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Volume 61 Number 40 | October 3, 2016

LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Photo by MCpl Chris Ward, MARPAC Imaging Services

LCdr Mike Erwin, Guard Commander, accompanies His Royal Highness Prince William, the Duke of Cambridge, as he inspects the Guard of Honour at the B.C. Legislature building on the first day of the Royal tour to western Canada on Sept 24. See more about the Royal Visit on page 10-11.

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Accent Inns president appointed Honorary Captain

Peter Mallett
Staff Writer

Eight months ago, Accent Inns President and CEO Mandy Farmer, 43, was aboard a Harbour Air flight high above CFB Esquimalt when she peered out of the plane's starboard window and had a revelation.

"I looked at the massive, amazing piece of property below and I was drawing a big blank," says the Royal Canadian Navy's newest Honorary Captain. "My family has been living in Victoria for three generations, I'm passionate about Victoria, but I'm looking down at this base and saying to myself this is really the heart of the city and I don't know much about it."

About an hour later she received a phone call from the Commander Maritime Forces Pacific's office asking if she was interested in the role of Honorary Captain where she would serve as an ambassador for the base in the community. The notion of being connected to the navy was of interest, and she readily said yes to the query. About six months later, during a summer camping trip in Powell River, came the phone call she had hoped for. The navy informed her she had been selected to fill the role vacated by HCapt(N) (Ret'd) Cedric Steele.

"I was thrilled, overjoyed and to be honest I was also very nervous because I want to do a good job," she says.

By all indications doing a good job is the norm for HCapt(N) Farmer. In 2008, she took the reins of the family-run business from her father. In 2015, Accent Inns and her company's other holding, retro-themed Hotel Zed, employed a staff of over 200, had revenues of more than \$20 million and saw a 34 per cent revenue growth.

All of this didn't go unnoticed

by the business community, or the navy.

In 2011, Accent Inns was rated the sixth best company to work for in B.C. by its employees. Last year, HCapt(N) Farmer was ranked No. 25 in Profit Magazine's annual list of Canada's Top 100 Women Entrepreneurs, and named a finalist in Ernst and Young's Entrepreneur of the Year Award.

"It's very exciting that we have one of the nation's top female entrepreneurs who is a big contributor to the business community and Victoria, and now also a very strong link to our city for the navy," said LCdr Colleen O'Brien, Base Administration Executive Officer, after the Sept. 27 formal introduction of HCapt(N) Farmer at Base Divisions in the Naden Drill Shed.

Donning her new dress uniform for the first time went smoothly.

"It makes me feel comfortable and confident which is a good feeling for a person with no naval or military background. I think that is really saying something," she said.

She has some affiliation with the military in her family roots. Two Great Uncles served in the RCN - Uncle Hugh Neuman was a Merchant Marine during the Second World War while her Uncle Hugh Gunning patrolled the North Atlantic during the same period. Her Great Grandfather Harry Farmer served in the First World War with the United States Army.

With only a few days in her new uniform, HCapt(N) Farmer is now preparing to serve the navy, sailors and personnel here at CFB Esquimalt.

"One thing I am certainly going to be most passionate about is fostering appreciation for the navy, because I don't think the average Canadian truly knows what the navy does here in Victoria and they really should be more aware."



Photos by LS Ogle Henry, MARPAC Imaging Services

HCapt(N) Farmer poses in front of her Hotel Zed company van with Base Commander, Capt(N) Steve Waddell, and Chief Petty Officer First Class Gino Spinelli, Base Chief, at the commencement of Base Divisions held in the Naden Drill Shed, Sept. 27.



Photo by Peter Mallett, Lookout Newspaper

Honorary Captain Mandy Farmer is fitted for her new Distinct Environmental Uniform by Tracey Trowsdale-Pollitt, acting Base Logistics Clothing Stores I/C, and storesperson Caitlyn McCabe at the Base Logistics Clothing Stores Unit.



HCapt(N) Mandy Farmer inspects a member of Alpha Platoon during Base Divisions.



Peter Mallett, Lookout

Members of the Auxiliary Fleet gather for a group photo at Dockyard, Sept. 28, prior to their 70th Anniversary celebration.

Auxiliary Fleet celebrates 70 years

Peter Mallett
Staff Writer

Members of the Canadian Forces Auxiliary Fleet (Esquimalt) received congratulations, high praise and sweet birthday cake during their unit's 70th anniversary celebration on Sept 28.

Following a barbecue at the Work Point Gunroom, Rear-Admiral Art McDonald kicked off the lunchtime event's awards ceremony by noting the vital importance of the Auxiliary Fleet in Maritime Forces Pacific's day-to-day operations.

"In my time in the navy I've had 10 years of operating out of this harbor,

and I've had the chance to see the fantastic work you are doing day-in and day-out. What you have been doing collectively as a unit over 70 years is amazing; it has enabled RCN [Royal Canadian Navy] operations over that time."

The Auxiliary Fleet is an operational support branch of the navy that is responsible for port management, ship assist, coastal towing, fuelling operations, moorings, defence research, and environmental response and training.

Incoming Port Operations and Emergency Services Branch Commanding Officer, Cdr Andy Muir said recognizing the Auxiliary Fleet for its work

is something most sailors feel strongly about.

"This is a day for the entire base to celebrate the accomplishments and legacy of the Auxiliary Fleet," said Cdr Muir. "They are the personnel who get our ships out to sea; they are the unsung heroes, the men and women who are there 24/7 to support RCN operations."

During his address, Doug Kimmett noted the 70th anniversary event should have taken place in 2015, but the unit was so busy with port operations the ceremony was put off until this year.

The Auxiliary Fleet was founded in 1945 and has seen sweeping changes since, both in its size and responsibilities.

Longest-serving member of the unit Frederick Webb is very familiar with the changing workplace since he started working for the Department of National Defence 57 years ago. He joined the RCN in 1959 and spent 35 years with the Auxiliary Fleet, first

working as a deck hand and then being promoted to jetty crew supervisor. Webb said the unit's resiliency through all the cuts, restructuring and changes in responsibility has much to do with seasoned staff members like himself who draw on years of experience in the navy and with the Auxiliary Fleet.

"I have seen some huge changes in my time here, but the Fleet has maintained its ability to adjust to whatever the situation is," he says.

While Webb received recognition for his years of service last year, other long-serving members of the Auxiliary Fleet were honoured with commemorative certificates from the Government of Canada for their years of service. Recognized were Steve Milne for 45 years; Jonathan Purdie and Ed Gerow, both for 35 years; Rob Barr and Bob Beauregard for 25 years, and Terry Berkley was acknowledged by the Auxiliary Fleet for his years of service.

They are the personnel who get our ships out to sea; they are the unsung heroes, the men and women who are there 24-7 to support RCN operations.

Cdr Andy Muir,
Incoming Port Operations and
Emergency Services Branch Commanding Officer



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UPCOMING EVENTS

Pacific Fleet Club
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Oct 8th: UFC 204

Bisping vs Henderson 2!

Watch Bisping defend his
Middleweight Championship
belt! Doors Open @ 6pm



Oct 26th:

Petrifying Paintnite!

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Halloween inspired Paintnite!
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for tickets. \$15 each.



**Oct 29th: Rock & Roll
Halloween Party**

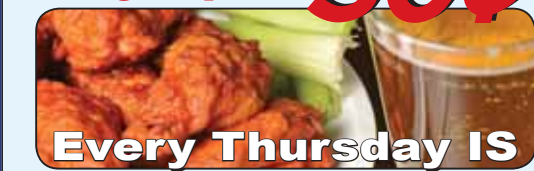
With 80's classic Rock
cover band Rock of Ages!
Costume Contest, Games & Prizes.
\$5 cover. Doors open @ 7pm.



Oct 30th: Halloween Kids Movie

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movie starts @ 1pm. Lots of drinks and snacks provided.

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WHAT SAY YOU

People Talk

Lookout asked volunteers who were busy rolling up their sleeves and helping renovate Esquimalt's Rainbow Kitchen on behalf of local charity HeroWork, *Why become involved with Rainbow Kitchen and HeroWork?*



I thought this would be a great way to give back by reaching out to a community in which we work in, and we are not well known as we are hidden away behind Dockyard gates.

**PO1 Mischa Lower,
Fleet School HQ**



I was part of the ride for Boomer's Legacy and many of the people involved in that charity support HeroWork. The reason I'm involved is because it's nice to be able to support projects and people in need, not just abroad but also at home here in Canada

**Sgt Valeri Bryan,
NPT Personnel
Co-ordination Centre:**



Being a member of the military we are in the public eye all the time, so I like helping people and showing that we are part of the community and out in it doing things. I thought this might be a way to help encourage other personnel to do the same and get out there and get involved.

**WO Wayne Donner,
JTFP-METOC**



I'm a former dockyard worker and I'm here to help because in the past I have normally been very self-centered, always focused on what I'm doing and quite frankly that's a little bit selfish. I wanted to make a change in my life and coming out this weekend is part of that process.

**Allan Hideg,
Kinetic Construction**



I always step up when I have a chance to give back to the community. They are so generous to us [at the base] so it needs to be a two-way street. Dedication some personal time really isn't too hard to do and is a good way of showing my thanks.

**Lt Adelaide Fearnley,
12 Field Ambulance**

SPORTS trivia

by Stephen Stone
& Tom Thomson

Questions

1. When was the first World Cup of Hockey held?
2. What tournament preceded it?
3. Which team won the first World Cup?
4. Which team did they defeat in the final?
5. What was the format of the final in 1996?
6. Where were the final games held?
7. What were the scores in the final games?
8. 2016 is only the third World Cup. When was the second tournament held?
9. Which team won the tournament in 2004?
10. Where was the final held?
11. What was the score in the final?
12. Which teams participated in 1996 and 2004?
13. How has the format change in 2016?
14. Which are the sponsoring organizations in 2016?
15. Who was the top scorer in 1996?
16. Who was the leading goaltender in 1996?
17. Who was the tournament MVP in 1996?
18. Who was the top scorer in 2004?
19. Who was the leading goaltender in 2004?
20. Who was the tournament MVP in 2004?
21. What major event in hockey occurred two days after the conclusion of the 2004 tournament?

13. Teams participating are the Big Six and two all-star teams—one from the rest of Europe and team North America, which consists of 23-and-under players. Instead of games played in several venues, all games are being played at Air Canada Centre in Toronto.
14. The National Hockey League and the NHL Players Association.
15. Brett Hull (USA) — 11 points (7 goals, 4 assists).
16. Curtis Joseph (Canada) — 2.31 GAA.
17. Mike Richter (USA).
18. Fredrik Modin (Sweden) — 8 points (4 goals, 4 assists).
19. Martin Brodeur (Canada) — 1.00 GAA.
20. Vincent Lecavalier (Canada).
21. The 2004-05 NHL Lockout, which resulted in the cancellation of the entire 88th season of NHL play. It was the first time the Stanley Cup was not awarded since 1919.

1. 1996
2. The Canada Cup — 1976-1991
3. The United States
4. Canada
5. Best of three
6. Philadelphia, Montreal,
7. Game 1: Canada — 4, USA - 3 (in overtime); Game 2: USA — 5, Canada — 2; Game 3: USA — 5, Canada — 2.
8. 2004
9. Canada
10. Toronto
11. Canada — 3, Finland — 2
12. The "Big Six" of international hockey — Canada, Czech Republic, Finland, Russia, Sweden, and the United States and two "Minnows" (Germany and Slovakia). The games were played in multiple venues in Europe and North America.

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2016 National Defence Workplace Charitable Campaign (NDWCC)

SHOPPING, DINNER AND FLOWERS

(Hillside Mall, Il Terrazzo and Browns The Florist) (approx value \$250):

Any who submit - or have already submitted - their NDWCC gift form (any amount) to their unit campaign representative by Nov 2 (Wed) will be automatically entered into a draw to win this great prize.

BUTCHART GARDENS AND ESQUIMALT RECREATION CENTRE

(Admission for Two at the Gardens and a Three Month Adult Pass to Esq Rec) (approx value \$255):

The daily change left in your pocket can win you this awesome prize! Anyone who submits a gift form of \$150 or more to their 2016 NDWCC campaign unit representative by Nov 9 (Wed) will be automatically entered.

IMAX and HARBOUR TOWERS

(V.I.P. Family Pass and One Nights Accommodations for Two with Full Hot Buffet Breakfast) (approx value \$270):

Become a Leader! Anyone who submits a gift form at the level of \$500 or more to their 2016 NDWCC campaign unit representative by Nov 16 (Wed) will be automatically entered in this draw.

NOTE: Please submit your Unit's qualifying names directly to Vicki Kellsey by the day after EACH deadline (3, 10, 17 Nov) – draws will happen at noon each Friday following the deadline.

For more info, please contact Vicki Kellsey, Campaign Coordinator, (250) 363-2595.

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Oct. 21, 2016

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Guest Speaker:
Geoff Courtnall

Sponsored by
Seaspan Victoria Shipyard



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Naden Athletic Centre

12:05-12:50pm

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Unit Sports Activities

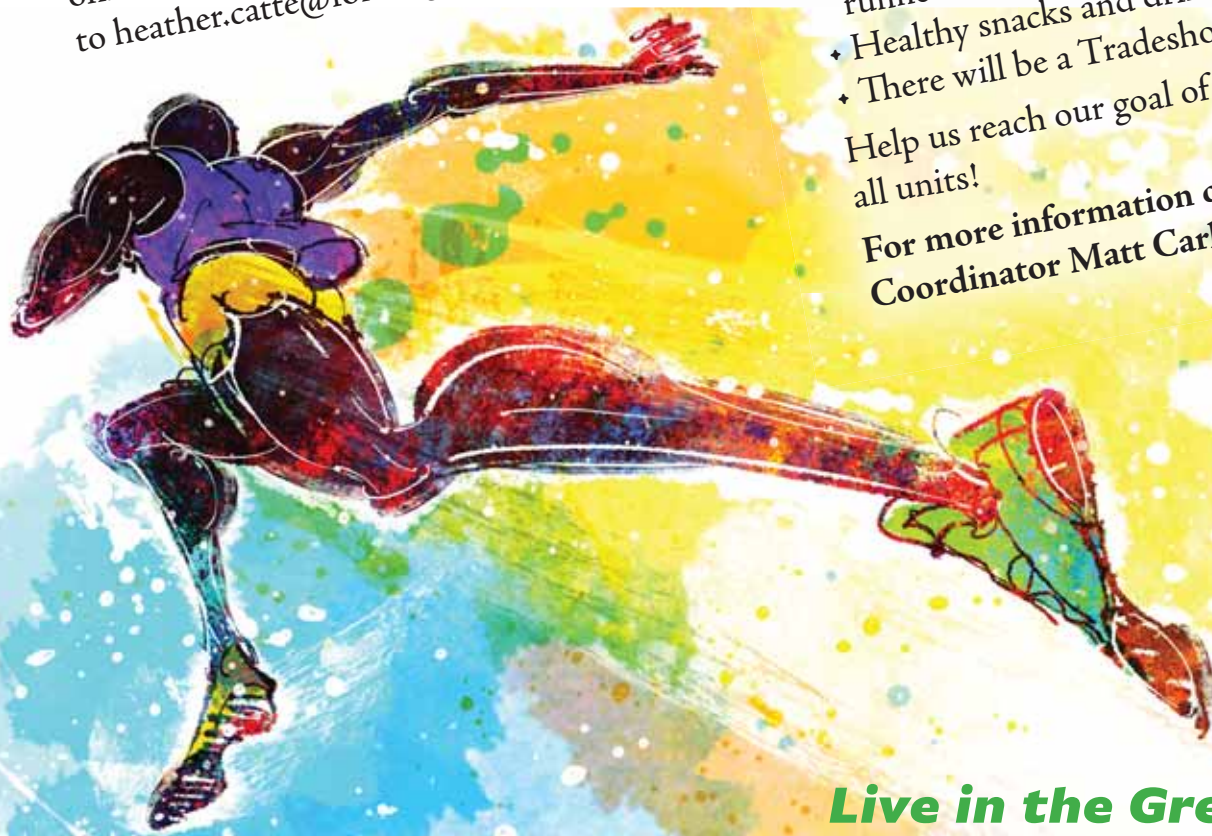
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Register your event with the PSP Sports
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Join us for the 4th Annual National Sports Day 5K Run

Friday, October 21 • Naden Drill Shed

- 5 K run through Naden and Dockyard, start and finish at Naden Drill shed.
 - Open to all military and DND employees.
 - Teams and individuals are welcome.
 - Registration is mandatory and begins at 0715 hrs. Must have Military/DND Civilian ID - ID wristbands will be provided as identification for all runners.
 - Healthy snacks and drinks will be provided.
 - There will be a Tradeshow in the Drill Shed.
- Help us reach our goal of maximum participation from all units!

For more information contact PSP Fitness
Coordinator Matt Carlson 250-363-4495



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Senior leaders pledge for charity

Photo by Cpl Stuart MacNeil, MARPAC Imaging Services

Rear-Admiral Art McDonald, centre, joins Base Commander, Capt(N) Steve Waddell and other senior leaders in preparing their pledge forms for the National Defence Workplace Charitable Campaign. Pledge forms are one of the best, and easiest, ways to donate to the campaign and support the many local United Way charities and national HealthPartner organizations across Canada. The Military Family Resource Centre is one in-house charity that people can direct their donations towards.

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Standing court martial OS E.B. Penner

A standing court martial has been ordered to try OS E.B. Penner, CFB Esquimalt Base Administration. The standing court martial will take place at 9:30 a.m. on Oct. 5 in building N30

OS E.B. Penner has been charged with the following offences under the National Defence Act (NDA):

- 117(b) NDA - an offence punishable under section 17(b) of the National Defence Act, that is to say, improperly

requested compensation in respect of the performance of military duty.

- 129 NDA (2 counts) - an offence punishable under section 129 of the National Defence Act, that is to say, conduct to the prejudice of good order and discipline.

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and to be seated no later than 9:15 a.m.

The trial will be conducted in English.

Results of standing court martial Cdr J.A Yanchus

On Aug. 8-10, Cdr Yanchus was tried by standing court martial on three charges under the National Defence Act.

- First charge, section 83 NDA, disobeyed a lawful command of a superior officer.
- Second charge, alternate to the third charge under section 129 NDA, conduct to the prejudice of good order and discipline.
- Third charge, alternate to the second charge under section 97 NDA, drunkenness.

The accused pleaded not guilty to all charges.

On Aug. 15 the court found Cdr Yanchus not guilty on all charges.

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HMCS Vancouver

HMCS Vancouver has just concluded another leg of its journey across the Asia-Pacific region with Kakadu.

Upon completion of RIMPAC, Vancouver continued on to Guam, meeting up with Japanese Maritime Self-Defense Ship (JMSDS) Fuyuzuki before continuing the transit west for Darwin, Australia, in order to participate in Kakadu.

With 19 nations participating this year, Kakadu is Australia's largest international maritime exercise.

Vancouver and JMSDS Fuyuzuki arrived together off Darwin following a replenishment at sea exercise with Her Majesty's Australian Ship Success, Australia's battle tanker.

After refuelling, Vancouver came alongside briefly to embark stores prior to proceeding to anchor as final plans and preparations for the exercise were made.

While at anchor, liberty boats shuttled crew members into town to stretch their legs and enjoy the local tourist attractions. Notably, Vancouver participated in the Kakadu sports day event, winning the volleyball and squash titles.

Kakadu is named after Australia's vast northern national park, known internationally for its saltwater crocodiles and rugged terrain.

The 12-day biennial exercise, which began in 1993, aims to build and strengthen mutual understanding and interoperability through a series of graduated training activities, live weapon firings, and structured tactical free play periods.

Kakadu enables the Royal Australian Navy and regional maritime forces to engage in unique multinational maritime training activities, ranging from constabulary and surveillance scenarios to high-end maritime warfare in a combined environment.

Participating ships and aircraft conducted training exercises including anti-submarine warfare, close quarters manoeuvres, flight operations, and main armament shoots along Australia's northern shores.

Upon completion of the exercise, Vancouver returned to Darwin for a rest and maintenance period, where members of the ship's crew had the opportunity to repair, re-focus and prepare for the next phase of the mission.

Up next, Vancouver will proceed north through the archipelagic waters of Southeast Asia in order to conduct a series of high-profile engagements in Singapore and Ho Chi Minh City before heading south for Brisbane and Auckland.

Vancouver will return to the southern waters in time to participate in New Zealand's fleet review, and then make its way back home to Victoria before the end of the year.

Cmdre Buck Zwick addresses Vancouver crew members on the flight deck Sept. 14, prior to the ship sailing for Australia.



Vancouver assumes the port standby station in anticipation of her RAS with HMAS Success on Sept. 10.



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Photo by MCpl Chris Ward, MARPAC Imaging Services
His Royal Highness Prince William, the Duke of Cambridge, inspects the Guard of Honour at the B.C. Legislature Building on the first day of his tour of Western Canada.



Photo by Government House
Base Commander, Capt(N) Steve Waddell and wife Shauna joined the Royal Family for the garden party at the Lieutenant Governor's residence.

The Royal Visit

Peter Mallett
Staff Writer

Sixteen military families from Victoria were guests of the Duke and Duchess of Cambridge for a children's tea party at Government House on Sept. 29.

The Military Family Resource Centre (MFRC) facilitated the intimate hour-long late morning meeting with Prince William, Princess Catherine, and their children Prince



Photo by Government House
Princess Catherine and Prince George eagerly await their hand-crafted balloon.

Photo by Peter Mallett, Lookout Newspaper
Right: Nikki Berti, wife of LS Christopher Berti, and their 19-month-old daughter Gabriella pose with a balloon animal given to them by Prince William, the Duke of Cambridge, and his son Prince George.

George, 3, and one-year-old Princess Charlotte on the lawn of Lieutenant Governor of British Columbia's residence.

Tea and coffee was served along with sandwiches and Hors d'oeuvres, and an abundance of fun games for the children included balloon animals, bubble blowing and a puppet show.

"It was a surreal experience for me and one I will remember and cherish forever, right up there with getting married and the birth of my children," said Tracey Delisle who attended the event with her husband MS Denis Delisle, from HMCS Victoria, and their two children Addy, 3, and Parker, 4.

"I'm a submariner and Prince William is the Commodore-In-Chief of the Royal Submarine Service. He made me realize that we actually had a lot in common and he was at ease during our discussion," said MS Delisle.

Meanwhile Nikki Berti and her husband LS Christopher Berti, a marine engineer with HMCS Whitehorse, had an intimate royal experience after their 19-month-old daughter Gabriella got into a brief quarrel with Prince George over a balloon animal they both had their eye on.

"Gabriella went to grab the balloon and Prince George got upset, and then the Duke intervened and told him it was okay and they should share," said Nikki Berti. "Then the Duke went and got the balloon maker to make up another balloon and came over and gave it to Gabriella. It was so cool; then Prince George and Gabriella were bonding."



Photo by MCpl Chris Ward, MARPAC Imaging Services
Prince William receives the general salute from LCdr Mike Erwin, Guard Commander, at the B.C. Legislature during the first day of the Royal Family tour.

Officials from Government House first contacted the MFRC on Sept. 12 to enquire about the availability of personnel from the base attending "a special event". The Royal family were specifically interested in having families of deployed members in attendance, and especially ones with children close to the age of their children.

HMCS Victoria's Lt(N) William Matheson attended the event with his wife Kristy, daughters Lilly, 19, and Isabelle, 4, and spoke to the Duke and Duchess about the challenges of balancing a family with their busy schedule.

"They were great people to talk to, very relaxed and very personable," said Lt(N) Matheson.

MFRC Community Engagement Manager Jackie Carlé attended the event and said the Royal family were "very adamant" when they visited Victoria that they wanted to spend time with military families.

"It was a privilege to facilitate this event and offer military families an intimate meeting with the Duke and Duchess of Cambridge," said Carlé. "The event was a big success for all involved and was a lovely experience for our personnel and their families."

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SISIP: When to consider life insurance

Marie Navarro
SISIP

If you are young, new to the military and healthy to boot, life insurance is probably the furthest thing from your mind at this stage in your life.

But then things begin to change. You're thinking of marriage, a home, and children. Now you have loved ones to protect, and assets to grow or to pass down.

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If you've accumulated debt along the way, such as student loans, your life insurance needs may become more significant, and will be added to the growing demands of family life. If you are no longer there to provide for them, the safety net will be needed to ensure your family's financial wellbeing.

Retiring

Life insurance at this stage will mainly serve for estate

planning purposes, such as inheritance for children, covering funeral costs, taxes on properties and investments that are left behind.

You may need less insurance than in previous stages. However, for many Canadians financial security is still not a given, even at this stage.

Some people still carry a mortgage, and have adult children at home, not to mention aging parents to take care of, so debt can cloud retirement.

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BOB'S OVERBOARD!

Soldier On takes the injured sailing

WO M.Eric Venema
Soldier On

Who the heck is Bob? What is he doing overboard?

These were all thoughts going through the minds of eight serving or retired members of the Canadian Armed Forces (CAF) from western Canada as they attempted their man overboard drills.

Luckily "Bob" was a floating apparatus to simulate a person that had fallen overboard.

Participants from Vancouver Island, the British Columbia interior, Alberta, and Manitoba earned a level 2 certification in sailboat operations during the five-day sailing camp held at Canadian Forces Sailing Association (CFSA) in Esquimalt from Sept. 7 to 12.

Soldier On is a Canadian Armed Forces program that supports serving members and veterans to overcome their physical or men-

tal health illness or injury through physical activity and sport. The program is a highly visible and integral component of the Department of National Defence's commitment and priority towards providing a comprehensive approach to care for ill and injured members.

Soldier On supplies members with equipment and coaches to meet their needs.

They also provide members with a safe environment to challenge themselves, and to get inspired in ways they may not have thought possible. This re-introduction to an active lifestyle provides the member with opportunities to develop new skills, build confidence in their abilities, and meet peers with similar challenges. Many ill and injured members credit Soldier On with helping them adapt to their new normal, and in realizing their full potential to "Soldier On" in their

existing military career or in their new civilian life.

Through the hard work of the CFSA in Esquimalt, and with the understanding of the association members, all of the attendees were put through their paces starting with the two person "Martin" sailboats and progressing to the "420s" and "Sonars".

All participants earned their level 2 certification in sailboat operations under instruction from Ryan and Heather, two qualified and experienced coaches who made sure participants learned the necessary skills and had fun doing it.

During the week, an understanding of how to get a boat moving with the blissful wind was soon acquired. It was a calm and serene time and allowed everyone to leave their stress and worries behind. Sailing allowed participants to enjoy the moment, talk with the others, and share their thoughts and experiences.



One important lesson before sailing is knowing how to right an overturned sail boat. This was part of the Soldier On sail training experience.



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Members of HMCS Winnipeg prepare to berth alongside Broadway Pier, San Diego, California, on Sept. 10, during the ship's visit to the city for Fleet Week.

Images by LS Ogle Henry, MARPAC Imaging Services

Winnipeg represents Canada in Fleet Week

SLt Christopher House
HMCS Winnipeg

For six days this month, the crew of *HMCS Winnipeg* enjoyed the fun and festivities of Fleet Week San Diego.

This celebration of the navy's culture, history, and community is the city's largest maritime event and provides a wonderful opportunity for the sailors of the Royal Canadian Navy to form new bonds and strengthen old ones with their American allies.

The week alongside at the B Street Pier near downtown San Diego allowed the crew to take advantage of the city's warm weather and many attractions, while also engaging in some community service work and attending Fleet Week ceremonial functions.

Much of the crew took time to explore the city's renowned Gas Lamp district, eating at many restaurants, and even going to see a Padres baseball game.

While some ventured off to visit one or more of the famous beaches in the area, others enjoyed the live music, food trucks, and numerous shops that were on the street right beside the pier.

The USS Midway Museum and San Diego Zoo were also popular attractions, and in the spirit of Fleet Week, were giving free admission to all RCN sailors in uniform. A few deserving enlisted personnel were also able to enjoy an appreciative luncheon at SeaWorld San Diego.

Community service and volunteer work were also a large part of Fleet Week events. Not only did *Winnipeg* conduct tours of the ship for the public each day, some personnel went out into the greater San Diego area to help out around the city. Ten sailors took part in a Groundwork Project, creating a .25 acre pocket park, school-community garden and native plant landscape at the Creek Earth Lab near downtown.

As is usual when ships from different navies get together, ceremonial events and receptions were a major part of Fleet Week.

In addition to individual mess events, each U.S. ship hosted a reception, including the U.S. Coast Guard Cutter *Sherman*, which held a Hawaiian-themed party attended by many of the *Winnipeg* crew.

"San Diego presented a

huge opportunity for sailors to form bonds. In this case *Winnipeg* has a great friendship with USCGC *Sherman* that will last into upcoming operations in the future" said *Winnipeg* Executive Officer, LCdr Landon Creasy.

On the final night of Fleet Week, *Winnipeg* held their own cocktail reception with invitees from the U.S. Navy, Coast Guard, and Marine Corps as well as representatives from government and industry that acted as

benefactors for San Diego Fleet Week. The event allowed the opportunity for *Winnipeg* crew to express their thanks, and say good-bye to new found friends and long-standing allies.

With their well-earned week of respite over, the ship and company moved to San Diego Naval Base, where they are preparing for their upcoming work ups in company with *HMCS Ottawa* and ships of the USN Third Fleet.



United States Navy Rear Admiral James Bynum, Commanding Officer of Carrier Strike Group 9, is greeted onboard HMCS Winnipeg by Lieutenant Commander Landon Creasy, Executive Officer, as Commander Jeff Hutchinson looks on at a reception held during the ship's visit to San Diego California Sept. 14.




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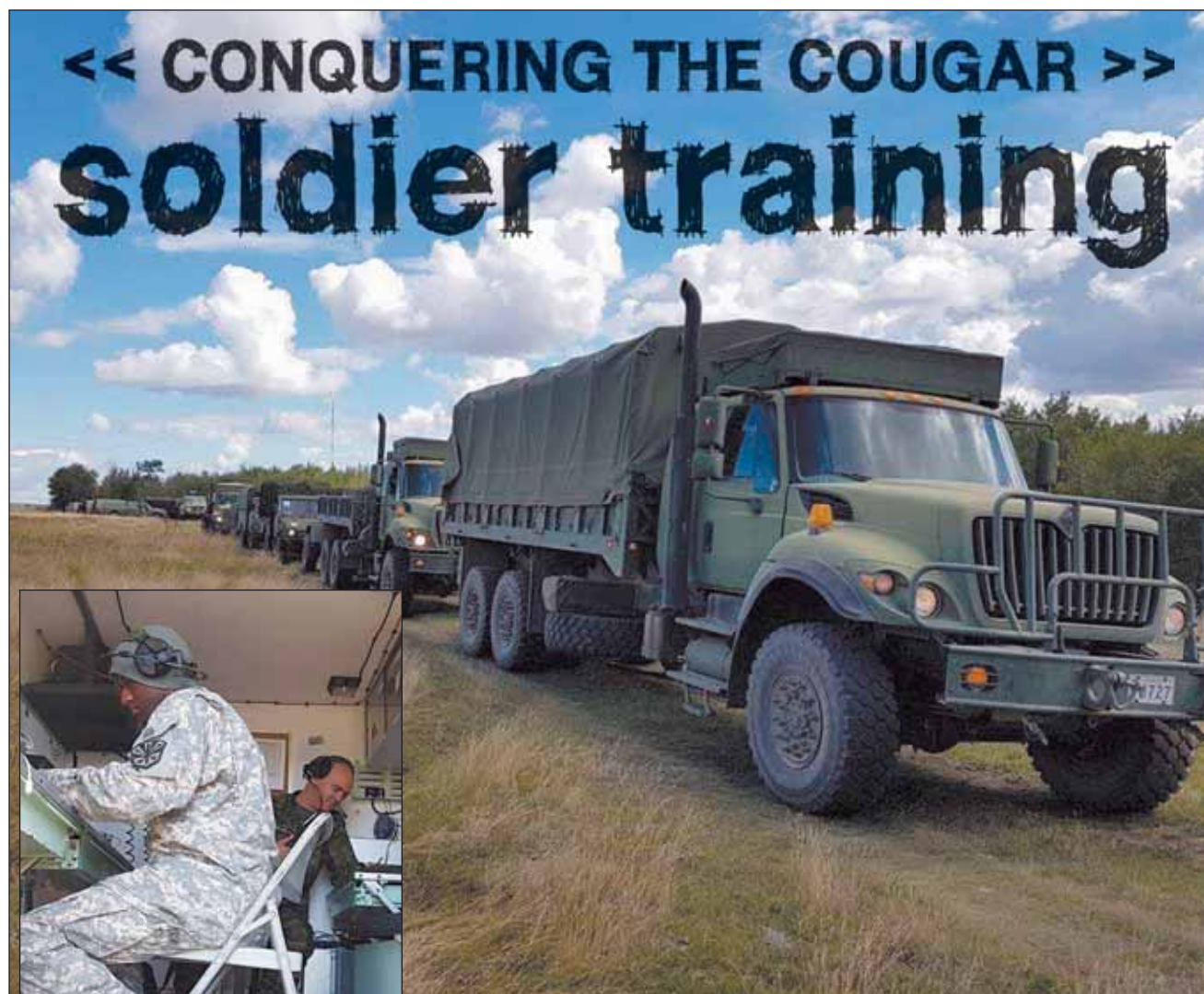
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Sub-Lieutenant M.J. Cserhazi
MARPAO PAO

Being ready to support domestic operations is the name of the game for Vancouver Island's 39 Service Battalion (39 Svc Bn.). Reservists from Victoria and Vancouver were busy this past summer in a seven-part series of exercises leading to their final exercise Western Defender.

The latest training included exercise Cougar Conqueror, which took place Aug. 13-21 in Wainwright, Alberta, and a three-day field portion at Heals Range near Victoria, from Aug. 16-18 August called Salish Shooter.

"These exercises were the culmination of our troop training for 2016," said Warrant Officer Don Millie, Battalion Operations Warrant Officer for 39 Svc Bn. "For the past year the reservists have honed their efforts to

be ready to support Canadian Armed Forces (CAF) should we be called upon by the province to assist in the event of a domestic emergency."

The rigorous training in Cougar Conqueror included live-fire drills, simulated logistics support and bilateral training with the U.S. Army.

"Our main role is to be a support unit for operations. Cougar Conqueror allows us to confirm that the troops are able to perform the tasks they have been assigned," said WO Millie. "Our involvement in any operation starts at the beginning of the planning cycle and goes all the way through to ensuring that the rear-guard troops have the resources necessary to finish up and go home safely."

Salish Shooter, which occurred only a week later, included opportunities for the reservists to hone their skills on the rifle range and to set up a full forward operations base. They were also given lessons on how to detain captured enemy combatants, and exposure to the basic rules of conduct after capture in the event they themselves should be detained.

"Salish Shooter is designed to truly test our interoperability," said Captain

Laszlo Cserhazi, Regular Force Support Staff Operations Officer with 39 Svc Bn. "The range and outdoor portions of this exercise give our reservists a taste of life in the field for a full three days; something which they won't often experience outside of full operations."

The units participating in Salish Shooter included CFB Esquimalt's Military Police Unit, members of 11 Field Ambulance, and Padre Capt. Lo, from 12 Company in Vancouver, to round out the diverse complement of members who benefited from the training.

"I look forward to the culmination, which is Western Defender. It will represent the completion of our high readiness training," said Capt Cserhazi. "I believe it's the train-to-excite principle we are implementing here at 39 Svc Bn. It not only helps us train better soldiers, but it gives our reservists confidence that their time with the Canadian Armed Forces is enriching and well spent serving Canada."

Western Defender will take place in August 2017 and will include elements from 39 Brigade, as well as a host of army, RCAF, and RCN reservists from units across western Canada.

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PO1 Jonathan Sorensen leads his team in the tug-of-war competition.



LS Jason Field serves up a hamburger to CPO2 Yves Ouellet during a lunchtime barbeque.



OS Kara Scott sells an enthusiastic OS Natalie Selkirk a ticket for the 50/50 draw.

Sports Day unifies schools after campus restructure

Peter Mallett
Staff Writer

The soggy conditions didn't seem to faze members of the new Naval Fleet School Pacific who cheered, high-fived and bonded during their unit's annual Sports Day on Sept. 23.

The cool temperatures and light showers persisted for most of the day as approximately 400 personnel took to "the great outdoors" to compete in golf, soccer, ball hockey, softball, basketball, beach volleyball, tug-of-war and wild play tree trekking (zip line) competitions at the Juan de Fuca Recreation Centre in Colwood.

"The summer saw a lot of changes to the unit and it took a lot of hard work by many people, so this day was a much needed release for everyone and a way to come together as a big campus," said Cdr Todd Bonnar, NFS(P) Commanding Officer.

Cdr Bonnar was referring to the recent implementation of the Royal Canadian Navy's Future Naval Training System (FNTS) that saw the reconfiguration of Fleet School Esquimalt and the Naval Officer Training Centre VENTURE into NFS(P). Despite the logistical challenges of the transformation, and the sports day's weather, Cdr Bonnar said he was impressed with the turnout and that it was an indication of the "can-do" attitude of students and staff.

OS Kendra Fitz-Gerald, a combat training student studying to become a sonar operator, said she was really looking forward to the event and getting out on the baseball field with her classmates.

"It gets everyone together and out of the workplace setting for a day and is certainly a morale booster for us all," she said.

LS Josh Bear, who is studying to become a marine engi-

neer, said the event was therapeutic and a good way to beat the stress of studying.

"It gives you a complete recharge," he said.

By midday, the rain subsided and the sun poked through the clouds so participants could enjoy the complimentary barbeque, team trophy award presentation, and random

prize draws.

Event organizer Lt(N) Bob Mackay, a course training officer, said the \$500 donation by the PSP Sponsorship Program was used to pay for several gift cards for the random prize draw held at the conclusion of the event, which he said added to the level of enjoyment for participants.



Goaltender LS Chris Moorehouse stops a shot from a teammate during warm ups at the Naval Fleet School Pacific Sports Day at the Juan de Fuca Recreation Centre, Sept. 23.

Photos by Peter Mallett, Lookout Newspaper

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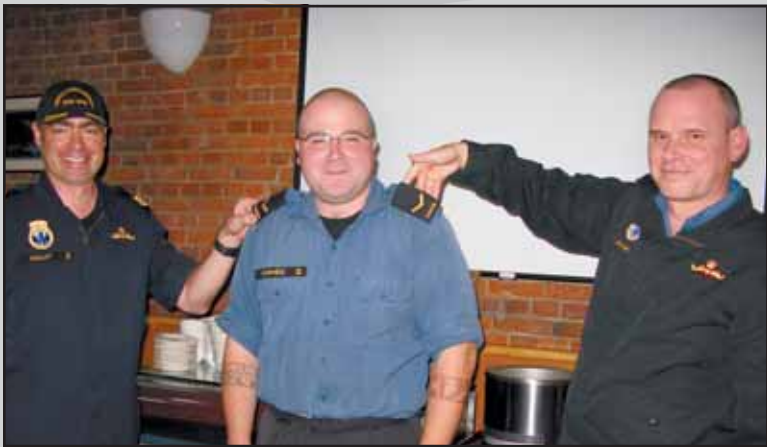
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HMCS Chicoutimi

HMCS Chicoutimi Commanding Officer, LCdr Jean Ouellet awarded a few of his crew with medals, and promotions.



AB Choiniere is promoted to his current rank by LCdr Ouellet and PO1 Wayne Mosher.



PO1 Dan Lefranc is awarded his Bronze Sea Service Insignia.



PO1 Dave Niezen is awarded his Gun Metal Sea Service Insignia.



MS Geoff Neale receives the First Clasp of the Canadian Forces Decoration.

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AB Ayla-Taj Desjardins is promoted to her current rank by LCol Regan Legassie and CPO2 Lyn Edmondson, all from NPTG.

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The Naval Security Team concept has been under development since December 2015 with the first team planned for generation and deployment during Westploy 2017.

LCdr Rob Taylor embarks on a CRS-1 Patrol Boat, in San Diego Harbour, for naval security team training.

Naval security team trains at RIMPAC

Lt Tim Turner
CANFLT PAC

RIMPAC 2016 recently brought together 25,000 military personnel from 25 different countries, with close to 1,500 Canadian sailors, soldiers and airmen and airwomen successfully integrating with our key allies from the Pacific Rim.

Underscoring the RIMPAC 2016 theme of "capable, adaptive partners", the Royal Canadian Navy (RCN) demonstrated the ability once again to meet regional and global challenges for mutual benefit.

As part of the RCN contribution to RIMPAC 2016, a small cadre of Naval Reservists from across the country were embedded

with the U.S. Navy's (USN) Coastal Riverine Squadron 1 (CRS-1). These USN Squadrons provide layered defence for their ships at sea, alongside at home, and in foreign waters.

The intent for the select embedded group was to explore and observe how CRS-1 operates. RCN sailors were afforded the opportunity to better understand how USN reservists force multiply their regular force brethren – through annual training events, and pre-deployment readiness checks.

RIMPAC 2016 was a chance for sailors to dig in and identify specific best practices and lessons learned from our USN counterparts to assist in the future development of the RCN's Naval

Security Teams (NST).

The NST concept has been under development since December 2015 with the first team planned for deployment during Westploy 2017.

The permanent NST staff stood up in September, and is located within the Canadian Fleet Pacific.

The NST mission is to deploy small RCN force protection elements in defence of RCN assets overseas. Teams will be predominately made up of part-time reservists deploying in their role as fleet augmentation.

The vision is that these security teams will help strengthen fleet force protection and support ship's company watch rotations in the future.

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