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LOOKOUT

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First Kiss

Photo by MCpl Brent Kenny,
MARPA Imaging Services

Corporal John Jamieson (left) and fiancée Racheal Wilkie (right), winners of the coveted official first kiss, share a tender moment as HMCS Vancouver pulls alongside A Jetty after returning home on Dec. 14 from a 185 day deployment.



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Chinese fleet visits Victoria

Photos by Peter Mallett, Lookout Newspaper

Rear-Admiral Art McDonald greets Chinese fleet commander Rear-Admiral Huang Xinjian during a welcome ceremony for the People's Liberation Army at Ogden Point on Dec. 15.



Peter Mallett
Staff Writer

The Chinese naval fleet showed off three of its modern war ships during a five-day goodwill visit to Victoria Dec. 15 to 19.

Supply Ship Taihu (889) and guided-missile frigates Daqing (576) and Yancheng (546) were

open to the public during their five-day stay at Ogden Point.

As they approached Victoria, the Chinese People's Liberation Army (PLA) Task Group was escorted into Canadian waters by HMCS Winnipeg on the evening of Dec. 14 and was then met off the Victoria waterfront by an ORCA patrol vessel and

HMCS Chicoutimi.

Under bright blue skies the following morning, the ships hoisted the flags of both Canada and China to their mainmasts during an official welcoming.

Rear-Admiral (RAdm) Huang Xinjian, Deputy Commander of the PLA North China Sea Fleet and Commanding Officer

of the visiting Chinese naval fleet, and RAdm Art McDonald, Commander Maritime Forces Pacific (MARPAF) made brief addresses during the ceremony. They both emphasized the importance of international co-operation and security on the high seas to an audience of approximately 300 people, which

included military members, representatives from the Chinese-Canadian community and the general public.

"As Pacific countries, our navies have a shared interest in maintaining stability in the Asia-Pacific region," said RAdm McDonald. "I look forward to engaging with the senior leadership and sailors

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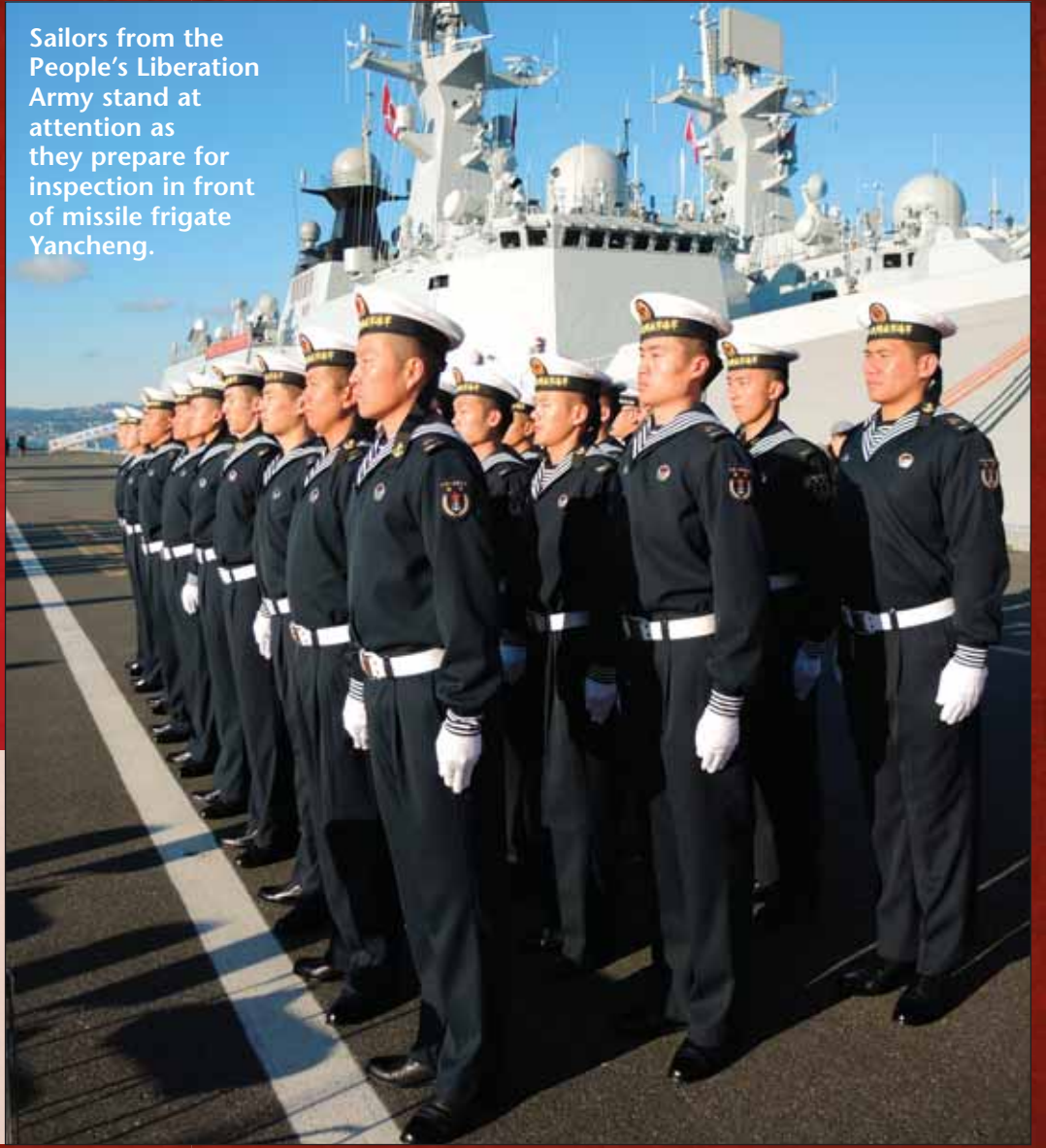


From our family to yours ...
Happy Holidays



Victoria resident Chue Kwong waves the national flags of Canada and China as he stands in front of Chinese missile frigate Yancheng.

Sailors from the People's Liberation Army stand at attention as they prepare for inspection in front of missile frigate Yancheng.



over the next few days as they enjoy Victoria's friendly hospitality."

As part of that hospitality, PLA members enjoyed a tour of the Naval Officer Training Centre, Damage Control School and *HMCS Calgary* on Dec. 16.

In addition to welcoming the public aboard one of their ships, the Chinese contingent also played host as RAdm

Huang Xinjiang held a deck reception for senior RCN officers and government officials aboard the Yangchen on Dec. 17.

Their stop in Victoria was preceded by a four-day visit to San Diego, California, where the PLA held a similar exchange with the U.S. Navy.

This was the PLA's first visit to Victoria since 2006.

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WHAT SAY YOU

People Talk

With 2016 coming to an end and a new year almost upon us Lookout asked:
What are your expectations for 2017?



I am expecting my son to be born in April 2017, so I'm very excited about the new year and the arrival of my second child.

Rachel Labute



I am starting a Masters of Accounting degree at York University's Schulich School of Business in January so 2017 will really represent a new beginning for me.

LS Harindee Samarasinghe



I'm looking forward to the new year because I'm taking a vacation in the beautiful, warm and sunny surfing beach town of Bucerias, Mexico near Puerto Vallarta.

Karen Parkinson



At long last I am taking some of my leave time in January and heading to Puerto Rico and will be meeting up with a friend of my mine who is a member of the U.S. Air Force.

MCpl Bonnie Leung

WHAT SAY WE

Happy Holidays from Commander Royal Canadian Navy



As 2016 rapidly comes to a close, our thoughts naturally turn to the upcoming holiday season and to the new year ahead.

It can be difficult for each of us to take a breath during this busy time, to take stock of how far we have come this past year. So let me take this opportunity to congratulate all of you who serve in, and have enabled the success of, the Royal Canadian Navy this past year.

It has been an exciting and rewarding year.

As members of one of the few globally deployable navies, you have made a difference for Canadians by keeping drugs off the streets of Canada and the United States by intercepting them in the Caribbean. You have demonstrated exceptional interoperability above, on and below the sea with domestic and international partners and allies alike. Your agility and flexibility reacting to the sortie of a Russian naval task group, delivering hope and supplies after an earthquake in New Zealand, and answering NATO's short notice request for submarine support, are just some of the many examples of your exceptional professionalism and service to Canada.

I am also very cognizant of the fact that it is only as a result of the love and support of our families that we are enabled to enjoy the success that we do. Their sacrifice and service is truly inspirational and I most sincerely thank them from the bottom of my heart for all that they do.

As we all get busy with the demands of the holiday season, it can be all too easy to miss the signs that a shipmate, friend or loved one may be struggling to cope. Let's all be sure to look out for each other, and remember to take some time to relax and rejuvenate for the demands that 2017 will surely have in store for us.

On behalf of the leadership team of the RCN, the Command Chief Petty Officer and I wish everyone a happy and healthy holiday season, a very Merry Christmas and a fantastic New Year.

Yours Aye,

Vice-Admiral Ron Lloyd

Chief of the Defence Staff Holiday Message



The Christmas holiday affords each of us time for gratitude and introspection. We can take stock of all we have accomplished, and all that remains to be done.

As members of the Canadian Armed Forces, your performance over the past year has been impressive, and I'm very proud of you. We have accomplished much together, both in the defence of Canada and together with our allies overseas. Take pride in these successes.

But know that we have challenges that await our expertise and dedication. We are about to enter a period of elevated operational tempo, the likes of which we have not seen since the peak of the Afghan combat mission. With major international deployments on the horizon in addition to our ongoing responsibilities to NATO, to NORAD, and the defence of our fellow citizens, 2017 will demand great things from us all.

It will also demand much of our families. They bear burdens no less than ours, which are often hidden from view. They will need our love and support, just as we will need theirs. Remember this as you spend time with your friends and loved ones this Christmas.

To those of us serving Canada far from home, know that my thoughts are with you. Those of us who have served overseas during the holidays know how difficult this can be: stay focussed and stay safe.

To each and to all, I wish you the best of the season, and a happy and prosperous 2017.

General Jonathan Vance


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Give yourself the gift of balance

The holidays are a wonderful time to reconnect with family and friends, but for some people they can also be a time of too much stress, over-indulgence, unmet expectations and even loneliness.

This holiday, work on creating balance and staying in the green.

Here are some great tips for staying healthy and happy this holiday season from the MARPAC Health & Wellness Strategy.

Active Living

The holidays are a great opportunity to get outside every day for some fresh air and exercise. Go for a hike, strap on some skis and hit the slopes, or go for a skate at one of the many outdoor and recreational rinks around town. Aim for 30 minutes most days of the week and if you have kids, get them moving for at least an hour every single day.

Addictions Free Living

There are many opportunities to exceed the Low Risk Drinking Guidelines (LRDG) over the holidays and regular over-consumption of alcohol can lead to many problems. If alcohol is consumed, use moderation and aim to not exceed the LRDGs - 2 standard

drinks a day for women up to 5 days a week and 3 a day for men up to 5 days a week - and to reduce or even eliminate binge drinking - more than 5 drinks in any one sitting. Practice relaxation techniques to keep stress at bay and reach for water or mocktails instead. Lastly, avoid drinking and driving; use a taxi, public transit or a designated driver instead.

Mental & Social Wellness

As much fun as the holidays can be, they can also be stressful. Take time to breathe mindfully and to engage the relaxation response every day. Engage in a guided visualization, a yoga class, or go for a mindful walk, paying attention to as many details and experiences as you can moment by moment. This will help you maintain perspective and feel more centred. Know the Mental Health continuum and if you find yourself or someone you care about slipping into the yellow, orange or red zones, take action and seek help quickly.

Nutritional Wellness

There are many rituals involving food over the holidays and an abundance of opportunities to

consume a lot of unhealthy foods. Try eating healthy 80 percent of the time so you can indulge a little here and there. Eat a healthy snack before you go to a party so you are less hungry once there. And drink lots of water. It will fill you up and keep you from mindlessly reaching for snacks. Of course, a great way to make room for a little more eating is to increase your active living.

Organizational Wellness

The holidays are a time to rest and regenerate. It's important for all of us to take time to spend with the people we love and reconnect and relax. Work/life balance is a critical part of belonging to a healthy organization. So when the time comes for you to take some time off, leave your work in the office and take the time to recharge.

Happy Holidays from the MARPAC Health and Wellness Strategy.



Badminton, squash players advance to Nationals

Peter Mallett
Staff Writer

Badminton and squash players from CFB Esquimalt will be well represented at the Canadian Forces Nationals in the New Year after prevailing in Pacific Region qualifying action from Dec. 5 to 7.

In badminton regionals at the Naden Athletic Centre, top-ranked

PO1 William Crocker prevailed in the men's open age category, followed by PO2 Nathan Allen (second), Sgt Noah Eckenswiller (third), and PO1 Lee Westwood (fourth). All four men advanced to the Canadian Forces National Badminton and Squash Championships being held Jan. 28 to Feb. 3 at CFB Borden.

MS Stephan Girard advanced in the Masters category with a first place finish. PO1 Andrzej Buczynski

took second place and will represent Esquimalt in the Senior Men's division. Capt Jillian Doiron advanced in the women's category after placing second in the tournament.

In regional Squash qualifying play, CPO2 Tim King secured the number two spot, followed by PO1 Keith Parsons in third and LCdr Jon Audy in fourth. LS Raymond Lendt was the Over-45 placement winner. All four will also advance to nationals.



Photo credit PSP Staff

Competitors in the Canadian Forces Pacific Region Badminton qualifier (left) and the Pacific Region Squash qualifier (right) gather for team photos upon completion of their matches at Naden Athletic Centre.

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Jan 29th - Kids Movie

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Feb 11th - UFC 208

Lewis vs Browne. Doors open at 6:00pm

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HMCS Ottawa visits namesake

Lt(N) Ellie Aminaie
HMCS Ottawa

In late November four sailors from *HMCS Ottawa* spent a week in Ottawa, Ontario, for a Namesake City Visit. Their eventful program included visiting youth groups, seniors and navy veterans; volunteering at charities; and making official visits. *Ottawa's* 20th anniversary was highlighted throughout the visit.

Upon their arrival in Ottawa, the sailors – Commander (Cdr) Sylvain Belair, Captain of *Ottawa*; Chief Petty Officer First Class (CPO1) Alden Darragh, Coxswain; Lieutenant (Navy) (Lt(N)) Ellie Aminaie, Information Warfare Officer; and Able Seaman (AB) Tyler Gallant, Hull Technician – had to hurry to their first engagement with the 3rd Orleans Scout Troop, which the ship sponsors. They spent an evening with the scout troop participating in a team-building activity and doing a question and answer session with the scouts.

With little opportunity to recover from jet lag, the next morning was an early one spent at Elgin Street Public School where the *Ottawa* team gave a presentation to children in Grades 3 to 6 in the school gym. The students had plenty of questions, ranging from the hardest decision the ship's captain had to make to whether we have muffins onboard ships.

The follow-on engagement was a visit to the ship's official charity, The Perley and Rideau Veterans' Health Centre, where they enjoyed afternoon tea with the navy veterans at the centre. They listened to wartime stories and made a large charitable donation collected through fundraising by the ship's crew.

"The residents thoroughly enjoy it when the *HMCS Ottawa* crew pay a visit to the centre each year," said the centre's director.

"The PRVHC greatly appreciates the fundraising efforts made by the ship's crew as the funds go toward caring for our deserving military veterans."

Next up was an evening with Royal Canadian Sea Cadet Corps Falkland at *HMCS Carleton*. There were more than 100 cadets on parade and it was impressive to see their skill and professionalism at such a young age. Cdr Belair had the opportunity to swear in new cadets and reward deserving cadets with a ship's coin and ball cap.

The following morning,



Commander Sylvain Belair with Ottawa Senators mascot Spartacat.

the *Ottawa* team had the privilege of a private tour of the Canadian War Museum. One of the curators at the museum even took the team into spaces not open to the general public to see several rare items. Among them was a life preserver worn by a crew member during the sinking of the first *HMCS Ottawa* in the 1942 torpedo attack that claimed 137 lives. It was a touching moment to view the life preserver, which was signed by 40 of the 65 survivors, while reflecting on the history of the ship on the 20th Anniversary of the fourth ship to carry the *Ottawa* name.

The team then spent the afternoon volunteering at the Salvation Army's Grace Manor where they mingled with residents and helped set up the 100th birthday celebration of one of the residents. The highlight of the visit was meeting with a woman who had been a Communicator in the Royal Navy in the Second World War. She was elated to have visitors from the Royal Canadian Navy. She eagerly shared her story and showed the team memorabilia from her service. It was satisfying to know the visit had helped brighten the day of one of the residents who felt personally connected with the team.

That evening, the team was fortunate to have been invited to an Ottawa Senators home game against the Boston Bruins. The *Ottawa* sailors cheered on the Sens who crushed their divisional rival 3-1 in front of 17,191 spectators. The Senators have been very supportive of the ship and its crew. The *Ottawa* team was even acknowledged during the game on the Jumbotron and had an opportunity to take pictures with the team mascot, Spartacat.

The whirlwind tour continued the following morn-

ing with a meeting with the Mayor of Ottawa, Jim Watson. He was briefed on *HMCS Ottawa's* activities in the past year and its upcoming deployment. Mayor Watson presented Cdr Belair with an official certificate acknowledging the ship's 20th anniversary.

Shortly thereafter, the team visited with Deputy Commander Royal Canadian Navy, Rear-Admiral Gilles Couturier and received a tour of National Defence Headquarters (NDHQ).

Then it was on to Parliament for Question Period and a private tour of Parliament Hill. The tour included the Memorial Chamber containing up-to-date notations of Canadians who have died in battle, the ornate Library of Parliament containing over 600,000 items, and a ride up the Peace Tower elevator with spectacular views of the city.

In the afternoon, the team volunteered at the Ottawa Mission Homeless Shelter, sorting through donations and decorating the building for the holiday season.

The Namesake City Visit concluded with a trip to the ship's sister unit, *HMCS Carleton*, where the team received a tour and briefed members of *Carleton* about the ship's activities.

The three-day visit was a worthwhile experience for the entire *Ottawa* team, including AB Gallant. "I was fortunate to be able to speak to many different groups about our ship and life in the navy in general. We also volunteered at a few different organizations, which was very rewarding for me."

HMCS Ottawa's Namesake City Visit is conducted annually to maintain the strong connection between the ship and the city and provides an opportunity for the ship's company to give back to the city through volunteer work and charitable donations.

NADEN BAND

OF THE ROYAL CANADIAN NAVY



Photo by Cpl André Maillet, MARPAC Imaging Services

PO2 Michael Savich (centre) plays his holiday-decorated Sousaphone during a matinée performance of the Naden Band's 38th Annual Christmas Concert series in support of the Salvation Army at Victoria's Royal Theatre on Dec. 7. The band played three shows in Victoria on Dec. 5, 6 and 7 plus two afternoon matinees for area school children. They then gave a single performance at the Vancouver Playhouse on Dec. 12 in support of community agencies that serve immigrants and refugees.

New guide for health professionals on military health care challenges

Representatives of the College of Family Physicians of Canada (CFPC) and the Canadian Military and Veteran Families Leadership Circle have released a new guide for health professionals to enhance awareness of health care issues specific to military and veteran families.

Family Physicians Working with Military Families was developed by a panel of experts drawn from civilian practice and the military and veteran community, including the CFPC, Military Family Services,

Canadian Forces Health Services Group, Veterans Affairs Canada, the Canadian Institute for Military and Veterans Health Research, and the Vanier Institute of the Family. It was released on Nov. 10 at the annual Family Medicine Forum in Vancouver. Defence Minister Harjit S. Sajjan was at the event and 4,000 family physicians received a copy of the guide.

"Since military families move so frequently, they often face special challenges finding a family doc-

tor when they relocate to a new community or a new province," said Col Dan Harris, Director, Military Family Services and Co-Chair, Canadian Military and Veteran Families Leadership Circle. "Military Family Services, as a member of the Military and Veteran Families Leadership Circle, is happy to collaborate with the College of Family Physicians of Canada on this initiative to enhance military literacy among family physicians in Canada."

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Vancouver Homecoming

Peter Mallett
Staff Writer

After six months at sea, holiday cheer and heart-felt embraces warmed the spirits of HMCS Vancouver sailors and their families in a homecoming last Wednesday.

Temperatures hovered near the freezing mark and a brisk northerly wind greeted the Halifax-Class frigate as it pulled alongside. Still, family members smiled eagerly as they waited to welcome their loved ones home.

The ship came alongside A Jetty at 10 a.m. where the ship's company was greeted by a cheering crowd of 250 friends, family and co-workers who waved, blew kisses and held their welcome home banners high.

"There is no better time than when a ship comes alongside after a long deployment and this moment is just perfect for the [holiday] season," remarked Rear-Admiral (RADm) Art McDonald, Commander Maritime Forces Pacific, as he stood on the jetty beside Lieutenant-Governor of B.C. Judith Guichon moments

before the sailors disembarked.

"When I look around and see all the families and sailors who have made big sacrifices and they are reunited, it warms my heart."

Moments after the ship docked, Cpl John Jamieson of 443 Squadron was bestowed the honour of the navy's traditional First Kiss and proceeded with a lengthy embrace with his fiancée Racheal Wilkie. Cpl Jamieson's name was randomly selected in a raffle with the rest of the ship's company and said he bought 12 tickets to give him better odds of winning the draw. He said he was likely the first aviator ever to ever be chosen for the First Kiss aboard an RCN ship.

"This is the best Christmas present ever," declared Wilkie as the two embraced and the crowd cheered.

"The cold weather has nothing to do with us kissing for so long, it was because I really, really missed her," said Cpl Jamieson. "I would have kissed her the same amount of time even if it was June."

Others were equally overcome by the homecoming, including Vancouver's Chief Boatswain CPO2 Ian Biller who was reunited

with his four-year-old son Colton and two-year-old daughter Hailey.

"I've been watching them grow up on Facebook for the last six months so it's great to be hugging them and to finally be reunited just in time for Christmas," he said.

Throughout the deployment the Military Family Resource Centre held regular Sunday Deployment Sessions at the Colwood Pacific Activity Centre, which included regular updates on the ship's progress from Vancouver's Commanding Officer, Cdr Clive Butler, and also allowed family members to video conference with their loved ones.

Since departing Esquimalt in June, Vancouver operated extensively in the Pacific region and participated in a variety of training exercises, including the world's largest international military exercise, Rim of the Pacific (RIMPAC); KAKADU, a joint biennial exercise hosted by the Royal Australian Navy involving 20 nations; and WestPloy 16, a deployment aimed at building ties with Asia-Pacific nations. But Vancouver's unplanned involvement in relief efforts after a 7.8 magnitude earthquake struck

New Zealand's South Island on Nov. 14 was certainly among the highlights of its deployment and spoke volumes about the crew's training and readiness, said Cdr. Butler.

"We do humanitarian assistant preps as a regular part of our training so I was glad to see such a quick turnaround when the real thing happened," he said. "We were able to deploy quickly as a self-contained unit and were part of an international effort that reflected well on our combined efforts, which were able to get over 1,000 sailors and five ships on station quickly."

Vancouver's return was their second homecoming for 2016 and brought their total deployment this year to nine months. The ship was away from the base for an additional three months earlier this year between February and April as it participated in SouthPloy, a training exercise aimed at strengthening ties with several South American nations including Peru and Chile.



Photo by Peter Mallett, Lookout Newspaper
It was all hands on deck as the company of HMCS Vancouver line the port side of the Halifax-class frigate during a homecoming ceremony on A Jetty in Dockyard, Dec. 14.

RAdm Art McDonald welcomes Vancouver back

It gives me great pleasure to join the Chief of Defence Staff, Gen John Vance, and Commander RCN, Vadm Ron Lloyd, in being among the first to welcome you home in anticipation of your long-anticipated return to Esquimalt. Welcome back. As is sung: "There is no place like home for the holidays and, although it has been said many times, many ways, Merry Christmas."

I, along with your shipmates across MARPAC, the RCN and the CAF, join Canadians from coast to coast in celebrating your happy return following the many successes that have marked your six-month Asia-Pacific deployment. In addition to humanitarian assistance and disaster response success in New Zealand, you have delivered excellence in operations, defence diplomacy, presence and engagement

from Hawaii to Ho Chi Minh City to south island New Zealand and all while achieving an impressive amount of at-sea training successes. I was delighted to be among those flags and distinguished visitors who had the pleasure of visiting you overseas during your trip so that I could see firsthand the impressive and accomplished crew that you are

You - as a Canadian agent - have contributed to growing Asia-Pacific peace and stability and emboldened our friends and allies with a tangible demonstration of Canadian interest and commitment to Indo-Asia-Pacific. Your success has emphatically made the case for the RCN's "generate forward" employment principle and laid the groundwork for future deployments/successes in our looming Indo-Asia-Pacific deployments. Bravo Zulu.

You should be justifiably proud of

everything - the many things - that you have achieved. I am.

Of course, none of what you have accomplished has come without sacrifice, both yours and that of your families as you have both endured a separation of more than 185 days since your 13 June departure. I salute and thank you and your families for the price you have paid. It is wonderful, shipmates, to have you safely home to enjoy the holiday season after having watched you achieve such deployed success over the past six months. Upon return I have just one remaining ask of all of you: enjoy your holidays with family and friends, celebrate your achievements and the fellowship of shipmates, and stay safe. You have helped contribute to peace on earth. Now enjoy it.

RADM Art McDonald,
Commander MARPAC



Photo: MCpl Brent Kenny, MARPAC Imaging Services
Family members Spencer Moe (center), Nancy Brace (right) and Mary Jane Galapate (left) hold up a welcome home sign for LS Trevor Moe.



Photo by Peter Mallett, Lookout Newspaper
Families react to the return of HMCS Vancouver.

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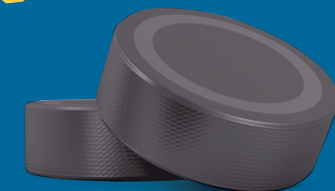
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Crew members from HMCS Charlottetown spread some holiday cheer by helping to clean the grounds of an orphanage in Chania, Greece, during Operation Reassurance.

Charlottetown brings Christmas cheer to Greek boys' orphanage

Lt(N) Benoit Plante
 HMCS Charlottetown

On Dec. 10, sailors from HMCS Charlottetown brought some Christmas cheer to an orphanage in Chania, Greece.

Supported by the ship's logistics department, Charlottetown's Padre, Lt(N) Haupi Tombing arranged for a visit from Santa Claus and some manual labour by 35 crew members.

"The ship's company was really excited with the project. The sign-up sheet filled quickly and we even had to refuse some people as we didn't have enough space to bring everyone on the bus," said Lt (N) Tombing.

After some research, the padre found a group called Young People of Chania. This organization operates orphanages in Chania,

Greece, both for boys and girls separately. One of these is an orphanage for boys called Branch of Protecting Children.

"Following a discussion with the director, we went to the boys' orphanage. Currently, they have 31 boys living there," said Padre Tombing. "The main goal of the organization is to provide shelter, education and guidance so that the boys can finish high school or college and stand on their own feet."

The crew members did an astounding amount of work in and around the large playground in the backyard of the orphanage. They repainted the basketball net support structures and guard rails around the stairs, repaired broken bicycles, picked up a large amount of garbage on the ground, and did some landscaping and gardening.

Following the manual work, everyone gathered inside the orphanage for Christmas carols. A few minutes later, Santa arrived and all of the children received gifts.

"That was a great day. It was Christmas in true Canadian spirit: Giving! We achieved a large amount of work and made the backyard and playground a much more inviting place for the kids of the orphanage," said Padre Tombing. "The work took us half a day, but the impact will most likely remain with the kids for a long time."

Charlottetown is currently deployed on Operation Reassurance in support of NATO's assurance and deterrence measures through the provision of military capabilities for training, exercises, demonstrations, and assigned NATO tasks.



Photos by Cpl Blaine Sewell, Formation Imagery Services
 Crew members from HMCS Charlottetown after completing the clean up.

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Winnipeg sailors in the Santa Claus parade with the Winnipeg Blue Bombers' mascots.

HMCS Winnipeg visits namesake

"Winnipeg? You're going there in November?!" This was the phrase heard most often by 10 members of HMCS Winnipeg who were selected to attend the ship's Namesake City visit to Winnipeg, Manitoba.

Surprisingly, the attendees enjoyed sunny weather with unseasonably warm temperatures in the high teens for most of the visit.

The sailors, led by Logistics Officer, Lt(N) Michelle Baranowski, and Coxswain, CPO1 Sylvain Jaquemot, had an action-packed five days in the Manitoba capital.

Highlights of the week included a visit to the

Manitoba Legislative Assembly. There, the team met Speaker of the House, the Honourable Myrna Driedger. The team also met with Member of the Legislative Assembly Jon Reyes, who is Manitoba's Special Envoy for Military Affairs. Reyes has a special connection to HMCS Winnipeg. He served on board as a Naval Combat Information Operator from 1994-1999.

Another visit was to Winnipeg City Hall, where Mayor, Brian Bowman presented the sailors with a beautiful framed painting of children playing pond hockey.

On Remembrance

Day, Winnipeg's sailors attended a ceremony at HMCS Chippawa, the Naval Reserve Division in Winnipeg. Some of Winnipeg's sailors formed the Colour Party for the ceremony.

After the ceremony, the representatives from Winnipeg made their way to Deer Lodge Centre, a hospital specializing in the treatment of veterans. The sailors participated in their Remembrance Day ceremony as well and talked with a few of the veterans.

The week culminated with Winnipeg's sailors taking part in the city's famous Santa Claus parade.



HMCS Winnipeg sailors with the Speaker of the House, the Honourable Myrna Driedger.

CHURCH SCHEDULE

Christ the Redeemer Roman Catholic Chapel (Naden)

Our Lady Star of the Sea Roman Catholic Chapel (Belmont Park)

CHRISTMAS AND NEW YEAR MASS SCHEDULE

- DEC. 24 -

Christ the Redeemer Chapel Naden
17:00hrs - Vigil Mass of Christmas

Our Lady Star of the Sea Chapel Belmont Park

19:00 hrs - Christmas Carols/Children's Christmas Pageant
19:30 hrs - Vigil Mass of Christmas

- DEC. 25 -

Belmont Park - 10:30hrs - Christmas Day Mass

- JAN. 1 -

Belmont Park - 10:30hrs - New Year Mass

Regular Sunday Mass Schedule

09:00hrs - Naden
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D-Model Chinooks to be displayed in museums

RCAF Public Affairs

CH-147 D-model Chinook helicopters have become historical artefacts after the last two in Canadian inventory were delivered to two museums in Ontario.

Aircraft 147201 arrived at 8 Wing Trenton on Nov. 17. It will be re-assembled and painted, and put on display at Trenton's National Air Force Museum of Canada.

Aircraft 147206 arrived at Canadian Forces Base Petawawa on Nov. 18. It will be re-assembled, refinished and put on display as a gate guard outside 450 Tactical Helicopter Squadron.

The value of the D-model

Chinook helicopters was clearly highlighted by Canadian operational experience in Afghanistan, with six employed as part of Canada's Air Wing in Kandahar. These aircraft were purchased from the United States in 2009 to provide an interim capability for the Canadian Armed Forces.

Throughout their two-and-a-half years in Afghanistan, RCAF CH-147D Chinook helicopters provided yeoman service, significantly reducing the threat to deployed Canadian Army soldiers by reducing the requirement for ground transport. With their capability to lift large

amounts of cargo and numbers of passengers in the high elevations and temperatures in Afghanistan, the Chinooks' support was always in big demand.

These workhorse helicopters helped to save lives in Afghanistan every day, and contributed significantly to mission success.

CH-147D Chinook operations in Afghanistan were not without risk. Two Canadian Chinooks were lost in Afghanistan. The first was downed by insurgent fire near forward operating Base Masum Ghar on August 5, 2010, and the second rolled over on landing in dusty conditions while conducting a night air assault mission on May 16, 2011.

Canada's Chinook history

Canada's eight CH-147C Chinook helicopters were flown from 1974 until 1991, primarily by 447 Transport Helicopter Squadron in Edmonton and 450 Transport Helicopter

Squadron in Ottawa. 447 Squadron was disbanded in July 1991 and 450 Squadron in Ottawa became 450 Composite Helicopter Squadron (later 450 Tactical Helicopter Squadron), flying CH-135 Twin Hueys. 450 Squadron was formally disbanded on January 1, 1998.

But you can't keep a good helicopter down.

As a result of the Manley Report, prepared by the Independent Panel on Canada's future role in Afghanistan and submitted to Prime Minister Stephen Harper in January 2008, Canada acquired CH-147D Chinooks from the United States to use in Afghanistan.

Later, the Royal Canadian Air Force began the process of acquiring 15 brand new CH-147F Chinooks to operate domestically and internationally. The new Chinooks began arriving in 2013 and delivery was completed a year later. The helicopters are once again flown by 450 Tactical Helicopter Squadron at CFB Petawawa, which was re-established on May 2, 2012.

CH-147D Facts

While employed with the CHFA, the D-model Chinooks achieved the following milestones:

- First flight: Dec. 28, 2008
- Total passengers flown: 90,723
- Total cargo flown: 7,097,989 lbs
- Total hours flown: 7084.5
- Last flight: July 30, 2011

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Bravo Zulu

Sailor receives army medal... 30 years late

OS Rick Milne was recently presented the Special Service Medal NATO/OTAN bar by Cdr David Coulombe. OS Milne earned the medal when he served in Lahr 1985-86 when he was serving with the Canadian Army as an ELM 431 LEME Electro-Mechanical Technician; however, he didn't receive the medal until after he joined the Royal Canadian Navy.

At 19, then Pte Milne, enrolled in the Canadian Armed Forces as an ELM 431 LEME Electro-Mechanical Technician in the Army. He was first posted to Special Service Force 2 Service Battalion at CFB Petawawa from 1979-1981. In 1982, he was posted to 1 Canadian Brigade Group 1 Service Battalion at CFB Calgary as a Fire Control Systems (electronic) 432 EME Technician. He remained there until 1985.

He was sent to 1 Royal Canadian Horse Artillery in Lahr Germany in early July 1985. This was during the height of the Cold War when Ronald Reagan and Mikhail Gorbachev were busy creating the SALT treaty. At the same time, the Beirut bombings of the US Embassy had just happened, which brought Lahr to a high state of readiness. Cpl Milne served there proudly until the spring of 1986, when he left military service. He was never presented his SSM NATO/OTAN medal upon release.



Pte Rick Milne (right) in 1985 at CFB Wainwright.



OS Milne receives his Cold War Medal from Commander David Coulombe, Commanding Officer of Regional Cadet Support Unit (Pacific) on Dec. 7.



Sailor of the quarter

LS Edward Gates, Naval Communicator with Canadian Fleet Pacific, Patrol Craft Training Unit, is awarded the CANFLTPAC Sailor of the Quarter for the Third Quarter of 2016.



RCSU(P) award

Captain Jennifer Donner is presented with the Canadian Forces Decoration by Commander David Coulombe, Commanding Officer of Regional Cadet Support Unit (Pacific).



PCTU awards and promotions

LCdr Preston McIntosh, Commanding Officer of Patrol Craft Training Unit, presented awards and promotions on Dec. 7.



Lt(N) Ilia Tchernov is promoted to his current rank.



Lt(N) Thomas Gamble receives the Canadian Forces Decoration.



LS Alexandre Pelletier receives the Operational Service Medal – Expedition.



AB Keven Fradette is promoted to his current rank.



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INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For information contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Look under the Facebook Group: cowichan valley coffee

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Christmas Market

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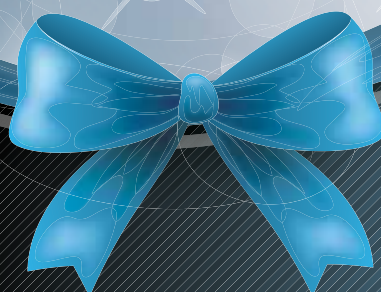
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HAPPY HOLIDAY TRADITIONS



Photo by MCpl Brent Kenny, MARPAC Imaging Services
 Captain (Navy) Steven Waddell (left), Base Commander, and Ordinary Seaman Brandon Paquet (centre), Base Commander of the day, pose for a photo with retired military member Robert Stewart (right) as he carves the turkey during CFB Esquimalt's Veterans Dine with Service Personnel Yuletide Luncheon at Nelles Block Galley on Dec. 8.

Photo by Cpl André Maillet, MARPAC Imaging Services
 Commander Wes Golden, Commanding Officer Maritime Forces Pacific Headquarters, speaks to unit members at their Christmas Dinner, held at the Chief and Petty Officer's Mess on Dec. 8.



Photo by MCpl Brent Kenny, MARPAC Imaging Services
 Naval Fleet School (Pacific) (NFS (P)) Commandant, Commander Todd Bonnar (right), and Ordinary Seaman Dawson Krizel (left), Commandant for the day, pour rum into the sauce as part of tradition during the NFS (P) Junior Ranks Christmas Dinner at Nelles Block Galley on Dec. 12.

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