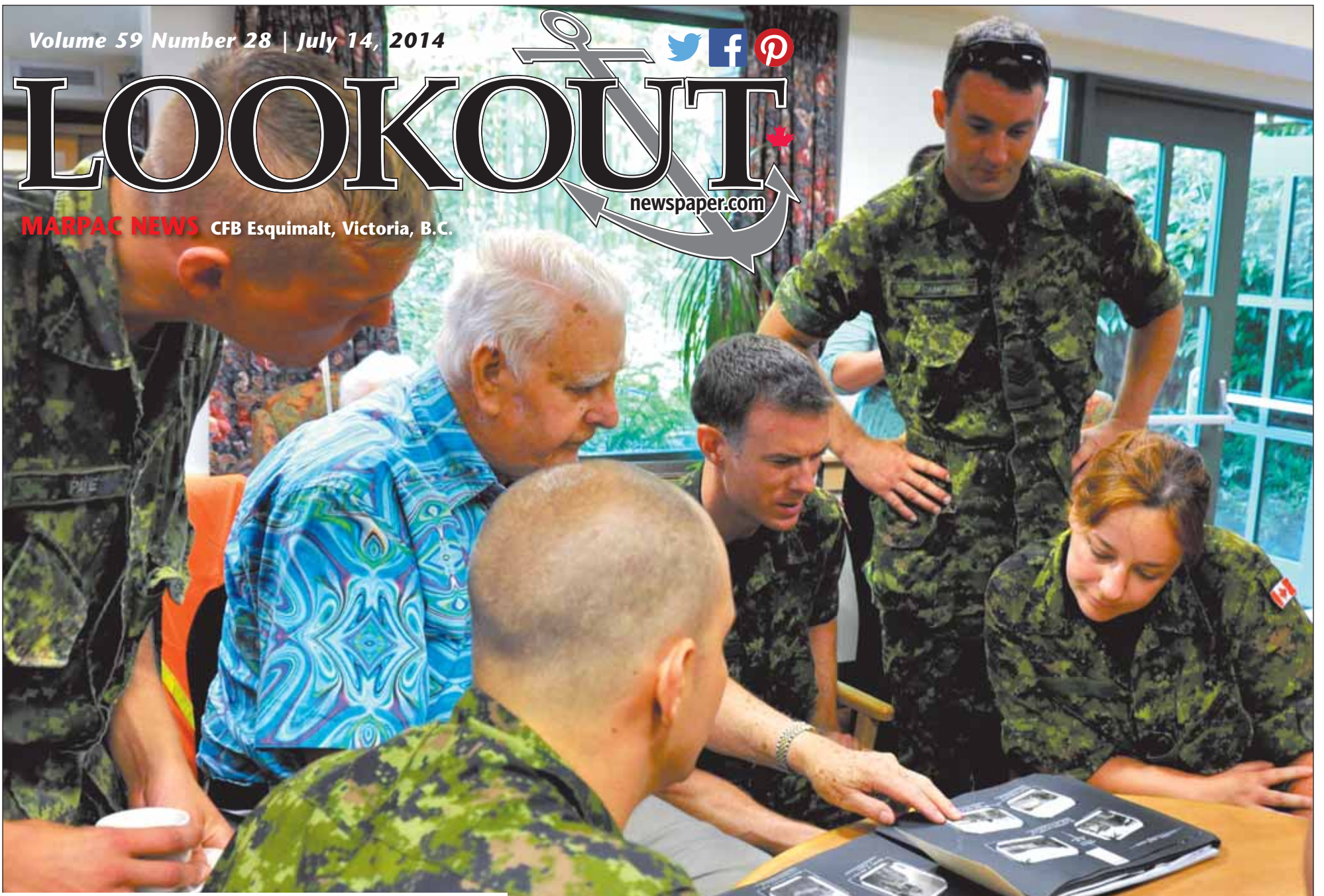


LOOKOUT



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MARPAC NEWS CFB Esquimalt, Victoria, B.C.



Veteran shares stories of Holland with Nijmegen team

SLt Rudee Hastie
MARPAC PA

The Maritime Forces Pacific (MARPAC) Nijmegen marching team visited the Broadmead Care Centre July 4 to meet with Second World War veteran Maurice Hundleby prior to departing for the 2014 Nijmegen March in Holland.

The team were treated to stories and photographs taken by Hundleby from his service with the First Canadian Army during the liberation of Holland in the Second World War.

This year marks the 62nd year of participation for the Canadian Armed Forces in the Nijmegen March. Fourteen teams from

across the country, representing the Royal Canadian Navy, the Royal Canadian Air Force and the Canadian Army will participate in this year's march.

The MARPAC team, under the leadership of PO1 Joshua Barnes, gathered around the veteran and his photo album as he spoke of the landmarks the team would see as they marched. He related to them memories of dedication and sacrifice, and the deep respect the Dutch people hold for Canada.

Every year teams from the Canadian Armed Forces stop and pay their respects at the Groesbeek Canadian War Cemetery where more than 2,300 Canadian soldiers and

airmen rest. Hundleby showed them the pictures of the cemetery when it was first established.

He spoke of the tremendous welcome Canadians received from the villages as they battled from town to town to free them. The team was silent and attentive for the stories that inspired a new perspective to take to the march this year.

As members of the MARPAC contingent march July 15 to 18 through the same regions where Canadians fought and died to liberate the Netherlands during the Second World War, they will remember the stories Hundleby shared, and reflect on the gratitude of the Dutch people that continues to this day.

Top: Second World War veteran Maurice Hundleby shares stories and photographs of the liberation of Holland with the Maritime Forces Pacific Nijmegen marching team.

Inset: The MARPAC Nijmegen marching team thank Hundleby and other gathered veterans for their service to Canada.

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CF crew race to save sinking vessel

The 16-metre *Boomer 1* departs the patrol craft *Egret* as it makes its way under escort into harbour after nearly sinking.

Photo by MS Richard Loy, CFMETR

Capt Jeff Manney
CFMETR

A lightning fast departure by a Canadian Forces patrol craft from alongside was likely the key to keeping a sinking civilian vessel afloat after it began taking on water near Nanoose Bay June 6.

Egret, one of the craft responsible for patrolling the torpedo test range operated by the Canadian Forces Maritime Experimental and Test Ranges (CFMETR), was having its windows replaced when a Mayday call crackled over the radio. While vessel master PO2 Kevin Hall ran from his shore office, Bos'n MS Dan Connelly and Engineer MS Rich Loy hastily landed the contracted maintenance crew and fired up the vessel's twin jet drives.

"We got off so quickly it wasn't until the Mayday was secured that I looked around and realized we

didn't have any windows on the starboard side," said Hall. "But thanks to the professionalism of the crew we were first on scene, getting there even before vessels that were already in the area."

On reaching *Boomer 1*, a 21-metre power boat, Hall rapidly assessed the emergency.

"The vessel's bilge pump could not keep up with the water flowing in," recalled Hall. "In other words, she was sinking."

While Connelly calculated time and distance to the nearest safe harbour, Hall directed engineer Loy onto the foundering vessel to attempt to slow the influx of seawater. Hall remained on the radio, coordinating with the Rescue Coordination Centre, the approaching Coast Guard vessel *Cape Cockburn* out of nearby French Creek, and with another CFMETR vessel, the Canadian Forces

Auxiliary Vessel (CFAV) *Stikine*.

For 26-year veteran Loy, working in confined spaces was nothing new. He had once been trapped for 20 minutes in the bilge of *HMCS Algonquin* after getting his foot caught between two pipes. It took two beefy stokers to pull him free. But working on the ageing *Boomer 1* was no picnic.

"To be honest I was a little claustrophobic," he said. "It was dark, there were exposed nails just above my head and water was pouring in. But I was determined to find the leak."

What Loy found was proof that *Boomer 1* wasn't fit for sea. After pulling apart a cupboard and wriggling his way closer to the leak, he discovered gaps in the material meant to seal the hull's horizontal wooden slats. Every time the vessel rolled to port he could see sunlight through a section of the starboard hull.

Fortunately, a member of the *Cape Cockburn* arrived carrying a pump to augment Loy's efforts staunching the leak. When that proved ineffective, Hall had *Stikine* draw up alongside and employ its portable air pump. Although a little unorthodox, the pump cleared enough water that *Boomer 1* could safely make harbour under Coast Guard escort.

Remarkably, Hall and his crew had only recently received a Commander RCN commendation for a similar rescue in the summer of 2012. But for the elderly couple piloting *Boomer 1*, he guessed the rescue was anything but routine.

"When vessels from professional organizations arrive at the drop of a hat that's got to put someone at ease," he said. "They were very worried, but we gave them peace of mind and the assurance they were going to be safe."

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Q&A with Chief Helston

Just before CPO1 Paul Helston relinquished his position as Formation Chief Petty Officer last week, Lookout asked him about his tenure and impending retirement.

What have you enjoyed most about your tenure as Formation CPO?

The thing I enjoyed the most has been working with incredible professionals at all rank levels. I have been amazed at the level of commitment and outright courage of our people. My position as Formation Chief Petty Officer had me working with great people, not just in the Formation but many others from across the RCN and CAF.

What will you miss the most?

After almost 34 years of service it is the people I will miss the most as I have developed some incredible relationships over the years. The other aspect I will miss is the fascinating work, particularly at this juncture in the RCN's history. We will see the delivery of new ships in the coming years, enhanced capabilities, and new organizational and occupational structures that will support the fleet of the future.

What were your goals coming in? Did you achieve them?

When I took over from Bob Cookson in June 2011 we were on the cusp of a significant change agenda due to various initiatives to rationalize how we have done business in past years, all the while preparing for the deliv-

ery of new capabilities for the navy. I believed it was important to communicate as effectively as possible to our people the changes so they could understand the why. I also wanted to have the opportunity to ensure that senior NCM representation was included and heard during this period of change. I believe there is always a need for better communications and I believe we have made a positive step forward.

How do you want to be remembered?

That is a tough question. It has been a privilege to serve, particularly in these types of leadership positions. I guess upon reflection I would want to be remembered for having contributed to our institution in a meaningful way. However, most of the work done is in limited circles and is not readily apparent to most.

What is your fondest memory of your time as Formation CPO?

There are many and they range from seeing the men and women of the Formation recognized at ceremonies for their stellar work, to seeing how the Formation turned in order to support *HMCS Protecteur* and her crew during her crisis.

What did you find most difficult during your time?

The most difficult is when we lost someone because of a tragic accident, suicide or their health failed. I empathize with the family, colleagues and friends of the person who has passed away.

What advice would you give to your successor?

CPO1 Mike Feltham is a great leader and my best advice to him is communicate as often as possible, and work with his Chiefs and the Formation Master Seaman as they are incredible enablers. The last would be to embrace change, get involved in order to influence the outcome, and protect and uphold our traditions.

How do you plan on spending your retirement?

This is the best part; I am going to enjoy having more time to spend with my wife and family. We have some travelling planned ahead of us, and I will look into some courses to take that interest me, but not necessarily for another career. I have had the best career one I could have ever hoped for.



LS Zachariah Stopa, MARPAC Imaging Services

From left to right: Outgoing Formation Chief Petty Officer, CPO1 Paul Helston; Commander of Maritime Forces Pacific, RAdm William Truelove; and incoming Formation CPO, CPO1 Mike Feltham, sign the Change of Appointment certificates at the Rainbow Room in the C&PO's Mess at CFB Esquimalt July 9.

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People Talk

Lookout asked this question:

What is your most memorable vacation?



When I went to New Zealand. It was beautiful. We were there for a few weeks and took in all the sights and saw a lot of the country.

Jon Chabun



I went camping in Nanoose, and the next morning we had four inches of snow. When we got out of Nanoose there wasn't a flake of snow in sight. It was bizarre.

Ross Todd



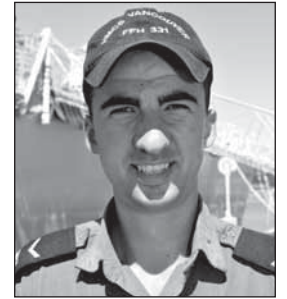
I went to the Netherlands for a Brothers in Arms meeting and met a bunch of military personnel from around the world. We shared world views and experiences in the military.

PO1 Al Goodfellow



When I took my kids to Tofino for the first time. I've loved Tofino so much for my whole life and it was great to experience their first time there with them.

Laura Brackenbury



Some buddies of mine and I went to Cuba as our first non-family vacation. It was your pretty typical vacation: beaches, beer, girls. It was great.

AB Chris Durkin

SPORTS trivia

QUESTIONS?

1. Deion Sanders and Bill Dudley are the only NFL players to score a touchdown six different ways. Name the ways?
2. Randall Maggs wrote poems about which Hall of Fame goalie?
3. Who was the first Coyotes' coach to win the Jack Adams Award?
4. Who was apparently traded to the Rangers for Doug Weight, Tony Amonte, Alex Kovalev, John Vanbiesbrouck, three first round draft picks and \$12 million?
5. What trophy was created by Tiffany and Co in Newark NJ?

6. What winners were given a silver medal and an olive branch?
7. What arena is nicknamed the shark tank?
8. Francisco Rodriguez holds what record for most saves in 2008?
9. What country hosted the first Paralympic games?
10. What became Bill McCreary's signature in every game he refereed?
11. With which team did Patrick Roy win more playoff games, The Habs or the Avalanche?
12. What is the diameter of an NBA rim?

13. What is Kabaddi?
14. Who sang the song Back Home Again in Indiana at the Indy 500?
15. The movie called A League of Their Own was loosely based on Bonnie Baker, where was she born and raised?
16. Who were the Amsterdam Rugmakers?
17. Ray Harroun won what inaugural road race in 1911?
18. What type of racing did Patrice Brisebois dabble in after retiring from hockey?
19. What is a YAC or RAC in football stats?
20. Who was baseballs commissioner for only 154 days?

- early Indian civilization (Canada made it to the final in 2011)
14. Jim Nabors
15. Regina Saskatchewan
16. Canadian American League minor league baseball team.
17. Indy 500
18. NASCAR, Canada series.
19. Yards/Run after catch
20. Bart Giamatti.

6. Olympic winners in the first Olympiad.
7. SAP Centre at San Jose
8. 62
9. Italy, 1960.
10. McCreary had a pregame ritual in which he flipped the puck in the air before dropping it for the opening faceoff
11. Colorado avalanche 81 games vs Habs, 70
12. 18 inches
13. It's a wrestling sport originating from very

- ANSWERS
1. Interception return, punt return, kickoff return, receiving, rushing, and a fumble recovery. Bill Dudley was also a Pilot during World War II.
2. Terry Sawchuk
3. Bobby Francis
4. Eric Lindros, but the trade was cancelled as there was already a trade in place with the Flyers.
5. Vince Lombardi

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This is an excellent professional development opportunity to enhance leadership, interpersonal, and organizational skills. Preference will be given to applicants with prior campaign experience. Outstanding communication skills, strong time management, and the ability to work effectively in

a team environment are essential, as well as a working knowledge of Microsoft office.

Willingness to speak in public, learn new skills, have fun and showcase a positive attitude are all required. The position may require flexible working hours and, a valid driver's licence and vehicle are required.

Commanding Officers or their civilian counterparts are to submit names of nominees to vicki.laidlaw@forces.gc.ca no later than July 21 in order to schedule interviews.

Contact Vicki Laidlaw at 250-363-2595 for more information.



Port Clements Mayor Wally Cheer accepts ships' plaques from Commanding Officers of HMC Ship Brandon and Edmonton, LCdr Lawrence Moraal and LCdr Brad Henderson.

HMC Ships Brandon and Edmonton make special port visit

PO1 L. Laurendeau
HMCS Edmonton

Following a formal request from the Port Clements town council to the Admiral, *HMC Ships Brandon* and *Edmonton* were dispatched to help the small community celebrate its 100 anniversary.

On the final day in June, the two Kingston-class vessels made history as the first warships to sail into Masset Inlet in the north of Haida Gwaii.

The mayor, members of the town council, fire department and local citizens were on the jetty to meet the two ships.

In his opening remarks, Mayor Wally Cheer addressed the sailors, saying, "The council, village staff, and the citizens of Port Clements and surrounding areas extend a heartfelt 'thank you' for visiting Port Clements, Haida Gwaii. Your presence will make our Canada Day and centennial year a memorable one for many years to come. Safe journeys and God bless you."

The comments were met with hearty applause from the ships' companies. After the address, locals challenged sailors to games of softball, volleyball and soc-

cer, followed by a barbecue.

On the second day, sailors split up for a kayak trip, a hike up Juskatla Mountain, a hike along the Golden Spruce trail, and walking tour of village.

The city tour showcased significant parts of the town's history and stories of citizens that put Port Clements on the map. The town's museum exhibits logging of the past and First Nations culture, including the story of the white raven and the Golden Spruce that shaped the community over the last 100 years.

Locals were also provided

the chance to tour the ships and learn about the navy. Overall, 260 people toured the ship.

On the last day, both crews returned to their ship and invited the mayor, town councillors and VIP's for a closing reception to mark the visit. A crest plaque from both ships were presented to the mayor as a departure gift and to represent the appreciation of their visit to Port Clements.

"We really enjoyed having you visiting our community and we will look forward to hopefully seeing you again," said the mayor.

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Ceremonial Guard – standing on more than ceremony

Lt(N) David Lewis
Contributor

A spectacular sight is once again visible on Parliament Hill.

Every day from June 24 at 10 a.m. until Aug. 23, the Ceremonial Guard of the Canadian Armed Forces, its Band, and its Pipe and Drums are on duty in the Nation's capital.

The band forms each year to provide musical support for the world famous changing of the guard ceremony.

Distinctive in the scar-

let uniform and bearskin headdress, the Band of the Ceremonial Guard attracts huge crowds when it performs.

From its Commanding Officer Major Michel Lavigne, down to the newest recruit, who is part of a Persons Awaiting Training platoon in Meaford, Ontario, the Ceremonial Guard are all uniform-wearing members from across Canada.

The bulk are 400 reserve and regular force members from 70 Army Regiments. From the Canadian Scottish

Regiment in Victoria to The Royal Newfoundland Regiment, and all points in-between, they come together in the summer to form a Headquarters Company, a Public Duties company, the Band of the Ceremonial Guard, and the Pipes and Drums of the Ceremonial Guard.

The Guard also employs Regular Forces members from the Royal Canadian Air Force and the Royal Canadian Navy to execute sentry duty at the Tomb of the Unknown Soldier.

The path to the “scarlets” is as varied and unique as every soldier who wears them. Combined, they have over 85 tours in Afghanistan, 12 Peacekeeping tours, nine NATO tours, Somalia tours, and Bosnia tours, and have been awarded Sacrifice Medals, Meritorious Service Medals, Mention in Dispatches, Chief of Defence Staff Commendations, and numerous other Canadian Forces Decorations and foreign service medals.

“The members of the Ceremonial Guard represent

the Canadian Armed Forces, and the Canadian Army with skill and precision,” says Lieutenant-General Marquis Hainse, Commander of the Canadian Army. “I take great pride in knowing these fully-trained soldiers, who come to us from across Canada, are sharing this military tradition and ceremony with Canadians and visitors from near and far.”

For three evenings in July they will participate in Fortissimo. This is a free military and musical event on Parliament Hill from Thursday July 24 to Saturday July 26. It features massed military bands, pipes and drums, and the soldiers of the Ceremonial Guard. The display will also include The Dominion Carillon, Silent Drill teams, and artillery, which will dazzle spectators.

The first Guard Mount took place on Parliament Hill on July 2, 1959. It was carried out by the Regiment of Canadian Guards, a Regular Force regiment of the Canadian Army. The Public Duties Detachment was later manned by the two Reserve Guards Regiments, the Governor General's Foot Guards, from Ottawa and the Canadian Grenadier Guards, from Montreal.



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Highlanders host veteran for Defence Appreciation Night

James Nielsen
Highlanders

Highlanders Football Club (FC) welcomed division rival Sounders U-23 to Royal Athletic Park, June 28 at the Highlanders' Defence Team Appreciation Night.

Both sides battled valiantly, finishing in a 0-0 draw in front of 1,457 fans. The match was the second-to-last regular season home match for the Highlanders, the current Premier Development League defending Western Conference Champions.

The guest of honour for

the night was Lieutenant Colonel (Retired) Chris Linford, author of the book "Warrior Rising - A Soldier's Journey to PTSD and Back." LCol(Ret'd) Linford was on hand for the honours of the ceremonial coin toss between both team's captains that included club legend Tyler Hughes.

Linford is the National Ambassador to Wounded Warriors Canada; he also works with veterans and their families to help overcome the difficulties of post-traumatic stress disorder.

Victoria Highlanders FC are hosting the Scottish

Championship League's Glasgow Rangers FC this month for an international friendly exhibition match.

The 2008 UEFA Cup runners-up arrive in Victoria, July 21 to take on the 2013 PDL Western Conference Champions, 6 p.m. at Centennial Stadium. The world-famous Rangers, one of the most decorated football clubs of all time, will visit just three other cities on their North American tour that includes one other stop in Canada.

For more information please visit www.highlandersfc.ca/tickets/glasgow-rangers.



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THE AMAZING RACE

CANADA TEAMS ENCO



Clockwise from above: Amazing Race Canada teams battle a raging simulated helicopter fire at Damage Control School, Galiano. Amazing Race Canada host Jon Montgomery does a promotional segment for season 2 of the show. Amazing Race team members work to stop water gushing from a pipe in the Damage Control Facility's flood simulation room. LCdr Rob Petitpas, Division Commander, assesses the performance of Amazing Race team members as they recover a simulated casualty. Teams arrive, via Rigid Hull Inflatable Boat, at the Fleet Diving Unit jetty prior to facing the day's challenges. Amazing Race participants don their fire fighting gear as they prepare to battle a simulated helicopter fire.

LCdr Des James
MARPAO

In their first encounter with military reality, 11 teams from The Amazing Race Canada were put through their paces at the Damage Control (DC) Training Facility in Colwood to do what the producers of show wanted: make this stop one of the most difficult these teams encounter all season.

In the series opener, staff at the training facility put the teams, dressed in firefighting gear and using the hoses at hand, through their paces.

The first scenario consisted of knocking down three weighted buckets within 30 seconds, then suppressing a helicopter fire before recovering a casualty.

It all had to be done with LCdr Rob Petitpas, Division Commander, watching and judging if teams passed or failed.

"I was thrilled to be part of the show," said LCdr Petitpas. "The firefighting challenge was not easy for some teams, but when they succeeded, it was great to see their excitement when I delivered them the good news."

Many teams found the challenge exhausting and a real eye opener regarding the reality of fighting a fire on a warship. At least one team could be heard saying, "I've never been so hot in my life!" as they raced to the next challenge.

"We really had a chance to showcase the Royal Canadian Navy and the training

we put sailors through," said CPO2 Spike Armstrong, the Division Chief at the DC Training Facility. "It was a blast watching teams go through the different scenarios. It made me realize just how well we train our sailors."

Once through the fire trainer, it was off to the flood trainer to figure out how to stop water from flooding a room. It was made even more difficult as the teams were not provided any instruction. They entered the room as water poured in, saw pictures of what it should look like when a leak is plugged, and went to work.

"It was remarkable to watch how teams struggled with what we do each day," said PO1 Jeff Fiddler, who judged the teams in the tank and then handed them their next clue. "On the other hand, some teams really got down to business, figured out what to do to stop the flooding, and really impressed me."

Teams had nothing but praise for what sailors are required to do so they are prepared for an emergency at sea. One team member, exhausted but still enthusiastic after finally

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UNTER DAMAGE CONTROL UP CLOSE

completing their challenge, barked out, "I have so much respect for what you guys do!" as he struggled out of the flood trainer.

It was a cryptic email to Maritime Forces Pacific Public Affairs in March that got the ball rolling for the Amazing Race Canada to make CFB Esquimalt a stop. Once a few calls were made and a site visit completed, it was clear show producers found the gem they were after. But it had to be kept a secret until the first show aired.

"Our guys, being the clever ones they are, figured out what was going on pretty quickly," CPO2 Armstrong said. "But no one was going to mess this up for the navy. Orders were given and lips were sealed."

It helps that everyone in the military is required to have a security clearance and understand the need to safeguard sensitive information.

At the end of a long day, it all proved to be well worth the effort for the RCN. Not only did they demonstrate firsthand to people just how difficult it can be to train for emergencies at sea, they enlightened those in attendance to what the RCN does. Everyone involved, from the cameramen to the producers, had nothing but praise for the navy.

"This was easily one of my favourite challenges of the season," said Mark Lysakowski, The Amazing Race Canada Supervising Producer. "My whole team was left with a lasting and positive impression of the navy. We saw a lot of dedicated and skilled specialists who put their lives on the line in our waters at home and abroad, and it's a privilege to witness firsthand how these dedicated professionals train for the task."



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Nijmegen newbie set to march

Shawn O'Hara
Staff Writer

With 160 kilometres of Dutch countryside ahead of him, first time Nijmegen March participant LS Devin Snashall is well calloused and ready for the trek.

He and 11 other military members have been hand-picked for the Maritime Forces Pacific (MARPAAC) team to traverse a distance equivalent to Victoria to Ladysmith and back.

The International Four Days Marches Nijmegen begins Tuesday July 15 and ends three days later.

Each day of the marches is named after the biggest town it goes through. Tuesday is the day of Elst, Wednesday the day of Wijchen, Thursday the day of Groesbeek and Friday the day of Cuijk.

On the final day, as participants near the finish, the public honours the walkers with Gladioli, a symbol of force and victory stemming from Roman times where gladiators were showered with Gladioli; the Nijmegen walkers are similarly showered in flowers on their

arrival.

LS Snashall first learned about the monumental march from his father, a 28-year veteran Canadian Forces photographer who a decade ago captured the grimaces, bloody feet and beaming smiles of marchers.

"I'd heard so much from him, so it's pretty surreal to be going there myself," says the Naval Electronic Sensor Operator. "To have an opportunity to see it firsthand and be a part of the tradition is a dream come true."

As the Canadian teams march through the Dutch countryside, they will pause at certain points to remember the fallen of the Second World War, and the unique bond between Canada and Holland.

"The history between our two countries is pretty inspirational," says LS Snashall of the relationship that formed when Canada aided in the liberation of Holland during the tail of end of the war. "My dad used to tell me about the teams marching into town and being greeted like heroes. I'm excited to see it for myself."

The road to Nijmegen has been one of early morning rises, mental stamina, and sore feet. The team's rigorous training schedule, which included boot camps and 40 kilometre hikes, left LS Snashall with blisters on both feet the size of toonies.

"It was pretty gross the first few times I took off my boots," he says. "Even just last week I was wearing flip-flops and someone thought I had tattoos on my toes. It was bloody blisters and scabs. It takes a toll on you."

There were times, says the sailor, when completing a training march was uncertain. Fatigue, pain and hitting the wall can push a marcher to give up. But the MARPAAC team is prepared to combat that with spirited singing and supporting each other with encouragement when someone's stamina is waning.

With the march a day away, LS Snashall says his team is ready.

"We started as hopefuls, then we became teammates, and now we're friends. We're not worried at all about finishing the march."

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MCpl Brad Axworthy is promoted to Sergeant with assistance from Ashleigh Axworthy.

Bravo ZULU FMF Awards

The Commanding Officer FMF Cape Breton, Capt(N) Christopher S. Earl, hosted an awards ceremony to honour the hard work and dedication of the unit members.

Photos by Cpl Brandon O'Connell, MARPAC Imaging



Lt(N) Jotham Sterling receives the Certificate of Competency (HOD Qualification).



CPO1 Paul Fenton receives an Award of Aerobic Excellence - Silver Seal to Scroll one.



PO1 Christopher Fraser receives an Award of Aerobic Excellence – Gold Seal to Scroll Two and Red Seal to Scroll three.



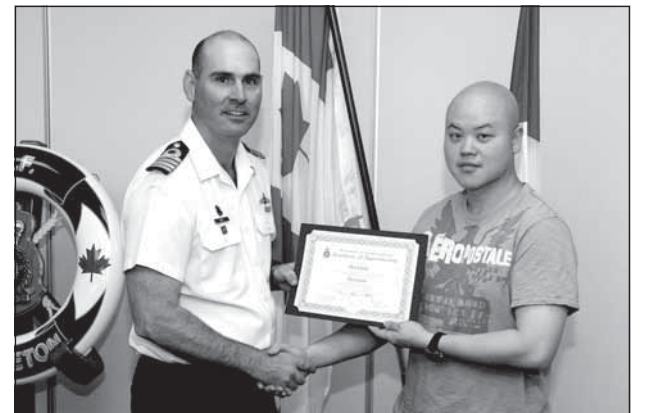
Tom Baker receives the 35 year Long Service Award.



Don McAmmond receives the 35 year Long Service Award.



Gordon Seginowich receives the 25 year Long Service Award.



Derek Chin receives his Electrician Apprenticeship certificate.



Victoria Manuel receives a Letter of Appreciation.



Jeff Nighbor receives a Letter of Appreciation.



Shawna Thomas receives a Letter of Appreciation.

Patrol Craft Training promotions



CPO2 Goupil is promoted to his new rank.



MS Carbe is promoted to his new rank.



PO2 Healey is promoted to his new rank.



LCdr Adam Baxter, HMCS Quadra's new Chief Administration Officer, is promoted by HMCS Quadra's commanding officer, Cdr Mike McCormick.



Cpl Carey was promoted to the rank of MCpl by Cdr Wes Golden, BAdm Branch Commanding Officer.



OS Ngo was promoted to the rank of AB by LCdr Judith Harlock, BAdm Branch XO.



LCdr Melvin Cardoza, HMCS Quadra's new Land Division Training Officer, is promoted by HMCS Quadra's commanding officer, Cdr Mike McCormick.



MS MacKenzie receives his promotion from MS Durham and LCdr Henwood.



PO1 receives his promotion from CPO2 Yerama and LCdr Henwood.

Basic Military Officer Qualification graduation ceremony



Naval Cadet Brochu receives the Personnel Achievement Award from Base Commander, Capt(N) Luc Cassivi.



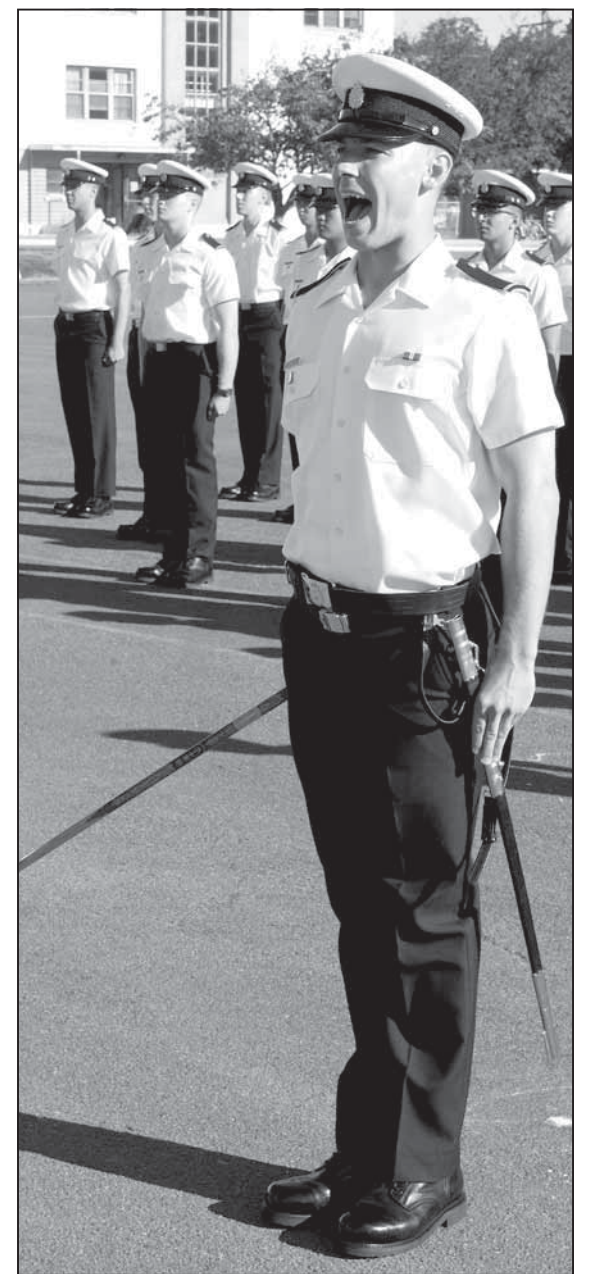
Naval Cadet Pleau receives the Camaraderie Award from Base Commander, Capt(N) Luc Cassivi.



Master Bombardier Alexandra McDiarmid receives the Instructor of the Year Award from Base Commander, Capt(N) Luc Cassivi.



Naval Cadet Ball receives the Top Overall Candidate Award from Base Commander, Capt(N) Luc Cassivi.



Naval Cadet Ball calls a drill command during the Basic Military Officer Qualification graduation parade held on July 3.

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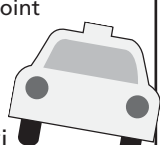


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Photo by A/Slt MJ Kia, taken in front of the Base Commander's office.

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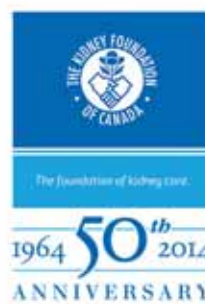
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