

Image by Rachel Lallouz, Lookout

Sgt Moogly Tetrault-Hamel holds the Canadian Armed Forces Eagle Staff and joins Songhees Elder Elmer George in a prayer following the granting of permission for the military member to come ashore. Read the full story on page 8.



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Top General makes Operation Honour official

DND

General Jonathan Vance, Chief of the Defence Staff, issued the operation order for "Operation Honour" on Aug. 14, which is in place to stop inappropriate sexual behaviour within the Canadian Armed Forces, and increase the related support available to all of its members.

"Building on the work that has been done to date, this operation marks the beginning of a cultural change within the CAF, and it begins with this organization's leadership," said Gen Vance. "In the profession of arms, we learn to deal with issues head-on, and this op order sets out the way to reach our objective in a format that we, as members of the CAF, can easily identify."

Op Honour's op order has several key components of interest to CAF members. One is that much of the direction and guidance will come through the chain of command, not simply by the passing of information, but by ensuring everyone understands what constitutes sexual harassment, identifying those who may need help, and implement-

ing better reporting measures

Actions will be taken to ensure the chain of command can respond and better direct cultural change throughout the CAF on the issue of sexual harassment.

Of particular interest is the creation of the Sexual Misconduct Response Centre (Interim). This centre will provide a range of services to all CAF members, from providing empathetic listening to offering information on various investigative and complaint processes.

The Centre will operate outside the CAF chain of command, residing within DND and will come into existence Sept. 15. The "Interim" designation will remain in place until the Centre reaches its full capability within the next two years.

"The SMRC (I) will be put in place to support all members of the CAF," explained Gen Vance. "I fully support the creation of this centre as it provides an easily accessible resource where members who may be affected by sexual harassment in some form can receive assistance and guidance."

One other item of note described in the op order is the "Soldier's Card," which is a wallet sized document that outlines unacceptable behaviours, the expectations of proper behavior, and contact information to obtain help or report wrongdoing. The card presents this information in concise, quick-reference format.

"The Soldier's Card is to help ensure that all members of the CAF have no misconceptions about my intent and have readily available contact info should they need it," Gen Vance said. "The final objective for this, the SMRC and the other parts of this op order are designed to reach our ultimate objective of preventing inappropriate sexual behaviour in the CAE"

The op order itself and other details of Op Honour are available online through the Defence Team Site of the Defence Wide Area Network (DWAN).



Cpl Chase Miller, Canadian Armed Forces Imagery Technician

The Chief of the Defence Staff, General Jonathan Vance, signed the Order to formally commence Operation Honour, a concerted effort to combat harmful and inappropriate sexual behaviour in the Canadian Armed Forces, on Aug. 14 at National Defence Headquarters in Ottawa. Also present were (left to right): Brigadier General Steve Whelan, Acting Chief of Military Personnel; Chief Warrant Officer Helen Wheeler, CAF Strategic Response Team on Sexual Misconduct Chief Warrant Officer; Colonel Gisele Fontaine, Deputy Commander CAF Strategic Response Team on Sexual Misconduct; and Chief Petty Officer First Class Geoffrey Mctigue, Acting Canadian Forces Chief Warrant Officer.

Heath claims processing set to improve

DND

Public Works and Government Services Canada recently awarded a new Federal Health Claims Processing Service contract to Medavie Blue Cross. Responsible for managing CAF member claims for health care provided by third-parties. The new contract provides several improved features and services.

The CAF is responsible for health care services for its members. When medical attention is required, a CAF member is to first seek care from an available CAF Health Care Clinic. However, when certain services are not available from the CAF, or when faced with an emergency, health service may need to be delivered

by civilian providers, often outside of Canada.

Under this new contract, Medavie Blue Cross will adjudicate medical and dental claims according to Department of National Defence policies during these types of circumstances.

Furthermore, new features and services will also now be provided to all active CAF members.

Members will now have access to the Medavie Blue Cross Member Portal which will, among other features, allow users to track their claim reimbursements, locate a registered care provider in their area, and register for direct deposit of reimbursements.

Members will also receive a new Medavie Blue Cross Health Care Identification www.websitesiteweb.ca

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Members will receive a new Medavie Blue Cross Health Care Identification Card.

Card. The delivery of these cards will begin on Sept. 14 and continue until Oct. 2.

Current Blue Cross cards will remain valid during a transition period. The new cards will be delivered according to members' Unit Identification Codes.

Members who have not received their card by Oct. 31 will be able to order one on-line, via the Medavie Blue Cross Member Portal

For more information, members are welcome to contact their local CAF medical/dental clinic.





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FROM THE ADMIRAL

Now that a federal election is underway, I would like

to remind everyone that we represent the Department

of National Defence and the Canadian Armed Forces

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tions, it is paramount that Public Service employees

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Rear-Admiral Gilles Couturier

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August 24, 2015



Image by LS Ogle Henry, MARPAC Imaging Services
Derek Turner, a Second
World War Royal Navy veteran, is appointed Honorary Captain
(Navy) of HMCS Ottawa by Commander Sylvain
Belair, during the Change of Command Ceremony held onboard Ottawa's flight deck last month.

Ottawa names newest Honorary Captain

Katelyn Moores MARPAC PA Office

Moments after assuming command of *HMCS Ottawa* last month, Commander Sylvain Belair dubbed Second World War veteran Derek Turner Honorary Ship's Captain.

"I am honoured to recognize Mr. Derek Turner, a man I am fortunate to call a friend, and to share with you his story and military service," said Cdr Belair. "It speaks of duty, honour and sacrifice, which we all aspire to."

Turner was 17 years old

when he joined the Royal Navy in 1943, receiving his training as a diesel motor mechanic. He was then assigned to his first ship, HMS Domett, which was tasked with Atlantic escort duty out of Northern Ireland. He later joined the crew of His Majesty's Landing Ship Tank 11, a tank landing vessel, which completed 17 trips to Normandy during the D-Day landings.

Following the D-Day landings, he sailed on the same ship from Cardiff, Wales, to Calcutta, India, in support of the Allied Forces in Burma, who were fighting

the Japanese in the longest land campaign of the war. His landing ship provided vital assistance, transferring soldiers and vehicles to the effort.

After the Japanese surrendered in 1945, Turner served on a minesweeper for six months, sweeping the main shipping lanes from Burma to Singapore before returning to England in 1946. He immigrated to Burnaby, B.C. 11 years later and currently resides in Sooke, B.C.

"I take great pride in being named an Honorary Captain of *HMCS Ottawa*," said Turner. "This illustrates that there is, and always will be, a strong connection between those who have served and those who continue to serve now and into the future. For this I am truly proud to be Canadian."

During Cdr Belair's speech at the Change of Command Ceremony, he highlighted the importance of remembering the sacrifices and accomplishments of those who have served.

"We are all stewards of this great heritage and it is our duty to preserve the legacy of those brave men and women that have come before us," he said.

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Conflict resolution training goes online

DND

As many CAF/DND members are aware, the Conflict Resolution Centre West and North (formally known as the Edmonton and Region Dispute Resolution Centre-DRC) has for many years been offering courses in Alternative Dispute Resolution and conflict management.

Part of the mandate this year was to take the RCE (Resolving Conflict Effectively – three day) and create an online version to keep up with the organization's ever-changing technological demands and advances in education.

Starting this fall, CRC Edmonton will offer an online version of the RCE course in various locations throughout the Western and Northern region. This course has a self-study online component (nine

hours registered with DND Learn), as well as an in-class component (two days in class).

This course is an examination of workplace conflict theory and strategies within CAF/DND. The course discusses options for resolving conflict and assists to further develop effective communication skills.

Other topics include escalation theory, conflict management styles, and assumptions and perceptions. Each participant will learn how to effectively negotiate in a workplace conflict and will develop skills in the negotiation process. These skills are also adaptable to family conflicts and/or minor conflicts experienced by all of us in our day to day lives.

CRC West and North is comprised of both military and civilian practitioners. Currently, Kathy Elm is the regional manager. CWO Don Head

is the military advisor. MWO Marco Favasoli and Billy Bolen are training and promotion coordinators. Senior mediators are Alison Arnesen and Paula Drouin. Mediators are Anthony Bone, Brett Takeuchi and Barb Rix.

The services offered at the CRC are training, ADR consultations, formal mediation, group interventions and conflict coaching. All intervention processes are voluntary and confidential. Members and employees can either be referred by their chain of command or the member/employee can access services directly themselves.

All CRC services are available for all CAF/DND military, civilian members, contract employees and cadets. For more information call 1-855-202-7861 or visit www.forces.gc.ca/en/caf-community-dispute-resolution-centres/index.page.

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WHAT SAY YOU

People Talk

Lookout asked this question:

What is your favorite summer camp memory?



I went to a camp themed after the gold rush at Sprout Lake. The camp leaders painted rocks gold and got us to hunt for them.

ia got us to nunt for them. Brian Cox, MPU Esquimalt



This year I got auctioned off at Camp Goodtimes, which is a camp dedicated to children with cancer.

Maj Michael Lamire, MPU Esquimalt



I got to work with a group of professionals from the Toronto Symphony on one of my summer camps.

PO1 Karen Shields, Naden Band



My favorite camp experience was with B.C. Sports. They took us all to a BC Lions match.

PO2 Mark Tipper, CF Fleet School

Welcome to the Village

Lt(N) Amanda Kihn

Contributor

While I was on maternity and parental leave from the MARS trade, I learned two very important things about being the best mom that I can be: it's great to find a creative outlet for stress reduction, and I get by with a little help from my friends.

When I returned to work in May, I made it my mission to find a project that I was passionate about that could benefit the military community.

During a meeting with Priscilla at the Signal Hill Military Family Resource Centre, we developed my idea of "The Village."

Essentially it is a crafting workshop where parents can meet, forge new connections, and build a support network. The added bonus is the therapeutic stress reduction that happens naturally by working with our hands while talking.

I've learned that no matter what kind of day I've had, I can drastically reduce my stress if I take some time for myself. I really enjoy making things with yarn: my grandmother taught me to knit as a teen and I taught myself to crochet while I was in university. I also really enjoy teaching others my

During a meeting with Priscilla at the Signal Hill Military Family Resource Centre, we developed my idea of "The Village."

Lt(N) Amanda Kihn

crafts, so Priscilla and I agreed to do a pilot program of four sessions: repurposing old t-shirts, making bracelets, and teaching introductory crocheting, and knitting.

During our first gathering, I taught Janice how to transform her bleach stained t-shirt into a beach bag. Ekaterina learned how to braid four strands together for a trendy t-shirt headband. Melissa crafted a cheese-cloth bag, and I made a racer-back tank top out of one of my oversized maternity tops.

Sessions take place in the Regina Room at the Colwood Pacific Activity Guide from 9:30-10:30 a.m. on Tuesday mornings and children are welcome. Aug. 25 is learning to crochet and Sept. 15 is knitting basics. To participate in one of the upcoming sessions, register through the MFRC by calling 250-363-2640.



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August 24, 2015 LOOKOUT • 7



Katelyn Moores MARPAC PA Office

Preparation is the key to operational excellence. Sailors devote countless hours to sharpening their skills in order to maintain readiness throughout the fleet. As the Royal Canadian Navy (RCN) continues its high pace of operations and prepares to receive the future fleet, it is vital this readiness is maintained through training of its sailors.

Since 2010, over 150 RCN members have participated in the Regulus Program that facilitates exchanges with partner navies from around the world, providing unique training opportunities and exposing sailors to the diverse cultures of many allied navies.

Recently, Petty Officer Second Class Tony Goodwin was sailing with the Royal Navy aboard a Royal Fleet Auxiliary tanker. With 10 years of experience serving on the recently paid off Protecteur-class supply ships, PO2 Goodwin was assisting in the development of replenishment at sea (RAS) training opportunities for RCN sailors.

"I was identifying training opportunities for Royal Canadian Navy sailors onboard the Royal Fleet Auxiliary to help prepare our navy to receive the joint support ships and to help strengthen the already excellent ties we have with the Royal Navy," said PO2 Goodwin.

While sharpening sailor's skills, the Regulus program is also helping to strengthen relationships with allied nations, increasing interoperability and reinforcing the navy's commitment to international peace and security.

"This growing interoperability is vital to sustaining a relevant, world-class navy," said Lieutenant (Navy) Arthur Halpenny, Regulus Personnel Coordinator. "The Royal Canadian Navy is now more agile and capable to operate with partner navies, as the program not only builds relationships at the candidate level, but at the staff level as well."

Canada is currently

one of 10 countries participating in the program, which includes Australia, Chile, France, Ireland, New Zealand, Peru, Portugal, the United Kingdom and the United States.

Originally implemented as a way to get more RCN sailors to sea during a period of reduced sailing opportunities as a result of the Halifax-Class Modernization/Frigate Life Extension program, Regulus is now shifting focus. The resounding success of the program has shown its potential to address current capability challenges in order to ensure the RCN maintains operational excellence both at home and abroad.

"From the onset, Regulus was established to cover the Halifax-Class modernization period," explained Lt(N) Halpenny. "However, as the RCN continues to enjoy the direct, secondary and tertiary benefits of this program, including enhanced interoperability with naval partners, it is quite likely that it will be continued under a new mandate."

This new mandate will allow the RCN to maintain and develop expertise in areas such as Arctic navigation and RAS. A renewed Regulus program will make sure the RCN is ready to meet evolving missions with the future fleet.

As the program evolves, new potential partners have emerged in the navies of Denmark, the Netherlands, Norway and Spain. Members have also deployed to work non-traditional naval partners including the Japanese Maritime Self-Defense Force and the navies of India and Singapore. Training opportunities have included ice navigation, off-shore patrolling and icebreaker engineering.

Through exchanges with partner navies from around the world, Regulus will continue to employ RCN sailors abroad to maintain their training, development, qualifications and at-sea experience during a period of major, ongoing modernization and procurement within the fleet.



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August 24, 2015 LOOKOUT • 9 8 • LOOKOUT August 24, 2015

Historic visit to Victoria The Canadian Armed Forces Eagle Staff is brought by a traditional Coast Salish family canoe into Songhees and Esquimalt Nations territory on the afternoon of Aug. 19, in preparation for the Raven graduation ceremony.

Peter Mallett

Staff Writer

A hawk circled high in the bright blue sky and a family of otters splashed and frolicked by the shoreline as Sgt Moogly Tetrault-Hamel and paddlers from the Songhees nation headed for an inlet off Esquimalt harbour in a traditional Coast Salish family canoe last Wednesday.

In his hands was the Canadian Armed Forces Eagle Staff, a highly honoured and sacred icon of First Nations' people, similar to a nation's flag.

The military had brought their Eagle Staff for the Raven graduation, but before it could be used, First Nation protocol dictates that permission must be sought and accepted to bring the Eagle Staff into the traditional territories of the Songhees and Esquimalt Nations.

"It's really encouraging and important that members of the Canadian Armed Forces asked our people for permission to come ashore, and that they showed such a willingness to follow our traditions," said Songhees Nation Elder, Elmer George. "The Eagle Staff came by water and canoe because this is the traditional way of meeting outsiders coming into our community."

At 2 p.m. the canoe arrived on the shoreline behind the Esquimalt Nation's administrative

About 50 onlookers from both communities looked on from a rocky bluff as Sgt Tetrault-Hamel asked Elmer George for permission to come ashore. He gave his permission and then took a moment for prayer as the Eagle Staff made its official entrance into the territory of the Coast Salish Peoples.

"It was a great honour and I felt very blessed when I was asked to do this. It was hard to feel anything but pride as I walked ashore," said Sgt Tetrault-Hamel.

The Eagle Staff has great spiritual and cultural relevance for the people of Turtle Island (North America) MWO Grant Greyeyes, Aboriginal advisor with Army Headquarters, described it as a "highly honoured and consecrated object" and a

"conduit of prayer" for First Nations people. The CAF Eagle Staff was created in 2002 by two Aboriginal CAF members who have since retired. CPO2 Debbie Eisan and PO2 Chris Innes created the Staff that has become a travelling emblem for the CAF. It represents a symbol of unity and pride for all people in the Defence Team. "If you tie the two cultures of the military and Aboriginal together, we are now moving as one," said MWO Greyeyes. "This is a huge event because we now have a symbol that represents Aboriginal people, the CAF, and moreover all Canadians as a whole. Today's ceremony is really an acknowledgement by the Songhees and Esquimalt people of the CAF Eagle Staff, thereby giving it more legitimacy

After its arrival, the Eagle Staff was taken Work Point for the Raven graduation on Aug. 20.

& shopping nearby

Social room

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Guichon addresses the crowd at the Raven ceremony.

Ravens graduate from six-week program

Rachel Lallouz

Staff writer

Thirty-seven candidates from the Raven Aboriginal Basic Military Qualification course graduated Aug.

by Judith Guichon, Lieutenantgraduates into the Canadian Armed Forces (CAF).

opportunity to transfer to an Army Aboriginal communities.

or Navy Reserve unit, transfer to the Regular Force, or apply for the Aboriginal Opportunity Leadership Year at Royal Military College in Kingston, ON.

"I'm planning on joining the reserve when I get back to my home in The ceremony was presided over Surrey," says OS Karissa Brown, 22, who is of Métis heritage. "This pro-Governor of B.C. who welcomed the gram solidified my feeling that I want to earn my education through work."

Since Raven began 12 years ago, it Upon completion of the Raven has become a part of the CAF's comprogram, these First Nations, Inuit mitment to foster and build upon and Metis members were given the existing partnerships with Canada's







Raven graduates stand at attention during their graduation ceremony at **Work Point.** Images by Rachel Lallouz, Lookout

the Personal Acheivement Award.





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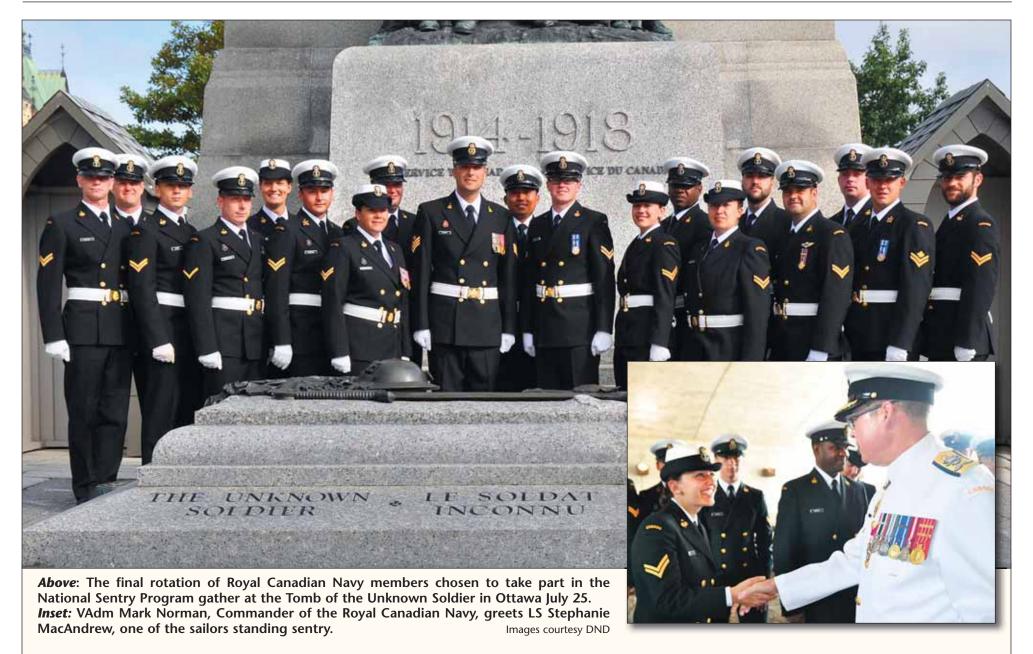
Canadian Armed

Forces Eagle Staff

snow, no two eagle staffs are the same. Here is what makes the CAF Eagle Staff unique: An eagle carving graces

- the top of this staff, flying to the creator to offer the prayers of all those assembled nearby.
- The 13 eagle feathers represent each calendar moon and First Peoples
- Canadian flag with an eagle feather followed by each provincial ter-
- ritorial flag who share this land with us; a Metis Sash, Ash Bow and Narwhal Tusk symbolizing the many peoples of one nation; and a blackened hand to honour all those who came before us.





Navy wraps up final sentry protection

DND

Bravo Zulu to the 19 members of the Royal Canadian Navy (RCN) chosen for the honour of standing sentry during the RCN's final, four-week rotation of the season at the National War Memorial in Ottawa. Their rotation began July 19 and wrapped up on Aug. 15 at one of the country's most important memorial sites.

The National Sentry Program chooses currently serving Canadian Armed Forces members from all across the country to represent their colleagues – and to commemorate the sacrifice of our fallen heroes – at the Tomb of the Unknown Soldier. The program reinforces Canada's commitment to remember and honour

those who have served the nation in times of war. It is a tremendous honour to be chosen to stand sentry at the Memorial.

Sentries are posted at the Tomb of the Unknown Soldier each day from 9 a.m. to 5 p.m. from April 9 to Nov. 11. While on sentry duty, CAF members must stand perfectly still, for an hour at a time, to pay their respect to the dignity and significance of the Memorial.

Members also have the opportunity to interact with visitors to explain the significance of standing sentry at the site.

The Royal Canadian Navy, Royal Canadian Air Force, and the Canadian Army each take turns with individual sentry rotations throughout the season.

The RCN's sentries were:

Petty Officer 2nd Class Josh Schmidt, Canadian Forces Fleet School Esquimalt

Master Seaman Douglas Flynn, HMCS Toronto

Leading Seaman Katherine Ballard, HMCS Chippawa

Leading Seaman Rebecca Charlesworth, HMCS Regina

Leading Seaman Steven DeRoo, HMCS Nansuch

Leading Seaman Steven DeRoo, HMCS Nonsuch Leading Seaman Stephanie MacAndrew, HMCS Star

Leading Seaman Patrick Maclellan, HMCS Queen Charlotte

Leading Seaman Travis Orr, HMCS Montréal

Leading Seaman Brendan Piper, HMCS Scotian

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Leading Seaman Daryl Powell, HMCS Ville de Québec

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Ordinary Seaman Marc Valade, HMCS Ottawa

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Tuesday, Sept. 15 @ 7 pm

Group C Men & Women Ages 46-55

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LOOKOUT • 11 August 24, 2015

Last days of summer, enroll your youth in the Tri-Cadet **Camp-out at Albert Head**

Rachel Lallouz Staff Writer

Youth wanting that last summer camping trip – with no parents - should look no further than the Tri-Cadets Camp-Out at Albert Head.

From Sept. 1 to 3, youth can camp out in tented bivouac sites and participate in air rifle marksmanship, canoeing, orienteering activities, hiking, and a range of sports, and discover what the cadet program is all about.

"The camp out's goal basic bush living and be

is simple: to promote fun, challenge, and making friends," says Lt(N) Cynthia Lawless, Commanding Officer of the Royal Canadian Sea Cadets Corps 263 and core organizer of the camp. "We are looking to develop teamwork and esprit de corps as well, all components of a well-rounded cadet."

Lt(N) Lawless says the value of the camp lies in its blending of activities from each of the three cadet elements: air, land,

Participants will learn

challenged to adjust to life in a large group with very little access to technology and amenities.

Senior cadets from across the island will help instruct the youth who are completely unfamiliar with cadet activities or skills, making it a truly youth-led event.

"Cadets excel the most through play and learning, whether on the water, in the bush, or on the field," says Lt (N) Lawless. "So these youth are going to thrive off the energy of each other during those three days."

Tri-Cadet Camp Out details:

- Cost: \$80 per person goes towards insurance fees, food and activities
- Registration Deadline: Sunday, Aug. 30
- Meals included: Lunch Tuesday to Lunch Thursday
- Who can participate: youth between 12-18 years of age
- To register, please email Lt(N) Lawless at 263Sea@ Cadets.gc.ca, call 250-213-8232, or drop in at 948 Dunford Avenue in Langford on Aug. 27 between 6:30 and 7:30 p.m. or Aug. 30 during the same hours.



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Clearance Diver Graduation Parade

Captain (Navy) James Clarke, Commander Maritime Operations Group 4, presented awards and certificates during the Clearance Diver Graduation Parade Aug. 7.



Images by: MCpl Chris Ward, MARPAC Imaging Services

Left to right: LCdr Chad Naefken, Commanding Officer Fleet Diving Unit Pacific; Capt(N) James Clarke, Commander Maritime Operations Group 4; CPO2 McDonald, Officer Cadet McDonald, and CPO1 Michael Feltham, Formation Chief Petty Officer; promote CPO2 McDonald to Chief Petty Officer First Class.



Lt(N) Dan Hawryluk receives his graduation certificate with retired clearance diver Ray Smith.



LS Jason Greene receives his graduation certificate with retired clearance diver Ross Brand.



LS Joel Lalonde receives his graduation certificate with retired clearance diver Bob Frank.



LS Barry Bremner receives his graduation certificate with retired clearance diver Drew Bremner.



LS Scott Clements receives his graduation certificate with retired clearance diver Roy Thiele.



LS Dylan Parker receives his graduation certificate with retired clearance diver John De Jong.



Lt(N) Sebastien Howard receives his graduation certificate with retired clearance diver Paul Luhowy.



LS Dustin Perry receives his graduation certificate with his father, retired clearance diver Junior Perry.



Lt(N) Samuel-Alexzander Mercier receives his graduation certificate with retired clearance diver Serge Vidalis.



LS Michael Laphen receives his graduation certificate with retired clearance diver Connie Constantine.



LS Brooks Robinson receives his graduation certificate with retired clearance diver Rob Mackay.

August 24, 2015 LOOKOUT • 13



with the Operational Service Medal for his efforts during CD. Operation Caribbe.



LCdr Colleen O'Brien presents Lt(N) Paul Pendergast LCdr O'Brien presents PO2 Jessica Cooley with her LCdr O'Brien award MCpl Lorie Starling with her



LCdr O'Brien presents Lt(N) Jeff Scheerer with the SSI Gun Metal.

Clearance Diver Graduation Parade Continued



MS Sebastien Guay receives his promotion to Petty Officer 2nd Class.



MS Jocelyn Birsson receives his promotion to Petty Officer 2nd Class.



Capt(N) James Clarke (left), with retired clearance diver Allan McRae, presents the Lucien Gilles DeChamplain Memorial Award to Lt(N) Samual Mercier.



Capt(N) James Clarke (left), with retired clearance diver Junior Perry, presents the Top Clearance Diver Qualification Level 5A Student Award to LS Dustin Perry.



Capt(N) James Clarke, with CPO1 Micheal Feltham (right), presents the Stephan Flynn Academic Achievement Memorial Award to Lt (N) Sebastien Harper and LS Dylan Parker.



14 • LOOKOUT CLASSIFIEDS August 24, 2015

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