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Operation Lentus

When a major natural disaster occurs in Canada, provincial and territorial authorities are the first to respond. If the province or territory becomes overwhelmed by the disaster, the Canadian Armed Forces (CAF) is ready to help. This assistance is known as Operation Lentus.

Since May 5, approximately 2,200 Canadian Armed Forces personnel have been deployed to support Quebec citizens in the four affected regions: Montérégie, Outaouais, Mauricie and Montréal. Troops, along with aviation assets, engineer assets, and 12 boats from the Naval Reserve, are in place to support and react to the needs identified.

Pictured here, Leading Seaman Justin Cormier and Leading Seaman Corey Squires, members of the Ship's Dive Team from HMCS Montréal, inspect a submerged retaining wall backing the homes of residents living along the St. Lawrence River, Triox-Reviens, Québec, May 12.

Photo by Corporal J.W.S. Houck,
Formation Imaging Services,
Canadian Forces Base Halifax

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OPERATION NUNAKPUT 2017

Join the Northern Voyager Experience

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As sailors of the Royal Canadian Navy, we take pride in our inheritance of skill in patrol of the North Atlantic and vast Pacific Ocean. Recent experiences in operations that ranged from the Black Sea, to the Gulf of Guinea, and deep into Indo-Asia-Pacific have reasserted our global "deployability".

In a new undertaking, 20 hand-picked sailors will gain experiential learning in a bold and completely new task. They will set sail on a once-in-a-lifetime voyage of Canada's longest waterway, the Mackenzie River.

In celebration of Canada's

150th anniversary, four force protection cutters will join Operation Nunakput 17. The flotilla will follow the waters that drain into a great watershed of north-western Canada, from Great Slave Lake to the Beaufort Sea. On a voyage extending 4,000 kilometres to the sea and back, sailors of the Royal Canadian Navy will witness their land and peoples in a manner that very few have experienced.

How to apply

Over the next few weeks, the MARLANT Formation Chief, CPO1 Pierre Auger, will lead a selection process for the Nunakput boat crews. Personnel interested in obtaining more information should contact Chief Auger directly at Pierre.

Auger@forces.gc.ca. Those wishing to participate are to make their interest known through their unit chain of command.

Operation Nunakput

Operation Nunakput is a sovereignty operation conducted annually under the command of Joint Task Force North. The mission is undertaken jointly with the Royal Canadian Mounted Police, Department of Fisheries and Oceans, Environment Canada, and Provincial Government partners in order to ensure maximum sovereignty expression in the sparsely populated North.

Military participants include the 1st Canadian Ranger Patrol Group and five of their Patrols along the

Mackenzie River. In the air, 440 Transport Squadron will sustain the mission using the venerable Canadian bush plane, the CC-138 Twin Otter. Canadian Army personnel will support the mission with Ranger Instructors and logistics.

After successfully testing the feasibility of force protection cutters during Nunakput 16, four of these high powered jet boats have been prepared for the 2017 mission.

Each cutter will be crewed by four sailors, male and female, selected from the two coastal Formations, national headquarters and Naval Reserve. The first group will execute the down-bound transit from Yellowknife, the second the up-bound leg. Inuvik, on the shores of the Arctic Ocean, will be the crew change and turnaround point. Each group will spend about seven days on the Mackenzie River, and between two and three days total in transit to and from the mission. The overall mis-



Photo: PO2 Belinda Groves, Task Force Imagery Technician
A Royal Canadian Navy cutter, the Defender, from Canadian Forces Base Halifax was used to provide 1 Canadian Rangers Patrol Group with critical search and rescue and small craft training on Great Slave Lake near Yellowknife during Operation Nunakput 2016.

sion window is July 4 to 20.

Nights will be spent camping out in the great Canadian Boreal Forest. Field craft and small boat operating skills will be learned from Rangers. Engaging with fellow citizens living in remote communities will ensure that the mission is both a memorable experience and key learning opportunity as the navy prepares to take delivery of the Arctic Offshore Patrol Vessels.

Indeed, the skills learned on Nunakput are formative requirements for those who will routinely voyage north in HMCS Harry DeWolf and the other ships of the class.

This will be an epic adventure, an important learning moment, and thrilling Canada 150 celebration. The mission commander is Lt(N) Jeff Horne, the second in command, Chief Petty Officer Second Class Currie.

On a voyage extending 4,000 kilometres to the sea and back, sailors of the Royal Canadian Navy will witness their land and peoples in a manner that very few have experienced.



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Q&A

Life on board Oriole as it sails the globe



Lieutenant (Navy) Tom Eagle

Peter Mallett Staff Reporter

Lieutenant (Navy) Tom Eagle is one of 20 crew members posted to *HMCS Oriole*, the 31-metre ambassadorial sailing ketch heading to Charlottetown, P.E.I., for this summer's Canada 150 celebrations.

He is *Oriole's* Watch Captain, Navigating Officer and the Executive Officer.

With the stormy harrowing seas of the Pacific Northwest well behind them, the calm seas of the Oaxaca coastline provided Lt(N) Eagle an opportunity to respond to questions about the voyage.

Q: *What were the conditions like during the first part of your voyage through the Pacific Northwest and how rough were the seas?*

A: The Oregon coast was rather rough, but not record setting and certainly not the "perfect storm" as some may call it. We had high winds and large waves on our first attempt at rounding Cape Flattery [off Washington's Olympic Peninsula], which ended

in an anchorage in Port Renfrew overnight. For all involved – save myself, the commanding officer, buffer and a Leading Seaman with some civilian open ocean sailing experience - this was a first chance to see what life on a sailboat feels like offshore.

Q: *What have been the biggest challenges and adjustments to life at sea?*

A: *Oriole* doesn't have a lot of the creature comforts the rest of the navy is accustomed to. Not getting a hot shower for a few days on *Algonquin* was par for the course, but not having onboard showers in *Oriole* is a little daunting because the deck starts to heat up and the ambient temperature above my rack is above 35c, [which starts the sweat rolling]. It's just another thing you need to get used to rather quickly.

Q: *What are your living quarters like? Closer confines than in a frigate or a submarine?*

A: I live with the Captain in his cabin and since we

have the luxury of our own heads, a couple of drawers and a bit of privacy, I can't complain at all. The rest of the crew are living in cramped quarters. The V-Berth at the front of the ship has eight racks, no lockers and the only storage they get is a small cubby directly under their mattress. In sum, the quarters can't be compared to any of those in the navy. The only thing you could compare it to would be a small sailboat.

Q: *What do most of your daily tasks involve, and the rest of the crew?*

A: I stand in 1-in-2 [duty] watches on the helm when the sails are up and generally as a watch captain or Officer of the Watch. I also monitor our progress and plan ahead for ports throughout the deployment. I also manage the ship's Facebook and Twitter feeds. The crew itself has different tasks, but the majority of the crew rotate between lookout, helmsman and odd jobs that need to be done to maintain the sails rigging. Cleaning, we have a lot of brass on board and salt

water does a real number on it, so we spend a lot of time polishing the brass.

Q: *What has the food been like and is the crew well fed?*

A: Our Leading Seaman cook joined the navy as a classically trained French Chef. Regular PT is a must lest we have trouble fitting through the tighter hatches! The ability to store fresh rations on board is limited, but he does a fantastic job. No complaints, we eat better than most frigates I am sure.

Q: *How do you stay fit on the vessel?*

A: Most of the tasks on board are a little more active than a typical job in the navy. Our heaviest sail weighs over 500 lbs when dry and needs to be carried to the bow and pulled to the top of the mast using only muscle power. We also have a couple of sets of dumbbells and a little deck space, so when there isn't much sea state there is an opportunity to do a little lifting. Also we manage yoga and circuit training somewhat regularly.

Q: *What do you like most about the experience so far?*

A: The transit between Puerto Vallarta and Huatulco, Mexico, was very rewarding as we had near perfect conditions. It was hot, granted, but sleeping

wasn't too hard until the last couple of days, but otherwise we were making good and travelling at a speed of around seven knots under sail for each day and the leg flew by. Also because we had made such good time under sail, we were allowed to go for a swim and relax a little.

Q: *What do you like least about the experience?*

A: Rain in your eyes for seven hours on the mids is a pretty rough time.

Q: *Have you seen any notable wildlife during the voyage?*

A: Thousands of dolphins, flying fish, jellyfish, sunfish, and sea turtles. We also saw a bunch of Humpback whales outside of Eureka, Ca.

Q: *What has been the biggest challenge facing the crew as a whole?*

A: Lately it is the heat. We're acclimatizing to it slowly and the boat stays very warm after the engine is running. If you asked a month ago, it would have been wet clothes and rain gear. You can't dry salty soaked foul weather gear in a damp environment, it just won't happen.

Q: *What is the best way to follow and track the Oriole as it continues its journey?*

A: Pat Bay Webcam is tracking us through the

voyage at: <http://patbay-webcam.com/oriole.php> We are also on Facebook @HMCSNCSM ORIOLE or Twitter @HMCS_NCSM ORIOLE

Q: *How much anticipation is there toward arriving in Charlottetown for Canada 150 celebrations?*

A: That's the whole purpose of the trip, and we're going to cover nearly 20,000 nautical miles getting there. I'm expecting the celebration in Charlottetown to be quite something. We are just focused on getting there on time, in one piece, and ready to show a ton of Canadians another side of the CAF.

Q: *Can you describe your overall feeling about being part of this deployment?*

A: Like with all huge endeavours, you have to take it leg by leg. It didn't really even sink in that we were actually doing this trip until we pulled out of San Diego. For the most part, Esquimalt to San Diego are familiar waters for the navy. It's also a week-long trip for a frigate. Once you're south of San Diego, you're out of the norm. Once we started realizing we were farther south than that boat had been since 1999, and further east than she'd been since 1984, we realized we were actually doing something unique.

matters of OPINION

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WHAT SAY YOU

People Talk

HMCS Calgary held its 22nd Annual Cowboy Up celebration at the Work Point Gun Room on May 12. The ship's Information Warfare Officer, Lt(N) Mikhail Smirnov asked those in attendance:

What was your favourite thing about Cowboy Up?



It supports a great cause and inspires the ship's company and people of Calgary to get together and celebrate.
LS Matthew Cormier, HMCS Calgary



I really like the awesome band, the great food and drink, and the great friends.
Lt(N) Craig Dalton, HMCS Calgary



It has to be the mechanical bull.
Lt(N) Slava Khabian, Fleet Diving Unit



Seeing all my friends, and I'm going to love watching people ride the mechanical bull.
Lt(N) Sara Kucher, HMCS Calgary



The bands were really nice.
LS Sisi Xu, HMCS Calgary

WHAT SAY WE

Canadian war hero honoured yet again

Bart Armstrong

www.canadianmedalofhonor.com

The U.S. Coast Guard (USCG) have commissioned a second ship in honour of Vancouver-born, Second World War hero Douglas Munro.

The USCG Cutter Munro (WMDL 755) was commissioned March 31.

As a member of the American Medal of Honor Society I was privileged and honoured to travel to Seattle to meet with the new captain and crew. At the ceremony I give a short presentation and then attended the actual commissioning ceremony the following day.

The USCG also posthumously dedicated their headquarters building in Washington, D.C. to Munro in November 2013.

Why all the fuss for Munro?

Munro was born Oct. 11, 1919, in Vancouver. The family moved to Kittitas County, Washington in 1922, where his father, a U.S.-born citizen, worked as an electrician for the Warren Company. After attending Central Washington College, Munro enlisted in the USCG in 1939 and rose rapidly through the ranks.

In 1942 Signalman First Class Douglas Munro volunteered to lead a small crew and

flotilla of Higgins landing craft to Guadalcanal to land 500 U.S. Marines. However, the enemy were able to drive the marines into the ocean.

Munro and his crew returned to save them. But in placing his craft between heavy machine gun fire and the last vessel, Munro was killed. Eight months later, on Sept. 27, 1942, President Roosevelt presented the posthumous Medal of Honor to his parents.

To recognize Monroe's heroism, the U.S. Navy commissioned a Destroyer Escort and named it the USS Douglas A Munro. It served throughout the Second World War and earned three Battle Stars for heroism in Korea, and was decommissioned in 1966.

Five years later to the day Douglas lost his life, the USCG commissioned a Cutter and named it in honour of the hero of Guadalcanal. It was, and still to this day, is called the USCGC Douglas Munro, and since 2007 has called Kodiak, Alaska, its home port.

I was delighted to be part of this latest commissioning. I presented a Canadian flag that was flown over Government House in Victoria on behalf of Judith Guichon, Lieutenant Governor of B.C.

A few days after the commissioning the cutter took its maiden voyage some 800 miles south, sailed under the Golden Gate bridge,



Photo courtesy Wikipedia

Signalman First Class Douglas A. Munro

and arrived at Alameda, California, its new home port.

From here the crew will start the next chapter of the historic story of Douglas Munro and the U.S. Coast Guard.

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Remains found in France

DND

The remains of a Canadian First World War soldier found near the village of Vendin-le-Vieil, France, were recently identified as those of Private Reginald Joseph Winfield Johnston of Fairford, Manitoba.

Private Johnston was a member of the 16th Battalion, Canadian Expeditionary Force, a unit perpetuated by The Canadian Scottish Regiment (Princess Mary's) of Victoria, B.C.

He was killed on the 15th or 16th of August 1917, in the Battle of Hill 70, and was 22 at the time of his death. He will be buried at Loos British Cemetery outside Loos-en-Gohelle, France, later this year by his Regiment.

Private Johnston's iden-

tification resulted from a review of historical context, an examination of material evidence, forensic anthropological analysis, and DNA testing.

This identification was made by the Department of National Defence's Casualty Identification Program. The goal of this program is to identify unknown soldiers when their remains are discovered, so that they may be buried with a name by their Regiment and in the presence of their family. In striving towards this aim, the program fosters a sense of continuity and identity within the Canadian Armed Forces, as it provides an opportunity for all Canadians to reflect upon the experiences of those men and women who made the ultimate sacrifice for their country.

Court martial renders not guilty verdict

DND

Corporal Simon Cadieux was found not guilty at a standing court martial in Petawawa, Ontario.

Military Judge Lieutenant Colonel Louis-Vincent d'Auteuil found Cpl Cadieux not guilty on one charge of sexual assault and another charge of drunkenness. Both charges related to alleged conduct that took place while Cpl Cadieux was deployed as a member of the Canadian Special Operations Regiment on Exercise Tropical Dagger in Jamaica in November 2015.

Of the two charges, which were preferred by the Director of Military Prosecutions on Dec. 20, 2016, Cpl Cadieux was found:

- not guilty of charge

1: Section (s.) 130 of the National Defence Act (NDA), sexual assault (s. 271 of the Criminal Code of Canada).

- not guilty of charge 2: s.97 of the NDA, drunkenness.

The Canadian Armed Forces (CAF) takes all allegations of any form of sexual misconduct seriously and is committed to dealing with them as quickly and appropriately as possible. As in all matters of Canadian justice, the accused remain innocent unless proven guilty in a court of law. Despite the outcome of a trial however, CAF members can be subject to an administrative review, which can result in actions that range from remedial measures up to release from the CAF, if deemed appropriate by the chain of command.

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Military volunteers sought by Disabled Sailing Association

Peter Mallett
Staff Writer

The Disabled Sailing Association of Victoria [DSABC, Victoria Branch] is looking to military personnel to help supplement volunteers for its upcoming summertime program.

DSA Victoria is one of 14 Disabled Sailing Associations across Canada and has a mandate to provide sailing opportunities

for individuals with disabilities in the Greater Victoria area through the non-profit organization Recreation Integration Victoria. It operates out of the Canadian Forces Sailing Association location.

Last year, four military volunteers from CFB Esquimalt donated their time to assist with boat operations, lift assistance, rigging, and general maintenance duties. However, three of them were posted this year, leaving a big hole in their volunteer staffing.

"We are really sorry to see it when our military members move on to other bases, so there is real need to replace them because they are invaluable to our operation," says Amie Renaud, from Recreation Integration Victoria, Coordinator of Services.

Military members can use their "Special Leave for Community Affairs" allowance to help out.

"What it means for Canadian Armed Forces members is they can contribute a small amount of their time and make a big difference in their community," says Renaud. "In the past, many of our mili-

tary members have been extremely dedicated to this program because they can see the impact our program is having on people's lives."

She is hoping to increase those volunteer positions from four to seven this year.

The specialty sailing program is offered in June, July and August. Last year it had 197 registered sailors in its inclusive program, which gets people with a wide range of disabilities out on the water.

Renaud, who grew up in a military family and first discovered sailing through a program offered to military members and their families at CFB Trenton, says military personnel are a perfect fit for the program because of "their tremendous willingness to assist others in need."

She noted the volunteer work is a two-way street and can also provide potential military volunteers who are unfamiliar with the sport an opportunity to learn the fundamentals of sailing through the DSA Victoria's certified sailing instructors.

Anyone interested in volunteering should email Amie Renaud: arenaud@riv-online.org

Members of the Disabled Sailing Association of Victoria go for a ride in an Australian-built Access dinghy.



Trevor Ashwell competes in the Mobility Cup, a regatta hosting competitors from all across Canada and the United States. This regatta was hosted in Victoria in 2015, and Montreal, QC, in 2016.

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Photos by Peter Mallett, Lookout Newspaper
Construction equipment is in place at Veterans Cemetery in preparation for an expansion of the cemetery operated by Veterans Affairs Canada. The project is expected to be completed in late summer and make room for 1,500 new graves through granite columbariums.

God's Acre cemetery undergoing expansion

Peter Mallett
Staff Writer

A construction project at Veterans Cemetery, also known as God's Acre Cemetery, will provide approximately 1,500 additional burial spaces at the National Historic.

The cemetery, shaded by tall trees and nestled between the 12th and 17th holes of Esquimalt's Gorge Vale Golf Club, was established in 1868 by the Royal Navy and is one of two cemeteries operated by Veterans Affairs Canada (VAC). The other is Fort Massey Cemetery in Halifax.

The site occupies 2.7 acres and houses 2,500 military graves, but is close to capacity.

Emile Gallant, VAC's Manager of Funeral, Burial and Cemetery Maintenance, says the recent expansion of the site and related construction project will lead to the construction of 21 columbariums, where cinerary urns will be stored.

"VAC has been working very closely with community groups and the local community to make this project happen," says Gallant. "People will be very happy to learn that the cemetery will continue to be a resting spot for those who served in the military."

To address the cemetery's

current space shortfall, VAC purchased a .62 acre parcel of land from Gorge Vale Golf Club in March 2016 to allow room for the columbariums. Public Services and Procurement Canada then awarded a construction contract to Western Watershed to design the cemetery, and Lees and Associates to manage the worksite.

The columbariums are elevated granite structures used to store urns containing ashes of the dead. They will measure approximately 1.8 metres in height and 90 cm in width and are made of light berry granite, consistent with many of the other markers on the site.

Seven columbariums will be built initially, but there is space to build 14 additional ones when needed. Gallant said the initial construction work will be completed by summer's end.

Bob Haldane, chair of the annual Candlelight Vigil at Veterans Cemetery, says the expansion is great news for his group, and Victoria's military community, who will now have the ability to continue interments at the site.

"It was a bad feeling to tell a veteran who enquired about how they could be buried at the site that they'll have to wait," said Haldane. "I think these people will be glad to know that now

there will be a space at God's Acre for them too."

The construction project required the temporary removal of approximately 80 headstones to make way for a construction road to move equipment, workers and building materials to the site. Gallant said VAC is working closely with a professional cemetery monument company to ensure the safe removal of markers prior to construction and the proper restoration of headstones at the end of the project.

The cemetery dates back to 1868 when Rear-Admiral George Fowler Hastings purchased an acre of a turnip field from the Puget Sound Agricultural Company and converted it to a cemetery for sailors of Britain's Royal Navy at a cost of \$250.

Located at 1190 Colville Rd., the cemetery also features a chapel containing several Royal Canadian Navy and Royal Navy artifacts, and a Cross of Sacrifice.

More information on Veterans Cemetery is available online at: www.veterans.gc.ca/eng/remembrance/memorials/national-inventory-canadian-memorials/details/9358

Candlelight vigil

This year's candlelight vigil at Veterans Cemetery in Esquimalt will honour Canadian soldiers who served at Vimy Ridge 100 years ago.

Also known to locals as God's Acre, the cemetery will host the event May 25 at 6:45 p.m.

The vigil is traditionally highlighted by the symbolic gesture of current and past-serving military members passing candles to the younger generation, including cadets, girl guides and scouts who then place the candles on gravestones in the cemetery.

This year's event, which will also recognize Canada's 150th anniversary, will see musical performances by the Naden Band of the Royal Canadian Navy (RCN) and a bag piper from The Canadian Scottish Regiment (Princess Mary's).

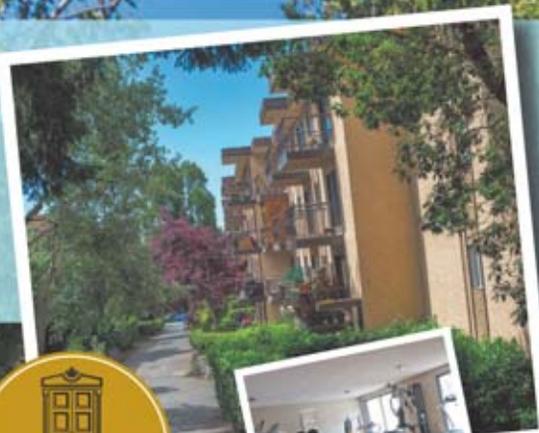
Candlelight Vigil Chairperson, PO (Retired) Bob Haldane says the event is one of the most popu-

lar on Esquimalt resident's social calendar, and typically attracts 1,000 or more people. Haldane, a former stoker and marine engineer who retired from the Royal Canadian Navy in 1979, says assistance from CFB Esquimalt, along with other community partners, has been key to the success and popularity of the event.

"Rear-Admirals and Base Commanders with the RCN have been marvelous to us over the years, and have done wonders to help boost the spectre of the event," says Haldane, who has chaired the event for the past 11 years and been a vigil volunteer for over 20.

He said the RCN provides tents, chairs, a public address system, the services of the Naden Band and work parties to assist in event setup and teardown. The support of community partner Thrifty Foods grocery stores provides cake, hot dogs and refreshments.

The vigil receives financial support from Veterans Affairs Canada and is managed by the Township of Esquimalt.



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Bike to Work Week

Register: www.biketowork.ca **MAY 29 - JUNE 4**

GEARING UP



REGISTER

Sign up

CFB Esquimalt is gearing up for our biggest Bike to Work Week! Last year over 500 base employees cycled to work daily and this year we expect increased participation! Sign up and participate as an individual, start a team, or join a team. Encourage friendly workplace competitions. Register at www.biketowork.ca

Prizes

Over \$25,000 in prizes to win including: four bicycles, whale watching adventures, restaurant gift certificates, kayaking/paddling excursions, hotel stays and more

BIKE TO WORK WEEK BREAKFAST

WEDNESDAY, MAY 31 • 6-8:15 AM

- CANEX and Dockyard Main Entrance
- Free snacks and coffee
- Mini bike maintenance by Velofix and Marty's Mountain Cycle
- Free reflective wrist bands and helmet stickers



Know the ABCs of Bike Repair

Peter Mallett
Staff Writer

Cyclists at the base were given a quick "how to" on the ABCs of bicycle maintenance and repair during a free clinic in Dockyard May 16.

With the Fleet Maintenance Facility bike racks as backdrop, John Holland, a volunteer for Greater Victoria Bike to Work Society, delivered a one-hour demonstration on basic bike repairs, inspections and diagnostics. His visit gave cyclists a chance to get their bikes in road shape

for the upcoming Bike to Work Week that ends with the first annual Navy Bike Ride on June 2.

Holland, who describes himself as a "dedicated amateur mechanic", says he learned do-it-yourself repair techniques after suffering several commonplace mechanical breakdowns, such as flat tires and broken gears, after more than 28 years commuting to and from work on his bike.

"Keeping your bike in good mechanical shape is not that difficult if you focus on the ABCs," said Holland.

"Preventative maintenance is key to keeping your bike running smoothly and safely, and also avoiding spending money on costly repairs and replacement parts."

He discussed the pros and cons of various types of patch kits and lubrication that all cyclists should keep handy, along with tips on how to change a flat tire, check chains for wear and tear, and how to make minor adjustments to break pads and cables.

His basic checklist also includes a D: Doing a drop test in an effort to listen for any loose parts on the bike.

For those who missed out on the clinic, Holland will be onsite again Tuesday, June 13 noon at the FMF bike racks.

Allen keys, tire pressure gauges, to ratchets and wrenches.

Holland describes the ABCs like this:

- A for air pressure and checking the status of your tires.
- B for functionality of brakes.
- C for chain, cable and crank inspection.

His basic checklist also includes a D: Doing a drop test in an effort to listen for any loose parts on the bike.

For those who missed out on the clinic, Holland will be onsite again Tuesday, June 13 noon at the FMF bike racks.

Tips for drivers

Keep a safe distance. Maintain at least three seconds behind cyclists and at least one metre when passing a cyclist. Don't risk side-swiping or running a cyclist off the road.

Dooring is dangerous. Both drivers and passengers must shoulder check for cyclists before opening doors. This will help you avoid a dooring violation and fine too.

Don't get distracted. Watch for cyclists on the road and make eye contact if you can, so they can anticipate your next move.

Look out. Shoulder check for cyclists before turning right and watch for oncoming cyclists before turning left. Scan for cyclists before you enter the roadway from an alley or get in and out of a parking spot.

Yield the right-of-way. Yield to cyclists and signal well in advance if you need to cross a designated bike lane or pull over to the side of the road.

Tips for cyclists

Start at the top. Wearing an approved bicycle helmet that meets safety standards is the law in B.C. and you could be fined for not wearing one. Focus on how it fits: it should be snug, but not uncomfortable, and should not be able to roll off of your head when the chin strap is secured.

Reflect on safety. Be extra visible with reflective gear on your bicycle pedals and wheels.

Bike lanes are best. Use designated bike routes whenever possible – they're safer and reduce conflicts with vehicle traffic. Check your local municipality's website for designated bike routes.

Stay off the sidewalk. If there's no bike lane, keep to the right-hand side of the road as much as it's safe to do so. It's illegal to ride on most sidewalks and crosswalks. It puts pedestrians in danger and drivers don't expect cyclists to enter the roadway from a sidewalk.

Follow the rules of the road. Make sure you obey all traffic signs and signals and rules of the road.

Use caution around parked vehicles. Be aware of people in vehicles as well as taxis to avoid getting hit by an opening door. It's best to keep at least once metre away from parked vehicles.

Shoulder check. In advance, shoulder check and hand signal before taking any turns. Remember, drivers sometimes fail to yield right-of-way.

If you'd like more information about safe cycling, please visit the online Bike Sense Manual: <http://www.bikesense.bc.ca/bikesense-manual>

Navy Bike Ride

Peter Mallett
Staff Writer

Cycling enthusiasts at CFB Esquimalt have a new event to add to their calendar as the first annual Navy Bike Ride launches Friday June 2 from the Naden Drill Shed.

The entire Defence community is invited to saddle up and ride the 10 kilometre course through Naden and Dockyard ending at the drill shed.

Matt Carlson, Personnel Support Services (PSP) Fitness Co-ordinator, says interest surrounding the ride is rapidly building.

"There is a certain degree of novelty, uniqueness and excitement surrounding the event because we have done tons of [yearly Navy] Runs at the base, but never a bike ride," says Carlson.

Participants should show up an hour before the start of the ride to register, to allow time for identification checks, and the distribution of special ride wrist bands required to pass easily through the gates.

Bike helmets are mandatory. Participants should dress according to the weather, be well hydrated, and warmup properly before beginning their ride. Water and refreshments

will be available at the drill shed.

The event is non-competitive, so there will be no lead biker guiding the group as in tour-style races, and riders are expected to rely on course markers to complete the course. Carlson noted the overall goal of the Navy Bike Ride is not to be the first one across the finish line, but instead to create a fun experience boosting both physical fitness and morale in the defence community.

The Bank of Montreal is the national sponsor for the Ottawa-based ride as well as both east and west coast rides. Locally, Babcock Canada has come on board as a sponsor.

Big Bike Ride

It's time to start thinking about the Big Bike event that is happening June 13.

Registration is free, but this is a fundraiser for the Heart & Stroke Foundation.

Ask family and friends to sponsor you, or simply donate yourself (any amount is appreciated, but the average rider

usually raises \$50). Fundraising can be done online once you are registered.

Teams require a minimum of 20 riders (maximum is 29). The event is June 13 at Bullen Park, Esquimalt.

An hour of your time, includes a two kilometre ride on the Big Bike

Register a team by contacting Lea at lea.silver@heartandstroke.ca



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Progress report on Operation Honour

RAdm Jennifer Bennett

DG - CAF Strategic Response Team on Sexual Misconduct

The Chief of the Defence Staff released the third Canadian Armed Forces (CAF) Progress Report on addressing sexual misconduct on April 28.

Over the nine months covered by this report, the CAF has taken significant action to improve victim support; initiate prevention programs; update policies; enhance subject matter expertise of those who provide support and assistance to victims; embed Operation Honour concepts across all levels of education and training; hold leaders to account for their response and actions; take decisive action to deter perpetrators; and engage and empower all members of the CAF to take action to address and eliminate sexual violence and harassment.

Operation Honour began with a "Roto Zero" in August 2015. The focus in the initial stage was to complete the necessary recce, gather intelligence, initiate engagement and awareness activities, and set the conditions for success.

The focus of "Roto One" covered in Progress Report three, has been the implementation of policies, programs, and performance measurement to initiate the necessary culture change and for a workplace free from harass-

ment and discrimination while ensuring those who experience harmful and inappropriate sexual behaviour are provided the care and support they need.

At the Progress Report release, the Chief of the Defence Staff said, "Leaders need to be consumed with an abiding desire to take care of the troops. And if we take care of them properly, we'll recognize when someone's hurt and they need care. We'll recognize that they could get hurt by harmful behaviour, and we stop it."

There are encouraging indications across the Canadian Armed Forces that Operation Honour is having a positive impact on CAF members' awareness of harmful and inappropriate sexual behavior, and the impact on individuals and the institution.

CAF members are acquiring a greater understanding of the critical role of bystanders, including response and support, as well as increased reporting and confidence in the chain of command, military police and military justice.

In the past few months we have also seen positive impacts in reporting and greater confidence in care, support, investigations, and action. While the majority of reports are made by

those directly impacted or targeted, 40 percent of reports of incidents are now coming from others who have observed harmful and inappropriate sexual behaviour and took action.

Change is possible and we are seeing positive change across the institution. But to really make a difference and to truly eliminate sexual violence and harassment, we need to take action on all forms of conduct in the CAF and reinforce the military ethos that sets the Profession of Arms apart from others. This is not something to be implemented by a single group and must be implemented together from the recruiting centre through all training institutions, from the unit level to national headquarters and from the most junior members to the most senior.

"Roto Two", that has just begun, is an opportunity for us to take stock of our work on Operation Honour, evaluate our actions and initiatives and ensure that we have not only the programs, policies, research and initiatives necessary for mission success, but a longer term, enduring campaign plan to ensure we have a culture of respect and dignity and one that values our people, and supports and cares for them.



ATTENTION DEFENCE TEAM DRIVERS: Westshore RCMP and Town of View Royal seeking cooperation from Defence community

LS A.M.C. Noye
MPU Esquimalt

Military Police Unit Esquimalt was informed by Westshore RCMP that an increasing number of Defence Team drivers have been making an illegal left turn at the intersection of Helmcken Road and Rudyard Road, in the vicinity of View Royal Elementary School. Some drivers are even turning into private driveways in order to make a U-Turn in an attempt to circumvent traffic.

Members of our defence community who transit through the Town of View Royal are reminded that such manoeuvres are prohibited as it creates a safety issue in a school zone.

Westshore RCMP will be increasing patrols in the area, and issuing tickets that start at \$109.

For more information,
please contact MPU
Esquimalt - Community
Relations Office at
250 363-4384.



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JUNE 18



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What's cooking

IN HMCS OTTAWA

Poseidon Cutlass 17 Recipe

Chilled Asian Shrimp Salad

Ingredients

20 each Medium Shrimp – Peeled, Deveined & Cooked
5 cups Mixed Greens

Marinade for Shrimp

2 each Fresh Mango – Small Diced
½ each Red Onion – Small Diced
½ each Green Pepper – Small Diced
1 cup Fresh Cilantro
1 tbs Chili Flakes
To Taste Salt & Pepper

Dressing

1 each Pineapple – Pureed
1 can Mandarin Oranges – Pureed
1 ½ cups Peanut Oil (May use salad oil if nut allergy)
1 cup Shrimp Marinade

Directions

Combine marinade ingredients in a medium size bowl. Add cooked shrimp, cover and let sit in refrigerator overnight.

Next day, remove shrimp and set aside. Strain marinade through a colander, separating the liquid and salsa mixture for later use.

Make dressing by emulsifying dressing ingredients in a food processor.

To serve the salad, place a generous amount of mixed greens in the center of the plate. Place several shrimp on top of the greens. Sprinkle the salsa mix liberally over the shrimp and drizzle with the dressing.

Every day the men and women onboard *HMCS Ottawa* are served delicious and nutritious meals. The logistical preparation that is involved in feeding over 200 people per day, every day, is staggering.

Each day a new menu is prepared that takes into consideration different dietary needs, the operational tempo for the day, and the ingredients the ship was able to procure at its last port of call.

The menu includes breakfast, dinner, supper, and of course soup!

Despite the difficulty of the task, everyday cooks, with the support of stewards, supply technicians and logistical officers, manage to provide the sailors onboard *Ottawa* with the next best thing to a home cooked meal—a meal shared with shipmates.

The following recipe is an example of one such meal—a delicious Chilled Asian Shrimp Salad courtesy of the Petty Officer First Class John Cross, Chief Cook *HMCS Ottawa*.

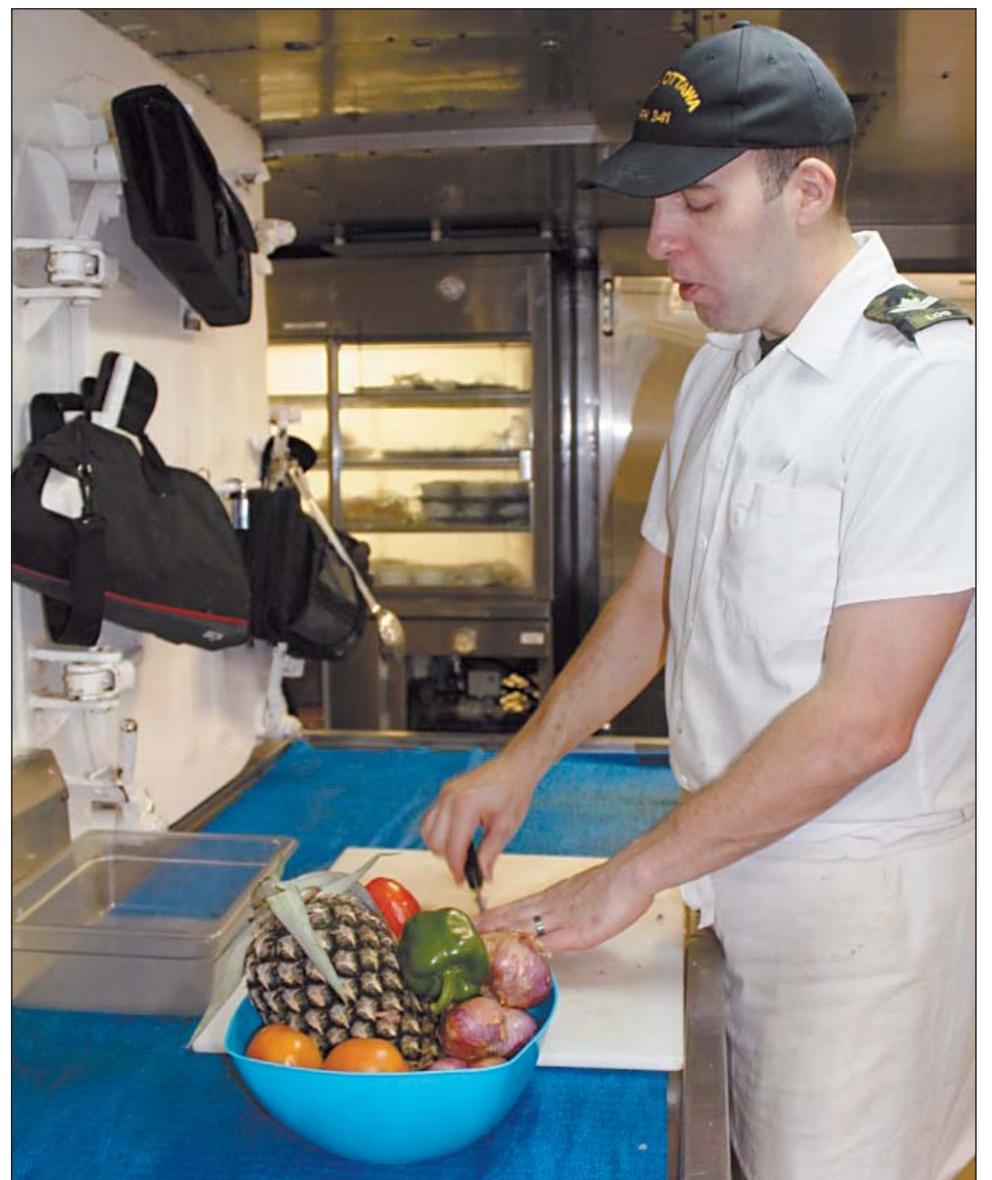




Photo by A/SLt Robyn Hawco

Guests from Prairial, a light monitoring frigate with the French Marine Nationale, pose with their HMCS Ottawa hosts during a sailor exchange program called CROSSPOL.



Photo by MS Than Mathé

LS Corey Bliss, Naval Communicator, paints on the upper decks.



Photo by A/SLt Robyn Hawco

A helicopter from Prairial prepares to take off from HMCS Ottawa's flight deck.



Photo by MS Brian Bourassa

LS Fausto Cabotaje on the upper decks as HMCS Ottawa comes alongside in Manila, Philippines.

HMCS Ottawa

on POSEIDON CUTLASS



HMC Ships Ottawa and Winnipeg 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 taking part in key events and engagements in ports across the region.



Photo by Lt(N) Jackie Buss

HMCS Ottawa's Combat System Engineers department performs maintenance on the Closed-In Weapon System.



Photo by MS Brian Bourassa

LCdr Chris Rochon, HMCS Ottawa Executive Officer, chats with an Australian Medical Officer during a CROSSPOL.



Photo by PO1 Patrick Montreuil

Part ship's hands is formed up, ready to come alongside Manila, Philippines.

Bravo Zulu

Base Logistics Awards and Promotions

Commanding Officer of Base Logistics, Cdr Jeff Watkins presented awards and promotions.



A/SLt Valois receives his Commissioning Scroll.



Capt Voltolina is promoted to his current rank.



Cpl Fillion is promoted to his current rank by WO Levigne and Cdr Watkins.



Cpl Iturregui is promoted to his current rank.



LS MacKay is promoted to her current rank by Lt(N) Seguin and Cdr Watkins.



MCpl Turcotte is promoted to his current rank by WO Levigne and Cdr Watkins.



MS Mulligan receives the Canadian Forces' Decoration First Clasp.



RCSU(P) Awards and Promotions

Left: A/SLt Calvin Cheung is presented the VCDS Commendation by BGen Kelly Woiden.

Right: PO1 Kim Chaisson is promoted to her current rank by LCol Neville Head and CPO1 Will Slater.



Bravo Zulu

HMCS Regina Promotions



MS Antle is promoted to his current rank by Lt(N) Hill and Cdr Matthews, Commanding Officer HMCS Regina.



PO1 Clark is promoted to his current rank by Lt(N) Yakimovich and Cdr Matthews.



LS Brideau is promoted to his current rank by CPO2 Pitre and Cdr Matthews.

Bravo Zulu

MARPAC Awards

RAdm Art McDonald, Commander Maritime Forces Pacific, presented awards at an Awards Ceremony on May 9.



Derek Turner, a Second World War veteran, receives the Knight of the National Order of the Legion of Honour.



LCdr Kevin Whiteside receives a Commander Royal Canadian Navy Commendation.



LCdr Darren Sleen receives a Commander Royal Canadian Navy Commendation.



Lt(N) Charlotte Farish receives a Commander Royal Canadian Navy Commendation.



Lt(N) Eric Dignard receives a Commander Royal Canadian Navy Commendation.



Retired PO1 Stephen MacInnis receives a Commander Royal Canadian Navy Commendation.



PO2 David Van Egmond receives a Commander Royal Canadian Navy Commendation.



PO2 Stephen Mahabir receives a Commander Royal Canadian Navy Commendation.



MS Dave Laurendeau receives a Commander Royal Canadian Navy Commendation.



LS Andrew O'Brien receives a Commander Royal Canadian Navy Commendation.



LS Lee Thibault receives a Commander Royal Canadian Navy Commendation.



Gordon Oliver receives a Commander Royal Canadian Navy Commendation.



Ashley Milburn receives a Commander Royal Canadian Navy Commendation.

Bravo Zulu

MARPAC Awards

RAdm Art McDonald, Commander Maritime Forces Pacific, presented awards at an Awards Ceremony on May 9.



CPO2 Robert Ferguson receives a Canadian Joint Operations Command Commendation.



PO1 Ian Smith receives a Canadian Joint Operations Command Commendation.



PO2 Brian Nicol receives a Canadian Joint Operations Command Commendation.



PO2 Mitchell Milligan receives a Canadian Joint Operations Command Commendation.



PO2 Luc Trudeau receives a Canadian Joint Operations Command Commendation.



MS Colin Willdig receives a Canadian Joint Operations Command Commendation.



LS Michael Sladic receives a Canadian Joint Operations Command Commendation.



Lt(N) Colin Dudeck receive a Maritime Forces Pacific Bravo Zulu.



Lt(N) Emily Wood receives a Maritime Forces Pacific Bravo Zulu.



CPO1 Lloyd Smith receives a Maritime Forces Pacific Bravo Zulu.



PO1 Gordon Canning receives a Maritime Forces Pacific Bravo Zulu.



PO2 James Ward receives a Maritime Forces Pacific Bravo Zulu.



Charna Olson receives a Maritime Forces Pacific Bravo Zulu.



Samantha Krzywonos receives a Maritime Forces Pacific Bravo Zulu.

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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).

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".

KIDS MEGA SALE Sat, June 3rd from 09:30 - 12:30. Pearkes Rec Centre, 3100 Tillicum Road. Gently used baby and children's clothing, toys, equipment and maternity. If interested in selling, please email: kids-mega-sale@gmail.com Facebook: https://www.facebook.com/KidsMegaSale

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THE BC/YUKON LEGION Foundation has available a one bedroom, ground floor unit on Belmont Rd in a one year old building - Pacific View - located across the road from Belmont Park PMQ's. Includes all appliances washer/dryer and a heat pump for Heat- A/C. Hot water is included along with underground parking and a storage locker. Rent is \$1,250/month and the income realized by the Foundation helps support Cockrell House for homeless veterans. For more information please contact Angus Stanfield 250-883-8685.

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: tylerslobodan@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.

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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

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

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