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Members of Real Property Operations Unit (Pacific) are congratulated by Base Chief, Chief Petty Officer First Class Robert Spinelli (left) and Base Commander, Captain Jason Boyd (right) for their entry that won Best Griswold Tree.



Base Information Services takes the title of Best Festive Tree.

Winners Declared FOR Holiday Tree Decorating Contest

Peter Mallett
Staff Writer

Ornaments and tinsel were hung on their unit Christmas trees with care in hopes that holiday bragging rights would soon be theirs.

On Dec. 15, the winners of the 4th Annual CFB Esquimalt Christmas Tree Decorating Contest were congratulated by

Base Commander, Captain (Navy) Jason Boyd, and Base Chief, CPO1 Robert (Gino) Spinelli.

The 17 pre-lit trees were set up for decorating and on display at Naden Athletic Centre and Wurtele Arena beginning on Nov. 27.

Winners of the three categories were determined through judging during the Skate and Swim with Santa recreation event on Dec. 9.

Base Information Services took the title for Most Festive Tree; Real Property Operations was awarded Best Griswold Tree (most outlandish); and E-staffing for Best Charlie Brown Tree (most valiant effort).

Participants provided their own decorations and were required to decorate and clearly label their festive creations with their unit's name.

Other participants in

the competition were SISIP Financial Services, Esquimalt Military Family Resource Centre, Base Administration, Base Foods, Base Accommodations, HMCS Ottawa, HMCS Calgary, HMCS Victoria, HMCS Vancouver, Military Police Unit Esquimalt, 1 Dental Unit Detachment Esquimalt, Canadian Forces Health Services (Pacific), Base Operations, and PSP.



Noella Sych of E-Staffing is presented with their unit's prize for best Charlie Brown Christmas tree, a prepaid Mastercard.



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Corporal Christopher Imamshah, from Personnel Coordination Centre, looks on as Base Commander Capt(N) Jason Boyd handles mail and hands out treats. Cpl Imamshah single-handedly secured the Base Commander with a donation to the National Defence Workplace Charitable Campaign's "You're the Boss" auction.

Special duties assigned for boss auction

Base Public Affairs

Just before Christmas, Capt(N) Jason Boyd took on a special tasking order. One carefully crafted by the folks at the Personnel Coordination Centre (PCC).

Detailed in the order, written by Corporal Christopher Imamshah, the Base Commander had to ensure that fun, and plenty of it, was embedded in all his duties for the day.

Not his base commander duties, but those assigned to him in the tasking order, which was part of the PCC's winning You're the Boss auction bid in support of the National Defence Workplace Charitable Campaign (NDWCC).

His day started with morning coffee, the making and delivery of it, closely followed by the most pressing task – ironing shirts.

No day at PCC would be complete without mail delivery, processing of leave passes, and a few financial transactions, all done with a big smile, the passing out of candy, and gushing about the greatness of the Corporal.

"Cpl Imamshah has purchased me for the forenoon and I got the easy job of talking about how awesome he is," said the Base Commander as he offered up a tray of chocolates.

Cpl Imamshah also added a few unique taskings, ones that required dexterity and creativity: the rearranging of tiny letters on an office stamp to spell out "L. Wilkins, LCdr" and composing a West Coast-style haiku on any subject.

*Hockey makes me smile
Warms my heart despite the cold
Tired but content*

To round off his tasking Capt(N) Boyd donned a chef apron and grilled up hamburgers and hot dogs for the unit's NDWCC barbecue.

Other unusual assignments

On the same day the Base Commander was adding fun to the PCC workplace, Chief Petty Officer First Class Gilles Grégoire, Maritime Forces Pacific Formation Chief, was at Nelles galley stacking freshly baked cookies, making boxed lunches, working the cash register, and swabbing the decks.

That last task needed no instruction. "Always change the water when it gets dirty and just do a small section at a time," explained CPO1 Grégoire.

CPO1 Gino Spinelli, the Base Chief, also served a shift at Base Foods.

While the Chiefs mopped the galley with gusto, Commander Kristof Langland, from MARPAC Headquarters, showed equally impressive enthusiasm at Transport and Electrical Mechanical Engineering, so much so he returned for an afternoon shift.

With some guidance from staff, he hung out under the hoist to repair a pickup truck and inspect the Admiral's Ford Expedition. "Uburring" with the base taxi and washing a bus rounded out his auction tasks.

For an up-close look at Military Police patrol duties, unit Commanding Officer Major Lisa Clark spent a morning in a patrol car helping ensure the safety and security of CFB Esquimalt and other DND locations.

Proceeds from the MPU(E) donation went to the Military Police Fund for Blind Children.

Rounding out the "You're the Boss" roster, Capt(N) Christopher Robinson, Commander Canadian Submarine Force, worked at the Base Orderly Room, while Capt(N) Ed Hooper, Commanding Officer Fleet Maintenance Facility Cape Breton, handled coffee and other duties at the Naval Personnel Training Group.

2018 You're the Boss initiatives

The "You're the Boss" initiative continues with:

- Lieutenant-Colonel Matthew Sandy, Commanding Officer Real Property Operations (Pacific), to work at the Canadian Forces Housing Agency;
- Rear-Admiral Art McDonald, Commander Maritime Forces Pacific, will work at 1 Dental Unit Detachment Esquimalt, where he will drill down on his assigned workload;
- Commodore Marta Mulkins, Commander Naval Reserve, will join the Joint Personnel Support Unit Pacific unit;
- Commander Michele Tessier, Deputy Chief of Staff Current Operations and Intelligence, will share her smile at the Office of the Base Commander;
- Melanie Fugard, Base Financial Officer, will be a good sport at Personnel Support Programs; and,
- Lieutenant-Colonel Gordon Peckham, Commanding Officer Canadian Forces Health Services Centre (Pacific), will get real personal at Civilian Human Resources.

Cpl Imamshah has purchased me for the forenoon and I got the easy job of talking about how awesome he is.

Capt(N) Jason Boyd

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IN MEMORIAM

Graham Smith



It is with great sadness that the family of Graham Bruce Smith announce his unexpected passing on Dec. 28, 2017, at the age 54.

Forever remembered by his wife of 27 years Jennifer, and sons Ryan (Jennifer) and Conner, grandson Calaeo, brother Carl (Elaine) and family, and brother-laws Steven and Joseph Pospolita and their families.

After graduating from the University of Waterloo with a degree in Environmental Science, Graham joined the Royal Canadian Navy (RCN) as an officer in which he served for two years before being posted to the Base Construction Engineering Group of CFB Esquimalt to develop the environmental program.

Accepting a position as the RCN Environmental Officer in 1997, Graham moved his family to Ottawa for a period of 18 months before returning to the West Coast to take on the role of Formation Safety and Environment Officer for CFB Esquimalt.

In this position he successfully put together a team of professionals that developed and implemented an overall environmental and safety program for the Formation and its operations.

Under his leadership, these programs received both national attention and recognition.

In the latter part of his career Graham ventured into a new area of First Nations relationship building. It is here that he truly excelled; using his natural ability to talk from the heart, along with his sense of humour, to build a relationship of trust between the navy and many of

the local First Nations of Vancouver Island and Haida Gwaii.

Graham was formally recognized several times during his illustrious career for his contributions and dedication to his profession with the Federal Government. These included:

2012 Diamond Jubilee Medal for his work within the Department of National Defence;

2016 Assistant Deputy Minister (Infrastructure and Environment) for work in Indigenous relationships; and

2017 Deputy Minister Unsung Hero Award citing his leadership and compassion as being instrumental for forging a new path with indigenous communities.

Graham had a distinguished career that was only surpassed by his love and dedication to his wife and sons. Whether spending time on his son's school projects, volunteering for after school activities, or spending time travelling on their many vacations, Graham's priority was always with his family.

Graham believed to be truly happy in this world you need three things: someone to love, something to do, and something to hope for. This is how he lived his life.

A celebration of Graham's life will be held in April 2018; details will be forthcoming.

In lieu of flowers the family requests donations be made to the Cowichen Hospice House <https://cowichanhospicehouse.ca/>

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Sailor breaks record for consecutive squats



Photo courtesy of Base Public Affairs

Leading Seaman Kris Winther set a new world record by performing 5,200 consecutive air squats over four and a half hours on Dec. 20 at Victoria's Delta Hotels by Marriott Victoria Ocean Pointe Resort. The previous record was 5,135. LS Winther, 36, accomplished the feat for his charitable organization Vets for a Cure in benefit of BC Children's Hospital.

Rodney Venis
Base Public Affairs Office

On his attempt to break the world record for consecutive air squats, Leading Seaman Kris Winther said it would end one of two ways: he would either pass out from the pain or he would finish.

Turns out he did both.

Five days before Christmas, the sailor embarked on his amazing feat on the grounds of the Delta Hotel.

As he approached the 3,000 mark of the joint-bending exercise, the sleeves used to protect his knees cut off circulation to his legs. His muscles seized and he started to black out. His record-setting goal of 5,135 squats appeared distant.

"I was in the most pain I've ever been in my entire life," said LS Winther. "I was coming in and out of consciousness and my friend had to stand behind me and keep catching me."

Even for onlookers there to witness the feat, and those cheering him on in a live stream on Facebook, it was an exercise in pain and endurance.

They watched him fall repeatedly, clutching his leg, dance about, and scream in frustration. Anything to coax another squat from his agonized body.

But most of the time he went down and got back up, for four-and-a-half

hours, reaching 5,200 squats to set a new world record and support a charitable cause.

In addition to months of training and thousands of squats leading up to his December feat, LS Winther set up the charitable organization Vets for a Cure and dedicated much of his record-setting attempt to supporting BC Children's Hospital through a fundraiser.

"Essentially I called it Vets for a Cure because I'm not looking for one specific cure," he said. "It's helping a whole lot of people in a whole lot of different aspects. Sometimes a cure is just a smile, or sometimes a cure is just support."

For the event he wore a T-shirt given to him by the parents of his friend Private Tyler William Todd. Pte Todd, 26, died April 11, 2010, in Afghanistan while serving with the 1st Battalion, Princess Patricia's Canadian Light Infantry (PPCLI).

The back of the T-shirt bore the words son, brother, friend, firefighter, and soldier.

"Today, me and another one of my

friends, it's the first time we're wearing the T-shirt," said LS Winther.

For the first seven years of his 11-year military career, LS Winther served as a member of the PPCLI and deployed twice to Afghanistan. He said he struggled with "survivor's syndrome" when he returned home.

"I stepped on an improvised explosive device when I was in Afghanistan, and one person in front of me passed away, my sergeant, the greatest man I ever knew. I end up living and ever since that day I was wondering why? Why did I get chosen to live?"

That question, and struggles with post-traumatic stress disorder (PTSD), formed part of LS Winther's motivation for setting the air squats world record. He hopes the accomplishment raises awareness of those affected by PTSD.

"I also did this for my three-year-old daughter. She is healthy, but I don't know what I would do if anything bad ever happened to her."

His three-year-old daughter Francesca made a few squats of her own alongside her father.

To help support LS Winther and donate to his BC Children's Hospital Superhero Account, visit bit.ly/squatdonate

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Parks Canada is introducing new avalanche mitigation initiatives in its joint effort with the Canadian Armed Forces to keep the Trans-Canada Highway corridor at Rogers Pass free from crippling slides.

The new measures come after the federal government agency's March 2016 announcement of a \$3 billion investment over five years to support infrastructure work to heritage, visitor, waterway, and highway assets located within national historic sites, national parks and marine conservation areas across the country.

Improvements include:

- The installation of snow nets at an avalanche problem spot, Cougar Corner, to reduce the risk of avalanches reaching the highway.
- Remotely Activated Avalanche Control Systems (RACS) at several slide paths that intersect the Trans-Canada Highway.
- Column repairs and LED lighting inside Rogers Pass snow sheds that help cover one stretch of the highway from slides.
- Additional vehicle holding areas on the Trans-Canada Highway for use during snow closures.

Photo by Parks Canada

Army blasts through snow during winter

Peter Mallett
Staff Writer

High in the mountains of Rogers Pass members of the Canadian Armed Forces were having a blast over the holiday season, but not from opening presents or spending time with loved ones.

Instead, 17 members of CFB Shilo's First Regiment Royal Canadian Horse Artillery (IRCHA) spent Christmas 2017 and New Year's Eve high in the Selkirk Mountains of B.C.'s southern interior.

There they set their sights at predetermined targets with their C3 105-mm Howitzer artillery guns as part of the annual avalanche control program in Rogers Pass.

The CAF, under Operation Palaci, partner with Parks Canada to keep the 40-kilometre stretch of the Trans-Canada highway corridor safe and free from lengthy avalanche closures throughout the winter. The roadway is B.C.'s main link to the rest of Canada, and even a short closure can inflict great economic losses as the flow of goods, services and people screech to a halt.

Rogers Pass is a notorious slide zone. In 1910, it was the site of an infamous avalanche that killed 62 railroad workers. The section of highway through the area passes 134 different avalanche paths.

The region experiences an annual snowfall accumulation of approximately 12 metres, so the objective is to create mini slides in an effort to avoid massive build-ups of snow and ice that result in more destructive, road-closing slides.

Each year from November to April, in an effort to keep the traffic corridor open and safe, members of Royal Canadian Horse Artillery regiments fire away with C3 105-mm Howitzer artillery guns from 17 shooting areas, at 271 predetermined targets covering 134 slide zones.

"The soldiers in Palaci must be ready to go within a minute's notice, 24 hours a day, seven days a week," says Captain Charles Meyers, Joint Task Force Pacific (JTFP). "For them, there is no vacation and there is no Christmas holiday."

Capt Meyers knows from first-hand experience that being deployed in Palaci and away from

family for an extended period isn't easy. He's an artillery officer and took part in the military component of Palaci back 2009 as a troop commander of IRCHA.

Today he's the man in charge of planning and co-ordinating the CAF's components of Palaci, and coordinating the agreement and memorandum of understanding between the CAF and government partner Parks Canada.

Parks Canada staff closely monitor weather conditions, snowfall and snow pack to assess avalanche hazards, and forecast when avalanche control is needed.

"It's a great partnership and a great relationship," says Capt Meyers. "We work together as a team to make sure the highway stays open."

Palaci commenced in 1961 and is not only the longest running domestic military operation in our nation's history, it is also the world's largest mobile artillery avalanche control program. Capt Meyers says that although using old-fashioned firepower seems archaic, it remains the method of choice for a number of reasons.

"There is no avalanche control program that we are aware,

capable of doing what Operation Palaci does. Up in Rogers Pass the weather conditions can be very nasty and some options available for avalanche control may not be as reliable. Using artillery is the way to do it because the Federal Government is committed to keeping the roadway open."

He adds that other methods such as dropping explosives onto their targets from helicopters is often impossible due to poor visibility caused by heavy snow and winds, which can gust as high as 174 km/h.

Another method, known as Gazex, uses propane to trigger concussive blasts of compressed air to set off avalanches. This system is used effectively by the Province of B.C. in Kootenay Pass. Parks Canada has incorporated Remote Avalanche Control System technology in the pass to support the avalanche control program. Positioned to target nearby slide paths, explosives from the Remote Avalanche Control System can be detonated remotely.

The weather conditions can also greatly impact artillery operations. Keeping the firing locations and

the giant concrete rings that allow the guns to rotate free from snow and ice is an ongoing issue. Slip and fall injuries by soldiers loading shells into the guns is a major occupational health and safety concern, so great care is taken to ensure the zones are safe.

Since salt cannot be used on the rings because of its corrosive properties the ice must be chipped away by hand with ice scrapers.

"The first few times when you are called to hit a target it's exciting, but the thrill wears off quickly, the conditions you are working under are not pleasant," says Capt Meyers.

He attends the site multiple times each year and he still marvels at the brute force of an avalanche, recalling one he witnessed at a close but safe distance away in 2009.

"I could hear the huge slide rumble down the mountain and hear the trees being uprooted, and could even smell the scent of pine in the air," he says. "But the slide happened in the middle of the night in pitch darkness, and even though I couldn't see it I could still hear and feel its great power."

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Torch Award **FINALIST**

Locks lost, but charity cash raised

Peter Mallett
Staff Writer

Three women from the Integrated Personnel Support Centre (IPSC) went under the barber's sheers and scissors in support of cancer fundraiser Operation Chrome Dome, Part II.

On Dec. 14, 2017, Lieutenant Commander Judith Harlock, Joint Personnel Support Unit (JPSU) Commanding Officer, once again went cue-ball bald following \$4,900 in pledges raised to support the BC Cancer Agency and the Gord Downie Fund For Cancer Research through the National Defence Workplace Charitable Campaign (NDWCC).

The inaugural head shaving in 2016 was not only a fundraiser, but also a show of support by LCdr Harlock for her co-worker Petty Officer Second Class Fiona Borland, who was diagnosed with breast cancer in 2016.

PO2 Borland, the organizer of the event, eventu-



LCdr Judith Harlock, Joint Personnel Support Unit Commanding Officer (centre), is joined by Petty Officer Second Class Shanna Foster (left) and Sergeant Stephanie Henry after participating in Operation Chrome Dome Part II.

ally went on to beat the disease by undergoing surgery and chemotherapy, but wanted to keep Chrome Dome going.

Chrome Dome II had

a different twist. Two other volunteers, Sergeant Stephanie Henry and PO2 Shanna Foster agreed to climb into the barber's chair. Unlike LCdr Harlock, they

opted to cut their long hair and donate it to the children's cancer charity Wigs For Kids, which provides wigs for children undergoing cancer treatment.

With eyes pointed upwards towards their scalps, the pair winced and grimaced as Angela Smith of Fusion Hair Works collected their locks with a group of

approximately 20 co-workers cheering them on.

LCdr Harlock's much shorter hair wasn't long enough to be used for a wig and there was little angst from her as Smith's clippers cut away.

LCdr Harlock said she was "more than happy" to sport a more radical look again this year.

"Hair grows back quickly," she declared, while emphasizing the overall take away from Chrome Dome was the importance of early cancer screening.

PO2 Borland conducted a life-saving self-examination on herself, noticed a lump in her breast, and was able to seek early treatment.

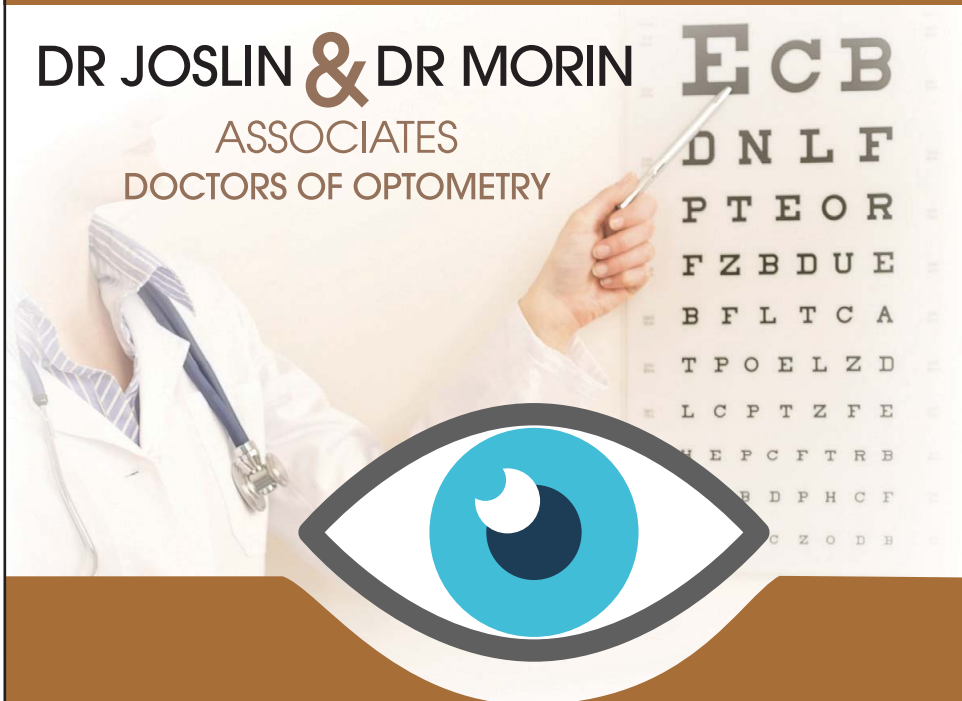
"Get yourself checked for cancer, that's the overall message and it's what saved the life of my friend Fiona," said LCdr Harlock. "I have practiced what I preach and get checked out and am encouraging others to do so. It's an all-encompassing message and doesn't have just one target audience and is not gender specific."

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in Review

JANUARY

Port Operations and Emergency Services Branch begins installation of 400-foot long breakwater on Colwood-side of Esquimalt Harbour to provide wave protection for smaller navy vessels and to make room for A/B Jetty Recapitalization Project.

MWO (Ret'd) Bart Armstrong was among 30 recipients from Vancouver Island and the Lower Mainland honoured with the Governor General of Canada's Sovereign's Medal for Volunteers at Government House.

Private contractors overseen by Formation Safety and Environment (FSE) move dredging operations to the west side of Esquimalt Harbour as part of the Harbour Remediation Project, a continuing effort to excavate and remove industrial and other contaminants from the sea floor.

Pacific Region captured two gold medals at the Canadian Forces Badminton Championships at CFB Borden.

Senior naval leaders, including Rear-Admiral Art McDonald, Commander of Maritime Forces Pacific, joined Prime Minister Justin Trudeau and Minister of National Defence Harjit Singh Sajjan in Vancouver to celebrate Chinese New Year.

FEBRUARY

In an effort to better reflect both its current makeup and traditional identity, the Royal Canadian Navy (RCN) adopted a redesign of its command badge taking its inspiration from the pre-unification badge.

Vice-Admiral Ron Lloyd presents the Sailor of the Year award to Leading Seaman Marjolaine Plante during a Town Hall Meeting at the Pacific Fleet Club.

Military divers from across Canada and NATO partners around the world gathered at Albert Head Training Centre for Exercise Roguish Buoy 2017.

Wounded Warrior Run B.C. participants completed a 700-kilometre, seven day relay-style run covering the length of Vancouver Island in an effort to raise funds and awareness about Post-Traumatic Stress Disorder.

Rear-Admiral McDonald presented a cheque for \$385,000 from the National Defence Workplace Charitable Campaign (NDWCC) to HealthPartners of Canada and the United Way of Greater Victoria at the MARPAC Health and Wellness Expo.

The Naden Band's longest serving Canadian Armed Forces member PO2 Michael Savich retired after a 41-year military musical career.

MARCH

HMCS Winnipeg and HMCS Ottawa embarked on six-month deployment in Poseidon Cutlass 17.

Prime Minister Trudeau and Defence Minister Sajjan toured CFB Esquimalt and participated in a five-kilometre run with military and civilian personnel.

Fleet Diving Unit (Pacific) received its first Theatre Honours from Governor General David Johnston for their efforts in the NATO-led, United Nations sanctioned mission in Afghanistan.

SLt Nicholas Lightbody of Base Information Services won five gold medals at the Canadian Armed Forces Swimming Nationals in Unionville, Ont.

APRIL

Canada's Vimy Flight Group paid tribute to the Allies' historic victory in the First World War by conducting a flyover aboard replica biplanes during a 100th anniversary commemorative event at the site of the Battle of Vimy Ridge.

Work Point played host to Canada's Invictus Games athletes who converge in Victoria for a training camp ahead of the September Invictus Games for ill and injured current and former military members in Toronto.

In an effort to help others overcome their fears of needles, LS William Hull of Base Information Services rolled up his sleeve and gave blood for his 474th blood donation to Canadian Blood Services.

HMCS Saskatoon returned from a 53-day deployment in Operation Caribbe, part of Canada's commitment to the multi-national, anti-drug smuggling effort Operation Martillo.

As part of Operation Honour, the CAF's third progress report on addressing inappropriate sexual behavior was released outlining initiatives undertaken.

MAY

Military personnel from the base, MARPAC senior leadership, and Lieutenant Governor of BC Judith Guichon were among participants in a parade commemorating the Battle of the Atlantic in front of the British Columbia Legislature.

HMCS Brandon participated in Exercise Ready Angle, a Government-of-Canada led effort to practice a large-scale evacuation of Canadian citizens should a major disaster arise.

A demolition project commenced on Dockyard buildings 11 and 29, the two 1940s era structures that once were used for the former RCN's Junior Officer Training Centre HMCS Venture.

Kent Hehr, Minister of Veterans Affairs, held a briefing at the Colwood Pacific Activity Centre to highlight the new role of Military Family Resource Centres across Canada in assisting medically-releasing veterans and their families.

Cdr Michelle Tessier attended a keel-laying ceremony for Artic Offshore Patrol Ship HMCS Margaret Brooke in Halifax. Through her appointment as the vessel's first commander she became the first female commanding officer of a Harry Dewolf class ship.

JUNE

The Government of Canada unveiled its new defence policy committing to a range of new investments including the increase of defence spending to \$32.7 billion by 2026/27, a tax-exempt status for Canadian Armed Forces personnel deployed on international operations, and an investment in a new Total Health and Wellness Strategy.

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 was unveiled in Sidney.

HMCS Ottawa completed a layered missile engagement against a hammerhead target including the launch of an Evolved Sea Sparrow Missile off the coast of Okinawa, Japan, as part of Operation Cutlass 17.

Capt(N) Jason Boyd became Base Commander, replacing outgoing Commodore Steve Waddell in a Change of Command Ceremony at Museum Square.

The names of three RCN Medal of Bravery recipients, CPO1 Robert DeProy, PO2 Evan Beaton and CPO2 André Aubry, were added to the Wall of Valour.

JULY

Tall ship HMCS Oriole completed a historic 10,000-nautical-mile, 14-week journey to Canada 150 celebrations in Charlottetown.

A new RCN policy greatly expanded the areas ships' companies can use their cell phones and other mobile devices on board surface warships.

Over 60 employees from the base pitched in with local charity HeroWork, helping convert the former site of Prospect Lake Golf Course into an inclusive recreational hub for people with physical, mental or financial barriers.

Over 40 members of Joint Task Force Pacific maintained 24-hour battle watch rotations at their Dockyard headquarters as part of Operation Lentus, the CAF's disaster response efforts for wildfire-ravaged communities in B.C.'s interior.

AUGUST

The Naden Athletic Centre marked the starting point of a 10,000 km, coast-to-coast National Flag Tour ahead of the Invictus Games in Toronto.

The Naden Band represented the RCN at four Dieppe Raid 75th Anniversary ceremonies held over two days in Dieppe, Puys and Pourville, France.

A wedding proposal and a pair of first kisses helped celebrate the safe return of HMC Ships Ottawa and Winnipeg to the base after a five-month deployment in Poseidon Cutlass 17.

Attention was turned skyward at the base as a rare 90 percent solar eclipse turned daytime into darkness across Victoria and the Pacific Northwest.

SEPTEMBER

The B.C. Afghanistan Memorial honouring the 163 Canadians who lost their lives and the 40,000 who served in the conflict was officially unveiled in a ceremony at Victoria's Courthouse Park.

Thousands of patrons descended on Naden Drill Deck for the 2017 Industrial Supplier Trade Show, a massive showcase by local, national and international businesses.

Lt(N) Krista Seguin of Base Accommodations captured a Gold Medal for Team Canada in women's powerlifting at the Ivictus Games.

The RCN's new Marine Mammal Mitigation strategy leads to modifications in explosives training activities at Bentinck Island Demolition Range.

OCTOBER

A joint suicide prevention strategy by the CAF and Veterans Affairs Canada was launched in an effort to better understand, address and mitigate suicide risks in the military and veteran community.

The Canadian Forces Sailing Association wins the overall team title and claims three top individual finishes in the 2017 Vancouver Island Racing Series.

HMCS St. John's returns to its home port in Halifax after providing storm relief to residents of the Caribbean Islands impacted by Hurricanes Irma and Maria.

HMCS Nanaimo assists the U.S. Coast Guard in the seizure of 478 kilograms of cocaine in the Eastern Pacific during the Canadian warship's deployment on Operation Caribbe.

NOVEMBER

HMCS Winnipeg provided a hosting platform for delegates of a United Nations Peacekeeping Defence Ministers Conference in Vancouver.

Amateur and professional photographers from the base captured several top prizes in the annual Canadian Armed Forces Imagery Contest.

The Esquimalt MFRC rolled out a mobile software Deployment App designed to assist military members and their family members.

The base mourned the loss of CAF Sports Hall of Fame inductee and talented hockey player Sgt (Ret'd) Rob Sneath who died after a battle with cancer.

DECEMBER

The company of HMCS Calgary hosted 25 school children in an early Christmas party aboard the frigate around the base commenced.

SISIP Financial B.C. Region was presented with the Commercial Services Division Award of Merit at CANEX Military Supply Store in Naden.

The Naden Band delighted music fans at its annual RCN Christmas Concert at the Royal Theatre in Victoria.

Plans were announced for the relocation of the Pacific Fleet Club after a study called into question the future structural safety of the building.

LS Kris Winther sets a new world record of 5,200 consecutive air squats in a fundraiser for BC Children's Hospital at Victoria's Delta Ocean Pointe Hotel.

HMCS Nanimo returned from a deployment on Operation Caribbe, part of Canada's commitment to the multi-national, anti-drug smuggling effort Operation Martillo.





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Canadian whisky found in Aussie mast

Darlene Blakeley
Navy Public Affairs Ottawa

It was a strange place to find a miniature bottle of Canadian whisky.

The bottle, hand-marked April 10, 1982, was recently discovered in the forward starboard leg of the main mast of Her Majesty's Australian Ship Sydney, a guided-missile frigate named after the state capital city of New South Wales.

The frigate was one of six modified Oliver Hazard Perry-class frigates ordered from 1977 onwards, and the third of four to be constructed in the United States.

The Royal Canadian Navy and the Royal Australian Navy (RAN) have close ties, but it was actually an American who placed the whisky in the main mast when the ship was being built at the Todd Pacific Shipyards in Seattle, Wash., in 1982. Future crews of the ship had no idea it was there.

The bottle remained hidden for 35 years until earlier this year when Sydney, decommissioned in 2015, was towed to Henderson in Western Australia to be scrapped.

As part of the Sydney disposal activities, the RAN was contacted through the HMAS Sydney association that an individual from the United States who was involved in the construction of Sydney had placed a bottle of Canadian whisky wrapped in insulation tape inside the mast during construction.

"I was not sure if the story was valid or if the bottle still existed 35 years later, thus have been waiting to get an opportunity to inspect," said RAN Captain Brad Smith. "This has now been done and the story is true. I think



An employee working on the scrapping of HMAS Sydney removes the bottle of whisky from its package of insulation tape after it was recovered from the main mast.

this is a fantastic story to finish the HMAS Sydney story."

Although it is not known why the shipyard employee placed the bottle of whisky into the main mast, Capt Smith thought it would be a great idea to contact him in order to send along a bottle of Australian whisky or

Bundy rum (a dark rum produced in Bundaberg, Australia) in a personalized bottle "35 years after his very personal gift."

The Canadian whisky bottle will be sent back to Sydney where it will be placed in the RAN Naval Heritage Collection for display.

Harry DeWolf coming together

DND

The first two of three major sections of the Royal Canadian Navy's first Arctic and Offshore Patrol Vessel (AOPV), the future HMCS Harry DeWolf, have been moved on heavy lift transporters out of the Halifax Shipyard to land level for further outfitting.

According to Sean Lewis at Irving Shipbuilding, major land level events

include shaft installation and alignment, propellers and rudders installation, electrical cable pulling and termination, and energizing the main switchboards.

The bow section, the final mega-block, will be transported to land level for joining and further outfitting later this year. It is expected the future Harry DeWolf will be launched sometime in 2018.

Just over a year ago

steel was cut for the second AOPV, the future HMCS Margaret Brooke. Its keel-laying ceremony has already taken place, marked by the placing of a coin onto the keel of the ship by Olivia Strowbridge, the first woman in a trade supervisory role at Halifax Shipyard, and its first female certified ship spray painter. CFB Esquimalt's Commander Michele Tessier, who will

helm the ship, was also in attendance.

Today, 28 of 63 units of this ship are under construction.

Irving Shipbuilding is using a progressive build approach to construct the new AOPVs, and over the course of time 63 smaller units become 21 larger blocks, which then become three mega-blocks.

The AOPV project will deliver six ice-capable ships, designated as the Harry DeWolf Class, after Canadian wartime naval hero Vice-Admiral Harry DeWolf.

The new AOPVs will be capable of armed sea-borne surveillance, including in Canada's Arctic, providing government situational awareness of activities and events in these regions, and cooperating with partners in the Canadian Armed Forces and other government departments to assert and enforce Canadian sovereignty, when and where necessary.



Fastest diver emerges after first-ever diver race

Peter Mallett
Staff Writer

Leading Seaman Matt Walsh proved himself the fastest Clearance Diver on West Coast land and water by topping the field in the first-ever Fleet Diving Unit (Pacific) Diver Race on Dec. 13.

He was one of 88 Clearance Divers in the unit who took part in the inaugural event at the Colwood-based unit. The competition is an effort to build friendly competition between divers, and was also a fund-

raiser for the National Defence Workplace Charitable Campaign (NDWCC).

Competitors were seeded into three groups for the race, which launched in front of the unit's mess, starting with a 1.5-mile run on pavement and cross country.

Once completing the run, they quickly changed into their wet suits for the aquatic component. With flippers in hand, divers made their way to a bridge near G Jetty to make the seven-metre plunge into the cold waters of Esquimalt Harbour for an 850-metre swim.

LS Walsh, who is currently studying in the Clearance Diver QL5 training program, finished the race with a top time of 24:47. This victory was the second one in as many months as LS Walsh was also the top runner in the Canadian Armed Forces Sports Day five-kilometre run on Oct. 20, 2017, completing the course with a time of 17:55.

"The best strategy to use for the race is to hold off slightly in the run so you are not so gassed in the transition, and then really turn it on for the swim portion of the race," he says.

Other top diver race finishers were LS Brian Ogle who finished second place with a time of 25:43, and LS Dave Divers who took third place with a time of 26:50.

Running and swimming the race course is a task those enrolled in the QL5 program face on a regular basis. Lt(N) Mike St-Pierre, FDU(P) Executive Officer, says staging the unit-wide competition was not only a way to build camaraderie amongst the divers, but also a good way to boost their unit's contribution to the annual charity campaign.

Following the race, divers joked and congratulated each other during the fundraising breakfast in their mess.

Lieutenant-Commander Rick Kappel, Commanding Officer of FDU(P), said getting 100 per cent participation from everyone

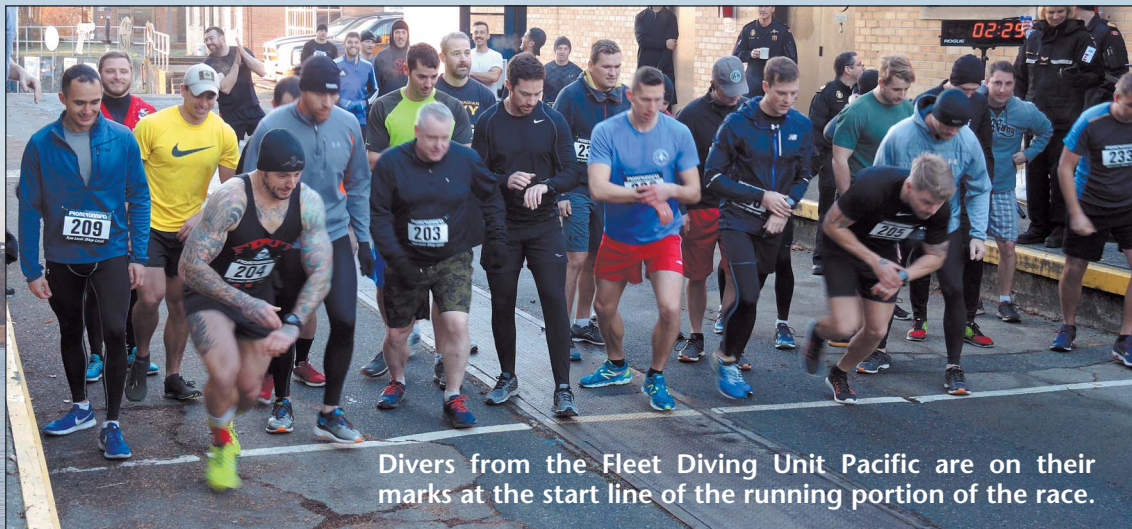
in the unit was key to the new event's success.

"I participated in the race too, everyone in the unit from the top down took part," he said. "Those who weren't physically able played support roles by taking race statistics, officiating, or helping cook and serve food at the breakfast fundraiser."

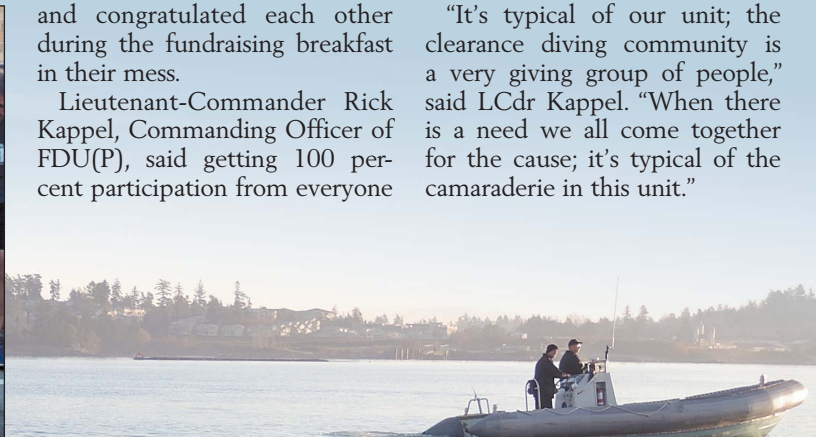
He and Lt(N) St-Pierre say they are now planning to make the event a bi-annual tradition.

So far FDU(P) has raised approximately \$18,000 for this year's NDWCC from holding fundraising events throughout the year.

"It's typical of our unit; the clearance diving community is a very giving group of people," said LCdr Kappel. "When there is a need we all come together for the cause; it's typical of the camaraderie in this unit."



Divers from the Fleet Diving Unit Pacific are on their marks at the start line of the running portion of the race.



Divers celebrate in the waters of Esquimalt Harbour after the conclusion of the swimming portion of their unit's first-ever Diver Race.

Photos by Peter Mallett, Lookout Newspaper

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Sailors prepare for interim auxiliary oiler replenishment ship

Lt(N) Ellie Aminaie
Crowsnest

Seventeen Royal Canadian Navy (RCN) sailors ranging from naval lieutenant to ordinary seaman took part in three weeks of replenishment-at-sea (RAS) force generation training aboard the Chilean tanker *Almirante Montt* last summer.

With the absence of an Auxiliary Oiler Replenishment (AOR) ship in the Pacific fleet since the decommissioning of HMCS *Protecteur* in 2015, many junior sailors have not had the opportunity to operate

with a tanker, let alone serve on board one.

In preparation for Canada's interim AOR MV *Asterix*, this opportunity to train RCN sailors on board *Almirante Montt* was highly beneficial.

This was the third and final year the RCN and Chilean Navy conducted RAS force generation training together. Aside from providing an opportunity for Canadian sailors to hone their skills in RAS operations, this training also afforded the Canadian crew the opportunity to learn more about the operations

and culture of the Chilean Navy.

Almirante Montt travelled from its home naval base in Valparaiso, Chile, to meet the Canadian sailors in Pearl Harbor, Hawaii. It then proceeded west to rendezvous with *HMC Ships Ottawa* and *Winnipeg* on their journey home to Esquimalt, B.C., after a five-month deployment on Poseidon Cutlass 17-01.

Once the three ships met, RAS force generation training was in full swing, carrying out a multitude of exercises ranging from liquid replenishment at sea (fueling), heavy jackstay (for trans-

ferring provisions) and multi-ship replenishments.

The RCN crew on board *Almirante Montt* consisted of 12 boatswains, four bridge watchkeepers, and a maritime surface and sub-surface officer lieutenant who was the officer in charge of the team. They all found great benefit from this hands-on experience as it allowed them to put their training into practical use, furthering their professional development.

The Canadian crew observed the first two seamanship evolutions conducted by the Chilean crew and then actively participated in follow-on evolutions, safely carrying out the replenishment of *Ottawa* and *Winnipeg*.

"The interoperability between the two navies was seamless and the Canadian crew took direction from the experienced Chilean crew and applied the lessons learned in follow-on seamanship evolutions," remarked Captain Rene Rojas, Commanding Officer of *Almirante Montt*. "Within two

weeks, the Canadian crew took charge, confident in their ability to operate the various replenishment stations on board *Almirante Montt* without assistance. I was quite impressed by their professionalism."

While en route to Esquimalt, the three ships also exchanged sailors daily, referred to as cross-pollination, in order to expose a greater number of RCN sailors to AOR operations. This opportunity was well-received by the 26 sailors who had a chance to experience life on board a tanker for a day.

The Canadian crew spent a total of 18 days on board *Almirante Montt*, travelling 4,517 nautical miles through five time zones while conducting 21 seamanship evolutions with *Ottawa* and *Winnipeg*.

The Chilean sailors were hosted in Victoria for eight days, where they had the chance to experience a West Coast Canadian summer before proceeding on their 21-day journey back to Chile, where it is currently the winter season.



Almirante Montt provides replenishment-at-sea to HMC Ships *Ottawa* and *Winnipeg*.

NRU Asterix gets new unit patch

PO1 Stephan Handerek,
Naval Replenishment Unit Asterix

Last July, the crew of Naval Replenishment Unit (NRU) *Asterix* were encouraged to create an original piece of art that would become the unit patch for the navy's newest asset.

LCdr Jason Walsh, Commanding Officer of NRU *Asterix*, received multiple submissions accompanied with an explanation to their significance.

Of the designs submitted one stood out amongst all others. Not only for its detailed artwork, but for how the design related to the operational capability *Asterix* will afford the Royal Canadian Navy (RCN) and Canadian Armed Forces (CAF).

MV *Asterix* is a converted commercial container ship owned and operated by Federal Fleet Services that will serve

as an interim auxiliary oiler replenishment ship. Canadian Armed Forces Mission Specialists will embark *Asterix*, which may be tasked to fulfill multiple roles on behalf of the Government of Canada, from replenishments at sea to humanitarian assistance.

On Nov. 16, 2017, VAdm Ron Lloyd, Commander RCN, officially approved the design submitted by LS Douglas Williams, LS Brandon Patey and AB Patrick Williams as the unit patch for the NRU.

The three boatswains worked on the concept together.

The patch depicts an ancient Germanic warrior with two swords and a horn on a background of blue and white waves. The two swords represent the ability to support naval operations during peacetime and war-time sailing.

The sheathed sword specifically represents the ship's ability to support in times of crisis, and the unsheathed sword represents that *Asterix* can support Canada and its allies while deployed.

The horn symbolizes the call for support *Asterix* will answer when supporting all three elements of the CAF, while the gold shield represents a symbol of light in the darkness, and the protection given to Canadians and its allies by *Asterix*'s mixed crew of CAF Mission Specialists and civilian staff.

The unit patch will be worn by all CAF Mission Specialists posted to NRU *Asterix* in place of a traditional ship's crest.

As NRU *Asterix* is not a commissioned navy ship, the unit patch does not have the distinctive shape associated with commissioned ships' crests.



LS Douglas Williams, LS Brandon Patey and AB Patrick Williams display their original artwork and the first produced Unit Patch for NRU *Asterix*.

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Bravo Zulu

Lt(N) Bates is promoted to his current rank by LCdr Graham and Lt(N) Leitch on board HMCS Regina.

Bravo Zulu

MARPAC Awards and Presentations

MS Uhlig is promoted to his current rank by LCdr Thompson-Greiff, HMCS Yellowknife Commanding Officer, and PO1 Mills.

LCdr Thompson-Greiff and PO1 Whitman prepare to promote the youngest crew member OS Tessier to Acting Commanding Officer for the day as part of the ship's Christmas levy.

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Calling all Marchers

The 2018 Nijmegen International March will take place in the Netherlands July 17-20.

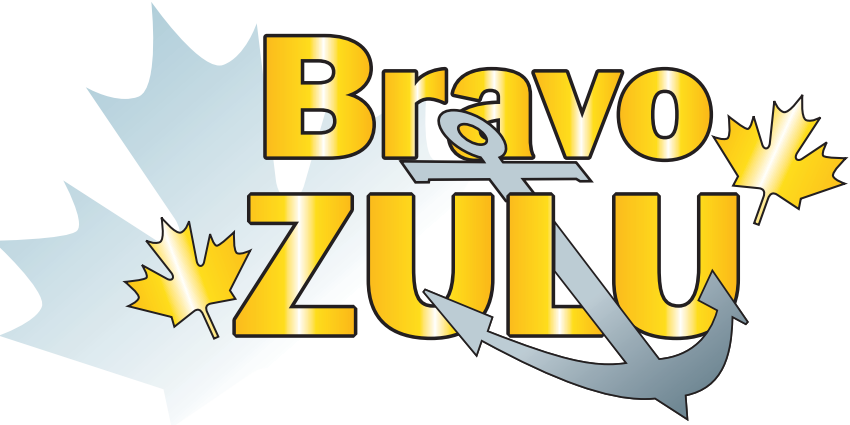
A Joint Task Force Pacific contingent of 11 military volunteers will be assembled to reflect a diversity of units, ranks, trades, environments and gender.

Teams must complete the four day 160km (4 x 40km) march in CADPAT carrying a minimum rucksack load of 10 kg.

Interested volunteers are encouraged to attend an information brief at 9 a.m., Jan 26 in the MSE Theatre at NFS(P), building N92. Team training will start Feb 22.

For further information contact:
Lt(N) Haley van Poorten, Tel: 250-363-2614

Operation NIJMEGEN Briefing Jan 26 at 9 a.m.



Fleet Maintenance Facility Presentations

Presentations by the Commanding Officer of Fleet Maintenance Facility (FMF) Cape Breton, Captain (Navy) Ed Hooper on Dec. 12.

Images by Corporal Blaine Sewell, MARPAC Imaging Services



Civilian workers from Fleet Maintenance Facility (FMF) Cape Breton, Geoff Timlock (left), Darek Literowicz (one from left), Keith Clayards (one from right) and Jonathan Gable (right) are given Certificates of appreciation for their support to Royal Canadian Navy (RCN) operations.



Roy MacTavish receives his Fifteen Year Service Award.



Edwin Fischer receives a Bravo Zulu for his support of Royal Canadian Navy (RCN) operations.



Patrick Irvine receives a Bravo Zulu for his support of RCN operations.



Dan Lembcke receives a Bravo Zulu for his support to RCN operations.



Charles Smith receives a Bravo Zulu for his support of RCN operations.



Jon Stoski receives a Bravo Zulu for his support of RCN operations.



Lieutenant (Navy) Jeremiah Foley receives a Merit Award for his support to RCN operations.



Benjamin Henderson receives his Certificate of Apprenticeship.



Rui Vargas receives his Certificate of Apprenticeship.

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ANNOUNCEMENTS

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 3041 Langford Lake Rd, Belmont Secondary. 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

ATTENTION GENERAL PANET High School Alumni Camp Petawawa Ontario. The General Panet High School Reunion Committee is proud to be organizing one of the Largest High School Reunions from Friday May 18, 2018 – Sunday May 20, 2018. To register for this event please contact Keith Croucher at kcroucher57@eastlink.ca mailto:kcroucher57@eastlink.ca or go to on line registration site: <https://ticketbud.com/events/080449dc-801e-11e7-87bc-8b9a03e48f92>

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ANNOUNCEMENTS

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MISCELLANEOUS

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 ..."

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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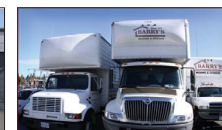
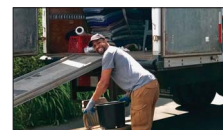
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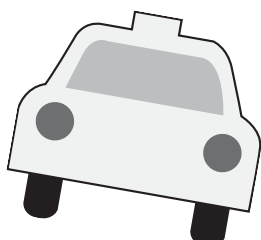
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