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## Poseidon Cutlass 2017

Corporal Andrew Hurley, a crew member from HMCS Winnipeg, takes part in a swimming exercise in the Pacific Ocean while en route to Mumbai, India. HMC Ships Winnipeg and Ottawa are on a six-month deployment to the Indo-Asian Pacific Region for Poseidon Cutlass 17. 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 region.

Photo by Cpl Carbe Orellana, MARPAC Imaging Services

### New Golf Course Now Open in Sooke

See page 18 for details.



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# Final day of original Venture

**Peter Mallett with files from Lt(N) Pamela Hogan Staff Writer**

## fastfacts

**i** Capt (N) Bob Welland, the Director of Naval Training at the time, conceptualized the "Venture Plan" in which recruits would enrol in and undergo a naval officer training program based in HMC Dockyard buildings DY11/29 to fill the officer gap with at least 100 graduates per year. The Naval Board approved the concept and authorized a total entry of 276 cadets for 1954 which helped solve the post-Second World War officer shortage.

**i** VAdm Thomas (Retired) achieved the highest position of any HMCS Venture graduate. Other graduates, VAdm (Ret.) Peter Cairns and VAdm (Ret.) Lynn Mason served as Commander, Maritime Command. RAdm (Ret.) Fred Mifflin retired from the Canadian Forces as Deputy Commander, Maritime Command, and took on a career in politics becoming Minister of Fisheries and Oceans in 1996, and Minister of Veterans Affairs in 1997.

**i** Other notable careers include a Commodore in the Royal New Zealand Navy, architects, accountants, authors, lawyers, charter boat operators, commercial airline pilots, a doctor who delivered over 10,000 babies, two members of the BC Jazz Hall of Fame, and eight mentors in the Navigation and Bridge Simulators at NFS(P).

When Maj (Ret'd) Ed Vishek climbed aboard an excavating machine on May 5 to take a ceremonial first swipe in the demolition of Dockyard Building 11 he couldn't help but reminisce.

That's because for Vishek, and hundreds of other sailors, the aging building was his home for two of the most important years of his life.

DY11 was the lifeblood and administrative headquarters for the Royal Canadian Navy's junior officer training complex HMCS Venture, which Vishek attended from 1959 to 1961. The program grew out of the Royal Canadian Navy's Venture Plan that was established in 1954 to address critical officer shortages.

Peering from the excavator cab window, the 77-year-old former Venture graduate gazed across the parking lot that was once the Parade Square to DY29, which served as the barracks for him and the other trainees.

"It's a somewhat sad moment for me because this place was where I began my 30-year career in the navy," said Vishek who went on to enjoy a lengthy career as a naval pilot.

During the height of the Cold War the two buildings were the centre of a sprawling training facility that also included a chapel, sports field, gymnasium and boat shed.

DY11 was a 36,000 square-foot facility built in 1941 to provide offices and naval training classrooms as part of HMCS Givenchy, a speciality school that ran from 1943-45 for naval gunners crewing civilian vessels in the Second World War. It also contained a mess hall and orderly room, while its 22,000 square foot sister building DY29 was built the fol-

lowing year.

Both buildings are now in the early stages of a demolition project overseen by Real Property Operations.

Vishek was invited to the site by the Base Commander to officially kick off the project on May 5. He was then bestowed the honour of taking a symbolic first swing at the building with the giant yellow excavator and its toothy claw.

"I never thought I would be up there controlling the wrecking ball, but I knew that someday it would have to be demolished," he said. "Even back when I attended Venture it had become a dated facility."

Vishek grew up in St. Catharines, Ont., and had dreams of becoming a pilot. As a teenager he was heartbroken when the Diefenbaker government cancelled the Avro Arrow project. The next best dream was flying airplanes off the deck of an aircraft carrier.

After taking a naval aviation course in Shearwater, N.S., Vishek joined the navy and headed to Victoria.

What he remembered most about the experiences at Venture was the demanding physical requirements of being a junior officer at the facility. This included many long, gruelling days that began at 6:30 a.m. with physical training sessions. They were typically followed by several hours of parading, running and marching double time between classes, meals and every event they attended.



Demolition equipment moves into place in front of Dockyard Building 11.



Photos by Peter Mallett, Lookout

**Left: Major Mark Kierstead, Commanding Officer of Real Property Operations (Pacific), Maj (Ret'd) Ed Vishek, and Base Commander Capt(N) Steve Waddell break ground on the demolition project of Dockyard Building 11.**

Their days at Venture normally didn't wrap up until 10:30 p.m. The call for lights out was greatly welcomed by most he says.

There was no idle time on weekends either as junior officers honed their sailing skills aboard 27-foot training boats known as Whalers.

He recalled Venture's Executive Officer, Commander Andrew Collier as "a stern but fair man" who was quick to discipline the group as a whole if one

of them stepped out of line. Collier went on to become a Vice-Admiral and the namesake of the Collier Building in Work Point, home of the current Venture, Naval Officer Training Centre.

Vishek described the accommodations in DY29 as "sparse" at best.

"It was two to a room, there was a single bed on each side and a wooden locker, a desk, a chair and a lamp and a small rug beside your bed," he said. "And the bed was not comfortable at all and had a saggy mattress."

As the ceremonial event in dockyard concluded, Vishek

commented on the buildings' deterioration with their weathered exteriors and faded paint.

"It was all spruced up back then, nothing fancy but neat, orderly and well kept."

Of the 86 classmates that began the program with him only 26 would graduate.

"Some left because of scholastic inabilities, attitude problems or because they just didn't have what it took to become an officer," said Vishek.

The school ran from 1954 to 1966, with a total of 537 naval officer cadets trained. It was eventually phased out in 1968 following the creation of the Canadian Forces Officer Training Establishment.

Vishek went on to spend eight and a half years of his military career as a pilot at HMCS Shearwater on the East Coast. His primary task was flying anti-submarine missions in a CS2F Grumman Tracker, taking off from the deck of Canada's aircraft carrier HMCS Bonaventure or the runways at Shearwater. He continued his aviation career flying search and rescue and heavy transport aircraft.

After his military career he became involved in the cadet program and was Commanding Officer of the 848 Royal Roads Air Cadets before he reached the mandatory retirement age.



United Way Board Member Captain (Navy) Steve Waddell, Base Commander CFB Esquimalt, was on hand at the recent Spirit Awards where local campaign contributors at the Department of National Defence were recognized with induction into the United Way Greater Victoria's "Thanks a Million" Club.

## Base new member of Thanks a Million Club

**James Vassallo**  
Base PAO

Helping those less fortunate, providing hot meals for the hungry, giving kids in need new opportunities, and caring for sick animals are just a few of the reasons why the local Defence Team deserves recognition for charitable giving.

But at the recent annual Spirit Awards, the United Way Greater Victoria (UWGV) found 10 million more reasons when they made the Department of National Defence (DND) one of the first inductees of the "Thanks a Million" Club.

"To become a member of this club you have to raise more than a million dollars, which is pretty amazing," says Hazel Braithwaite, community campaign director, UWGV. "DND has surpassed that milestone ten-fold. As the

only member of this exclusive \$10-million club, the department's dedicated employees have something to be very proud of."

The award recognizes the fundraising efforts of the local Defence Team, comprised of Canadian Armed Forces members and civilian employees working at more than 100 DND units within the Greater Victoria Area. The United Way of Greater Victoria and Healthpartners then distributes these donations to registered Canadian charities based on the choices made by individual donors when they contribute.

Since 1994 – when United Way began keeping electronic records – the Defence Team has raised \$10,062,690.35 to support charitable causes.

Eleven organizations in the Capital Regional

District (CRD) have met the \$1 million philanthropic milestone in their workplace campaigns: Island Health, University of Victoria, Coast Capital Savings, RBC Royal Bank, City of Victoria, Camosun College, CIBC, TD Canada Trust, ESIT Advanced Solutions Inc., and the Canada Revenue Agency; however, only DND has reached the lofty \$10-million club.

"As we celebrate 80 years of serving the community, we have seen a lot of change. One thing that remains constant is people still face struggles, and it takes all of us working together to help create possibilities," says Patricia Jelinski, CEO, UWGV. "While many of us have a support system to help overcome life's challenges, others need a hand up. Thanks to the generosity of our donors, united,

we are able to fund a local network of social services for when people need it the most."

While the big fundraising numbers are impressive, it's the quieter truths that underpin the millions in support that moves Vicki Kellsey, campaign manager for the National Defence Workplace Charitable Campaign (NDWCC) for the last nine years.

"It's every single loonie or toonie dropped in a bucket, every \$5 donation made by someone who slips quietly away from their desk to contribute, that's what made this happen," she says. "I've had this amazing opportunity to work with so many wonderful people, with such great ideas, who are out canvassing and helping out in every way possible. The caring factor and enthusiasm is very humbling."

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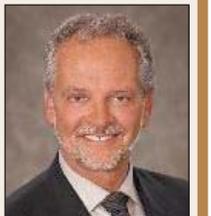
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# matters of OPINION

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## WHAT SAY YOU

### People Talk

In the coming weeks Personnel Support Programs and CANEX will add healthier food choices in vending machines. With that in mind Lookout asked:

*If you could choose any type of healthy food to put in a vending machine at the base what would it be and why?*



Nuts, especially ones high in naturally occurring fats because they are healthier snacks to be eating than potato chips, which are normally loaded with saturated fats. Also products using alternative sweeteners would be a good choice.

**Private Andrew Fitzpatrick**



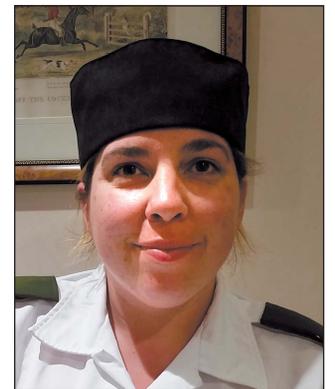
An assortment of protein bars that have low sugar, like the product that I often purchase called SimplyProtein because it is high in protein and fibre. Hard boiled eggs or cheese sticks or even non-dairy Greek style yogurt would be another great item if the vending machine was refrigerated.

**Frank Kohl**



In Canada, since we don't have the advantage of having a wide selection of fresh fruits readily available all months of the year, I would suggest putting a selection of dried fruits in vending machines. Dried fruits contain naturally occurring sugars, not processed sugars, and therefore are much healthier for you.

**Leading Seaman Jorge Medina**



Trail mix when it's made with reduced content of sugar and salt because it is a healthy food that people will actually want to eat when they see it in a machine, especially because it tastes delicious.

**Aviator Samantha Rogers**

## WHAT SAY WE

# Aboriginal Awareness Week - special events

### DAAG

Aboriginal Awareness Week is commemorated annually to celebrate the contributions and achievements of Aboriginal peoples. The event was first introduced in 1992, and over time has evolved into a government-wide celebration that highlights the rich history, diversity of cultures, traditions, and values of the First Nation, Inuit and Metis peoples. CFB Esquimalt is located on Songhees and Esquimalt traditional territory and acknowledges the Coast Salish land on which it is built.

The National Defence Aboriginal Awareness Week theme for 2017 is "Honouring the Traditional Ways"; this theme will be commemorated at Maritime Forces Pacific (MARPAAC) May 23-26 with a number of activities.

### Sunrise Drumming

Each morning of Aboriginal Awareness Week will begin with Sunrise Drumming at

Duntze Head, and in Naden at the Teepee behind the Naden Gym at 7 a.m. Drumming is a fundamental ceremony used to express many aspects of Aboriginal life, including to pass along important messages, safeguard family history, welcome seasons and people, connect with Aboriginal ancestors, and offer thanks to the Creator.

### Notice Board - Prophecy

The traditional prophecy "Warriors of the Rainbow" will be shared on the Notice Board throughout the week. The ancient prophecy has been passed down from generations and is said to have originated from the Cree nation.

### Blanket Exercise

Defence Aboriginal Advisory Group members will facilitate a Blanket Exercise that aims to visualize Aboriginal history and culture through participation. The exercise will be held May 24 at the Work Point Gunroom from noon to 1:30 p.m. (supervisor approval may be required). To participate in this exercise, please contact Lisa deWit at 250-363-

5631 to register.

The DAAG is one of four Advisory Groups at MARPAAC. DND/CAF personnel are encouraged to participate in any or all of the Defence Advisory Groups with supervisor approval.

Members do not have to identify with one of the groups to get involved. For more information on the MARPAAC Defence Advisory Groups or Employment Equity general inquiries, please contact the Civilian HR Planning and Programs Office at 250-363-1082.

## Correction

In the May 3, Issue 17 edition of the Lookout, in our page 3 story 'Cold-War era Jeep gets a reboot', former CFB Esquimalt Base Commander, Capt(N) Larry Hal Dzioba was incorrectly identified as Capt(N) Harry Hal Dzioba. The Lookout regrets the error.

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# Winnipeg pauses for Battle of the Atlantic ceremony

## SLt Warren Bush HMCS Winnipeg

Sailors of the Royal Canadian Navy were proud to acknowledge and celebrate the legacy of their predecessors through Battle of the Atlantic Day, an annual day of remembrance held on the first Sunday in May.

The ship's company of HMCS Winnipeg commemorated the occasion through a ceremony that

brought attention to the service and sacrifice of Canada's sailors during the Second World War. *Winnipeg* itself is named after a Battle of the Atlantic veteran, a 990 tonne, 225 foot Algerine Class Minesweeper commissioned in 1943.

The service commenced with opening remarks from *Winnipeg's* Commanding Officer, followed by the National Anthem, an address by the ship's Padre, Psalm 23, and the Naval Prayer. The sailors then heeded 'Lament' and 'Reveille' after

a two minute silence, and reflected on a somber Battle of the Atlantic Roll of Honour, which individually named the 26 Canadian warships lost during the War, as well as the seven Motor Torpedo Boats.

The Commanding Officer then cast a ceremonial wreath into the sea.

Canada paid dearly for the Battle of the Atlantic: 1,797 sailors of the Royal Canadian Navy and countless merchant seamen met their end in that ocean's icy water.

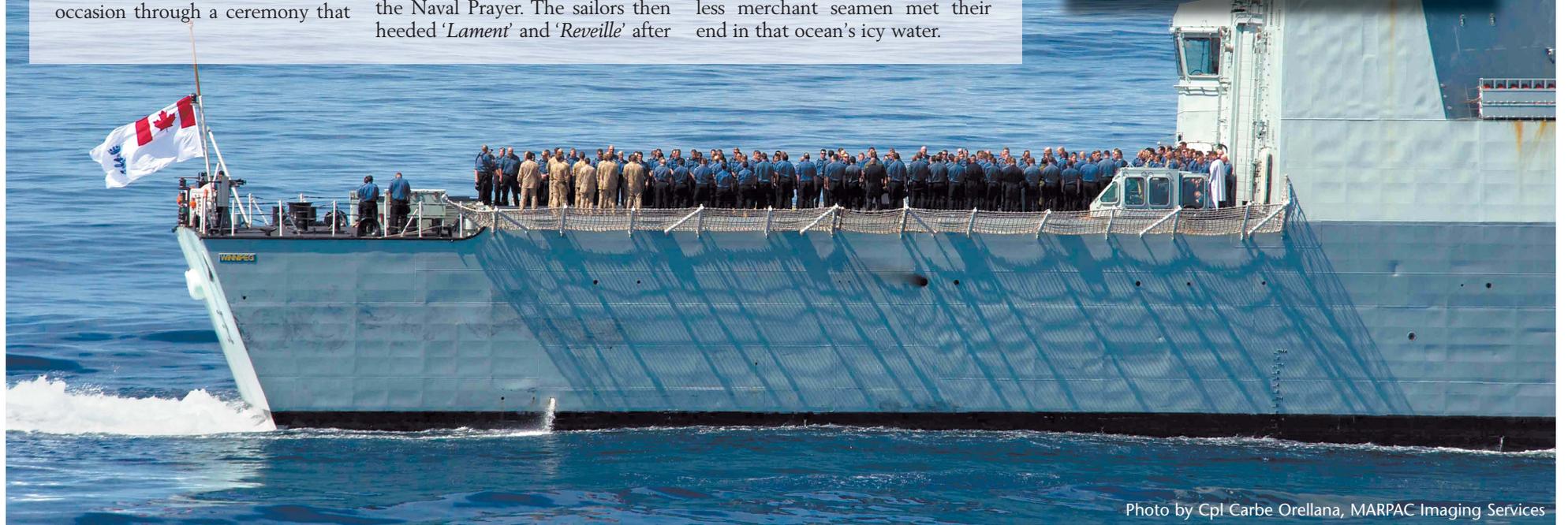


Photo by Cpl Carbe Orellana, MARPAC Imaging Services



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The Battle of the Atlantic Parade Colour Party marches past the Cenotaph in front of the British Columbia Legislature.



Don Bendall reads out the names of Canadian warships lost, while Ordinary Seaman Ayman Lyaghfour rings a ship's bell, remembering each ship, during the Battle of the Atlantic parade.

# Battle of the Atlantic

Sunday, May 7

Photos by Cpl Andre Maillet, MARPAC Imaging Services



RAdm McDonald lays a wreath.



Rear Admiral Art McDonald, Commander Maritime Forces Pacific, and The Honourable Judith Guichon, Lieutenant Governor of British Columbia, salute the Battle of the Atlantic parade as it marches in front of the Empress Hotel.



RAdm Art McDonald salutes the Battle of the Atlantic parade.

Ordinary Seaman Julian Nhan stands sentry during the Battle of the Atlantic Parade held in front of the British Columbia Legislature.

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# Airline crash scenerio response tested

**William Chaster**  
MARPAC PA Office

Rescue organizations from across the mainland united Friday April 27 to exercise their response to a potential aircraft crash at the Vancouver International Airport (YVR).

The Victoria-based Joint Rescue Coordination Centre (JRCC), in partnership with the Canadian Coast Guard, participated in the exercise.

As mandated by Transport Canada, the airport must exercise its emergency response capabilities in the event of a serious incident at least once a year. This

particular exercise situation tested the response following the crash of a large airliner. Given the location of Vancouver airport, this crash was partly on land and partly in the sea.

Participating in the sea-borne component of this drill was a hovercraft, an asset of the Canadian Coast Guard, tasked to attend the crash site. The unique capability of the hovercraft in a land and sea scenario is that it can seamlessly transition between the two environments without having to stand down its operations. This is critical to ensuring a fast response time in order

to save lives, says Major Justin Olsen, Officer in Charge of the JRCC.

"These exercises are very important for cooperation. They enable us to see where communications can break-down in a real disaster and let us address these areas before they happen," he says.

In addition to JRCC and the Coast Guard, 22 agencies with more than 600 personnel came out for the day-long exercise, including the emergency services of the airport, B.C. Ambulance Services, Richmond Fire Department, and RCMP units.

This exercise is only one of many that military search and rescue units attend in order to maintain operational readiness.

Training procedures can be smaller squadron level drills that occur multiple times a year, up to annual large-scale exercises that include major agencies such as the Vancouver International Airport or B.C. Ferries.

"Whatever the situation, these are always worthwhile opportunities. I was very pleased for the chance to be able to attend and learn from this exercise," said Major Olsen.



The Canadian Coast Guard hovercraft Moytel takes part in a training exercise at Vancouver International Airport on April 27.

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**May 28 - Kids Movie: Beauty & The Beast**  
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**May 31 - Paint Nite**  
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**June 3 - UFC 212**  
Aldo vs. Holloway  
Open at 6:00pm



## JRCC helps pilots shake off the "rust"



Major Justin Olsen, Officer in Charge of the Joint Rescue Coordination Centre Victoria, at his desk at CFB Esquimalt.

**Will Chaster**  
MARPAC PA

Search and rescue is unique in the sense that, unlike a business, it hopes to see as few customers as possible.

With this goal in mind, prevention activities, an often underreported element of the Joint Rescue Coordination Centre Victoria (JRCC) search and rescue team, takes place throughout the year.

"Activities aimed at prevention really helps us in the long term by ensuring we have fewer 'customers' in the future," says Major Justin Olsen, Officer in Charge of the JRCC.

The prevention program is called Rust Removers.

The name is representative of the potential erosion of skills that may develop with a pilot after a long winter spent mostly on the ground. Transport Canada mandates

that all pilots undergo a certain amount of training in order to stay up-to-date on search and rescue techniques and technology each year.

One way to get this refresher is to attend a Rust Removers event put on by the JRCC Search and Rescue team. They usually go directly to a flying club or flight school to update pilots on search and rescue techniques.

"We inform people on how the Rescue Centre gets involved in search and rescue events, what technology we use, and how they can increase their chances of survival in the event of an accident," explains Maj Olsen.

The Rust Remover program reaches more than 200 people each year in the Western Region.

Any flying or boating organization can request a training day by phoning the JRCC administrative number at 250-413-8927.

**Weddings, Birthday Parties, Banquets & Corporate Events**  
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**POSEIDON CUTLASS 2017**

Leading Seaman Frank Abbott from HMCS Winnipeg takes part in a swimming exercise in the Pacific Ocean while en route to Mumbai, India.

Photo: Cpl Carbe Orellana, MARPAC Imaging Services

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# Journey to Freedom

ASIAN HERITAGE MONTH

**Ho Mai Linh**  
BIS

**O**n April 13, 2015, an Act titled the *Journey to Freedom Day* was passed in the House of Commons and given Royal Assent on April 30, 2015. It recognizes the plight of the Vietnamese people and their efforts to be settled in Canada following the Vietnam conflict of 1959-1975. Upwards of six million people

were displaced with the creation of a Communist state, the merging of North and South Vietnam, and the implementation of Vietnamese Communist policies and international economic sanctions.

This act identifies every April 30 as the *Journey to Freedom Day* of the 60,000 people who sought refuge from war and oppression, and were accepted by Canada and Canadians. It is the start of Asian Heritage Month of May.

My family and I are some of those "Boat People" and this is my story.

This is an expression of my appreciation to the Act that recognized our struggles, and the compassion Canada showed to thousands of migrants seeking freedom and hope for a better life, escaping war and prosecution.

**Prior to April 30, 1975 - the official end of the Vietnam War**

Our family lived a comfortable life despite the ongoing conflict with the likes of the Tet offensive in 1968, occasional grenade attacks at the market square, the mortar showers, and light AK gunfire at the check points emanating from the Viet Cong (Communist Forces) who wanted to create one Vietnam.

Thinking back to Saigon, my paternal grandparents had a successful business that provided us all the comforts of life, which included living in a four-story 3,000 square meter building in district one, in downtown Saigon, where we lived with my grandparents and my aunts and uncles. It had a huge second floor open-air terrace that we all enjoyed. It

was here that I heard the sound of the squadrons of Hughes helicopters flying overhead, the repeated thud-thud song that punctuated the air as I woke to greet each day.

During the fall of Saigon, I asked my mom why we were not on those helicopters and ships that were extracting people from the south. I also asked her where was father?

I remember my mother explaining to me, a child of seven, this is our country and we should stay to make it better. She said this knowing the school instructed the children to inform on their family's activities.

Little did I know at the time that my father, who had been in Hong Kong, had made his way back to Saigon to get us out of the country. He had purchased a boat with friends and planned to get all our families safely to Malaysia or Thailand. Cross country routes through Cambodia were considered, but with many young children in the group, they were not ideal.

When I think back on all of it, nothing in that situation was ideal.

**Heading to freedom - try number one**

A lot of people crammed into the small fishing boat and we set off on our first attempt to freedom May 2, 1975. Nature's fate would determine it was not yet our time to leave by unleashing a tropical storm. I remember sleeping on deck with everyone around me, and then hard rain pelting down on me.

The captain steered the ship into the waves and I was bouncing off the deck every time the boat

hit the wave's crest. I thought for sure the next wave would wash me over the side into the dark ocean.

I saw my dad standing at the cabin's door waving me towards him; so I crawled and bounced against the deck until he caught me and pulled me in. For three days, we were lost in the storm. It eventually blew us further up the coast.

Luckily, we were able to sight the shore and head towards land. However, we ended up in a development camp set up to reprogram southern Vietnamese people in the way of the Communist regime.

**Success finally arrives**

Over the next three years and 13 unsuccessful attempts to leave, we were able to escape on the fifteenth try.

Somehow I knew this time would be successful as I rode in the back of a sedan, staring at the starry sky as we travelled toward our boat to freedom. It could have been because this time the whole family was together, including my seven-month-old baby brother. I'm not sure how my mom kept him quiet while we snuck past the North Vietnamese Army, local police, and informers, but we managed to leave the dock without notice.

**Heading to Canada**

The flight to freedom took us from Kuala Lumpur to Brussels, where we met my uncle who was an international student when Saigon fell, then on to Montreal and ending in Windsor. My family and I spent two years in Windsor. It was there where my brother and I learned English and where my parents were able to keep us all healthy and happy.

In the late 1970s and early 1980s Canada experienced an economic down-turn and my father was unable to find a good paying job in southern Ontario; so the family was on the move again, this time, to the Yukon.

He took every menial job imaginable to provide food and shelter

for us. Slowly, we acclimated to the weather, the people and the community.

My father carved out a business of his own and paid off the loans to the Canadian government for the many flights and hotel costs. He did the impossible with a lot of help, but what stands out is the feat to move us safely to Canada, and raise a family at 36 years of age with nothing but his two hands. He instilled in his children that if you want to eat then you have to work. He is the greatest person I know and will ever know.

My father was nominated from the group to be the leader as he could speak English, French, some Cantonese and Vietnamese. He led the camp for about a year, which grew to accommodate over 4,000 refugees. Many countries came to the aid of the Vietnamese refugees and my father chose for us to come to Canada. We were privately sponsored by an Italian church group from Windsor, Ontario.

**A love of Canada**

I am very grateful for all the opportunities that Canada affords me, and to all refugees, but most of all, a safe place to grow and prosper.

I remember that day in 1978 like it was yesterday, while watching the TV in the refugee camp the PA came on and announced we were heading to Canada. Then and now, I feel like I won life's lottery.

In 1986, the UN High Commissioner for Refugees

presented the Nansen Refugee Award to the 'People of Canada' "...in recognition of their essential and constant contribution to the cause of refugees within their country and around the world."

The Journey to Freedom Day Act also recognizes Canada's contribution in helping people like me, and many others who work in the Department of National Defence, both here in Esquimalt and at many other bases, wings or garrison's or at National Defence Headquarters, to achieve prosperity and hope for a better future.

May is Asian Heritage Month and I ask you to help us celebrate our heritage as we move Canada forward to help build a more prosperous nation, forged on our collective pasts.

*I am very grateful for all the opportunities that Canada affords me, and to all refugees, but most of all, a safe place to grow and prosper.*

Ho Mai Linh



Ho Mai Linh's father at his office.



Ho Mai Linh's "Uncle 15" (Sky Raider pilot) kneels in the front row, second from the right.



Ho Mai Linh on the end with his brother Tung, and sister Kim after they immigrated to C.



Clockwise: Ho Mai Linh's mother (in the red top), cousin Chau, Ho Mai Linh, cousin Thuy, cousin Chuong, Uncle #15, Aunt #4, Aunt #16, and Ho Mai Linh's brother and father in Windsor.



Ho Mai Linh with his mother in Vietnam.



Ho Mai Linh's father and Uncle #15 who was a fighter pilot during the Vietnam War.



Ho Mai Linh's Uncle 15, Ho Van Hien, flew A-1 (AD) Skyraiders during the Vietnam War.

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# Clearance divers head to Caribbean



Photo by Captain Christopher Daniel, Canadian Forces Combat Camera.

**A Canadian Armed Forces diver jumps from a jetty during Exercise Tradewinds 16 in Montego Bay, Jamaica, June 20, 2016.**



**Peter Mallett**  
 Staff Writer

Two diving personnel from Fleet Diving Unit (Pacific) are heading to the Caribbean later this month to take part in international military diving exercises off the waters of Barbados and Trinidad and Tobago.

Divers will deploy May 27 for this year's edition of Exercise Tradewinds. They will rendezvous with 10 personnel from Fleet Diving Unit (Atlantic) and administration staff for the exercise that runs June 6 to 11 in Barbados, and then moves to the island of Trinidad and Tobago June 12 to 17.

Divers and instructors will offer dive skills related to search and rescue, counter terrorism and ways to disrupt drug smugglers, to military divers from Barbados and Trinidad and Tobago defence forces.

Lt(N) Greg Richards, Training Officer at FDU(A), who has been planning and coordinating the exercise for the Royal Canadian

Navy (RCN), says Exercise Tradewinds is designed to promote regional security and cooperation in the Caribbean.

"Participation in this training mission provides an excellent opportunity to foster interoperability amongst international dive teams while enhancing their capability," he adds.

The team of RCN divers, dive instructors and medical support staff will be joined by personnel from the Federal Bureau of Investigation and the United States Southern Command.

Military divers from the host countries will be trained in sunken vessel assessment, evidence and human remains recovery, search patterns, jetty and hull searches, and identifying foreign objects such as mines and explosives.

Exercise Tradewinds is an annual event and has been held yearly following the creation of the Canadian-U.S. Caribbean Defence Cooperation framework in June 2013, and an engagement strategy in July 2012.

Photos by Sgt Yannick Bédard, Canadian Forces Combat Camera  
**Left: Caribbean divers cut ropes while executing a bottom cleanup during Exercise Tradewinds 16 in Discovery Bay, Jamaica.**

**Below: Canadian Clearance Divers and other staff involved with the training of Caribbean Divers pose underwater for a group photo at the end of Exercise Tradewinds last year.**

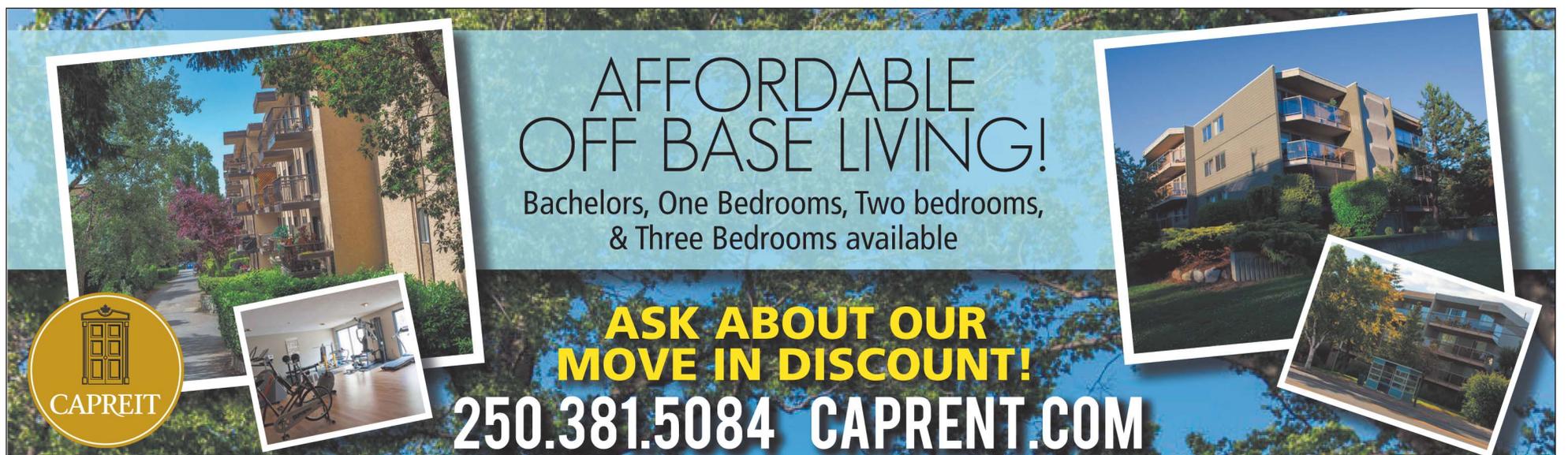


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Rear Admiral Art McDonald gives a speech during the Mental Health Awareness Mini Expo at the Chiefs' and Petty Officers' mess.

## Mental Health Week draws Sexual Misconduct Resource Centre Q and A

**William Chaster**  
MARPAC PA

During the first week of May, the Canadian Armed Forces (CAF) took part in Mental Health Awareness Week. This initiative is aimed at emphasizing the mental health services and programs available to military and Department of National Defence members, and to reduce the stigma surrounding mental health.

This program was accompanied by a visit from the Sexual Misconduct Resource Centre.

The Centre was created in September 2015 as a key component of Operation Honour, the CAF's effort to eliminate inappropriate sexual behaviour within its ranks. The Centre does this by providing counselling, information, and resources to members of the CAF, civilian and military, who have been the target of this type of behaviour.

Their visit to CFB Esquimalt opened with a question and answer meeting in the Chiefs' and Petty Officers' Mess about mental health and inappropriate sexual behavior. This ses-

sion lasted over an hour and had military personnel of all ranks, as well as civilian employees, asking a number of questions on a variety of topics.

This event also featured an appearance by Rear Admiral Art McDonald, Commander of Maritime Forces Pacific, who made a brief speech. In it, he reinforced the importance of this effort, and urged all those affected to speak out by emphasizing that "we are all shipmates."

Once the conference concluded, there was a small mental health expo in which CAF members visited different booths, and talked to representatives from mental health and sexual misconduct agencies.

This expo was followed by a roundtable discussion in Maritime Forces Pacific headquarters involving several agencies of the CAF in tandem with two representatives of the Sexual Misconduct Resource Centre. After opening remarks from the Sexual Misconduct Resource Centre members, attendants from agencies ranging from Health Services to

the Military Police quizzed the representatives on the roles of the Centre. These involved everything from how best to care for members affected by inappropriate sexual misconduct, to how their agencies could better support those who come forward.

"We try to do between five and 10 of these outreach activities every year involving all three branches of the Canadian Armed Forces," said Emilie Faucher, Senior Communications Advisor with the Sexual Misconduct Resource Centre.

Faucher went on to praise the results of these visits.

"There's always a positive reaction from attendants and we sometimes have victims of inappropriate sexual conduct actually come forward after the event to report things that happened to them and to get help."

Any members of the CAF and DND, both civilian and military, can access the Sexual Misconduct Resource Centre to ask questions or report an incident. The Centre's office hours are 7 a.m. to 8 p.m. Eastern Standard Time, and can be reached at 1-844-750-1648.

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**IN THE COURTS**

**Sexual assault and voyeurism charges laid**

DND

On May 10, the Canadian Forces National Investigation Service (CFNIS) charged a member of the Canadian Armed Forces with sexual assault, voyeurism and related offences under the Criminal Code of Canada.

The charges stem from the discovery in January 2017 of a recording device at the private residence of a Canadian Armed Forces member near Washington, D.C.

The accused, at that time, was a resource management support clerk with Canadian Defence Liaison Staff (Washington).

CFNIS investigators, with the assistance of local police, searched the home of the accused and seized several electronic devices. Recordings found on these devices included a video of a sexual assault against a Canadian Armed Forces member at Canadian Forces

Base Esquimalt in 2011.

Corporal Colin McGregor, now based at 5th Canadian Division Support Base Gagetown, New Brunswick, faces multiple charges under the Criminal Code of Canada, punishable under section 130 of the National Defence Act.

Charges include sexual assault, voyeurism, interception, and breaking and entering, as well as possession of property obtained by crime, theft, transmission of intimate image, possession of a device for surreptitious interception, and possession of child pornography.

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.

Anyone who has knowledge related to this investigation is asked to contact the Canadian Forces National Investigation Service at: 1-888-812-3647.



**Charges laid in Trenton**

DND

On May 10, the Canadian Forces National Investigation Service charged a member of the Royal Canadian Air Force with three offences punishable under the National Defence Act.

The charges relate to reported offences against two members of the Canadian Armed Forces while the accused was deployed to Ellesmere Island for Operation Nevis in the summer of 2016.

Sergeant Raymond Euper of 8 Wing Trenton faces the following charges:

- one count of sexual assault under section 271 of the Criminal Code of Canada, punishable under section 130 of the National Defence Act;
- two counts of Abuse of subordinates, punishable

under section 95 of the National Defence Act; and

- two counts of Conduct to the Prejudice of Good Order and Discipline, punishable under section 129 of the National Defence Act.

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.

The Canadian Forces National Investigation Service is a unit within the independent Canadian Forces Military Police Group whose mandate is to investigate serious and sensitive matters in relation to Department of National Defence property, Department of National Defence employees and Canadian Armed Forces personnel serving in Canada and around the world.

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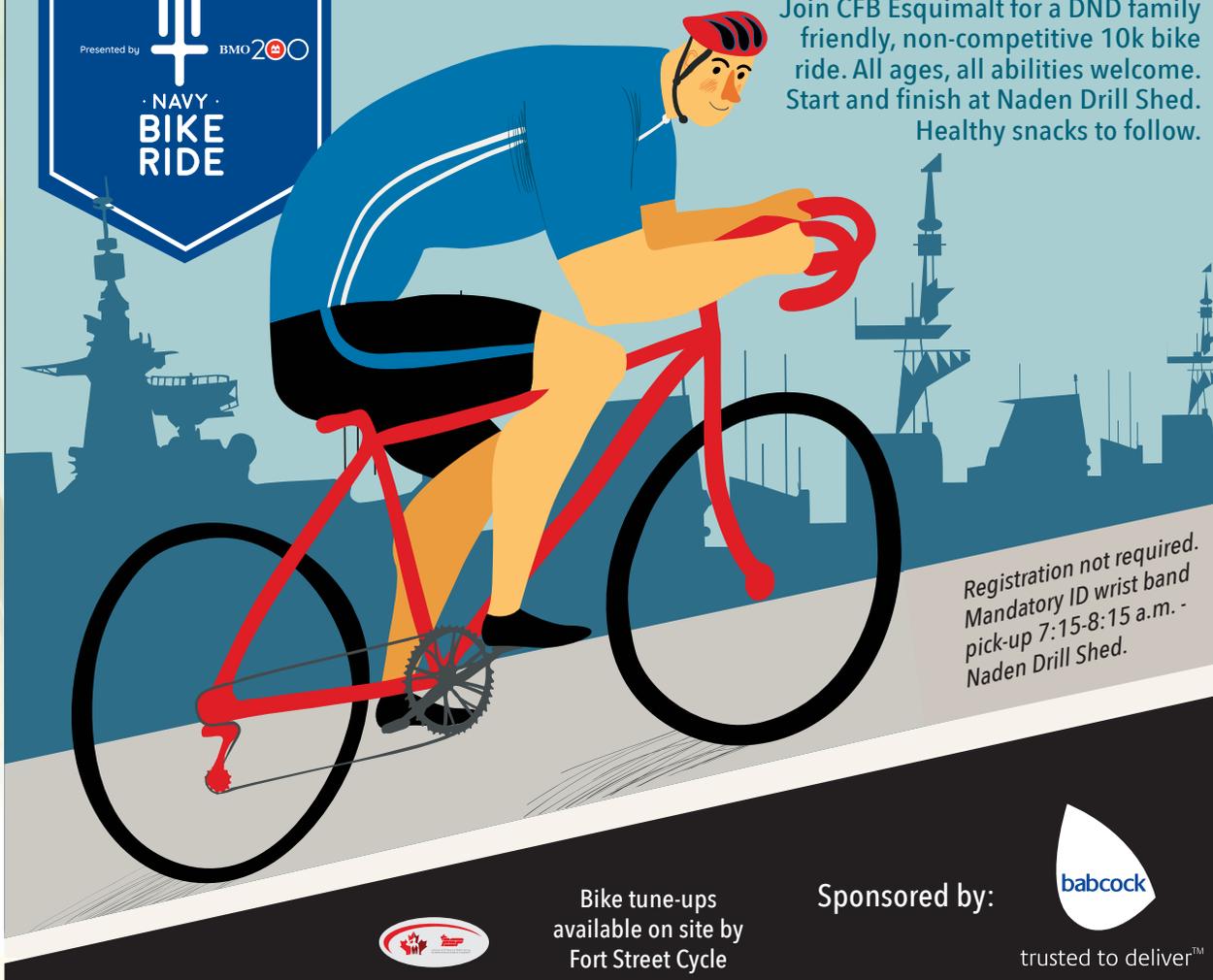


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# Bravo Zulu

## Regional Cadet Support Unit (Pacific) Change of Command

The Regional Cadet Support Unit (Pacific) Change of Command took place May 1 at CFB Esquimalt.

Photos by Cpl Andre Maillet, MARPAC Imaging Services



Left to right: Incoming Commander RCSU(P), Cdr Brad Henderson; Commander National Cadet and Junior Canadian Rangers Support Group, BGen Kelly Woiden; and outgoing Commander RCSU(P), Cdr David Coulombe sign the Change of Command certificates.



Cdr David Coulombe (right) receives a coin from BGen Kelly Woiden.



Warrant Officer Gary Girard is presented his Canadian Forces' Decoration Third Clasp from BGen Kelly Woiden and CWO William Crawford.



AB Rick Milne is promoted to his current rank by BGen Kelly Woiden and CWO William Crawford.



### FMF

Both CPO1 Chris Koblun (left) and CPO1 Gord Gibbons (right) received the Chief Warrant Officer Scroll from Capt(N) Chris Earl, Commanding Officer Fleet Maintenance Facility Cape Breton.



# Bravo Zulu

## Base Information Services



LS Quick is presented the first level Sea Service Insignia by Maj Grant Whittla, Acting Commanding Officer Base Information Services.



LS Lindsay is presented the first level Sea Service Insignia by Maj Grant Whittla, Acting Commanding Officer Base Information Services.



## 2017 Tour de Rock Riders **Bravo Zulu**

On May 5, Military Police Unit Esquimalt attended Edward Milne Community School in Sooke for the presentation of the 2017 Canadian Cancer Society Cops for Cancer Tour de Rock team. Cpl Best from MPU Esquimalt and Cpl Yeon from 12 MP Flight, CFB Comox, have been selected to represent the military police branch. CFB Esquimalt is also represented by Christopher Day from Base Fire Rescue. The trio will embark on a grueling training journey, riding thousands of kilometers over the next few months in preparation of the Tour, which starts in Port Alice Sept. 25, when the entire team rides the whole Vancouver Island.

Pictured above: LS Noye, rider for 2016 Tour de Rock; Cpl Best, MPU Esquimalt; Maj Clark, Commanding Officer MPU Esquimalt, MWO Card, Sergeant-Major MPU Esquimalt, and Cpl Yeon, 12 MP Flight CFB Comox.



## Kingston Class Equipment course graduation

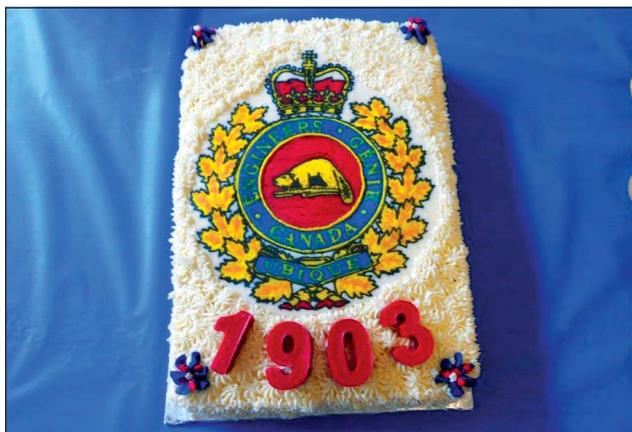


Front row: LS Allam, MS Butt, NFS(P) D/Cmdt LCdr O'Regan, MS Robinson and LS Noonan. Back row: LS Antle, MS Madoba and LS Peters. Absent: MS Champagne, Lead Instructor.

# Bravo Zulu

## Engineer Branch

The Engineer Branch recently celebrated the 114th anniversary of the Engineer's, and the Col Comdt of the Branch, BGen (Ret'd) Steve Irwin made several presentations.



The 114th celebration cake made by Krista Morgan.



Capt Demeulenaere receives his new rank from the Col Comdt BGen (Ret'd) Steve Irwin.



Capt Monette-Saillant receives his Professional Engineer certificate from LCol Honorio, Commanding Officer Real Property Operation (Pacific), and BGen (Ret'd) Irwin.



LCol (Ret'd) Doug Foreman receives the Canadian Military Engineer Association commendation from the Col Comdt for 50 years of supporting the Engineer Combat Divers, and writing a book celebrating 50 years of combat diving in the CAF.



Sgt Ridgway is presented his Operation Impact rotation bar from Col Comdt BGen (Ret'd) Steve Irwin.



## "Be One of a Million!" Contest Winner **Bravo Zulu**

Canadian Forces Morale and Welfare Services (CFMWS) launched the "Be One of a Million" contest in March 2017 to close out its 20th anniversary celebrations. In the month of March all new CFOne Card registrants, as well as the people who referred them, were entered into a draw for a chance to win a prize valued at \$7,000.

On April 19 a winner was randomly picked at CFMWS Headquarters in Ottawa from the pool of 4,600 people who participated. The lucky winner is Catherine Corrigan, a veteran from Kelowna, B.C.

Corrigan was entered as a referrer to this contest as she told numerous people about the CFOne Card.

Members of the CAF community who haven't yet registered for a CFOne Card can do so by visiting [www.cf1fc.ca](http://www.cf1fc.ca).

The 20th anniversary virtual gallery at [www.cfmws20-sbmf20.com](http://www.cfmws20-sbmf20.com) will also remain available to those who wish to learn more about CFMWS and the significant milestones that marked our organization's existence.

Photo: Mike Ward, Associate Director General, Morale and Welfare Services, presents Catherine Corrigan, winner of the "Be One of a Million" contest, with the prize valued at \$7,000.

Photos by CFMWS

# Bravo Zulu



LS Vadim Zaharoff, IPSC Vancouver Chief Clerk, is presented a Commander Military Personnel coin from LCdr Judith Harlock, the CO of JPSU Pacific Region. The coin was in recognition of his going above and beyond in helping another CAF member post-surgery.



CPO1 Shepperd, Personnel Coordination Center Pacific, is promoted to his current rank by Commodore Zwick.



CPO2 Eadie, from the Personnel Coordination Center (Pacific), is promoted to his current rank by Cdr Godin, PCC(P) Commanding Officer, and CPO1 Morse, Unit Chief.

Photo by Cpl Imamshah - PCC(P)



Lt(N) Raymond Bailey is promoted to his current rank by LCol Regan Legassie, COS NPTG, and LCdr Adrian Deutekom, Quantity Control Officer.



PO2 Aubert from Base Operations - Nuclear Emergency Response is promoted to PO1 by LCdr W. Ansell and PO1 Aubert's wife Jemma.

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Call **250-363-3127** to book your display or word ad

**ANNOUNCEMENTS**

3005 11 SVC BN ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005PSC@gmail.com.

FREEMASON AND NEW to Victoria. Contact us at camosun60secretary@gmail.com. We meet the 2nd Monday of each month.

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).

**CAREERS**

FREE: VANCOUVER JOB FAIR - Thursday, May 18th, 2017. Looking for a job? New Career? Immediate Hiring? Direct Interview? JOBS CANADA - FAIR From 1pm- 4pm. Free Admission. Vancouver - Thursday, May 18th, 2017. Fairmont Hotel 900 West Georgia St. Vancouver. BC. V6C 2W6. Meet face to face with recruiters, HR Managers and hiring companies from the Vancouver Area and across Ontario. DO NOT MISS !!! Check the list of job postings and the List of Exhibitors on the website link: http://www.wbgcanada.com/Vancouver-Job-Fair-List-of-Exhibitors-s/1222.htm FREE ADMISSION. ONLINE PRE-REGISTRATION REQUIRED.

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**FOR RENT**

2 BD 1 BATH BRIGHT basement suite for rent. Includes in-suite laundry and a private backyard located in Esquimalt. \$1200/month utilities separate 12 month lease No pets/no smoking. References required. Contact: tylerlobodan@hotmail.com phone 250-893-8423

ONE BEDROOM, PLUS a large den and living room is available in June, for single occupancy. In-suite laundry, dishwasher, storage room, and some furniture is included (optional). Located one block from Kinsman Gorge Park, a few minutes drive from CFB Esquimalt. 778 967 2761. \$1175 + ut. No Pets Please. References will be requested.

Base Newspaper Advertising  
**Local or National**  
Canadian Armed Forces Base Newspapers  
16 Bases - One contact  
250-363-8602 ext 2  
Joshua.buck@forces.gc.ca

**SERVICES OFFERED**

CAREER TRANSITION Coach & Resume Writer, former SCAN Coord Judy Marston; 10% Military Discount, www.resumecoach.ca or 250-888-7733

**VICTORIA PREGNANCY CENTRE**  
Free Services Include:

- Pregnancy Tests
- Pregnancy Options Counselling
- Pregnancy & Parenting Counselling
- Prenatal Classes
- Practical Help - Diapers, wipes, formula, clothing
- Pregnancy Loss Counseling
- Post Abortion Counselling
- Community Referrals

**250-380-6883**  
#112 - 826 North Park Street  
info@victoriapregnancy.org  
www.victoriapregnancy.org

**MISCELLANEOUS**

COME JOIN US AT OUR Neighbourhood Hootenanny Time Machine all ages Dance Party of Awesome! Snacks, Live Musicians, only \$5/human. Sundays, 3 to 4:30 pm at Rainbow Kitchen at Esquimalt United Church, 500 Admirals Rd. FB group: Neighbourhood Hootenanny Time Machine

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For info 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. Facebook Group: cowichan valley coffee

**BRING ATTENTION TO YOUR BUSINESS**  
Lookout Classifieds  
250-363-3127

**MISCELLANEOUS**

VIEW ROYAL READING CENTRE. New location 266 Island Hwy. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

FANTASTIC MID 40'S Fabulous mid 50's East Coast Ladies. Starting Biweekly Evening Socials. Join FB Group "Sassy Ole Scotians" to learn more about "Distressed Mess SOS....."

**VOLUNTEER**

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

**OVARIAN CANCER**



**WOULD YOU KNOW IF YOU HAD IT?**

**SYMPTOMS**

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

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SERVICING ALL VEHICLE MAKES & MODELS

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**1-778-432-2299** **viautoexchange.ca**

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A portion of the proceeds from Military, Govt. and RCMP personnel transactions is donated to the Canadian Wounded Warriors Society.

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Devinbhandar@royallepage.ca www.devinbhandar.realtor

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To view these and other properties, visit **www.eyproperties.com**

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Your Everyday Specialty Store

May 18th-24th  
While Supplies Last

Imported  
**Watermelon**



**\$4.99** ea.

California  
**Peaches n' Cream  
Corn**



**5/\$5**

Santa Cruz  
**Organic Lemonades**  
All Varieties



946ml **2/\$4**

Icefield  
**Spring Water**



2L **BUY 1 GET 1 FREE**  
Reg. \$1.99ea

Locally Grown  
**Rhubarb**



\$4.39kg **\$1.99** lb

BC Grown  
**Grape Tomatoes**



1 Pint **2/\$5**

Zevia  
**Soda**  
All Varieties



6 Pack **\$3.99** ea.

Tribal Java  
**Coffee**  
All Varieties  
"Roasted in Vernon"



454g **\$9.99** ea.

Red Barn's Own  
**Prime Rib & Bacon  
Cheddar Burgers**



**\$1.49** 100g

Olymel  
**Black Forest &  
Honey Ham**



**88¢** 100g

Portofino Bakery  
**Hot Dog &  
Hamburger Buns**  
White & Whole Wheat  
"Made in Central Saanich"



1/2 Doz. **2/\$4**

6 Mile Bakery  
**Garlic Bread**



**\$2.99** ea.

Red Barn's Own  
**Pork Sirloin Kabobs**



**99¢** 100g

Red Barn's Own  
**Smoked Cheese**  
All Varieties



**20% OFF**  
At the Till

Deep River  
**Chips**  
Select Varieties



142g **2/\$5**

Terra  
**Chips**  
All Varieties



**\$4.99** ea.

**Chill Out This Weekend!**

May 18th-24th  
While Supplies Last

**99¢ ICE CREAM**

Single Scoop - Regular Cone  
All Flavours - Island Made

Now Available at 4 Locations

West Saanich · Latoria Walk · Oak Bay · Esquimalt



Find our flyer at [REDBARNMARKET.CA](http://REDBARNMARKET.CA)

WEST SAANICH  
5550 West Saanich Rd  
7:00am-8:30pm  
(250) 479-8349

MATTICK'S FARM  
5325 Cordova Bay Rd  
7:00am-7:00pm  
(250) 658-2998

VANALMAN  
751 Vanalman Ave  
6:30am-8:30pm  
(250) 479-6817

LATORIA WALK  
611 Brookside Rd  
6:30am-8:00pm  
(250) 590-8133

OAK BAY  
1933 Oak Bay Ave  
6:30am-9:00pm  
(250) 592-0424

ESQUIMALT  
1310 Esquimalt Rd  
6:00am-9:00pm  
(778) 265-0370