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Volume 62 Number 14 | April 10, 2017

# LOOKOUT

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## Minister of Defence visits Invictus athletes

The Honourable Harjit Sajjan, Minister of National Defence (left) goes for a jog with Invictus Games track and field coach Denis Cloutier during an Invictus Games Training Camp at the Pacific Institute for Sport Excellence last week. Read the full story on page 3.



Cpl Blaine Sewell, MARPAC Imaging Services

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# Love is in the air

Right: Signal flags spelling "Yes" are run up the port flag halyard at Duntze Head. Below: Stacey Brine and Nicholas Marasco pose following their engagement on April 6.



## Will Chaster MARPAC PA

PROPOSALS can occur in many different ways and places. From mountain tops to scuba dives, and anything in-between; the ways in which one can pop "the question" are endless. Last week that uniqueness unfolded in dockyard.

As Stacey Brine stood at Duntze Head to watch *HMCS Chicoutimi* sail by, bringing home her boyfriend LCdr Nicholas Marasco after a deployment at sea, she saw an unusual sight. A line of submariners stood on the submarine's surfaced hull holding up signs that spelled "Will you marry me?"

Waiting in the wings to hear the response was Lt(N) John Pischedda. When she said "yes" he hollered to those waiting by the port flag halyard to raise the signal flags spelling out the affirmative response.

"I knew something was up," said Stacey "He's got a really bad poker face."

When *Chicoutimi* came alongside C jetty, an eager, grinning LCdr Marasco climbed the gangway and dropped to one knee, in his hands, the traditional box with diamond ring. As the couple embraced the crowd of submariners and onlookers cheered.

The two have known each other since age nine and have always kept in touch.

"Things just went from there," says Stacey.

Now the couple are reviewing the calendar to pick a date for their wedding. It may include a signal flag or two.



LCdr Nicholas Marasco proposes to Stacey Brine on C Jetty.





Team Canada athletes gather for a group photo as they kick off their training camp at the Pacific Institute for Sport Excellence, April 3, ahead of the 2017 Invictus Games in Toronto.

# Victoria backdrop to Invictus athlete training

**Peter Mallett**  
Staff Writer

Canada's 2017 Invictus games athletes converged in Victoria last week for a training camp.

Dressed in their black track suits and red Team Canada jerseys, approximately 90 current and former ill or injured military members filed off three Canadian Armed Forces buses April 3 to attend the kickoff at the Pacific Institute for Sport Excellence (PISE).

They were then joined by coaches and support staff for an official welcoming in the main auditorium.

"You are incredible athletes and human beings," said Commodore Jeff Zwick, Commander Canadian Fleet Pacific, who spoke on behalf

of RAdm Art McDonald. "Your courage and perseverance is an inspiration to you all. Our commitment to you this week is to help provide you with a first-class training experience."

More words of encouragement came from Michael Burns, CEO of Invictus Games Toronto 2017; Canadian Olympic Committee Vice President and 2016 Invictus Coach Peter Lawless; and PISE CEO Robert Bettauer.

Athletes are training for Invictus Games Toronto 2017, to be held Sept. 23 to 30. More than 550 competitors from 17 nations will participate in 12 adaptive sports: archery, athletics, cycling, golf, powerlifting, indoor rowing, sitting volleyball, swimming, wheelchair basketball, wheelchair

rugby and wheelchair tennis and a (Land Rover) driving challenge.

Founded by Prince Harry, the Games have been gaining in popularity after the inaugural 2014 Games in London, England, and last year's event in Orlando, Florida.

Canada's 2017 athletes were housed in CFB Esquimalt's Work Point barracks for the duration of their stay. They also used the Naden Athletic Centre gymnasium for training and fitness evaluation.

On the afternoon of April 5, Minister of National Defence Harjit Singh Sajjan made a surprise visit to meet the athletes and wish them good luck in their training for the Games.

Burns says this year's 2017 Invictus games pro-

vides a unique opportunity to tell the story about the therapeutic value of sport and competition, since the Games fall in the same year as Canada's 150th birthday and the 100th Anniversary of the Battle of Vimy Ridge.

"It will show the country the importance and impact these games are making in the lives of our service men and women, veterans and their friends and families. These Games are also a historic opportunity for us to discuss with people in our country many of the issues that are effecting our soldiers."

For more information about Invictus Games Toronto 2017 visit their website at: [www.invictus-games2017.com](http://www.invictus-games2017.com)



Team Canada Invictus Games co-captains (left) Capt Simon Mailloux, an Operations Officer with CFB Valcartier, and MCpl (Ret'd) Natacha Dupuis attend the training camp kickoff ceremony.

## MCPL (RET'D) NATACHA DUPUIS

Team Canada Captain MCpl (Ret'd) Natacha Dupuis will compete in track and field and indoor rowing at this year's Games.

She used athletic competition to become healthy following a Post Traumatic Stress Disorder diagnosis after deploying to Afghanistan with CFB Petawawa's 4th Canadian Mechanized Brigade Group, The Royal Canadian Dragoons.

She won two gold medals in track and field at last year's games.

"The Invictus Games Toronto 2017 are a great opportunity for former and current military to take control of their lives and redefine themselves," says MCpl (Ret'd) Dupuis. "I'm also very excited to be on the team again because competing in last year's Invictus Games was a life-changing experience for me."



## CPL (RET'D) JASON PULVER

Cpl (Ret'd) Jason Pulver worked with the Esquimalt Military Police Unit between 2006 and 2008. He played forward for the base basketball team and also for Niagara College in the Ontario Colleges Athletic Association (OCAA). Basketball was a huge part of his life until his playing career came to an abrupt end after he injured his leg.

While posted to CFB Kingston in 2010, Cpl (Ret'd) Pulver suffered permanent nerve damage in his ankle after stepping in a pothole while jogging. He was certain there would be no more basketball in his life and he left the military shortly after his injury.

"After the injury I thought I would never be able to run or jump, or play basketball again, the pain was incredible," he says. "Three surgeons and doctors told me that if I decided to play again I would just re-injure my ankle."

After watching the 2016 Invictus Games on television last year, he decided to give wheelchair basketball a try. He learned how to move on the court while seated.

"The experience of not being able to play was super depressing, and I have gradually realized that basketball, wheelchair basketball, seems to be the cure for any stress in my life."

Invictus Games wheelchair basketball player Cpl (Ret'd) Jason Pulver participates in a general fitness session at the PISE track.



# matters of OPINION

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Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Circulation - 3,800 plus 1,000 pdf downloads per week

One year subscription - \$66.94

Six month subscription - \$33.47

Prices include tax.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

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## WHAT SAY YOU

### People Talk

Lookout asked athletes and coaching staff participating in the 2017 Invictus Games training camp, the following question:

*What are the most important aspects of the Invictus Games to you?*



Being empowered, being part of this amazing energy level on Team Canada, and part of a group with the same goal in mind: to overcome our injuries through sport.

**Capt (Ret'd) Julie Nadeau**  
(CFB Montreal)  
Cycling, Swimming



Sharing that Invictus Games message of overcoming adversity, and showing others about the resilience of its competitors. What unites us all at the Games is the desire to perform, overcome, achieve, and inspire.

**Kai Schrameyer,**  
(Tennis Canada) Coach  
Wheelchair Tennis



Being able to put on a uniform again and represent Canada in the year of our 150th birthday.

**Sgt (Ret'd) Kevin Nanson**  
(formerly 3PPCLI Edmonton)  
Rugby, Golf, Track and Field

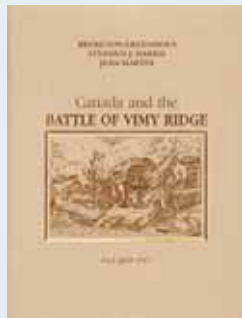


The esprit de corps and camaraderie, the ideals of soldiering, promoting physical fitness, and gaining a sense of accomplishment. And also having a chance to be competitive again.

**WO (Ret'd) Tom Martineau**  
(formerly of CFB Calgary),  
Golf and Wheel Chair Basketball

## WHAT SAY WE

### Free E-book on Vimy Ridge battle



Canada and the Battle of Vimy Ridge, 9-12 April 1917, a 149-page resource about the historic battle and those who fought in it, is available for free in e-book format.

The e-book version of the work, which was originally authored by Brereton Greenhous and Dr. Stephen Harris, includes additional content by Department of National Defence historian Jean Martin. This vivid recollection of the experiences of Canadian soldiers in France is available for download in both official languages.

The book may be used as an educational resource for those interested in learning more about this most significant period in our military history.

You can find the e-book here: [www.cmp-cpm.forces.gc.ca/dhh-dhp/pub/boo-bro/vimy/index-eng.asp](http://www.cmp-cpm.forces.gc.ca/dhh-dhp/pub/boo-bro/vimy/index-eng.asp)

## CHIEFS' AND PETTY OFFICERS' MESS

# Upcoming Events

As the new Entertainment Chairman for the Chiefs' and Petty Officers' Mess (since December 2016), I've learned a great deal. My fellow executive members are focussed on supporting great events for the mess. We have many loyal members, serving and retired, that I see often, enjoying the fellowship of their shipmates. I have also noticed that it gets more and more challenging every year to get personnel

to come to the mess for functions; not entirely unlike the struggles of the Royal Canadian Legions and various establishments in Esquimalt.

So what is the way ahead?

First, we have two great events scheduled so far this year - a 70s themed dance, (complete with 70s video projection, disco balls and associated lighting) with prizes for best costume.

Second, we have the Chiefs' and Petty Officers'

Canada Day Bash featuring Jesse Roper, a local blues musician that has played many venues here in town (including the Cowboy Up for HMCS Calgary) and has a significant navy following.

A hockey night, Open Mic, and Comedy Night are some of the ideas that have been discussed for this year.

I look forward to seeing current and new members there to enjoy what the mess has to offer!

- PO1 J. Scheubel

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Inset Photo by Aviator James O'Bryan Photos by Aviator Rachael Allen, CFB Borden Imagery

Lt(N) Emily Wood competes in the Women's 400-metre freestyle at the 2017 Canadian Armed Forces National Swimming Championships in Unionville, Ont., March 26. Inset: Sub Lieutenant Nicholas Lightbody competes in the 100-metre breaststroke (Open Category).

## Swimmers triumph at nationals

**Peter Mallett**  
Staff Writer

Four athletes from CFB Esquimalt claimed eight gold medals and three silver medals at the Canadian Armed Forces Swimming Nationals held in Unionville, Ont. March 24 to 27.

SLt Nicholas Lightbody of Base Information Services led the way for the Pacific Region Team with five gold medals and one silver medal. Top finishes were in the 200 metre Individual Medley, 100m Breaststroke, 400m Freestyle, 200m Freestyle and 100m Freestyle competitions, while finishing second in the 100m Backstroke all in the Mens Open Category.

"I'm pleased with the first-place finishes but not my overall times, which I thought were stronger the last time I competed at the nationals," said SLt Lightbody.

Last year, he was unable to compete in the swimming nationals because he was posted to *HMCS Ottawa*. But in 2015 he captured six gold medals in the same competition.

He says training for the Canadian Armed Forces Triathlon nationals in July hurt his overall swimming performance despite the impressive medal haul.

SLt Lightbody was one of four swimmers from the base who attended the event held in conjunction with the Ontario Masters Swimming Championships at the Markham Pan Am Pool. He noted the Pacific Region were clear underdogs, facing regional opponents with much larger teams.

"It was great to see the results pay off for the team after all the hard work we did in preparation. Considering we had one of the smaller contingents at the competition we came

away with a good chunk of the medals," said SLt Lightbody.

Lt(N) Emily Wood of *HMCS Malahat* continued her winning ways with gold medals in the 200m Individual Medley and the 100m Freestyle events, and a second place finish in the 400m Freestyle.

Lt(N) Wood earned four gold medals at the 2016 swimming nationals, and was top female at the 2016 CAF Triathlon Nationals last July. She was also a gold-medal winner for Esquimalt at the CAF Women's Soccer Championship in September 2015.

Pte Claire Bortolotti a Medical Technician with Canadian Forces Health Services Centre (Pacific) was top finisher in the 100m Freestyle event and also finished second in the 100m Backstroke. LS David Sinai of *HMCS Malahat* had a top finish of sixth place in the 400m Freestyle event.

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## Website provides information to reduce sexual misconduct

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*If you're looking for helpful information on how to eliminate sexual misconduct in your unit, information is available through Canadian Forces Strategic Response Team on Sexual Misconduct Intranet site's learning portal.*

The goal of Operation Honour is not only the Chief of the Defence Staff's highest priority it is one of the most complex operations ever undertaken by the Department of Defence.

The Canadian Armed Forces (CAF) is not alone when it comes to undertaking how best to succeed at eliminating sexual misconduct within an organization. The Canadian Forces Strategic Response Team on Sexual Misconduct reaches out to allies, universities, academics, and various subject matter experts to ensure best practices are followed while tackling this culture change within the CAF.

The learning portal developed by the Team is a resource for CAF members of any rank who want a better understanding of how to navigate the challenges of dealing with harmful and inappropriate behaviour.

The site includes instructional videos, scenarios, guidelines, and other practical training materials.

A recent addition are brief presentations from The Canadian Forces Strategic Response Team on Sexual Misconduct's participation at a conference by the Inter-University Seminar (IUS) on Armed Forces and Society. The IUS is a forum for exchanging research in the social and behavioral sciences dealing with militaries and civil-military relations. Its international members are academics, military officers, researchers, and students.

These thought-provoking and instructive papers are now available through the Intranet site, under the learning portal at <http://intranet.mil.ca/en/res/support-services/learning-portal.page>.

The site is tailored to personnel at all levels, from new recruits to senior officers. Information found on the site can increase awareness and understanding of harmful and inappropriate sexual behaviour, help personnel support victims of sexual misconduct, and give guidance on how to prevent incidents in the first place.

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## – 70 Years – of Children's Education Management

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This year, Children's Education Management (CEM) is celebrating 70 years of support to the educational needs of children of Canadian Armed Forces families.

Established in 1947, CEM strives to ensure that children's education, which is provided without charge in Canada, is consistent when families are posted to one of over 250 locations outside Canada.

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CEM programs and services ensure families:

- Receive educational compensation and benefits entitlements;
- Have access to Canadian Armed Forces Overseas schools or AFNORTH and SHAPE International Schools when posted outside of Canada; and
- Have access to guidance counseling services to facilitate transitions between different school systems.

Also celebrating an important milestone in 2017 is the AFNORTH International School. Founded in 1967 as a Dutch foundation, it has been providing for the educational needs of children of NATO Joint Forces Command Brunssum Headquarters and other NATO and national military personnel serving in adjacent areas for 50 years. Four nations sponsor the school: Canada, Germany, the United Kingdom, and the United States.

Find out more at [www.cafconnection.ca](http://www.cafconnection.ca) under education and training.



# Poseidon Cutlass

# Our Navy At Work

Photos by Cpl Carbe Orellana, MARPAC Imaging Services

The deployment includes numerous opportunities to exercise with regional partner navies at sea, as well as take part in key events and engagements in ports across the Indo-Asian region.



HMCS Winnipeg comes alongside the port of Pearl Harbor, Hawaii, March 23 during Poseidon Cutlass.



Ordinary Seaman Poulin holds a distance line between Winnipeg and the U.S. Navy Ship Guadalupe during a refueling at sea.



Ordinary Seaman Jeanie Otis salutes Commander John Hutchinson, Commanding Officer of HMCS Winnipeg, during the Honours and Awards presentations.



Sub-Lieutenant Matthew Hlobilek prepares for a refueling at sea with the U.S. Naval Ship Rappahannock.



Leading Seaman Chris John prepares the fo'c'sle for painting by sanding off old paint.



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Image by Corporal Bryan Carter,  
4 Wing  
The 2017 CF-188 Hornet  
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Jet during its official  
unveiling at Hangar 7, 4  
Wing Cold Lake, Alberta,  
April 4.



# Air Force unveils Canada 150 Demonstration Hornet

DND

The Royal Canadian Air Force (RCAF) unveiled the CF-18 Demonstration Jet for its 2017 season last Wednesday to celebrate Canada's 150th anniversary of Confederation.

The unveiling ceremony took place at 4 Wing Cold Lake, Alberta, where the jet has been hosted for the past few weeks.

Captain Matthew Kutryk, the 2017 Demonstration Pilot, as well

as the technicians and support staff attended, along with local dignitaries and military members.

The unveiling gave everyone a chance to see the 2017 paint scheme, which has the aircraft fully-painted with a red and white design incorporating the Canada 150 logo.

The logo is composed of a series of diamonds, or "celebratory gems", arranged in the shape of the iconic maple leaf. The four diamonds at the base represent

the four original provinces that formed Confederation in 1867: Ontario, Quebec, New Brunswick and Nova Scotia. Additional diamonds extend out from the base to create nine more points. Together, they symbolize Canada's 13 provinces and territories.

On the left wing, the timespan of Confederation is shown with the year of Confederation, 1867, and the 150th anniversary year – 2017. The right wing bears the official name of the celebration –

"Canada 150". All aspects of the design come together to create a truly unique and fitting tribute to this important year in Canada's history.

Painting the 2017 Demonstration jet has been a team effort between 3 Wing, which provided the design concept to life, and 4 Wing, which provided hangar space and support throughout the painting.

Throughout the year, the

Department of National Defence and the Canadian Armed Forces will support the Government of Canada's celebration of Canada's 150th anniversary of Confederation, participating in numerous events across the country. The upcoming air show season is a special opportunity for the RCAF and the Demonstration Team to join Canadians across the nation in celebrating shared values, achievements and Canada's place in the world.

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Photo by Cpl Tony Chand/Fis Halifax

From left: Outgoing CFB Halifax Base Commander Capt(N) Chris Sutherland, RAdm John Newton, and incoming Base Commander Capt(N) Paul Forget sign documents at the Change of Command ceremony held at HMCS Scotian on March 31.

## Halifax base changes leadership

**Ryan Melanson**  
Trident Staff

CFB Halifax welcomed a new Base Commander March 31, with senior leaders from across Formation Halifax, as well as representatives from local government, Halifax Regional Police, and Halifax Regional Fire and Emergency gathering at *HMCS Scotian* for the official Change of Command ceremony.

Command of the base was transferred from Capt(N) Chris Sutherland to new Base Commander, Capt(N) Paul Forget, who most recently served as Maritime Forces Atlantic (MARLANT) Chief of Staff.

Capt(N) Sutherland is posted to Ottawa as the career manager for senior officers.

In an emotional final address to the men and women of CFB Halifax, Capt(N) Sutherland spoke of the hardship of saying goodbye.

"I remember how difficult it was when I gave up command of *HMCS Montreal*, it was very hard to say goodbye to 200 people who I really cared for. But today I have to say goodbye to

many, many more," he said. The outgoing Base Commander was also presented gifts at the ceremony, including a plaque from the Navy League of Canada for his support to the Sea Cadet program, as well as a framed Ottawa Senators jersey from the presidents of each base mess committee.

RAdm John Newton, Commander MARLANT and Joint Task Force Atlantic, lauded Capt(N) Sutherland for excelling in a difficult and demanding role.

"He had a responsibility to ensure we're a good neighbour to the city," RAdm Newton said.

"The work of the base commander is not easy, and it's tough to say goodbye to someone who so gracefully did the job."

Capt(N) Forget called it an honour to be taking com-

mand of one of Canada's largest military bases, and indicated he's eager to get to work.

"But today, is not about me," he said, after signing the paperwork and officially assuming command of CFB Halifax. In taking over the position from Capt(N) Sutherland, who he's known for nearly 30 years, he said he'll be building on, and furthering the excellent work that's already taken place.

"Capt(N) Sutherland's efforts at improving CFB Halifax on so many levels won't be forgotten, and I can't thank him enough for that. He was a force for positive change, and one that seemed to be omnipresent in everything going on across the base. It was fantastic to watch him work and I've got tough shoes to fill, but I'm certainly up for the challenge."

*Capt(N) Sutherland's efforts at improving CFB Halifax on so many levels won't be forgotten, and I can't thank him enough for that.*

Capt(N) Paul Forget

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# HMCS Saskatoon at Sea

Operation Caribe is Canada's contribution to Operation Martillo, the multi-national campaign against transnational criminal organizations in the Pacific Ocean and Caribbean.



Crewmembers of HMCS Saskatoon come together to help store supplies onto the ship in Puerto Quetzal, Guatemala, during a port visit.

The Commanding Officer of HMCS Saskatoon guides the ship's movements as the ship departs San Diego for Operation Caribe in the Eastern Pacific.



A rescue swimmer onboard HMCS Saskatoon puts a harness on a dummy during a simulated man overboard.

Photos by Royal Canadian Navy Public Affairs

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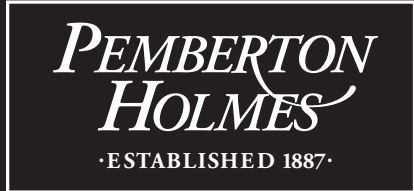
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# MTOG Operators train in Crete

DND

Members of the Esquimalt-based Maritime Tactical Operations Group (MTOG) elevated their training in Souda Bay, Crete, a few weeks ago.

Ten sailors were dropped off by the Halifax-based frigate *HMCS St John's* for three days of training at the NATO Maritime Interdiction Operations Training Center in preparation for a combined capacity building exercise in Tunisia.

The training program consisted of fast roping, rappelling, and close quarter battle tactics.

The first day in Crete started with a welcome from the training centre's chain of command followed by general information of the facility.

The training centre's purpose is to conduct the combined training necessary for NATO forces and partners to better execute surface, sub-surface, aerial surveillance, and special operations activities in support of Maritime Interdiction Operations.

At the rappel tower the team received a morning's worth of basic fast rope training, a technique for descending a rope. It is used to board ships at sea, as well as to reach destinations on land.

The afternoon consisted of ladder climbing, which is the primary insertion method for boarding suspect vessels, followed by proficiency rappel training from the top deck of the rappel tower 50 feet high.

At night, the group returned to train in darkness; each sailor received an MP9 sub-machine gun and non-lethal training ammu-

munition before heading to training vessel ex-Hellenic Ship (HS) Aris for close quarter battle and upper deck movement training.

That same training was under taken the next day. Members of the team said the unfamiliar environment of Aris added much-needed realism as the vessels they board in real situations are always foreign to them.

"This platform keeps us on our toes and helps develop our skills while also preventing the complacency that sometimes sets in when you train in the same place over and over," said one member.

On the third day they moved training platforms to the smaller mine sweeper ex-HS Alkyon. The smaller layout with multiple entry points gave the group lots of tactical problems with many different solutions.

The three days spent at the NATO Maritime Interdiction Operations Training Center re-affirmed the team's confidence in their skills before heading to Tunisia for capacity-building with Canada's naval forces.

## Tunisia Exercise

Following training in Crete, the Maritime Tactical Operators headed to Bizerte, Tunisia, to work alongside the Tunisian Navy's 51st and 52nd Regiment Commandos Marines. This training exercise strengthened the ties between the countries and supported Canada's Global Engagement Strategy.

By noon of the first training day, the commonality and similarity of the type of people who are drawn to work within small team environments was very apparent. Similar to MTOG, almost all the 51st and 52nd

Regiment Commandos Marines are sailors from varying backgrounds, such as marine engineering, logistics and operations, and must go through a rigorous selection process before joining the unit.

To break the ice and allow the teams from both countries to get to know each other, the first day started off on the range with small arms training. The two units took turns demonstrating weapon handling drills that operators from all countries require when working in the complex and confined spaces of ships during maritime interdiction operations.

As the week progressed,

teams transitioned from the range to training serials that included close quarter battle, insertion and extraction techniques using high speed Rigid Hull Inflatable Boats, and rappelling techniques by fast rope.

Consistent between the two groups of sailors were the techniques of close-quarters battle, which prepares sailors on how to safely clear rooms and upper decks on board ships.

The two teams continued to build rapport by playing a friendly soccer match, which involved mixing the two groups together to ensure fairness between those Canadians not so adept at soccer.

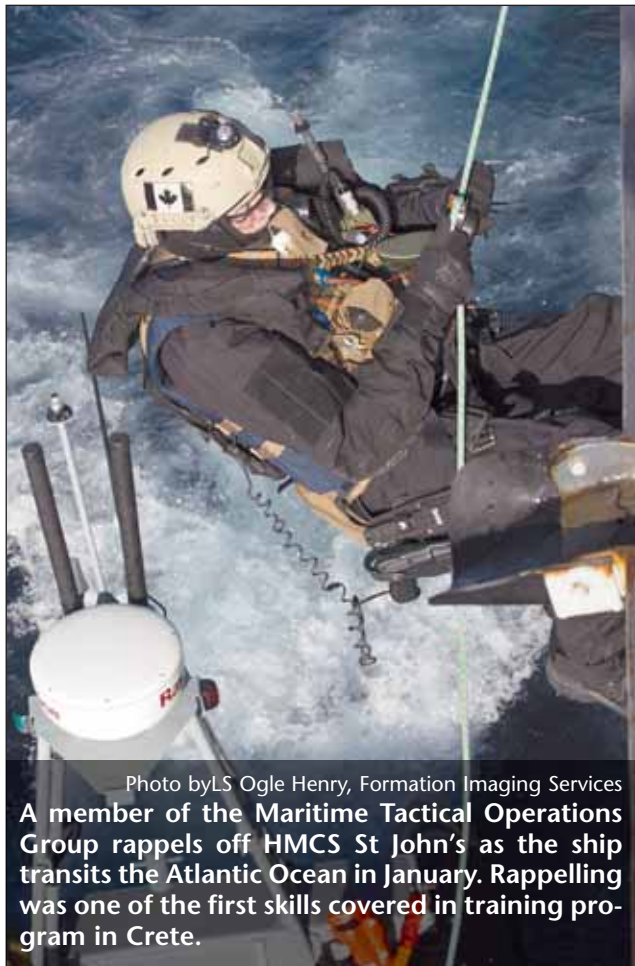


Photo by LS Ogle Henry, Formation Imaging Services  
A member of the Maritime Tactical Operations Group rappels off *HMCS St John's* as the ship transits the Atlantic Ocean in January. Rappelling was one of the first skills covered in training program in Crete.

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Saturday, April 15	<b>Band - Phoenix</b>
Friday, April 21	<b>Band - City Slickers</b>
Saturday, April 22	<b>Bingo with Music (7-10 pm)</b>
Friday, April 28	<b>Band - Soul Shakers</b>
Monday, April 10	<b>ANAF #302 Will be celebrating the 100th Anniversary of the Battle of Vimy Ridge with vets from the local hospitals &amp; lodges with a small luncheon at 11:30 - 2:00. Members and guests welcome.</b>

*Know your limit, stay within it!*

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# Bravo Zulu

## Physician Assistants Commissioned

### CPO1 Joe Robert

CF Health Services Centre (Pacific)

Canadian Forces Health Services began a mass commissioning of Physician Assistants (PAs) as part of a monumental transformation of a non-commissioned member occupation to a commissioned officer trade.

A transformation of this type is the first of its kind in the history of the Canadian Armed Forces (CAF). Four Chief Warrant Officer/Chief Petty Officer First Class (CWO/CPO1s) were commissioned and promoted to the rank of Captain on June 3, 2016, as the first round of this transition. On April 3, 2017, four members on the West Coast were commissioned and promoted at Canadian Forces Health Services Centre (Pacific).

### Brief History of PAs

The CAF has employed mid-level healthcare providers for over 40 years under a variety of terminologies. Rooted in the naval environment as Sick Berth Attendants before the Second World War, they became known as Medical Assistants after the war, and then QL6B Medical Technicians as they advanced their skills through training on QL6B courses.

In 1984 the first class of Physician Assistants graduated from the Canadian Forces Medical Services School; the first recognized, trained PAs in Canada.

In September 2002 a new PA program was realized to meet the accreditation requirements of the Canadian Medical Association (CMA), and in 2003 the PA occupation was recognized by the CMA as a health care profession. Since 2008 several civilian programs have emerged at McMaster University,

University of Toronto, and the University of Manitoba, amongst others.

On July 28, 2009, the first class of CAF PAs were awarded a Bachelor of Science from the

University of Nebraska. Many PAs who had previously completed an accredited program have since attained their Master's degrees from the University of Nebraska.

Today PAs who have completed an accredited program, either from a university or the Canadian Forces Medical Services School, are certified to work not only in the CAF but in four Canadian provinces in a number of different specialty areas in the public health care system.

To learn more about the PA Occupation you can visit the association web site at <https://capa-acam.ca/>

LCol Gordon Peckham, Canadian Forces Health Services Centre (Pacific) Commanding Officer, and Coxswain CPO1 Joseph Robert presented promotions during the commissioning ceremony April 3.



Capt Philip Fewer is promoted to his current rank by LCol Peckham (left) and CPO1 Robert (right).



Lt Irene Doucette is promoted to her current rank by LCol Peckham (left) and CPO1 Robert (right).



Lt Gretel Quinonez is promoted to her current rank by LCol Peckham (left) and CPO1 Robert (right).



Lt Jeffery Westwood is promoted to his current rank by LCol Peckham (left) and CPO1 Robert (right).





### Regional Cadet Support Unit (Pacific)



Sgt Barb Brennan is promoted to her current rank by Capt (N) Steve Jorgensen and her wife Carli Peterson, and daughter Meghan Rownd.



### Sonar Op RQ-OS Graduation



Back row from left to right: OS Tremblay-Simard, LS Baxter, OS Scott, OS Matheson and LS Lambert. Front row from left to right: MS Legare, OS Eveson, OS Sooley, and OS Roy.

## Bravo ZULU

### Personnel Coordination Center



LS Garcia-Ruiz receives the Operational Service Medal from Cdr Godin, Personnel Coordination Center (Pacific) Commanding Officer, for her participation as a translator for Operation Caribbe – Roto 1601.



Lt(N) Vergult receives the Canadian Forces Decoration from Cdr Godin, Personnel Coordination Center (Pacific) Commanding Officer.



Sgt Bryant receives the Sport Excellence Gold Seal from Cdr Godin, Personnel Coordination Center (Pacific) Commanding Officer.



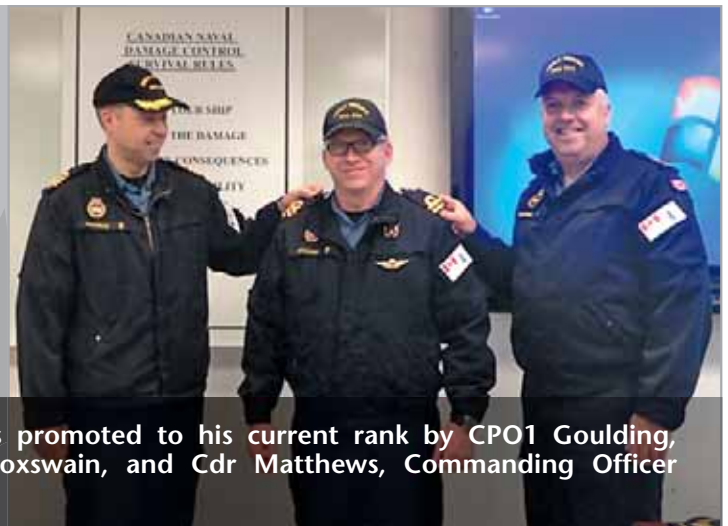
### HMCS Regina



PO1 Cournoyer is promoted to his current rank by Lt(N) Marcouiller, acting Executive Officer HMCS Regina, and Lt(N) Leitch.



### HMCS Regina



Lt(N) Williams is promoted to his current rank by CPO1 Goulding, HMCS Regina Coxswain, and Cdr Matthews, Commanding Officer HMCS Regina.

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Wk 2:	Mon-Fri July 10-14	Mighty Micro	SS17REC222
Wk 3:	Mon-Fri July 17-21	Under The Sea	SS17REC223
Wk 4:	Mon-Fri July 24-28	I Can Dig It	SS17REC224
Wk 5:	Mon-Thur July 31-Aug 4	How Things Work	SS17REC225
Wk 6:	* Mon-Fri Aug 8-11	GI Joe and GI Jane	SS17REC226
Wk 7:	Mon-Fri Aug 14-18	Welcome To The Jungle	SS17REC227
Wk 8:	Mon-Fri Aug 21-25	Beautiful BC	SS17REC228
Wk 9:	Mon-Thur Aug 28-Sept 1	Don't Get Chopped	SS17REC229



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## CFB ESQUIMALT SPORTS APRIL 2017

### HAPPENING THIS MONTH

**NATIONALS**

**Men's Basketball 8-12 April (Borden)**  
 Esquimalt Men's Team is representing Pacific Region  
**Men's/Women's Volleyball 22-26 April (Borden)**  
 Esquimalt Men's Team is representing Pacific Region  
 Comox Women's Team is representing Pacific Region

**REGIONALS**

**No Regionals are being held in April**  
 Soccer/Slo Pitch/Ball Hockey—Practices start

**COCK OF THE WALK**

**No Cock of the Walk events are being held in April**  
 Be sure to have your Unit Sports Rep send their contact info to [esq.sports@forces.gc.ca](mailto:esq.sports@forces.gc.ca)

### NEXT MONTH

**NATIONALS**

**Running 26-28 May (Ottawa)** Registration closed

**REGIONALS**

**Golf Play Downs** Exact dates TBD

**COCK OF THE WALK**

**Ball Hockey 15-19 May** 1st Event of Program Re-launch!!  
 Be sure to register your unit to participate

### REGISTRATION DEADLINES

- Triathlon Nationals**  
28 April (individuals submit info)
- Base Team Golf**  
21 April (individuals interested in registering for play downs)
- COTW Ball Hockey**  
21 April (unit reps register team)
- Base Team Slo Pitch**  
Ongoing (individuals interested in joining the Base Team)
- Base Team Soccer**  
Ongoing (individuals interested in joining the Base Team)
- Base Team Ball Hockey**  
Ongoing (individuals interested in joining the Base Team)

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

### ANNOUNCEMENTS

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please check us out on facebook (STV Tuna).

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2 BEDROOM GROUND Level Basement Suite - Near Royal Roads - \$1750./mth avail 16th March. No smoking or Pets. Call Kym for info & showings 250-882-2873 kymgriffin@gmail.com

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