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Minister welcomes Regina back to the fleet



Ed Dixon, MARPAC Imaging Services

Above: Minister of National Defence Harjit Sajjan addresses the crowd at a ceremony to celebrate the successful transfer of HMCS Regina back to the Royal Canadian Navy. Regina is the last frigate on the West Coast to be modernized under the Halifax-Class Modernization / Frigate Life Extension Project.

Right: Minister Sajjan speaks with family members as they welcome home crew members of HMC Ships Edmonton and Saskatoon. The two Kingston-class coastal defence vessels and their personnel had just completed a six-week deployment in the Western Pacific as part of Operation Caribe, Canada's ongoing contribution to Operation Martillo, the multinational campaign against transnational criminal organizations in the Pacific Ocean and Caribbean Sea.

Pick up next week's Lookout for articles about the minister's visit to CFB Esquimalt.



Cpl Brent Kenny, MARPAC Imaging Services

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Chilean ship assists disabled Canadian vessel

Peter Mallett
 Staff writer

The crew of the Chilean Navy supply ship *Almirante Montt* are being recognized by the Royal Canadian Navy (RCN) for assisting a stranded Canadian fishing boat.

The Chilean ship is in town as part of short-term Mutual Logistic Support Agreement between the RCN and the Chilean Navy, which concludes in June.

On the afternoon of April 18, the 20 metre fishing vessel *North Isle*, adrift in the waters near the entrance to the Strait of Juan de Fuca off Port Renfrew, called for help on its radio after suffering a blown hydraulic line. The damaged line, which operates the ship's net-recovery system, could not be cut free, and its submerged nets were greatly hampering maneuverability and passage through the water.

Almirante Montt was on patrol in the vicinity and responded to the request for assistance. They arrived on the scene at 5:30 p.m. Four Chilean sailors, with the necessary tools to make repairs, sped off to the fishing vessel via a Rigid Hulled Inflatable Boat (RHIB). Working with the crew, the sailors successfully installed five new hydraulic connectors.

"I was pleased to learn they were able to assist the crew of the *North Isle* and get them back on their way," said Lt(N) Travis Bain, MARPAC Tanker Support Liason Officer, the point of contact for the supply ship. "I think that it's great having them here to help support us with our RAS [replenishment at sea training], and also an added benefit they were able to successfully assist the distressed fishing vessel that was in a potentially dangerous situation."

Almirante Montt stayed on scene until after midnight when the *North Isle* was able to successfully recover its nets and get underway.

The Chilean sailors involved in making repairs were Lt(N) Carlos Paz, Sub Official Claudio Finlez, Sargento Jaime Oñate, and Cabo Frank Zamora.

Almirante Montt arrived at CFB Esquimalt April

4. The Mutual Logistic Support Agreement was made to provide RCN sailors with essential operational experience to operate the Queenston-class supply ships once they are delivered. The latest effort follows a similar support agreement in 2015 where *Almirante Montt* supported and conducted naval operations with *HMCS Calgary* and *HMCS Vancouver*.



Photos DND

Above: A view of the disabled Canadian fishing vessel, *North Isle*, as seen from the deck of Chilean Navy Supply Ship *Almirante Montt*.

Top Right: Crew members from the *North Isle* and *Almirante Montt* pose for a group photograph after making emergency repairs.

Bottom Right: Crew members of the *Almirante Montt* repair the broken hydraulic lines aboard the *North Isle*.

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ANZAC Day celebrated on board Ottawa

SLt Melissa Cserhazi
MARPAO PAO

As the sun rose over *HMCS Ottawa's* flight deck, members of the Royal Canadian Navy and the Royal New Zealand Navy paraded to commemorate ANZAC Day, which is celebrated annually on April 25.

Known collectively as ANZACs, the Australian and New Zealand Army Corps, along with the Royal Newfoundland and Irish Regiments, landed at Gallipoli, Turkey, during the First World War as part of the Allied expedition. The broad military goal of the campaign was to open up access to the Black Sea and to take the Ottoman Empire out of the war.

ANZAC Day took on a special meaning for MARPAO this year with 12 New Zealand sailors training on board Pacific Fleet ships since January.

"ANZAC Day is important for us New Zealanders as many of our mates back home have family members that fought at ANZAC Cove," said Able Marine Technician (AMT) Jared Bryant, one of four New Zealand sailors training on board *HMCS Ottawa*.

"It is an honour to mark this special day of remembrance with them," said CPO1 Alden Darragh, Coxswain of *Ottawa*. "It has been a pleasure to sail with these young New Zealanders and to see them join together with the crew of *HMCS Ottawa*. Our ceremony showcased the importance of

serving with our allies and being able to mark the passage of their day of remembrance."

The ANZACs landed on the Gallipoli Peninsula early on the morning of April 25, 1915. The landings were a disaster, with thousands of allied troops gunned down by enemy fire at the base of a steep cliff. By the end of the battle 10 months later, it's estimated Australia had lost 8,159 service members and New Zealand had lost 2,721.

Though the campaign failed to achieve its military objectives, the actions of the Australian, New Zealand, Irish and Newfoundland regiments built a lasting legacy and national identity.



Corporal Blaine Sewell, MARPAO Imaging Services

Rear-Admiral Gilles Couturier, Commander Maritime Forces Pacific addresses *HMCS Ottawa's* New Zealand crew alongside Chief Petty Officer First Class Mike Feltham, Formation Chief Petty Officer, and Commander Sylvain Belair, Commanding Officer of *HMCS Ottawa*, right after the pre-dawn ceremony marking the annual day of remembrance known as ANZAC day on April 25.



Corporal Blaine Sewell, MARPAO Imaging Services

Rear-Admiral Ron Lloyd, Deputy Commander, presents Vice-Admiral Cristian de la Maza Riquelme, Chief of Staff and Deputy Commander of the Chilean Navy, with photography book about early coastal British Columbia, "Light on the Water" by Keith McLaren, during Navy Staff Talks on April 25.

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People Talk

With hockey playoffs in full swing, *Lookout* asked people at the base their favourite NHL playoff moment and why?



It has to be being in the crowd with my brother at Game 7 of the 1986 Smythe Division Final between the Edmonton Oilers and Calgary Flames in the Saddledome. The magical moment for me occurred late in the third period when the Oilers tipped a puck off the leg of their own goaltender Grant Fuhr and into their own net to win the game for the Flames. Since I was a huge Flames fan as a teenager I was overjoyed.

**Capt(N) Christopher Earl,
FMF CB**



Watching Flames captain Lanny MacDonald celebrate and hoist the 1989 Stanley Cup trophy in Calgary's win over Montreal because I'm a huge Flames fan; so No. 9's last NHL game will always be fresh in my mind.

**Lt(N) Karl Chan,
HMCS Chicoutim**



I'm from Saskatchewan but am a long-time Oilers fan and was living in Edmonton during the 2006 Stanley Cup. My favourite memories of the series include an overtime goal for the Oilers' Fernando Pisani to win Game 5, and a Game 6 shutout for Oilers goaltender Jussi Markkanen. We didn't beat the Carolina Hurricanes in the Stanley Cup, but it was still another great time to be an Oilers fan.

**MCpl Anita Kwasnicki,
Base Logistics (BLOG)**



I grew up in Edmonton so my top moment was when the Oilers were playing the New York Islanders in 1984 and won their first-ever championship. Winning the series confirmed the Oilers were the best team in the NHL and would be for a number of years. Everyone in the city seemed to be huge hockey fans and the victory created a huge feeling of unity in the community.

**LCdr Rick Kappel,
MARPA HQ**

SPORTS trivia

By Stephen Stone and Tom Thomson
Contributors

1. What three races make up the Canadian Triple Crown of Thoroughbred Racing?
2. What is the oldest continuously-run stakes race in North America?
3. Which horse was the first winner of the Queen's Plate?
4. Who was the first reigning monarch to attend the race?
5. How many times has Queen Elizabeth II attended the race?
6. How many times did Queen Mother Elizabeth attend the race?
7. What is the Queen's Plate's nickname?
8. Which owner has had the greatest success at the Queen's Plate?
9. Three owners have won both Queen's Plates and King's Plates. Who were they?
10. What three races make up the Triple Crown of Thoroughbred Racing (United States)?

1. Queen's Plate (Woodbine Race Track in Toronto), Prince of Wales Stakes (Fort Erie Race Track, Fort Erie, Ontario), and Breeders Stakes (Woodbine).
2. The Queen's Plate. It received royal assent by Queen Victoria in 1859 and was first run on June 27, 1860, at Carleton Place Race Course in Toronto.
3. Don Juan, ridden by Charles Littlefield, was declared the winner by Sir Casimir Czerwinski, president of the Toronto Turf Club, following three heats and a delay of two weeks.
4. George VI (with his Queen consort, Elizabeth) attended the race (called the King's Plate) in 1939 at Woodbine. The race was won by Archwood.
5. Four - 1959 (100th running) won by New Providence, 1973 won by Royal Chocolate, 1997 won by Awesome Agate, and 2010 won by Big Red Mike.
6. Eight - 1939, 1962, 1965, 1974, 1979, 1981, 1985, and 1989.
7. The Gallop for the Guineas. The traditional prize, instituted by King George I, for any race involving official sanctioning by British royalty is 50 guineas. The odd thing is that the Queen's Plate is not actually a plate but a gold cup about one foot tall and the 50 guineas are not actually guineas but sovereigns since the minting of guineas was discontinued during the reign of George III.
8. The Seagram family of distillery fame went to the winner's enclosure 20 times from 1891-1935 including eight times in succession from 1891-1898 and 10 times in 11 years from 1891-1901.
9. Joseph E. Seagram (during the reigns of Queen Victoria, King Edward VII and King George V), William Hendrie (Queen Victoria and King Edward VII), and Windfields Farm owned by E. P. Taylor (George VI and Elizabeth II).
10. The Kentucky Derby (Churchill Downs, Louisville, Kentucky), The Preakness Stakes (Pimlico Race Course, Baltimore, Maryland), and The Belmont Stakes (Belmont Park, Elmont, New York).

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Regulus Exchange gives New Zealand sailors a head start

Sonya Chwyl
MARPAAC PA Office

Four New Zealand sailors have travelled more than 14,000 kilometres to join Royal Canadian Navy (RCN) sailors in *HMCS Ottawa* as part of the Regulus exchange program. They are part of a 30 person contingent sent to work with the RCN.

Since January, the Royal New Zealand Navy (RNZN) sailors have adjusted to life aboard a foreign navy ship, having to learn where everything is located in the Canadian frigate, and finding their place within the ship's crew and culture.

"Everyone has been very welcoming," said Able Marine Technician (AMT) Tomi Fataaiki. "It's a super friendly atmosphere and the culture is very similar to back home, so we clicked straight away."

The New Zealanders perform the same duties as their Canadian counterpart, Ordinary Seaman Marine Engineers.

"All four New Zealanders have been working diligently alongside the Canadian

crew," said Lieutenant (Navy) Jeff Benson. "They're all fully integrated, and they're expected and capable of doing all the tasks of any other Ordinary Seaman Marine Engineer."

All four have become qualified Engineering Roundsmen. Ordinary Marine Technician Damon Dick-Carson has also achieved certification as an Emergency Response Roundsman and AMT Fataaiki is now a qualified Canadian Patrol Frigate Damage Control Roundsman.

AMT Fataaiki says the exchange program has been an excellent way to kick-start his naval career.

"It's been exactly what I was hoping for. The knowledge I've gained here will be really useful, because a lot of the same equipment will be installed on the RNZN's ships soon. It's a great way to get ahead of the game."

Before they return home at the end of June, the New Zealand sailors will be qualified to operate all the auxiliary machinery systems on board Halifax-class frig-



From left to right: New Zealand sailors Able Marine Technician (AMT) Vance Bell, AMT Robert Jackson, AMT Tomi Fataaiki and Ordinary Marine Technician Damon Dick-Carson work on board HMCS Ottawa.

ates, which means they'll be capable of working with the RNZN's upgraded ships as soon as they complete their own modernization process.

The Regulus program

was originally conceived during a time of reduced sailing opportunities when many Canadian ships were undergoing upgrades as part of the Halifax-Class Modernization/Frigate

Life Extension Program. Through Regulus, RCN sailors could participate in international exchanges with partner navies, enabling them to keep their skills sharp by working and train-

ing on board foreign vessels. In addition to helping sailors gain valuable practical knowledge, exchanges to foreign countries provide exposure to a wide range of diverse cultures.



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Malahat gives public a glimpse into life at sea with the Naval Reserve

PO2 Emily Agopsowicz
HMCS Malahat

On April 16, family and friends of HMCS Malahat eagerly crossed the brow of an Orca-class Patrol Craft Training (PCT) Vessel moored alongside Malahat in anticipation of a day at sea learning about what Naval Reservists do.

The all-ages Family Appreciation Day gave guests the opportunity to try out their "sea legs" while onboard PCT Grizzly 60 as they were shown a variety of demonstrations including high speed manoeuvres and a Man Overboard Exercise.

Back at Malahat, a Rigid Hulled Inflatable Boat (RHIB) and Hurricane were available for public rides in and around Victoria's Inner Harbour. The day-long event included a bar-becue lunch served by the Malahat ship's company in the Wardroom.

Penelope Tew's son

John Law is an Orca Class Engineer and Resource Management (RMS) Clerk at Malahat. She was delighted to get a chance to see the ship her son is trained to work on.

"I found the event to be a lot of fun. The man overboard drill was informative. In fact, everything was entertaining and educational. The helm was my own for a few minutes as we wiggled our way toward lunch. The best part of the day was seeing the sailors in action. I'll go again," said Tew.

"The intent of this exercise was to maximize the opportunity for friends and family, as well as cadets, to sail in an Orca for a few hours for at-sea activities and familiarization," said LCdr Michael Lawless, Commanding Officer of Malahat and Officer in Charge of PCT Grizzly. "This was also an opportunity for Malahat ship's company to progress at-sea training requirements,

as well as individual trades and skills refresher training. Without the tremendous support of our family and friends, Malahat would not be able to carry out her training mission, and this is a small way to recognize that contribution and say thank-you at the end of another successful training year."

The next day, over 20 cadets from Royal Canadian Sea Cadet Corps (RSCC) Rainbow, Beacon Hill and Admiral Mainguy were invited for a day at sea on the Orca with crew from Malahat. Cadets were given the opportunity to practice seamanship skills and experience a day at sea. The cadets participated in training evolutions alongside trainees from Malahat who were working on "Know Your Ship" books and Naval Environment Training packages. The cadets and sailors from Malahat all had a great day at sea with cadets gaining practical exposure to the Royal Canadian Navy and its Naval Reserve.



PO1 Albert Van Akker, HMCS Malahat

Penelope Tew receives some driving instruction from Leading Seaman Manuel Dussault-Gomez during HMCS Malahat's annual Family Appreciation Day.

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Scottish Starburst by the Sea: Army and Navy join forces for training exercise

SLT Rudee Hastie
 HMCS Malahat

Navy and Army Reserve units from across Vancouver Island joined forces April 1-3 for Exercise Scottish Starburst in the waters around Victoria Harbour, Esquimalt Harbour, and the training areas at Albert Head and Rocky Point.

The joint exercise entailed diving and small boat operations to insert and extract troops engaged in a land-based scenario. Participating units included HMCS Malahat, the Canadian Scottish Regiment, 39 Brigade Signals Regiment, 11 Service Regiment, 11 Field Ambulance and 5th (BC) Field Artillery Regiment.

While spring time small boat exercises – designed to provide training opportunities for members to

maintain individual and collective skills – are a normal training event for Malahat, this year's exercise was a much larger affair. With more than 100 sailors and soldiers from eight Reserve units coming to Victoria from as far away as Comox, it was a great opportunity for joint training and familiarity.

The exercise began on Friday evening with broad-scope and unit-specific briefs and drills at Malahat. This was followed by an opportunity to meet members from other units over the time honoured navy tradition of a hot bowl of soup from the galley.

On Saturday morning, the units jointly deployed by land and sea to set up a forward operations centre at Albert Head. Each unit focused on providing their specialized skills in support of the exercise.

Malahat's boats deployed to insert Army forces into their land element scenarios. Crews then carried on with small boat and diving operations, but remained available to respond to exercise requirements such as a medical evacuation and water-borne resupply to units at Rocky Point.

39 Signals Regiment provided communications support and 11 Field Ambulance sustained a medical evacuation scenario, both at the Operations Centre and as embedded members of the patrols.

On Sunday morning, Malahat's boats returned to Rocky Point to transport soldiers back to Malahat.

"It was a highly successful weekend," said Lieutenant-Commander Michael Lawless, Commanding Officer of Malahat. "It's vital that we, as reserv-

ists in any element, keep our trade skills active and sharp. This weekend provided the opportunity to exercise our own capability, and to explore and expand our capacity for interoperability with our Army counterparts. If we are ever called upon to work together in other ways, for example to assist civil authorities in the event of a natural disaster, then the relationships forged here will help us to be most effective."

When the exercise wrapped up, the only question that remained was what to call the end-of-exercise barbecue – an Army 'Smoker' or a Naval 'Banyan'. Ultimately, as Malahat hosted the overall exercise, a 'Banyan' was held, which was enjoyed by all and provided an excellent finale to a great training weekend.



Photo by Cpl Gavin Kennedy

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This year, the week falls on May 1 – 7. The motto for NAOSH week is always "Make Safety a Habit" but the specific theme for this year is "What's your reason?" The purpose of the week is to focus employers, employees and the public on the importance of pre-

venting injury and illness in the workplace, at home and in the community.

To highlight the importance of safety at MARPA, an awareness campaign will be held. Information, including articles and videos, will be available on the Splash Screen and included into safety briefs.

Safety in the workplace applies to all workers, including those of us sitting at desks. For instance, ergonomic-related injuries in 2015 accounted for roughly 42 per cent of injuries at MARPA, (157 Civ/28 CAF). These injuries resulted in 1,136 days lost. The top three injuries were: back (23 per cent),

hand/finger/wrist (17 per cent) and knee (8 per cent).

Ergonomic assessments

For more info on the Ergonomics Program on the DND intranet site, visit http://esquimalt.mil.ca/fse/MARPAC_SEMS/FSEMS/Directive_Page_Folders/Dir%20S9.htm. Also at <http://vcds.mil.ca/sites/intranet-eng.aspx?page=14251>.

For inquiries regarding safety at MARPA, contact your Unit General Safety Officer or Formation Safety and Environment at Safety@FSE@Esquimalt or 250-363-2570.

For information on NAOSH week, visit www.naosh.org.

Babcock retains hockey title

Peter Mallett
Staff Writer

The men and women who maintain Pacific Fleet submarines have another year to gloat over those who sail in them.

In a 5-4 shootout hockey game, Babcock Canada Inc. once again bested a team of Royal Canadian Navy (RCN) Submariners in their annual hockey challenge at Wurtele Arena on April 22.

The submariner team, made up of personnel from *HMC Submarines Chicoutimi* and *Victoria*, didn't give up the win easily. With just 19 seconds left in the third period, they sent the VISSC (Victoria Class In-Service Support Contract) Challenge hockey game into overtime after scoring the equalizing goal. But then Robert Cookson of the Babcock Blues converted his game-deciding penalty shot to help his team edge out their navy rivals 3-2 in the fifth round of the tiebreaking overtime.

"They really got us this time. It will just build up the rivalry for next year," chuckled *Victoria's* MS Douglas Mack in a good-natured reaction to the defeat.

The Blues, made up of employees from Babcock Canada, Seaspan Victoria Shipyards and BC Ferries, tapped their sticks on the ice and cheered as they were presented with the VISSC trophy.

Bragging rights and nail-biting finishes aside, MS Mack reacted to the loss like most of his teammates, who were brimming with smiles despite the disappointment at the conclusion of the game. He explained the reason for the tournament is more about building "friendships and camaraderie" with the people who build and keep the RCN's subs running than the final

score of the game.

The Blues team captain, LCdr Mark Russell (Ret'd) may have had the biggest smile of any of the players.

"It really was a very exciting game that could have gone either way and we pulled it out in the shootout," said Russell, Principal Naval Architect at Babcock, who was Naval Architect Officer at Fleet Maintenance Facility Cape Breton prior to his retirement in 2009. "Tonight was just a great way to help raise team spirits on and off the ice through some solid esprit de corps."

The submariners' team manager Lt(N) Karl Chan, Combat Systems Engineering Officer of *HMCS Chicoutimi*, said players on both teams were

missing the presence of regular participant and practical joker Dave Norton. Norton, a retired C2 stoker submariner, was instrumental in helping shape LCdr Darrel Keys's (Ret'd) dream of the annual competition. Unfortunately, Norton was unable to attend this year's event.

"He is the original prankster and point man between the RCN and Babcock and we missed his presence," said Lt(N) Chan.

For the first two years of the event, Norton, who describes himself as a "washed up hockey player", took on the responsibility of organizing the annual event while adding some good-natured Shenanigans and pranks to the mix between the two teams.



Peter Mallett, Lookout

Babcock Blues Team Captain Mark Russell (right) accepts the VISSC (Victoria Class In-Service Support Contract) Hockey Challenge Trophy. The Blues retained their title with a 5-4 shootout win over the RCN Submariners at Wurtele Arena on Apr. 22.

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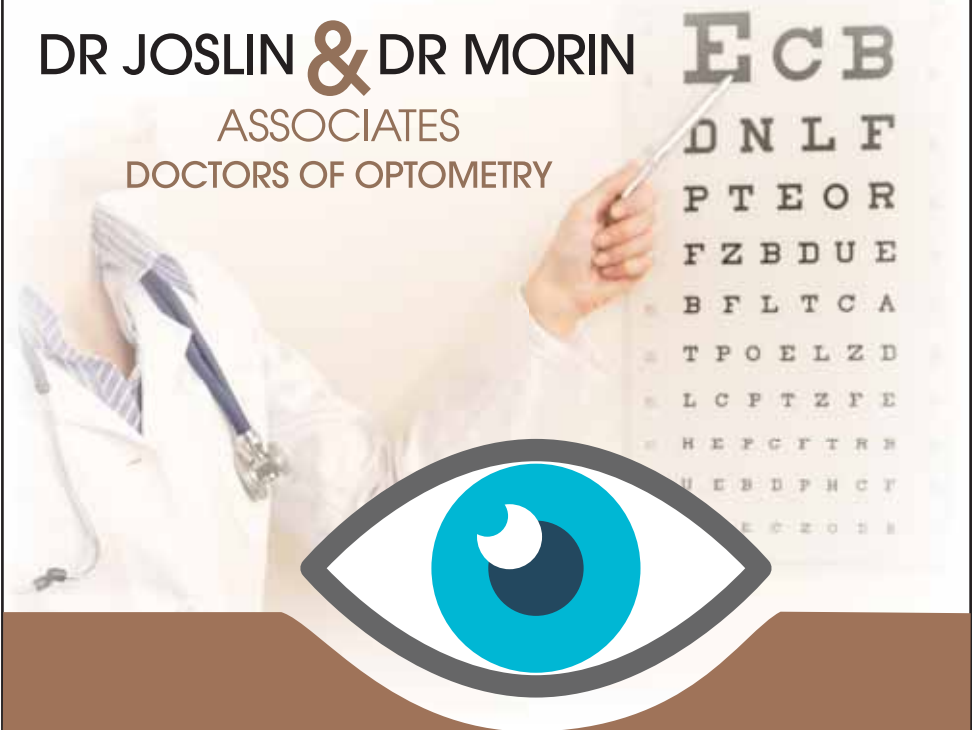


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Athletes attracting high-ranking fans

Peter Mallett
Staff Writer

When the spotlight shines on Canada's Victoria-based 2016 Invictus Games military athletes in Florida next week, they will have the support of a top Canadian sportsman.

Peter Lawless, Canadian Olympic Committee vice president and high performance coach, has been training the retired military athletes for the May 8 to 12 Games at the ESPN Wide World of Sports Complex at Walt Disney World Resort.

The Invictus Games are an international Paralympic-style multi-sport event in which wounded, injured or sick armed services personnel and their associated veterans take part in sports, including wheelchair basketball, sitting volleyball and indoor rowing. Named after Invictus, the Latin for "unconquered, undefeated", the event was inspired by the Warrior Games, a similar event held in the United States. The first Invictus Games took place in 2014 at the Queen Elizabeth Olympic Park in London, England.

Lawless, 45, has 25 years of experience training Olympic and Paralympic track and field, cycling and sailing. At the Invictus Games he will coach Canada's team in

cycling, track and field and indoor rowing.

In January, he began regular training sessions for local athletes LS (Ret'd) Bruno Guévremont, LS (Ret'd) Stéphan Moreau, MCpl (Ret'd) Adam Cyr, OS (Ret'd) Mike Seinen and Cpl (Ret'd) Andrew Murphy.

Lawless, who spent 17 years as an army reservist in Vancouver and Victoria, and is also the brother of HMCS Malahat's LCdr Michael Lawless, quickly realized that becoming involved in the Invictus was a perfect fit for him.

"These athletes I am coaching are people who have put their lives and bodies on the line so that others can live and I can't think of any athlete or coach I know who wouldn't become involved," said Lawless. "I've had the advantage of being involved in sport as a career. It was incumbent on me and many others to help them out."

Lawless will travel to Orlando and coach all the Canadian Invictus athletes participating in rowing, track and field and cycling events.

After coming on board with the team, he enlisted the support of other elite athletes.

Former Olympic cyclist Curt Harnett, Canada's chef de mission for the 2016 Olympic Games in Rio de Janeiro; former Olympic triath-

lete and Pan Am Games silver medalist Brent McMahon; and Adam Kreek, who won gold for Canada at the 2008 Beijing Games as part of the men's eight rowing team.

Kreek, 35, works as a motivational speaker focusing on high performance in the business world, and also serves as a rowing analyst for the CBC at the 2016 Olympic Games. He assisted the military rowers with their mechanics and rowing stroke, but also helped them to become more familiar with the immense physical challenges that lie ahead for them in the indoor rowing competition.

"When you are on a rowing machine you are essentially forcing yourself not only to suffer physically, but also how to suffer properly," said Kreek. "I believe there is actually joy in suffering and a lesson to be learned on how to suffer properly. Many high performance athletes who compete in endurance sports also know this lesson very well."

The advice of Kreek and other athletes helped all the military members to elevate their game.

"We owe a huge debt to Peter [Lawless] for pulling this together," said Cpl (Ret'd) Murphy. "It's been an awesome experience and a complete confidence and morale boost to get this support and advice from them."



Invictus team gets Olympic push from Admiral

Peter Mallett
Staff Writer

As the local Invictus athletes wind down their training and prepare to leave Victoria for the international games in Florida next week, Rear-Admiral Gilles Couturier, Commander Maritime Forces Pacific, popped by the gym to give them his personal send-off.

Accompanied by Fleet Chief Petty Officer CPO1 Michael Feltham, the Admiral gathered the five local athletes at Crossfit Stasis in Colwood for a pep talk. "You are role models for a lot of folks at the base including myself," said the Admiral. "You have had some monumental personal challenges to overcome in your life, but have uplifted your-

selves and are now competing in a very important competition that is representative, and relevant, to so many [military members] who are staying behind here in Canada."

The international Paralympic-style multi-sport event involves over 600 wounded, injured or sick armed services personnel and their associated veterans from 15 countries competing in 10 sporting events.

Five of Canada's 30-member team are from Victoria: LS (Ret'd) Bruno Guévremont, LS (Ret'd) Stéphan Moreau, MCpl (Ret'd) Adam Cyr, OS (Ret'd) Mike Seinen and Cpl (Ret'd) Andrew Murphy.

"It's really nice to receive this type of support from our military community. I quickly got

the impression that the Rear-Admiral's visit was not only in an official capacity, but it's also because he is such a big sportsman," said LS (Ret'd) Moreau, who will compete in road cycling and indoor rowing. "Having him here certainly gives us a lift and good feeling before we depart for the Games."

The word Invictus means "the unconquered" and this sentiment re-enforces the belief there are still many more triumphs in store for them in life.

"There are a lot of athletes chosen for this team who have been in dark places, sitting in their houses and living rooms not knowing what is coming next," says LS (Ret'd) Guévremont, Team Canada's captain. "But being part

of this team has given them a new outlook on life, a second chance and a chance to represent Canada in the sporting arena on the world's stage. They didn't hesitate for a second when they were asked to compete."

LS (Ret'd) Guévremont will compete in the indoor rowing competition. He has held regular workouts for the locally-based team members at Crossfit Stasis, a Colwood gym he owns and operates.

Prior to their departure to Orlando from Toronto, Team Canada will attend a launch ceremony for the countdown to the Toronto 2017 Invictus Games. They will get a chance to meet Prince Harry, the man who founded the games.

"I don't think this has sunk in quite yet how big this is going to be," said athlete OS (Ret'd) Seinen. "I've never experienced competition like this before, so I have a few butterflies and I'm not sure what to expect and the level of competition I will face."

OS Seinen will compete in the hand cycling and indoor rowing competitions.

Teammate MCpl (Ret'd) Cyr, 38, who lost his leg and suffered severe burns to his body, hearing impairment and musculoskeletal injuries from a 2008 Taliban rocket attack in Afghanistan, will compete in the archery competition.

"Training for the Games has given me something to strive for and a clear set of goals and new benchmarks to establish and accomplishments to achieve," he says. "The intense fitness regimen has really helped me alleviate a lot of the musculoskeletal issues and make me less dependent on chemistry to make the pain go away."

While a medal will be a nice memento of an accomplishment, all the athletes say it is the experience that matters most.



RAdm Gilles Couturier chats with Team Canada's Victoria-based Invictus Games athletes.

Invictus Athlete Profiles

Victoria-based athletes who will be part of Canada's team for the 2016 Invictus Games in Orlando, Florida.

MCpl (Ret'd) Adam Cyr

Age 37 ; Hometown - Whitewood, Sask.; Sports - Archery, rowing

Retired Master Corporal Adam Cyr from ZPPCLI, Shilo, Manitoba, served with the Canadian Army in Afghanistan. He lost his right leg and suffered shoulder and hearing injuries during a Taliban rocket attack in 2008. MCpl (Ret'd) Cyr says the Invictus Games will be his first exposure to international athletic competition. He is relishing the opportunity to compete against fellow soldiers.



LS (Ret'd) Bruno Guévremont

Age 42; Hometown - Gatineau, Que.; Sports - Indoor rowing

Leading Seaman (Ret'd) Bruno Guévremont served with the Royal Canadian Navy (RCN) as a clearance diver and part of the Counter Improvised Explosive Devices disposal team during a tour in Afghanistan in 2009. He also was part of ROTO 0 in Kabul in 2003. Bruno was injured due to the high tempo specific to C-IED and was diagnosed with PTSD. He is the Team Captain for Team Canada. He is a firm believer in the healing power of intense physical activity and how it can improve the lives of injured soldiers.



LS ((Ret'd) Stéphan Moreau

Age 43; Hometown - Quebec; Sports - Road cycling, indoor rowing

Retired Leading Seaman Stéphane Moreau is currently a mechanical engineering program student at Camosun College and served with the RCN aboard HMCS Algonquin. He participated in the inaugural 2014 Invictus Games in London where he competed in road cycling and track and field. At this year's games LS (Ret'd) Moreau will swap rowing for the track and field event.



MCpl (Ret'd) Andrew Murphy

Age: 35; Hometown: Kippens, Nfld; Sports Track and Field, Rowing, Volleyball

MCpl (Ret'd) Andrew Murphy's 12-year military career - which began in 2001 - was mostly spent aboard HMCS Winnipeg. Murphy is recovering from PTSD after incidents that occurred aboard Winnipeg, and while undergoing Special Forces training in Ottawa. Murphy says supportive services in the military taught him how to manage his illness and "use the tools" to live a healthy, happy life thereby enabling him to compete in his first Invictus Games.



OS (Ret'd) Mike Seinen

Age 33; Hometown - Victoria; Sports - Hand cycling, rowing

Retired Ordinary Seaman Mike Seinen was posted to Canadian Forces Fleet School Esquimalt when a 2009 cycling accident left him paralyzed from the neck down, subsequently ending his military career. Currently charting a new career path in computer and software programming, OS (Ret'd) Seinen has participated in many solo sports during his lifetime, including surfing, snowboarding, skateboarding and once played minor football for the Westshore Warriors. He admits the training regimen for the rowing event is gruelling, but says his desire to compete in the games has helped him overcome the pain.



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Deputy Consul of France presents awards to local veterans



Base Chief CPO1 Gino Spinelli and Base Commander Capt(N) Steve Waddell join Legion of Honour recipients Ken Parton (left), and Bill Capek and his wife Peggy during a visit by Deputy Consul of France Antoine Mention to Veterans Memorial Lodge at Broadmead on Apr. 21.



Deputy Consul of France Antoine Mention carries Legion of Honour Medals, which were presented to six local veterans to officially recognize their exemplary service in the liberation of France during the Second World War.

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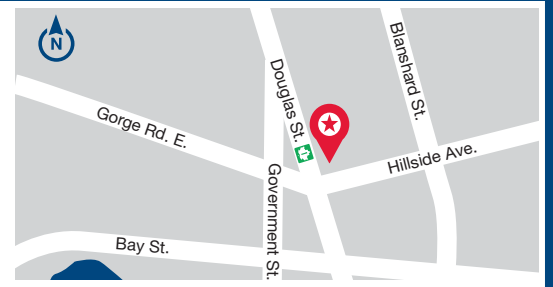


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Bravo Zulu

MWO Steve Card receives the CFB Esquimalt Base Commander's Coin for his efforts in support of the recent funeral of RCMP Constable Sarah Beckett. MWO Card worked tirelessly over the six-day period leading up to the funeral to ensure the MP and Base's involvement was timely, professional and complete. He attended numerous short notice coordination meetings, was the principal planner for MP involvement, developed and implemented a traffic control and security plan for the base as the funeral procession was to transit there, and supervised the execution at the RCMP command post.

Base Information Systems awards and promotions

Base Information Systems Commanding Officer Cdr Byron Derby congratulates members of his unit on their recent promotions and awards.



MS Nathan Broda (centre) is promoted to his current rank by Operations Officer Capt Mark MacFadyen (left) and Cdr Derby.



Cpl Jandei Kim (centre) is promoted to her current rank by MWO Peter Neilsen (left) and Cdr Derby.



Master Seaman Aaron Luke is appointed to his new rank by Cdr Derby.



Maj Grant Whittla is presented the Second Clasp to the Canadian Forces Decoration by Cdr Derby.



MS Ryan Adam receives the Canadian Forces Decoration from Cdr Derby.



Cpl Jason Abel receives the First Clasp to the Canadian Forces Decoration from Cdr Derby.

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Newest class of MARS officers joins the RCN

Katelyn Moores
MARPAAC Public Affairs

The newest class of Maritime Surface and Sub-Surface (MARS) Officers graduated from Venture, the Naval Officer Training Centre last month after completing 12 months of intensive training.

One of these graduating officers was A/SLt Khean Murphy, from Edmonton, AB, who was named the Top Student of his graduat-

ing class.

"The most challenging aspect of the course is the amount of information you have to take in," says A/SLt Murphy. "It can feel like drinking through a firehose at times."

MARS training consists of classroom instruction as well as time in simulators and ships at sea in order to gain the expertise and hands-on experience in navigation, bridgework, communications, relative motion, ship

safety, emergency procedures and rules of seamanship.

Although the course can be daunting at times, says A/SLt Murphy, there were a number of hands-on experiences at sea that made all the hard work worth it, including interdiction exercises and a hoist exercise that saw a number of students lifted by helicopter from the deck of an ORCA class training vessel. But in the end, he says it was his classmates

who made the last year of training so worthwhile.

"Seeing everyone work together and grow together as a team was one of the best parts of the whole experience," says A/SLt Murphy.

Now that he has successfully completed MARS training he will be posted to his first operational ship where, in approximately 24 months, he will complete the at-sea requirements and on-the-job training to obtain his Bridge Watchkeeping

Certificate and Naval Officer Professional Qualification.

MARS Officers are the only officers who can have command of the navy's ships and submarines. They also provide input into the design, procurement and evaluation of ships or systems and perform staff training and administrative duties. Each year, approximately 80 students graduate from Venture and go on to become the leaders of Canada's naval fleet.

These graduates are entering a navy that is gearing up for the arrival of sev-

eral new classes of ships in the coming years: the Arctic Offshore Patrol Ships, the Joint Support Ships and the Canadian Surface Combatants. They are also arriving just as the Halifax-modernization project is nearing completion with the last of 12 frigates expected to return to the Royal Canadian Navy later this year.

"It feels really great to be done," says A/SLt Murphy. "It has been a long hall, but it's exciting to be part of the Royal Canadian Navy and where it's going."

RAcm Gilles Couturier, Commander Maritime Forces Pacific, presented the certificates and awards to the MARS graduates:



Acting Sub-Lieutenant (A/SLt) Alexandra Laplante (centre) receives the David W. Groos Memorial Shield.



Lieutenant (Navy) Roger Farn receives the Venture Association Award.



A/SLt Khean Murphy (centre) receives the Commander of the Royal Canadian Navy Award.



A/SLt Graham Austin



A/SLt Sarah Berry



A/SLt Antoine Blais



SLt Konnor Brett



A/SLt Vincent Charlebois



A/SLt Mladen Djekic



Lt (N) Roger Farn



A/SLt Derek Frank



Lt(N) Justin Lam



A/SLt Alexandra LaPlante



A/SLt Joshua Li-Taylor



A/SLt Kevin Morgan



A/SLt Khean Murphy



A/SLt Kyle Naylor



Kenneth Scotten receives his Retirement Certificate.



Captain (Navy) (Ret'd) Richard Neveu receives his Bravo Zulu award.

HMCS Malahat annual awards ceremony



HMCS Malahat

On April 14, HMCS Malahat hosted its annual Awards Ceremony and Ceremonial Divisions. Each year in April, Malahat opens its doors to the public as well as friends, family and the military community, to come together for a parade and ceremony celebrating the success of the training year.

The parade is also a time to recognize significant individual accomplishments over the past year, including the presentation of Canadian Forces Decorations and awards for exceptional performance.

Commanding Officer LCdr Lawless presented Canadian Forces Decorations to the following members of the ship's company: Lt(N) Kay Van Akker, Lt(N) Anya Daradics, MS Ryan Flagg, MS Benjamin Critchlow, MS Mathieu Isabelle, LS Mathieu Blanchette, and LS David Longchamps.

Cdr Clerihue, a former

Commanding Officer of Malahat, presented OS Marie-Anne Dusseault-Gomez with the Operational Service Medal – Expedition for her Operation Caribbe deployment.

MS Rosetta Duncan was presented the Sea Service Insignia (Gun Metal) recognizing over 180 days of service at sea.

The following members of Malahat distinguished themselves by achieving the highest levels in their respective positions, leading to individual recognition for each at the Awards Ceremony:

- OS Benjamin Lenner was awarded the Captain G.A.V. Thompson Trophy as the most outstanding new entry.
- MS David White was awarded the Captain R. Jackson Trophy, as the most outstanding junior rating (any trade).
- PO1 Michael Mitchell, who was away attending a recruiting conference in Quebec City, was awarded the Wardroom Trophy, as the most outstanding Chief/Petty Officer (any trade).

- A/SLt Matthew Heims was awarded the Captain D. Garrard Memorial Trophy, as the most improved NCdt/ASlt.
- Lt(N) Kay Van Akker was awarded the Victoria College Trophy as the most outstanding junior officer (SLt/Lt(N)).
- PO2 Beth-Anne Salzer was awarded the Chief Petty Officer Burch Trophy, as the person in the unit who best promotes the image of Malahat and the Naval Reserve to the public.
- MS Colleen McInnis was awarded the Coxswain's Memorial Trophy as the Junior NCM in the unit who possesses significant potential to become Coxswain of Malahat.
- The Reverend, Lt(N) Andrew Hewlett was awarded the White Twist Book Award in recognition of being a most outstanding Junior Officer and for his exceptional and compassionate pastoral care to the Ship's Company.
- Lt(N) Andrew Janes was awarded the Naval Association

of Canada Sword by Cdr Rod Hughes (Ret'd), Director of the Naval Association of Canada, as the officer who best exemplified the overall leadership qualities expected of his/her rank and who represented Malahat throughout the year in an outstanding manner.

- LS Manuel Dusseault-Gomez was awarded the Commander Clerihue Scholarship Award. Cdr Clerihue graciously presented a gift to ship's company to commemorate her tenure as Commanding Officer. Her gift of a \$500 bursary is awarded annually to an active and enthusiastic member of Malahat who is pursuing post-secondary education.

The following members of Malahat were also recognized by LCdr Lawless with a Bravo Zulu for exceptional performance: OS Marie-Anne Dusseault-Gomez, LS William Clarke, LS Madeline Kuiper and PO2 Stephanie McRae.

Concluding the ceremony,

LCdr Lawless presented a certificate of appreciation to Cdr Clerihue and expressed sincere thanks and appreciation on behalf of the ship's company for her years of service to Malahat, the Naval Reserve and the RCN.

"Thank you for your service and dedication," LCdr Lawless said. "These two words aptly describe our Ship's Company. Through your service and dedication, each of you makes a significant and meaningful contribution to Canada and to the Royal Canadian Navy. Over this training year, our sailors have deployed on training and in operations across the globe including Op Caribe and, even as we stand on parade tonight, on Op Nunavut conducting diving operations in the Arctic. I must also say a particular thank you to our families who support us and enable us to serve Canada so well."

Commanding Officer LCdr Lawless presents awards to members of his unit.



MS David White receives the Jackson Trophy.



A/SLt Matthew Heims receives the Garrard Trophy.



Lt(N) Kay van Akker receives the Victoria College Trophy.



PO2 Beth-Anne Salzer receives the Burch Trophy.



MS Colleen McInnis receives the Coxswain's Memorial Trophy.



Lt(N) Andrew Hewlett receives the White Twist book award.



Lt(N) Andrew Janes receives the Naval Association of Canada Sword from Cdr Rod Hughes (Ret'd).



LS Manuel Dusseault-Gomez receives the Commander Clerihue Scholarship Award from Cdr Barbara Clerihue.



LS William Clarke receives a Bravo Zulu certificate.



LS Madeline Kuiper receives a Bravo Zulu certificate.



PO2 Stephanie McRae receives a Bravo Zulu certificate.



OS Marie-Anne Dusseault-Gomez receives a Bravo Zulu certificate.



Canadian Forces Fleet School promotions

Canadian Forces Fleet School Esquimalt's Commandant, Cdr Ed Hooper, promoted several members from his unit.



PO2 Hart is promoted to his current rank by Lt(N) Corbett and Cdr Hooper.



PO2 Kristiansen is promoted by PO1 Neveu and Cdr Hooper.



Lt(N) Cousins is promoted to his current rank by LCdr LaHay and Cdr Hooper.



Lt(N) Denutte is promoted to his current rank by LCdr LaHay and Cdr Hooper.



CPO2 Storie is promoted to his current rank by LCdr LaHay and Cdr Hooper.



PO1 Vincent is promoted to his current rank by LCdr LaHay and Cdr Hooper.



PO2 Foster is promoted to his current rank by LCdr LaHay and Cdr Hooper.



PO2 Lavoie is promoted to his current rank by LCdr LaHay and Cdr Hooper.

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3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

848 Royal Roads Air Cadets invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 1289 Parkdale Dr., Langford (Lighthouse School). Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

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HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105.

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