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# HMCS ORIOLE

HMCS Oriole participates in the Parade of Sail on Tuesday, Aug. 1  
at the conclusion of Tall Ships 2017 in Halifax, Nova Scotia.  
Photo by Mona Ghiz, MARLANT PA






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# Operation Lentus: B.C. wildfire response a team effort

## Joint Task Force Pacific Public Affairs

Since the start of Operation Lentus on July 9 in B.C.'s interior, more than 40 members of Joint Task Force Pacific (JTFFP), representing all three military environments and several base branches, maintain 24/7 rotations at the Battle Watch Operations Centre located at the JTFFP Headquarters in HMC Dockyard.

This multidisciplinary team maintains situational awareness of the wildfires, in close liaison with deployed military members, and municipal, provincial and other federal authorities, in order to provide the Commander JTFFP with the information needed for him to direct the Canadian Armed Forces support of the emergency response, as requested by the province.

"From the moment a provincial emergency was declared, JTFFP liaison officers embedded in the Provincial Emergency Coordination Centre and the Provincial Region Emergency Operation Centres were engaged in advising the province as to how the CAF (Canadian Armed Forces) might best assist," says Rear-Admiral Art McDonald, Commander JTFFP. "The JTFFP operations team was at work developing

plans for how we, as a headquarters, would support a response effort that might include assets from across the CAF inventory. As a result, when the Chief of Defence Staff ordered a JTFFP-led response to the provincial request for assistance, the Formation was in a good position to exercise immediate command and control of the assigned forces, and demonstrate CAF readiness."

It is not often the navy leads joint task forces that include Canadian Army and Royal Canadian Air Force (RCAF) assets in a land-based joint operating area. However, Army and Air Force staffs within the JTFFP HQ construct ensure a seamless assumption of domestic operations command and control owing to their preparatory work guided by Contingency Plan Lentus.

"The Contingency Plan is a great start point, and the team that implements that plan is the crucial piece," says Capt(N) Steve Jorgensen, JTFFP J3. "In a very short period of time we activated our Battle Watch, augmented key capabilities, took control of deployed assets, and were on task delivering needed support quickly."

Contingency Plan Lentus is the CAF's response to domestic emergencies such as floods, fires and earthquakes anywhere in Canada.

Operation Lentus is an example of how the CAF can rapidly respond to requests for assistance from the Province of B.C. and work hand-in-hand with provincial and federal partners to address an emergency. Each of the military environments maintain forces on heightened readiness to respond to a domestic and international emergency, and



Photos by MS Roxanne Wood, 19 Wing Imaging

**A member of the Ministry of Forests Flathead Unit Crew is greeted by Sergeant Neil Maclean at Puntzi Mountain Airport.**

when called upon these Forces can be rapidly deployed as an initial capability to address the immediate requirement.

For Operation Lentus 17-04, this required the immediate response of the RCAF with fixed and rotary wing aircraft, followed by the deployment of elements from 3 Canadian Division Immediate Response Unit located at CFB Edmonton. This allowed time for other forces to be generated and task tailored to meet the specific needs of the mission, and additional tasks to be defined in the request for assistance. This included the Primary Reserves and other sub-components such as the Canadian Rangers.

The Battle Watch Operations Centre in JTFFP HQ is there to support the Admiral in exercising command and control over these unique CAF capabilities and, when called upon, to provide the Province of B.C. with the support requested.



**Battle Watch Operations Centre in HMC Dockyard.**



**Wildfires sweep across Williams Lake, B.C.**

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# WiFi is coming to RCN warships

**Darlene Blakeley**  
Navy Public Affairs Ottawa

In an effort to minimize the hardships facing sailors when they head off to work at sea, the Royal Canadian Navy (RCN) is working towards having WiFi available across the fleet of Halifax-class frigates and maritime coastal defence vessels.

"If having WiFi allows sailors to stay better connected with family and friends while away from home, then this is a positive step forward in reducing the hardships that often disconnect them from the normal world," says Commodore Casper Donovan, Director General Naval Force Development, who is leading efforts to introduce the capability into the RCN.

Part of that effort also means staying in sync with technology given that new devices such as tablets and some laptops, and certainly cell phones, are being developed without an ability to connect to traditional network cables and jacks.

"Communicating is a huge priority for the RCN,"

says Cmdre Donovan. "We want our sailors to be able to stay connected, not just with their loved ones, but also their social networks. The RCN is being innovative in how it communicates and social media is another means to allow us to communicate on various fronts, both externally and internally, from the top down. If this means Commander RCN can connect broadly and meaningfully with sailors through social media while they are at sea, then it is beneficial to all of us."

In the longer-term, developing a WiFi capability in ships will help recruit and retain new sailors who will see the RCN understands that staying connected is an important consideration, says Cmdre Donovan.

"Young Canadians today can't live without their phones; why would we think they can just because they are in a ship?"

The first step is to have WiFi available in the ships' three messes (eating quarters) and the captain's cabin. Sailors in ships that are alongside or close to shore will then be able to



connect using their personal devices because the ship is connected to cellular networks. Eventually, new satellite communications terminals in ships will enable them to connect anywhere when sailing in the ocean.

"Eventually, we hope to expand the WiFi footprint beyond the messes and into sleeping quarters," Cmdre Donovan says. "It will be a kind of crawl, walk, run approach."

To begin the trial, WiFi was introduced in *HMCS Toronto* while the frigate was alongside in Québec City during Rendez-vous 2017 in mid-July.

It was an instant hit with the crew. One sailor

immediately tweeted out: "Having WiFi in the C&POs [Chief's and Petty Officer's Mess] is pretty cool!"

"When we have figured out the equipment and finalized the engineering specifications, another ship will have WiFi installed in the messes, hopefully in September," says Cmdre Donovan. "Once we ensure it all works well, we will roll out WiFi in all the ships' messes, and then begin to move forward with satellite communications technology so that sailors can connect from anywhere. This will mean one less hardship to endure as they head to sea, away from family and friends."



Photo by Cpl Andrew Kelly

HMCS Toronto leads a sail past during Rendez-vous 2017 in Québec City. It's the first ship to trial WiFi.

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**ON HOMECOMING DAY:**


- Guests will be meeting at the Pacific Fleet Club (PFC).
- The PFC opens at 8 a.m., allow yourself at least an hour for check in and security screening.
- Bring photo I.D. for anyone over the age of about 13 (school I.D. is fine). Government Issued ID is preferred, i.e. driver's license, passport or MFID.
- Once you are checked in, you are free to mingle inside the PFC and enjoy the light refreshments (coffee, tea)
- Shuttle buses will begin heading to the Dockyard at 9:30am and then run continuous shuttles until all are inside Dockyard.
- You MUST enter Dockyard on one of the shuttles (unless you are military yourself)
- Shuttles will then return all military members and their guests to the PFC or parking lots once members are allowed to disembark the ship

**TIPS FOR HOMECOMING:**

- Dress appropriately, it's always cooler than you think. Also there is little shelter on the jetty, so a hat is also recommended.
- NO Pets are allowed in Dockyard
- All guests must be on the ship's access list.
- You may bring strollers (the smaller the better)! You may bring folding chairs! You may bring signs!
- Bring snacks and toys to keep little ones occupied.

**PARKING:**

- You may park in the lot at Lyall St and Esquimalt Road across from the Wardroom or either of the first two parking lots beyond the Chief and PO's Mess on Lyall St.
- Parking will be limited so arrive in plenty of time to find parking.



# Walkabout raises PTSD awareness

**Will Chaster**  
Base Public Affairs Office

When Corporal (Retired) Robert Gagnon walked up the steps of the B.C. Legislature on Friday, July 21, it concluded a one month walk-about from Prince George to Victoria.

The 902-kilometre journey wasn't happenstance. Cpl Gagnon had a goal – to raise awareness and money for Post Traumatic Stress Disorder (PTSD), something he knows personally.

Gagnon, 44, a former corporal with the Canadian Armed Forces who now works as a Corrections Officer in Prince George, is reluctant to focus on his PTSD. Instead, he went on his solo journey in support of veterans and first responders suffering the affliction.

The more than \$13,000 raised along the way and through a Go Fund Me page will go towards a Kamloops therapeutic ranch and a Quesnel horse farm that helps veterans and first responders.

Among the crowd at the legislature to greet him was Chief Petty Officer Second Class Matthew Goodwin from Joint Personnel Support Unit Pacific (JPSU).

"It meant a lot to meet someone who has overcome the hurdles of PTSD and is using his experience and position to help others who are going through what he went through," says CPO2 Goodwin.

As Regimental Unit Chief of JPSU, CPO2 Goodwin helps those suffering from PTSD and other physical and mental traumas. The unit works with both military and civilian groups to provide ill or injured Canadian Armed Forces (CAF) members with resources for counselling, job placements, or simply a listening ear.

"We have made huge strides in how we address and care for suffering CAF members. Today, we have a full infrastructure in place including plenty of resources, a devoted staff, and dedicated civilian organizations, all of

whom provide the best care possible to those in the Armed Forces," says CPO2 Goodwin.

While supporting ill or injured CAF members is its primary goal, JPSU is also breaking down stigmas surrounding physical and mental injuries, something which is seen as a must-succeed mission.

"We're all really proud of the work we're doing in eliminating these stigmas but we have to keep moving forward. We can't stand still because to do nothing in this regard is to fail."

With a vast array of resources available, any military member suffering from some sort of trauma is encouraged to contact the JPSU so they can get the help they need.

"We want all CAF members to know that once you're in the Armed Forces we will care for you. Please take advantage of what is available; we can help," says CPO2 Goodwin.

Anyone wishing to contact the JPSU can call their offices at 250-363-4477.



Photo by James Vassallo

CPO2 Matthew Goodwin congratulates Cpl (Retired) Robert Gagnon at the B.C. Legislature on Friday, July 21, following the veteran's walk from Prince George to Victoria.



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Photo by Alyssa Jesson, PSP

LCdr Meryl Sponder (left) completes an overhead press on the flight deck of HMCS Ottawa during an early morning fitness window. LCdr Sponder was the winner of a Biggest Loser Challenge, losing the most body weight of any of the competitors.



# HMCS Ottawa has a Biggest Loser winner

**Peter Mallett**  
Staff Writer

Spirits rose as waistlines shrunk and pounds melted away on *HMCS Ottawa* crewmembers during the Biggest Loser Challenge.

Twenty-six sailors took part in the three-month challenge during Poseidon Cutlass 17, a five-month deployment to the Indo-Asia-Pacific region.

Between April and July, participants attended bi-weekly weigh-ins where their weight, hip and stomach measurements were recorded.

Points were awarded based on each percentage of body weight lost and each centimetre decrease on stomach and hips. Results and overall statistical losses of each participant was kept confidential.

Ottawa Fitness Marshall, Alyssa Jesson, from Esquimalt Personnel Support Services, organized the competition. She said

participants worked towards realistic goals without close surveillance, and support of athletic trainers and nutritional experts like the Biggest Loser TV show.

"Unfortunately we couldn't duplicate the show on the ship," says Jesson. "But fortunately one of the things working in our favour of having a successful challenge was we had a captive audience, especially during a five-month deployment. Challenges like this are driven by the leadership onboard the ship and interest of the crew."

The ranks of the participants varied from Ordinary Seaman to Lieutenant-Commander and involved several different trades and occupations.

Lieutenant Commander Meryl Sponder, Combat System Engineering Officer, was the overall winner of the challenge, and Leading Seaman Corey Moore, a Naval Communicator, finished second.

LCdr Sponder said Biggest Loser encouraged her to make healthy choices.

"I got involved in Biggest Loser because I'd gained some weight in the previous year. I'd been very busy at work and I had used it as an excuse to get lazy about exercising and eating right. So when the contest was promoted to the ship's company I thought it would be the perfect opportunity for me to reverse that trend."

The secret to her victory was eating a healthier diet by increasing her intake of fresh vegetables and reducing portion sizes when she indulged in less healthy choices. Participating in the regular morning fitness window at 6 a.m., held on the ship's flight deck, was another contributing factor to her success, along with keeping a detailed food diary of what she ate each day.

"Having a core group of people to work out with motivated me to show up

and push myself to be better," she says. "The workouts made me feel stronger and fitter than I've been in years."

Jesson sailed in the ship to help keep the crew in top shape. She held three daily fitness classes, developed personalized programs, and gave advice on diet and other health issues.

She says one of the main purposes of the competition was to give the crew a structured goal they could strive for with an emphasis on fostering new health and fitness behaviours. She was very encouraged by the results and interest level in the challenge.

"This was definitely a successful challenge because anytime I am able to help even one person as an instructor I consider that a win," says Jesson. "It was really great to be able to provide information and assistance to a group of individuals who wanted the help, education and encouragement."



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# INVICTUS GAMES

## Celebratory Launch at CFB Esquimalt

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The Invictus Games is an international Paralympic multi-sport event created by Prince Harry of the Commonwealth Realms, in which wounded, injured or sick armed services personnel and their associated veterans take part in sports.



**“For our wounded warriors.”**

# Invictus Games launch starts at Naden

**Peter Mallett**  
Staff Writer

Before the curtain is raised for the third Invictus Games, this year held in Toronto on Sept. 23, a National Flag Tour is being launched at 2 p.m. Aug. 16 at CFB Esquimalt.

The Naden location will mark the starting point of the flag tour, which will make stops at 22 military bases, 15 legions, and over 50 communities from as far west as Comox, BC, and as far east as Gander, NFLD.

It is an effort to drum up support, interest and awareness for the Games, and its successful use of adaptive sport to assist in the recovery and rehabilitation of ill and injured current and former military members.

One hundred and fifty flagbearers, to commemorate Canada's 150 years of Confederation, will be chosen by organizers to carry the official black flag from coast-to-coast in relay-style fashion. Staff from the Base Commander's headquarters have assembled a list of local flag bearers to add to the growing list of potential flagbearers.

Representatives from the Official Flag Tour partners - the Canadian Armed Forces, Veterans Affairs Canada, Bank of Montreal, Jaguar Land Rover, Via Rail, and President's Choice - will be on the road with the tour.

CFB Esquimalt Invictus athlete, Lt(N) Krista Seguin is competing in sitting volleyball and power lifting and is encouraged by the show of support with the Flag Tour.

"It's a great way to show the people across Canada the power of sport and its effect on ill and injured service men and women, and veterans," she says. "It will also engage many Canadian citizens and military personnel and get them involved and excited about the Games."

A unique element to the Invictus promotions is a yellow flag that people can sign to offer their well wishes to athletes. There will be one signed flag per athlete, and the CFB Esquimalt flag is currently available for signatures and messages at the Naden Athletic Centre.

## ABOUT INVICTUS

Established by Prince Harry, the inaugural Invictus Games took place in London in 2014, with last year's games in Orlando, Florida, building on that success. This year's games, held at the Air Canada Centre in Toronto Sept. 23, will be the largest ever and involve 550 competitors from 17 nations competing in 12 adaptive sports: archery, athletics, cycling, golf, indoor rowing, jaguar land rover driving challenge, powerlifting, sitting volleyball, swimming, wheelchair basketball, wheelchair rugby, and wheelchair tennis.

For more information about the Flag Tour and the Invictus Games visit their official website at [www.InvictusGames2017.com](http://www.InvictusGames2017.com)



Photo by Peter Mallett, Lookout Newspaper

SLt Tawonga Mkanda (left), a Deputy Base Personnel Services Officer at Base Administration, and Amy Lee, Administrative Assistant at Base Administration, sign their names and words of encouragement on the Invictus Games flag at the Naden Athletic Centre.

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# Fleet Maintenance Facility CHANGE OF COMMAND

**PO2 Michael Stone**  
FMF CB

On the last Friday in July, under a clear summer sky, Captain (Navy) Chris Earl relinquished command of Fleet Maintenance Facility Cape Breton (FMF CB), a position he has held for four years. Capt(N) Ed Hooper assumed command of FMF CB following the conclusion of his command of the recently-established Naval

Training Development Centre (Pacific). Overseeing the ceremony, held at the head of the graving dock, was Rear-Admiral Art McDonald, Commander of Maritime Forces Pacific. During his time as the head of FMF CB, Capt(N) Earl led the unit to complete numerous major maintenance and repair tasks, including extensive work on submarines *HMCS Chicoutimi* and *HMCS Victoria*, the repairs to *HMCS Protecteur*

following a collision with *HMCS Algonquin*, the repairs to *HMCS Winnipeg* following an allision with a civilian vessel, and significant support to *HMCS Protecteur* following a major fire while at sea. On conclusion of the change of command ceremony, the unit hosted a barbecue and presented gifts to Capt(N) Earl, who will be moving to a position as Chief of Staff for Director General Maritime Equipment Program Management in Ottawa.



Rear Admiral Art McDonald, Commander Maritime Forces Pacific, inspects the parade.



Outgoing Commanding Officer, Capt(N) Christopher Earl and family.



Incoming Commanding Officer, Captain (Navy) Ed Hooper.



Captain (Navy) Christopher Earl receives a Bravo Zulu from Rear Admiral Art McDonald.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



From left to right: Outgoing Commanding Officer, Captain (Navy) Christopher Earl; Commander Maritime Forces Pacific, Rear Admiral Art McDonald; and Incoming Commanding Officer, Captain (Navy) Ed Hooper sign transfer of command certificates.



Outgoing Commanding Officer, Captain (Navy) Christopher Earl addresses the parade and guests.



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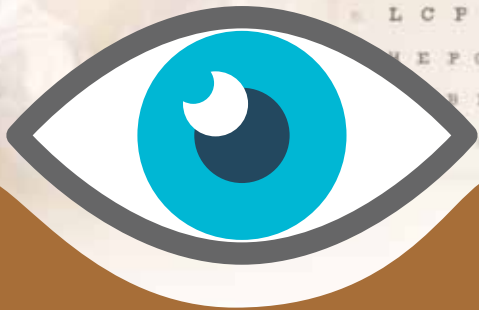

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## Q & A with Jackie Carlé

Interim MFRC executive director



With the retirement of MFRC executive director Gaynor Jackson in June, Jackie Carlé took over as interim executive director. We caught up with her to talk about the transition and the way ahead.

**Q. What experience do you bring to the role of executive director?**

**A.** I have spent the past 23 years working for military families in a variety of roles. Sometimes that has meant working at individual Military Family Resource Centres and sometimes at the national level with Military Family Services. I have had experience working with non-profits and with board of directors. In the past year, I have also had the opportunity to be acting executive director here in Esquimalt during a few leave of absences.

**Q. How long have you been with the Esquimalt MFRC?**

**A.** While with Military Family Services, I was the field operations manager. It took me to every MFRC and I knew that this MFRC was one that I could align with. Four years ago, I did a short-term project to review the MFRC's core services and to help create an outcomes-based evaluation process for our services. I officially joined the MFRC as community engagement manager in April of 2014.

**Q. What is it like to replace someone that has been in the position for close to 20 years?**

**A.** It's a privilege to come into an organization that has had such longevity in leadership and staff as well. I have known Gaynor professionally for the past 12 years. I think we complemented each other really well and made a good team. I worked closely with her the past three years. Filling in for her a couple of times in the past year has helped with the transition. It creates security and a secure vision ahead. I know the system and understand Military Family Services really well. It helps to have that context in this time of change.

**Q. What has it been like so far?**

**A.** It is business as usual here at the MFRC. We have really talented, professional staff. We are very engaged with our work. It is a high operational tempo and work is continuing at that same high level.

**Q. What is the plan with the Executive Director position?**

**A.** I was hired as interim executive director for six months with the possibility of an extension. The timing of the hiring

process will be contingent on the governance review.

**Q. How does the governance review impact the search for a new executive director?**

**A.** Our parent organization, Military Family Services, are doing a governance review for all Military Family Resource Centres. Right now, they are trying to determine if it is still appropriate to continue with the not-for-profit structure or if there are alternate governance models that work better in the future. The thought at our MFRC was that it was unfair to bring someone new to a system that is evolving. A change in governance is a big deal and it is unfair for a new executive director to start a job before those details are figured out.

**Q. What is the process going forward?**

**A.** From September 21st to the 25th, two board members and executive directors from each MFRC will meet in Toronto. Five governance models will be discussed. The attendees will vote to determine the top two options. At some point over the following months, the Chief of Defence Staff will decide on one of those two options. By the end of September, we will know the lay of the land and can hire with that information in mind.

**Q. What if you don't have enough information to make a decision at that time?**

**A.** If that is the case, there is an option to extend my contract and conduct the hiring process at a later date.

**Q. When it comes to hiring, what are the next steps?**

**A.** At the Esquimalt MFRC, we have a very strong board of directors. This is an opportunity for us to stop and think in case this review takes MFRCs in a new direction. Throughout the process, there will be a transition committee that includes Leanne Kopp (former board chair at the Esquimalt MFRC and current executive director of The Prostate Centre), Denise Lloyd (from Engaged HR) and four current board members. The position will be posted and there will be a robust hiring process to see who is out there and who is interested in this position.

## IN THE COURTS

### Able Seaman Nicholas De Nobile found guilty following court martial

DND

On July 19, Able Seaman Nicholas De Nobile was found guilty at a standing court martial in Trois-Rivières, Quebec.

Chief Military Judge Colonel Mario Dutil found Able Seaman De Nobile guilty on one charge of stealing related to offences that took place between December 2014 and February 2015 at HMCS Radisson in Trois-Rivières.

Of the two charges preferred by the Director of Military Prosecutions on Nov. 18, 2016, Able Seaman De

Nobile pleaded guilty to one charge of stealing under Article 114 of the National Defence Act (NDA).

A second charge of theft under \$5,000 – Article 334 of the Criminal Code of Canada (Section 130 of the NDA) – was stayed due to Able Seaman De Nobile's guilty plea on the alternative charge, and that he had reimbursed the money prior to the start of the court martial proceedings.

Able Seaman De Nobile was sentenced to a reduction in rank from Master Seaman to Able Seaman.

### Imagery contest open

CFMWS

The 2017 Canadian Armed Forces (CAF) Imagery Contest will be open for submissions from now until Sept. 1.

This contest is open to the seasoned professional and amateur photographers in the Defence Team, including family members, in eight categories.

In addition to the photography contest, this year's contest will also have two video categories - Actuality and Social Media. Send in real world 30 second to two minute video footage for Actuality submissions, and a 30 second to one minute inspirational message video for Social Media entries.

Photographers and videographers will be eligible to win \$10,000 in prizes. Participating in the contest automatically enters you in a draw for two tickets to anywhere Westjet flies, excluding Hawaii.

The CAF Imagery Contest also welcomes nominations for the Military Photographer Achievement Award, which recognize the contributions CAF Imagery Technicians have made to the CAF community.

Visit [www.cafimagerycontest.ca](http://www.cafimagerycontest.ca) to enter and for full contest details.

### Emergency notification and recall system is coming this fall

An Emergency Mass Notification System is being implemented by Joint Task Force Pacific for all Canadian Armed Forces (CAF) personnel.

During an emergency, this system will contact personnel on a mass scale through any electronic medium, such as email, cellphones, or faxes.

This mass notification system will be able to contact all personnel in the area of responsibility within seconds, and receive their individual status update in near real time.


This system is provided through Emergency

Response Management System (ERMS) with the Advantage™ software services.

The program's full operational capability is expected to occur this Fall. Over the coming months CAF personnel will receive additional information including the implementation timelines and the user registration process.

For more information about this service go to [www.ermcorp.com](http://www.ermcorp.com).

For questions related to the program implementation, contact Capt S.M. Prigione at 250-363-4739 or [stephan.prigione@forces.ca](mailto:stephan.prigione@forces.ca).



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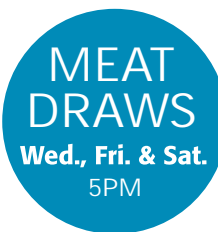
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# Sexual Misconduct Response Centre support now available around the clock

**DND**

Deputy Minister John Forster has announced that the Sexual Misconduct Response Centre (SMRC) has increased the availability of its services to 24 hours a day, seven days a week, 365 days a year.

This increase in availability allows Canadian Armed Forces (CAF) members to access supportive counselling, both in Canada and abroad, at all times. The expansion to 24/7 has been a priority for the SMRC to better meet the needs of CAF members for immediate counselling.

The SMRC was specifically established to support CAF members who have been affected by harmful and inappropriate sexual behaviour. Civilian employees of the Department of National Defence have access to the Employee Assistance Program, a service that is also available 24/7.

To shift to 24/7 service delivery, the SMRC hired additional counsellors to meet the demands of 24/7 shifts. The Centre now counts eight counsellors who work on stand-by rotation. Initially, one senior counsellor and one counsellor will work the evening-night shifts.

SMRC counsellors are civilians with university degrees in counselling, social work or psychology; they have significant experience in the military and with mental health, trauma or other fields of support. The SMRC also ensures its personnel attends additional comprehensive training upon their arrival at the Centre.

CAF members are now able to contact professional counsellors regarding situations of sexual and inappropriate behaviours by phone or e-mail, and access confidential, supportive counselling at any time of the day or night all year round.

The provision of 24/7 bilingual supportive counselling has been a priority for the SMRC in order to meet the needs of CAF members, whenever they need help and support.

The SMRC provides confidential supportive counselling by telephone or email to CAF members. Its approach is focused on active listening, identification of options, provision of information on resources, and facilitated access to services provided by the vast network of internal and external resources.

For this assistance, call 1-844-750-1648, call collect: 613-996-3900 or e-mail DND.SMRC-CIIS.MDN@forces.gc.ca.

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# HMCS Vancouver

## CHANGE OF COMMAND



The Outgoing Commanding Officer, Captain (Navy) Clive Butler is rowed ashore during the Change of Command ceremony.



Reviewing Officer, Capt(N) Christopher Robinson (centre), signs the certificate officiating the command change between Outgoing Commanding Officer, Capt(N) Clive Butler (right), and the Incoming Commanding Officer, Cdr Christopher Nucci (left).

Photos by LS Valerie LeClair, MARPAC Imaging Services

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# Bravo Zulu

## Naval Ocean Processing Facility Whidbey Island award & promotion



PO1 Zac Champion is promoted to his current rank by LCdr Graham Collins, Commanding Officer Canadian Detachment NOPFWI, and CPO2 Main, Coxswain NOPFWI.



CPO2 Brad Main is presented a Certificate of Commendation for his three years of service at the Naval Ocean Processing Facility, Whidbey Island, by Cdr Tom Karney, USN Commanding Officer NOPFWI.

## Base Information Services promotions

# Bravo Zulu



WO Kevin Clark is promoted to his current rank by Maj Grant Whittla, Acting Commanding Officer Base Information Services (BIS), and Capt Joshua Weissbock, Operations Officer BIS.



PO1 Michael O'Brien is promoted to his current rank by Maj Grant Whittla, Acting Commanding Officer BIS, and PO1 O'Brien's father Kenneth O'Brien.

## Naval Personnel & Training Group Headquarters Promotion and Award



MS Lee Thibault is promoted to his current rank by LCol Regan Legassie and Lt(N) Charlotte Farish.



CPO2 Sean MacUisidin is awarded the Gold Seal, the sixth achievement in the first level of Award of Aerobic Excellence, from LCol Regan Legassie and LCdr Peter Ball.



## Bravo Zulu

**Left:** LCdr Nick Bruzzone (right) receives the Canadian Forces' Decoration from Cdr Wes Golden the Commanding Officer of Maritime Forces Pacific Headquarters.

LS Mike Goluboff  
MARPA Imaging Services

**Right:** Lt(N) Colin Dudeck (left) is presented his Canadian Forces' Decoration by LCdr van der Krogt, Commander HCM Detachment.



**Left:** Sgt Linda-Lea Burton (centre) receives the Logistics Branch Medallion of Excellence from LCdr Judith Harlock (left) and WO Robin Alexander. The medallion is presented to Regular and Reserve Logistics Branch members on completion of 30-plus years of dedicated service to the CAF.

**Right:** LCdr Matt Hardy (centre) is presented with the Canadian Forces' Decoration recognizing 12 years of service from Capt(N) Clive Butler (right) and Cdr Matt Plaschka (left).



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### ANNOUNCEMENTS

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**Dirty Girlz Bike Club**  
www.dirtygirlzbikeclub.ca

### CAREER OPPORTUNITIES

## Do you love pets and people?

Pets West is seeking ONE special individual that shares our vision of improving the lives of pets and strengthening the animal/human bond.

Come work with a great team in a fun environment where we all share a common goal: helping people and pets. Full time and part time positions available.

Please apply in person to Pets West at  
220-777 Royal Oak Dr. (Broadmead)  
10-5 Tuesday to Saturday,  
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Free Services Include:

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- Pregnancy Options Counselling
- Pregnancy & Parenting Counselling
- Prenatal Classes
- Practical Help - Diapers, wipes, formula, clothing
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### REAL ESTATE • FOR SALE



**ON HHT?**

FOR A SMOOTH POSTING CALL DIRECT

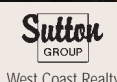
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**August 10th-16th 2017**

While Supplies Last

BC Grown

**Raspberries**



1 Pint

**\$4<sup>99</sup>** ea.

BC Grown

**Blueberries**



1lb 454g

**2/\$7**

BC Grown

**Peaches n' Cream  
Corn**



**4/\$5**

BC Grown

**Early Nugget  
Potatoes**



\$2.18kg

**99¢** lb.

Locally Grown  
**Zucchini**



\$2.18kg

**99¢** lb.

California

**Cauliflower**



**2/\$5**

BC Grown

**Hot House Tomatoes**



\$3.29kg

**\$1<sup>49</sup>** lb.

BC Grown

**Carrots**



3lb 1.36kg

**2/\$5**

6 Mile Bakery

**Peasant Bread**

"Made in Saanich"



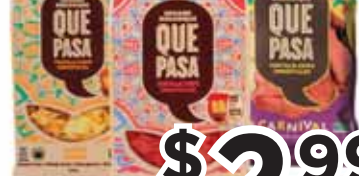
454g

**2/\$4**

Que Pasa

**Tortilla Chips**

All Varieties



300-350g

**\$2<sup>99</sup>** ea.

Red Barn

**Coffee**

All Varieties



340g

**\$8<sup>99</sup>** ea.

Rise

**Kombucha**

All Varieties



414ml

**\$3<sup>99</sup>** ea.

Red Barn's Own

**Gourmet Sausages**

BBQ Bacon, Lemon Chicken,  
& Cumberland



**\$1<sup>69</sup>** 100g

Red Barn's Own

**Stuffed Mushroom  
Caps**



**\$2<sup>49</sup>** 100g

Red Barn's Own

**Barn Dawgs**

Pork Wieners



6pack

**\$3<sup>99</sup>** ea.

Natural Pastures

**Comox Brie &  
Camembert**

"Made in Courtenay"



**\$3<sup>59</sup>** 100g

## Join Our Team!

Esquimalt is now hiring for **Sandwich Bar & Deli Clerks**  
- Part Time, 24-32 hours

We are looking for individuals with outstanding customer service and some experience working in the food industry, preferably deli. Must be available for daytime shifts.

Email your resume to our Stacey our Deli Manager at [staceymk@redbarnmarket.ca](mailto:staceymk@redbarnmarket.ca) or bring it by the store.



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**LATORIA WALK**  
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6:30am-8:00pm  
(250) 590-8133

**OAK BAY**  
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(250) 592-0424

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