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New leadership for West Coast navy

Following the command change on Friday, the newly appointed Commander Maritime Forces Pacific, Rear-Admiral Art McDonald addresses the crowd of dignitaries, friends and family on A Jetty. Read the full story on pages 10 and 11.

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RIMPAC 2016

HMCS Vancouver trains for incoming threats



Photo by Mass Communication Specialist First Class Shannon Chambers, U.S. Navy

Royal Canadian Navy Halifax-class frigate HMCS Vancouver departs Joint Base Pearl Harbor-Hickam for Rim of the Pacific 2016.

DND

Her Majesty's Canadian Ship (HMCS) Vancouver recently joined *Her Majesty's Australian Ship (HMAS) Warramunga* and *United States Ship (USS) Howard* for a live anti-ship missile defence (ASMD) system test in Hawaiian waters, as part of Rim of the Pacific (RIMPAC) 2016.

For *Vancouver*, the aim of the exercise was two-fold: to technically assess the operational effectiveness and suitability of Halifax-class ships in anti-air warfare and ASMD roles; and to tactically assess the application of knowledge and skills of the combat team in *Vancouver* in realistic operational ASMD. This shoot was the culmination of training reaching back to May of this year.

Lieutenant (Navy) John Claymore, *Vancouver's* Above Water Warfare Officer, is responsible for the ship's sensors division – the team of sailors responsible for surface and air warfare. This includes directing

surface and air engagements using Harpoon and Evolved Sea Sparrow Missiles (ESSM), Bofor 57mm cannon, Phalanx Close-In Weapon System, MASS and RAMSES weapons systems, and the detection of ESSM/communications signals via sophisticated electronic means.

For Lt(N) Claymore, the ESSM was the final weapon he had yet to fire while employed as a Sensor Weapons Controller, an achievement accomplished by few in the Royal Canadian Navy.

"RIMPAC really is the perfect venue for us to trial and evaluate the employment of our weapons and command and control systems, and also to assess our ability to respond to threats such as anti-ship missiles," says Lt(N) Claymore. "Ultimately, nothing can replace the experience of firing real munitions – and being successful on a live-fire exercise like this gives a huge boost in morale to the entire crew."

Vancouver conducted a successful engagement

against a combination of high altitude supersonic threats and low altitude cruise missile threats. The threats were represented by AQM-37C and BQM-74E test drones, launched from the Pacific Missile Range Facility in Hawaii, that followed predetermined flight plans towards the Surface Action Group that included

HMAS Warramunga and USS Howard. The live-fire engagements of targets in both individual and mutual defence of the task unit included two ESSMs from *Vancouver*.

"Working together with our allies on a live range helps everyone involved fine-tune how they work with each other," says Lt(N)

Claymore. "It is crucial that we seize every opportunity to keep our team as sharp as we can – especially when it comes to defending our ship."

This year's RIMPAC, the 25th in the series that began in 1971, is scheduled from June 30 to Aug. 4. Twenty-six nations, 45 surface ships, five submarines, more than

200 aircraft and 25,000 personnel are participating in this year's exercise.

Held every two years by Commander, U.S. Pacific Fleet, and executed by Commander, U.S. 3rd Fleet, RIMPAC is a multinational maritime exercise that takes place in and around the Hawaiian Islands and off the coast of southern California.



Photo by MCpl Mathieu Gaudreault, Combat Camera

Sea King crew from 443 Maritime Helicopter Squadron on board HMCS Vancouver pull the Sea King out of the hangar in preparation for a flight in the Pacific Ocean during RIMPAC 16.

RIMPAC really is the perfect venue for us to trial and evaluate the employment of our weapons and command and control systems.

Lt(N) John Claymore, HMCS Vancouver

Navy divers survey historic wreck

Photos courtesy LS Joe Falletta

LS Joe Falletta's dive partner, LS Raphael Marcouiller, swims between a forward gun turret and a section of the superstructure of USS Arizona.

Rachel Lallouz
Staff Writer

Three Clearance Divers had a rare opportunity to dive an American historical site.

Leading Seaman Joe Falletta, LS Raphael Marcouiller and LS Benoit Leonard from Fleet Diving Unit Pacific, and Master Corporal Nathan Rommens, Combat Diver from CFB Gagetown, were among the first non-Americans to complete a diving survey of USS Arizona, a ship bombed and sunk in Pearl Harbor by the Japanese in 1941.

"The ship is a war memorial, and isn't open to the public because it is an actual gravesite with 900 American sailors still trapped inside of it," says LS Falletta.

He and a group of 10 divers from Australia, South Korea, New Zealand, and the Netherlands were selected to attend the dive, led by an

American National Parks representative diver.

They are now among the less than 100 people who have ever seen the ship from beneath the surface.

Before donning their Compressed Air Breathing Apparatuses, the group was taken to the Arizona Memorial in Pearl Harbor, a large white shrine situated in the middle of the harbor, to pay their respects and more fully understand the story of USS Arizona, located in the water almost directly beneath the memorial.

The group dove about eight metres into the green waters, working with about 10 to 15 feet of visibility to view the ship, which stands upright on the ocean floor.

"I felt shock and awe that I was even down there, because this dive had been scheduled and cancelled at the last minute at previous RIMPACs due to the sheer magni-

tude of the dive," says LS Falletta. "So to be honest, up until I had my tanks on, there was still a part of me that thought it might get cancelled."

As the group swam closer to the ship's prow, LS Falletta says coral and other sea life was visible growing on the ship's side, visible in the sunlight filtering down from the ocean's surface above them.

"We weren't allowed to actually touch vessel," he says.

However, the group had clear views of a large gun, and where the bomb hit on that fateful day.

"It was an honour to view the ship, and to have the privilege of diving on a piece of history," says LS Falletta. "Being part of the first group of international divers to ever see it reveals the interoperability of the Canadian military to work with other countries, and shows how the Americans can trust their partner nations to dive at such a sacred site."

A diver selected to survey USS Arizona swims slowly alongside the decaying ship.

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WHAT SAY YOU

People Talk

Lookout asked this question of those attending CFHA's 20th anniversary celebration at Belmont Park:

What was your best apartment or house you have ever lived in and why?



The place I'm moving into right now on the West Shore in the Latoria/Langford area because I finally have a huge backyard and I will be able to have big barbecues and backyard fun.

Jennifer Stevens,
Customer Service
Representative for CFHA



My apartment at Lakehead University when I was in my second year was my favourite because it was centrally located and near all the stores and restaurants. Despite having to walk to school for 35 minutes it was worth it because this was such a great apartment.

Derek Noel,
Defence Construction
Canada



My childhood home in Barrie, Ontario, just because of the memories of the fun we had playing outside in the summer heat when it was 35 Celsius, but not necessarily the ones I have of shovelling the driveway in the winter.

Cpl Stuart MacNeil,
Formation Imaging



My wife and I once lived in north Sydney, Australia, in a flag officer's posh condo. The level of decadence and proximity to the famous opera house and also seeing and hearing the wild cockatoos and parrots from our balcony made this place an unforgettable place to live.

Cdr Todd Bonnar,
Acting Base Commander



In Winnipeg I had a townhouse that we paid \$48,000 for in 1995. It was 1,152 square feet and was perfect for two people. The price and location were unbeatable and there were lots of parks and green spaces which made it even better.

LS Garry Reynolds,
HMCS Regina

SPORTS trivia Horse Feathers

by Stephen Stone & Tom Thomson
Contributors

Questions

1. What three races make up the Triple Crown of Harness Racing for Pacers?
2. Since its inauguration in 1956, how many horses have won the Pacing Triple Crown?
3. Which horse was the most recent winner of the Pacing Triple Crown?
4. What three races make up the Triple Crown of Harness Racing for the Trotters?
5. Since its inauguration in 1955, how many horses have won the Trotting Triple Crown?
6. Which horse was the most recent winner of the Trotting Triple Crown?
7. Who is the winningest driver in harness racing?
8. Who is the only harness racing driver selected as Canada's Athlete of the Year?
9. This Canadian pacer set the world record for the fastest mile pace in the Bluegrass Stakes at the Red Mile in Kentucky in 2008.
10. What is the largest purse in horse racing?
11. What is the richest horse race for two-year-olds?
12. Who owned and rode Big Ben?
13. Which athlete holds the record for competing in the greatest number of Olympic Games?
14. How many gold medals has Canada won in Olympic equestrian competition?
15. Which member of the British Royal Family competed in equestrian competition at the Montreal

1. The All American Futurity for two-year-old American Quarter Horse racehorses run at Ruidoso Downs Race Track in Ruidoso Downs, New Mexico. The purse in 2015 was \$3,000,000 with \$1,500,000 to the winner, Jess Good Candy.
2. Ian Millar (Perth, Ontario).
3. Ian Millar, Equestrian (Canada) — 10 Olympics (1972-1976, 1984-2012).
4. (Yonkers), Kentucky Futurity (The Red Mile — Lexington, Kentucky).
5. Eight.
6. Glidemaster in 2006.
7. Dave Palone (Waynesburg, Pennsylvania) with over 17,500 victories and over \$131,000,000 in money winnings.
8. Herve Filion (Angers, Québec — 1971).
9. Somebeachsomewhere — 1:46.4.
10. Dubai World Cup — \$10,000,000 won most recently by American horse California Chrome.

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BY: RASHIDA MALIK

MOVING WITH YOUR PET

Relocating can be stressful for you, your family and your pets. Drastic changes in the environment can be shocking to an animal's system, so be prepared by educating yourself about transporting and settling your pet during a move.

For moves via vehicle (car, truck or recreational vehicle), make sure your pets have a secure crate or carrier for the duration of the move. Always have well-ventilated carriers and never transport them in an open truck or moving van. Prior to moving day, expose your pet to the carrier or crate by leaving it in a common area of the house and encouraging them to incorporate the carrier into their life. Leave a water dish, food, blanket or favourite toy inside, and they will soon recognize the carrier as a safe place and gain familiarity.

If you are staying overnight along the way, choose pet friendly hotels that offer outdoor space for your pet to play and have a little fun. Prepare a travel kit with enough food for the move, a toy, familiar piece of human clothing and grooming tools. It is important that you create a quiet atmosphere to minimize stress and anxiety.

Overseas moves can be stressful and expensive. Check the rules regarding bringing an animal into another country (*visit petrelocation.com*) as rules vary depending on your country of origin. Know what pre-clearance veterinarian tests or shots will be required.

Every airline has different regulations regarding transporting pets. Contact your preferred airline so you know what to expect and your pet will have a safe, uneventful flight.



Formerly a personal banking professional, Rashida Malik has been an award winning, top producing Victoria realtor for more than twenty years, now with Royal LePage Coast Capital Realty.

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Take your pets in your car whenever possible so they are familiar and feel safe. It is also a good idea to have your new home prepared to welcome your furry family member by having familiar items, people and scents on hand when your pet is introduced to the new home. Let your pet's behaviour be your guide and stay calm as they adjust accordingly.

The most important goal with any move is to get the whole family settled, happily and quickly, into your new home. With more than twenty years in the real estate industry, I'd love to share my relocation expertise with you, and help you find the perfect "forever" home for you and your pets.



RASHIDA'S TOP TIPS

- **PRACTICE RUN:** Take your pet on a "practice run" by taking your pet in the crate on car rides so they get used to the feeling of driving around.
- **NEIGHBOURHOOD:** For cats, keep them indoors until they get used to the new location.
- **PET ID:** Update pets tags and chips with your new address and telephone number, so you can be contacted if your pet gets lost.
- **HEALTHY PETS:** Visit a vet before you move to ensure that your furry family member is in good health for travel and all vaccinations are up to date.

RIMPAC 2016: Canadians assume key leadership positions

LCdr Kelly Williamson
RCN Snr PAO

RIMPAC 2016, the world's largest maritime exercise, is hosted by U.S. Pacific Fleet and led by Commander, U.S. 3rd Fleet, Vice-Admiral Nora Tyson, who serves as the Combined Task Force Commander.

This year's exercise brings together 26 nations to enhance cooperation and understanding, and provides valuable training opportunities to more than 25,000 participants.

"RIMPAC offers tremendous training opportunities, in part because two years of intense planning goes

into each exercise, and also because of its scale," says Rear-Admiral Scott Bishop, Deputy Commander Combined Task Force Rim of the Pacific (RIMPAC) 2016.

"Put yourself in the shoes of that young sailor standing watch in the ship's operations room or bridge – or the pilot or crew in an aircraft. Imagine the kind of training they are going to get with this huge force of aircraft carriers, amphibious ships, submarines, cruisers, destroyers, frigates, fighter jets and helicopters. This is the kind of training environment that you just can't simulate. The skills and experiences they learn here will provide them with the experience, confidence and leadership they'll need to operate in any multinational coalition.

"Equally as important, that coalition will be more effective because of the common understanding that RIMPAC fosters amongst the nations who participate in it. Personnel from all 26 nations in RIMPAC will have the opportunity to meet, work together, build relationships, understand each other better, and prac-

tice the basic, foundational procedures that we all rely on during actual operations."

RAdm Bishop's experience made him a natural choice for the core RIMPAC 16 leadership team, where he is serving as Deputy Commander of the Combined Task Force. Reporting to VAdm Tyson, he is responsible for ensuring that this complex exercise runs smoothly.

RAdm Bishop has held many command appointments throughout his career, commanding *Her Majesty's Canadian Ship Halifax*, Maritime Operations Group Five, the Canadian Pacific Fleet, and the Canadian Atlantic Fleet. Recently, he took command of the Canadian Forces Intelligence Command.

He hopes to bring some of his experience and leadership to bear in RIMPAC in his role as the Deputy Commander.

"I had the opportunity to participate in many RIMPAC exercises as a young officer," he says. "I know firsthand what a great experience this will be for the more than 1,500 CAF personnel who are participating in this year's exercise

This year's exercise brings together 26 nations to enhance cooperation and understanding, and provides valuable training opportunities.

– whether here in Hawaii or Southern California. From the most senior commander to the newest private and ordinary seaman, the lessons being learned here will continue to pay dividends throughout their careers. And for some Canadian officers who, like me, have been given key leadership roles in the exercise, they will have the opportunity to direct and oversee operations on a scale that cannot be duplicated outside of a major coalition."

During RIMPAC, CAF personnel will fill key posi-

tions in the exercise. This includes Brigadier-General Blaise Frawley, from the Royal Canadian Air Force, who has been appointed the Combined Force Air Component Commander and will oversee the operations of the more than 200 aircraft participating in the exercise.

It will also include Captain (Navy) Jason Boyd from the RCN, who has been appointed the Sea Combat Commander overseeing several warships in the defence of a U.S. Aircraft Carrier Battle Group.



Photo by Corporal Brett White-Finkle, Combat Camera
Rear-Admiral (RAdm) Scott Bishop, RIMPAC Deputy Commander Combined Task Force, conducts an interview following a news conference at Joint Base Pearl Harbor-Hickam, Hawaii, for RIMPAC 16 on July 5.

For more information on RIMPAC:

www.cpf.navy.mil/rimpac/

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Canada Company Scholarship Fund expands

Rachel Lallouz
Staff Writer

Canada Company, an organization that provides outreach between Canada's Armed Forces (CAF) members and the corporate world, announced June 24 an enhancement of their Scholarship Fund at their annual scholarship awards ceremony in Toronto.

The scholarship fund exists to provide financial assistance towards the post-secondary education of eligible children of Canadian soldiers who have been killed while serving in domestic or international operations of the Canadian Armed Forces and Reserves any time since Jan. 1, 2002.

For the purpose of this Scholarship Fund, "killed while serving" shall include Canadian soldiers, who, while still serving in the military and having served in an active role in a domestic or international operation of the Canadian Armed Forces and Reserves any time since 2002, or who took their own lives where the suicides have been determined by a Board of Inquiry to be death by suicide attributable through military service.

Eligible candidates who enroll or continue their enrolment in full-time post-secondary academic studies may be awarded annual scholarships of up to \$4,000 per academic year and may be available for a maximum of four years.

An initial contribution of \$100,000 from the Canada Company Board of Directors to the fund has since been matched by TD, Scotiabank, RBC and BMO. This spurred an additional \$10,000 donation from The Globe & Mail bringing the total additional



Captain Kevin Naismith with his children Halsey, Arina, and Adam.

funding to \$510,000.

"It is important to Canada Company that we support the men and women in uniform, and their families," says Angela Mondou, President of Canada Company.

Belinda Naismith and her family are one of over a hundred families who have been supported by the fund. Her eldest son Adam was one of the first recipients of the scholarship fund when it was founded in 2008.

Adam was able to earn a Bachelor of Fine Arts (Honours) at the University of Saskatchewan with the scholarship's aid, as well as a teaching degree, and now works as a substitute teacher. Her two younger daughters, Arina, 22, and Halsey, 19, both received scholarships to study at Saskatchewan Polytechnic.

"The scholarship has been a tremendous help, and it is such a signifi-

cant amount of money," says Naismith. "The children were able to focus on their studies, and did not need to work or go into debt to pursue their schooling."

Her husband, Captain Kevin Naismith, once a fighter pilot with Squadron 416 in Cold Lake, Alberta, passed away when he was forced to eject from his fighter plane during a catastrophic flight control failure while training.

"Our family can't thank Canada Company enough for all of the support," she says. "They really are wonderful people who wear their hearts on their sleeves, and they do this because it is something that they want to do."

To date, the Canada Company Scholarship Fund has awarded 105 scholarships since its inception.

For more information, please visit www.canadacompany.ca

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HMCS Whitehorse on duty

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HMCS *Whitehorse* is currently patrolling Canada's rocky and island-marked Pacific Coast, enhancing the recognized maritime picture and building community relations across coastal and Northern British Columbia.

Whitehorse departed Esquimalt Harbour June 27, and patrolled the extent of Canada's territorial waters off of Vancouver Island, before proceeding into Esperanza and Espinosa Inlets as far as Zeballos.

Three days later the ship began navigating Imperial Eagle Channel, Junction Passage and Alberni Inlet to be alongside Port Alberni for Canada Day.

Over 370 visitors boarded the ship. One couple were so happy with their tour that they invited their navy tour guide to join them on a fishing trip.

The Maritime Discovery Centre, located on Harbour Quay, where *Whitehorse* came alongside, provided

an opportunity for building community relations and learning about the maritime heritage of Port Alberni. Several staff partook in tours of *Whitehorse*, which was reciprocated by sailors visiting the centre.

The ship departed Port Alberni July 4, and navigated through a busy Alberni Inlet while it was open to purse seine fishing, which provided excellent exposure for bridge watchkeepers.

Whitehorse spent the next couple of days patrolling the west coast of Vancouver Island and Nootka Sound, the site of Captain Cook's first landing in what is now B.C.

The ship also detached the RHIB to patrol the narrow channels branching out from Bligh Island as far as Matchlee Bay, then proceeded to Prince Rupert for resupply, rest, and relaxation for the crew on the weekend.

The goal of strengthening community relations was further advanced by opening the ship to visitors that Saturday with over 250 guests. One local

little girl, Gracelynn Campbell, opted to experience the superior vista of the Commanding Officer's chair while touring the bridge.

Before leaving the Prince Rupert area, *Whitehorse* took advantage of its northern position to embark three members of the 4th Canadian Rangers Patrol Group for a day sail and to build connections with this part of the Canadian Armed Forces.

After spending the day with the Rangers, *Whitehorse* departed for Khutzeymateen Inlet prior to proceeding to an anchorage outside the village of Queen Charlotte to open the ship to the public the next day.

Whitehorse then proceeded to Ketchikan, Alaska, for a port visit from July 15-18. The ship was well received and hosted over 180 people for guided tours. Regional partnerships were enhanced after the ship departed Ketchikan by conducting helicopter operations with a U.S. Coast Guard MH60-T Jayhawk out of Sitka, Alaska.



Gracelynn Campbell enjoys the view from the Commanding Officer's chair. AB Clark demonstrates the use of the search light on HMCS Whitehorse at Prince Rupert.



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Cadets embrace Rainbow Flag

Lt(N) Brian Broom

Rachel Lallouz
Staff Writer

In recognition of Lesbian, Bisexual, Gay, Transgender and Queer Pride Month, the iconic Rainbow Flag was flown for the first time during the opening summer parade at HMCS Quadra Cadet Training Centre.

More than 800 cadets and staff were in attendance as the colourful flag waved in the wind overhead.

Lieutenant (Navy) Brian Broom, a B.C. Course Officer for Drill and Ceremonial, organized the Rainbow Flag's presence to ensure all cadets on course felt welcomed and respected.

"As an officer in the cadet organization's administrative and training service, I wanted to be the voice for cadets that may not necessarily feel safe or who may struggle with identifying themselves," he said. "I wanted to show silent communication to everyone that we are a youth program of equality, and we were able to show this to everyone by raising the Rainbow Flag."

Lt(N) Broom, who identifies as a member of the LGBTQ community, says his experience as a young army cadet in Ontario was fraught with harassment. He was made fun of routinely for his identity.

"My experience happened years ago, but to see the Rainbow Flag going up now

shows the forward thinking our youth programs are based upon," he says.

To have the flag raised, Lt(N) Broom consulted with his command staff; he then drew up a memorandum that was sent to the Commanding Officer of the Regional Cadet Support Unit. His suggestion was given the green light without hesitation.

As the cadet band played on, and just shortly after the Canadian Flag was raised, the Rainbow Flag was hoisted up by a cadet as the first division of cadets marched by for the summer.

"I was standing just off of the parade square, watching it be raised up," says Lt(N) Broom. "It was a very personal moment of emotion to show how safe I am here and how much of a difference this could make to other cadets and officers."

The flag will be raised at each new intake of cadets throughout the summer. It is Lt(N) Broom's intention to have the flag raised next summer as well.

"I think the effect of raising the rainbow flag will have emotional significance for anyone in the community who may feel as though they are not treated as equals," says Lt(N) Broom. "It is important to me to show everyone that we are all equal, and that a person can be themselves without being judged, ridiculed, or criticized."

"Raising the flag is a symbol of that equality," he adds.

Access available for mental health professionals - EAP

DND

Did you know that eligible family members of civilian DND employees have free access to mental health professionals through the Employee Assistance Services (EAS) of Health Canada? This is one of the many services available as part of the DND Employee Assistance Program (EAP). EAS is a confidential, voluntary and solution-focused service that provides the following:

- 24/7 immediate assistance, by calling 1-800-268-7708 or 1-800-567-5803 for the hearing impaired;
- a national network of 750

mental health professionals with a minimum of a Master's degree in a psychological field, and five years of experience in private practice;

- short-term counseling, typically conducted face-to-face. Phone or e-counseling is also provided when appropriate (e.g. clients located in remote locations or outside Canada, clients with mobility issues etc.);
 - immediate telephone crisis support and counseling;
 - trauma Management Services; and
 - advisory Services.
- Employee Assistance Services offers both pre-

ventative and remedial solutions to employers, employees, and eligible family members who have concerns that could affect their personal well-being and/or work performance. All calls made to EAS are strictly confidential, as counsellors are bound by a code of ethics along with privacy provisions that guarantee client confidentiality.

Get informed and take advantage of the services available within the DND Employee Assistance Program.

For additional information on these services, contact the Corporate EAP Office. P-OTG.EAPCorpOff@intern.mil.ca



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Photo by Leading Seaman David Gariépy
Lieutenant Governor of British Columbia, Judith Guichon takes the salute.



Photo by Peter Mallett, Lookout
Rear-Admiral Art McDonald talks to the crowd during the change of command ceremony at Dockyard's A Jetty, July 22.



Change of Leadership for Maritime Forces Pacific

Rachel Lallouz
Staff Writer

A crowd of military personnel and invited guests took their seats at A Jetty on Friday morning, July 22, to witness the change of command between Cape Breton native Rear-Admiral Art McDonald and Rear-Admiral Gilles Couturier. Following an inspection of the Guard of Honour, the two Admirals signed the certificates officially changing command of Maritime Forces Pacific and Joint Task Force (Pacific) to RAdm McDonald. Overseeing the event was Vice Admiral Ron

Lloyd, the new Commander of the Royal Canadian Navy (RCN).
“I look forward to the privilege of working with the integrated military and civilian team here as we continue to ensure that we deliver operational excellence – at home and abroad, both today and tomorrow,” said RAdm McDonald in his formal address.
Prior to assuming the Maritime Forces Pacific command, then-Commodore McDonald served as Director General of Naval Force Development from 2013 to 2016, overseeing planning and conducting one of the

largest peacetime renewals in RCN history.
In his address, RAdm McDonald highlighted the important milestones solidified by previous the commander, RAdm Couturier, including listening to, and working with Canada’s First Nations, and noting the previous commander’s respect for diversity and ability to tackle conduct issues head-on.
He closed his speech by sharing his feelings of dedication to the future of the RCN.
“You need to know that I am committed to helping you continue the great

work of RAdm Couturier in the watch ahead, and that I wish to remain focused on the ships – yes, our warships for sure, but in addition to warships, I’m talking about relationships, mentorships, and ownership,” RAdm McDonald said. “These words will serve as the lead for addressing any challenges we may face.”
“Admiral Couturier, Sir,” he said. “I relieve you.”
RAdm Couturier took the stage with his classic comparison of the RCN to a diverse, well-functioning hockey team. He also praised the new commander’s experience and skill.

“I leave humbled and inspired by the incredible teamwork of the Maritime Forces Pacific and Joint Task Force Pacific military and civilian team,” he said. “I know RAdm McDonald is a superb officer who will continue to deliver operational excellence on the West Coast. I wish him every success as he assumes command today.”
Also present to oversee the speeches and make keynotes of their own were Lieutenant Governor of British Columbia, Judith Guichon, and Esquimalt First Nations Elders Mary Ann Thomas and Elmer George.



Photo by Leading Seaman David Gariépy
From the left: Rear-Admiral Gilles Couturier, Vice-Admiral Ron Lloyd, and Rear-Admiral Art McDonald sign Change of Command Certificates.



Photo by Peter Mallett, Lookout
The Naden Band performs during the change of command ceremony.



Photo by Peter Mallett, Lookout
Lieutenant Governor of British Columbia Judith Guichon inspects the Guard of Honour with Rear-Admiral Gilles Couturier.



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Books for children of first responders looking for youth art created at PSP camps

Rachel Lallouz
Staff Writer

Youth attending Personnel Support Programs' (PSP) Fun Seekers Day Camps this summer have the opportunity to create art for a special picture book, "A Pollen Fairy Named Squirt."

The book is authored by Fay Maddison, CEO and President of the Natasha's Woods Foundation.

The book is one of four written by Maddison, and supported by her foundation. It embodies a fantastical and magical main character with the ability to overcome everyday life challenges that children of first responder families may face. These challenges include having a loved one suffer from Post-Traumatic Stress Disorder (PTSD), or amputation, or the death of a loved one in service.

This particular book features a tiny pollen fairy that gets moved or "posted" frequently.

Like her books, Maddison's foundation aims to raise awareness of and

unconditional support for the mental wellness of children in both first responder and military families. The charity focuses on harnessing the power of story-telling and the arts to generate resources required to provide programs and support services for children affected by their parents' service.

During PSP's Fun Seekers Summer Camps Ryan Anderson, Manager for Community Recreation at CFB Esquimalt, says chil-

We are pleased [...] to provide arts programming [...] that will encourage the traits for building resiliency and helping children overcome the unique aspects of the military lifestyle.

Ryan Cane
Recreation Manager, PSP

dren will read "A Pollen Fairy Named Squirt" and then be asked to draw a picture interpreting the story.

The pictures will be submitted to the Foundation for possible inclusion in the book.

Original art selected will best depict the storyline, explains Maddison, and the work of multiple young artists will be included in the book.

"Sales of this children and youth illustrated picture book series will always give back to children and youth services programs," says Maddison, who notes that the books will create a legacy by children, for children.

In partnership with PSP, the Natasha's Wood Foundation will also provide funds for grants that PSP Recreation departments can apply for to organize and run arts programming this fall. Programs will be offered at no cost, with priority registration for children of the following groups: families of deceased Canadian Armed Forces

(CAF) members; families of ill and injured members of the CAF; and families of CAF members who are currently on a prolonged course or training program, who are scheduled for deployment, or who are serving away from their families.

Children participating in these programs will have the chance to participate in the creation of a special art canvas sketched by Maddison to serve as a symbol of the strength and resiliency of military children.

"We are pleased to work with the Natasha's Woods Foundation to provide arts programming for the military community that encourages the traits for building resiliency and helping children overcome the unique aspects of, the military lifestyle," says Ryan Cane, Senior Manager of Recreation Program for PSP.

The picture book will be sold for \$10, plus shipping. Maddison's books are currently sold online at: www.natashaswoodfoundation.com/shop/.



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CF Housing Agency opens four new Belmont housing units

Peter Mallett
Staff Writer

Canadian Forces Housing Agency (CFHA) celebrated 20 years managing the DND housing portfolio with a ribbon cutting for four new residential housing units in Belmont Park.

The newly constructed 1,328-square-foot duplexes were unveiled with celebratory cake and balloons.

"These housing units in Belmont Park are our homes and there is a piece of mind that comes with having a comfortable, safe and affordable place to live," said Acting Base Commander, Cdr Todd Bonnar. "The jobs we do

in the military sometimes require us to uproot our lives and move across the country every four years, leaving behind friends and communities. These housing units are an investment in the well-being of our members and families who together enable mission-success."

Built by Victoria builder Nu-View Homes, the two-storey homes located on Prevost Avenue feature bright open-concept kitchen and living rooms, three bedrooms, upstairs laundry room, garage, a backyard with storage shed, and in close proximity to parks and schools.

CFHA has also completed 54 kitchen upgrade

projects in Belmont Park this last fiscal year.

In 2015 the Federal Government allocated \$103 million to fund improvements between 2015 and 2017.

"Since it is the occupants that are our main priority at the CFHA, we were happy to receive this funding that enables projects such as these," said Anne Corkery, the CFHA's Esquimalt Housing Service Centre's Manager.

"The CFHA is very proud of the four new contemporary RHUs. It is through great collaboration with Defence Construction here in Esquimalt that this [project] was made possible."



CFB Esquimalt Base Chief, CPO1 Gino Spinelli, and Acting Base Commander Cdr Todd Bonnar prepare to cut the ribbon on a newly constructed house in Belmont Park July 15.



Photo by Cpl Stuart MacNeil, MARPAC Imaging Services
Cdr Bonnar and CPO1 Spinelli join the Canadian Forces Housing Agency (CFHA) team inside a newly constructed Residential Housing Unit to celebrate the 20th anniversary of the CFHA at Canadian Force Base Esquimalt.

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Dunn's Nook fish habitat compensation project launched

Lorraine Crinkley
FSE

Public Works Government Services Canada (PWGSC) and Formation Safety and Environment (FSE) were onsite July 18 at Colwood for the unveiling of the Dunn's Nook Fish Habitat Compensation Project.

The project created intertidal marsh habitat at Dunn's Nook located adjacent to F Jetty in Colwood.

As part of the PWGSC's Esquimalt Graving Dock Waterlot Remediation Project, the Dunn's Nook habitat was created to offset impacts caused by project activities.

As part of the agreement, PWGSC cleaned up a contaminated site within Dunn's Nook, improved the local habitat, and will transfer any surplus habitat credits to DND for application on future marine capital projects.

Dunn's Nook had been impacted by human activity since the mid 1900s when Wilfert Road and the culverts beneath it were constructed. This original

development restricted tidal flow and passage of fish and other marine life into the marsh, and caused standing water to remain during low tide events. This resulted in anoxic, low quality fish habitat that had the potential for stranding and killing fish.

Intertidal marsh area in Esquimalt harbour is a rare feature, and successful re-establishment of this habitat would be a substantial contribution to local biodiversity. Salt marshes are one of the most productive ecosystems on earth; they act as nurseries for plant and animal species, provide food and habitat for birds and other wildlife, slow shoreline erosion, absorb excess nutrients, and help to protect coastal areas from flooding.

The Dunn's Nook Fish Habitat Compensation Project began with the completion of several site assessments including a tidal flow assessment, chemical analysis of soils, and archaeological assessment to ensure the protection of nearby archaeological site DcRu-137.



Photo by LS Ogle Henry, MARPAC Imaging Services

Image of Dunn's Nook Fish Habitat project, taken at F Jetty, CFB Esquimalt.

Once the assessments were completed, 930m³ of sediment contaminated with PCBs, PAHs and metals were removed from the site. New material was then brought in to re-profile Dunn's Nook creating benches, dendritic channels intertidal flats and salt tol-

erant plants, all of which are naturally occurring features of a healthy intertidal marsh.

Post restoration, a monitoring plan has been established for the site that includes assessments of the success of the colonization of marsh vegetation,

fish usage and the physical stability of the constructed habitat. Salt marshes are slow growing, dynamic, sensitive ecosystems which require as little human interaction as possible.

Vegetation can be easily trampled and birds and their nesting sites can also be dis-

turbed by visitors.

Signage has been put up around the site to not disturb the area due to the sensitivity of the habitat.

If you are over in Colwood take a few moments to view the new signage that describes details of the project and restored habitat.

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Naval Fleet School (Pacific) Awards

Commander Todd Bonnar, Commanding Officer of NFSP, presented medals and awards during a ceremony on July 20.



CPO2 Ayotte receives the Canadian Forces Decoration 1st Clasp.



PO1 Mosson receives the Canadian Forces Decoration 1st Clasp.



PO2 Migneault receives the Canadian Forces Decoration 1st Clasp.



PO2 Morris receives the Canadian Forces Decoration 1st Clasp.



LS Lang receives the Canadian Forces Decoration 1st Clasp.



Lt(N) Stanley receives the Canadian Forces Decoration.



PO1 Solyom receives the Canadian Forces Decoration.



PO2 Larocque receives the Canadian Forces Decoration.



LCdr Petitpas receives the Canadian Forces Decoration 1st Clasp.



PO2 Orlowski receives the Canadian Forces Decoration.



PO2 Rempel receives the Canadian Forces Decoration.



MS Akey receives the Canadian Forces Decoration.



MS McKenzie receives the Canadian Forces Decoration.



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LS Horvath receives the Canadian Forces Decoration.



Lt(N) Wilson receives the Operational Service Medal - Expeditionary.



PO2 Milligan receives the Operational Service Medal - Expeditionary.



PO2 Woodrow receives the Operational Service Medal - Expeditionary.



MS MacPherson receives the Operational Service Medal - Expeditionary.



LS Keen receives the Operational Service Medal - Expeditionary.

Bravo Zulu

FMF Awards and Presentations

Captain (Navy) Christopher Earl, Commanding Officer of Fleet Maintenance Facility (FMF) Cape Breton, presented medals and awards on July 5.

Photos by LS Ogle Henry, MARPAC Imaging Services



James Morton receives the 35 Years of Dedicated Service Certificate.



PO1 Jeff Hagans receives the Operation Service Medal - Expedition.



CPO1 Doug Bell receives the Canadian Forces Decoration 2nd Clasp.



PO1 Corey Howe receives the Canadian Forces Decoration 2nd Clasp.



Cdr Ryan Solomon receives the Canadian Forces Decoration 1st Clasp.



Lt (N) Craig Newman receives the Canadian Forces Decoration.



Lt (N) Stephan Normore receives the Canadian Forces Decoration.



MS Bevin Gordichuk receives the Canadian Forces Decoration.



Charles Smith receives the Unit Bravo Zulu.



Keith Bruhm receives the Unit Bravo Zulu.



PO2 Steven Wood receives the Unit Bravo Zulu.



Jeff McDonald receives the Unit Bravo Zulu.



PO1 Mike Horobin receives the Unit Bravo Zulu.



MS Eli Langley receives the Unit Bravo Zulu.



Lt (N) Nathalie Malihot-Montgrain receives the Unit Bravo Zulu.



Heather Hunter receives the Unit Bravo Zulu.



Heather Hunter receives her Apprenticeship Certificate.



Morgan Legh receives his Apprenticeship Certificate.



Justin Temmel receives his Apprenticeship Certificate.



Robert Valleau receives his Apprenticeship Certificate.



Connor White receives his Apprenticeship Certificate.



Steve Ringma receives a Certificate of Appreciation.



Kathrin Hunter, Thomas Copeland, Kurtis Copeland and Alyssa Copeland receive Certificates of Appreciation.

Bravo Zulu

Chicoutimi Change of Command Ceremony

Friends, family and crewmembers of HMCS Chicoutimi gathered at the Change of Command Ceremony held on July 15. Incoming Commanding Officer Cdr Jean Stephane Ouellet, Reviewing Officer Capt(N) James Clarke, and outgoing Commanding Officer Cdr Tim Markusson signed their respective certificates.

Photos by LS Ogle Henry, MARPAC Imaging Services



Outgoing Commanding Officer Cdr Tim Markusson speaks about his time in Chicoutimi.



Left to Right: Cdr Ouellet, Capt(N) Clarke and Cdr Tim Markusson sign Change of Command certificates.



Participants of the event included friends, family and crewmembers.



Incoming Commanding Officer Cdr Jean Stephane Ouellet addresses the audience.

Bravo Zulu

NADEN BAND Change of Command Ceremony



Clockwise from left: Lt(N) Matthew Clark relinquished command of the Naden Band of the Royal Canadian Navy to SLt Vincent Roy; overseeing the ceremony was RAdm Gilles Couturier (centre). Above right: The band plays a final performance with Lt(N) Clark. Below right: RAdm Couturier inspects the band prior to the Change of Command.



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

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HMCS Winnipeg Ceremonial Divisions Honour and Awards Presentations

Commander Jon Hutchinson presented medals and awards during the HMCS Winnipeg Ceremonial Divisions Honour and Awards Presentations on July 15.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



CPO2 Ferguson receives the Operational Service Medal – Expedition – Op Caribbe.



PO2 Alexander receives the Article 5 NATO: Active Endeavour medal.



CPO2 Burzuk receives the Canadian Forces Decoration 1st Clasp.



Lt(N) Dimitrievski receives the Canadian Forces Decoration.



PO2 Snow receives the Canadian Forces Decoration.



MS Mackenzie receives the Canadian Forces Decoration.



LS Graham receives the Canadian Forces Decoration.



LS Prutovych receives the Canadian Forces Decoration.



MS Kreuger receives the Silver Sea Service Insignia.



MS Mackenzie receives the Bronze Sea Service Insignia.



MS Aspden receives the Bronze Sea Service Insignia.



Lt(N) Walsh receives the Gun Metal Sea Service Insignia.



LS Boongaling receives the Gun Metal Sea Service Insignia.



LS Bathgate receives the Gun Metal Sea Service Insignia.



OS Fradette receives the Gun Metal Sea Service Insignia.



PO2 Corbett receives the US Navy - Navy Meritorious Unit Ribbon.



LS Hu receives the Junior Weapons Engineering Technician OJPR 2 Completion Certificate.



LS Kim receives the Junior Weapons Engineering Technician OJPR 1 Completion Certificate.



OS Burke receives the Naval Environmental Training Package Certificate.



LCdr Creasy receives the Operational Service Medal – Expedition – Op Caribbe.



CPO2 Gall receives the Operational Service Medal – Expedition – Op Caribbe.

CALLING ALL DND ARTISTS!

CANADA 150

TILE PAINTING EVENT

hosted by the Victoria Foundation

**FRIDAY & SATURDAY
AUGUST 12 - 13**

Aug. 12 11 a.m. - 4:45 p.m.

Aug. 13 9 a.m. - 4:45 p.m.

45 minute painting workshops will begin on the hour.

Join us in the courtyard of the Greater Victoria Public Library, Central Branch - 735 Broughton Street

Here's your opportunity to contribute to a mosaic composed of art that celebrates our nation, and to represent the Navy as part of the larger Victoria community.

Participants will paint a 4x4" tile that will become a piece of a mosaic mural. The orientation and all materials will be provided.**

Advise your chain of command of date and time you would like to paint no later than Wednesday July 28. Your name will be submitted to Danielle Smith, Base Chief of Staff.

****Please note that organizational names and logos will not be accepted as a tile design.**

Silent Auction - 50/50 – Raffle

GO ON LINE TO VIEW AUCTION ITEMS

Team BC Silent Auction has over \$10,000 in auction items up for grabs!

**Entrance is Free and the BBQ is by donation
Bar service is provided**



8th Annual

Military Police National Motorcycle Relay 2016

Silent Auction/Meet & Greet/ BBQ

NOTC Venture Gun Room,
Bldg 1367 Workpoint, Victoria View Road, CFB Esquimalt
5:00 PM until 8:00 PM – Saturday, 30th July 2016

www.nationalmotorcyclerelay.ca

100 % of all money raised goes our charity, the children we ride for "A Person Never Stands So Tall As When They Kneel To Help A Child"

Military Police Fund for Blind Children Charity www.mpfbc.ca