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Volume 62 Number 21 | May 29, 2017

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Commander RCN leads the way

The Royal Canadian Navy held its inaugural Navy Bike Ride May 20 in the National Capital Region. Over 700 riders of all ages, including Vice-Admiral Ron Lloyd, Commander of the Royal Canadian Navy, pictured here, participated in either a 10 or 30 kilometre family friendly ride through downtown Gatineau, to Parliament Hill, and back into Gatineau Park. Hundreds more people have participated in shadow rides at Canadian Forces Bases and Naval Reserve Divisions across the country. At CFB Esquimalt that ride will take place this Friday starting at the Naden Drill Shed with a 7:30 a.m. registration.



Photo by Bill Juliette



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Peter Mallett
Staff Writer

A sculptural monument paying tribute to the 179 Allied airmen who lost their lives while working at Patricia Bay Air Station during the Second World War will be unveiled this week in Sidney.

The Lost Airmen of the Empire was created by Victoria sculptor and landscape architect Illarion Gallant, and commissioned by a Victoria Airport Authority (VAA) working group that included local citizens, politicians and VAA staff.

Gallant says the intent of his sculpture and memorial site is to remember the pilots, navigators, armourers and mechanics from around the world who began working at the air base in 1939.

“These people came from all walks of life, surviving the depression with an optimistic outlook as to the challenges before them,” said Gallant of Rusnak Gallant Ltd. “Upon completion of their training, these service personnel went on to serve in various theatres of war where they were confronted with the harsh realities of survival.”

Gallant, 60, is the son of Second World War British

Army Private (Retired) Harry Gallant. He was made aware from a very young age about the horrors of war through stories told by his father and other members of his hometown of Scarborough, ON, who had lived through the war in Europe.

He was commissioned for the \$160,000 project in April 2016.

The main feature is 25 Cooper’s Hawk feathers measuring 14 feet high, chronologically inscribed

with the names of the deceased pilots and airport workers. It also features approximately 1,000 bricks salvaged from an original military administration, which forms a seating area. Gallant says he is still seeking additional submissions to a yet-to-be-sealed time capsule or “memory capsule” he is placing at the site.

The ceremony gets underway June 1 at 10 a.m. at the memorial site located at the north end of Victoria International

Airport. Keynote speakers include Gallant, George Walter du Temple, son of the Commander of Patricia Bay Air Station during the Second World War, and 443 Maritime Helicopter Squadron Commanding Officer, LCol Shawn Williamson.

LCol Williamson grew up on the Saanich Peninsula and spent some of his youth in the nearby airbase hangar as an Air Cadet, and says like many others in his community he feels a strong

personal connection to the monument. He hailed the work of the Hospital Hill Working Group and Gallant in establishing the monument that he says is the first of its kind.

“There is a room dedicated to these airmen in the B.C. Aviation Museum and some signage at the Victoria International Airport main terminal, but this new monument is spectacular and very moving. It offers a large physical presence in a prominent location on the

highest spot of the airfield,” says LCol Williamson. “The VAA has done a very good job in reaching out to stakeholders in the community, including our squadron, to make this happen.”

The event will have a strong military presence. Shortly before the ceremony commences, personnel from 443 Squadron and its Colour Party will march up to Hospital Hill from the Holy Trinity Church. The ceremony will also have musical accompaniment from the 443 Squadron Pipes and Drums and a fly past by a Sea King helicopter. The event will be attended by senior leadership from CFB Esquimalt, Commander Col Michael Atkins of 19 Wing Comox, and 12 Wing Shearwater Commanding Officer, Colonel Peter Allan.

Parking for the event is limited to event staff and disabled parking spots. Those interested in attending can take a free shuttle bus operating from a parking lot adjacent to 443 MH Squadron, located on Kittyhawk Road off of Willington Rd., or people can walk or cycle to the memorial site using the airport’s bike trail.

For more information about the dedication ceremony visit the airport website at www.victoriaairport.com



Airport monument pays tribute to Second World War airmen

LOST AIRMEN OF THE EMPIRE
BY ILLARION GALLANT

Memorial Sculpture Dedication

when:

Thursday June 1, 2017 10:00 am

where:




Hospital Hill – Mills Road

Trooping of Colours by RCAF Squadron, Remarks from Dignitaries including VAA President and CEO and Artist Illarion Gallant, Aircraft Flypast and Closing Ceremony

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HMCS Ottawa joins multi-ship exercise

SLt Sully Heraud
HMCS Ottawa

Two months into Poseidon Cutlass 17, *Her Majesty's Canadian Ships Winnipeg* and *Ottawa* left Port Klang, Malaysia, to go their separate ways.

Winnipeg sailed west for India, while *Ottawa* went south towards international waters for a multinational exercise led by the Republic of Singapore Navy (RSS) in celebration of their service's 50th anniversary.

As the sun began to rise, *Ottawa*, accompanied by French Marine Nationale ship *Prairial*, met eight more warships from Japan, South Korea, Vietnam, Philippines and the United States of America. This made for an impressive sight as the Canadian frigate joined one of the area's largest naval gatherings in recent years.

The 6th Western Pacific Naval Symposium Multilateral Sea Exercise (WSMX) was a multi-ship, multi-nation exercise led by the Formidable-class Singapore ship RSS *Stalwart*.

The ships were divided

into two groups, with *Ottawa* commanding South Korean, Filipino, French and American ships. The second group was commanded by RSS *Stalwart*.

Lt(N) Ryan Stanley, weapons officer, was pleased to see how *Ottawa's* participation fulfilled Poseidon Cutlass' main objectives.

"This exercise was an outstanding opportunity for *HMCS Ottawa* to act as Surface Action Group (SAG) Commander for a multinational exercise, thereby increasing the Royal Canadian Navy's reputation for professionalism on the international stage, as well as displaying Canada's engagement in the Indo-Asia-Pacific Region," he said.

The main focus of the exercise was communication and procedural interoperability between countries that speak different languages and rarely operate together. Serials included manoeuvres, screen exercises, flag hoisting competitions, flashing light competitions, and other activities designed to promote cooperation at sea over the two day program, culminating

in a large group photo with ships in close formation.

Leading Seaman Madeline Kuiper, naval communicator, tells of the difficulties of coordinating with so many different navies at one time.

"Establishing communications with another nation is a different challenge every time, let alone with seven other nations. We are taught a specific way from directed publications, but items are always lost in translation and you need to adapt. Being flexible is a skill we need to have in this line of work, and exercises like this are the best way to train that skill," she says.

Ordinary Seaman Brayden Hart-Young tells of his experience as a new sailor on his first deployment.

"The obstacle most prevalent to us was the communication barrier. As an operator, ensuring radio discipline and net brevity is essential. To mitigate this barricade, we made good use of members of the ship's company who could act as translators, highlighting the operational benefits of an ethnically diverse crew. Learning how to solve problems in a large

task group was a rewarding and unique learning experience for myself; only an exercise this size could give an operator such an opportunity," he says.

The 10 warships then proceeded to join a larger group of ships at anchor in the approaches to Changi Naval Base for Singapore's first International Maritime Review. The Review included 28 ships from 20 nations.

The sun setting over the Singapore skyline, highlighting the silhouettes of dozens of war ships at anchor, was a picture that will stay imprinted in the memories of *Ottawa* sailors. After showing the regional navies the quality of Canadian sailors during the Review, *Ottawa* proceeded alongside to support a busy global engagement program.

Following the visit in Singapore, *Ottawa* will sail north for Shanghai, followed by Okinawa, where ship and crew will conduct a second missile exercise of the tour before rejoining *Winnipeg* for the last leg of the Poseidon Cutlass 17 deployment.



This exercise was an outstanding opportunity for HMCS Ottawa to act as Surface Action Group (SAG) Commander for a multinational exercise.

Lt(N) Ryan Stanley, Weapons Officer

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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Bill Cochrane 250-363-8033
workstation3@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION

Mary Lou Climenhaga 250-363-3127
Mary.Climenhaga@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

Capt Jenn Jackson 250-363-4006
James Vassallo 250-363-7060

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WHAT SAY YOU

People Talk

Ahead of Bike To Work Week, May 29 to June 4, Lookout asked commuter cyclists: *Why do you cycle to work?*



I've been cycling to my job here in FMF since 1999 because it's a great way to beat the traffic and get some great exercise.

PO1 Trevor Ford, FMF CB



I cycle from Work Point every day and there are lots of reasons including fitness, saving money, and the obvious fact I live too close to work to deal with the hassle of driving a vehicle to the base.

Neil Brown, FMF CB



Why wouldn't people do it? I sit at a desk all day at my job and it gets me some exercise and allows me to decompress all that 'stuff' I think about before and after work.

Duane York, FMF CB



I live downtown near [Royal] Jubilee Hospital and just got this new bike. It's a nice day so I wanted to try the bike out, so I cycled it to work today

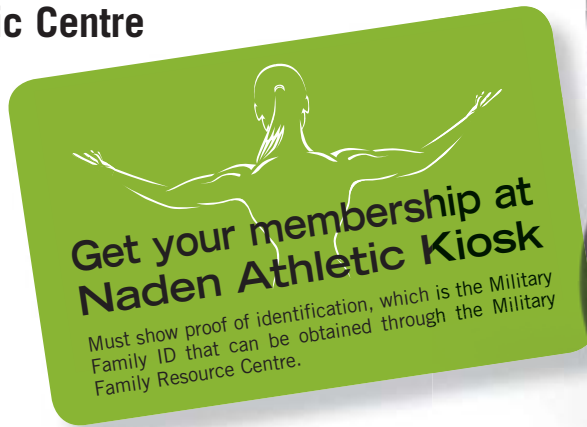
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Special baby box available to families

Peter Mallett
Staff Writer

The Military Family Resource Centre (MFRC) is making baby boxes available to new and expecting military parents, free-of-charge, beginning May 29.

Designed for infants under the age of six months, the baby boxes contain a custom-made mattress that can be used with the box as a bassinet, a onesie, diapers, wipes, nursing pads, baby lotion, plus an assortment of discount coupons.

"This latest program we are offering is another great way the MFRC

is connecting and supporting military families with new children," said Scott Branch, MFRC Children's Service Coordinator. "The boxes are essentially a starter kit for new parents."

MFRC staff have also added reading materials on breastfeeding, raising a military child, and information on family care support programs available in the community.

The baby boxes are inspired by an initiative that began over 75 years ago by the government of Finland and their efforts to address alarming infant mortality rates. The self-contained boxes distributed to mothers served as a care package and also as a bassinet, and in the end helped greatly

contribute to a downward trend in the infant mortality rate.

The boxes meet Health Canada Standards and are manufactured by the Baby Box Co. They normally retail for approximately \$150. Branch said there are currently 60 baby boxes in stock and the company will supply more as needed.

To obtain a baby box, military families must first register for the program through a link on the MFRC website at www.esquimaltmfrc.com/welcoming-baby-box/. It is recommended that families pick up their box in advance of their due date or in the first three months after the birth of the child.



Robyn Mwamlima checks on her seven-week-old daughter Joy as she tests out the MFRC's new baby box.

For MARPAC news around the clock go to www.lookoutnewspaper.com

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Tax exemption for deployed members

DND

Recognizing the commitment and sacrifice that Canadian Armed Forces members - and their families - make for Canada when a member deploys abroad, Defence Minister Harjit S. Sajjan, Finance Minister Bill Morneau, and Public Safety Minister Ralph Goodale have announced the Government's intention to exempt the military salaries of all Canadian Armed Forces personnel deployed on named international operations from federal

income taxes, up to and including the pay level of Lieutenant-Colonel.

This tax relief would also apply to police officers deployed on international operational missions.

This measure is part of a broader package of administrative changes and new measures included in Canada's new Defence Policy, which will be made public on June 7, 2017.

These changes ensure that Canadian Armed Forces personnel and police officers deployed on designated international missions are

recognized for their sacrifice and that of their family.

While the number of CAF personnel on deployed operations changes from day-to-day, there are currently approximately 1,450 Canadian Armed Forces personnel deployed on international military operations.

The Government intends to make this measure retroactive to Jan. 1, 2017. These changes will not affect the assessment and awarding of existing hardship and risk allowances earned by Canadian Armed Forces personnel deployed abroad.

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Simon Fraser University NATO Field School students are welcomed on board HMCS Brandon.

University students learn about military's role in NATO

Will Chaster
MARPAC PA

Students from Simon Fraser University (SFU) got an inside look at one of the largest Canadian Forces Bases in Canada with an aim to better understand the military's role in NATO (North Atlantic Treaty Organization).

Thirty-one students, all part of the university's NATO Field School, toured CFB Esquimalt and HMCS Brandon May 16.

The NATO Field School introduces students to Canada's role within NATO and the Canadian Armed Force's responsibilities, both domestically and internationally.

After a walking tour of dockyard, the group headed to the Wardroom for a special briefing on Operation Reassurance and the Canadian Armed Forces (CAF) efforts to support NATO activities. The

presentation was given by Lieutenant-Commander James Brun and Chief Petty Officer First Class Michel Vincelette.

Last year the base sent three military members to the university for their Global Model NATO Summit, and then hosted a group of 70 international students on a tour of the base.

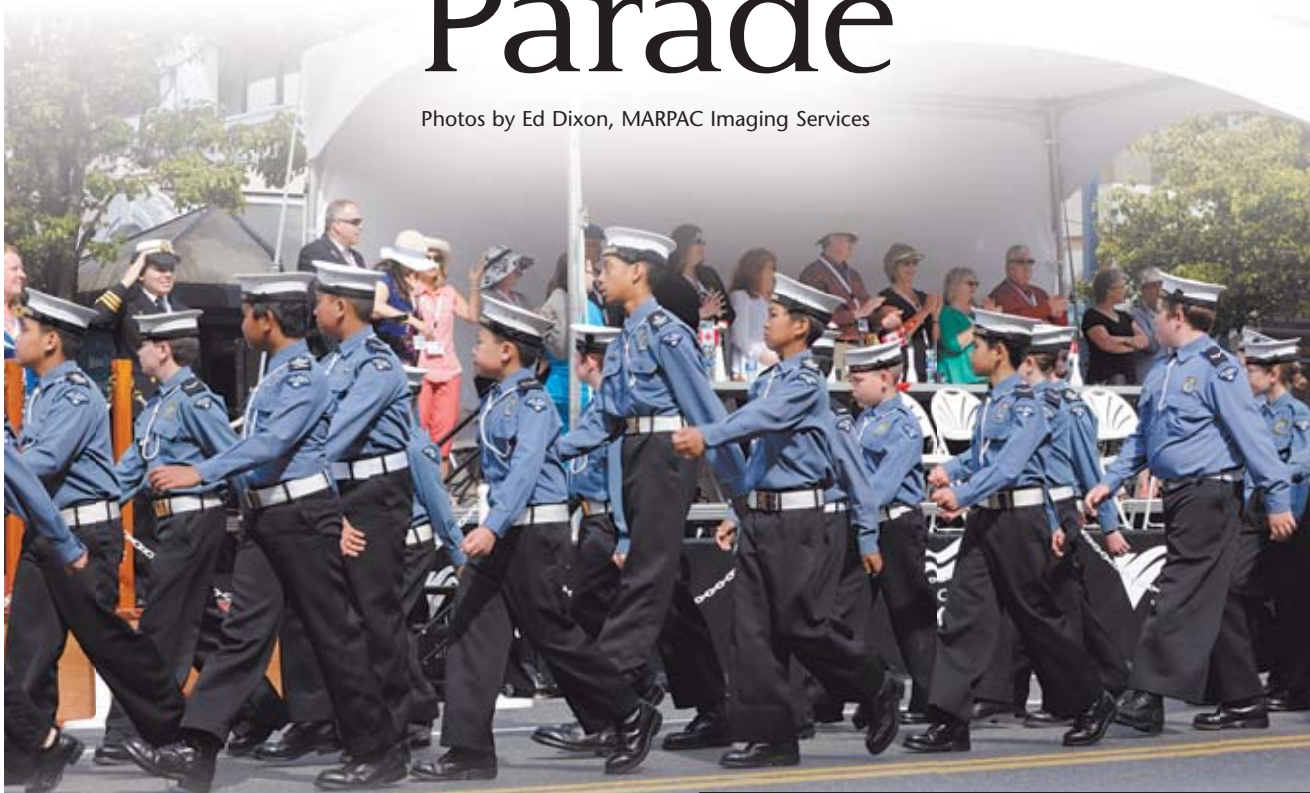
"This was an amazing opportunity for students to get real exposure to the navy and understand the vital functions they perform," said Jazlyn Melnychuk, Student Leader of the SFU NATO Field School and Vice President and Founder of the SFU Model NATO Club.

Students also visited 19 Wing Comox and CAF training facilities in Chilliwack before departing to Europe to visit NATO Headquarters in Brussels, the Supreme Headquarters Allied Powers Europe in Mons, and the NATO Defense College in Rome.

119TH ANNUAL

Victoria Day Parade

Photos by Ed Dixon, MARPAC Imaging Services



The Navy League contingent march past the Reviewing Officer during the 119th Annual Victoria Day Parade.



Royal Canadian Air Cadet Corps Colour Party march past the dais.



Commander Jeanne Lessard, Acting Base Commander, and Base Chief, Chief Petty Officer First Class Gino Spinelli wave at the floats as they pass the dais at Centennial Square.



Naden Band of the Royal Canadian Navy march up Douglas Street.

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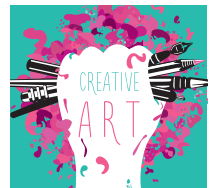
June 25th – Kids Movie: The Lego Batman Movie!

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Navy Bike Ride at SEA



A/SLt Robyn Hawco
HMCS Ottawa

Photos by A/SLt Robyn Hawco, HMCS Ottawa



Alyssa Jesson, Personal Support Programs' Fitness, Sports and Recreation Coordinator on board HMCS Ottawa, leads the way in the ship's Navy Bike shadow ride. Jesson organized the event that brought out more than 90 crewmembers to ride on stationary bikes throughout the day.

The officers and crew onboard *HMCS Ottawa* kept the stationary bike wheels spinning for a full 12 hours May 20 during their shadow Navy Bike Ride.

This is the inaugural year for the Navy Bike Ride and the officers and crew didn't want to miss out, even though the ship is currently deployed on Poseidon Cutlass 17.

With a total of 90 participants, *Ottawa* kept going all day, despite the heat and the humidity. From 8 a.m. to 8 p.m. riders cycled on stationary bikes in the flight hangar at a time – with up to four riders participating at a time.

Some riders chose to do multiple blocks throughout the day, scheduling their rides around watch times and operational requirements. Participants were encouraged by shipmates and there was a steady stream of spectators throughout the day.

Chief Petty Officer Second Class Kevin Jones, Logistics Chief, spent time on and off the bike – encouraging riders and keeping spirits high. Chief Jones believes that engaging and participating in ship-wide activities

at sea is a driving force for a ship's morale.

"The Navy Bike Ride was a great way to promote fitness, raise funds for those who are less fortunate and to get that valuable face time with as many other sailors as possible. Fun activities and events at sea bring a ship's company together and ensures that morale can thrive," he says.

The Navy Bike Ride was an opportunity to raise funds for the ship's official charity, the Perley Rideau Veterans Health Centre located in *Ottawa's* namesake city. Money was raised by assigning drills, either sprints or hill climbs, to the Command Team, Heads of Department and Chief Heads of Department. Drills could be assigned for a fee that was then donated to the charity. In total, over \$800 was raised by participants in 12 hours.

Poseidon Cutlass 17 has been a busy deployment but the crew still makes time for physical fitness with the help of the Personal Support Programs' Fitness, Sports and Recreation Coordinator, Alyssa Jesson. Jesson organized *Ottawa's* shadow Navy Bike Ride and she's busy organizing a shadow

Navy 10 kilometre Run for June.

"Running events to shadow those back home gives the crew something different to integrate into their regular at-sea fitness regime, and can also provide opportunity for a new experience," she says.

While at sea, Jesson keeps the crew physically active with three fitness classes per day. She's also responsible for running Force Testing for the ship while deployed. Physical fitness is important for the crew, not only for their physical and mental health, but also because they are often required to do physically demanding tasks on ship, she says.

"I love that I am able to be here with them during this deployment, and that I get to play an active role in each of their fitness and wellness journeys. I am getting lots of people out at my classes pushing themselves to be better, but I am also witnessing a lot of other crew members committing to their own training."

Ottawa has been deployed with Poseidon Cutlass 17 since March, supporting the maintenance of regional peace and security in the region while bolstering Canadian diplomatic engagement and defence relations.



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Battlefield bike ride: Team Victoria set to go

William Chaster
MARPAC PA Office

Chief Petty Officer First Class Michel Vincelette is set to ride his longest bike journey in June.

The sailor, joined by a sea of Canadian bike riders, will tackle the 600 kilometre Battlefield Bike Ride – Vimy 100: Birth of a Nation, a fundraiser for Wounded Warriors Canada, from June 9 to 17.

He'll be riding on Team Victoria that includes six other riders from the region. Together Team Victoria has surpassed their fundraising goal, raising more than \$44,000.

Riders will launch the ride in Canterbury, England, to the white cliffs of Dover, where they will take the ferry to Calais, France. From there they will ride past iconic sites steeped in Canadian military history, stopping to pay their respects to the Canadians

who served, and died, in the First World War. The final stop will be the Vimy Ridge Memorial.

The ride is the largest single fundraising event for Wounded Warriors Canada, whose guiding ethos is to "Honour the Fallen and Help the Living". This hits home for Chief Vincelette as he knows many serving and retired military personnel suffering with Post-Traumatic Stress Disorder (PTSD).

"People need to be aware that PTSD is a serious issue that requires compassion and patience," he says. "This is for everyone struggling with its effects. Events such as this ride are an important reminder that no one is alone in dealing with mental trauma."

Anyone wanting to donate to Team Victoria should go to <https://woundedwarriors.ca/bbr17/> and click sponsor a rider today.

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Photo by John W.Penner, John's Photography
CPO1 Michel Vincelette has been steadily training for the upcoming Wounded Warrior Battlefield Bike Ride in France.

People need to be aware that PTSD is a serious issue that requires compassion and patience. This is for everyone struggling with its effects.

Chief Petty Officer First Class Michel Vincelette

Virtual reality program to capture 19th century Esquimalt

Peter Mallett
Staff Writer

The authors of a 3D virtual reality program are working to transport viewers back in time to Esquimalt in the 19th Century.

Local optometrist Victor Flett is part of a community group developing a three dimensional snapshot of what Esquimalt's Songhees Nation and Britain's Royal Navy base looked like in the 1860s.

A sneak peak of their project was offered to those attending the St. Peter and St. Paul's Anglican Parish Canada 150 event on May 5. Strapping on a pair of Google Cardboard viewing glasses, people could see what both the church and some of the structures in Dockyard looked like during that period.

Flett says the project is an excellent method to document and celebrate the shared histories of both

First Nations people and Esquimalt's military community.

"The histories of both these communities are permanently connected in an amazing way, from the first contact and the establishment of the Royal Navy base and colonization, through the Esquimalt Village and Fort Victoria, which led to the Confederation of Canada 150 years ago."

Technical assistance is being provided by The Fireflight Group, a consulting organization for indigenous and local communities, and Gord Holden, Director of the Immersive Technology Department at the Kelowna-based Heritage Christian Online School.

Holden and Flett began work on the software in December 2016. In the past, Holden has developed graphic software to show students famous historical sites such as Rome's Coliseum and Egypt's pyramids using Active Worlds Software.

He says this latest project is a change

for him as an educator because First Nations students will become a crucial part of the project, helping them to write their community's history.

"We are hoping to get Songhees Nation students from our school, who don't currently live in Esquimalt and are scattered in locations across the country, to become engaged with elders in the band and contribute to this project by using technology and distance education," says Holden. "The interaction with others who represent their identity gives them a vitally important connection to who they are and where they came from."

Flett was encouraged by the presence of Songhees Nation Chief Ron Sam who stopped by the historic church on May 5 in a show of support for the project.

While he says a finished product is months away from completion, Flett and his partners hope to have a more detailed virtual reality segment of the Songhees Nation and Dockyard for National Aboriginal June 21.

For more information on this project contact Flett at vbfflett@gmail.com

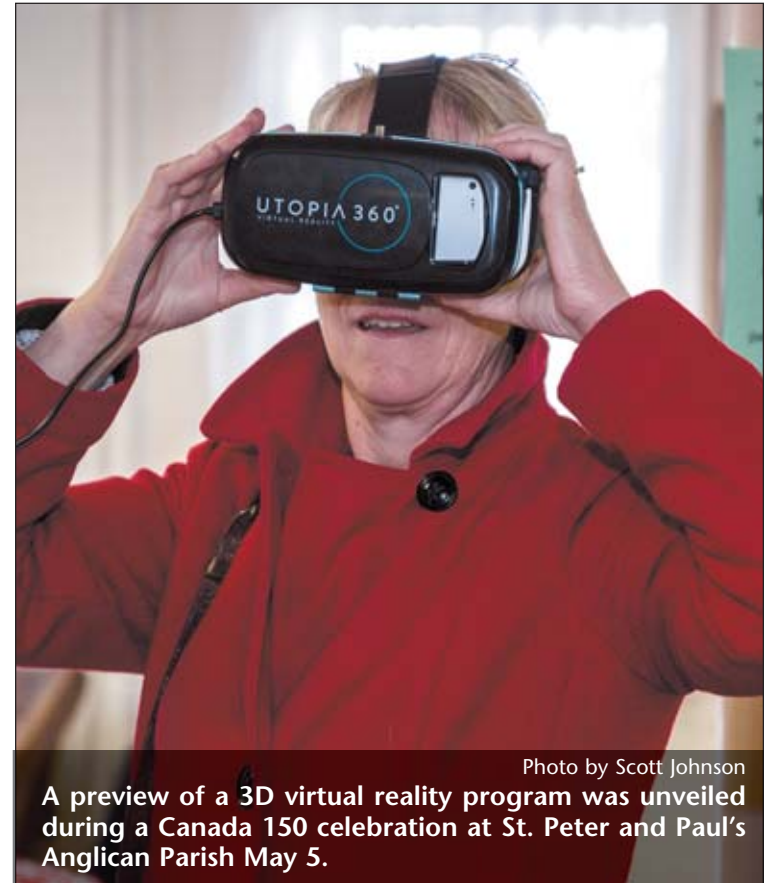


Photo by Scott Johnson

A preview of a 3D virtual reality program was unveiled during a Canada 150 celebration at St. Peter and Paul's Anglican Parish May 5.

The histories of both these communities are permanently connected in an amazing way, from the first contact and the establishment of the Royal Navy base and colonization, through the Esquimalt Village and Fort Victoria, which led to the Confederation of Canada 150 years ago.

Victor Flett

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June is Recreation Month



CFMWS

This June, Personal Support Program (PSP) will celebrate June is Recreation Month.

The theme this year is "Why PLAY Anywhere Else?" It was chosen to promote the value of PSP in providing recreation services to the military community.

As per previous years, each Canadian Forces Base/Wing will organize a number of activities at their respective location. At CFB Esquimalt this includes the Navy Bike Ride, Navy Run and Base Commander Golf Tournament.

"We take pride in helping Canadian Armed Forces members and their families handle many unique aspects of the military lifestyle," says Peter Atkinson, Senior Vice President Personnel Support Programs. "Our services are tailored to help families with the challenges

they may face due to postings and deployments, and make the most of everyday activities such as recreation and sports. We believe that when Canadian Armed Forces personnel are able to take good care of themselves and their families, they can do better both at home and at work. Whether families need to sign the kids up for swimming lessons, improve their fitness or make friends in a new community, our recreation services are here to help."

From the largest base to the smallest wing, PSP recreation departments around the country are united in their mission of improving health and well-being, contributing to operational success, and providing safe and enjoyable recreation opportunities for all.

To learn more about community recreation and to enter the June is Recreation Month contest, visit CAFconnection.ca

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HMCS Ottawa Awards and Presentations

While HMCS Ottawa was in Singapore, Vice-Admiral Ron Lloyd, Commander of the Royal Canadian Navy, handed out coins and promotions to a select group of crewmembers.



AB Chambers receives a Commander RCN coin.



Cpl Basso receives a Commander RCN coin.



LS Caddell receives a Commander RCN coin.



LS Henrion receives a Commander RCN coin.



LS Peer receives a Commander RCN coin.



LS Vandevienne receives a Commander RCN coin.



Lt(N) Peskett receives a Commander RCN coin.



AB Brown is promoted.



LS Caddell is promoted.



LS Kopp is promoted.



LS Shi is promoted.



Bravo Zulu

MARPAC HQ Promotions

Left: Lt(N) Paul McConnell is promoted to his current rank by Capt(N) Steve Jorgensen and Lt(N) Melissa Fudge.

Right: Lt(N) Adam McManus is promoted to his current rank by Capt(N) Steve Jorgensen and Lt(N) Melissa Fudge.

Photos by Cpl Stuart MacNeil, MARPAC Imaging Services



Bravo Zulu

MARS IV Graduation

Commodore Jeff Zwick, Commander Canadian Fleet (Pacific), presented awards during a MARS IV graduation parade on May 12.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



Lt(N) Brandon MacKenzie (left) is presented the Combat Division Commander's Shield by Commodore Jeff Zwick.



A/SLt Andrew Chong (center) is presented with the Royal Canadian Navy Commander's award for top student by Commodore Jeff Zwick (left) and Commander Rod Hughes (Retired).



A/SLt Marissa Warner (center) is presented with the Pullen Cup by Commodore Jeff Zwick and Ken Scotten (right).



A/SLt Ehnisz is presented the David Groos Memorial Shield by Commodore Jeff Zwick.



Want to recognize someone in your unit?

Send your BZs to:
melissa.atkinson@forces.gc.ca



Long Service Award

Ray Bowcott started his long continuous membership with the oldest veterans organization in Canada, the Army, Navy & Air Force Veterans Association (ANAVETS), back in 1957 as a third generation member. His Grandfather, as a member of the Victoria Unit 12,

actually made the motion to form Sidney Museum Unit 302 in Sidney.

Throughout Ray's long service with the Association, he held several Executive Chairs and was manager of Unit 376 in Kelowna and Unit 100 in Vancouver.

ANAVETS Long Service Association lapel pins are awarded to members in recognition for continuous service to the Association starting at five years and in increments of five years thereafter on continuous good standing.

Photo: Ray Bowcott receives his 60-year Long Service Award from AN&AF Executive member Charmain Lee.

Photo courtesy: Don Fisher

Bravo Zulu

Promotions



AB Froebe is promoted to the rank of Leading Seaman by LCdr Preston McIntosh and CPO2 Corey Young, from the Patrol Craft Training Unit (PCTU).



CWO Knutsson (right), RSM of The Canadian Scottish Regiment (Princess Mary's), receives his Warrant from his Commanding Officer, LCol Sawyer.

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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.

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).

OVARIAN CANCER



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 - Ongoing fatigue
 - Indigestion
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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

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