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Volume 61 Number 36 | September 6, 2016

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# Naden Band

SUMMER SERENADING

Photo by Marie-Lucie Mathieu, Contributor

Throughout the last two weeks of August the Naden Band of the Royal Canadian Navy has been busy performing for enthusiastic crowds around the province. In addition to performances at the PNE in Vancouver and Butchart Gardens, they outreached to smaller communities including Chemainus, Sidney, Oliver and Osoyoos.

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# Second Operation Honour report released - RCN takes action

**Darlene Blakeley**  
Navy Public Affairs Ottawa

The Royal Canadian Navy (RCN) has been decisive in taking action to eliminate harmful and inappropriate sexual behaviour within its ranks.

Following the release of the second report on Aug. 30, which details the progress of the Canadian Armed Forces (CAF) in Operation Honour, the RCN provided an update on steps it has taken to ensure a safe and respectful workplace.

"The RCN has always dealt with misconduct issues directly, particularly when it comes to those holding positions of leadership or command," said Vice-Admiral Ron Lloyd, Commander RCN. "Trust is a key component of leadership and discipline, and it must not be placed in doubt. When we lose confidence or trust in those holding positions of responsibility, they are removed from those positions, and the issues surrounding the removal are examined."

The RCN took a major step

to create enduring culture change by finalizing and implementing its new Code of Conduct in February 2016.

This is the product of the Navy's Conduct Renewal Initiative, and is aimed at promoting a respectful professional environment for all members, free of all forms of discrimination and harassment. Operation Honour's keystones are foundational and the core military values of duty, integrity, loyalty and courage are reinforced.

The RCN Code of Conduct is being implemented through formal training, as well as through mentorship and leadership at all levels of the chain of command.

Specifically, the RCN has developed a training strategy to address both Operation Honour and the RCN Conduct Renewal Initiative. This new series of training modules was developed by naval training staff in concert with the CAF Strategic Response Team on Sexual Misconduct.

At a policy level, the navy has adopted the Gender-Based Analysis Plus initiative, enhancing its capacity to understand and account for evolving gender realities and inequalities. Forthwith, all navy personnel policy analysts must complete Gender-Based Analysis Plus training.

The navy is also conducting research related to the attitudes and behaviours of its members. This includes sponsoring a study by research specialists investigating the effects of operational stress on social behaviours, and any attendant correlations to incidents of personal misconduct.

The RCN has amended Ship's Standing Orders to include what's called an "Away from Home Port" protocol. Command teams now provide a verbal briefing to their ship's company on the first night in any port away from home. This briefing outlines all expectations related to alcohol, conduct and safety. In addition, all RCN seago-

ing and shore units have incorporated a conduct brief as part of the in-routine process upon arrival to the unit. The aim is to reinforce institutional and command expectations of behaviour and comportment.

The navy is placing added impetus on tracking, and will soon put in place a pan-command incident monitoring methodology, improving its ability to identify tendencies and trends, and respond to these.

"Our goal is to apply the principles of Operation Honour through what we call 'deck-plate leadership' – the immediate and visible interaction between leaders and junior personnel at all levels," explained VAdm Lloyd. "Our next steps are to continue to build confidence in the chain of command and in the available reporting mechanisms, so that victims will not fear reprisal in coming forward."

"At the end of the day, this is all about people," added VAdm Lloyd. "It's about making sure they have a safe and respectful workplace, free from abuse or discrimination – one in which they can focus on, and carry out their duties in the service of Canada."



## From the Admiral

I, of course, echo the comments from the Chief of the Defence Staff and the Navy Commander made in Ottawa following the release of the report.

I and my leaders at all levels support the Defence Team leadership in collectively working to create a workspace for our sailors and civilian team that is free from any sort of abuse, discrimination and inappropriate sexual behaviour.

There is no place in the Canadian Armed Forces for members who are not able to treat their fellow members with respect and dignity.

The Navy Commander was clear in his intentions to, "identify inappropriate conduct, provide care to those who have been wronged, and hold predators to account."

I am, of course, fully committed to carrying-out the direction of the Commander Royal Canadian Navy (RCN) - as is the complete Maritime Forces Pacific and Joint Task Force Pacific leadership team, both military (Regular and Reserve) and civilian.

In pursuit, it is worthwhile to note, that the RCN Code of Conduct was officially released in February of 2016 and it is central to our efforts. It formally promotes a respectful professional environment, free from all forms of discrimination and harassment, and it formalizes our stance that everyone in the RCN has a leadership role to play when it comes upholding good conduct and the elimination of harmful and inappropriate sexual behaviour.

We are committed to showing "what right looks like" and are steadfast in our resolve to create an environment of trust for our sailors and civilians.

RAdm Art McDonald  
Commander MARPAC

## Quick Facts

- From April to July 2016, a total of 148 incidents of sexual behaviour were reported. Of these, 97 remain ongoing, and 51 investigations have been completed.
- 30 individuals received disciplinary and/or administrative action.
- 10 cases were ruled unfounded. Three cases were referred to civilian authorities. In four incidents, the alleged offender was not identified and no further action was possible. In one case, members involved participated in alternate dispute resolution.
- The remaining three cases were disciplinary matters that did not fall within the parameters of Operation Honour.



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# HMCS Ottawa rescues crew on burning vessel

The crew of HMCS Ottawa watch from the deck as two men aboard a burning fishing boat Sherry C are rescued by personnel in a rigged-hulled inflatable boat.



**Peter Mallett**  
Lookout Writer

Two men stranded on a burning fishing vessel are now on dry land thanks to the crew of HMCS Ottawa.

The 12-metre fishing vessel Sherry C was towing the disabled fishing vessel Tryon to Tofino on Aug. 25 when a fire broke out in the engine room. It was 9:25 p.m. and the vessel was 13 nautical miles west of Ucluelet Sound when they sent out a distress call. Ottawa responded to the May Day call and proceeded at best speed to both disabled vessels.

In less than half an hour Ottawa was on scene. The fire and smoke had engulfed the interior of Sherry C, and the panicked crew were about to abandon the vessel. Smoke could be seen billowing from the vessel, and though Ottawa's infrared cameras, a significant heat source was radiating from its engine room.

Ottawa immediately deployed its rigid inflated boat and extracted the fishermen from their vessel. They were assessed as uninjured, transferred to a Canadian Coast Guard rescue boat, and later transported to Tofino.

"We approached the fishing boat carefully from the

stern," said LS Christopher Henrion, Ottawa's boat coxswain. "Both fishermen were extremely happy to see us. Both had been hanging on for as long as they could off the back of their boat before needing to abandon it. We transferred them to our RHIB, confirmed they had no injuries, and provided them with blankets to keep warm until the Coast Guard arrived."

With both individuals safe, Ottawa turned its attention to the disabled fishing vessel Tryon. An assessment team was quickly dispatched, and based on their evaluation, Tryon's transmission and alternator were beyond repair and the vessel would require a tow back to port.

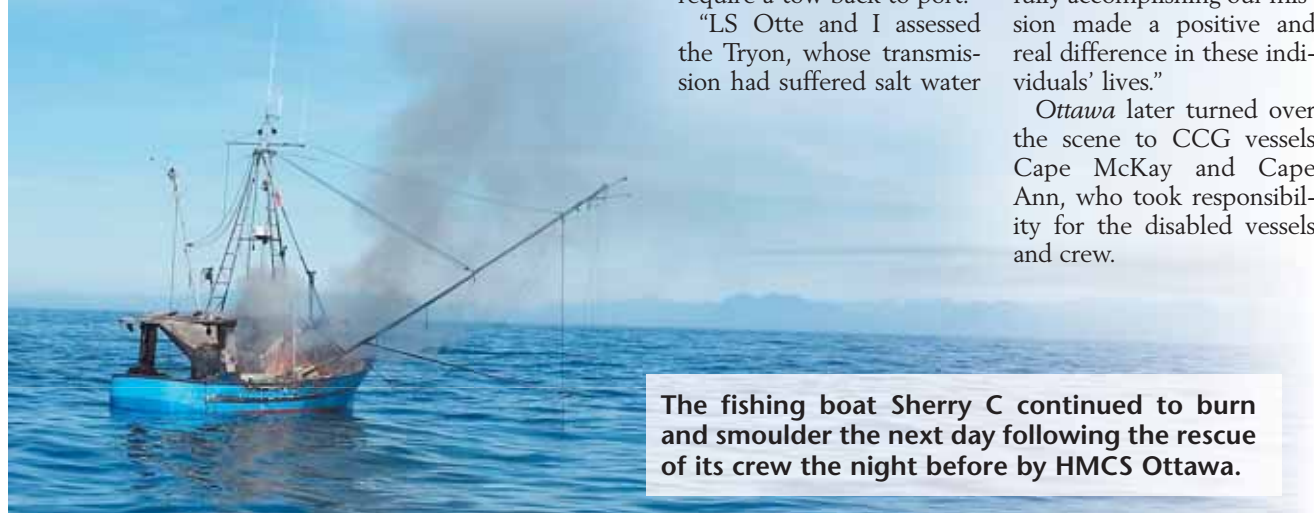
"LS Otte and I assessed the Tryon, whose transmission had suffered salt water

contamination due to salt water flooding," reported MS Jonas Beck. "Although the crew had managed to stop the ingress of sea water, their transmission and starter/alternator was severely damaged and seized. Tryon would need to be towed."

Tryon was later safely towed back to port by Canadian Coast Guard (CCG) vessel Cape McKay.

"I'm extremely proud of the focus, determination, professionalism and team work of the ship's company in preparing and responding to tonight's distress call," said Cdr Sylvain Belair, Ottawa's Commanding Officer. "The team's effort and performance in successfully accomplishing our mission made a positive and real difference in these individuals' lives."

Ottawa later turned over the scene to CCG vessels Cape McKay and Cape Ann, who took responsibility for the disabled vessels and crew.



The fishing boat Sherry C continued to burn and smoulder the next day following the rescue of its crew the night before by HMCS Ottawa.

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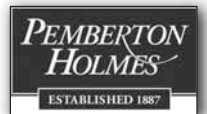
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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*If you could assume the role of any science fiction character who would it be and why?*



I'd like to be Mr. Spock from the television series Star Trek because he is so knowledgeable and logical and I can relate to that since I have a mathematic mind. Not to mention the facet he's from another world and has cool pointy ears.

**Cpl John Groot,**  
Canadian Forces Postal Unit



My choice would be Han Solo from Star Wars because he's the classic cool, has a cool blaster, nice hair and in the end he always gets the girl.

**Cpl Jordan Gipson,**  
Canadian Forces Postal Unit



Doctor Who because he is a time travelling immortal that can go anywhere and do anything he wants.

**MCpl Chris Ward,**  
Formation Imaging



Time Master Rip Hunter from the television series Legends of Tomorrow, or for that matter any science fiction character who can travel back in time because with that power I would be able to correct some of the mistakes made in our world before they are made.

**Tracey Trowsdale-Pollitt,**  
Base Logistics

## WHAT SAY WE

# SPORTS trivia

Stephen Stone & Tom Thomson  
Contributors

### Questions

- Who was Kareem Abdul-Jabbar's high school basketball coach?
- Who was the first person to swim across Lake Ontario?
- Which famous hockey announcer got his start as a baseball pitcher?
- Which hockey player started wearing jersey number 9 to celebrate the birth weight of his first child?
- Who was Canada's greatest water ski competitor?
- Who were the first Aboriginal women inducted into Canada's Sports Hall of Fame?
- Who is the annual Archery Canada award for female athlete of the year named after?
- Who won the bronze medal in the men's 100 m race at the Tokyo Olympics in 1964?
- Who were Canada's first international sporting champions?
- Who was Canada's first individual international sporting champion?

- Jack Donohue, who was also Canada's national basketball coach from 1972-1988. He led the team to four Olympic tournaments, winning fourth place in 1976 and 1984 and the gold medal at the 1983 summer University Games.
- Marilyn Bell (Toronto, Ont.). Bell accomplished the feat in 1954 at 16-years-old. Bell managed the swim in just under 21 hours.
- Danny Gallivan (Sydney, N.S.). Gallivan led a team from Sydney to the Maritime Intermediate Baseball Championship in 1937. He was invited to try out for the New York Giants in 1938, but an arm injury ended that. In 1952, he began a 32-year stint with Hockey Night in Canada.
- Maurice "Rocket" Richard. The Montreal Canadiens icon was the first player to score 50 goals in a season.
- George Athans Jr. (Kelowna, B.C.). Between 1965 and 1974 he broke 28 Canadian records, won ten consecutive national titles and two world titles. A knee injury ended his career in 1975.
- Sharon and Shirley Firth (Aklavik, N.W.T.). members of the Gwich'in First Nation, both were cross country skiers who competed in the Winter Olympics from 1972 to 1984. They were inducted into Canada's Sports Hall of Fame in 2015.
- Dorothy (Wagar) Lidstone (Wetaskawin, Alta.). She won national championships in 1969, 1970, and 1971 and was world champion in 1969. She was unable to compete in the Olympics in 1972, the first to feature archery since 1920, due to a conflict with her job in a bakery.
- Harry Jerome (North Vancouver, B.C.). Jerome also came in fourth in the 200 m. The Paris Crew, a quartet of Canadian rowers from Saint John, N.B. Robert Fulton, Samuel Hutton, George Prince, and Elijah Ross, along with reserve oarsman James Price, defeated the London Rowing Club to win the World Rowing Championship at the 1867 Paris International Exposition.
- Edward "Ned" Hanlan (Toronto, Ont.). Hanlan won his first international sculling competition at the Philadelphia Centennial Exhibition in 1876.

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The first lines are thrown as HMCS Charlottetown comes alongside the cruise ship terminal in Alexandria, Egypt.

# Charlottetown takes a break in Egypt

**Lt(N) Bill King**  
HMCS Charlottetown

It was still pleasantly cool when HMCS Charlottetown picked up the pilot at 0630 in the harbour approaches of Alexandria, the second largest city in Egypt.

At last count, we had already passed 34 ships at anchor, waiting to enter the harbour.

Alexandria stretches 32 kilometres along the Mediterranean coast at the western edge of the 240 km-wide Nile delta. The word delta originates from the Greek letter delta, which looks like the triangular area at the mouth of the Nile.

During the five kilometre transit from the harbour entrance to the cruise ship terminal, the ship passed neighbourhoods of high density apartments separated by commercial port facilities in an interesting mix of old and new.

Oil refineries were flaring off waste gas in producing fuels for export, while sea container and bulk cargo handlers conducted a brisk business at the 55 slips.

Once alongside sailors were able to enjoy a port visit.

Day-long bus tours arranged by the ship provided the means for crewmembers to visit the Giza Pyramid complex and the Egyptian Museum over two hours away in Cairo. Highlights of the day were viewing King Tutankhamun's 3,300-year-old funeral mask, and a horse or camel ride around the pyramids. Virtually everyone took advantage of this opportunity with the exception of those few on board who had visited Egypt before.

The most recent visit by an HMC Ship was *Fredericton* in 2010. Many of the tour operators and guides fondly remember that visit, as there have been few cruise ships since the revolution in 2011. A passenger ship last

docked at the cruise ship terminal some two years ago.

Our Egyptian hosts could not have done more for us during this port visit - repeatedly asking our assurance that everything was alright and that we were enjoying our visit. It was more than alright. All on board took away memories of this somewhat exotic country and culture, rather different from Canada.

The port visit even caught the attention of senior leadership.

"I can assure you that the visit was important for NATO as it helped nurture a relationship with a strategically important country, and was important for the Canadian Armed Forces and our national statements of support to peace and security in the region," wrote Rear Admiral John Newton, Maritime Component Commander (National) to the ship. "Please extend a hearty Bravo Zulu to your ship's company for a job well done."



LS Mitchel Holden (left) and PO2 Nathan Kuffner riding Creampuff (right).

# Swimmers go the distance for Post-Traumatic Stress Disorder

**Sgt Doug Setter**  
JPSU Pacific

American and Canadian military members, Coast Guard personnel and civilians took the plunge Aug. 22 in the annual Josh Fueston Swim-to-Live event.

It is a six kilometre relay swim in memory of U.S. Army soldier Josh Fueston

to raise awareness of Post-Traumatic Stress Disorder (PTSD).

One of Fueston's passions was instructing swimming, especially to low-income children who could not afford lessons. His other passion was distance swimming.

At age 14, he attempted to swim eight miles in the cold water of Bellingham

Bay to raise money for the less fortunate. He swam four of the eight miles until hypothermia forced him to be pulled from the water.

He later became a life-guard and a member of the U.S. Coast Guard Auxiliary. He gave free swim lessons to adults and children saying, "I don't want to hear of another kid who drowned when it might have been prevented."

He enlisted in the U.S. Army in 2007 and was deployed to Iraq in 2008. In 2009, he succumbed to Post Traumatic Stress Disorder and lost his life.

The last four kilometres of the Swim-to-Live event recognizes and honours U.S. and Canadian service members who lost their lives to the mental illness. It's a nod to the four miles not completed by Fueston.

This year, swimmers were escorted to the Bellingham Coast Guard station by the U.S. Veterans Motorcycle Club. Once at the station, the Coast Guard raised both the American and Canadian flag in honour of the fallen service men and women.

After the ceremony, swimmers loaded onto



Event organizer Laurie Fueston reaches the buoy.



The Bellingham Coast Guard lower the American and Canadian flags in honour of those who succumbed to PTSD.

several Coast Guard boats and headed off to swim in the cold, choppy waters of Bellingham Bay. The wearing of wet suits was mandatory.

Upon completion of the swim, Coast Guard crews collected the swimmers and returned them to shore. Dry clothes were donned and the flags were ceremoniously lowered. Once folded, the flags were presented to the families of service men and women who lost their lives to PTSD.

In the evening, swimmers and volunteers were honoured at a banquet at the Hampton Inn in Bellingham. The banquet was emceed by American

Vietnam veteran Chief Tom Darling. Following the dinner, retired SPC U.S. Army Jessica LaFreniere delivered a speech on PTSD from the perspective of an army clerk serving in Iraq. She described the mortar attacks, the long uncertain hours, the lost friends, and life afterward at home. It

was a presentation with sincerity and bits of humour that drew a standing ovation from the audience.

Event organizer, Laurie Fueston, mother of Josh Fueston, also received a standing ovation for her work and dedication to raising awareness of the injuries from PTSD.

*The last four kilometres of the Swim-to-Live event recognizes and honours U.S. and Canadian service members who lost their lives to the mental illness. It's a nod to the four miles not completed by Fueston.*

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A mountain of toys were delivered to the Victoria General Hospital from money raised at 18th annual Dave Barber Golf event. Pictured from left to right: Tarraneh Bouchard, Megan Schulz, Amanda Blanchard, Kaydra Blanchard, PO2 Dave Blanchard, Theresa Low and Diane Edwards.



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# Golfers raise funds for sick kids

HMCS *Regina's* 18th annual Dave Barber golf tournament held June 8 at Metchosen Golf Course pulled in more than 125 players in a show of support for sick children. More than \$5,000 was raised to purchase items for the Victoria General Hospital Pediatrics ward.

Dave Barber, a Master Seaman Electronics Technician who sailed in *Regina*, lost his battle with Leukemia in 1997. He was very passionate about golf and also cared deeply about the well-being of children. Every year since, *Regina* organizes an annual golf tournament to raise funds in his name for charity.

This year *Regina* crew managed to purchase toys and a rocking chair for the ward. The hospital appreciated the support from the ship, with staff saying they rely on this assistance to get them

through the lean months of summer where donations are not as forthcoming as the holidays.

"I gave one of the Play-Doh Can Heads Superhero (Spiderman and Goblin) to one of our oncology kids. He was having so much fun with parents and staff playing and role playing," said Theresa Low, a child life specialist at Victoria General Hospital. "This was our three-and-a-half-year-old's last cancer treatment. So thank you for helping

to put a smile on his face. Having your generous donation of toys made matching the right toy for a child or teen in the moment so rewarding. The large variety of toys and gifts for all ages has been so incredible and we are so awed by the supporters of the Friends of Dave Barber."

The event was organized and run by PO2 Dave Blanchard and PO2 Jordan Tarso with the assistance MS Mike Beere and LS Peter Simard.

**Dave Barber golf tournament held June 8 pulled in more than 125 players in a show of support for sick children. More than \$5,000 was raised to purchase items for the Victoria General Hospital Pediatrics ward.**

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# Slo-pitch teams return from National play improved

**Peter Mallett**  
Lookout

They didn't add any hardware to the trophy case at Naden, but coaches for the Tritons men's and women's Slo-Pitch teams say the players returned from national play in good spirits none-the-less.

Both teams were at CFB Borden from Aug. 21 to 28 for the national Canadian Armed Forces Slo-Pitch Championships.

The women's team start-

ed strong in their first of four games (Aug. 21-23) with a 6-2 win over CFB Valcartier, who represented the Quebec Region. However, they were unsuccessful in the next three games losing to the Prairies (CFB Edmonton) 23-7, and Ontario (CFB Kingston) 10-7, before a closer loss of 6-4 in their final game to eventual champions from CFB Gagetown who represented the Atlantic Region.

Despite failing to qualify for the semi-final round,

women's coach PO2 Corey O'Neil said he was impressed with his team's performance. Unlike their opponents from Canada's other four regions, Esquimalt didn't have the benefit of playing in a regional qualifying tournament since CFB Comox was unable to field a team this year.

"When we hit the nationals we were playing against top teams from each region that had defeated their opposition over multiple games," he said. "We didn't have those games to improve and get to know each other, but I was proud of our ladies. They did a good job and held the other teams to low scores because our defence was right on. Unfortunately our bats weren't working very well at the tournament."

In a show of support, Tritons Men's slo-pitch assistant player-coach PO1 Scott Crouse texted messages of support to PO2 O'Neil and the rest of the team before they arrived at Borden for their tournament (Aug. 26-28).

"We like to come out and cheer them on at their games, but we couldn't



Photo by Ordinary Seaman Justin Spinello

**Women's player OS Shelby Soderstrom slides safely into home plate during a match against CFB Edmonton at the women's Canadian Armed Forces Slo-Pitch Championships in CFB Borden.**



Photo by OS Callum Rutherford, Base Borden Imagery

**Tritons men's player LS Alex Blackburn winds up a throw during the Canadian Armed Forces Mens Slow Pitch Nationals round robin at CFB Borden.**

because we travelled and played at different times," said PO1 Crouse, who plays second base for the men's Tritons.

In their game play, the men's team failed to register a win. They opened with a one point loss - 22-21 - to the eventual tournament champions from Ottawa who represented the Quebec region. Then dropped games to Ontario (CFB Kingston), 22-14, Prairies (CFB Shilo),

21-13 and Atlantic (CFB Halifax), 19-9.

PO1 Crouse belted out a three-run homer against Quebec, one of his three homers in the tournament. He said that despite their winless record, this year's team from Esquimalt was every bit as good as the Tritons 2006 championship-winning team.

"Overall we performed much better than last year when it seemed like every

game we were taking a beating on the scoreboard," said PO1 Crouse. "I think the close loss to Ottawa wasn't a spirit crusher, but instead was really a motivator and showed us that we can compete and were able to put up some solid numbers."

Both PO1 Crouse and PO2 O'Neil said they will expand their rosters for next season and encouraged softball players of all levels to get involved with the team.



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### DND

Canadian Armed Forces (CAF) members are now served by a new pension centre and website with self-service tools.

The Government of Canada Pension Centre (GCPC) at Public Services and Procurement Canada (PSPC) now administers CAF pension plans

for active members and employs personnel experienced and knowledgeable about CAF pensions.

CAF members can access the Government of Canada Pension Centre website for pension forms, general information and logging into the Secure Pension Web Application.

Active members logging in require DWAN

and internet access and a PKI card account, and will see a variety of self-service options including calculating pension benefits and service buy-back, updating personal and contact information, and viewing new benefit statements. CAF members without a PKI card can obtain the same information by calling the Pension Centre.

### Contact:

Toll-free telephone: (same number) 1-800-267-0325

Fax: 418- 566-2865

Email: [pensioncentrecaf.centredespensionsfac@tpsgc-pwgsc.gc.ca](mailto:pensioncentrecaf.centredespensionsfac@tpsgc-pwgsc.gc.ca)

Mail: Public Services and Procurement Canada  
Government of Canada Pension Centre – mail facility,

PO Box 9500,

Matane, Québec G4W 0H3

**Note:** Members must include their pension number or service number on all correspondence



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# World Suicide Prevention Day, Sept. 10

The MARPAC Health and Wellness Strategy supports World Suicide Prevention Day. If you have been touched by suicide here are websites, local resources, and upcoming events that might interest you:

- The International Association for Suicide Prevention (IASP) [www.iasp.info/wspd/](http://www.iasp.info/wspd/)
- The Canadian Association for Suicide Prevention (CASP) <http://suicideprevention.ca/wspd/>
- The Canadian Mental Health Association (CMHA) Live webinar "Suicide and the Working Environment". Sept. 9, noon - 1:00 pm. [bottomlineconference.ca/resources/resources-overview/](http://bottomlineconference.ca/resources/resources-overview/)
- The Vancouver Island Crisis Society. Crisis Line 1-888-494-3888. 10th Annual "Soles Remembering Souls" in Nanaimo [www.viccrisis.ca/existing/soles-remembering-souls/](http://www.viccrisis.ca/existing/soles-remembering-souls/)
- Mysterious Barricades Music Society. Live Stream "Coast to Coast" and local music concerts [www.mysteriousbarricades.org/](http://www.mysteriousbarricades.org/)



CFB Esquimalt Health Promotion, Mental Fitness and Suicide Awareness Course Dec. 5, 0830-1600, to register call 3-5621.

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Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts Nightmares	Restless disturbed sleep Recurrent images/ nightmares	Can't fall asleep or stay asleep Sleeping too much or too little
Physically well Good energy level	Muscle tension/Headaches Low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
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\* The MHCM provides a guideline to identify signs that may indicate further assessment from a qualified medical/mental health professional is required.

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# Stepping up to mentor youth

## Big Brother

**Rachel Lallouz**  
Staff Writer

Ten years ago Joshua Buck watched a movie that stirred his desire to mentor a young person in need of guidance.

The movie was "Good Will Hunting." The scene that set him in motion was a hug between Robin Williams' character and the troubled young man played by Matt Damon. The connection between the characters spoke to him.

That day, he resolved to become a Big Brother for the Big Brothers Big Sisters of Victoria.

"I believe that all children need a fatherly or motherly figure in their lives," says Buck, who works for Lookout newspaper. "Being a Big Brother is an important role; many times the Big Brother may be the only male influence in a young man's life that he can rely upon and trust."

The non-profit organization has been working in Victoria for 39 years to support vulnerable children in the community through their In-school Mentoring Program, Community Mentoring, Teen Mentoring and Go Girls program.

"Many of the families that receive our support are single parent families, some have experienced the death of a partner and others separation or divorce," says Executive Director Rhonda Brown. "Other families are challenged by issues related to poverty, mental health, addiction, chronic health, or isolation. These families seek the support of a mentor, a role model to spend quality time with their child."

Before Buck was paired up with his Little Brother to provide that quality time, he went through an online

application and screening process designed to train and educate him as a volunteer.

Once he was approved and prepared, he, like all volunteers, was asked to make a one year commitment to mentoring.

"We hope and often find that this commitment extends well beyond a single year," says Brown. "Mentors often have a sustained and significant impact on a child's life and teen years."

Guidance for the mentor is continually provided in the form of conversations between Big Brothers Big Sisters social workers and the mentors, should they need any help. This support is available until the child turns 18 and graduates from the program.

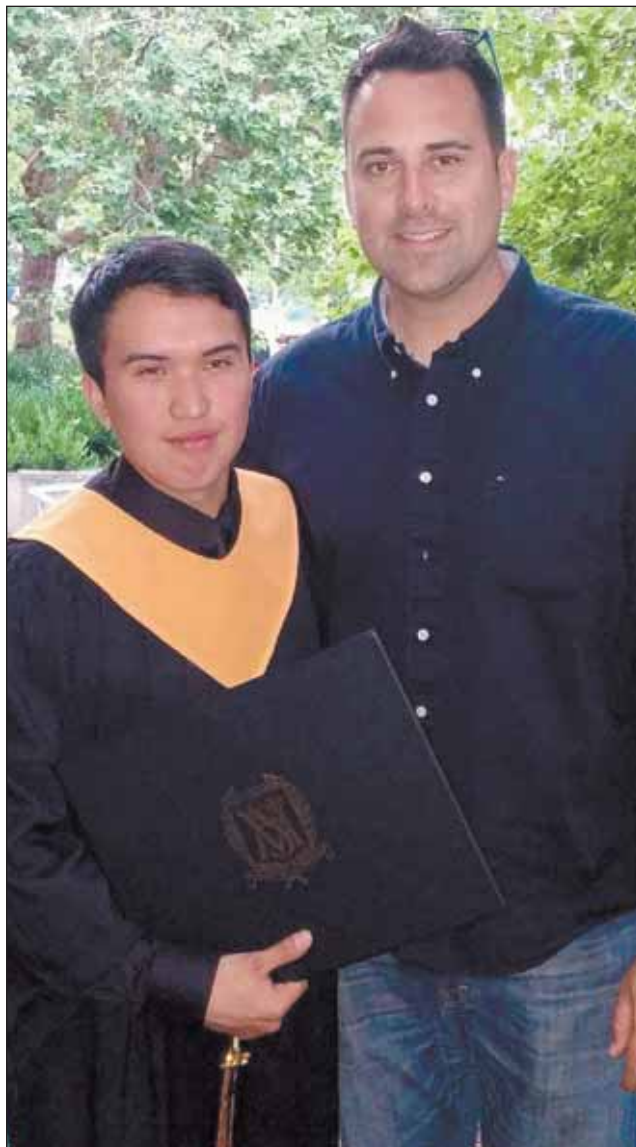
Buck has enjoyed his match with Kyle, who is now a 17-year-old high school graduate, proud of his Aboriginal heritage and supported over the years by his single parent mother.

Though not Aboriginal himself, Buck says he specifically requested to be an Aboriginal Mentor because his father worked for a native friendship centre in Victoria. It was his father's experience that gave him insight into Aboriginal culture.

"I always encouraged Kyle to learn more about his own culture, which I knew would help him gain a better understanding of himself," says Buck.

Buck and Kyle spend roughly two to four hours a week together in the community, attending sports games or events with free tickets provided by Big Brothers, or simply spending time outdoors.

"A lot of people don't volunteer as mentors because they think it's going to be



Kyle Webster with Big Brother Joshua Buck at his high school graduation.

a lot of work," says Buck. "But spending time with the youth or teen doesn't have to be a big event. Kyle feels like family, and we just enjoy each other's company. All it takes is a little planning to fit the time in."

Other ideas for mentoring activities, says Brown, include hiking, swimming, doing arts and crafts, or sharing a mentor's special skill – like speaking a different language or playing an instrument – with their little sister or brother.

"Looking back, I'm amazed at how simple it is to be a mentor in someone's life," says Buck, adding he is honoured and privileged to have gotten to know Kyle.

Over the scope of their 10-year relationship, Buck has gotten to know Kyle's family, and was even invited to his graduation ceremony

with First Nations Elders. It was here that he was gifted with an engraved First Nations cross.

"Big Brothers Big Sisters is strengthening the community one relationship at a time," says Brown. "When we match a child with a mentor, we know that the outcomes of the relationship are in the child's social development. This means their relationships with family members, friends at school, and other community members are improved. The child learns by example, is able to problem solve and becomes more resilient. This increases the likelihood that they will reach their full potential."

Big Brothers Big Sisters is currently looking for volunteers. Applications are available online at:

[www.bbbsvictoria.com](http://www.bbbsvictoria.com)

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Photo by Corporal (Cpl) Michael MacIsaac  
 CPO1 Tom Riefesel, left, outgoing Command Chief Petty Officer; Vice-Admiral Ron Lloyd, centre, Commander RCN; and CPO1 Michel Vigneault, newly appointed Command Chief Petty Officer; sit together after signing the Change of Appointment certificate.

## New Command Chief Petty Officer

**Darlene Blakeley**  
 Navy Public Affairs Ottawa

The Royal Canadian Navy (RCN) has a new Command Chief Petty Officer.

Chief Petty Officer First Class Michel Vigneault took over the position from CPO1 Tom Riefesel during a Change of Appointment ceremony in Ottawa on Aug. 17.

The Command Chief Petty Officer is the RCN's senior non-commissioned sailor. His primary role is to provide the Commander of the RCN with the non-commissioned member's (NCM) perspective on behalf of all NCMs. In addition, the Command Chief is the senior NCM advisor on dress, discipline, professional development, administration, morale, training, welfare, conditions of service and quality of life.

Vice-Admiral Ron Lloyd, Commander RCN, was quick to praise the outgoing Command Chief. "CPO1 Riefesel has managed to provide yeoman's service to not one, not two, but now three RCN Commanders – all of whom have benefited from his insight and his leadership abilities," he said.

Following the ceremony CPO1 Riefesel was promoted to lieutenant-commander and will continue working with the RCN at the Personnel Coordination Centre.

As he handed over his position, CPO1 Riefesel was eloquent in his comments on leadership: "The most powerful way to cultivate and nurture a positive culture is by what our leaders do – our actions create and define it. That strong and healthy end-state is founded in trust, respect and dignity for one another, without exception."

VAdm Lloyd also praised CPO1 Vigneault, noting that "he is an exceptional leader whose experiences across the RCN over his career have made him an ideal Command Chief Petty Officer. I am very much looking forward to energizing the institution with him."

As he assumes his new duties, CPO1 Vigneault said he is "humbled and honoured" to be selected as the RCN's 19th Command Chief.

"I feel the appointment of the RCN Command Chief is very important," he said. "As the most senior non-commissioned sailor I am in a unique position to signal the Commander's

intent down to our most junior sailors. In turn, by meeting regularly with them, I am able to provide the Commander with a report on the pulse of our sailors and their families on the various issues and policies that affect them."

CPO1 Vigneault was born and raised in the Magdalen Islands, Que., and joined the RCN in June 1984 as a naval signalman. In July 1985, he joined his first ship, Her Majesty's Canadian Ships (HMCS) Huron, and subsequently served on Protecteur, Algonquin, Gatineau, Fredericton, Nipigon, Montréal and St. John's, and at several shore establishments. Promoted to his current rank in 2009, CPO1 Vigneault was posted to Ottawa as the career manager for the naval communicators occupation. In 2010 he studied for a year at the Royal Military College in Kingston, Ont., as part of the Knowledge Acquisition Programme, on completion of which he was appointed coxswain of HMCS Montréal in June 2011. He served as Pacific Fleet Chief Petty Officer from July 2013 to July 2016.

CPO1 Vigneault was inducted into the Order of Military Merit in 2013.

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# Scientists to get an up-close view of B.C. artificial reefs

**Peter Mallett**  
Staff Writer

The search is on for a few marine biologists and scientists from B.C.'s academic institutions to take a seat in a submersible and survey two vessels and one airplane deliberately sunken to create artificial reefs off the B.C. coastline.

The Artificial Reef Society of British Columbia (ARSBC) plans to recruit and send researchers to the murky depths of Halkett Bay, Princess Margaret Marine Park near Sidney, and Stuart Channel off Chemainus to validate their efforts in regenerating marine life with these unique habitats.

Researchers will climb into a Stingray 500 submersible

provided by Vancouver firm Aquatica Submarines and Subsea Technologies. The submersible seats three and provides astonishing underwater visibility through its acrylic spherical hull.

"It will give us a chance to deliver undisputed evidence to confirm the net gain man-made reefs provide in the areas of limited natural complex marine habitat," says Howard Robins, President of ARSBC. "There are still those who claim reefing ships are nothing less than dumping garbage in the ocean, but this mission will demonstrate that the repurposing of surplus ships, derelict vessels and aircraft does provide benefits for successive generations of marine life."

British coastal freighter,

G.B. Church was ARSBC's first man-made reef, sunk in 1991 off Sidney. It was built in Goole, England, in 1943, and served in the Second World War as a supply ship for the allies in Europe.

A Boeing 737 donated to the Reef Society by Qwest Air Parts Inc. was sent to the bottom of Stuart Channel off Chemainus in 2006. The plane was mounted on 11-foot-high cradle support system and lowered by crane into the Georgia Strait.

Seventeen months ago the former Royal Canadian Navy warship Annapolis descended to its final resting place at the bottom of Halkett Bay in Howe Sound to form an artificial reef.

The upcoming expedition grew out of the ARSBC's

Annapolis Biodiversity Index Study that is already collecting data in cooperation with the Vancouver Aquarium and the Marine Life Sanctuaries Society, through grant funding from B.C. Parks.

Robins says it's the first expedition of its kind his organization has undertaken, and possibly the first in the world for any group that "reefs" surplus and retired vessels.

Researchers will take photos and video to determine the extent of marine and plant life growing, and areas where it may not be flourishing. They will also check on how well these ships have been performing as long-term and stable reef habitat.

"In the end we want to



Photo: Aquatica Submarines and Subsea Technologies  
**The Stingray 500 submersible.**

have high-quality, documented evidence of the benefits of reefing as a viable alternative to scrapping [of ships]," says Rick Wall, communication director of the Reef Society. "This is just the first phase of our research mission, with the larger second phase planned for 2017 at which point we will visit five other large ships sunk around the province. The data collected will be shared and will help us

plan for even more effective reefing solutions in the future."

Before the expedition gets the green light in the fall of 2016, ARSBC and its affiliates must raise funds to cover the cost of renting the submersible and the 84-foot research vessel Ocean Surveyor.

More information about the expedition can be found on the ARSBC's website [artificialreefsocietybc.ca](http://artificialreefsocietybc.ca)



Photo: Artificial Reef Society of British Columbia

The Vancouver Aquarium dive research team takes an underwater look at HMCS Annapolis.

*It will give us a chance to deliver undisputed evidence to confirm the net gain man-made reefs provide in the areas of limited natural complex marine habitat.*  
Howard Robins, President ARSBC

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# Bravo Zulu



CPO2 Jeff Singer retired after 20 years in the navy with more than 17 years in submarines, finishing off his career as the Chief Engineer in HMCS Victoria. CPO2 Singer will be transferring to the Royal Australian Navy to continue his trade as a submariner.  
 Pictured here, left to right: CPO2 I.G. McLeod, LCdr M.J. Folmer, and CPO2 J.D. Singer.



Photo by Cpl Carbe Orellana, MARPAC Imaging Services  
 LS Catherine Quantien is promoted to Master Seaman by Cdr Wes Golden and Capt(N) Steve Jorgensen.



Lt(N) Finlayson is presented The Miller Shield from LCdr Folmer for graduating as the top student in Minor War Vessel Navigation Course Serial 1601.

# Bravo Zulu

## Boatswain QL5 Ceremony

Sea Division Commander Lt(N) A.J. Brumwell awards certificates to Boatswain Qualification Level 5 Course 0021 Graduates Aug. 24.



LS Jennifer Mackinnon receives her certificate.



LS Sarah Bath (Top student) receives her certificate.



LS Milos Komazec receives his certificate.



LS Scott Day receives his certificate.



LS Eric Johnston receives his certificate.



LS Eric Arabia receives his certificate.



LS Isaiah Gerwing receives his certificate.



Class photo of the graduates.



# Bravo Zulu

## Maritime Surface and Sub-surface Graduation

Commodore Marta Mullins, Reviewing Officer of the graduating class of the Maritime Surface and Sub-surface (MARS) Officer course, presented certificates Aug 26.

Photos by Cpl Carbe Orellana, MARPAC Imaging Services



A/SLt Patrick Brouwer receives his certificate.



A/SLt Tristan Davis receives his certificate.



A/SLt Jennifer Grant receives her certificate.



A/SLt Matthew Heim receives his certificate.



A/SLt Hosung Kang receives his certificate.



A/SLt J. Lee receives her certificate.



A/SLt Omar Mindorff receives his certificate.



SLt Kareem Negm receives his certificate.



A/SLt Kellen Noye receives his certificate.



A/SLt Alexander Ratelle receives his certificate.



A/SLt Kate Tessier receives her certificate.



A/SLt Mairi Woodman receives her certificate.



A/SLt Hosung Kang receives the Commodore Michaud Trophy for top overall student.



A/SLt Tristian Davis receives the Captain R. Jackson Memorial Award.



A/SLt Alexander Ratelle receives the David W. Groos Memorial Shield for top MARS student at sea.



A/SLt Zakariah from Bangladesh and A/SLt Klepsch receive the Commodore Bennet Award.



A/SLt Samantha Crocker and A/SLt Daniel Chomski receive the Welland Shield for outstanding leadership.



A/SLt Callista Szachury and A/SLt Ryan Lessen receive the Commanding Officer's Cup for top MARS student.



A/SLt Benjamin Adams and A/SLt Anders Mech receive the Hal Lawrence Award for teamwork.



A/SLt Matthew Heim receives his commissioning scroll.



SLt Rene Chartrand receives his commissioning scroll.



Lt(N) Don Reid receives his commissioning scroll.

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O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

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**VIEW ROYAL 3RD ARBUTUS** Scout Group Registration Night, 6:30-8:30PM, Wed 7th Sept, 2015. View Royal Elementary Gym, Helmcken Rd. Registering girls & boys for Beavers, Cubs, Scouts & Venturers. Come meet our team, and see what fun your kids can have all year. Ph: 250 386 8960  
**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

**ANNOUNCEMENTS**

**3005 11 SVC BN ARMY CADETS** has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005PSC@gmail.com.  
**THE MUSTARD SEED** TAKE THE FB/TWITTER CHALLENGE Donations drop off in summer but food is still very much needed. We encourage you to post an image of your food donation on social media then challenge friends to do the same!

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- Suburban Motors (NEW)
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- Testforce Systems Inc
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- Troy Electric Sales and Services
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