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Chelsea Falconer, Navy Public Affairs

HMCS Chicoutimi crew members prepare the submarine for camber dives at Ogden Point.

HMCS Chicoutimi one step closer to returning to operations

DND

HMCS Chicoutimi was under tow to Ogden Point April 16 to conduct a camber dive. This was a key moment in the submarine's Extended Docking Work Period that began in 2010. The camber

dive is an early stepping stone in Chicoutimi's return to the fleet, expected later this year, as it advances through an extensive test and trial program.

A camber dive verifies the submarine's watertight integrity, as well as the functionality of com-

munications and other key systems. Dives occur in protected harbours where the water is deep enough for the submarine to be fully submerged.

Before returning to operational service, a submarine must be certified following the successful

completion of alongside tests and sea trials. The submarine must also be manned with a qualified and experienced crew, and be deemed safe to sail, conduct trials, and execute operations in accordance with their readiness status.

Chicoutimi will return to operational service with the Royal Canadian Navy once it completes its period of testing and trials required under the tiered readiness program. The submarine is expected to complete testing and trials by mid-2014.

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Cpl Michael Bastien, MARPAC Imaging Services

Above: HMCS Regina on deployment for Operation Artemis, a maritime security and counter-terrorism operation.

Right: LS Brandon South, a sailor in HMCS Regina, died unexpectedly on April 21.



Navy family mourns loss of sailor

Family, friends and the crew of HMCS Regina are mourning the loss of Leading Seaman Brandon South.

LS South died in a Tanzanian hospital on April 21. The sailor was en route to Canada for a scheduled leave period from the ship, which is currently sailing in the Indian Ocean on Operation Artemis.

The circumstances surrounding his death are being investigated.

"I would like to express my heartfelt condolences to the friends and family of LS South. His presence will be dearly missed by all the ship's company of HMCS Regina," said Cdr Daniel Charlebois, the ship's Commanding Officer.

His presence will be dearly missed by all the ship's company.

-Cdr Daniel Charlebois
Commanding Officer, HMCS Regina

The Canadian Military Police are working with authorities in Dar Es Salaam to investigate the matter.

LS South joined the Canadian Armed Forces in 2000. He was serving with Regina on Operation Artemis as a sonar operator at the time of his death.

"I am deeply saddened by the

death of Leading Seaman Brandon South, which occurred while he was deployed overseas. Our thoughts and prayers are with his family, friends and colleagues, and we will ensure that support is provided for them during their time of need," said LGen Stuart Beare, Commander Canadian Joint Operations Command.

Operation Artemis is the Canadian Armed Forces' current participation in maritime security and counter-terrorism operations in the Arabian Sea, which demonstrates Canada's solidarity with partners and allies to work together for peace and security in the maritime environment of the greater Middle East region.

From the Commanding Officer of HMCS Regina

The Commanding Officer of HMCS Regina, Commander Dan Charlebois, issued the following statement regarding the passing away of Leading Seaman Brandon South.

"It is with great sadness and a heavy heart that we learned that our friend and colleague, Leading Seaman Brandon South, passed away in Dar es Salaam, Tanzania, on April 21, 2014, while en route to Canada for a scheduled leave period from HMCS Regina.

The HMCS Regina family is mourning the loss of one of our own, and we wish to express our deepest sympathies to his family

and many friends ashore who are mourning with us today.

Brandon was very well liked and respected by the ship's company. He had a heart that was every bit as big as he was, and his ever present smile and good nature will be genuinely missed by all those who knew him. To say that he was a beloved shipmate would be an understatement.

Our attention now turns towards making the necessary arrangements to repatriate him back to Canada, and to helping the Regina family cope and heal from this tragedy. We will provide the best possible support for his family and colleagues,

and ensure that they have access to the best resources available during this very difficult time.

The Regina family is united, strong and resilient. We will lean on each other for comfort and support in the coming days, and we will find a way to get through this together. Brandon would have wanted it that way.

On behalf of the entire ship's company of HMCS Regina, I would like to send my most sincere condolences to his family and friends in their hour of need. I hope it is of some comfort to you to know that you are not grieving alone"



LS Ogle Henry, MARPAC Imaging Services

The Lieutenant Governor of British Columbia, Judith Guichon, alongside Guard of Honour Commander PO2 Derek Dawson, inspects the Guard of Honour on board HMCS Calgary, prior to a four-day sail in the warship.

Special guest joins warship for sail

DND

Judith Guichon, Lieutenant Governor of British Columbia, embarked HMCS Calgary Tuesday, April 22, for a four-day tour of remote communities: Alert Bay, Sointula, Port Hardy, Rivers Inlet and

Heriot Bay.

While in Rivers Inlet, the Lieutenant Governor opened a new library as part of the Write to Read Project. The Write to Read Project puts libraries and computers in remote communities to enable easy access to literacy materials. The library

in Rivers Inlet will be the sixth one to open as part of the program.

Accompanying the Royal Canadian Navy on training exercises is a tradition for Lieutenant Governors. Former Lieutenant Governors Steven Point and Iona Campagnolo travelled

in warships to various coastal communities during their tenures. These tours help connect both the Lieutenant Governor and the navy with remote communities as they attend local events, interact with the residents and provide children with the opportunity to tour the ship.



LS Ogle Henry, MARPAC Imaging Services

LGov Guichon waves to the spectators from the bridge of HMCS Calgary.

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WHAT SAY YOU

Motorcycle club offering learn to ride courses

The CFB Esquimalt Motorcycle Club, also known as the MARPAC Riders, in cooperation with Learn to Ride motorcycle training facility, is soliciting new riders for learn to ride courses.

Dates will be decided based on interest, but the plan is

to have monthly courses. Cost is \$500 with tax, plus a membership for first year, helmets, a motorcycle to train on and gloves.

The CFB Esquimalt Motorcycle Club had its first formal training course from March 26 to 30. The course

trained three out of a maximum five students. The course started with eight hours of theory including dealing with emergencies, and how to safely navigate the hazards of hills, curves, animals, and intersections. Training then moved to 12 hours of practical on Honda 250 Nighthawks.

Students practiced slow speed control through circles, turns, u-turns, and slalom. Students were then presented with a practice skills assessment to prepare them for ICBC testing. If you are interested in learning to ride contact Maj Bart Dennis at 250-363-8335.

People Talk

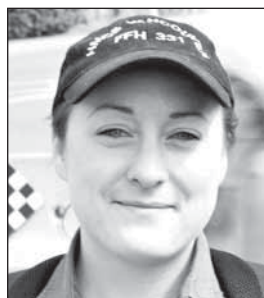
Lookout asked this question:

If you were offered a spot on a one way trip to Mars would you take it?



No way. I'd miss my wife way too much.

Guy Krockner



I just don't really have any interest in going to Mars. I'm very happy with my life here on Earth.

MS Ashley Hill



No, because I wouldn't be able to come back. I'd be more interested in a Star Trek sort of deal, where you can travel all over.

OS Christina Blaskavitch



No. I have too much going on with my family to leave like that. There is too much to do.

OS Remi Asselin



Absolutely. I want to see what's on the other side!

Albert Internicola

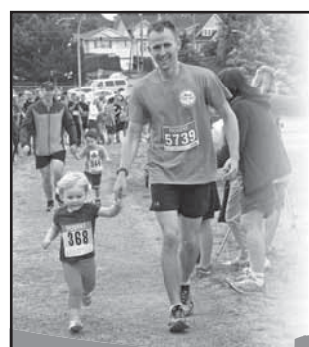
SPORTS trivia

by PO1 Bill Sheridan
Contributor

- Who is the highest point scoring Quebec born player in NHL history?
- Who has the most steals for the Blue Jays in a season?
- Who is Charlie Hustle?
- Vern Mikkelsen did this more times than any other NBA player?
- 'The Captain' is a book about which current Yankee?
- What NFL quarterback was sacked the most times?
- What Canadian rock band uses a baseball analogy stating 'it's the bottom of ninth'?
- Who was the last major leaguer to wear the number 42?
- What's the most retired number amongst goalies?
- What tournaments consist the Grand Slam of Tennis?
- The Sammy Baugh Trophy is awarded annually to whom?
- What Canadian has won four Olympic Gold Medals?
- What Boston Bruins coach has won the most games?
- What is the most easterly arena currently in use in the NHL?
- What two future NFL Hall of Fame quarterbacks did the KC Royals draft in the 1979 draft?
- How long is the Talladega Superspeedway?
- What teams hat does Billy Crystal wear in the movie 'City Slickers'?
- What two NCAA teams comprise the Red River Rivalry?
- What hockey position was eliminated in the early days?
- How was sportswriter Ed Lucas handicapped?

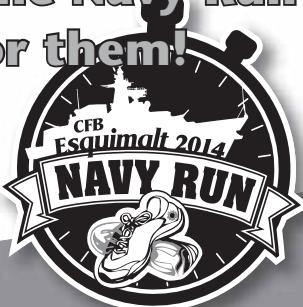


- ANSWERS
1. Mario Lemieux
 2. Dave Collins stole 60 in 1984
 3. Pete Rose
 4. Fouled Out
 5. Derek Jeter
 6. Brett Favre
 7. Nickelback in the song 'Rockstar'
 8. Mariana Rivera
 9. One
 10. Australian, Wimbledon, French and US Open
 11. The nation's top college passer
 12. Hayley Wickenheiser, and one silver
 13. Art Ross
 14. Boston's TD Garden
 15. John Elway and Dan Marino
 16. 2,66 miles
 17. NY Mets
 18. Texas and Oklahoma
 19. Rover
 20. He was blind



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Cartoonist finds humour in the ordinary

Shawn O'Hara
Staff Writer

Michael Pohrer has had his head in the funny pages for as long as he can remember, first as a reader, and then as a contributor.

The 51-year-old cartoonist from St. Louis, Missouri, remembers indulging in the funnies as a youngster, ink smudges on fingers reading *Hi & Lois*, *B.C.*, *Hagar the Horrible*, *Peanuts*, and the other classic comic strips.

"Seeing all these people making their living drawing funny pictures led me to thinking it was a pretty cool way to spend one's time."

As a teen he was rarely without pencil and paper, covering every inch with fantastical and strange characters.

"I was always one of those kids who would rather draw in the margins than actually do school work," he says.

Doodling soon turned into serious sketches and freelance work designing album covers for local bands after he graduated high school.

But it was in 1988, fol-

lowing a conversation with a local newspaper editor, that his drawings would hit the printed page, and remain there for 26 years. He has even submitted nautical-flavoured cartoons to the *Lookout*.

"I felt like I fell into it, but I think I'd been preparing

I was always one of those kids who would rather draw in the margins than actually do school work.

-Michael Pohrer,
Cartoonist

myself for it long before," he says of his career start.

Pohrer now produces several syndicated comic strips from his studio in St. Louis, which run in newspapers across the United States and Canada. His flagship series *Fiddlestix* features the hilarious day-to-day lives of whacky characters Irving the

Snake, Grizzle the Bear, and Pinhead.

"I've been drawing these characters since high school," says Pohrer. "I had no idea they would turn into *Fiddlestix*. These characters have been a part of my life for a surprisingly long time."

He also produces *Welcome to the Jungle*, a story of domestic life with a cast of characters who frequent Bronze's Gym.

The self-taught artist is now sharpening his pencils to branch out and create illustrations for novels.

"It's just a matter of finding new ways to apply my skill set. You have to stay fresh in the market or you'll fail before you know it."

Inspiration, he says, comes from people, places and even conversations he might overhear.

"I walk around town and if I hear someone say something funny, or see something weird, or even just get a strange idea I'll write it down in a little notebook I carry with me at all time," he says. "I like to keep myself

in the moment, and always be on the lookout for funny situations."

If you want to see more of Pohrer's work with *Fiddlestix*, *Welcome to the Jungle*, and more go to www.toonedin.us, or watch the editorial pages of *Lookout*.

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ESQUIMALT REMEMBERED

HMCS Esquimalt, a Bangor class minesweeper that served in the Royal Canadian Navy during the Second World War, was torpedoed and sunk off Cheducto Head, Nova Scotia, by U-190 on April 16, 1945, becoming the last RCN warship lost to enemy action prior to the end of the war.



Top Left: Capt(N) Luc Cassivi, Commander of Canadian Forces Base Esquimalt, address the audience at HMCS Esquimalt's Memorial Service held on April 16, 2014 at the HMCS Esquimalt Cairn.

Top Right: Royal Canadian Legion Esquimalt Branch 172 members Bernie Maclean and Doug Grant pay their respects.

Above: OS Eric Funk, a Marine Systems Engineering student at Canadian Forces Fleet School Esquimalt, pays his respects.

Photos by LS Ogle Henry, MARPAC Imaging

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Cpl Audrey Solomon, Contributor
Capt Adam "Manik" Runge, demo jet pilot and Jim Belliveau, graphic artist, pose on top of the 2014 CF-18 Demo Jet after its unveiling.

Airforce reveals demonstration jet

Captain Sandy Bourne
Air Force PAO

The 2014 CF-18 Demonstration Team jet was unveiled on March 27 at 4 Wing Cold Lake, Alberta, to much deserved fanfare.

This year's customized paint scheme celebrates the 90th anniversary of the Royal Canadian Air Force (RCAF),

which occurred April 1, 2014, and will be celebrated throughout the year.

Reflecting this significant milestone in the RCAF's history, this year's theme for both the CF-18 Demo Team and the Snowbirds aerobatic team is "To the Stars – Fuelled by Legacy".

The CF-18 Hornet's masterful design is the latest of more than 25 such creations from graphic artist Jim

Belliveau, and the revealed aircraft is the culmination of countless hours from the hard-working crews at 4 Wing Cold Lake.

The western fighter base also celebrates its 60th anniversary this year.

Captain Adam "Manik" Runge will fly this CF-18 Hornet fighter jet at air shows across North America and Europe starting in May.

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Canada

SISIP and base honour volunteers with dinner



Wade Walters, SISIP Manager, and Gaynor Jackson, Esquimalt Military Family Resource Centre Executive Director, cut the cake at CFB Esquimalt's Volunteer Appreciation Dinner.

The event was sponsored by SISIP.

Below: Bob Hewitt and friend Helen pose for a photo during dinner. Bob is a volunteer at CFB Esquimalt's Naval and Military Museum.



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FIERY TRAINING

Damage Control Training Facility Galliano was the location for some fiery training exercises during the Qualification Level 5 Hull Technician night fire training conducted on April 10.



Above: LS Tom Harding operates the “Jaws of Life” in a demonstration for guests.
Below: He mans the twin action unit during the helicopter fire fight.



Inset Photos: Sgt Jeremy Buckingham (left) and PO2 Kevin Woods (right) provided tours that included the close quarter training room that simulates a ship’s quarters.


Below: The event included complete tours of the facility and a first hand look at how a helicopter fire is fought.

Photos by LS Zachariah Stopa, MARPAC Imaging





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Left: MS Jensen and PO2 Buzzi operate an oxyacetylene torch during an extended battle damage scenario in the ship.

Below: HMCS Calgary manoeuvres in order to conduct a tow of HMCS Winnipeg, the first such exercise involving two post HCM Frigates.

Calgary workups



NEWS Nuggets

May is Cystic Fibrosis Awareness Month

Join the Cystic Fibrosis Canada, Victoria Chapter for their annual Great Strides™ walk on Sunday, May 25 and help take steps to cure cystic fibrosis. The Great Strides™ walk will take place at Dallas Road, Clover Point, by the trail. Check in is at 9:30 a.m., the walk starts at 10:30 a.m. There are prizes for best costume,

kids activities, superheroes and top fundraiser.

Proceeds from the walk fund Cystic Fibrosis research and care. To register, sponsor, donate, or join a team, visit www.cysticfibrosis.ca/greatstrides.

Calling beginner triathletes

May 4 check out the second Annual Fort Street Cycle Beginner Tri for MS put on by Victoria's TriStars Training.

The event takes place at Saanich Commonwealth Place and is a fundraiser for the Multiple Sclerosis Society of Victoria. It is a non-timed, triathlon training event that enables beginner triathletes, or those returning to the sport after an absence, to experience a triathlon in a non-competitive and supportive atmosphere.

For details please visit www.tristarstraining.com/beginner-tri-for-ms/

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Capt Trevor Reid, 19 Wing Public Affairs

Capt Cristy Montoya (centre) of 430 Squadron, Valcartier, Québec, explains the procedures for towing a CH-149 Cormorant helicopter to members of the Peruvian Air Force during Exercise Cooperación III.

Air Force takes part in disaster relief exercise in Peru

DND

Aircrews from the Royal Canadian Air Force (RCAF) have deployed to Peru to take part in Exercise Cooperación III, a key Latin American multinational exercise. The exercise, which has a focus on disaster relief, is taking place from April 19 to May 2.

This deployment highlights two milestones for the RCAF: it is the first time a CH-149 Cormorant has been transported by a CC-177 Globemaster III, and it is the first time a Cormorant has been deployed outside of North America.

"This is the first time a Cormorant helicopter will be transported by a CC-177," said Colonel Jim Benninger, commander of the RCAF Air Task Force. "Cormorant crews have demonstrated time and again they can help those in need at home, and through this exercise, Canadians can be proud to know we are demonstrating our ability to help those in need abroad."

The exercise will test the air-transportability of the helicopter in an expeditionary setting to simulate response to an international crisis. In addition to testing the air-transportability of the



Cpl Stephen Keegan, 14 Wing Imaging

A thumbs up from military and civilian technicians at 14 Wing Greenwood, as a CH-149 Cormorant with an Air Transportation Kit makes it way up the ramp into at CC-177 Globemaster III, April 17.

Cormorant via the Globemaster, the RCAF will conduct air expeditionary training, search and rescue, and humanitarian aid delivery training.

The Globemaster is from

429 Transport Squadron at 8 Wing Trenton, Ontario, and the Cormorant is from 413 Transport and Rescue Squadron at 14 Wing Greenwood, Nova Scotia. Also participating in the

exercise is a CC-130J Hercules from 426 Transport Training Squadron at 8 Wing, as well as crews from 9 Wing Gander, Newfoundland and Labrador, and 19 Wing Comox, British

Columbia.

As part of the Government of Canada's Global Engagement Strategy, the CAF is working toward a more prosperous, secure and democratic hemisphere through participation in exercises such as Cooperación III. The RCAF plays a role in this commitment as a member of the System of Cooperation among the Air Forces of the Americas, known in Spanish as the Sistema de Cooperación entre las Fuerzas Aéreas Americanas (SICOFAA).

"This exercise highlights the importance of partnerships and interoperability within SICOFAA nations," said Lieutenant-General Yvan Blondin, commander of the RCAF. "By conducting air expeditionary training, and practicing our humanitarian aid delivery and search and rescue capabilities in this region, the RCAF will be even better prepared should we ever be called upon to assist in the event of a natural disaster."

Approximately 60 members of the Canadian Armed Forces have deployed in the exercise. In 2010, the RCAF participated in Exercise Cooperación I, which was hosted by the Republic of Chile.



HMCS Calgary crew receives Bravo Zulu coins



LS Smith



LS Charlton



MS Nicol



MS Hall



Lt(N) Zeeman



PO2 Dawson



PO2 Mckenzie



PO1 Stacyszyn



SLt Walsh



CPO2 Lawrenz



AB Leslie

Members of the ship's company received coins from Commander Sea Training (Pacific), Cdr Paul Francoeur, in recognition of their strong performance during Work-Ups 2014.



CPO2 Edward Hartley, (right), of Maritime Forces Pacific/PCC(P), was promoted to his current rank by Commanding Officer, Cdr Alistair Harrigan (left). CPO2 Hartley's wife Janice (centre) attended the presentation.



Joseph Lenarcik, Assistant Curator for the Base Museum, was presented a certificate, pin and gift, by Cdr Wes Golden, in recognition of his 25 years of loyal and dedicated service.



PO1 Blanchard (centre) of Maritime Forces Pacific/PCC(P) was promoted to his new rank by Commanding Officer, Cdr Alistair Harrigan (left). PO1 Blanchard's wife Penny (centre) attended the presentation.



AB Jack Jewett was promoted to the rank of Leading Seaman by Cdr Wes Golden, Base Administration Branch Commanding Officer. LS Jewett in the center with Cdr Wes Golden to his right, and Lt(N) Cookson to his left.

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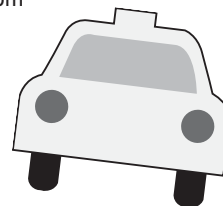
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