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Ed Dixon, MARPAC Imaging Services

Member of Maritime Forces Pacific command team supported the prostate cancer awareness event "Wear Plaid for Dad" held June 17. Wearing a colourful selection of plaid garments are, front row left to right: Capt(N) Mike Knippel, Capt(N) Steve Jorgensen, RAdm Gilles Couturier, and Capt(N) David Mazur. Left to right in the back: Capt(N) Doug Young, Capt(N) Jason Boyd, Cmdre Marta Mulkins, Cmdre Jeff Zwick, and Capt(N) Steven Waddell. See more photos on page 12.

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Boomer's Legacy donates to HeroWork

Peter Mallett
Staff Writer

A \$20,000 donation by the Boomer's Legacy Foundation to HeroWork will elevate Esquimalt-based Rainbow Kitchen's ability to help those in need.

The donation was presented to the Victoria-based charity by Maureen Eykelenboom, Boomer's Legacy Foundation founder, and Capt(N) Steve Waddell, Base Commander, at the Legislature following the conclusion of the ninth annual Boomer's Legacy B.C. Bike Ride on June 12.

HeroWork will now use the funds to mobilize the community to make repairs and upgrades to the Esquimalt United Church that houses Rainbow Kitchen.

"It was a profound and heart-felt moment when all the Boomer's cyclists arrived on the Legislature lawn, and it was a great honour to receive their support," said Paul Latour, HeroWork founder and executive director. "Despite a long day in the saddle, the

cyclists were all smiling and cheerful because they knew they were riding on behalf of their fallen comrades and their community."

The bike ride pulled together over 100 military and civilian riders and support personnel in a two-day, 240 kilometre ride from 19 Wing CFB Comox to the Legislature grounds in Victoria.

Boomer's Legacy Foundation was founded by Maureen Eykelenboom, mother of Cpl Andrew 'Boomer' Eykelenboom, a medic with 1 Field Ambulance killed in Afghanistan in 2006.

The foundation is operated by the Canadian Forces Morale and Welfare Services (CFMWS) through the Support Our Troops Program, and distributes funds to people in need, both domestically and abroad.

Lt(N) Colin Dudeck, a marine systems engineer with the Halifax Class Modernization Project, joined HeroWork last year and said the \$500,000 renovation project at the church

will include a new roof, electrical upgrades, kitchen and bathroom upgrades, new flooring, landscaping, and repainting.

Rainbow Kitchen provides lunches for up to 150 people per day, including street youth, single parents and their children, the unemployed, homeless and individuals on social assistance, and seniors on fixed incomes.

HeroWork was founded in 2010 and by the end of this project will have completed approximately \$1.8 million of its "Radical Renovations" to aging and decaying structures operated by community support organizations in Victoria. Their work has included overhauls to the Citizen's Counselling Centre in 2015, Threshold Housing in 2014, and the Mustard Seed Foodbank in 2013.

Much like the work Habitat Humanity has done in providing homes for the homeless, Latour said the group's Radical Renovations are similar to old-fashioned barn-raising in agricultur-

al communities, where all members of the community come out and work together to help out their neighbours.

Lt(N) Dudeck worked on last year's project and said he's very excited about this year's effort where he will be working on the Project Management team.

"The really cool thing about this project for myself and people at the base is the church is in right in our backyard, and is an important stakeholder and contributor to the community and needs our assistance," said Lt(N) Dudeck.

HeroWork is currently looking for volunteers for the project that will start Sept. 16 and continue for three consecutive weekends until the "Big Reveal" on Oct. 2. They are looking for both skilled tradespeople and anyone who can lend a hand in other parts of the project, including clearing debris, shoveling, lifting and carrying items, cooking, and registering volunteers.

Anyone interested is asked to write Lt(N) Dudeck at Colin.Dudeck@forces.gc.ca.

Photos by Cpl Brent Kenny, MARPAC Imaging Services

Right: Boomer's Legacy team members approach the finish point at the Legislature Building, June 12.

Below: Victoria Mayor Lisa Helps (center) addresses the Boomer's Legacy Team after their two-day ride from Comox to Victoria.



Protecteur's cruise ship director loses battle with cancer

Harry Marshall - December 17, 1963 - June 16, 2016



Leading Seaman (Retired) Harry Marshall died June 16 after a battle with cancer.

Peter Mallett
Staff Writer

Hundreds of Royal Canadian Navy sailors rallied alongside the longest serving member of HMCS Protecteur in his fight against terminal cancer.

Leading Seaman (Ret'd) Harry Marshall spent 13 years aboard the now decommissioned supply ship and according to all accounts the lovable boatswain was no "ordinary" Ordinary Seaman.

Perhaps it is the proud Newfoundlander's unwavering positivity about life that explained why Marshall amassed so much support in his unwinnable fight against stomach and esophageal cancer.

"I don't believe in bad days," said Marshall during an over-the-phone interview from his hospital bed in St. John's, NFLD, weeks before his ship sailed to his final port of call. "For me bad days don't happen and I try to instill that belief in every person I meet."

But there were tough days for the sailor when his suffering heightened from the relentless and intense throat pain, persistent cough, and loss of feeling in his legs. He was given up to six shots of Morphine a day to cope.

He was first diagnosed in August 2014 and although doctors thought they had stopped the cancer's spread through surgery, it was re-discovered Jan. 20, 2016. He was admitted to hospital for a final time on April 10 after the stomach cramps and vomiting returned.

As word of his condition spread, there was an overwhelming show of support for Marshall from the naval community. A Facebook page called 'Friends of Harry' generated more than 400 followers who wrote daily messages of support to Marshall, while dozens of family and friends travelled from afar to be at his side.

"He wasn't the type of guy that would go out drinking or partying, but was the one

who would be there to drive you home from a bar, volunteer to take your duty watch shift, or go without food himself to make sure you weren't hungry," said PO1 Boyd Greeley from the Regional Cadet Support Unit who served aboard Protecteur with Marshall for nearly six years.

Marshall's jack-of-all-trades position required him to do the jobs that nobody wanted to do including heavy lifting and cleaning. But he did them with vigour recalls PO1 Rick Hussey, who served with Marshall for four years.

"He could get away with anything because everyone loved him so much," said PO1 Hussey, a demolition instructor at Fleet School.

Even though Marshall was unconventional, certainly not a conformist, and sometimes border-line eccentric, those closest to him described the man as always having an unparalleled sense humour, humanity, and duty throughout his career.

"I only sailed with Harry for a couple of years aboard Protecteur but he left a lasting impression. He was a prominent figure to so many of us in the RCN," says LS (Ret'd) Melinda Urquhart, who started Marshall's Facebook Page on April 16 and has since been flooded with friend requests and posts.

Marshall also served aboard HMCS Annapolis and HMCS Ottawa during his career.

To most of his shipmates Marshall was affectionately known as "The Cruise Director" and he would always joke that the first four letters in HMCS Protecteur didn't stand for Her Majesty's Canadian Ship, but instead "Harry Marshall's Cruise Ship."

Marshall not only forged strong ties with the crew but also their spouses and family members, who joined the chorus of support.

"I talked to the cruise director himself this morning," wrote Sandra Harper, wife of Marshall's long-time shipmate PO2 Terry Harper on the Friends of Harry Facebook page on May 18. "I could see your antics and smile through the phone this morning Harry Marshall."

There were countless character quirks that helped elevate him to cult status amongst his peers. Some of them included always carrying books written by famed Western novelist Louis L'Amour. There was also his unwavering desire to wear his trademark faded and beaten up Protecteur baseball cap everywhere he went, despite the best attempts of senior officers to have him replace it with a new one.

Rank seemed to be of little significance and he would often be quick to correct a sailor of superior rank - with no apparent fear of reprisal - telling them the correct way to perform a certain task.

But the thing that summed up Marshall's character the best for many was a memorable moment in the 1990s when the Admiral of the day and a group of foreign dignitaries were visiting Protecteur. It was another case of that "Vintage Marshall" recalled PO1 Greeley.

"Before they could formally greet the commander and his entourage, there was Harry sticking his head between a sea of arms and extending his arm forward for the first handshake," he said. "None of us are actually sure how he got away with it, but we knew Harry was the only one who could."

The beloved Cruise Director eventually retired from the RCN, ending a 24-year career in June 2012. Even though four years have passed since he left, Marshall still referred to Protecteur as "his ship." He noted it seemed somehow "fitting" that at the moment in time when drew his final breath, the decommissioned vessel he loved so much is in the final stages of being demolished at a scrap yard in Liverpool, N.S.

"I have circumnavigated the globe in HMCS Protecteur and had life experiences that some people could only dream or fathom about," said Marshall. "I've been to Russia, Asia, the Mediterranean, Hawaii and Australia, and wouldn't trade in those moments for anything."

On June 13, Marshall slipped into a coma and was declared brain dead. A month before this decline, he wrote in a Facebook post:

"Full acceptance of this. I know what is going to happen and a stone mason is going to engrave Harry J. Marshall 1963 to

2016 on my father's headstone following my cremation. Thanks for the well wishes. I'll be on the other side with a full bottle of Pusser's Rum, bring your own damn glasses."

Marshall said he didn't want a funeral, but rather a cremation with his ashes spread from high atop Signal Hill in St. John's, which overlooks the Atlantic Ocean.

The prognosis took a heavy toll on those closest to him, including his identical brother Robert Marshall who completed a 15-year career in the Army in 1998.

"Harry and I did everything together while we were growing up," says Robert. "I just have that physical chemical bond with him, it's almost like we are two halves of an orange and we are so connected that I wondered when Harry finally passed if I would feel it."

According to all accounts he wasn't the only one who felt this moment.

Harry Marshall died in the early morning of Thursday June 16. He was 52.



Above: LS Harry Marshall participates in a Damage Control Olympics on board HMCS Protecteur during a sea training exercise.

Below: LS Harry Marshall at work on board Protecteur.



*I don't believe in bad days.
For me bad days don't
happen and I try to
instill that belief in every
person I meet.*

LS (Ret'd) Harry Marshall

matters of OPINION

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

Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

RECEPTION

250-363-3127

ACCOUNTS/CLASSIFIEDS

Mary Lou Climenhaga 250-363-3127
Mary.Climenhaga@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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History unravelled: "That's my medal and I want it!"

Bart Armstrong, CD
Contributor

"Float like a butterfly, sting like a bee, the hands can't hit what the eyes can't see."

George Forman probably didn't listen to the above words in 1974. Had he, Muhammad Ali, the greatest boxer of all time, might not have scored his second world championship heavyweight title, nor a third a few years later.

Sadly, news of Ali's death travelled the world earlier this month.

John Hayes also delivered a knockout punch but you probably never heard of him.

Abraham Lincoln did, and awarded Hayes and 14 others with a Medal of Honor for their bravery 152 years ago yesterday (June 19, 1864), a time when today's Canada did not exist.

Hayes, born in the British Colony of Newfoundland, wore the uniform of a U.S. sailor. He was part of a hand-picked crew for USS Kearsarge to "knock out" the Confederate ship Alabama.

Early in the U.S. Civil War, the North created the Anaconda Plan. When the plan was working southern crops couldn't be exported, nor supplies imported for war use by the Confederacy. In theory, Union warships would stretch along some 3,000 miles of south east U.S. coastline to prevent this movement of goods. But efforts only obstructed half of the more than 3,000 attempts to enter or leave.

One of the most famous Confederate ships was Alabama. But rather than challenge blockades, her seven ocean going voyages got better results. Of the 534 days at sea out of 657 on-the-job, the ship gained an impressive score sheet: boarding over 450 vessels, capturing 65 Union merchant ships, taking over 2,000 prisoners, and costing the Union \$6 million in losses.

The Union needed an Alabama "knockout." So they built a ship of equal size, weaponry, and manpower called USS Kearsarge. Her handpicked crew, all volunteers and weathered seaman, were selected for their talents. Men who meant business and Hayes was one of them.

Her primary mission was to capture or destroy the CSS Alabama.

Soon the target was found resupplying at Cherbourg, France, and it accepted a Kearsarge invite to duel

in international waters. Word spread, and thousands, including famous painters, trained in from Paris and elsewhere to witness the battle. The area was littered with craft wanting front row, or balcony, seats.

A two hour sail in a constantly decreasing circle, with combatants sailing along the same path would see seven go-rounds before the shells started flying. Each warship had their heavy guns on the inside of the circle and dare not leave the path for fear of becoming an instant sitting duck. It is said that for every two Confederate shots the Union's crew returned only one.

Alabama's crews were not well trained, nor disciplined, and no doubt stressed from continuous sailing for so long. Their ammunition was dry and in many cases didn't explode. Plus they were experienced at attacking unarmed vessels not a warship full of experts.

Soon Alabama took a hit below the waterline and sank. Three of her dead are buried to this day along the Cherbourg coastline.

Coxswain Hayes served many years in the U.S. Navy, on many ships, and moved about after the war. It was not until some 40 years later that he saw his name in print and learned he was a Medal of Honor man. He was livid with the government for not letting him know, so he let them know this, and thus the title of this article.

Much more on this story and others can be read at www.canadianmedalof-honor.com



Above: John Hayes and the Medal of Honour 1864 (inset).

Below: Battle of the Alabama (left) and Kearsarge (right), painting by Louis Le Breton. (From Wikimedia Commons)

His Citation read: Served on board the U.S.S. Kearsarge when she destroyed the Alabama off Cherbourg, France, 19 June 1864. Acting as second captain of the No. 2 gun during this bitter engagement, Hayes exhibited marked coolness and good conduct and was highly recommended for his gallantry under fire by the divisional officer.



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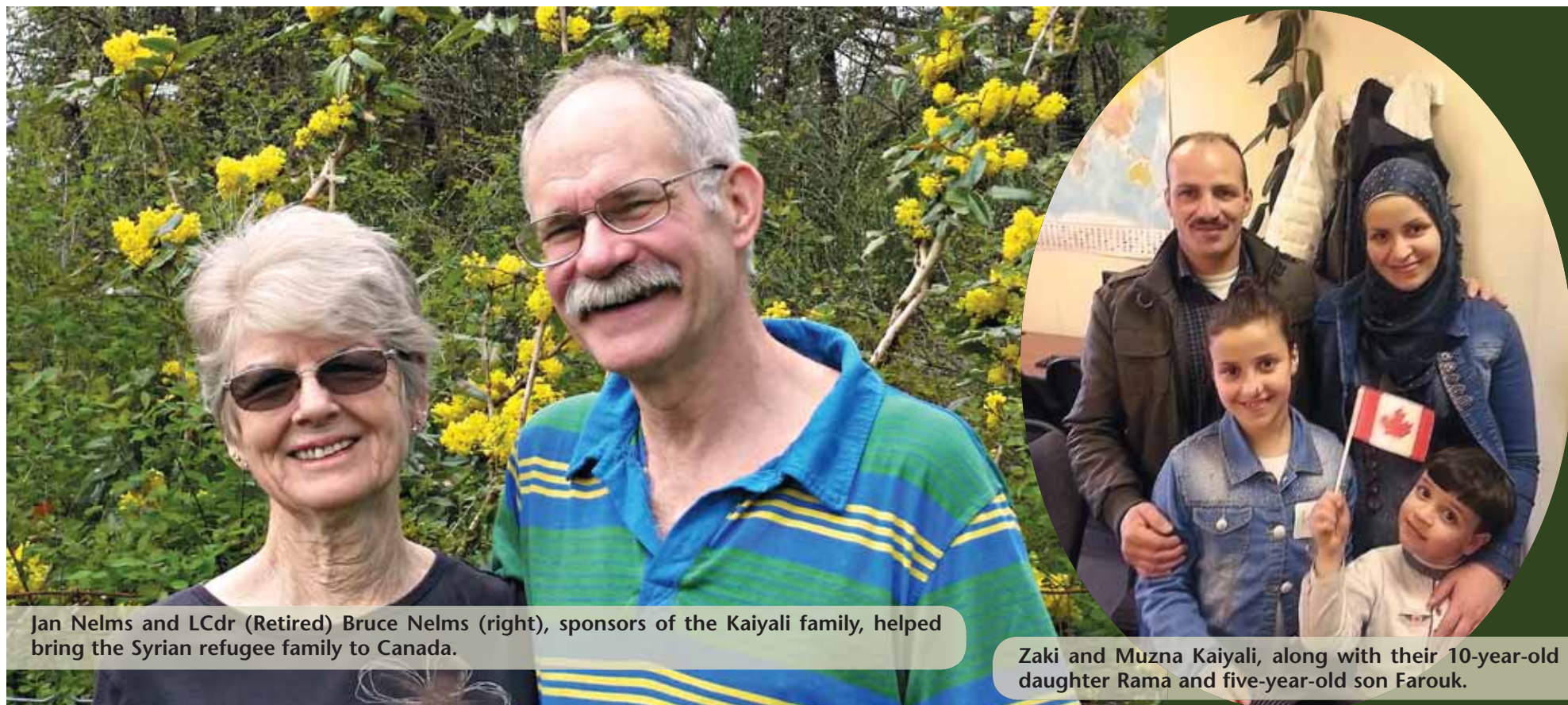
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Jan Nelms and LCdr (Retired) Bruce Nelms (right), sponsors of the Kaiyali family, helped bring the Syrian refugee family to Canada.

Zaki and Muzna Kaiyali, along with their 10-year-old daughter Rama and five-year-old son Farouk.

Naval family helped bring Syrian family to Canada

Rachel Lallouz
Staff Writer

Writer's note: This interview could not have been completed without the help of Hanadi Ponsford, translator. In light of the translation process, quotes have been edited for clarity.

In mid-February Zaki and Muzna Kaiyali, along with their 10-year-old daughter Rama and five-year-old son Farouk, touched down at the Victoria International Airport. The Syrian family had made the long journey from Lebanon after fleeing Syria in 2011 and spending almost five years in limbo as refugees.

The Kaiyali family spoke no English, only Arabic, and while they had left behind a familiar community they felt far from alone.

As the Arrivals door opened, the family searched the crowd for familiar faces. Welcoming them was a small throng of Syrian relatives, including Hanadi Ponsford, a close cousin of the Kaiyali's who was instrumental in completing the family's immigration documentation. Also waiting eagerly on the sidelines was LCdr (Retired) Bruce Nelms, now a civilian Formation Comptroller for Maritime Forces Pacific, and his wife Jan, a member of the Cowichan Intercultural Society (CIS) – the organization responsible for sponsoring a Syrian refugee resettlement program in the Nelms' home town of Duncan.

The Nelms are one of many families who agreed to sponsor a Syrian family. This has meant sharing the responsibility to ensure the housing, funding, and other transition assistance to the Kaiyali's for one year.

"The more I learned about the situation of refugees in Syria, Lebanon, Turkey, and Iraq, the more my eyes and sense of understanding was opened to the travesty of life that many people exist in," says Jan, who studied cultural anthropology in university. "In contrast is the privilege we have been blessed with. But with that privilege comes responsibility. It is our responsibility to do what we can, one person at a time, one family at a time."

In Syria, the Kaiyali family led a typical life before political violence erupted in 2011. Muzna, a stay-at-home mother, took care of their rented home in the Aleppo area, while Zaki worked long hours as a veteran carpenter of more than 20 years.

But their lives began to crumble when the Syrian government reacted to peaceful protests for freedom with violence.

"The government began shooting people right away, there were bombs going off, people dying. The turmoil in our own community really began to scare us," says Muzna.

As the violence progressed, the home of Zaki's mother was destroyed by a bomb. The family then fled to Lebanon looking for refuge.

"We did not feel safe at all, and we knew it was not an appropriate place to raise our children," says Muzna. "We dreamed of coming to Canada – we didn't have a choice. With the turmoil we had to get up and go."

Ponsford, who had been aware of the escalating danger her extended family was in, reached out to CIS in August 2015 when she had heard a group was interested in sponsoring a Syrian refugee family.

After presenting CIS with a file on the family's situation, the group agreed to begin the long process of completing documentation to move the Kaiyali's to Canada.

Natives to Syria are automatically granted refugee status in Canada, but that didn't lessen the workload of the Kaiyali sponsorship team led by CIS member Barb Kruger.

"Ultimately, we had no idea of what we were getting ourselves into," says Jan, of the three-month long process to immigrate the Kaiyali's. "It took on a life of its own, evolved and the process became very organic."

Ponsford took on the responsibility of filling out immigration documentation for each member of the Kaiyali family, translating all documentation into English. Kruger worked many hours a day researching contacts and resources

for the family upon their arrival, and the entire CIS team worked on gathering information on schools for the children and medical documentation.

"It was truly a labour of love," says Jan. "There were also mixed feelings – the feeling of excitement as each little piece would get completed and we'd be getting closer, but also feelings of frustration about the paperwork."

Temporary housing was found through an original member who served on the CIS board who offered up their Duncan basement suite to the Kaiyali's for a year.

"The immensity of the behind-the-scenes work cannot be underestimated in its importance, commitment, and downright gutsy 'stick to it' nature," adds Jan.

As work was underway in Canada, Muzna and Zaki prepared to leave Lebanon, and ultimately Syria, the community they had been born and raised in.

"It was an extremely difficult decision to make," says Muzna. "There is a lot of psychological damage that takes place when you are living in the midst of war – feelings of being unsafe and afraid. We were living that."

The most difficult part of fleeing Syria was leaving behind the rest of their family members in an unknown situation,

says Muzna.

"The Kaiyali family wishes they could be back in the time before war," says Ponsford. "That was life as it should have been for them. They miss the culture, the people, the food. There's no way to describe it. They miss home."

Now situated in Duncan, the family's primary goal is to learn English.

"We want to be able to learn the language so that we can genuinely say 'thank you' to all of the Canadians who have helped us start a new life," says Muzna.

Zaki has found part-time work as a carpenter working in a cabinet making shop.

"Our future hopes for our family are to have security for our children, for them to have a good education, and for all of us to have a good, new start on life – a life of peace," says Muzna.

The CIS team is currently working to bring more Syrian families to Canada who are trapped in refugee camps.

"The more we know, the more we are responsible to affect positive change," says Jan. "If one child, one family's life has been elevated, then we have done our job. What will be your own legacy? That is the question."

For more information on the CIS or to donate to help bring more families to Canada email Barb Kruger: refugee@cis-iwc.org



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Base teams take a Big Bike Ride

A team from Real Property Operations (RP Ops) dubbed the Pacemakers climbed aboard a very large bicycle June 8 as part of the fundraiser for the Heart and Stroke Foundation.

The Big Bike Ride has 29 seats, and one driver, and teams travel two kilometres in 20 minutes to support heart disease and stroke research. RP Ops raised \$2,391. Joining them was a team from Base Logistics called Blogged Arteries.



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The entire crew of Vancouver gathered on the flight deck with a show of support for their football team, the B.C. Lions.

SHIPS DEPLOY FOR RIMPAC 2016

Image by LS Ogle Henry, MARPAC Imaging Services

From the ceremonial dais at Duntze Head, Rear Admiral Gilles Couturier, Commander of Maritime Forces Pacific/ Joint Task Force (Pacific), bids farewell to HMCS Vancouver as it departs for sea to participate in the Rim of the Pacific (RIMPAC) and WestPloy Exercises on June 13.



SLt Sean Catterall
HMCS Vancouver

Rim of the Pacific (RIMPAC), the world's largest international maritime warfare exercise, is set to begin shortly and excitement within the Royal Canadian Navy (RCN) fleet is growing.

Her Majesty's Canadian Ship (HMCS) Vancouver set sail June 13, with HMCS Calgary to participate in the 25th edition of RIMPAC, which will serve as the launching point for WESTPLOY 2016.

Vancouver will be participating in RIMPAC as part of the RCN maritime component, which will also include HMC Ships Calgary, Saskatoon and Yellowknife.

This year's exercise will take place from June 26 to Aug. 4 in and around the Hawaiian Islands and Southern California, and will involve approximately 25,000 personnel from 27 nations, including approximately 45 surface units, five submarines, and more than 200 aircraft. Canada will contribute more than 1,400

Canadian Armed Forces soldiers, sailors, airmen and airwomen.

During RIMPAC, Vancouver will play a strategic role in building strong bilateral and multilateral ties between the RCN and navies of participating nations.

Upon completion of RIMPAC, Vancouver will continue its strategic outreach while deepening international partnerships as the ship sails across the Asia-Pacific region as part of WestPloy. During this program, Vancouver will conduct individual and collective training while transiting for Guam and onwards to Darwin, Australia.

Vancouver plans to participate in Kakadu 2016, a maritime warfare exercise hosted by the Royal Australian Navy before enjoying a rest and maintenance period halfway through the deployment. Other WestPloy visits will include Jakarta, Indonesia; Ho Chi Minh, Vietnam; Brisbane, Australia; and Auckland, New Zealand, before heading home for Esquimalt, B.C., in December 2016.



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HMCS Ojibwa is towed into Port Burwell Nov. 20, 2012, on the north shore of Lake Erie prior to making its way to the Elgin Military Museum.



Former RCN Submarine now a small town treasure

Peter Mallett
Staff Writer

This summer if you are anywhere near Port Burwell, Ontario, seek out the sleek, cylindrical body of a former Royal Canadian Navy submarine.

HMCS Ojibwa (S72) was an Oberon class submarine that served the navy from 1965 to 1998 when it was decommissioned. It was saved from destruction in 2010 by the Elgin Military Museum, who saw its potential as a land-based submarine exhibit.

The 88-metre long and five story high submarine now rests on dry land just a stone's throw from Lake Erie as a key exhibit for the Museum. Though its days as an RCN asset have long since passed, Ojibwa remains a technological marvel and constant attention grabber, says the museum's executive director, Ian Raven.

"When you stick a vessel that measures close to 300 feet and weighs 2.8 million pounds, hundreds of miles from the ocean and in a

tiny community like this one, it certainly stands out and catches people's attention," he says. "It's amazing how many people that look and point to it when they drive through town and stop by to ask us 'is that really a submarine?' then pose for pictures beside it."

Ojibwa spent most of her career on the East Coast with Maritime Forces Atlantic, but had two short deployments at CFB Esquimalt in 1977 and 1997. The boat was acquired by the museum in 2012 and towed by tug boat to the rural southwestern Ontario harbour town – population 7,000, located 72 kilometres southeast of London.

Raven said the exhibit, which cost approximately \$8.5 million to refurbish for guided tours, is part of a larger effort by the museum to celebrate and document the contribution of over 9,000 Elgin residents who served their county since the War of 1812.

"Since they made such huge sacrifices for the freedoms all Canadians

enjoy today, we want to give the museum's visitors a true understanding, and realistically commemorate what the submariners who worked on this vessel experienced on a day-to-day basis," said Raven. "Most Canadians have no idea what these submariners did for us, the sacrifices they made and how they lived their lives aboard vessels such as Ojibwa. It's not the piece of steel or the physical sub itself that accomplished its legacy,

but the human crew of the vessel."

Although much of the electronic equipment in Ojibwa's radar and sonar rooms were removed before the ownership transfer of the vessel, Raven says he and his staff pride themselves on the authenticity factor they made to ensure it retains the same "operational atmosphere" it had in the RCN.

He also noted huge logistical challenges in rewiring the boat, because

of its tight spaces, for basic requirements as lighting and air conditioning, since much of the original electrical circuitry inside Ojibwa had been removed prior to its arrival.

Guided tours for up to 10 visitors are conducted by museum staffers, including former RCN submariners, and normally take close to one hour. If museum-goers can adjust to the confined spaces, the tour normally gets rave reviews.

Ojibwa is also showing potential as a future set for the film and television industry. Raven said the vessel recently captured the interest of an undisclosed Hollywood production crew that travelled to Port Burwell and boarded Ojibwa for insight into how to build movie set inside a submarine.

Meanwhile Canadian television program Dino Dana filmed segments for a future show from the boat.



Photos by Joseph GP O'Neil, Elgin Military Museum

The HMCS Ojibwa exhibit at the Elgin Military Museum in Burwell, Ont.



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National Aboriginal Day

A Message from the Defence Team Champion for Aboriginal Peoples on National Aboriginal Day

Today (June 15), I am honoured to mark the 20th anniversary of National Aboriginal Day. As the Defence Team Champion for Aboriginal Peoples, I am deeply grateful to the Indigenous Peoples of Canada for their remarkable contributions to our country and to the entire Defence Team.

With a proud heritage as warriors, Aboriginal People are exceptional leaders in every field within the Canadian Armed Forces and the Department on National Defence. Many have sacrificed and volunteered to serve in our country's military throughout history.

Today, a bronze statue of Company Sergeant-Major (CSM) Francis Pegahmagabow was unveiled in Parry Sound, Ontario. CSM Pegahmagabow is the most highly-decorated Aboriginal soldier of the First World War. He is one among many indigenous people who chose to proudly serve their country. I was delighted to attend the unveiling and recognize such an important military and historical figure.

Many Aboriginals continue to serve today and provide support to our operations, here in Canada and around the world. They demonstrate tremendous courage, tenacity and strength on a daily basis, both within the defence family and in our society at large. First Nations, Inuit and Métis Peoples greatly enrich our military ethos with unique cultural, spiritual and traditional identities. Inclusivity and respect for all members is non-negotiable and crucial to our success.

In this vein, a significant milestone has been achieved for our serving Aboriginal members. The Royal Canadian Chaplain Services will now have a designated Aboriginal Advisor, which will enable our dedicated chaplain network to better meet the needs of our indigenous soldiers, sailors, and aviators. This is a positive example of how the Defence Team is continuously evolving to be more welcoming to people of indigenous background.

When we stand strong, proud and ready to serve Canadians together, we can continue to meet ever more complex challenges at home and abroad. I invite you all to join me today in honouring the culture, history and achievements of the Aboriginal Peoples of this land."

Lieutenant-General Marquis Hainse,
Commander Canadian Army



From left: Elijah Buffalo, Sampson Cree First Nation and DAAG Member, and Lisa Dewit, Wetsuweten First Nation and Regional Civilian DAAG Co-chair, address the crowd.



Base Commander Capt (N) Steve Waddell speaks to a crowd of guests at National Aboriginal Day, held in Work Point June 16.



From left: Elders Mary Ann Thomas and Dr. Elmer George say a First Nations prayer.



Drummers play traditional Aboriginal drums.

Photos by Rachel Lallouz



The line up to take a tour on either HMC Winnipeg or HMCS Saskatoon stretched far down the jetty.



Cpl Samuel Lockhart from the Canadian Scottish Regiment applies camouflage on Noah Kam.



Noah Kami sits in an antique U.N. Jeep patrol car from the Ashton Armory Museum.

Westshore NAVY DAY/JOURNÉE DE LA MARINE

MCpl Marcel Dionne of the Military Police helps Mark Siminov practice a take down technique.



Sgt Jean Leblanc, a policeman from Esquimalt Military Police Unit, shows the patrol car equipment to a young visitor.



Aspectator throws a ball at the Tour de Rock dunk tank in an attempt to sink Colorado Avalanche NHL Hockey Player Tyson Barrie.



On Saturday, June 11, CFB Esquimalt welcomed nearly 1,200 visitors to Westshore Navy Day held at the Colwood facilities. As a result of the hard work of the men and women of Maritime Forces Pacific, 39 Canadian Brigade Group and the Royal Canadian Air Force, visitors were able to take in a wide variety of displays and demonstrations that showcased what the members

of the Canadian Armed Forces and Defence Team do on a daily basis. This was the first time in 10 years the base has hosted an Open House, and this unique location gave visitors a peek at a part of the base that many people didn't even know existed. Thank you View Royal Casino, Royal Roads, BC Transit, Westshore Parks and Recreation, and Bell Media.

Photos by Leading Seaman David Gariépy



The team from 442 Transport and Rescue Squadron demonstrate a rescue.



Captain (Navy) Steve Waddell, Base Commander, addresses the crowd.



Jeannie Ward and her daughter Audrina hold on tight during their RHIB ride with Clearance Diver, Leading Seaman Bryan Ogle.



Corporal Gordon Tessier, a fire fighter at the Damage Control School, helps Audrey Conrad, age 3, use a fire hose.



Naval Cadet Able Seaman Chris Nix watches as William Gordon, age 6, throws a monkey paw.

Plaid For Dad

Units around the base supported the Wear Plaid for Dad Campaign, a national workplace fundraising campaign to raise an awareness of prostate cancer. Everyday, on average, 11 Canadian men die of the disease, and another 65 are diagnosed with it.

Photo by John W. Penner



Left: Members of the Damage Control Division, at Canadian Forces Fleet School Esquimalt, support Plaid For Dad on June 17, 2016.

Photo by PO1 JW Penner

Bottom left: Members from HMCS Ottawa's crew support the cause.

Below: Maritime Forces Pacific / Joint Task Force (Pacific) (MARPAF/JTF (P)) personnel gather in the foyer of MARPAF Headquarters.

Photo by Ed Dixon, MARPAF Imaging Services



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Sailor speaks to Asian Heritage at special event

Rachel Lallouz
Staff Writer

When Able Seaman San Le, a Naval Communicator of three years, was just 13, he and his family were forced to emigrate from their home in Saigon, Vietnam, to Ottawa when Communists occupied the south part of their home country.

It was the story of this journey, taken at such a young age, that AB Le shared with a room of supporters at the Asian Heritage Month event on May 19, at the Pacific Fleet Club.

"I was honoured and felt so privileged to speak in front of rows of full bar military members," says AB Le.

He was also touched to find Second World War vet-

erans of Asian descent present at the meeting.

"The Canadian Armed Forces (CAF) employs personnel from all walks of life, many from different religious, cultural, and linguistic backgrounds – but we are all connected."

Once AB Le, his little sister, and his parents arrived in Ottawa in 1998, he says his mother and father worked labour-intensive jobs as dishwashers and bakers. The family also relied on social assistance to help make ends meet. By the age of 16, AB Le had taken his first job delivering newspapers around his neighborhood.

Slowly, he says, the family worked towards financial stability. His parents were able to attend college, his sister became a registered nurse, and AB Le graduated with a degree in chemistry.

"Their dedication and self-improvement inspired me to always keep looking forward," he says. "With steadfast strength of mind and a dedication to physical fitness, I learned from my family's journey that life is always challenging, but not insurmountable."

He later joined the Canadian Armed Forces (CAF) at 29, an organization he has aspired to be part of since his younger days.

"Serving the country that accepted my family, helped us through our hardship and provided us with a strong education is an honourable duty," he says.

AB Le sailed on board HMCS Vancouver where he met Lieutenant (Navy) Sherwood Yu, Assistant Head of the Logistics department, who would come to the main galley and serve the crew at lunch everyday.

"Mentorship, know your subordinates, set the example," says AB Le. "These are the main reasons I enjoy my time in the Royal Canadian Navy under sound leadership."

When AB Le shared his story with his mentor, Lt(N) Yu, now a military co-chair of the Defence Visible Minority Advisory Group, Lt(N) Yu opted to make AB Le the lead speaker at the Asian Heritage Month event.

"I felt very connected to all in the room, and I know



Photos by MCpl Chris Ward, MARPAC Imaging Services

Ordinary Seaman San Le speaks at the Asian Heritage Month event held at the Pacific Fleet Club May 19.


my message was heard," he says. "All of us pledged allegiance to the Queen and the Red Maple Leaf. All of us are Canadian. In the end, that's what the

month was about."

AB Le is now working at the Information Protection Group (IPG) and is looking forward to the new challenges.



The Victoria Chinese Culture Dance Group perform during a ceremony for Asian Heritage Month.



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Naden Band set to say farewell to beloved conductor

It's really a bitter-sweet moment for me. I am looking forward to my new command, but I love this place.

Lt(N) Matthew Clark

Peter Mallett
Staff Writer

For the past five years Lt(N) Matthew Clark and the Naden Band of the Royal Canadian Navy (RCN) have made beautiful music together. But now it's time for the beloved conductor to make his exit

from the band and head east.

On July 19 the band's commanding officer will end his posting in Esquimalt and take up a similar position with the Royal Canadian Air Force Band based out of 17 Wing, Winnipeg.

"It's really a bitter-sweet

moment for me. I am looking forward to my new command, but I love this place, the musicians, and the band's rich 75-year musical history," says Lt (N) Clark. "There is a tendency to want to put my nails on the ground and go out kicking and screaming because it's been such a perfect storm for me in Victoria and I've loved every minute of it."

He first learned of his transfer to Manitoba in December 2015. The move is part of a first-ever, nationwide shakeup of Canadian Armed Forces band commanding officers, and is an effort to "bring something different and give a positive change" to all the bands across Canada, he explains.

SLt Vincent Roy, who is currently posted to CFB Borden, will replace Lt(N) Clark as commanding officer.

Of the incoming commanding officer, Lt(N) Clark says, "SLt Roy is an exceptional musician who is certain to do very well with his new job of com-

manding this ensemble of 35 full-time, professional musicians."

"I told him you've got a Lamborghini in the Naden Band and the only way it will work is if you drive it and love it," he adds. "It may sound arrogant to say it, but he's inheriting one of the finest wind bands in the country and I really mean that. When this band is on fire they're untouchable and I am certain they will continue that success."

Two of his proudest achievements for the band were establishing innovative musical collaborations with the University of Victoria Wind Ensemble and the Victoria Symphony.

"If you want to be great at something you must surround yourself with people who are the best in their fields," he says. "That's the best way, a collaborative effort. You need to work hard to achieve this, and that has been my focus since day one when I arrived here."

Other organizations who Lt(N) Clark established ties with include: Government House, the Royal and

McPherson Theatres Society, Ian Tyson with Heritage Canada, the Royal British Columbia Museum, Victoria Film Festival, Esquimalt Township Community Arts Council, Royal Roads University, University of British Columbia and the Victoria Philharmonic Choir.

One of his biggest personal accomplishments came recently when he was nominated by the prestigious American Bandmaster Association to join its select list of 300 conductors, which includes just six Canadians.

The English-born musician grew up in Southern Ontario and is a graduate of the University of Toronto. Prior to his arrival at Esquimalt he served with CAF bands in Edmonton and Ottawa, and with the Canadian Forces Logistics Training Centre Music Division at CFB Borden.

He is also a talented euphonium soloist and his solo recording entitled "Euphonium" has been featured on CBC Radio and the British Bandsman, the longest-running periodical on brass bands.

His list of accomplishments and accolades haven't gone unnoticed by his band-mates either.

Saxophonist PO2 Ken Gibson is the band's longest serving continuous member and has worked under six commanding officers. He says Lt(N) Clark's arrival in 2011 signalled a big change.

"He has brought the band to a whole new level and has brought fresh ideas and a new approach," he says.

PO2 David Gagnon, also a saxophonist, described Lt(N) Clark as a "great leader" who is both personable and understanding.

"It's not just the band members but the entire military community and City of Victoria who are sorry to see his departure," says PO2 Gagnon.

Lt(N) Clark gave his last public performance for the Naden Band during the June 8 Navy Ball at Government House. The band played the RCN's official march "Heart of Oak" and then the conductor made his exit from the stage.

"It was a great way to go out," Lt(N) Clark said.

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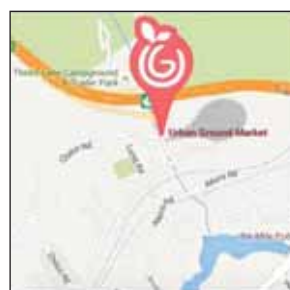
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Ombudsman Releases third report on Reserve Force

Gary Walbourne
DND/CAF
Ombudsman

Since 2002, this Office has been tracking and reporting on the issues of operational stress injuries and the adequacy of the health care provided to members of the Canadian Armed Forces.

Because different rules apply, we have also focussed our attention on the same issues as they relate to Canada's Reserve Force. Today, we are releasing the last of a series of three reports.

The first report was a collaborative effort with the Canadian Forces Health Services and titled *The Feasibility of Providing Health Assessments to All Primary Reservists*. The report examined periodic health assessments and found that approximately 6,000 members or 30 per cent of the Reserve Force did not have a valid medical assessment.

In the second report *A Systemic Review of Compensation Options for Ill and Injured Reservists*, we found that the application process for Reserve Force Compensation was overly complex and relied on 1990s-style paperwork. We also saw that there was no tracking or performance measurement sys-

tem in place to gauge the efficiency and effectiveness of the Reserve Force Compensation process. Furthermore, we found that ill or injured Reservists were largely unaware of the options available to them.

In this final report, *Part-Time Soldiers with Full-Time Injuries: A Systemic Review of Canada's Primary Reserve Force and Operational Stress Injuries*, we found that:

- The policies concerning Reservists' entitlements to health care, access to periodic health assessments, and eligibility for Reserve employment are unclear;

- There is a lack of knowledge and awareness of the entitlements to care available to Reservists; and

- There are gaps in the general follow-up activities with Reservists and, more specifically gaps in post-deployment follow-up activities.

We recommended that the Department of National Defence and the Canadian Armed Forces:

- Improve the clarity and administration of Reservists' entitlement and eligibility for health care, periodic health assessments and future Reserve employment;

- Take measurable steps to improve the knowledge and awareness of the entitlements available to all

Reservists, especially those who may be ill and injured; and

- Strengthen the responsibility and capacity to follow-up with Reservists.

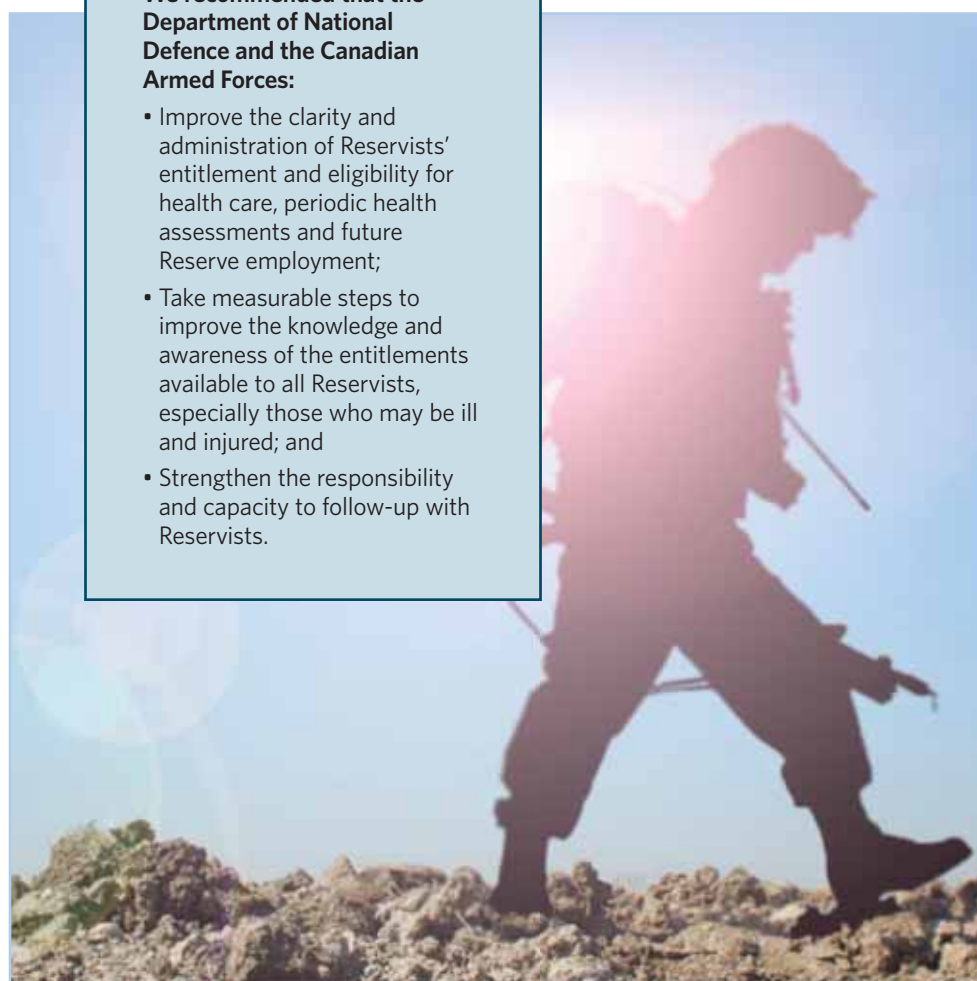
In accordance with my mandate, the Minister of National Defence is given a report 28 days in advance of its release. In his response, the Minister states that he is supportive of the recommendations made in *Part-Time Soldiers with Full-Time Injuries: A systemic Review of Canada's Primary Reserve Force and Operational Stress Injuries*, but offers comments related to the administrative challenges and timeline for implementing the recommendations.

While encouraged by the Ministerial support, I remain concerned about the timeline for improving the work, life and status of Reservists. I am pleased that the Minister has directed a thorough and comprehensive review of the Primary Reserves as part of the Defence Policy Review, but maintain that some of the changes recommended in my report can be made immediately to achieve a positive result. What can be done now must be done now.

My office will continue to track these issues and report back as well as posting any correspondence we have on this subject on our Office's website.

We recommended that the Department of National Defence and the Canadian Armed Forces:

- Improve the clarity and administration of Reservists' entitlement and eligibility for health care, periodic health assessments and future Reserve employment;
- Take measurable steps to improve the knowledge and awareness of the entitlements available to all Reservists, especially those who may be ill and injured; and
- Strengthen the responsibility and capacity to follow-up with Reservists.



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Boatswain Qualification Level 6 Graduation Parade

Reviewing Officer, Deputy Commandant of CF Fleet School, Lieutenant Commander Brian McFarlane presented certificates and promotions during the Boatswain QL6 Graduation Parade, held at the Nixon Gym in Work Point, June 6.

Images by Cpl Brent Kenny, MARPAC Imaging Services



Master Seaman P.D. Buckoll is presented with his course certificate.



Master Seaman S.P. Britt receives his course certificate.



Master Seaman S.J. Bonneville is presented with his course certificate.



Master Seaman D.K. Carle receives his course certificate.



Master Seaman T.D.N. Croft is presented with his course certificate.



Master Seaman K.M. Gibson receives his course certificate.



Petty Officer Second Class R.T. Hart (right) with his course certificate.



Master Seaman B.K. Holden is presented with his course certificate.



Master Seaman D.S. Robbins receives his course certificate.



Master Seaman R.J. Wile is presented with his course certificate and a plaque for the Top Student Award.



Master Seaman R.J. Wile receives his promotion to Petty Officer Second Class.



Master Seaman K.M. Gibson receives his promotion to Petty Officer Second Class.

Bravo Zulu

Base Ceremonial Divisions

Captain (N) Steven Waddell, Commander of Canadian Forces Base Esquimalt, presented awards and medals during the Base Ceremonial Divisions held at the Naden Drill Shed, June 7.
Image by LS Ogle Henry, MARPAC Imaging Services



Corporal Neil Haslam received the Canadian Forces Decoration First Clasp for 22 years of dedicated service.



Corporal Charles Wiebe receives the General Campaign Star – South West Asia Ribbon for Operation Artemis.



Leading Seaman Stylianos Mourtzanos receives the Special Service Medal – NATO Bar.



Leading Seaman Kristin Andreassen receives the Article 5 NATO Medal for Operation Active Endeavour.



Master Warrant Officer Mike Hawes received the Canadian Forces Decoration First Clasp for 22 years of dedicated service.



Leading Seaman Ken Bowley received the Canadian Forces Decoration First Clasp for 22 years of dedicated service.



Lieutenant Commander Sean Keoughan received the Canadian Forces Decoration First Clasp for 22 years of dedicated service.



Leading Seaman Darren Kreuger received the Canadian Forces Decoration for 12 years of dedicated service.



Naval Cadet Clayton Kihn received the Canadian Forces Decoration for 12 years of dedicated service.

Fleet School - Awarded by CF Fleet School Commandant, Cdr Ed Hooper.



CPO2 Andrew Carnegie receives the OSM-Expeditionary for Operation Caribbe.



CPO2 Andrew Carnegie receives the NATO Article 5 medal for Operation Active Endeavour.



Sgt Lacasse receives the NATO Article 5 medal for Operation Active Endeavour.

HMCS Winnipeg



SLt Li-Taylor is promoted to his current rank by LCdr Landon Creay, left, and Lt(N) Noelani Shore, right.

MARPAC Awards

Presented by Rear Admiral Gilles Couturier, Commander of Maritime Forces Pacific/Joint Task Force (Pacific), at an awards ceremony June 9.



Chief Petty Officer Second Class Howard Manderson is awarded the Commander's Individual Achievement Award.



Petty Officer Second Class Josh Schmidt is awarded the Maritime Forces Pacific Bravo Zulu Certificate of Achievement.

CFAD Rocky Point



David Ramalho receives a Command Team Commendation presented by CMSG Commander Col Virginia Tattersall, and Chief Warrant Officer Michael Davis.



Mike Welsby receives his certificate for 35 years of service from Col Tattersall and CWO Davis.

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Women in Command, Portland Rose Festival

Pictured from left to right: Cdr Amy McInnis, Commanding Officer, USS Howard (DDG83); RAdm Paula Brown, Deputy Commander, Naval Facilities Engineering Command, Deputy Chief of Civil Engineers; VAdm Nora Tyson, Commander, U.S. 3rd Fleet; Cmdre Marta Mulkins, Commander Naval Reserves; Cdr Kristen Serungard, Commanding Officer, USCGC Fir (WLB213); LCdr Jolene Lisi, Commanding Officer HMCS Brandon; and Harkiran Rajasansi, Consulate General of Canada, in Seattle on board Brandon during the June 11 weekend at the festival.

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Sea Fest 2016: Prince Rupert welcomes Whitehorse

A/SLt KMJ Murphy
HMCS Whitehorse

HMCS Whitehorse had the honour of attending the 38th annual Sea Fest in Prince Rupert, B.C., from June 11 to 12.

Sea Fest is Prince Rupert's annual community festival, organized by volunteers and the Prince Rupert Special Events Society. This year's theme was "Gumboots and Raindrops." While there was a bit of rain, there was a lot of sunshine, and even more smiling faces.

Whitehorse came alongside Cow Bay Marina Saturday afternoon to a jetty full of curious on-lookers and photographers, just in time for the sun to break through the clouds and to smartly dress ship to fit the occasion. HMCS Oriole and CCGS Captain Goddard were also in attendance just across the jetty.

Whitehorse, HMCS Oriole, and CCGS Captain Goddard made up the small maritime component of the festival and were open to visitors throughout the weekend. Whitehorse embarked over 650 visitors who were given guided tours by members of the ship's company.

Tours included an introduction to the Kingston class vessel, the ship's rescue boats, and upper decks before a final stop on the bridge. Whitehorse saw many families, well-wishers, and maybe even a few future captains sitting in the "Big Chair."

Members of the ship's company participated in various festival activities and two members, LS Houle-Carriere and AB Clark, placed second in the Kayak Fire Drill Race.

The community was extremely welcoming of Whitehorse and the crew looks forward to their next visit in mid-July.



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