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Cmdre Cassivi presents First Nation Elders Mary Anne Thomas and Elmer George with blankets and gifts to symbolize the bond and working relationship they forged over the last year. *Read more on page 3.*

Cpl Blaine Sewell, MARPAC Imaging Services

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HMCS Toronto heads to Mediterranean to relieve Regina

DND

With family, friends and dignitaries watching from the jetty, *HMCS Toronto* departed its home port of Halifax, Nova Scotia, July 24 to join the Standing NATO Maritime Forces in the Mediterranean Sea as part of Operation Reassurance.

Toronto will replace *HMCS Regina* which has been part of Standing NATO Maritime Forces since May 2014.

The deployment of *Toronto* further demonstrates Canada's steadfast support for Ukraine and commitment to promote security and stability in Central and Eastern Europe.

"The crew and I are looking forward to continually providing Canada with the flexibility and capability needed when called upon to react rapidly to international concerns," said Cdr Jason Armstrong, Commanding Officer of *Toronto*.

"We have worked hard to reach this point and our focus remains on continuing the tradition of excellence in operations that *HMCS Regina* has achieved during her time with NATO."

Operation Reassurance refers to the military activities undertaken by the Canadian Armed Forces to support NATO Reassurance Measures through the provision of military capabilities for training, exercises, demonstrations and assigned NATO tasks.



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Photos by Cpl Blaine Sewell, MARPAC Imaging Services
Capt(N) Steve Waddell gives his first speech as Base Commander at the CFB Esquimalt Change of Command ceremony held at the Military Museum Parade Square on July 30.



Outgoing Base Commander Cmdre Luc Cassivi (right), RAdm Bill Truelove, Commander MARPAC (centre), and incoming Base Commander Capt(N) Steve Waddell (left) at the Change of Command ceremony.

Base "Mayorship" changes hands

Shawn O'Hara
Staff Writer

As ranks of shining white, green, and blue uniforms stood at attention under the blazing summer sun, CFB Esquimalt welcomed its new Base Commander.

Capt(N) Steve Waddell took command of CFB Esquimalt from Cmdre Luc Cassivi during a well-attended ceremony on July 30.

Beginning the ceremony with blessings from Esquimalt Nation Elder Mary Anne Thomas, and Songhees Nation Elder Elmer George, as well Formation Chaplain Maj Doug Friesen, the newly minted Cmdre Cassivi took to the podium to bid farewell to the base.

"Thirteen months ago I took over the position as 'Mayor of CFB Esquimalt,'" said Cmdre Cassivi to a crowd that included prestigious guests such as VAdm (Ret'd) Nigel Brodeur, and Mayor of Esquimalt Barbara Desjardins. "It was a challenging year, and it showed me the power and ingenuity of the men and women in uniform. With your dedication, and a passion for what you do, you faced every challenge head-on and that's why, to me, this year was a success."

From CFB Esquimalt, Cmdre Cassivi will move on to his new position as Director General of Naval Strategic Readiness at National Defence Headquarters in Ottawa. To incoming Base Commander Capt(N) Waddell, he

had some choice words on the nature of base leadership.

"There are a lot of people here to help you; trust them, work with them, and they'll make your time here much easier," he said. "These are good people. You're in good hands."

I am very humbled by my position, and hope to build on the cohesion and prosperity Cmdre Cassivi brought to this base.

-Capt(N) Steve Waddell, CFB Esquimalt Base Commander

Following the lowering of Cmdre Cassivi's Base Commander's Pennant, Reviewing Officer RAdm Bill Truelove, Commander Maritime Force Pacific (MARPA) took the podium.

"You came into the job running and never slowed down, and the results are evident everywhere we look," said RAdm Truelove to Cmdre Cassivi. "For all your dedication, hard work, tact, and thoughtfulness and the obvious concern you have for those under your command I sincerely thank you."

RAdm Truelove also had words

for Cmdre Cassivi's partner Francisco Mejia De La Rosa.

"Over the past two year's Luc has been very busy, and you've been by his side providing that tremendous support. While we can never thank our families enough it is their constant support that enables us to succeed both personally and collectively."

Turning to Capt(N) Waddell, RAdm Truelove welcomed him and his family to their new home.

"You're in the midst of another change in your life, but as I'm sure Luc has told you, it's a pretty good one," said RAdm Truelove. "You inherit a remarkable team of professionals, both in and out of uniform, and I know you'll use your tremendous leadership skills to move towards our goals and our combined future."

With the watch officially signed over from Cmdre Cassivi to Capt(N) Waddell, the new Base Commander had his pennant raised and took to the podium to address the crowd.

"I am very humbled by my position, and hope to build on the cohesion and prosperity Cmdre Cassivi brought to this base," he said. "With the help, comradeship, and advice of all of you I build a perspective that allows me to see our work environment from a variety of view points. It's this variety that will shape and guide my leadership over the next few years. I look forward to working with all of you."

Cmdre Cassivi reflects on year-long posting at CFB Esquimalt

Melissa Atkinson

Lookout Managing Editor

The promotion is in and the epaulettes have been changed. Capt(N) Luc Cassivi is now Commodore and set to head to Ottawa for his next assignment – Director General Naval Strategic Readiness at National Defence Headquarters.

Last Wednesday marked his final moments as CFB Esquimalt's twentieth Base Commander when he officially handed over the job to Capt(N) Steve Waddell.

His journey from the small town of New Richmond, Quebec, to becoming one of the navy's highest ranking officers has been built on opportunity and curiosity. He joined the navy for the education but stayed for three decades because of its diversity.

"It's constant change; there's never an occasion where it's a steady rhythm. The navy provides many challenges and chances to try something new. That's what hooked me," he says.

The variety of work has included submarine and surface ships, even working with the Royal Australian Navy in the officer exchange program, and high level desk jobs.

Last June he landed in the corner office in Naden 5, assuming his "mayorship" over CFB Esquimalt. Having spent most of his time "in pointy end operational" work, the prospect of the year-long job was both exciting and anxiety-filled.

"My biggest experience with the civilian workforce was three admin assistants, so having a large civilian workforce and dealing with unions, and the outside community was all new territory," he says of the first few days managing the second largest base in Canada.



Cpl Blaine Sewell, MARPAC Imaging Services
Cmdre Luc Cassivi (centre) receives his new rank from Base Chief Petty Officer CPO1 Shawn Taylor (left) and Commander Maritime Forces Pacific/Joint Task Force Pacific, RAdm Bill Truelove (right).

The Base Commander portfolio includes delivery of support services to 70 separate organizations located at CFB Esquimalt. Plus he is the landlord for \$1.6 billion in real estate assets covering 14,939 hectares on 23 sites as far north as Masset and east to the lower mainland. He oversees seven branches, similar to those found in most large municipalities, comprised of 850 civilian and 350 military personnel.

The steep learning curve was quickly overcome through the guidance of the

skilled team around him, and a Masters in Business Administration he earned four years prior.

"It enabled me to get up to speed quicker, as this job demands lots of business intelligence."

One year is not a lot of time to leave a mark, but Cmdre Cassivi says he made good strides developing a better understanding between the branches of each other's challenges. This was especially important with the current fiscal restraints.

You never leave a job with the feeling you've done everything you set out to do. The base is a living organism that demands constant care and attention.

-Cmdre Luc Cassivi

"We needed to look at how we each function so we can be cohesive moving forward," he says. "No branch is isolated."

He hopes he has changed the branch management DNA to one that is set to risk manage together in this new culture of fiscal scrutiny.

"You never leave a job with the feeling you've done everything you set out to do. The base is a living organism that demands constant care and attention."

To the new Base Commander he says, "Be yourself, it's all about the people."

While he has plenty of mementoes to load onto the moving truck and unpack in his new office in Ottawa, it is the relationships he has made in Victoria that matter the most.

"Great memories of great people, that's what I'm taking with me," he says.

That and a better understanding of the full spectrum of what the navy is and what it needs.

"I've gained an incredible appreciation of the bigger machine, and my next job is looking after that machine," he says. "Everything I've been exposed to here is a tool for my next job."

matters of OPINION

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WHAT SAY YOU

Service dogs: what to consider before getting one

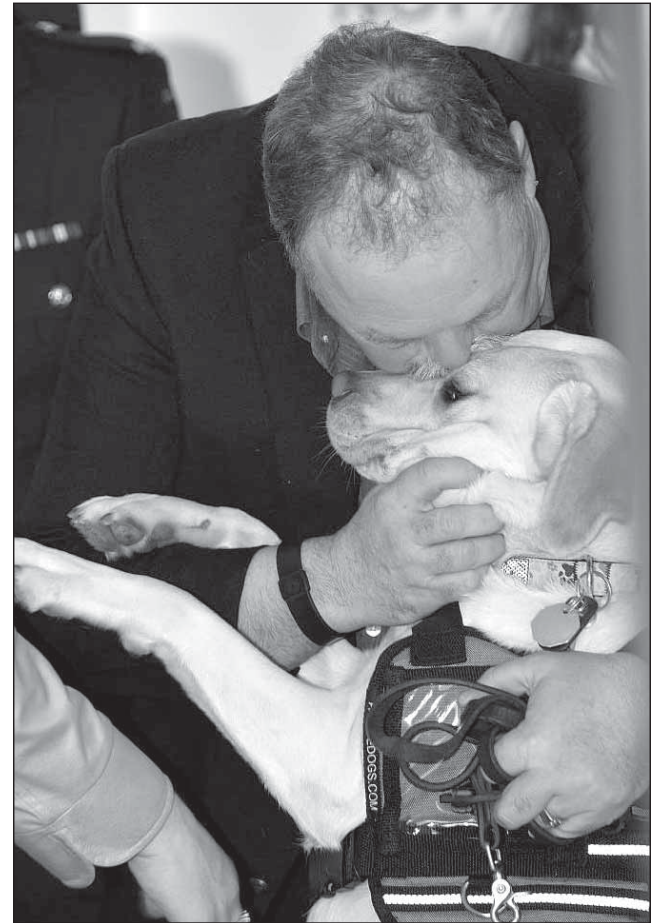
Medric Cousineau
Contributer

As many of you are aware there is an immense amount of media attention being shone on the subject of service dogs for those who suffer from post-traumatic stress disorder. Much to some people's chagrin, I am partly responsible for this since I have strongly and vociferously advocated for their use. The reason is quite simple. Two years ago, I was paired with my service dog, Thai, and she has had a dramatic impact on my life. In fact, my family credits her with my largest battle victories in my war with post-traumatic stress disorder that stretches back decades.

But there is a serious rub: being paired

with a service dog is going to have a huge impact on your life in ways that you may never have considered. The purpose of this article is to point some of the issues out and provide the basis for the start of the decision tree in regards to obtaining and living with a service dog.

A service dog is not the panacea that is going to fix all that is wrong in your world if you suffer from post-traumatic stress disorder. A service dog is an adjunct therapy, to be used in conjunction with traditional therapies, such as counselling and medications. I will point out considerations that you may not have thought about or may not appreciate the magnitude of or the level of commitment required.



Capt (Ret'd) Medric "Cous" Cousineau, and his service dog, Thai.

There are five questions you need to consider before obtaining a service dog:

1. Are you prepared for the financial commitment that can last 10 to 15 years?
2. Are you ready for the 24/7/365 needs of your service animal, no exceptions?
3. Are you willing to accept the responsibility for continuing the training required for your service dog?
4. Are you prepared to deal with conflict?
5. Are you ready to become a focal point of attention in public?

Financial Considerations:

Beyond the initial costs of obtaining a service dog, there is an ongoing financial commitment including food, grooming, toys and veterinarian care.

Daily Needs:

Your service dog will need feeding, exercise, play time and to be taken out to attend to the calls of nature. This is every single day, no exceptions, rain or shine. Additionally, does your housing situation lend itself to life with a dog?

Continuation Training:

Your service animal will have an amazing skill-set and those skills need to be practiced and expanded upon. A significant component of their training centres on public access training, and you as the handler have an obligation to ensure that your service dog has the opportunity to practice those skills. Additionally, your dog is a living, sentient being that will, in time, try and exert its personality into the team dynamic and this is not always positive. This will require oversight on your part to ensure your partner does not develop bad habits.

Conflicts:

Even though your rights for public access with your service dog are protected by law, there is still a huge segment of society that is unaware of those protections. You must be prepared to deal with confrontation when somebody, somewhere, challenges your rights. If you struggle with anger management problems as I do, you have to be prepared. It happens far too frequently. As service dogs for people with invisible disabilities become more widespread, hopefully the situation will diminish or, in time, completely dissipate.

Attention trap:

Service dogs attract attention from kids and adults everywhere you go. Since you will go places that dogs are not traditionally seen, you will attract attention, and not all of it is positive. You will have to become a service dog statesman and mental health ambassador. You will be asked questions that would never have arisen before obtaining your service dog. The service dog school will be able to help you prepare for this to some degree. In short, you will see an invisible issue turn into something very concrete and unavoidable.

What is the next step?

If you have made it to this point and you believe you are prepared for the commitment then you are ready to take the next step in the process.

Getting a service dog should be undertaken in consultation with your doctors and mental health care team. It will change your family dynamic, and having the support of those you live with is paramount. The addition of the service dog will add another degree of stress and complexity to an already complicated home front as you struggle with post-traumatic stress disorder.

"Keep Calm and Walk the Dog" is a mantra that has served me well on my road to recovery and coming to terms with my new normal.

Note: Currently, the Department of National Defence and the Canadian Armed Forces (CAF) do not have a service dog program. Any future decision to endorse such a program will be based on clinical evidence as it develops. The Canadian Forces Health Services Group follows literature concerning the efficacy of treatments very closely and recognizes that non-medical measures, such as service dogs, can complement mental health care and that there are service dog providers who are prepared to make them available to CAF personnel that meet their eligibility criteria. Canadian Forces Health Services Group aims to support members and does not oppose the use of service dogs by personnel.

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Nutritious meals for today's sailor

Salmon is a nutritious food that is high in protein and polyunsaturated fatty acids, the "good fats." A four ounce serving of salmon is a good source of vitamin D, vitamin B12, niacin, selenium and vitamin B6.

Designed with the Canadian Armed Force's (CAF) new focus on healthy and nutritious dining options, this recipe is easy to prepare, delicious, and stays within CAF healthier entrée eating criteria of less than 400 calories, less than 600mg sodium, and less than 15 grams of fat per serving. This fish entrée, when served with steamed rice and a crisp vegetable, will make your meal one to remember.

This dish and more like it are the new style of dishes you can expect to find in our galleys and onboard HMC Ships to help our members stay fit and satisfy their daily nutritional requirements.

Directions

1. In a container, combine maple syrup and sodium reduced soy sauce. Reserve the mixture for step 3.
2. Place loin of salmon in a shallow pan for baking.
3. Pour the maple syrup/soy sauce

mixture over the salmon. Cover and marinate for 2 - 3 hours in refrigerator.

4. Lightly grease a baking sheet with olive oil.

5. Gently remove the salmon from marinade and place in a single layer on the greased baking sheet.

6. Keep marinade for reduction at step 9.

7. Bake uncovered at 190°C/375°F for 8-10 minutes. Turn the salmon over half way through the baking.

8. Remove from oven and reserve for step 10.

9. At medium heat, reduce marinade from step 3, to half of its volume.

10. Brush each piece of salmon evenly with reduced marinade.

11. Sprinkle 2.5 mL of dried sesame seeds on top of each piece of salmon.

12. Place pan of salmon under broiler for a few minutes or until the surface is caramelized and fish flakes easily when tested with a fork at its thickest part.

13. Garnish each portion with 5 mL of freshly sliced green onion.

MAPLE GLAZED SALMON

Serves Four

Ingredients

- 40 ml - Maple syrup, Canada No 1, medium
- 65 ml - Soy Sauce, Sodium Reduced
- 4 x 150 g portions - Loin or fillet of Salmon, raw boneless, skinless
- 5 ml - Olive oil
- 10 ml - Sesame seeds
- 20 ml - Thinly sliced green onion

Nutritional information:

Calories	182.34
Fat	5.3 g
Saturated Fat	0.77 g
Monounsaturated Fat	2.00 g
Polyunsaturated Fat	2.04 g
Sodium	589.24 mg
Carbohydrate	8.79 g
Dietary Fiber	0.26 g
Protein	23.7 g

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MFRC hosting reunion workshops

Part 1: Adult Session

Military families have identified reunion as their most challenging time to manage. The MFRC invites HMCS Regina families to an information session designed to address your needs and concerns about family reunions. Having an understanding of the impact of transitioning back from a deployment to everyday life is essential for your entire family including your returning loved one. Discover useful techniques and tips to have a successful homecoming. Arrive early and make your homecoming banners!

Location: CPAC MFRC
Sun Aug 10 & Sept 7
Banner Making
12:30-1:30pm
Workshop 2:30-4pm
Free

Free onsite childcare available, please register one week in advance by calling the MFRC at 250-363-2640.

Part 2: Parenting Session

Is your family member returning from a work related separation? Do you have children at home? Are you prepared to help your children deal with the challenges of having their parent come home? Would you like a chance to meet other parents who are also facing the same challenges? Have your questions answered by those "in the know."

All participants are asked to register at least five days in advance by calling the MFRC at 250-363-2640. Free onsite child care is also available by request. It is recommended that all participants take Part 1 of the Return and Reunion series prior to this session.

Location: CPAC MFRC
Sunday Sept 7
2:30-4pm
Free



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Naval reservist captures lessons learned



LCdr Angus Fedoruk looks for ways to improve future RIMPAC exercises.

LCdr Desmond James
 RIMPAC PAO

Courtenay, B.C., native LCdr Angus Fedoruk has not had a typical career in the Royal Canadian Navy.

He first joined as a Regular Force Officer in 1987 directly out of high school, and then switched to the Naval Reserves in 1993 while pursuing a Masters in Education degree. The education theme has been with him ever since.

More than 20 years since he switched to the Naval Reserves, LCdr Fedoruk finds himself deployed on Rim of the Pacific (RIMPAC) Exercise, the world's largest international maritime exercise. His role is to look for ways to operate better in the future, or what is commonly

referred to in the military as Lessons Learned. It is no easy task as 22 nations and more than 25,000 personnel are participating in RIMPAC, along with more than 50 warships and hundreds of aircraft.

"I studied how people learn while doing my Masters and now I am working with the military here to see how we can do things better in the future," says LCdr Fedoruk. "Every exercise has its problems. The reason why exercising is so important is it allows us to work out the problems."

It is especially so at RIMPAC.

"I have a goal in mind," says LCdr Fedoruk. "I want to make sure I put in place a process that survives future RIMPACs. We can't have the next exercise starting at the same place we did. No one benefits from that."

How a hobby became a profession

LCdr Desmond James
 RIMPAC PAO

"I never thought I would be interested in the military," says 32-year old Lt(N) Dan Changtin, a Naval Reserve Intelligence Officer with HMCS Donnacona in Montreal. "My parents' generation really only knew about Somalia and the military, so we were prejudiced against the military because of it."

Lt(N) Changtin says this while wearing his Naval Combat uniform and participating in Rim of the Pacific (RIMPAC) Exercise, the world's largest international maritime exercise, held mostly in and around the Hawaiian islands.

Bored of the big city routine, he went looking for something different to do for a career. After graduating from the University of Ottawa where he studied civil law, he found himself working for an insurance claims and investigations company in Montreal, but spent his evenings searching the Internet for something else.

"I would do research



Cpl Kevin McMillan, Combat Camera

Lt(N) Daniel Changtin outside of the Pacific Warfighting Center at Joint Base Pearl Harbor-Hickam in Honolulu, Hawaii, during RIMPAC.

and read about interesting things on the Internet and I thought to myself 'Why can't I be paid to do the things that I like to do?'" says Lt(N) Changtin. "I wanted my hobby to become my occupation."

It was during one of those evenings, while browsing images of naval vessels, that he started looking at the military to see what it really was about. Looking through the military's recruiting website, he gravitated towards the Intelligence Officer

occupation. It seemed like a natural fit for him. "I am interested in the Rule of Law, justice and law enforcement," says Lt(N) Changtin. "Beyond that, I've always wanted to do something bigger with my career."

In 2009, he joined the Royal Canadian Navy and began the journey that has placed him in positions that matter to him. "I work at CFB Halifax at the Marine Security Operations Centre with a number of other agen-

cies, so I am involved in a variety of activities that help to ensure the safety of Canadians," says Lt(N) Changtin.

Being at RIMPAC and working with representatives from 22 countries makes him feel like he made the right choice five years ago.

"It has been a change for the better. My hobby has become my occupation and I am excited to see what other opportunities the navy has for me," he says.

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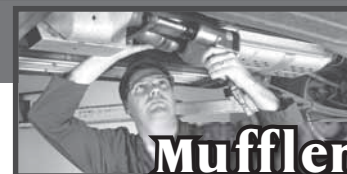
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Bugler plays for long lost comrade

Lt(N) David Lewis
Contributor

A member of the Ceremonial Guard of the Canadian Armed Forces left his summer posting in Ottawa for a special five-day trip.

MCpl Marcel Sekine journeyed to the Rheinberg War Cemetery in Germany to play the bugle for the funeral of Flight Sergeant John Carey.

Carey was a 22-year-old Airman from Winnipeg who was killed Aug. 28, 1942, when his plane was shot down over Germany. The Halifax bomber has rested at the bottom of Laacher See, just south of Bonn, Germany, for over 70 years. In February 2008 human remains were recovered from the wreck, and this last February they were identified as belonging to Carey.

"I was not mentally prepared for the atmosphere when I arrived in the cemetery," said MCpl Sekine, "I stepped out of the vehicle and felt this overwhelming weight of over 3,000 lost airmen and soldiers from the Commonwealth. Even the trees surrounding the cemetery seemed to be protective of those

entrusted to them."

It rained heavily on both days he was at Rheinberg. He was amazed to see his fellow airmen and soldiers ignore the cold and wet and focus on the honour and privilege of this rare opportunity. During the rehearsal he walked quietly through the cemetery reading the headstones.

"I was very moved when I realized that many of the stones were arranged in groups. Some were in three or four while others were in larger groupings. The dates in each were the same. They had died together."

The ceremony itself, in the pouring rain, had a sense of tranquility.

"When it was my cue to begin my *Last Post*, I could hear my trumpet echoing through the cemetery, passing through the stones around me. I was playing for F/Sgt Carey, but I was also playing for every young life represented there."

Prior to leaving, MCpl Sekine took a private moment to pay his final respects to F/Sgt Carey. A few days later the lone bugle in the graveyard rejoined the band on duty in Canada's capital.



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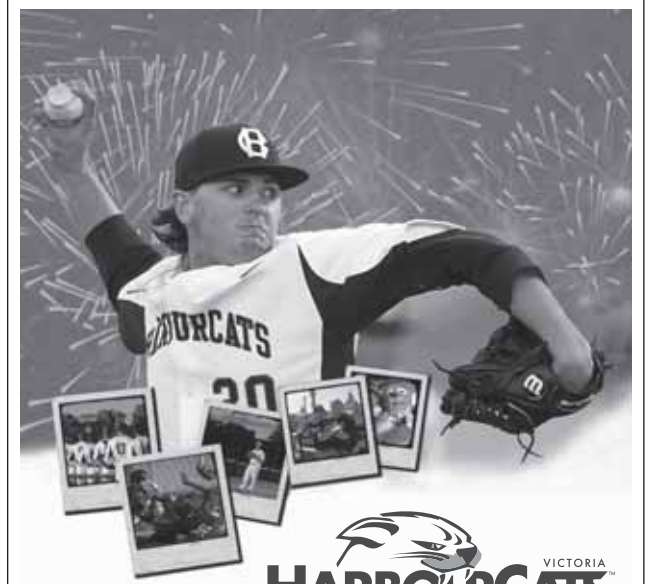


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250-382-2473**SEA TRAINING CHANGE OF COMMAND**

A Change of Command ceremony took place at Sea Training Pacific Headquarters on July 24.

Left to Right: Outgoing Sea Training (Pacific) Commanding Officer Cdr David Mazur, Reviewing Officer and Maritime Operations Group 5 Commanding Officer Capt(N) Rich Feltham, and incoming Sea Training (Pacific) Commanding Officer Cdr Chris Peschke sign the change of command certificates.

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Fraud charges laid against former Greenwood MFRC employee

DND

The Canadian Forces National Investigation Service (CFNIS) charged Karen Lorraine Byers with fraud on July 24.

Byers, a 55-year-old former civilian employee with the Greenwood Military Family Resource Centre (MFRC) in Nova Scotia, was charged with one count of fraud over \$5,000, in accordance with Section 380(1)(a) of the Criminal Code of Canada.

The alleged offence occurred in relation to over \$400,000 in funds missing from the Greenwood MFRC. Byers had been a civilian employee for approximately 13 years

and worked at the MFRC at the time of the alleged offences.

The investigation began after the 14 Wing Military Police received a complaint that money had been misappropriated from the Greenwood MFRC. The CFNIS investigation revealed sufficient evidence to support a charge under the Criminal Code of Canada. The Provincial Proceeds of Crime Unit and Canada Revenue Agency have both been advised.

Byers was served a summons for an initial appearance in provincial court in Kentville, NS, scheduled for Sept. 29.

"Fraudulent activity and misappropriation of DND

funds are illegal acts and are taken seriously by the Military Police," says LCol Brian Frei, Commanding Officer of CFNIS. "No one is above the law and these offences will be investigated and dealt with according to the Criminal Code of Canada."

The CFNIS is a unit within the independent Canadian Forces Military Police Group whose mandate is to investigate serious and sensitive matters in relation to Department of National Defence property, Department of National Defence employees and Canadian Armed Forces personnel serving in Canada and around the world.

Members must complete ECN and NOK forms to ensure expense reimbursement

All Canadian Armed Forces (CAF) members must complete their Emergency Contact Notification (ECN) and Next of Kin (NOK) forms accurately and review/update them annually.

The proper and timely completion and updating of both are critical, particularly for the NOK form. These precautions will ensure the travel expenses of NOK to attend specific events marking a CAF member's serious illness, injury or death are paid for or reimbursed by the department.

The CAF use distinct emergency contact(s) notification (ECN) and next of kin (NOK) forms so as to meet the requirements of modern family relationships while respecting the expressed wishes of the CAF member.

The ECN form is a record of the names and contact information of those people the CAF member would want notified in the event of their demise, serious illness/injury, or if they are reported missing. It also addresses the emergency roles and expectations of the persons to be notified.

The NOK form serves to identify the immediate family and other people the CAF member considers closest to him or her. It also focuses on the support that the CAF offers to the NOK.

How to complete the ECN and NOK forms correctly and in a timely manner is explained on the reverse side of each form, as well as in the Military Human Resources Records Procedures chapter 10, Annex D.

Failure to accurately complete the NOK form and annually update it has resulted in non-reimbursement of benefits (travel expenses) to CAF members, as well as to their immediate family and those persons closest to them.

It is the responsibility of CAF members to complete the ECN and NOK forms and submit them to their unit orderly room.

It is the responsibility of the unit chief clerk to verify if the ECN and NOK forms are properly completed and to see that they are entered into the HRMS as soon as possible. It is also their responsibility to ensure that both forms are reviewed annually.

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History

In 1914, the Royal Canadian Navy commissioned two submarines, named HMCS CC-1 and HMCS CC-2. These twin vessels were purchased by the British Columbia Government on Aug. 5, 1914 and entered service in the Royal Canadian Navy two days later on Aug. 7, 1914 at their home port of CFB Esquimalt. Together with the surface ship HMCS Rainbow, they were the only Canadian ships to defend Canada's

West Coast between 1914 and 1917. The province purchased them from a U.S. shipyard when the Chilean Navy fell into arrears with their payments. Their presence is credited with preventing attacks on Victoria and Vancouver. They were sent to Halifax in 1917, becoming the first submarines to navigate the Panama Canal. CC1 and 2 were decommissioned shortly after the war.

To keep submariners skills up and for use in anti-submarine exercises, Canada

accepted two submarines from Britain, CH-14 and CH-15. Due to budget restraints however, these submarines were decommissioned in 1922.

Although Canada was without submarine service until the fall of Germany in 1945, many sailors sailed on British submarines during the war and showed skills and courage. After the war, two U-boats were surrendered to Canada and were commissioned into the Royal Canadian Navy as U889 and U190. They were not

only used for display, but also used in anti-submarine exercises and were sunk in the Northwest Atlantic after being bombed and shelled during an exercise.

The first submarine since 1947 was stationed in Victoria. HMCS Grisle was leased from the U.S. and spent eight years on the West Coast. In 1968, the U.S. submarine Argonaut was purchased and commissioned as HMCS Rainbow and served until 1974.

In 1963 Canada purchased three

Oberon Class submarines from Britain: HMCS Ojibwa, HMCS Onondaga. They served in various roles and were decommissioned. Their role was to conduct anti-submarine warfare, but they also participated in multinational exercises in the Caribbean and completed the interdiction of drug runners.

These roles have been taken over by Victoria

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SUBMARINES



Left: A crane lowers a Mk37 torpedo into a submarine.
Bottom left: A sailor awaits the arrival of HMCS Ojibwa.
Below: A submarine is coated in ice during a Halifax winter.



Left: A Sea King transfers personnel in 1986.
Bottom left: Victoria class submarines underway.
Right: An Oberon class submarine.



marines from Great
 bwa, Okanagan and
 sioned in 2000. Their
 ct patrols on Soviet
 y also participated in
 es in Europe and the
 pleted missions such
 of illegal fishing and

gradually been taken
 Class Submarines,

HMCS *Victoria*, *Corner Brook*, *Windsor* and *Chicoutimi*. In service since the beginning of this century they are used on several missions including drug interdictions in the Caribbean and sovereignty patrols in the arctic. Of the Victoria Class submarines, two are stationed in Esquimalt and two in Halifax

Current

Victoria is stationed in Esquimalt and was selected to participate as an enemy ship in the recently complete Rim of the

Pacific International War Games Exercise. *Victoria* is a technologically advanced diesel-electric submarine, making her extremely quiet and stealthy compared to her nuclear counterparts. Many nuclear-powered subs put out a noise pattern that can be more easily detected by surface ships.

Chicoutimi is also stationed in Esquimalt. After a major fire on her maiden voyage from Scotland to Canada, she has been overhauled and repaired. *Chicoutimi* will

become fully operational in 2015.

The submarines of the Victoria Class are in a cycle of six years of operations followed by a two year overhaul. All boats will conduct this overhaul in Victoria. *Corner Brook*, although an east coast boat, is here in Victoria to start her two-year maintenance period.

Windsor is stationed in Halifax. She has been conducting operations and exercises in the waters around Nova Scotia for the last year. After her current interim dock-

ing she will be worked up to high readiness and continue with operations in the Atlantic and Caribbean.

These diesel-electric submarines are 70.26 metres in length, displace 2,455 tons while submerged, can reach a speed of 20 knots underwater and carry a crew of 48 personnel and five trainees. They have an operational range of over 12,875 kilometres, are capable of diving to 200 metres and can operate submerged for up to 90 hours.

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The wartime memoirs of Canada's most highly decorated submariner will be launched at 2:30 p.m. on Aug. 6 at the Royal British Columbia Museum.

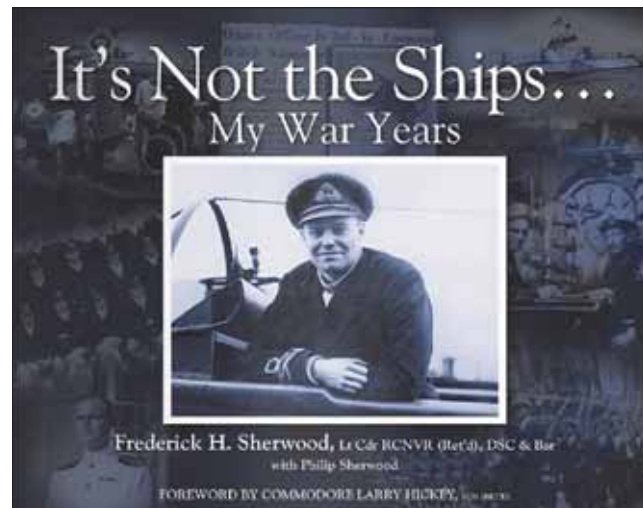
The event is part of "West Coast Submarine Week," commemorating 100 years of Canadians in submarines.

It's Not the Ships... My War Years recounts the experiences of the late LCdr Frederick H. Sherwood, Royal Navy Canadian Volunteer Reserve (RNCVR) from the time he joined the reserves in 1933 at 18 as a midshipman, until 1946.

During the Second World War, Sherwood served in the Royal Navy's (RN) submarine service for five years and became the first Canadian to command a Royal Navy "boat."

In 1940, Lieutenant Sherwood was loaned to the Royal Navy where he volunteered for submarine service. Christmas saw him on his first operational patrol off Norway with submarine ace Lieutenant Commander Ben Bryant, who took a liking to the "colonial" and became his mentor. For the next two years, Sherwood served under Bryant, seeing action in the North Sea, the Bay of Biscay, and the Mediterranean, where the Battle for North Africa was raging and Malta was under siege.

In early 1943 Sherwood passed the "Perisher" (Commanding Officer's Qualifying Course), and took command of P556. In doing so he added to a list of Second World War "firsts" — the first non-British officer to serve on a Royal Navy submarine, the first volunteer reservist of any nation to com-



Below: A Karsh portrait of Fred Sherwood in early 1940, before he went overseas.



mand a Royal Navy boat, and the first Canadian to command a Royal Navy submarine. April of 1944 found Sherwood in command of a new boat, HMS/M Spiteful (P227) and stationed in Trincomalee, Ceylon. Several patrols in the Far East followed, one lasting 38 days.

Sherwood emerged from the war with a Distinguished Service Cross and Bar, giving him the distinction of being Canada's most highly decorated submariner.

It's Not the Ships has drawn enthusiastic reviews from Canadian submariners and naval historians.

"Only a few Canadians

have commanded a submarine during wartime," says Commodore Larry Hickey RCN (Ret'd), a former submariner. "As such, Sherwood is an important part of Canadian submarine history. His memoir fills a void — it's the first one ever of a wartime Canadian submarine commander, and it's well told."

According to the website, www.its-not-the-ships.com, *It's Not the Ships* was 30 years in the making and draws on numerous sources. These include several interviews that Sherwood recorded in the early 1980s as part of the Naval Association of Canada's Salty Dips oral history project. Supplemental interviews recorded in later life were also used, as were excerpts of news reports, Sherwood's wartime correspondence, and patrol reports and logs.

"My father often said that the war left its stamp on him," said publisher and co-author Philip Sherwood. "He liked to talk about his experiences, and as he was an engaging raconteur, we eventually persuaded him to commit his story to print. We supplemented his manuscript with material gleaned from several primary sources — his wartime correspondence, patrol and log reports from the UK Archives, photos from the Imperial War Museum and the Royal Navy Submarine Museum, and newspaper reports. It all comes together as an engaging account of one of the trailblazers of Canada's submarine service."

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RIMPAC's Maritime Component Commander thanks Hawaii

Navy Region Hawaii
Public Affairs

A veteran newscaster in Hawaii and anchor of KHON(FOX)2's Wake Up 2day show, gave Canadian Rear-Admiral Gilles Couturier an honorary title during an interview about Rim of the Pacific Exercise 2014 on July 24.

RAdm Couturier, who has participated in five RIMPAC exercises over the years, was named by Ron Mizutani as an "honorary Kama'ina" - a native-born local citizen of Hawaii.

This is my fifth time at RIMPAC, so I'm very familiar with your beautiful islands and every time looking forward to come back here and visit and enjoy.

-RAdm Gilles Couturier
Combined Forces Maritime Component Commander

RAdm Couturier is commander of the maritime component for RIMPAC, the world's biggest maritime exercise, which is about to enter its final week in and around Hawaii.

On behalf of all RIMPAC participants, RAdm

Couturier thanked the people of Hawaii for their support and "aloha," noting how RIMPAC helps the local economy.

"Without a doubt the 25,000 sailors, plus the ships ... they need all sorts of things, so we buy local Hawaiian and I want to take the opportunity to thank the [people of Hawaii] for their hospitality," he said. "This is my fifth time at RIMPAC, so I'm very familiar with your beautiful islands and every time looking forward to come back here and visit and enjoy."

During his interview, RAdm Couturier explained two of the primary goals of RIMPAC.

"First of all, it's to be able to learn to work together as professional mariners. So this year we have 22 countries, 47 ships, 200-plus aircraft, six submarines and over 25,000 people here. What we are trying to do to is work together in order to be able to be ready to operate at sea anywhere in the world.

"The second goal of RIMPAC is to create those relationships, amongst all of us the leaders of the exercise, but also amongst some of the ships' captains, the key staff, so whenever we are called to work together we can grab that phone and say, 'Hey, remember me? You and I worked together at RIMPAC.' That makes it a lot easier to operate at sea."

Mizutani asked, "Are you learning from each other as



U.S. Navy photo by Mass Communication Specialist 2nd Class Joshua Scott/Released
Combined Forces Maritime Component Commander (CFMCC) of Exercise Rim of the Pacific (RIMPAC) 2014 Canadian Rear-Admiral Gilles Couturier, left, speaks with Cdr David Stallworth, commanding officer of Helicopter Mine Countermeasures Squadron (HM) 14, on the bridge of the San Antonio-class amphibious transport dock ship USS Anchorage (LPD 23) while underway off the coast of San Diego.

well? Different techniques, different MOs, if you will?"

RAdm Couturier responded, "Absolutely! We call it, Tactics Training and Procedures. So each country comes from their own slightly different approach, but what we do realize at the end is that we are pretty well all the same. We know what to do.

One of the key events we do at sea is maritime interdiction operations, so anti-piracy roles off the Gulf of Aden, we have to do some things to prevent the pirates from doing the bad stuff at sea, so we share how we operate, how we do it, some of the tactics we use, and it proves to be very useful to all of us."

Mizutani thanked "honorary Kama'ina" Couturier for another successful Rim of the Pacific exercise in and around Hawaii.

"I'm glad you folks are learning and absorbing and at the same time, sir, you are helping our economy. You folks pump back a ton of money into Hawaii's economy," Mizutani said.

KHON(FOX)2's Hawaii Navy News segment began in early 2009, in partnership with Navy Region Hawaii. It is a biweekly, sometimes weekly, interview to inform the public about items of interest at Joint Base Pearl Harbor-Hickam on Oahu and the Pacific Missile Range Facility on Kauai.

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Bravo ZULU

PO2 Marchisio (centre) is promoted to Petty Officer First Class by LCdr Ellen Mariano (right), Commanding Officer of Canadian Fleet Pacific Headquarters, and CPO2 Rasmussen.



LS Seppanen and LS Marques receive their submariner dolphins from the Commanding Officer of HMCS Victoria, Cdr Kooiman.

Photo by MS Evans



FSgt Sam Collins, Contributor

RAdm Bill Truelove, Commander Maritime Forces Pacific and Regional Commander of the 7,000 cadets in B.C., presents Cadet Sophia Ng of 89 Squadron in Victoria the Top Cadet Award for the Basic Aviation Technology and Aerospace Course.

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Cpl Blaine Sewell, MARPAC Imaging Services

A/SLt Smits (left) receives his Commissioning Scroll from Cdr Lori McAllister (right), Commanding Officer of Maritime Forces Pacific Headquarters.



Cpl Blaine Sewell, MARPAC Imaging Services

CPO1 Ledrew (right) receives his Canadian Forces Decoration Second Clasp from Capt(N) Costello (left).

Regular Officer Training Program swearing in ceremony



Nak Hoon Kim is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove, Commander Maritime Forces Pacific/Joint Task Force Pacific.



Kane O'Brien is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Luc Steele is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Cameron Walker is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Ryan Drake is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



William Kirby is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Caitlynn Kooiman is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Colin Marshall is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Kayla McGuinness is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Allyssa Millie is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Connor Smith is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Gregory Stringfellow is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Jamie Tillapaugh is sworn in to the Canadian Armed Forces Regular Officer Training Program by RAdm Bill Truelove.



Ian Paone (centre) is sworn in to the Canadian Armed Forces Regular Officer Training Program by his father, LCol Paul Paone (right), and RAdm Bill Truelove.



On July 29, Tracy Osborne was presented the Base Commander's Commendation Award by then-Capt(N) Luc Cassivi, in recognition of her 16 years of outstanding service with the Esquimalt Military Family Resource Centre where her dedication and concern for others has been unwavering.

Photo by Sgt Learmonth

Send your Bravo Zulu submissions

to melissa.atkinson@forces.gc.ca. Be sure to include the full names and ranks of everyone in each image as well as the title of the award being presented.

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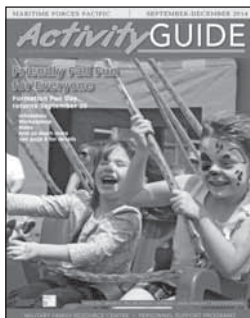
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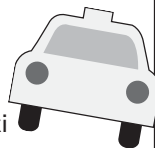
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Photo by FSgt Sam Collins

LCol Carrie Johnston, Commanding Officer of Provincial Air Cadet Camp Albert Head, and Cadet Christopher Rowden, 848 Squadron in Langford, tackle the obstacle on the confidence course at Albert Head.

Head of cadet camp overcomes obstacles

Lt(N) Peggy Kulmala
 Albert Head Public Affairs

Everyone has a different style of leading - some from the front, some from the rear. A smart leader adapts her or his style as the circumstances warrant.

Last week, LCol Carrie Johnston, commanding officer of the provincial air cadet camp at Albert Head, truly mixed things up.

She and Christopher Rowden, a 15-year-old air cadet, finished Albert Head's Confidence Course side-by-side. This was LCol Johnston's first time at a challenge (or obstacle) course.

"I was surprised I was challenged at some points," said LCol Johnston, an avid cyclist, dragon boater, and biathlon coach. "I had fun. It was good to get out and experience what the cadets' experience."

LCol Johnston joined 48 air cadets on the six-week Drill and Ceremonial Instructor Course, which aims to develop cadet instructors and team leaders for drill and ceremonial activities.

"LCol Johnston is my biathlon coach, but if I didn't know her, I

I was surprised and challenged at some points. I had fun. It was good to get out and experience what the cadets experience.

-LCol Carrie Johnston,
 Commanding Officer, Provincial Air
 Cadet Camp Albert Head

would be a bit nervous and kind of surprised," said Cadet Rowden when asked what it was like to challenge the course alongside a senior officer. "Her coming out was a very good example for us."

All course cadets at Albert Head try the confidence course, which provides an opportunity for cadets to challenge themselves both individually and as a team.

Each year, approximately 1,000 cadets will attend the provincial air cadet summer camp between July and August, while a staff of approximately 150 will provide supervision and instruction. Air Cadets selected for the courses and as staff come from the 58 Royal Canadian Air Cadet Squadrons located throughout B.C. There are 3,600 air cadets in B.C.

Albert Head is located approximately 30 kilometres southwest of downtown Victoria.

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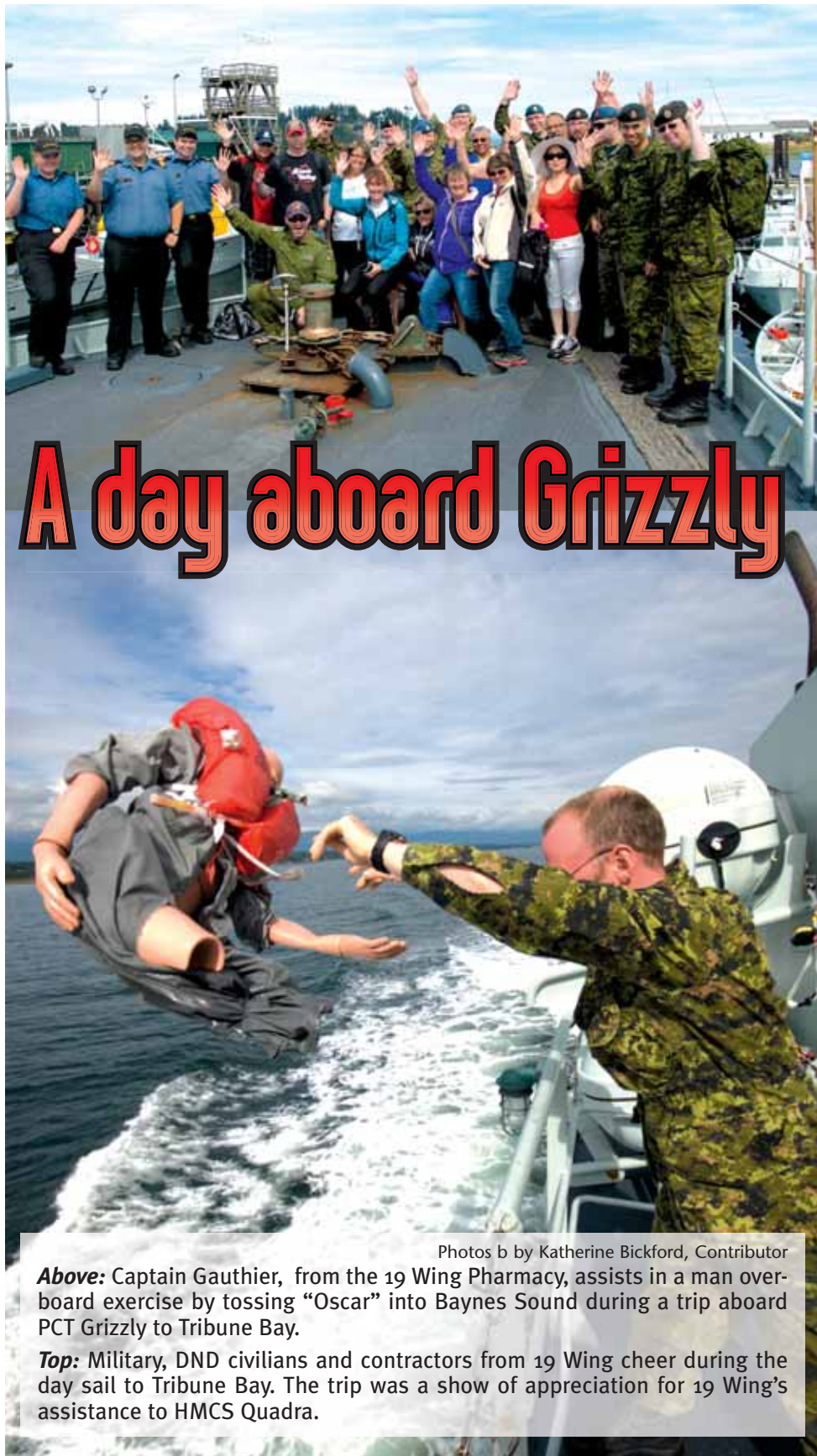
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A day aboard Grizzly

Photos by Katherine Bickford, Contributor

Above: Captain Gauthier, from the 19 Wing Pharmacy, assists in a man overboard exercise by tossing "Oscar" into Baynes Sound during a trip aboard PCT Grizzly to Tribune Bay.

Top: Military, DND civilians and contractors from 19 Wing cheer during the day sail to Tribune Bay. The trip was a show of appreciation for 19 Wing's assistance to HMCS Quadra.

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Rare First World War film footage on display at the Royal BC Museum

Starting Aug. 4, the Royal B.C. Museum has launched its commemoration of the 100th anniversary of the First World War with a new installation in Clifford Carl Hall, the first part of a continuing project to mark this milestone.

The centrepiece of the Great War installation is a series of four videos put together by museum archivist Dennis J. Duffy.

Answering the Call features rare footage of Canadian troops training in Victoria, Vancouver and Comox, and of their departure for Eastern Canada, and, ultimately the battlefields of Europe.

Footage for *Answering the Call* comes from 10 reels of film preserved in Library and Archives Canada. Eight of the reels contain raw, unedited footage, with little information about their content. The other two reels were shot by pioneering B.C. filmmaker A.D. "Cowboy" Kean, who attempted to document every unit that left the province to serve in the Great War.

Duffy has taken all of this footage – some severely deteriorated and most of it unidentified – and constructed a poignant and meaningful visual

story, set to music, conveying the optimism and enthusiasm of recruits as they trained and departed for a conflict of unimaginable violence.

Commemoration will continue in the fall with the digitization and online publishing of 5,000 pages of letters and diaries from the B.C. Archives related to the First World War, allowing public access to these materials. This online component will also include a pilot crowd-sourced transcription project, one of the first of its kind in Canada.

The Royal B.C. Museum will also commemorate the Great War by participating in a special concert by the Victoria Symphony, "Lest We Forget," at the Bay St. Armoury on Oct. 25. The concert will include excerpts from the First World War-era raw footage and will feature the premiere of a new work from local composer Tobin Stokes.

Aug. 4 marks the official beginning of British Columbia's Commemoration of the First and Second World Wars, a period of remembrance and reflection proclaimed by the provincial government.

Fun Fact

The tradition of presenting a shadow box to a retiring sailor is born of early British custom. In the days of sail, when Britain ruled the seas, it was considered bad luck for a sailor, upon final departure from a ship, to allow his shadow to hit the pier before he himself departed the ship. In order to

ensure no such misfortune would befall their shipmate, the crew would construct a box of the finest timber and place within it all things that reflected his accomplishments. Only then could the man, with the SHADOW of himself in hand, safely depart the ship and go ashore.

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