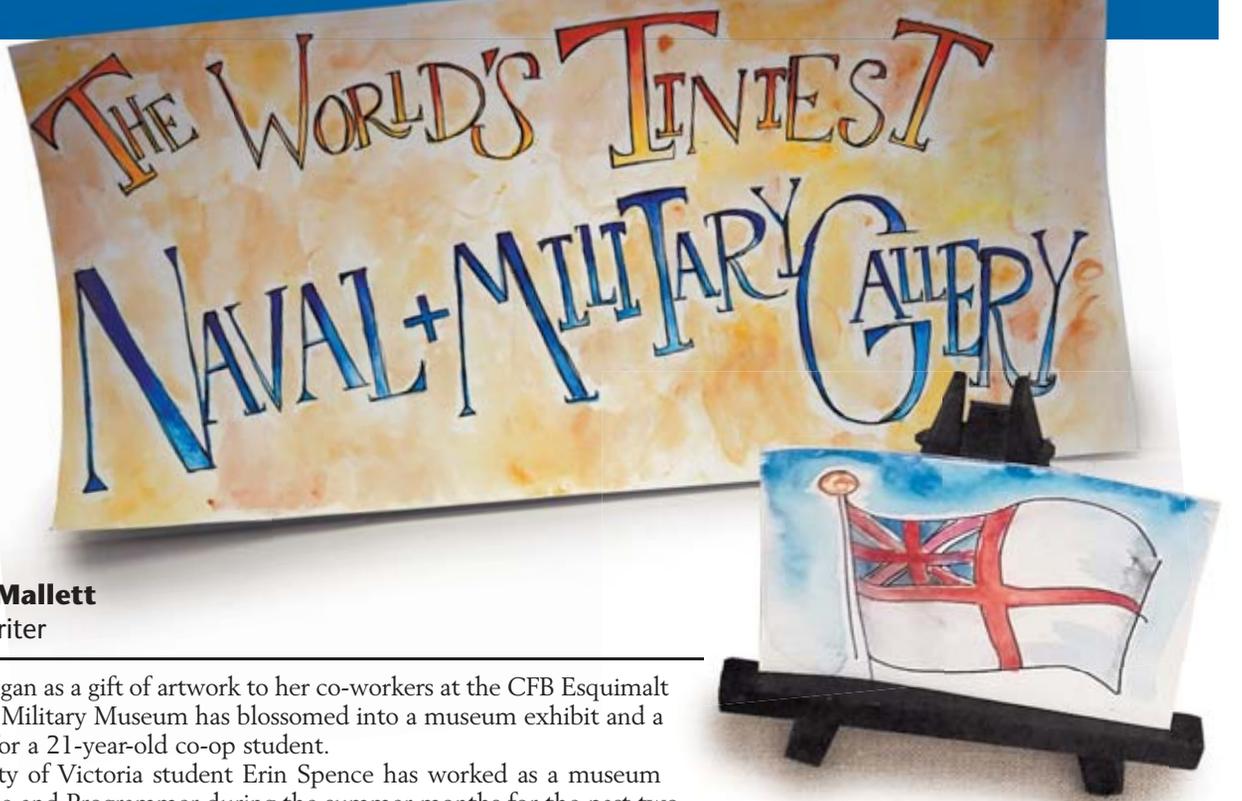
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Photos by Peter Mallett, Lookout
Erin Spence shows off some of her tiny artwork that makes up a gallery now on display in the Welcome Centre of the CFB Esquimalt Naval and Military Museum.

MINI ART PROVIDES FRESH APPROACH TO HISTORY OF MUSEUM



Peter Mallett
Staff Writer

What began as a gift of artwork to her co-workers at the CFB Esquimalt Naval and Military Museum has blossomed into a museum exhibit and a new title for a 21-year-old co-op student.

University of Victoria student Erin Spence has worked as a museum Tour Guide and Programmer during the summer months for the past two years as part of her political science work-study placement. She is also a self-taught artist who has brought her talent to the museum and earned the title Artist in Residence.

Her medium of choice is watercolour; her canvas no larger than a postcard. Ten of her miniature paintings are on exhibit in the visitor's Welcome Centre near the main entrance of the museum - aptly dubbed The World's Tiniest Naval and Military Gallery.

"We're not sure if it is actually the tiniest naval and military museum display but I challenge you to find a smaller one," said Spence.

At first her hobby was limited to gifts for friends and family, but once museum staff saw her work she was offered an assignment painting a Christmas greeting card for the museum. When she was hired back for a second work term she expanded her artist role to painting 40 mini paintings of warships, portraits and historical sites for the museum's summer open house.

Inspiration was drawn from the museum's archived photos.

"Usually, as was the case with the sailor from the recruiting picture, it's the composition that caught my eye," said Spence. "I like to work with photos or posters that are sharp and crisp. Doing the monochrome paintings was something new for me and trying to reproduce a nearly identical image to the photos was fun."

Erin's supervisor, Museum Exhibit Designer Clare Sharpe, says the paintings have been a hit with museum patrons.

"Her work has a lot of personality and they give the buildings and vessels she paints a whole new take," said Sharpe. "At the museum we are more accustomed to historic photos, but her paintings are a sort of whimsical view. It's great to be working with the students from UVic because they always give you a fresh point of view and new outlook."

For more information about the museum and its operating hours visit their website: <https://navalandmilitarymuseum.org/>

A painting of the White Ensign, a flag flown on ships of the Royal Canadian Navy between 1911 and 1965. Below: A painting of the administrative building of CFB Esquimalt's Naval and Military museum that was gifted to museum managers Debbie Towell and Clare Sharpe.



Paintings of a Kisbee Ring from Iroquois-Class Destroyer HMCS Huron and a monochrome of HMCS San Peur, an armed yacht that was once the property of the Duke of Sutherland and pressed into action from Esquimalt during Second World War.





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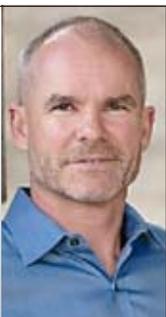


Robin & AJ
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Historic church, site for new complex

Peter Mallett
 Staff Writer

Plans to build an affordable senior's housing complex at the site of the Anglican Parish of St. Peter and St. Paul will be reviewed at an upcoming Township of Esquimalt public hearing.

The zoning amendment calls for the approval of a 24-unit condominium site and church ministry centre to be built at the site of the historic 152-year-old church located at 1379 Esquimalt Road. The proposed five-story building would replace the existing parish hall and ministry centre and would occupy a portion of the parking lot located at the northwest corner of the property.

If it gets the greenlight, the incumbent of the parish and archdeacon

Lon Towstego estimates completion of the building to be 2020. Towstego says the proposed project is sensitive to the heritage of the church building while at the same time addresses the current needs of the community.

"The vision of the Diocese of British Columbia calls us to take concrete action to advance economic and social justice and to use our existing assets more effectively through community partnerships," said Towstego. "The proposed project is a direct response to the needs identified in the Official Community Plan for Esquimalt which calls to increase the amount of safe and affordable housing available to our expanding population."

The zoning amendment only deals with the land-use application to permit housing and does not call for any possible physical alterations to

the church, which would require a separate heritage alteration permit application.

The proposal has passed its first and second readings by town council on July 16 and is expected to go for its third and final reading later this year.

Further details about construction plans and the amendment process will be available at the Aug. 27 7 p.m. meeting to be held at Esquimalt's Municipal Hall.

Originally known as the Naval Garrison Church, the main building of today's church was built and consecrated in 1866 and was located at the foot of Signal Hill in Dockyard. Due to the church's proximity to gales from the sea, in 1904 the decision was made to move the church, on rollers, up and over Signal Hill to its present site.



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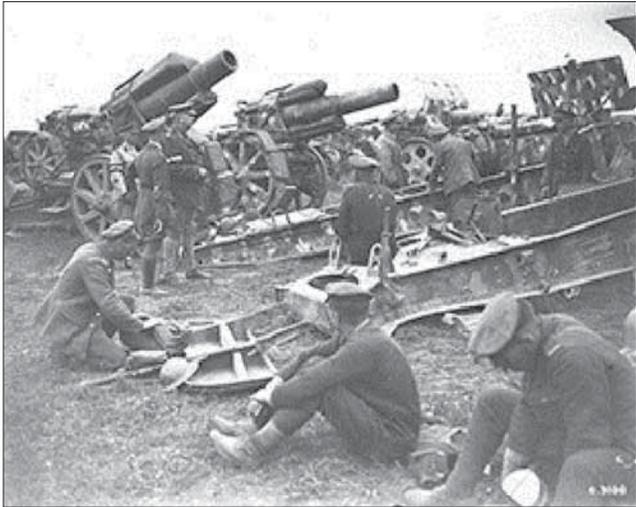



Photo credit Department of National Defence / Library and Archives Canada

Commander of the Canadian Corps, Lieutenant-General Sir Arthur Currie, inspecting German guns captured in the Amiens offensive, Aug. 1918.

DATABASE OF BATTLE HONOURS NOW ONLINE

Carl Kletke

Assistant Heritage Officer - Directorate of History and Heritage

For the first time, the entire array and story behind each First World War Canadian battle honours can be found online: www.cmp-cpm.forces.gc.ca/dhh-dhp/his/bh-bh/index-eng.asp

Battle honours are awarded to provide public recognition and to record a combat unit's active participation in battle against a formed and armed enemy. The Canadian Armed Forces battle honours system draws on the rich heritage of the British forces. Prior to Confederation, British authorities were responsible for the awarding of battle honours to Canadian units. After Confederation, the Canadian Militia decided on and allocated honours to its own regiments. Award conditions have evolved from time to time to cater to circumstances presented by each war. The basic principle has remained constant: public commemoration of a battle or campaign, the memory of which will be a constant source of pride for the unit involved.

Battle honours commemorate heroic victories such as Vimy, 1917, and terrible defeats such as Dieppe, 1942. They honour obscure actions such as Eccles Hill, 1870, and historic milestones, such as Normandy, 1944. What they have in common is a remembrance of past service, faithfully discharged by Canadian units. They are thus highly prized by these units and are used as an inspiration to their members to emulate the valiant deeds that resulted in their award.

Most of these battle honours are just that: they are named for a specific action at a particular time and place. However, the list also includes theatre honours, which can span an entire campaign and cover large geographic areas. These are important because they cover the service of small detachments and minor actions that are too small to merit the granting of a traditional battle honour.

Ships of the Royal Canadian Navy display their honours on a battle honour board traditionally made of teak, which does not rot. Naval honours are awarded to the ship by name and are thus perpetuated by ships of the same name even though these successor ships may be of an entirely different size, type, or function.

Canadian Army units whose role is to engage with the enemy, that is, armour and infantry, may be awarded battle honours. Units of artillery and engineers carry a single honour "Ubique", Latin for "everywhere". This is in recognition of their essential role in all the army's military engagements. The special operations unit Joint Task Force 2 also carries "Ubique" as an honour in the same way and for the same reason.

Squadrons of the Royal Canadian Air Force carry their honours on their "squadron standards." These are silk flags that carry the squadron badge, number, and any battle honours awarded. Due to changes in equipment and role, squadrons are frequently activated and deactivated. The squadron number, badge, and honours thus become a source of heritage and continuity for these units.

Descriptions of the honours earned in other wars will be added to this website in the coming months.

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By NCdt S.L. Delaney
MARPAAC Public Affairs Office

The staff members behind the Raven Indigenous Youth program share a passion for fostering pride and confidence in Indigenous youth from across the country during the condensed six-week basic military training course. Nine instructors, 10 general duty staff and eight members of the leadership and administrative team reap their own rewards as well, learning about different Indigenous cultures and witnessing the development of their students.

The following are four staff members who have spent their summer introducing Indigenous youth to the Canadian Armed Forces.



RAVEN PROGRAM STAFF get as much as they give



Photo by Leading Seaman David Gariepy
Candidates on the Raven program, Ordinary Seaman (OS) Atenati Weber-Morrison and OS Sarah Belanger install a fender on the guard rail during a day sail onboard Patrol Craft Training Grizzly.



Photo by Leading Seaman David Gariepy
Raven recruits conduct a patrol during their final exercise at Rocky Point.



MS MICHELLE HOWELL

Reservist Master Seaman Michelle Howell joined the Royal Canadian Navy at 18 seeking structure in her life. Little did she know that 12 years later she would be instilling structure in the next generation as a senior instructor for the Raven program.

Her regular reserve job is a human resources administrator at Naval Reserve Division HMCS Scotian in Halifax, Nova Scotia.

"As a Reservist, you can seek out jobs that match your availability and interests. I had been looking to take on a leadership role as an instructor and heard about the Raven program, but I didn't know much about it."

After a bit of research, she decided to come onboard as the senior instructor in 2017. She continued for a second year, and says the experience has exceeded her expectations.

"When you think about teaching a basic military qualification course, you think about instilling the military ethos in your students; you don't really think about how much you will learn from them. These Indigenous youth from across Canada come with an extensive knowledge base that, as instructors, we may not have expected.

"There are a lot of students coming from remote areas people who have never been to B.C. before. You just watch them grow and come out of their shell. When you see their pride and development on graduation day, you feel like a million bucks as an instructor. You feel like you are doing your part, not only for the Canadian Armed Forces, but also for Canada. It's really great to see that unity."



OS BLAIR SCHILT

Ordinary Seaman Blair Schilt went to school for nautical science at the marine institute in Newfoundland. After five years of study, he found looking for work in such a competitive field challenging.

"I thought, 'I have some family in the military, why not try something different, something out of my comfort zone?' I decided to continue my education and join the military," he said.

He joined just under a year ago as a Regular Force member of the Royal Canadian Navy as a Naval Communicator.

While awaiting training, OS Schilt learned about the Raven program and decided to throw his hat in the ring as an instructor.

"I have a background working with youth as a sports instructor, and I also worked with a tall ships training program where I taught students how to sail on the Great Lakes. When I found out about this program that gives Indigenous youth an introduction to the military life, I thought this would be a great learning opportunity."

He was selected to work with the Raven program as part of a team of 10 general duty staff that takes care of equipment and facility setup, and the transportation of staff and students.

"It's really interesting because many of us have come from basic training ourselves within the past year; now we get to observe how instructors operate from the other side. It's something really nice to watch: A group of regular youth come in, not knowing anyone and not knowing what to expect, and within a matter of weeks, they're all working together as a cohesive team. The amount they are able to learn in just a little over a month is amazing."

This program has completely opened my eyes to the types of opportunities one can have within the CAF. If there was ever the chance for me to be involved with Raven in future years, I would jump at it."



MS JAMES POIRIER

Master Seaman James Poirier is a Weapons Engineering Technician coming up on 11 years of service as a Regular Force member. As part of his promotion last year, he was selected to instruct for the Raven program.

"I didn't really know what I was getting into, but it turned out to be an absolutely amazing experience," he said.

When he stepped on deck last year, he was fresh from winning gold at the International Military Sports Council (CISM) world volleyball championships in the Netherlands. Now in his second year as an instructor, he has a desire to continue cultivating the Raven program.

"Among the staff there is a huge love and dedication to the program itself. We have a leadership team that wants to see great improvements, and that rubs off on the candidates and enhances the experience for everyone."

"By the end of the course, you see all the lightbulbs are fully on. That's the exciting part for me when I see all of my students are switched on, ready to graduate, and proud of everything they've accomplished."

"Some of these young adults have gone through major hardships in their lives, and when they attain these skills and go back to their communities, their lives change. Even if they don't stay in the Forces, there's so much they have learned here that they can bring home and pass on."

In terms of what the program means to him personally, MS Poirier considers the relationship-building potential of Raven.

"One of the best things about coming onto this course is the amount that you, as an instructor, can learn from your students. It's not about how much you are giving to them, it's about how much they give back to you. They just want to share their culture with you. They want you to be interested. In a nine week contract, you learn something about yourself as well as learning about other cultures."

"I love being here. I love being a part of the leadership side and bringing young adults into the military mindset. It's something that has brought a lot of stability to my life, and it is a privilege to share that with the students."



A/SLT JUSTIN LEONG

Acting Sub-Lieutenant Justin Leong joined the navy last January as a Regular Force Naval Warfare Officer.

"I joined because I was searching for a more structured environment that allows for adventure, as well as stability and advancement."

He got involved with Raven because he saw the progress of last year's students firsthand. "When I was on the base last summer, I saw this haphazard group of new recruits that I struggled to communicate with, and I was curious about who they were. So I attended their graduation the following month to learn more. When I saw their development from the first time I met them to when I saw them at their grad parade, I was so impressed that I knew I had to request getting involved with Raven."

His request was granted, and he was put in charge of the general duty staff of the Raven program this year. He has 10 staff members working with him, and he works closely with the leadership team to execute all the logistical needs for the course.

Working with Raven has been a great learning opportunity he says.

"We did three days of Aboriginal awareness training where we learned about the various cultures of the students we would be working with. I was curious about how the program would instill military discipline while incorporating cultural considerations."

His curiosity has been met with admiration for this unique training model.

"My experience has been extremely positive. I've seen the change in the students from when we first issued their kit to the way they carry themselves now, and that really exceeded my expectations. They learn everything in an extremely compressed timeline, and it's impressive how they are excelling."

"My involvement with Raven has allowed me to develop my leadership skills so I can look at the big picture and give the staff taskings they can take ownership of. This is an exciting opportunity for me as a junior officer to apply some of the concepts I've learned in my own training."

A/SLT Leong invites other young officers to learn more about the Raven program and get involved.

"The Forces values having Indigenous members, so gaining an understanding of their culture will help you work alongside Indigenous people throughout your career."



The entire Raven staff.

Photo by NCdt S.L. Delaney

Photos by NCdt S.L. Delaney

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Photo by Able Seaman Tyler Antonev
Ordinary Seaman Ricky Fung, an NCIOP from HMCS Discovery in Vancouver, poses for an outdoor portrait before going to Edmonton for the Canadian West Regional Soccer Tournament.

Reserves, more than summer work

NCdt S.L. Delaney
MARPA PAC PA

When Ordinary Seaman Ricky Fung stepped into the Westminister, B.C., recruiting centre in 2015, he wanted to learn more about Canada's military and the types of careers available.

He was looking to try something new and get involved with the Canadian Armed Forces. It was there that he learned about the Royal Canadian Naval Reserve and that it offers both full and parttime employment opportunities built upon the availability and interests of each member.

By joining *HMCS Discovery* in Vancouver, OS Fung was able to maintain his truck driving business and continue playing soccer throughout the year. He was also able to meet his goal of trying something new.

"I chose to join the Reserves as a Naval Combat Information Operator (NCIOP) because it sounded completely different from my

civilian life," he said.

NCIOPs operate intelligence, surveillance, and reconnaissance equipment on board warships, and advise the bridge on navigation and anti-warfare procedures. Currently in Halifax, OS Fung is completing his first level of trades training on a two-month course. Through simulators he is developing his radar systems skill to identify items of interest in the water and air, and to assist in search and rescue operations.

In addition to developing a new skillset, joining the Naval Reserve has also allowed him to hone his existing skills as a soccer player.

This year, during his full-time summer employment engagement with the Royal Canadian Navy, he tried out for, and earned a spot on the CFB Esquimalt soccer team, the Tritons. The team of 18 players meets for weekly practices, and heads to Edmonton from Aug. 12 to 17 for the men's Canada Western Regional soccer champi-

onship. They will compete against teams from bases throughout Western Canada. The winning team will go on to play in the national championships in Borden, Ontario, this September.

From coast to coast, OS Fung has enjoyed the variety of opportunities that the Naval Reserve has to offer. After basic training and naval environmental training last summer, he stood as a ceremonial sentry in front of the Lieutenant Governor's House in Halifax. This gave him the opportunity to represent the RCN as he performed drill and stood watch before visitors from around the world.

After representing CFB Esquimalt in the Western Regionals this summer, he will return to *HMCS Saskatoon*. He intends to extend his full-time employment contract into the fall and put his training as an NCIOP into practice onboard a ship — all while keeping soccer an active part of his civilian and military life.

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Reserve musicians orchestrate a summer of touring and ambassadorship

NCdt S. L. Delaney
MARPAC Public Affairs

There is nothing predictable about the National Band of the Naval Reserve. With set lists ranging from traditional marches to Disney tunes and a continually changing roster of musicians, this group is seeking to connect with Canadians and redefine what it means to be a military band.

When LCdr Alexandra Kovacs took over as the band's Principal Director in 1990, she was the first Reservist to fill the role. In fact, when she became a director of music in her unit of *HMCS Tecumseh* in 1985, she was the first female director within the entire Royal Canadian Navy (RCN).

Being exceptional is par for the course for the musicians of the Band.

"The entire band is comprised of Reserve members who balance their training with full civilian lives. Within the musician branch, we've had medical doctors, lawyers, engineers, small business owners and even an astrophysicist," said LCdr Kovacs, "We also have music teachers, PHDs in music and music students. Some pursue this trade because music is their life; for others it's because this is the only place they get to play."

Within the Naval Reserve, there are currently 135 musicians and nine Directors of Music. The Band offers full-time summer employment for those musicians, and every year a team is selected from across the Naval Reserve Divisions to play with the band. This summer, the band has 20 to 29 musicians, and that number fluctuates day-to-day. Members come and go according to their availability. In some cases, this means being on the ground one day, and performing the next.

This year, quite a few members joined the band directly from basic training.

"Quite literally, they completed basic and joined us the next day," LCdr Kovacs said. "This is possible not only because of the skill and experience of the musicians, but most importantly because we all have great determination and pride in what we do."

The RCN has two full-time bands, the Stadacona Band in Halifax and the Naden Band of the Royal Canadian Navy in Esquimalt. The Reserve band takes over the engagements of these two bands on alternating summers during their leave time, and they also borrow and lend musicians, instruments and gear.

"There is a fair amount of give and take between the bands because we're all one navy with one mission and one common goal of connecting with Canadians," said LCdr Kovacs.

The Reserve band aids with developing that connection.

"Every event that the band plays promotes our visibility. And when we play, we seek to maximize audience interaction and impact," said LCdr Kovacs.

The band invites audience interaction by playing relatable music.

"Everybody knows we play military music. Everybody expects that. But they don't expect us to play jazz ensembles, trios, or Lady Gaga, which we do."

The Band stays relevant through these musical selections.

"Our music changes because our audience changes. We'll play for small children and we'll play for Second World War veterans. We include as many genres as possible to reach each of them."

The Royal Nova Scotia International Tattoo is the Band's biggest annual event. They also played for the Calgary Stampede this July, and they'll play for three Pride parades throughout Canada this summer.

"Wherever we play, we feed off the energy of our audiences. At Pride parades, we play fun and recognizable tunes, and between songs we engage the audience with high-fives and handshakes and show Canadians that we are approachable, that the RCN uniform is approachable," said LCdr Kovacs.

This approachability serves as a recruiting tool.

"We've actually had people come to Naval Reserve Divisions after seeing us in a parade to learn more about what we do, and ultimately join the Reserves themselves. When people see that we enjoy our jobs and have fun working together, they want to be a part of that."

Watch for the National Band of the Naval Reserve in front of the B.C. Legislature on Aug. 17 and 23 at 6 p.m., and at the RCMP Musical Ride in Sooke's Fred Milne Park on Aug. 18 and 19 at 6:15 p.m. To march along with the Band, follow them @Nationalbandnavalreserve on Facebook.



Photo Credit DND

The National Band of the Naval Reserve appears by permission of the Commander Naval Reserve, Commodore Michael Hopper, and operations are the responsibility of Lieutenant Commander Glenn Falconi, Senior Staff Officer Bands, Naval Reserve.

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HMCS Vancouver Awards and Presentations

Awards were presented by Commander Christopher Nucci, Commanding Officer, HMCS Vancouver.

Photos by Lt(N) Tony Wright, HMCS Vancouver Public Affairs Officer



Able Seaman Courtney Trainor is promoted to her present rank by Commander Nucci, Lieutenant (Navy) Chantal Woolley and Chief Petty Officer Second Class Jean-Francois Gaudreault.



Able Seaman Aaron Craswell is promoted to his present rank by Cdr Nucci, Lieutenant (Navy) Justin Park and Petty Officer First Class Gawain Solyom.



Able Seaman Stephen Beliveau is promoted to his present rank by Cdr Nucci, Petty Officer Second Class Jamie Van Delft, Lieutenant (Navy) Nathan Schnarr, and Chief Petty Officer Second Class Quentin Englot.



Leading Seaman Simon Dakin receives a Commanding Officer's Coin.



Petty Officer First Class Jeremy Helm receives a Commanding Officer's Coin.



Leading Seaman Christopher Richardson receives a Commanding Officer's Coin.



Leading Seaman Matthew Pelletier and Leading Seaman Kenneth Powell-Duvall receive Commanding Officer's Coins.



Leading Seaman Edith Desjardins receives a Commanding Officer's Coin.



Petty Officer Second Class Paul Tucker receives a Commanding Officer's Coin.



Able Seaman Joe Thoo, Sub Lieutenant Kyle Deveau, Lieutenant (Navy) Samuel Ferguson, and Corporal Alex Cape receive the Gun Metal Sea Service Insignia.



Master Seaman Christopher Stone receives his Engineer Officer of the Watch Certificate from Cdr Nucci with Lieutenant (Navy) Kayla Bouchard and Chief Petty Officer Second Class Quentin Englot.



Master Seaman Shawn Martin receives his Engineer Officer of the Watch certificate from Cdr Nucci with Lieutenant (Navy) Kayla Bouchard and Chief Petty Officer Second Class Quentin Englot.

Bravo Zulu

HMCS Vancouver Awards and Presentations

Continued



Ordinary Seaman (OS) Simon McCary, OS Quentin Andres, OS Eric-Oliver Frappier, and OS Naomi Dazé receive Auxiliary Machinery Operators Certificates from Cdr Nucci with Lieutenant (Navy) Kayla Bouchard and Chief Petty Officer Second Class Quentin Englot.



Leading Seaman Jordan Moehling receives his Machinery Console Operator Certificate from Cdr Nucci and CPO2 Englot.



Ordinary Seaman Andrew Henderson receives a Coxswain's Coin from Chief Petty Officer First Class Steven Wist.



Leading Seaman Gatlin Ford Wunder receives a Coxswain's Coin from CPO1 Steven Wist.



Petty Officer First Class Gawain Solyom and Petty Officer Second Class Jamie Van Delft receive the Bronze Sea Service Insignia from Cdr Nucci.



Petty Officer Second Class Christopher Holmes receives a Coxswain's Coin from CPO1 Steven Wist.



Master Seaman Patrice Mongeau receives a Coxswain's Coin from CPO1 Steven Wist.

Bravo Zulu

Sailor of the Quarter

Photo by Ed Dixon, MARPAC Imaging Services



AB Audet a Marine Engineer with Canadian Fleet Pacific (CANFLTPAC) onboard HMCS Regina is awarded the CANFLTPAC Sailor of the Quarter for the Second Quarter of 2018.



SLt A.M.C. Noye MPU Esquimalt

Every Thursday, just before noon, a cheerful "Good day" resounds in the George Wilkinson Lounge, N69, as Bonnie Scott enters the MP Mess carrying bags of sweets and treats, which she donates for the weekly fundraiser barbecues.

Scott said she wanted to do her part in bringing awareness to the "worthy causes supported by MPs", which are the Military Police Fund for Blind Children and the Canadian Cancer Society Cops for Cancer Tour de Rock.

She felt that the barbecues were missing sweet treats and took it upon herself to donate a variety of desserts, ranging from two-bite brownies, to fresh fruits and cookies, and banana cake and fancy margarita cupcakes – much to the delight of all those who attend the lunch fundraiser.

She has also promised to bake a special dessert for the last barbecue of the season on Aug. 30 - an array of cream puff rings with almond choux, drizzled chocolate and slivered almonds, stuffed with strawberries and whipped cream.

Come and sample some of those nice desserts and join the MPs every Thursday from 11:30 a.m. to 1 p.m. at the George Wilkinson Lounge, also known as the MP Mess, located at Naden 69, beside Naden Shed, or follow the barbecue smell.

Bravo Zulu

Bonnie Scott



OS R. Wang is promoted to OCdt by Cdr T. Bacon (right), and CPO2 E. Pohoney (left).



LS J. Fields is promoted to MS by Cdr T. Bacon and CPO2 E. Pohoney.

Bravo Zulu

Patrol Craft Training Unit Promotions and Awards



MS G. Mitchell is awarded the CD1 by LCdr T. Bergmann.



OS S. Fradette is awarded the Special Service Medal-NATO by LCdr T. Bergmann for partaking in Operation Reassurance ROTO 7 while serving onboard HMCS Charlottetown.



OS S. Fradette is awarded the NATO-OAE by LCdr T. Bergmann for partaking in Operation Reassurance ROTO 7 while serving onboard HMCS Charlottetown.



AB B. St-John is promoted to LS by LCdr T. Bergmann and PO2 J. Mill, In Command, Engineering Section.

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Sea King Retirement Celebrations

The celebration starts Friday November 30 with a sold out 'Meet and Greet' at CFB Esquimalt's Wardroom.

The Meet and Greet will run from 17:00 to 21:00, and food will be available between 18:00 and 20:00. Dress will be casual on the Friday night.

On Saturday morning, December 1 there will be a Sea King Retirement Parade at 443 MH Squadron and a Sea King Ceremonial Fly Past on the 443 MH Squadron Flightline in Pat Bay. Guests are to be seated by 09:45 and the parade will commence at 10 a.m.

The event ends on a high note with a 'Formal Retirement Dinner' on Saturday evening in the 443 Maritime Helicopter Squadron's new hangar Arundel Castle. Doors will open for the Formal Dinner at 17:30, and guests will be seated at 19:00 with opening remarks at 19:15. Dress will be formal and will include Mess kit, tuxedo, business suit or jacket and tie.

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848 ROYAL ROADS Air Cadets invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 3041 Langford Lake Rd, Belmont Secondary. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

MISCELLANEOUS

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For information 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. Look under the Facebook Group: cowichan valley coffee.

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