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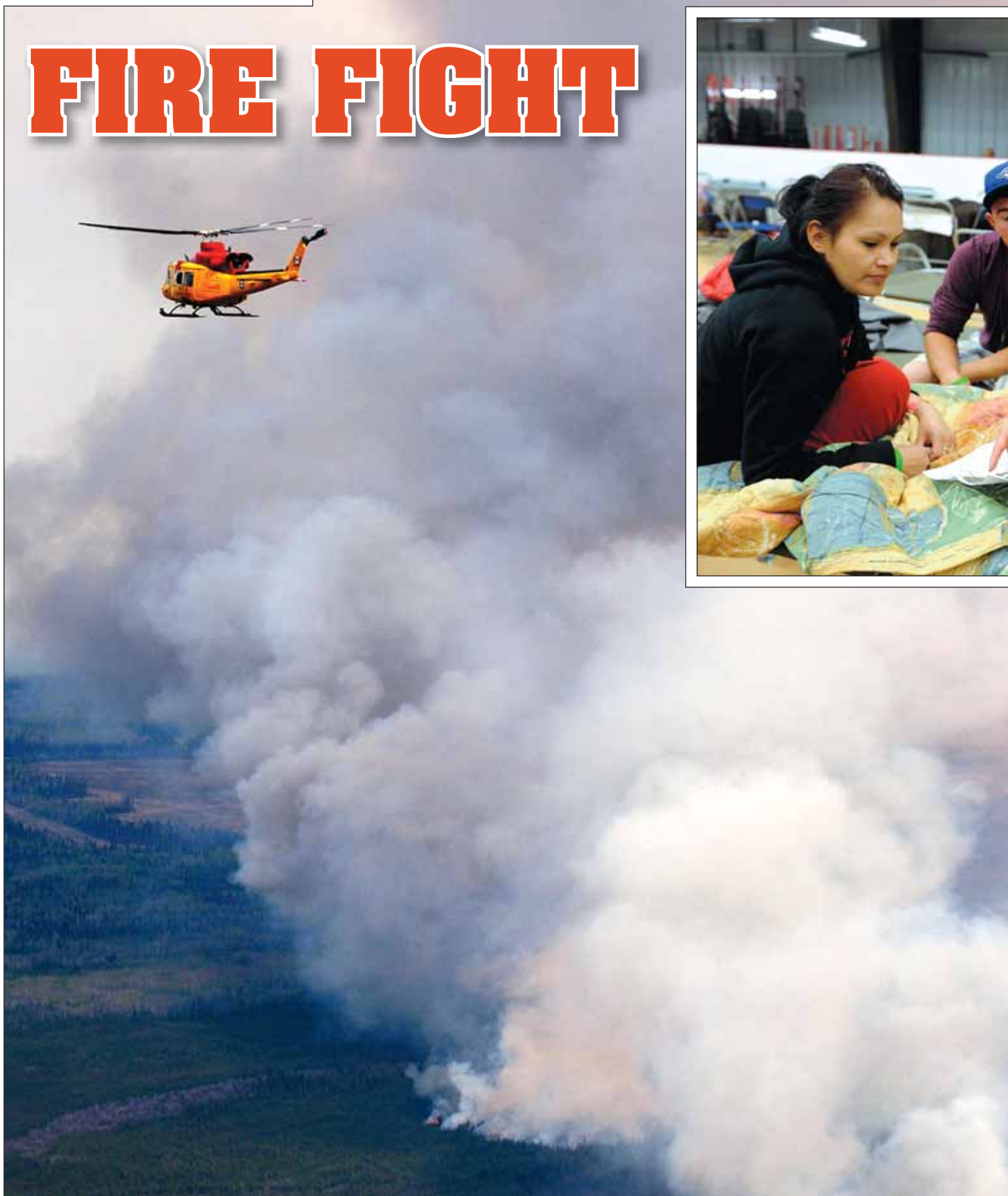
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ALBERTA WILDFIRES

Help is on the way

Members from 417 Combat Support Squadron survey the damage created by the wild fires in the Fort McMurray area on May 4. The Canadian Armed Forces have deployed air assets to the area to support the Province of Alberta's emergency response efforts.

Inset: Captain Alexia Shore from 417 Combat Support Squadron, speaks to displaced residents from the Fort McMurray area at the Anzac Recreation Centre in Alberta.

Photos by MCpl VanPutten, 3 CSDB Imaging

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Defence Minister visits base, announces upgrade completion

Rachel Lallouz
Staff Writer

Defense Minister Harjit S. Sajjan attended a ceremony April 29 at A Jetty, where he announced the completion of the last Halifax-class frigate, *HMCS Regina*, in the Frigate Equipment Life Extension Project (FELEX).

"We know how much the navy can accomplish with modernized frigates," said Minister Sajjan. "Today's milestones in the modernization of Canada's frigates bring us one step closer to having the capabilities sailors need to address defence and security challenges around the world."

The mid-life refit has

seen the modernization of all 12 Halifax-class frigates. New, enhanced capabilities on all ships include a new command and control system, new radar capability, a new electronic warfare system, and upgraded communications and missiles.

Modernization of the ships is an effort on the part of the Royal Canadian Navy (RCN) to adapt to new threats and changing operating environments.

"The global security environment is more challenging and complex than when we first built these frigates," said Minister Sajjan. "We needed to adapt to meet these threats, and our equipment must allow us to overcome them."



Peter Mallett, Lookout

Frank Gill, 85, family member of AB Henry Gill meets with Defence Minister Harjit S. Sajjan during a homecoming ceremony for HMC Ships *Edmonton* and *Saskatoon* at Dockyard's Y Jetty April 29.



Cpl Brent Kenny, MARPAC Imaging Services
HMCS *Edmonton* and HMCS *Saskatoon* sail pass Duntze Head.

Families reunited as Saskatoon, Edmonton return

Peter Mallett
Staff Writer

Hugs, kisses and warm embraces from loved ones greeted sailors disembarking *HMC Ships Edmonton* and *Saskatoon* upon their return April 29.

Joining in the welcoming was Minister of National Defence Harjit S. Sajjan and senior military leaders.

The men and women aboard the Kingston-class maritime coastal defence vessels had just completed a six-week deployment on Operation *Caribbe*,

Canada's ongoing contribution to Operation *Martillo*, the multinational campaign against transnational criminal organizations in the Pacific Ocean and Caribbean Sea.

"Frankly I haven't slept very much in the past 24 hours. I am so excited to be home and reunited with my family," said LCdr Lucas Kenward, *Edmonton's* Commanding Officer. "There is really no better feeling than being on the bridge when you enter the familiar territory of the Strait of Juan de

Fuca and you know you are close to home."

Moments before the two ships arrived, Minister Sajjan, who was visiting the base, took time to meet and greet military personnel and their families. Jody Bacon, wife of *HMCS Saskatoon's* Commanding Officer, LCdr Todd Bacon, was pleasantly surprised by the newly appointed minister's presence.

"Before today I had no idea he was going to be here, so when I turned around and saw him extending his hand and

greeting me it really surprised me," she said. "He walked up and introduced himself to me and it was just great meeting and speaking with him."

The homecoming was also a special moment for AB Nicholas Di Persio of *Edmonton* and OS Justin Swance of *Saskatoon* who were selected in a random draw to perform the traditional First Kiss. OS Swance embraced his partner Brie Sanford while AB DiPersio followed suit sharing a first kiss with his partner Chi-Ya (Betty) Su.



Peter Mallett, Lookout

AB Nicholas DiPersio embraces his partner Chi-Ya (Betty) Su during an Operation *Caribbe* homecoming ceremony at Dockyard's Y Jetty on April 29.



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HMCS Algonquin underwent the disposal process at Dockyard's C Jetty on Feb. 1.

Peter Mallett, Lookout

Algonquin sails one final time

Peter Mallett
Staff writer

On Monday at 11 a.m., after 42 years of service to Canada, the former HMCS Algonquin will depart Esquimalt harbour, under tow, never to return.

The warship, gutted and stripped, will be hitched to a large ocean-going tug-boat, and then moved past Duntze Head and Fisgard Lighthouse to the Strait of Juan de Fuca.

Their destination is Liverpool, Nova Scotia, where Algonquin will be broken up and recycled.

Departure day will be a "bitter-sweet" moment says Lt(N) Douglas Totten, Executive Officer of Detachment Algonquin. He helped organize the process of stripping the vessel of its parts, liaising with multiple agencies, which took 11 months.

"It's a day to reflect on the past – as sailors often do – there are so many on the coast who will be sad to see her go," says Lt(N) Totten. "We are expecting a number of people to be on hand at the jetty and Duntze Head Battery when she leaves."

On Nov. 27, 2015, the \$39-million disposal contract for both Algonquin and Protecteur was awarded to marine construction firm R.J. McIsaac Construction, Ltd. of Antigonish, N.S.

Protecteur, a replenishment oiler, was deemed too expensive to repair after it suffered a massive engine room fire in February 2015.

Protecteur, decommissioned in May 2015, left the base on Feb. 15 and took 56 days to reach the disposal yard in Liverpool.

Former HMC Ships Iroquois, Preserver and Athabaskan, all based on the East Coast, will meet the same fate, but plans for those vessels has yet to be announced.

Lt(N) Totten served in Algonquin from 2013 until it was put out of service in 2015. Since the decommissioning ceremony on June 11, 2015, he and his unit of 30 personnel, along with the help of Fleet Maintenance Facility Cape Breton and two local contracting firms, have been stripping Algonquin of its assets and preparing it for the two month, 7,600 nautical mile journey.

The disposal process involved removing all electronics, communications, weaponry and other equipment in accordance with the Government of Canada's Surplus Crown Assets Act, and the Treasury Board Directive on Disposal of Surplus Material.

While some of the ship's assets, including its giant radar and sonar equipment, and main gun – the 76 mm OTO Melara – were easily lifted off of the ship and onto C Jetty using large cranes, removing other items didn't go so smoothly.

The 1,700 kg electronics cabinets located in the vessel's radar room posed one of the biggest challenges. In order to get the cabinets onto the dock, Lt(N)

Totten says a great deal of ingenuity was required.

"We needed to cut large holes into the side of the ship just to get them off of the vessel. They were big, heavy and bulky 1970s technology. There are so many logistical issues involved in removing

things, especially if it has to be preserved in a specific manner," said Lt(N) Totten.

But the hard work is now complete and Algonquin is ship shape for its final passage through the Strait of Juan de Fuca and out into the Pacific.



LS Ogle Henry, MARPAC Imaging Services

Dockyard workers remove the .76 mm main gun from the ship.

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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Rachel Lallouz 250-363-3672
rachel.lallouz@forces.gc.ca
Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

RECEPTION

250-363-3127

ACCOUNTS/CLASSIFIEDS

Heather Catte 250-363-3127
heather.catte@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

Lt(N) Nicole Murillo 250-363-4006
Sara Helmecci 250-363-7060

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CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

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WHAT SAY YOU

SPORTS trivia

By Stephen Stone & Tom Thomson

1. Who were the "Matchless Six"?
2. Who is the only Canadian woman to win an individual gold medal in track and field at the Olympics?
3. Who was declared Canada's woman athlete of the half century in 1950?
4. What Canadian athlete was nicknamed "Mighty Mouse"?
5. Who was the first Canadian to swim across the English Channel?
6. Who is the second place all-time goal scorer in women's international soccer?
7. Who is the only woman to win an Indy car race?
8. Who was the first two-time and three-time National Hot Rod Association Top Fuel drag racing champion?
9. Who was the first female hockey player to play in an NHL game?
10. What female hockey player has won the greatest number of Olympic and World Championship medals?
11. Which female hockey player scored the last two goals in the gold medal game at both the 2010 and 2014 Winter Olympics?
12. Who is the first female goaltender to record a shutout in a men's professional hockey league game?
13. Who was voted as Canada's female athlete of the 20th century?
14. Who won Canada's first Olympic skiing gold medal?


1. Wambach (U.S.) who has scored 184 goals in 197, 1980, and 20, 2008. She finished third in the 2009 Indianapolis 500.
2. Shirley Muldowney (Burlington, Vermont). She won the Indy Japan 300 on April 20, 2008.
3. Danica Patrick (Beloit, Wisconsin). She won the Indy Japan 300 on April 20, 2008.
4. Hayley Wickenheiser (Shaunavon, Saskatchewan), centre. She has won four gold and one silver Olympic medals and seven gold and six silver World Championship medals.
5. Marie-Philip Poulin (Beauville, Québec). She scored both goals in a 2-0 win over the U.S. at the Vancouver 2010 Olympics and scored the game-tying goal in the last minute of play and the game-winning goal in overtime in a 3-2 win over the U.S. at the Sochi Olympics in 2014.
6. Shannon Szabados (Edmonton, Alberta). Playing for the Columbus Cottonmouths of the Southern Professional Hockey League on December 27, 2015, Szabados made 33 saves beating the Huntsville Havoc 3-0.
7. Nancy Greene Raine (Rossland, B.C.), alpine ski racer. She is Canada's most decorated ski racer with 13 World Cup victories, more than anyone else — male or female. She won a gold medal in the giant slalom and silver in the slalom at the 1968 Winter Olympics in Grenoble. She now sits in the Senate of Canada representing British Columbia.
8. Anne Heggtveit (Ottawa, Ontario). She won the gold medal in the slalom in 1960 at Squaw Valley, California. She was the first non-European to win the event.

MOTHER'S DAY SPECIAL

1. The Canadian women's Olympic track and field team who competed at Amsterdam in 1928. The members were Jane Bell, Ethel Catherwood, Myrtle Cook, Fanny "Bobbie" Rosenfeld, Ethel Smith, and Jean Thompson. 1928 was the first Olympic competition for women. The Six brought home four medals — two gold, one silver, and one bronze — and were the top women's team at the Games.
2. Ethel Catherwood, the "Saskatoon Lily" — 1928, Amsterdam, high jump. Catherwood also won gold in the high jump and javelin at the British Empire Games in 1930 in Hamilton, Ontario. She would probably have won gold in the javelin at the 1928 Olympics, but there was no javelin competition held for women until 1932. She was inducted into Canada's Sports Hall of Fame in 1955.
3. Fanny "Bobbie" Rosenfeld (Barrie, Ontario). In addition to being a member of the "Matchless Six", she excelled in basketball, golf, hockey, lacrosse, softball, speed skating, and tennis. It was said the only sport she did not excel at was swimming. Rosenfeld was forced to retire from competition in 1933 due to arthritis. She became a sports writer at the Toronto Globe and Mail and was inducted into Canada's Sports Hall of Fame in 1955.
4. Swimmer Elaine Tanner (Vancouver, B.C.). She earned the nickname due to her small stature and competitive drive. She won four gold and three silver medals at the 1966 Commonwealth Games in Kingston, Jamaica; two gold and three silver at the 1967 Pan American Games in Winnipeg; and two silver and one bronze at the 1968 Olympics in Mexico City. She retired after the Olympics at just 18 years of age. She was made an Officer of the Order of Canada in 1969 and was inducted into Canada's Sports Hall of Fame in 1971. Canada's top female junior athlete is presented with the Elaine Tanner Award.
5. Winnifred «Winnie» Frances Roach-Leuszler (Port Credit, Ontario). She accomplished the feat on August 16, 1951, in a time of 13 hours and 25 minutes. She came within 100 yards of shore, was washed back 6 1/2 miles but rallied and completed the swim. She was also the first mother of three to complete the Channel. In the five-mile World Swimming Championship in 1947, she placed second three months after giving birth to her first child. She also placed second in 1949 while four months pregnant. In 1957, she became Canada's first female baseball umpire. 6. Christine Sinclair (Burnaby, B.C.), 161. She follows the now-retired Abby

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Photos by Cpl Blaine Sewell, MARPAC Imaging Services
Remembrance wreaths awaiting placement at the Victoria Parliament grounds Cenotaph during the annual Battle of the Atlantic Parade May 1. The Parade serves as an annual reminder of the brave men and women of the Royal Canadian Navy, the Royal Canadian Airforce and the Merchant Navy, whose sacrifices ensured victory during World War Two's Battle of the Atlantic.



Left to right: Lieutenant Governor of British Columbia, the Honourable Judith Guichon; Lieutenant (Navy) Jamie Webb; Commanding Officer of Canadian Fleet Pacific, Commodore Jeff Zwick; CPO1 Michael Feltham; Lieutenant Colonel Chris Bowen; Base Commander Captain (Navy) Steve Waddell and wife Shauna Waddell during the Battle of the Atlantic Parade.



Photo by Pte Alexandre Tibault
Canadian Forces Station Alert hoisted the Royal Canadian navy colours May 1 to commemorate the Battle of the Atlantic. **Left to right:** Master Seaman Julie Cavanaugh, Petty Officer First Class Emilia Marchisio, Leading Seaman Garnet Robinson, and Master Seaman Mitchell Hoday.

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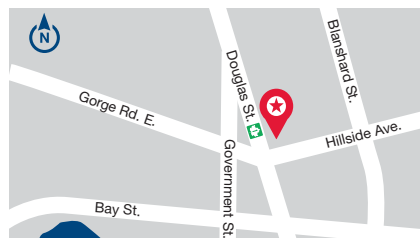
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Ahoy matey, festival for you

Buccaneer Days May 12 - 15

Rachel Lallouz
Staff Writer

In true nautical flare, with a sly nod to the navy, Esquimalt is holding its annual Buccaneers Day, May 12 to 15.

Community members of all ages are invited to fish out their pirate-themed clothing and join in on the festivities at Bullen Park.

"A buccaneer is a pirate, so the event really has everything to do with Esquimalt being by the water and its maritime history," says Kim Vis, festival parade coordinator.

People can pull up chairs along Dunsmuir Road where the parade starts Saturday May 14, heading all the way along Esquimalt Road ending at Admirals Road. Leading the parade will be the Naden Band of the Royal Canadian Navy with Base Commander, Captain (Navy) Steve Waddell in attendance.

Later on that night, a 19-and-over Buccaneer Days Dance will be held at the Archie Browning Sports Centre. Proceeds from the event will be donated to the Rainbow Kitchen and children's sports programs in the community.

Pirates who come alongside the park during the festivities can groove to live music in the field while enjoying the tasty offerings from 10 home-made food stalls ranging in ethnicity from Greek to German.

Artistically-inclined pirates can enjoy the arts and crafts show, while those looking for a slower pace can stop by the seniors barbecue.

For families with little pirates, there is a blow-up obstacle course, or they can purchase a midway wristband for \$40 if they want to test out any of the 20 rides.

For more information, visit: www.esquimaltbuccaneerdays.ca/events/

Hassle free FORCE test booking

Rachel Lallouz
Staff Writer

Personnel Support Programs (PSP) has trimmed out the middleman in FORCE test booking.

Canadian Armed Forces Unit FORCE Coordinators can now book military members in for their annual fitness test in the new FORMeFIT Reservation website, which went live April 1.

The new website, <https://formefitreservation.cfmws.com>, allows coordinators to book annual FORCE

evaluations – the annual test of a military member's functional fitness – without going through PSP staff.

The old system required members to individually call or email PSP staff to set up test times.

"This is an easier system for the military because now members can be booked in without having to call us. They go online and it's done," says Matt Carlson, Fitness Coordinator for PSP.

If a member needs to cancel their test last minute, the Unit FORCE

Coordinator can simply access the scheduling website and alter the test time.

"We are measuring the overall fitness and health-related fitness of members and making it easy for them to set up their annual tests," says Carlson. "This will ultimately help improve the lives of our members."

Units who require coordinators, or who want training and access to the site can contact Carlson directly at matthew.carlson@forces.gc.ca or at 250-363-4495.

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Former Sniper pens book - coming to Chapters

Rachel Lallouz
Staff Writer

Journaling after a devastating injury has transformed a former Canadian Armed Forces (CAF) sniper into a successful author.

Jody Mitic, a retired Master Sergeant Corporal, and current city councillor in Ottawa, lost both legs in a landmine accident while fighting in Afghanistan in 2007.

"I, like most military guys, never imagined writing a book about myself," says Mitic. "It started more as self-therapy, just getting my thoughts out, but it slowly morphed into a full book."

Last September, those thoughts became *Unflinching: The Making of A Canadian Sniper*, published by Simon and Schuster.

The book's paperback edition was released May 3, and Mitic is now embarked on a tour across Canada to promote his work. He will be at Chapters in Victoria May 14 from 2 to 4 p.m.

His story begins much like most soldiers in the CAF.

He joined the army reserves in Ontario in 1994 when he was 17. Shortly after, in 1997, he joined the Royal Canadian

Writing about your own experiences is difficult. I challenge anyone to do it.

MCpl (Ret'd) Jody Mitic

Regiment in Petawawa, where he received his sniper qualifications.

"It felt amazing to be trained as a sniper. It ended up being the best job. I loved serving my country in uniform, and I miss it every day," he says.

His life took a dramatic turn on Jan. 11, 2007. While acting as the team leader of CAF snipers in the Tangi Valley, Afghanistan, Mitic stepped on an anti-personnel landmine with a mortar bomb underneath it. He lost both his legs. He retired in June 2014.

"Writing about your own experiences is difficult," he says. "I challenge anyone to do it. I didn't want to write a book where I'm the hero in every situation. I'm far from perfect and I lay it all out there."

With the help of an editor from Simon and Schuster, and a co-writer, Mitic completed final edits on the book in 2015.

"The book highlights every notable moment in my life," says Mitic. "From my sniper training to combat, to several gunfights I've been in. But to get a full understanding of my story, a person needs to open it up for themselves."

Unflinching has sold over 20,000 copies worldwide.

"At the end of the day, the book tells the story of not forgetting who you are. Even while I was in the army, in the land of complete conformity, I could still be an individual and be myself, and do a great job."

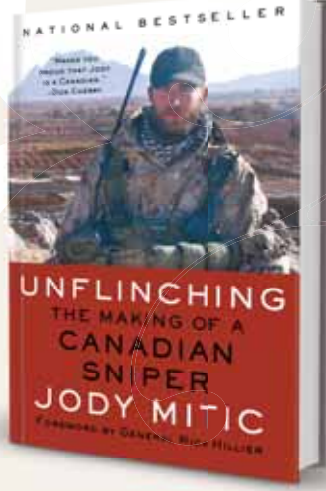
As part of his physical rehabilitation, he ran in an Achilles Canada five kilometre run with prosthetic legs. In 2013, he and his brother Cory competed in The Amazing Race Canada, finishing in second place. Following his appearance on the Amazing Race, he became a motivational speaker and an advocate for wounded veterans and people with disabilities.

And he married Alannah Gilmore, one of the medics who treated him after his injury in Afghanistan. They have two daughters.

Though Mitic's term as a city councillor extends until December 2018, he still says his future is unknown.

IN PERSON
—
JODY MITIC

SATURDAY, MAY 14 - 2 PM | CHAPTERS VICTORIA



Meet Canadian elite sniper, Ottawa city councillor and finalist in 2013's Amazing Race Canada, **Jody Mitic**, as he signs his memoir *Unflinching*, that reveals his personal journey into the Canadian military and what happened after he returned home.

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Captain Ave Pyne



Captain Greg Hume-Powell



Cadets can soar to amazing heights, just ask these two



Left to right: Capt Ave Pyne, Capt Ryan Kean, Capt Cheryl Major and Capt Greg Hume-Powell all became friends in the Cadet Program.

Capt Cheryl Major RCSU(P)

There's no expectation for air cadets to join the military when they finish the Cadet Program, but for some it's a dream come true.

Captain Ave Pyne

Captain Ave Pyne, Snowbird 2 and the Training Officer for 431 Squadron, knew he wanted to be a pilot since childhood.

With a father in the Canadian Armed Forces (CAF), some of his earliest memories are running through airports gazing at planes on the ramp. He first thought about being a Snowbird in the 1990s when he visited 431 Squadron in Moose Jaw with his dad.

"Looking at the memorabilia made think about just what kind of impact the Snowbirds have on Canadians."

Capt Pyne joined 676 Royal Canadian Air Cadet Squadron (RCACS) in Sidney, B.C., at 13 with intentions of becoming a pilot through the scholarship program.

"The person that was the biggest inspiration for me, going through the Cadet Program, was Captain Sandra Pinard (nee Dalley), who set very high standards. Consistently trying to achieve those standards developed a very strong work ethic, as well as a high level motivation and dedication. Without that, I wouldn't have been able to persist towards the goals I was striving for."

He also learned how to teach during his time with the Cadet Program, which served him well in becoming a senior instructor with the Canadian Forces Flying Training School.

"I gained my love of instruction as an air cadet. The skills I learned as a teenager are 100 percent relevant to teaching flying."

In 1998, Capt Pyne's first aviation dream came true when he attended the Glider Scholarship Course at 19 Wing in Comox, B.C.

"Glider was the best course I did in air cadets. Gliding is the basics of aviation at the purest level. Getting my glider wings is a close second to getting my Canadian Forces wings in terms of pride and accomplishment."

He continued to earn a private pilot's license through another scholarship in 1999, and in 2001 he joined the CAF as a pilot. His decision to pursue piloting helicopters was influenced by one of the Cadet Instructor Cadre (CIC) Officers he had met as a cadet in Comox.

"Captain Kent Neville wasn't my flight instructor, but his leadership inspired me. He gained my respect and I've looked to him several times for guidance; he was the person that suggested I consider helicopters."

As a Sea King pilot at 443 Maritime Helicopter Squadron, Capt Pyne found time to give back to the Cadet Program

at 676 RCACS. He volunteered with the band and even played during the squadron's 50th Anniversary celebrations.

Now, as a Snowbird, he continues giving back to youth across Canada, inspiring other young pilots to strive for their dreams.

"The Snowbirds allow us to demonstrate the teamwork, professionalism, service and esprit de corps of the Canadian Forces, but we also inspire future generations to reach for their goals. People see us do what seems impossible and it becomes possible."

Captain Greg Hume-Powell

Captain Greg Hume-Powell, Snowbird 6, first dreamed of becoming a pilot at the age of five, when he saw the Snowbirds perform at the Abbotsford Airshow. He also joined the Cadet Program, with 103 Thunderbird RCACS in North Vancouver, because of the flying opportunities. He credits his first ground school instructor, Captain James Hollis, with making the academics of aviation fun, and for teaching him the patience to use an E6B Flight Computer, a version of which he still uses today with the Tudor.

In fact, he credits the Cadet Program and CIC Officers with giving him direction, motivation, and the skills he needed to study, prioritize, and dream.

Capt Hume-Powell's path to becoming a Snowbird was less direct; he first joined the CAF as a CIC Officer, and spent his spare time in college, taking cadets on familiarization flights, and teaching ground school with 243 Ogopogo RCACS. He joined the CAF as a pilot in 2003, eventually flying Sea Kings with 443 Maritime Helicopter Squadron, and then becoming a senior instructor with Canadian Forces Flying Training School. He is about to begin his first summer as a Snowbird.

"My experience as a CIC Officer definitely made me a better instructor, and having the opportunity to stay involved in the program, and be in uniform, kept me on the path towards becoming a pilot with the Canadian Forces."

Very few CAF pilots get to wear the red flight suit; getting there is a long process of patience, failure, critical self-development and constant improvement. Both pilots agree they would not be where they are now if they had not been cadets.

The Snowbirds will spend this summer flying across North America impressing audiences with more than 50 different formations and manoeuvres during each 35-minute show. They will perform for hundreds of thousands of people, sign thousands of autographs and even pose for the occasional selfie.

Fleet Diving Unit in Guam for IED exercise

Rachel Lallouz
Staff Writer

For the first time in Royal Canadian Navy history, Fleet Diving Unit (FDU) clearance divers will be attending Exercise Tri-Crab, an international, maritime improvised explosive devices (IED) exercise in Guam.

This will be the first time in the 10-year life of the exercise that Canadians will participate.

From May 2 to May 20, five FDU members will work in conjunction with the Singapore, Australian, New Zealand and American navies to practice disposing of IEDs on boats, jetties, piers, and in the surrounding water using special disruptors.

"This is a great opportunity for us to work with other nations, learn from and share experiences, and it will ultimately make FDU members in attendance better IED operators," said Petty Officer First Class Scott Ensor,

We are ready for this great opportunity of neutralizing IEDs at the water line and below it, so it should be a great experience for the team.

PO1 Scott Ensor
FDU (Pacific)

Senior Instructor for the Training Department at FDU (Pacific).

Upon arrival, FDU members will undergo work-up diving in the local waters to familiarize themselves with the environment. Then, they will team up with divers from the other participating navies to complete different IED neutralization scenarios.

IEDs situated under the water may be neutralized with the help of the FDU's



FDU members work on an improvised explosive device (IED) in Comox at the end of February 2015, building valuable skills that can be used in exercises such as Exercise Tri-Crab.

specific IED technology – the Van Guard IED Robot, a remote vehicle complete with cameras and a manipulating claw, or their marine sonar system, which is able to detect shapes in the water several hundred feet away.

IEDs to be neutralized on maritime surfaces above water will benefit from the help of the FDU's extensive disrupter suite.

All equipment, says PO1 Ensor, was carefully packed into a 20-foot sea container and transported via ship to

Guam just over a month ago. "Other preparations for the exercise have included us updating our immunizations, completing health checks, and moving through work-ups to get our operators ready for the different diving scenarios

we will be involved in," says PO1 Ensor.

"We are ready for this great opportunity of neutralizing IEDs at the water line and below it, so it should be a great experience for the team," adds PO1 Ensor.





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Esquimalt Snow to Surf teams dominate military category

In its 34th year, the event combines downhill skiing, Nordic skiing, snowshoeing, running, mountain biking, road cycling, canoeing and kayaking before crowning the team with the best combined time as champion.

Peter Mallett
Staff writer

They came, they skied, snowshoed, ran, cycled and paddled and eventually conquered at the annual Snow to Surf Adventure Relay Race in the Comox Valley.

The Joint Patrol 2 team, a team representative of athletes from all CFB Esquimalt's units brought home gold in the Snow to Surf military team competition and also celebrated an 11th overall finish in a field of 127 teams. Also celebrating a strong showing was a team from HMCS Ottawa who showed their resolve by finishing third in the military competition and

20th overall.

"I'm certainly quite proud of everyone on the team and the way they stepped up in the competition," said Joint Patrol 2 team manager LCdr David Dallin, who participated in the mountain biking portion of the competition. "All team members were strong in the individual areas they competed in, and even though we didn't win the overall title we can't be disappointed by the results."

LCdr Dallin noted that despite two last-minute roster adjustments on his 10-member team, the group performed "admirably." Joint Patrol 2 finished the race with a combined time of four hours, 14 minutes and

31 seconds.

It was not good enough to beat overall winners Island Honda Bonzai and their finish of 3:32:27. But Joint Patrol 2's showing was strong enough to eclipse Pararescue 442, a team comprised of personnel from the Victoria-based Transport and Rescue Squadron, who they edged out by more than 12 minutes.

LCdr Dallin noted that putting together the strong finish required "complete focus" and devotion to training and preparing for the event by all members of the team.

HMCS Ottawa finished the race with a combined time of 4:29:02 and were only two minutes behind

military runners-up Pararescue 442. But even more impressive were the challenges Ottawa sailors overcame in preparing for the event because the sailors were deployed on Readiness Training five days per week between Jan. 4 and April 9, according to the Ottawa team's manager Lt(N) Alexandru Madularu.

"With a small but dedicated pool of members to draw from and with little or no training due to a very busy SAT program, we still managed to overcome those obstacles," said Lt(N) Madularu. "Neither the rain, nor cold awaiting the tired muddy and sweaty racers at the finish line could dampen their spirits."



Members of the base's Joint Patrol 2 show off their gold medals after a first place finish in the military category and 11th overall in the Snow to Surf Adventure Relay Race in the Comox Valley, April 23 and 24. MARPAC's team posted a total time of 4:14:30 with each of its 11-member team participating in a different event: LCdr Rick Kappel (uphill sprint and downhill skiing), Lt(N) Landon Zeeman (snowshoeing), Capt Benoit Godin (nordic skiing), MS Matt Walsh (running), Cpl Dan Jacklin (running), LCdr David Dallin (mountain biking), Capt Scott Macdonald (kayak), Lt(N) Will Corbett (road cycling), LCdr Kat Logan and Cpl Joe Michel (canoeing).

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Guest speakers talk about Asian heritage

May is Asian Heritage Month. To recognize and acknowledge the role that Asian Canadians have played in shaping our multicultural country, Maritime Forces Pacific will be hosting a guest speakers' event May from 1:30 to 3:30 p.m., at the Bonaventure room of the Pacific Fleet Club.

Six speakers will share their stories and experiences from both past and present.

• Three Second World War veterans, Victor Eric Wang, Neil Chan, and Tommy Wang, will speak to their contributions to Canada despite the historic institutional barriers they faced.

• Honourable Captain (Navy) Tung Chan will share his commitment to supporting the Royal Canadian Navy.

• Ordinary Seaman Le San (Ryan) will offer a

glimpse into his life, such as the struggles his family encountered as immigrants and what motivated him to join the Royal Canadian Navy.

• Dr. Grace Wong Sneddon, Director of Academic Leadership Initiatives and Advisor to the Provost on Equity and Diversity at the University of Victoria, will provide a presentation on the Recognition of Asian Heritage Celebrations, and an overview of Asians in Canada from past to present.

To conclude the celebration, a traditional folk dance will be performed by the Victoria Chinese Culture Dance Group.

Supervisor approval required to attend the event. For more information, contact Emily Zhong Emily.Zhong@forces.gc.ca or 363-1082.

It's Big Bike time, so saddle up a team

One bike, 30 seats, 20 minute ride around the Inner Harbour and the Legislature.

Heart & Stroke's Big Bike is not only about an amazing bike ride, it's about people coming together sharing their stories and raising funds for a cause. It's a movement with over 9,000 riders, 600 teams, across 52 communities in B.C. and the Yukon.

Dates: May 25 or 26
June 7 or 8

Teams: 29 per team

Fundraising: online with full support from H&S (each team member asks

for sponsors – similar to walkathons) and the ride and pre-ride activities take approximately one hour.

Teams are encouraged to dress in theme / costume.

This is your opportunity to participate in the Heart & Stroke Foundation's annual Big Bike event.

With chain of command approval, participants have in past years combined this activity with a morale half day and included a branch barbecue or lunch.

Contact Vicki Kellsey 250-363-2595 for more information or visit www.bigbike.ca

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Capt Mark Hynes shoots his way to gold

Peter Mallett
Staff Writer

Capt Mark Hynes shot his way to redemption and a gold medal at the Canadian Airgun Grand Prix at the Pan Am Shooting Centre.

The competitive marksman who works for Joint Task Force Pacific, J3 Land Operations, finished in first place in the Men's Air Pistol category at the shooting competition, April 28 to May 1 in Cookstown, Ont.

He edged out opponent Colin Smith of the United States by less than half a point to take the title, scoring 192.2 combined points to Smith's 191.8.

The triumph at North America's largest international air gun competition was espe-

cially sweet for Capt Hynes who faced disappointment at the same venue, located 90 km north of Toronto, last July while competing in the 2015 Pan Am Games.

"The victory gives me a huge psychological lift, but I need to remember to keep working at this and practicing because there are many others capable of winning at this competition; there will always be someone looking at knocking you off the podium next time out," he says.

He wasn't at his best at the Pan Am Games and settled for a disappointing 12th-place finish in qualifying for the 50m pistol qualifying, and was 25th in the 10m Air Pistol qualifying competitions, missing out on a chance to qualify for this sum-

mer's 2016 Olympic Games in Rio.

"It would have been nice to do the same thing a year ago, but it was nice to go back to the same venue and put together a score that was good enough to win."

For the win, he topped an international field that included shooters from Germany, United States, India and Trinidad and Tobago.

Capt Hynes has also competed in the Military World Games and represented Canada as a civilian at two World Cup shooting events, two continental championships and the 2014 Commonwealth Games in Glasgow, Scotland. Next up is the Canadian Nationals, which will be held at the Pan Am Shooting Centre in August.



Capt Mark Hynes is introduced to the crowd before the start of the Canadian Airgun Grand Prix at the Pan Am Shooting Centre in Cookstown, Ont., May 1.

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HMCS Brandon Change of Command



HMCS Brandon's incoming Commanding Officer, Lieutenant Commander Jolene Lisi, Captain (Navy) James Clarke, Commanding Officer of Maritime Group 4 and Reviewing Officer, and LCdr Landon Creasy, outgoing Commanding Officer, sign the Change of Command certificates during the ship's Change of Command Ceremony held at Y Jetty on April 28.

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Maritime Forces Pacific Awards & Promotions



Lt(N) Harkins is promoted to his current rank by LCdr Baxter and Lt(N) Fudge.



SLt Tucker is promoted to her current rank by LCdr Baxter and Lt(N) Fudge.



CPO2 Reid is commissioned from the ranks to the rank of Lt(N) by Cdr Allan James and PO1 Allison Reid from Personnel Coordination Centre (Pacific).



PO2 D. Larson was presented his CD by the HCM FELEX Detachment Commander, LCdr van der Krogt.



A/SLt CE Tremblay receives her Commissioning Scroll from Cdr JL Watkins, Commanding Officer, Base Logistics.



Image by: Corporal Blaine Sewell, MARPA Imaging Services
Master Seaman Jensen (centre) is appointed to his current rank by Lieutenant Commander Colleen O'Brien (left) and Petty Officer First Class Michael Surette (right).



Image by: Cpl Brent Kenny, MARPA Imaging Services
Petty Officer Second Class Brandon Ensom (centre) is promoted to his current rank by Rear Admiral Gilles Couturier (right), Commander Maritime Forces Pacific, and Chief Petty Officer First Class Michael Feltham (left), Formation Chief Petty Officer.



From left to right: Major Victor Ethier, incoming Commanding Officer of Esquimalt Military Police Unit (MPUE), Reviewing Officer, Lieutenant Colonel Renee Point, Commander, Naval Military Police Group, and Major Michael Lemire, outgoing MPUE Commanding Officer, sign the official Change of Command certificates at the MPU ceremony April 28.

Corporal Blaine Sewell,
MARPAK Imaging Services

Military Police Change of Command

Canadian Fleet Pacific



A/SLt Leduc receives her promotion to SLt from Lt(N) St. Louis, Admin Officer, CANFLTPAC HQ, and Cdr Koester, Commanding officer CANFLTPAC HQ.



Pte Therrien receives her promotion to Corporal from Lt(N) St. Louis, Admin Officer, CANFLTPAC HQ, and her mother Lynn Belair and Cdr Koester, Commanding officer CANFLTPAC HQ.



Lt(N) Schnarr receives his Phase 6 Marine Systems Engineering Certificate of Competency from Cdr Koester, Commanding officer CANFLTPAC HQ.

HMCS Winnipeg Promotions



PO2 Jessica Cooley is promoted to PO1 by Cdr Jon Hutchinson, Commanding Officer HMCS Winnipeg, and PO1 Dan Simister, Combat Chief Petty Officer.



MS Stephanie McFadden is promoted to PO2 by Cdr Jon Hutchinson, Commanding Officer HMCS Winnipeg, and PO1 David Wilson, Senior Naval Communicator.



LS Cory Dean is promoted to MS by Cdr Jon Hutchinson, Commanding Officer HMCS Winnipeg and PO1 David Wilson, Senior Naval Communicator.

Fleet School Promotions



Left: PO1 Keri Vincent is promoted to her current rank by LCdr Paul LaHay and Cdr Ed Hooper, CF Fleet School Commandant.



Right: PO2 Shanna Foster is promoted to her current rank by LCdr Paul LaHay and Cdr Ed Hooper, CF Fleet School Commandant.

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