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Volume 60 Number 28 | July 13, 2015

# LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C

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## Geared up for Canada Day



A sailor from HMCS Calgary helps a girl into ship fire fighting gear. The oversized outfit showcased on aspect of life on board a frigate. The dress up was part of the Royal Canadian Navy display at Canada Place on Canada Day.

See more photos on page 8

LS Zachariah Stopa MARPAC Imaging Services

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## WINNIPEG MILESTONE CELEBRATED AT SEA

### SLt Jamie Tobin HMCS Winnipeg

For many sailors, celebrating a birthday at sea is not always their first choice to mark the occasion.

However, for a warship such as *HMCS Winnipeg*, celebrating its 20th birthday June 23, there was no better way to mark the occasion than on the ocean.

"Although at-sea traditions have changed over the years, the operational tenacity of the ship and its crew has not," said Cdr Pascal Belhumeur, *Winnipeg's* Commanding Officer. "In this, its 20th year of service, *Winnipeg* will spend the next eight months as the forward deployed vanguard unit, along with the Royal Canadian Navy's first deployed Enhanced Naval Boarding Party Team, and its embarked CH-124 Sea King."

*Winnipeg* and its crew are currently conducting surveillance operations in support of Operation *Caribbe*, Canada's participation in the multinational campaign against

illicit trafficking by transnational organized crime in the Caribbean Sea and the eastern Pacific Ocean. They are also en route to Operation *Reassurance*, Canada's contribution to NATO assurance measures in Central and Eastern Europe.

The ship's company celebrated the occasion with a *Banyan* (barbeque) and a birthday cake that was cut by the command team with three traditional naval swords that are used on ceremonial occasions and celebrations. Despite the ship's dress regulations, one crew member connected with

the ship's history by wearing a t-shirt that was issued to the crew when the ship was commissioned on June 23, 1995.

"When I was departing my last job, a colleague gifted me with this shirt, hoping to pass on some of the *HMCS Winnipeg* legacy he helped build," said Lt(N) Dusan Brestovansky, assistant combat systems engineer officer. "I was honoured when he explained the history behind it, and even though it's a little worn, I could see that his time on board *Winnipeg* meant a lot to him and that this shirt represented those good

memories. This goes to show that *HMCS Winnipeg's* history has had an impact on the lives of people throughout Canada."

In *Winnipeg's* 20 years of service to Canada, the ship has participated in various multinational and domestic operations including Operation *Apollo*, Operation *Altair*, Operation *Caribbe*, Operation *Sextant*, Operation *Allied Protector* and Operation *Podium*. Some of the ship's career highlights include the successful disruption of piracy operations off the coast of Somalia in April 2009 and the interception of illegal migrants off the coast of British Columbia in August 2010.

As the ship celebrates its 20th birthday while supporting international Canadian Armed Forces operations, the ship's company continues to perform in a way that embodies the ship's motto: One with the strength of many.



*Although at-sea traditions have changed over the years, the operational tenacity of the ship and its crew has not.*

Cdr Pascal Belhumeur, *Winnipeg's* Commanding Officer

**Above:** The crew of *HMCS Winnipeg* gathers on the flight deck to celebrate the ship's 20th anniversary during Operation *Caribbe* on June 23.

DND

**Left:** Under the direction of the flight deck director, the flight deck hands unfold the rotor blades of the *Sea King* helicopter in preparation for take-off on July 7.

Cpl Stuart MacNeil, *HMCS Winnipeg*

# Wounds of war won't hold soldier back

**Peter Mallett**  
Staff writer

Every painful step, every laboured breath will draw WO Kevin Legg, 42, closer to his dream of completing the Four Days International Marches Nijmegen next week.

The soldier is unlike any of his MARPAC teammates. He marches with a barrage of physical scars incurred during his tour in Afghanistan seven years ago, including damaged lungs and a permanent limp in his left leg.

But tenacity and perseverance during tryouts earned WO Legg a coveted spot on the MARPAC team.

"He's a pretty stellar dude," said MARPAC marching team leader, Lt(N) Paul LePrieur. "He is the epitome of what Nijmegen is all about. He is so inspirational for so many others doubting themselves while going through rehab."

WO Legg's story of survival began moments after he flicked a switch on an air-handling unit he was repairing while deployed in Afghanistan. After that everything in his world went black.

"The last thing I can remember was burning and then waking up in the hospital," he recalls. "When

the explosion occurred I was working on the ground because it was an unusually hot day. It was close to 50 Celsius so I was sitting that way because a fan underneath the unit was cooling me."

A locally employed individual who worked on the military base had planted an Improvised Explosive Device on the unit. WO Legg says if he weren't sitting down at the moment the bomb detonated, he wouldn't be alive today.

Although it didn't take his life, the explosion changed him forever.

The lower portion of his lungs were burned and permanently damaged, and he says the resulting pulmonary edema (build up of fluid in his lungs) could have been fatal. He now depends on an inhaler to help him breathe, can no longer run long distances or play the sports he loves, and he is still incapable of drawing a full breath.

His left leg is now shorter than his right due to loss of bone and tendons in his knee. He needs orthotics to walk.

Sticky notes cover his office desk and computer in the Real Property's Hood Building. He says the little reminders help him compensate for short-term

memory loss.

He believes he has overcome the Post Traumatic Stress Disorder that for years brought on anxiety, depression and mood swings.

WO Legg says he could have easily walked away from his military career on a medical release. Instead he chose to honour his 20-year contract with the CF. The recovery process has been difficult, and he admits to spending many moments asking the elusive question "Why me?"

When the MARPAC Team completes the last steps of its journey in

Nijmegen and enters St. Annastraat Street they will be greeted by a crowd of thousands. The team will receive cheers and an outpouring of appreciation due to Canada's role in the liberation of Holland over 70 years ago.

His own struggles have given WO Legg deeper insight into the sacrifices of Second World War soldiers.

"What it means to me is taking a walk through history and honouring the people that made this country: the veterans," he says. "This march is so much a part of that and will cap my career."



WO Kevin Legg takes a rest after the MARPAC Nijmegen team completes a 40 kilometers trek from Roche Cove to CFB Esquimalt on Friday, June 27.



Members of the MARPAC Nijmegen marching team give a cheer following their long trek.

Photos by Peter Mallett, Lookout

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Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Lookout Circulation - 4,000 plus 1,000 pdf downloads per week

One year subscription - \$66.<sup>94</sup>

Six month subscription - \$33.<sup>47</sup>

Prices include tax.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*What's your favourite way to beat the summer heat and stay cool?*



I try to acclimate myself to the heat by working out in the sun; it helps me get used to the conditions.

CPO2 Pascal Harel,  
NPTG



My method is pouring ice cold water on my head – it gives me refreshing, cooling sensation for about 10 or 15 minutes.

LS Joseph Tong,  
Fleet School



I like going to the pool because I coach a swim team. It's really a mix of work and relief from the heat for me.

Sarah MacDonald,  
Naden Facility Supervisor



I've been trying to buy a fan but everyone is sold out. When I was finally able to purchase one I got it home and the parts were missing. Instead we set up a kid's pool at our home to stay cool.

PO2 Mark Laughland,  
HMCS Regina



The heat usually doesn't bother me, but when I'm jogging and things get too hot to stand I like to jump in the ocean.

Barbara Arnaud,  
Hairstylist Dockyard Barber Shop



Staff cadets plan for courses at Albert Head Cadet Training Centre in Metchosin. In the back, left to right: Staff cadets Zoe Tieu, Logan Praznik, and John Nemes. Front: Staff cadets Emily Yang, Herman Sandhu, and Emily Palmer.

## Cadet summer training begins

RCSU(P)

Staff cadets are the backbone of training centres around B.C. during summer operations. They are responsible for the daily routine, the first line of learning, and discipline, and are the first person to lend an ear to a cadet missing home.

They teach classes and help course cadets learn the ins and outs of summer training life. Being a staff cadet at a Cadet Training Centre (CTC) can be a great learning opportunity, and a great summer job experience.

But before they start, they have to prove their ability through a four-day intensive

training and evaluation period. After the selection process, staff cadets are assigned positions and ranks from leadership and flight / platoon staff, to canteen and duty staff.

They take pride in achieving ranks, but no matter where they are placed, one common theme emerges. Everyone is here to give back, to make sure a new generation of course cadets have the same positive experiences that made them into who they are today.

"I have had such good experiences in cadets," says staff cadet Emily Yang from Albert Head CTC. "Where else can you go flying, meet people from across B.C. and gain such great skills?"

The review boards we sit for Warrant Officer selection teaches such good interview skills; the expectations on us are high and we learn good work ethic and time management. Where else can you learn all that and go flying and learn survival skills? I mean how many 12 year olds can start a fire – a real fire not - oops I burned lunch? I want to pass on those skills so other cadets can enjoy what I enjoy."

Trying to understand this passion is not easy at an age

when most youth are self-focused. However, staff cadets take away a lot of skills from their hard work at the training centres.

"I love that cadets taught me task management," says staff cadet Jacob Campbell of Albert Head CTC. "When my friends are organizing a party, they can't keep track of more than one thing at a time; I can keep my mind on several things at once and make it all happen. Only Cadets taught me that."

Some employers familiar with the cadet program also give it some weight when hiring youth for their first jobs.

"I have a part time job and I got the job instantly as soon as my employer heard I was a cadet," says staff cadet Herman Sandhu of Albert Head CTC.

There are more than 400 staff cadets at the four training centres in B.C. this year. Staff cadets must be at least 16 years of age and have attended at least one six-week training course. Because they are constantly learning and gaining skills, they are actually advanced training cadets, but they receive a training bonus of between \$77 and \$95 per day, seven days per week.

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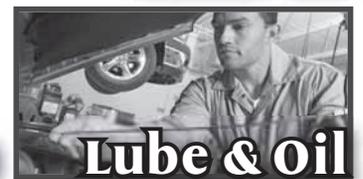
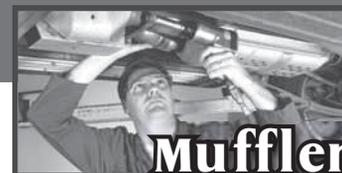
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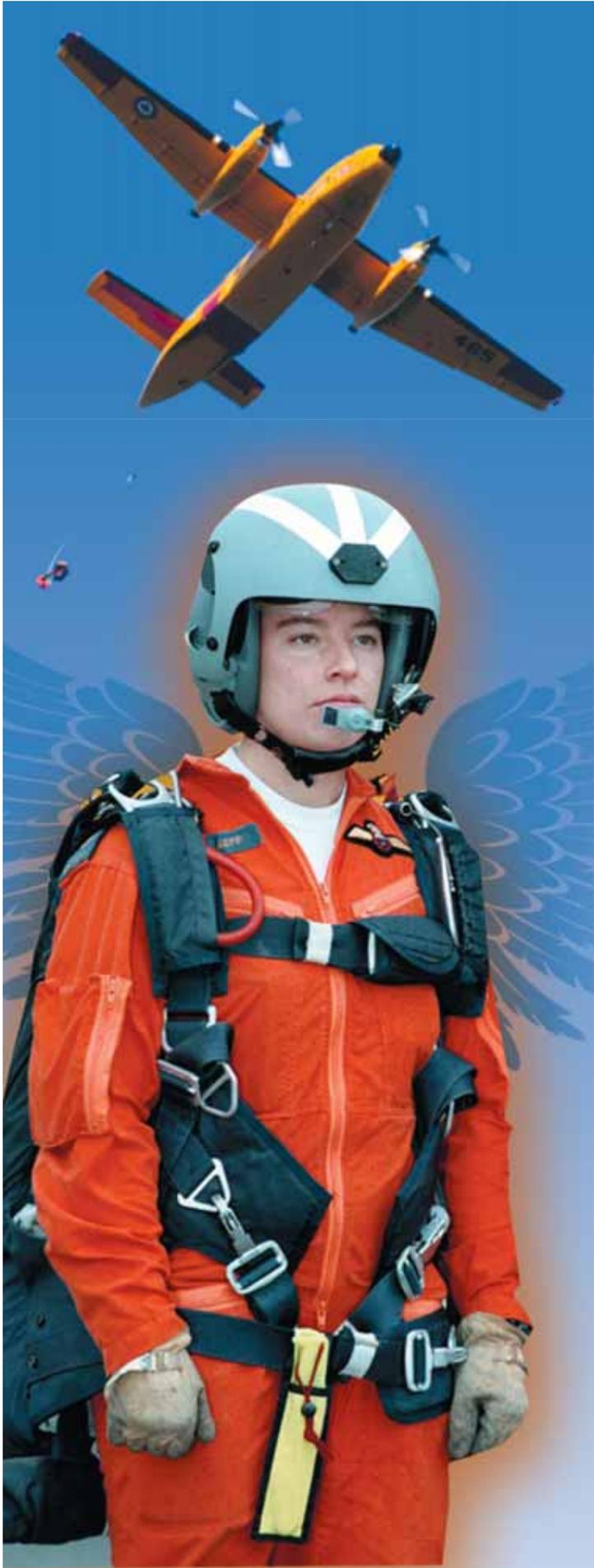
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## Trailblazer and angel in an orange jumpsuit retires

**Peter Mallett**  
Staff Writer

Never utter the words “it can’t be done” to Warrant Officer Tammy Negraeff.

Whenever Canada’s first-ever female Search and Rescue Technician (SAR tech) hears this, an unwavering feeling of determination to disprove the doubters overtakes her.

A month ago, her 25-year military career ended with a retirement party, and a moment of reflection on breaking a barrier for women.

“I wanted to be a SAR Tech no matter what, whether I was the first female didn’t matter at all to me,” says WO Negraeff. “But the fact that it set a trailblazing precedent is super.”

Her career began in 1988 while fighting forest fires in Nelson, B.C., as a student employee with Ministry of Forests Lands and Natural Resource Operations. Rumour of a recruiting officer coming to town drifted to her ears. She immediately signed up for a meeting.

The recruiter, having never encountered a woman in the SAR trade, doubted her capability.

“He was a little old school,” she says. “The recruiter looked at me and had a smirk on his face while remarking he didn’t think I understood what I was getting into.”

Two years later she pledged her service to Canada. Seven years after that she was selected to attend a SAR Tech training course at CFB Comox. The learning curve was sharp and the physical and psychological testing “highly challenging” she recalls. From a pool of approximately 30 applicants each year only about 10 to 15 make the grade.

A determined Negraeff would eventually prove the recruiting officer wrong, breaking the SAR Tech gender barrier in 1998 when she graduated as a Master Corporal.

“She instantly fit right in,” says Negraeff’s search and rescue partner WO Lance Teichrib. “She didn’t expect to be treated differently and excelled in her training.”

Real life SAR Tech work began fairly quickly after graduation.

It was a cold mid-winter day when she and WO Teichrib were deployed to locate two occupants of a small plane that had crashed near Lillooet, B.C., a remote town 130 km northwest of Whistler.

The pilot had strayed way off course and as he tried to steer his Cessna up and out of a steep valley, the plane pancaked nose down. The two men survived the crash, but things got worse when they attempted an unsuccessful hike out of the valley that was covered in a waist-high blanket of snow. The pair lacked basic winter clothing and was wearing street shoes; WO Negraeff says hypothermia quickly set in.

From high above in their Buffalo fixed wing aircraft, WO Negraeff and WO Teichrib spotted the downed plane along with the footprints in the snow leading away from it. They parachuted to the valley floor, put on snowshoes and followed the footprints to eventually locate and rescue the men.

“I’ll never forget their words when they said to us ‘you guys looked like angels flying out of the sky,’” says WO Negraeff.

While she says some have even gone so far as to call them “angels in orange jump suits”, more often a SAR tech’s jump is less glamorous, and often becomes a body-recovery mission. The only satisfaction in this grim task, she says, is “being able to close the loop” for grieving family members.

When her work became unpleasant, perilous or dangerous, WO Negraeff says the words of former United States first lady Eleanor Roosevelt have always been inspirational to her.

“For me I have always valued Roosevelt’s famous saying ‘Nobody can make you feel inferior without your own consent’ to get me through those tough times.”

She was able to successfully master the adversity that goes along with the job, and by 2006 when she was posted at Cold Lake, AB, things would come full circle. She was promoted to Sergeant and learned that she would be returning to CFB Comox, but this time as a flight instructor.

In 2011 she would move on to become Warrant Officer at the Regional Cadet Support Unit, marking the last chapter in her Royal Canadian Air Force career.

Retirement from the workforce is not yet on her radar. She is now busy tackling her next career as Emergency Coordinator for the Richmond, B.C. Hospital for Health Emergency Management.

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## Government investment benefits Esquimalt

**Rachel Lallouz**  
Staff Writer

Last Wednesday, John Duncan, Minister of State, Chief Government Whip and Member of Parliament for Vancouver Island North, announced two infrastructure investments worth \$6.75 million, as well as an \$11 million investment in security enhancements for CFB Esquimalt.

The announcement, made on behalf of the Associate Minister of National Defence, detailed investments over the next two

years that are expected to begin this summer, and are part of the Government of Canada's recent announcements totalling \$452 million to repair and upgrade Canadian Armed Forces facilities across the country.

"Leading edge equipment is only part of what our men and women in uniform need to do their jobs," said Duncan in his address. "Operational excellence is impossible without modern and effective infrastructure to help our forces members train and prepare."

- The first project valued at \$4 million dollars will repair and extend one of the two dry dock caissons, which are the watertight gates used to seal the dry dock as well as modernize its electrical and mechanical components.
- The second investment of \$2.75 million will see the construction of new residential housing units and renovations to existing units at Belmont Park.
- The final \$11 million will be utilized to upgrade physical security across CFB Esquimalt's numerous facilities.



John Duncan, Minister of State and MP for Vancouver Island North, makes an infrastructure announcement on July 8 in Dockyard, on behalf of Associate Minister of National Defence Julian Fantino.

Photo by Rachel Lallouz, Lookout

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## Mooring party's final task

**Hugh Dinsdale-Young**  
Auxiliary Fleet

Twenty-six riggers and crew from Fleet Maintenance Facility Cape Breton and Queen's Harbour Master assembled at Mayne Bay, Barkley Sound, for the final time June 23 to 26.

Their task was to remove the last first class mooring in the area and transport it to Esquimalt. Originally laid

down in the 1970s, these moorings were used by the Canadian warships to allow them to extend their "notice for power" while in a sheltered bay.

During the four days, some 175 tons of material was lifted from the seabed onto YD250, QHM's 60-year-old steam crane barge. This included 3,340 feet of chain, 4 x 5 ton anchors and 48 tons of concrete.

Every joining shackle and mooring component had to

be disconnected and carefully placed by Rigging Foreman Jim Stewart and his team of riggers to ensure the stability of the barge.

Chief Engineer George Gardner meticulously operated the crane during these long days.

On Friday June 26 YD250 was taken in tow by CFAV Glendale, leaving the mooring party with one final run ashore in Ucluelet to celebrate an accident free, well done job.



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Images by: LS Zachariah Stopa, MARPAC Imaging Services  
Cpl Calvin Kuah, Seaforth Highlanders, explains how to use an M-72 Rocket Launcher.



Cpl Edin Yeung and Pte Eric Leow, 39 Signals Regiment, demonstrate the use of their equipment.



Members of the Seaforth assist the public with trying on equipment.



SLt Kyle Boland, member of HMCS Calgary, explains tactics used by the ship's Boarding Party.

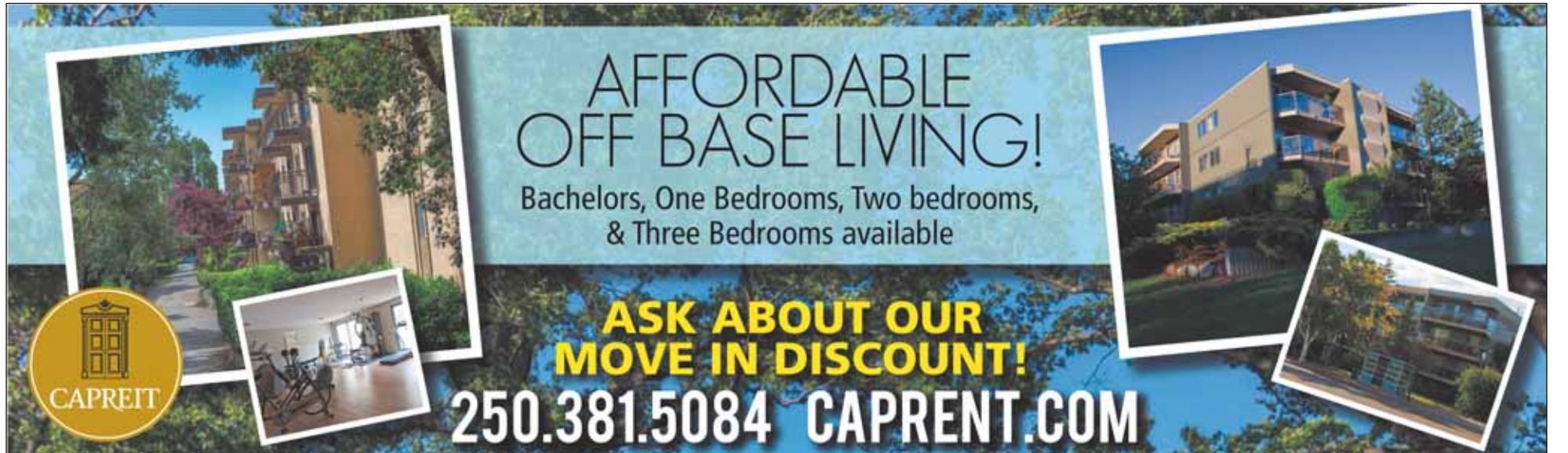
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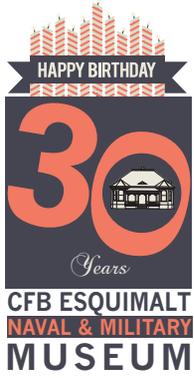


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## Museum open house draws crowd

**Sara Taylor**  
CFB Esquimalt Naval and Military Museum

Hundreds of visitors braved the summer heat to celebrate the CFB Esquimalt Naval and Military Museum's 30<sup>th</sup> anniversary during an open house Saturday, July 4.

The celebration began when Capt(N) Steve Waddell, Base Commander, and retired Rear Admiral Bob Yanow addressed the guests and welcomed them to the museum.

With the assistance of museum staff and the Base Commander, RAdm Yanow cut the ribbon to open the museum's newest gallery. The scene was reminiscent of the opening of the museum 30 years ago when Admiral Yanow was the Commander Maritime

**Above:** Museum staff Debbie Towell, Clare Sharpe, Joseph Lenarcik, Base Commander Capt. (N) Steve Waddell and Rear Admiral (Ret'd) Bob Yanow cut the ribbon to open the newest museum exhibit.

Forces Pacific.

Guests were treated to cake after the ribbon cutting, and explored the museum and its newest permanent gallery, which deals with early naval interest in Esquimalt Harbour, and the museum buildings' role as a hospital during the First World War.

Members of the Victoria Esquimalt Military Re-Enactors Association, in their period uniforms, were a popular attraction as they interacted with visi-

tors throughout the museum exhibits and provided a heritage tea service.

Guests also viewed temporary displays from the Military Police and the Defence Aboriginal Advisory Group, spoke to serving submariners and retirees from the Submariners' Association of Canada (West), and connected with members of the Princess Patricia's Canadian Light Infantry and Queen's Own Rifles (QOR) Associations, including Ed Widenmaier, who delight-

ed visitors with his knowledge and energy, while wearing the same QOR uniform he was married in.

Outside, young visitors enjoyed a variety of children's games. Lunch was available from local food trucks, and fascinating displays were provided by the B.C. Aviation Museum, Vancouver Island Military Museum, the Alberni Project, and the Korea Veterans Association, plus military vehicles from the Lt Gen. E.C. Ashton Armoury and Museum.

Anyone interested in visiting the new gallery can stop by during regular museum hours, Monday to Friday, 10 a.m. to 3:30 p.m. except for statutory



**Left:** Members of the Submariners Association of Canada (West) and currently serving submariners answered visitor questions in the museum's submarine exhibit. Left to right: OS Nolan Barkhouse, PO1 Nelson Harvey and Chris Parkes.



**Right:** Ed Widenmaier and VEMRA member Branko Diklitch welcome guests to the West Coast defence exhibits.



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# Last Post Fund: assisting veterans with their final requirements

Courtesy Trident Newspaper

The death of Trooper James Daly in Montreal in 1908 was the catalyst for the Last Post Fund. A 20-year military veteran, Trooper Daly was homeless and dying from malnutrition and hypothermia when he was found by Arthur Hair, a veteran of the war in South Africa.

Hair raised money to cover Trooper Daly's funeral and burial costs and within six months he established the Last Post Fund in April 1909.

"It's one of the senior, if not the senior veterans' organization in Canada," says Major General (Ret'd) Ed Fitch, National President of the Last Post Fund.

"The Last Post Fund has a singular and very simple social mandate. Our mission is to ensure that no veteran in need goes without a dignified funeral and burial."

The Last Post Fund is a national non-profit organization, supported financially by Veterans Affairs Canada and private donations. With headquarters in Montreal, the Fund has satellite operations based in four regions: Atlantic, Québec, Ontario and Western. While visiting Halifax recently, Fitch met with Vice President (East) RAdm (Ret'd) Barry Keeler and board members.

In order to carry out its mandate, the Fund requires applicants to meet several requirements including military service and financial criteria.

"We're there to help the veteran who is in circumstances such that he or she cannot look after the last requirements."

To meet the military service criteria, the veteran must

**The Last Post Fund has a singular and very simple social mandate. Our mission is to ensure that no veteran in need goes without a dignified funeral and burial.**

MGen (Ret'd) Ed Fitch,  
National President  
of the Last Post Fund

have been a former member of the Canadian Armed Forces or any predecessor Navy, Army or Air Forces of Canada or Newfoundland; or a merchant navy veteran of the Second World War or the Korean War; or an Allied veteran who served with the Allied Forces during the Second World War or the Korean War, and has also lived in Canada for at least 10 years, or lived in Canada prior to enlisting and was living in Canada at time of death.

The financial means test is built into the regulations the government and Veterans Affairs Canada have given to the Fund, says Fitch. Marital status, the number of dependant children, and net assets all are taken into account in this calculation. The net estate must be less than \$12,000.

"And that's a very low threshold. We're trying to get that increased. People are not qualifying for it [Last Post Fund assistance] who we think should qualify. With some of the cases we deal with, their net estate is

negative. They die in debt."

The Fund has several subsidiary programs and services, including grave marker assistance. If the veteran or veteran's family cannot manage the cost of a marker, The Last Post Fund will provide a military marker.

As well, there is the Unmarked Grave Program, through which military-style markers are provided for eligible veterans who lie in unmarked graves, and also columbarium projects and local Fields of Honour to provide appropriate resting places for veterans.

The government covers the Fund's primary mission but for commemoration in particular, they raise funds to support the National Field of Honour and Fields of Honour that have been established in the provinces.

In the Fund's first 100 years of service, they have helped bury 150,000 veterans.

Before the 2014 federal budget, only Second World War and Korea veterans were eligible to access the Fund. "So this is a very important step, that it now covers all veterans," says Fitch.

Today the social safety net has improved from what it was 100 years ago, and pensions are much better, so there are fewer veterans who need the Last Post Fund services.

"But we are there and were dedicated to serve. If there is even one veteran who would otherwise go without a dignified funeral and burial, the Last Post Fund will be there to support him or her."

More information about the Last Post Fund is available by calling 1 (800) 465-7113 or online at [www.lastpostfund.ca](http://www.lastpostfund.ca)

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**Chilean Navy supply ship**

MCpl Chris Ward, MARPAC Imaging Services  
Chilean replenishment ship Almirante Montt sails past Duntze Head on July 3. The ship's arrival is part of an agreement that will enhance interoperability with the Royal Canadian Navy (RCN), as well as provide RCN sailors the opportunity to continue replenishment-at-sea training pending the arrival of Canada's new Queenston-class supply ships.

# New HMCS Prevost leader, full-time doctor, part-time sailor

**Katelyn Moores**  
MARPAC PA Office

Have you ever wondered how a naval reservist manages a full-time civilian career along with a part-time career as a sailor?

According to Lieutenant Commander Sean Batte, a 25-year veteran of the Reserve Force, it's not as difficult as you may think.

"There are certainly challenges, but my two careers have really always meshed together," he says. "They were like gears – one was always driving the other."

In his civilian life he's Dr. Batte, a chiropractor who runs his own practice; in his military life he's LCdr Batte, Commanding Officer of *HMCS Prevost*, the Naval Reserve Division in London, Ontario, and its 138 sailors.

And when he's not at sea or working at the reserve unit, he's practicing high-performance driving at the racetrack or chasing after his one-year-old daughter.

Although quite a few years have passed since he walked two hours in a snowstorm to join *Prevost*,

*"There are certainly challenges, but my two careers have really always meshed together. They were like gears – one was always driving the other."*

LCdr Sean Batte,  
Chiropractor and reservist

he still remembers his excitement that day.

"Coming from southwestern Ontario I had never even seen a warship before and now I had the opportunity to sail one. It was just so cool," he reminisces.

After finishing his bio-physics degree, he spent one year on the East Coast completing his Maritime Surface and Sub-Surface (MARS) Officer training. As a MARS Officer he manages and directs the maritime strategy, tactics and procedures in the

operation of ships, submarines, aircraft, maritime sensors, combat information and weapons systems; they are the only officers who can have command of the navy's ships and submarines.

On the East Coast he sailed in *HMCS Moresby*, an Anticosti-class minesweeper, performing interdiction operations and helping to create a new mine warfare doctrine. It was in *Moresby* off the coast of Norfolk, Virginia, that he experienced the worst storm of his career. He recalls the ship listing so far over that he was walking on the walls while waves crashed over the bridge windows.

He then returned to his studies, all the while working short contracts with the Naval Reserve to pay for school. This is something he highly recommends to anyone interested in joining the Naval Reserves as the skillsets learned in the navy, including decision-making, leadership and interpersonal skills, are highly valued by employers and can help one succeed in any occupation.



LCdr Sean Batte (left) and Capt J. Cotter, reviewing officer (right), at *HMCS Prevost's* Change of Command on Oct. 25, 2014.

Over the years, LCdr Batte has had many great moments while sailing and teaching on both coasts, including participating in Trident Fury as the executive officer of *HMCS Brandon* and training other MARS Officers as commanding officer of Orca-class training vessels. He has

also had the opportunity to work with officers from all over the world, including the United States, England, Trinidad and Tobago, Australia, New Zealand and Germany.

"The opportunities, like being the officer in charge of an Orca, or training under the generals that led

the fight in Afghanistan or under Nelson Mandela's former Chief of Staff, are remarkable," LCdr Batte said. "The Naval Reserves can really augment your whole life and you can make a story for yourself that is far greater than you had ever thought it could be."

## TOWNSHIP INCREASES PARKING ENFORCEMENT

Due to requests from Esquimalt residents, enhanced enforcement of parking bylaws has begun in the Township of Esquimalt. Residents are encouraged to review the Streets and Traffic Regulation Bylaw to ensure they are in compliance, and to obey all parking signs.

The Township is using Commissionaires to enforce

the bylaw.

For a listing of offences and fines, please see Schedule B9 on page 12 of the Ticket Information Utilization Bylaw.

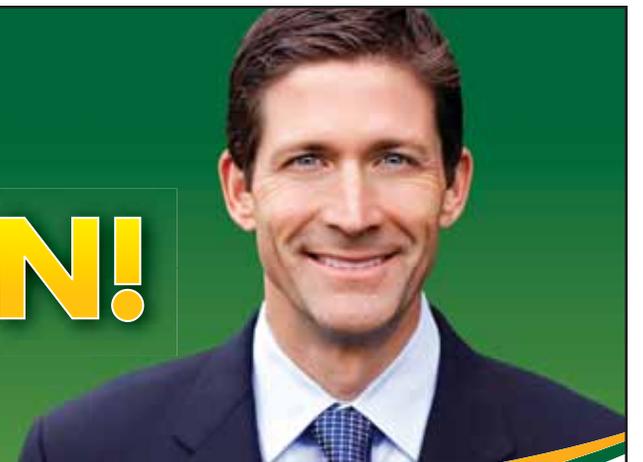
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Derek Literowicz receives the Maritime Engineering Program Management award from Geoff Simpson in recognition of outstanding technical efforts leading to comprehensive emergency repairs to the CFMETR's range tracking radar.



Photo by: LS Zachariah Stopa, MARPAC Imaging Services  
LCdr Mark Blondeau receives his (Gun Metal) Sea Service Insignia from Cdr Lorne Carruth.



Photo by: Cpl Brandon O'Connell, MARPAC Imaging Services  
CPO2 Corey Treverton (left) receives the Canadian Forces Decoration First Clasp from Cdr Lori McAllister, Maritime Forces Pacific Headquarters Commanding Officer.

## Long service awards

Photo by: Peter Mallett  
Sara Johnson (second from left) receives an award for 25 years of service, and Iris Shiplack (second from right) receives an award for 20 years of service from Base Administration Officer, Cdr Wes Golden (left) and CANEX Vice President Mac McMillan (right) at the Naden CANEX.



Photo by: Cpl Brandon O'Connell, MARPAC Imaging Services  
LCdr Colleen O'Brien (left) receives the Canadian Forces Decoration First Clasp from Cdr Lori McAllister, Maritime Forces Pacific Headquarters Commanding Officer.

# Canadian Fleet Pacific awards and promotions

Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, made several presentations during a ceremony at Building D-85 before relinquishing his command. Photos by: Cpl Brandon O'Connell, MARPAC Imaging Services



CPO2 David Lowther receives a promotion to Chief Petty Officer First Class.



Cpl Kristen Vanderhook receives a promotion to Master Corporal.



PO1 Martin Truchon receives the Canadian Forces Decoration First Clasp.



CPO2 Leonard Balcombe receives the Canadian Forces Decoration First Clasp.



Lt(N) Jessica MacMillan receives a Certificate of Competency, Combat System Engineering.



CPO2 Ron Eccles receives the Canadian Forces Physical Fitness Award for Aerobic Excellence.



## JRCC promotions

Photos by: LS Zachariah Stopa, MARPAC Imaging Services



MS Orlando Chavarria is promoted to his current rank by Maj Jenn Weissenborn, Officer In Charge Joint Regional Coordination Centre (JRCC) and Sgt Mike Roddy at JRCC.



MCpl Frank Flock is promoted to his current rank by Maj Jenn Weissenborn, Officer In Charge Joint Regional Coordination Centre. MCpl Flock also received his Canadian Forces Decoration First Clasp.

## Go the extra mile!

Recognize your staff in the Lookout Bravo Zulu section.

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# MARPAC awards and promotions

Photos by: Cpl Brandon O'Connell, MARPAC Imaging Services



Lt(N) Joseph Lynch receives the Canadian Forces Decoration from Cdr Sylvain Belair.



Lt(N) Mark Blondeau receives a promotion to LCdr from Cdr Sylvain Belair.



Cpl Malcolm Byers receives a promotion to Master Corporal from Cdr Sylvain Belair and Sgt Angela Abbey.



AB Vincent Scott receives a promotion to Leading Seaman from Cdr Sylvain Belair and PO1 Michael Surette.



LS Andrew Cullum receives a promotion to Acting Sub-Lieutenant from Cdr Sylvain Belair.



PO2 McCoombs receives a promotion to Petty Officer First Class from Cdr Sylvain Belair.



MCpl Michael Bastien receives a Canadian Community Newspaper Award from Cdr Sylvain Belair and Sergeant Angela Abbey for his first place winning photo in Lookout Newspaper.



PO2 Manon Lareau receives Sea Service Insignia (Gun Metal) from Cdr Sylvain Belair.

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STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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## New leader for Naval Reserve Division

LS Zachariah Stopa, MARPAC Imaging Services

**From left to right: Cmdre David Craig, Outgoing Commander Naval Reserve Headquarters (NAVRES HQ); Rear Admiral (RAdm) William Truelove, Commander of Maritime Forces Pacific; and Cmdre Marta Mulkins, Incoming Commander NAVRES HQ, sign the Change of Command Certificates during the NAVRES HQ Change of Command Ceremony held at the Naval Officer Training Centre Gun Room on July 9.**

**Katelyn Moores**  
MARPAC PA Office

*"Thirty years ago, I crossed the brow of the Naval Reserve and since that day I have learned throughout my personal experience that service in the reserve can be one of the best preparations for the feast and battle of life for young women and men," said Commodore Marta Mulkins as she assumed command of the reserve component of the Royal Canadian Navy (RCN) from Commodore David Craig on July 9.*

Outside of Naval Officer Training Centre Venture amid the backdrop of Victoria's Inner Harbour and the Naval Reserve Division HMCS Malahat, a sea of crisp white uniforms gathered for the traditional change of command ceremony presided over by Rear-Admiral Bill Truelove, Commander of Maritime Forces Pacific.

"I am grateful to have this opportunity to take the command of the Naval Reserve," said Cmdre Mulkins. "It is with great respect that I thank

Commodore Craig for his leadership over the last few years. His unflagging pursuit of his vision for the reserve has inspired us all."

Cmdre Mulkins comes to the position with a wealth of experience, serving as the Commanding Officer of the Naval Reserve Division HMCS Carleton and having deployed to Kabul, Afghanistan, for a six-month tour with Operation Argus, the Canadian Forces' Strategic Advisory Team - Afghanistan. In addition she was the first woman to com-

mand a Maritime Coastal Defence Vessel, serving as Commanding Officer of HMCS Kingston.

As seabirds flew overhead, RAdm Truelove addressed the many changes that have been implemented under the command of Cmdre Craig, including the full integration of the Reserve and Regular Forces.

"An accomplished Naval Reservist with over 40 years of experience, Dave has provided outstanding service to our navy and to our nation. During his time as the Commander of the Naval Reserve, he has devoted himself to his sailors and their families and was a strong advocate for change," remarked RAdm Truelove during his speech. "I know that Cmdre Mulkins will provide the essential and direct leadership necessary to continue this journey."

After an impromptu sea plane fly-by, Cmdre Craig officially signed over command of the Naval Reserve to Cmdre Mulkins. Following naval tradition, the ceremony ended as Cmdre Craig was rowed ashore by the Commanding Officer and crew of Malahat towards a shore lined with sailors.

"My time as Commander of the Naval Reserves has been the climax of my 41 years of service," Cmdre

Craig remarked during the ceremony. "Over my time, we have fully integrated the Reserve Force within One Navy. I congratulate Cmdre Mulkins for having been selected to inherit this responsibility of leadership for this organization and I have full confidence that she is ready to meet the challenges ahead."

During his many years of service, Cmdre Craig has commanded several classes of vessels on both coasts and served as the Commanding Officer of Malahat. He also served as the Director of the Joint Command and Staff Course (Reserves) at the Canadian Forces College in Toronto. After four years as the Commander of the Naval Reserve and more than 40 years of service with the Naval Reserve, Cmdre Craig will retire in Victoria.

The reserve component of the RCN is composed of 24 Naval Reserve Divisions across Canada, from St. John's, NL, to Victoria, BC, and is headquartered in Québec City. The Naval Reserve provides trained sailors for Canadian Armed Forces operations ashore, at sea or abroad. Naval reservists typically serve part-time on evenings and weekends throughout the year, and can volunteer to serve full-time.



PO1 Bendal is promoted to Chief Petty Officer Second Class by Fleet Maintenance Facility Commanding Officer, Capt(N) Chris Earl and Lt(N) Newman.



PO2 Fraser is promoted to Petty Officer First Class by Capt(N) Earl and Lt(N) Newman.



PO2 Lengyelto is promoted to Petty Officer First Class by Capt(N) Earl and LCdr Szabo.



Sgt McMahon Martin receives his Canadian Forces Decoration First Clasp from Cdr Andy Muir, Commanding Officer of RCSU (Pacific).



MCpl Burke receives her Canadian Forces Decoration First Clasp from Cdr Andy Muir, Commanding Officer of RCSU (Pacific).



Sgt Martin receives his Canadian Forces Decoration from Cdr Andy Muir, Commanding Officer of RCSU (Pacific).



MCpl Martin receives the Sea Service Insignia (Gun Metal) from Cdr Andy Muir, Commanding Officer of RCSU (Pacific).