

Volume 61 Number 12 | March 21, 2016

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

newspaper.com

GAME ON

Peter Mallet, Lookout
MCpl Anita Kwasnicki (left)
and MCpl Joanne Lyster
are in CFB Borden with the
Lady Tritons competing for
the national title in the CAF
National Women's Hockey
Championship. Read the full
story on Page 9.

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HMCS Vancouver furthers relations with Chile

SLt Sean Catterall
HMCS Vancouver

The final and perhaps most significant stop on the long journey south for HMCS Vancouver was a port visit to Chile.

This year marks the 75th anniversary of diplomatic relations between Canada and Chile. Chile is considered a priority country in the Government of Canada's Engagement in the Americas Strategy, and Vancouver's visit was reflective of this initiative.

On Monday Feb. 29, Vancouver conducted an underway replenishment with the Chilean Navy ship/vessel Almirante Montt 20 miles off the coast of Valparaiso. After having exercised exclusively with Almirante Montt for a period of five weeks this past summer, it was a familiar scene.

As Vancouver entered the port of Valparaiso the next day, the Chilean Navy's band played and Commander Maritime Forces Pacific, RAdm Gilles Couturier was present to

welcome Vancouver's crew to Valparaiso.

Shortly after arriving, key Canadian and Chilean naval staff, including a 15-sailor contingent from Vancouver, attended a wreath laying ceremony downtown in Plaza Sotomayor in honour of the sailors who fell during the Battles of Iquique and Punta Gruesa during the War of the Pacific in 1879.

Following the ceremony, tours of the ship were provided to Embassy staff and Consular Wardens prior to a Canadiana-

style reception, co-hosted by RAdm Couturier and Canadian Ambassador to Chile Marcel Lebleu, on Vancouver's flight deck.

After a four day port visit, Vancouver and crew departed Valparaiso in company with Chilean Navy ships Almirante Condell and Capitán Prat in order to conduct a 48-hour long PASSEX with the Chilean Navy in the waters to the south of Valparaiso.

Once at sea, Vancouver

had the privilege of operating with the Chilean submarine, SS Thomson, a P-295 Persuader LRPA, and Condell's organic helo, an AS 332C Cougar.

The PASSEX started with a helicopter cross-deck exercise and rolled into a combined surface gunnery exercise involving one of Vancouver's remote controlled Hammerhead targets. Shortly after, Vancouver participated in a series of evolving exer-

cises with the Type 209 diesel submarine as well as other warfare serials. The PASSEX was complete after Officer of the Watch manoeuvres and a PhotoEx.

The Chilean Navy once again proved to be skilled and professional in their execution of combined operations with the Royal Canadian Navy, integrating seamlessly despite language barriers and subtle differences in tactical procedures.

Photos by LS Sergej Krivenko, HMCS Vancouver

Left to right: Vancouver and Chilean Navy vessels Condell and Prat execute a sunburst formation during the Officer of the Watch manoeuvres serial.



Above: Vancouver enters Valparaiso on March 1.
Background: Photo taken from Chilean AS 332C Cougar helicopter of Wulff Castle in Via del Mar, a national historical monument.



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Ministers announce new remote naval weapons stations for install in Halifax Class ships

Rachel Lallouz
Staff Writer

Royal Canadian Navy warships have taken another step into the future.

Last week, two ministers were in town to announce the purchase and installation of remote naval weapons stations on the Halifax-class frigates.

Judy Foote, Minister of Public Services Procurement Canada, and Kent Hehr, Associate Minister of National Defence and Veterans Affairs Canada, announced March 15 two contract awards, valued at \$36 million, to Raytheon Canada Limited for the purchase of the remotely controlled gun stations.

The contracts ensure ongoing maintenance of the stations for up to five years, as well as the purchase of two

additional weapons stations for use in training, bringing the total number of stations to 58.

"This is part of the Government of Canada's strategy for renewing the ships and equipment of our navy," said Minister Foote. "We are providing modern weaponry systems to defend against naval and aerial threats in any situation."

Mark Nichol, President of Raytheon International Inc. in Canada, says the new weapons stations are high sensor platforms that will be located on the decks of the frigates and on the future Queenston-class Joint Support Ships.

He says that either a 7.6 light machine gun or 50-calibre heavy machine gun will be mounted on the stations.

The new stations will allow for defence against small boat and low-

slow flyer threats, and will allow operators to remotely observe and locate targets under various environmental conditions.

"These platforms will allow the crew to remotely control weapons installed on these mounts from within the ship, rather than outside," said Minister Hehr. "The new systems will provide increased security for the men and women who serve on our ships."

Currently, weapon stations on board the frigates require gun operators to be outside on the ship deck operating the guns.

The remote naval weapons stations are scheduled to be installed during docking work periods, which occur every 16 months in the operational life cycle of a ship. *HMCS Winnipeg* is due to be the first ship outfitted with the new stations in early 2018.



Cpl Stuart MacNeil, MARPAC Imaging Services

Above: Associate Minister of National Defence, Kent Hehr speaks with Lieutenant (Navy) Matthew Otoupal while visiting CFB Esquimalt March 15 for a procurement announcement of naval remote weapon stations to be installed in Halifax Class frigates.

Inset: A poster showing the new Naval Remote Weapons Station that was displayed at the announcement ceremony.

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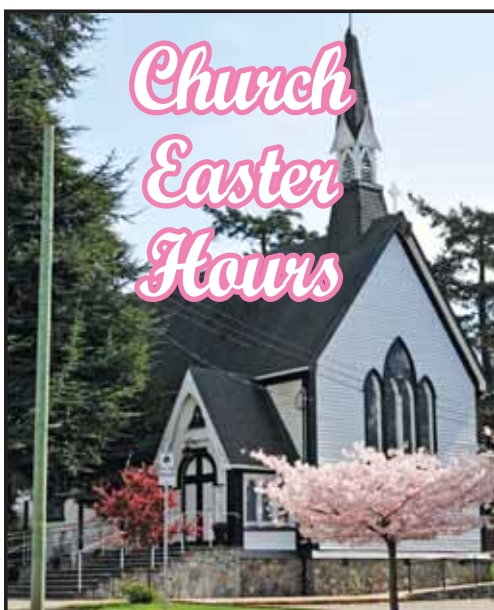
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- Holy Week Mass Schedule
- March 20: Palm Sunday Mass
- Naden @ 09:00hrs
- OLSS @ 10:30hrs

March 21: Holy Week Practice

- 18:30hrs in Colwood

**March 24:
Holy Thursday Mass**

- 19:00hrs in Colwood

**March 25: Good Friday
(The Lord's Passion) in
Colwood**

- Stations of the Cross @ 14:30hrs
- Celebration of the Lord's Passion @ 15:00hrs
- Individual Confessions after Celebration of the Lord's Passion
- Lenten Meal - in the annex

March 26: Easter Vigil Mass

- 19:30hrs in Colwood

March 27: Easter Sunday Mass

- Naden @ 09:00hrs
- OLSS @ 10:30hrs

matters of OPINION

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WHAT SAY YOU

People Talk

Lookout asked those who attended the March 6 Heroes Hockey Challenge.
What is your favourite moment as a hockey fan and why?



Watching an old video of Maurice Rocket Richard's curbstomp battle against a New York Rangers minor league tough guy who was called up to the NHL for the sole purpose of taking Richard out. The Rangers' plan failed miserably when Richard delivered a curbstomp to his opponent and proved that even a hired-thug couldn't take him out.
MS Ethan Okopski, Royal Canadian Sea Cadets, HMCS Rainbow



When Toronto Maple Leafs forward Darryl Sitler scored six goals and four assists in a game back in 1976 against the Boston Bruins. I'm a Canucks fan, but as an overall fan of the game that was a really special moment that stands out in my mind.

Lyle Ferrie



Sidney Crosby's goal that won Canada gold at the Vancouver 2010 Olympics. I was volunteering for the game's closing ceremonies and was in a giant tent with a huge crowd when he scored and people just went berserk, I'll never forget that moment.

Laurie Bedford



My first time at Maple Leaf Gardens in 1962 when the Leafs played the New York Rangers. Just being able to attend a game in one of hockey's greatest all-time shrines was an experience I'll never forget.

Richard Nuttall



Playing in a sledge hockey game for Canadian wounded soldiers against wounded soldiers from Britain during the Olympics at Canada Hockey Place in Vancouver. Former Minister of National Defence Peter MacKay played on our team and as soon as the British team found out the minister was on the ice they started hammering him with hits. It was all in good fun and he took it well.

MCpl (Ret'd) Paul Franklin, Heroes Hockey cofounder

Sea Training Pacific onboard for Montreal CH-148 Cyclone program

Fifteen members of Sea Training Pacific had the pleasure of working with HMCS Montreal to assist in an Air Workup with the new CH-148 Cyclone from March 2 to 4, immediately following a Directed Workup program.

This particular program was a milestone within the Royal Canadian Navy and Royal Canadian Air Force (RCAF) as it marked the first 100 percent CAF Air Detachment to perform trials and evaluations onboard with the CH-148 Cyclone.

The Helicopter Operational Test and Evaluation Facility, which is based out of 12 Wing, CFB Shearwater, have been busily testing and developing this new capability since the first models of the CH-148 were introduced.

This most recent step involves flying the Cyclone through a series of flight regimes and deck evolutions, known as Operational Test and Evaluation, and integrating an

Air Detachment onboard HMCS Montreal in order to progress the data collection and trials necessary for further development.

This Operational Test and Evaluation process is critical to progressing this exciting new capability towards a fully mission-capable maritime helicopter.

It was fantastic to see the Helicopter Operational Test and Evaluation Facility Air detachment come into its own in the early stages as the new department on the ship. It was also great to see the ship and detachment, sailors, pilots and avionics technicians come to a common understanding of the safety and emergency procedures, not to mention the difference in routine flying operations, that will be required when operating with Cyclone onboard.

For some junior RCAF technicians onboard, this was their first experience at sea as an Air Detachment, and they needed



to leverage the experience of those with more sea time. This is where the work we did as Sea Training was most enjoyable; it was truly a pleasure for myself and for our team, who have a vast amount of time watching ships operate with Sea Kings, to not only see the new CH148 in action, but to see the newer generation of officers, sailors and aviators start to take ownership of the new problems to solve, to

recognize where the work was going to be required to better integrate and to apply themselves diligently to the task at hand.

We wish the Air Det and the crew of the HMCS Montreal all the best and god speed, and we'll be following your continued work with the Cyclone with great interest.

**MWO Fabian Kenny
Sea Training Air Maintenance**

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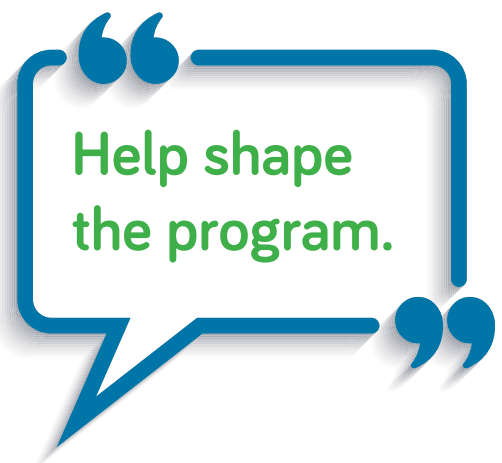
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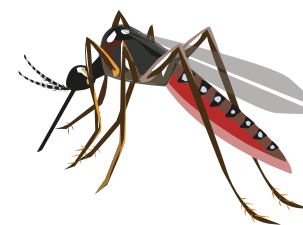
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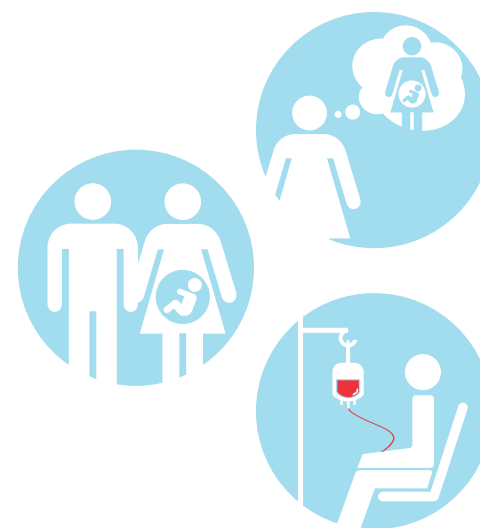
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For more information: Canada.ca/zika-virus



Retired navy cook brings comfort food to locals

Rachel Lallouz
Staff Writer

Nobody knows the importance of comfort food like Master Seaman (Retired) John Duncan.

The sailor spent 12 years dishing up his soulful creations to ships' crews until 1996 when he retired.

He tried working in the civilian world as Head Chef at Lester B. Pearson College in Metchosin, and then as a Food Service Manager at a senior's facility.

But he couldn't shake the itch to go it alone.

After a brief business course, he cracked open the doors of his own restaurant in 2003 - Dad's Soup and Sangys in Colwood, which later moved to 310 Wale Road.

The delectable array soups and sandwiches made entirely from scratch, down to the freshly-baked bread and slowly-simmered soup stocks, made a fast foody following. So successful he opened a second location at 2806 Jacklin Road last April.

"The biggest compliment I can get is not about the amount of money that someone spends in one of my restaurants, but the fact they come up to me and say 'that was the best soup I've ever had.' That's the kind of food I make for people," says Duncan.

Seven days a week, starting at 6 a.m., Duncan is in his kitchen, making salad dressings and stocks, helping bake bread, cooking roast beef and turkey for the sandwiches, and slicing veggies. He refuses to use preservatives and processed foods, does not fry anything, and supports his own community by buying local foods.

"Our house-baked roast beef on multigrain is just fantastic," says Duncan. "But we do a terrific grilled Reuben on homemade rye

bread as well, and of course, both are loaded with veggies and real cheese."

As for his soups, Duncan says his clam chowder and mulligatawny are tied in popularity.

"Soup always makes a person feel better. It's a comfort food," says Duncan. "When you're feeling down it's perfect. I always say that soup can cure a person of everything that ails them."

He credits his military training with the success of his small businesses.

"The military trained me to go and go, and I have to be multi-tasking constantly in two places at the same time, which is something I always had to do in the military," he says.

To visit a Dad's, stop by the Wale Road location between 10 a.m. to 5 p.m., or stop by the Jacklin Road location Monday to Friday from 7 a.m. to 7 p.m., on Saturdays from 8 a.m. to 6 p.m. or for Sunday Brunch from 9 a.m. to 2 p.m.

More information about Dad's can be found on the website: <http://dadsoup-sandsangys.com/>



Photos Peter Mallett, Lookout

Master Seaman (Retired) John Duncan serves up freshly made soup and sandwiches at one of his two restaurants.

Below: Dad's Soup and Sangys 2806 Jacklin Road location.



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Additional activities include:

SILENT AUCTION of ship memorabilia from various ARSBC reef projects

8:30 pm: PROJECT ABIS

(Annapolis Biodiversity Index Study) update by Donna Gibbs, research diver and taxonomist at the Vancouver Aquarium

10pm: 50/50 draw, raffle prize and Special Recognition Award



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Determined Lady Tritons face steep odds at hockey nationals

Peter Mallett
Staff writer

You can't blame the Lady Tritons coach, PO1 Dave Hillier for taking a "realistic" approach to this week's women's national hockey finals at CFB Borden.

After all, his team has a smaller player pool to draw from than the competition, little ice time, few organized games, and will be without their usual head coach. So the players and coaching staff know their chances of triumph at the Canadian Armed Forces Women's National Hockey Championship, March 19 to 24 at CFB Borden, are minimal at best.

"To be brutally honest, the girls having fun and being enthusiastic about playing hockey is all that really matters," says Hillier. "The true meaning of this competition is all about bonding, camaraderie, meeting and competing against other women hockey players from bases across the country."

The Lady Tritons placed fifth at last year's nationals and haven't registered a win at the tournament since 2014.

They open the round robin play against CFB Ottawa on March 20 (result unavailable at press time) and then play two games March 21 against CFB Halifax and tournament

host CFB Borden before their final preliminary round game on March 22 against Cold Lake.

While they are determined to earn a berth in the March 23 semi-final round of the five-team tournament, the Lady Tritons are well aware the deck is firmly stacked against them. Unlike most teams at the national finals, the Lady Tritons are constantly hamstrung by a small player pool, and the even bigger handicap of getting the players released for games.

"With us it's a situation of anyone who wants to be part of this team and is able to come with us," says defenceman MCpl Anita Kwasnicki. "Other teams can pick and choose from much larger player pools."

When the Lady Tritons do manage to get some playing time in against other local women's teams it's not in an organized league with standings and an organized schedule, but just an ad-hoc schedule of exhibition games.

Last week head coach Bob Clark, a senior analyst at Fleet School who has coached the team for the past five seasons, announced he would not be attending the tournament due to commitments, and that PO1 Hillier and injured forward A/SLt Sarah Halfkenny, another assistant coach with the team, would be taking over duties behind the bench.

"I'm definitely disappointed; you spend the season building the team and you're looking forward to seeing them compete and then you learn you won't get to see it," said Clark. "With the lack of numbers and player availability combined with many other factors it obvious that a lesser group of athletes would have cleared out their lockers long ago and walked away from playing. What an amazing group of ladies we have on this team."

At their final practice March 16 at Wurtele Arena, before they headed to Ontario, just eight players attended and they had no goaltender.

Despite the cascade of events working against them, that spirit of determination and pride of representing the base in a national championship wasn't lost on The Lady Tritons defence man MCpl Joanne Lyster.

"We are always underdogs, but we will still have a chance at success if we concentrate our efforts on defence, buy into what our coaches are saying, and play as a team," said MCpl Lyster.

The players and coaching staff say they are all hoping to continue building the team after the nationals conclude and wanted to spread the word that they are looking for all players of varying skill levels to come out and join them next season.

LADY TRITONS SCHEDULE

CFB Esquimalt Lady Tritons schedule for the Canadian Armed Forces Women's National Hockey Championship, Mar. 19 to 24 at CFB Borden (All times Eastern)

All games at Andy Anderson Arena

SUNDAY, MARCH 20
Esquimalt v Ottawa (Quebec) 2 p.m.

MONDAY, MARCH 21
Esquimalt v CFB Halifax (Atlantic), 9 a.m.

MONDAY MARCH 21
Pacific v. CFB Borden (Ontario), 6 p.m.

TUESDAY, MARCH 22
Esquimalt v. Cold Lake (Prairie), 9 a.m.

WEDNESDAY, MARCH 23
Semi-finals
Semi-final 1: 1st v. 4th , 9 a.m.;
Semi-final 2: 2nd v 3rd, 2 p.m.

THURSDAY, MARCH 24

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Naden Band welcomes teens

Rachel Lallouz
Staff Writer

Early on the morning of Friday, March 11, the Naden Band's rehearsal building was filled with eagerly chatting teens from Shoreline Middle School's Grade Eight Concert Band.

Students perched on the sides of the room ready to watch their musical counterparts play their instruments at the expert level.

"Not everyone has a band of this calibre in their backyard," says Chris Leeson, a music teacher in his third year at Shoreline. "The class this year is particularly keen, so they were really excited to be here."

Leeson, who grew up in Saskatchewan, explains that not all middle school students have the opportunity to hear a professional band perform.

"Students may not be exposed to hearing how their instrument is actually supposed to sound, so to hear them be played at this level is especially important for learning musicians," he says.

The 20-person student band started off their trip by listening to the Naden Band play a few songs, before Conductor

Lieutenant (Navy) Matthew Clark called on student volunteer Gabby Rush to conduct the Naden Band herself.

The two bands then merged, as student musicians paired up with members of the Naden Band, playing their instruments along with the professionals.

Chief Petty Officer Second Class Brayden Wise, a double bass player with the Naden Band, had the pleasure of playing alongside his son, Elijah Wise, 13, who is part of Shoreline's Grade Eight Concert Band.

"This kind of experience is great for the kids because you never know how you'll reach a student," says CPO2 Wise, who was inspired to become a musician when he heard the Naden Band play in ninth Grade.

His son was quick to chime in. "I loved listening to the music and getting to play with everyone," he said.

After a resounding band classic "When the Saints Come Marching In", Lt(N) Clark disclosed his own piece of advice to the novice musicians, imparted to him by his father:

"Figure out what it is that you love more than anything in the world and then run after it," he said. "Throw everything you have into it."

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Remembering Ray English

On the morning of Sunday, March 13 family and friends of Raymond Charles English gathered in the Bonaventure Room at the Pacific Fleet Club to celebrate his life.

Ray's combined military and civilian career at CFB Esquimalt spanned 53 years. From 1963-1978 he served in the Royal Canadian Navy before spending 37 years as an electrician with Fleet Maintenance Facility Cape Breton.

Ray's son Reine was first to offer a moving tribute to his Dad. Reine spoke of his father's love for his family and his lifelong connection with the game of baseball. He remembered how proud Ray was to watch his grandson play.

Christian MacRae, a long-time colleague of Ray, invited friends to come forward and remember him in words. Recollections included Ray's abilities and great sense of humour, and people paid

tribute to his remarkable career at CFB Esquimalt.

Commander Dan Horan, FMF CB Operations Manager, closed the celebration with the unveiling of a plaque in Ray's honour.

Electricians from the HMCS Victoria were on hand to raise a glass in memory of Ray.

Special thanks must go to Phil Venoit and the members of IBEW Local 230 for their generous support of this event.

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Primary Leadership Qualification Course Graduation and awards

Photos by Cpl Brent Kenny, MARPAC Imaging Services
Rear Admiral Gilles Couturier was the Reviewing Officer, and presented awards during the Primary Leadership Qualification Course 0064 graduation parade, held at the Naden Seamanship Division Drill Deck, CFB Esquimalt on Feb. 23.



The Ou'appelle Section received the Esprit de Corps Award and Commander's Coins for the section who best displays the qualities of esprit de corps, team work and co-operation.



LS Astles receives his graduation certificate.



LS Dallard receives her graduation certificate.



Cpl Blanchette receives her graduation certificate.



MS Breckon receives his graduation certificate.



LS Christenson receives his graduation certificate.



LS Fischer receives his graduation certificate.



MS Gendron receives his graduation certificate.



LS Gillis receives his graduation certificate.



MS Henderson receives his graduation certificate.



LS Hickford-Kulak receives his graduation certificate.



MCpl Hill receives her graduation certificate.



LS Jack receives his graduation certificate.



LS Jensen receives his graduation certificate.



LS Jones receives his graduation certificate.



LS Knight receives his graduation certificate.



Cpl Lafrance receives his graduation certificate.



Right: CPO2 Feltham (left), Maritime Forces Chief Petty Officer, presents MS Sinclair (right) with the Formation Chief Petty Officer's Award for the graduate who displayed exceptional qualities of leadership, cooperation with class mates, enthusiasm, personal integrity and ability to inspire team spirit.



CPO2 Scalabrini Primary Leadership Qualification Senior Instructor, presents MS Sinclair (right) with the Primary Leadership Academy Drill Trophy.



MS Landry receives her graduation certificate.



LS Limoges receives his graduation certificate.



MS Lourenco receives his graduation certificate.



Cpl Marois receives her graduation certificate.



Cpl McCutechon receives her graduation certificate.



MS McGregor receives his graduation certificate.



MS McKernan receives his graduation certificate.



LS Mclean receives his graduation certificate.



LS Mongeau receives his graduation certificate.



MS Sinclair receives his graduation certificate.



MCpl Warick receives his graduation certificate.



MS Whiten receives her graduation certificate.



LS Williamson receives his graduation certificate.



MS Williamson receives his graduation certificate.



Master Seaman Lourenco is awarded the General Campaign Star - South West Asia medal.



LS Gillis receives the top student award for the student with the highest academic from Don Cook representing the Chiefs and Petty Officers Association (left).

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