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Life AT SEA



Photo: Corporal Tony Chand, Formation Imaging Services
As Victoria enjoys sunshine and blossoms, sailors aboard HMCS St. John's encountered frosty conditions off the coast of Norway during Operation Reassurance. Pictured, here a member of the crew chips away ice built up on the bridge wing gyro compass repeater. St. John's left Halifax Jan. 16 for the Mediterranean Sea on Operation Reassurance, the Canadian Armed Forces' contribution to NATO assurance and deterrence measures in Central and Eastern Europe.



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Photo by Leading Seaman Ogle Henry, MARPAC Imaging Services



LMT(P) Marc Cooper and ASA Kendra Young explore Vancouver Island.

Left: Commodore Jeff Zwick, Commander of Canadian Fleet Pacific, greets Commander Steve Lenik, Commanding Officer of HMNZS Te Kaha, on F Jetty Colwood March 6.

New Zealand's Te Kaha sailors ready aye ready to explore B.C.

SLt M.X. Déry,
MARPAK PA

HMNZS Te Kaha arrived in Esquimalt Harbour March 5 to undergo a midlife refit at Seaspan Shipyard, a project that, including post-upgrade testing, will have the Anzac-class frigate operating around CFB Esquimalt well into 2019.

While most of the crew will fly home in six weeks, 20 will remain behind, housed on base, in order to effect work on the ship until mid-summer when fresh New Zealand sailors replace them.

Leading Marine Technician (propulsion) (LMT(P)) Marc Cooper and Able Stores Accounting (ASA) Kendra Young will work in Esquimalt until late July, which gives them time to explore Canada during their time off.

While both are well travelled, in large part due to their navy careers, this is their first time in Canada.

"Been to America a

few times," says LMT(P) Cooper, listing several states he visited en route to a European vacation. "I've done like 40 countries now."

So far, most on the ship have stayed in the local area, figuring out how to get around using public transportation, and planning out a long-term transportation solution.

"We need to make getting around easier," says ASA Young, discussing the possibility of pooling resources with shipmates to buy a car.

LMT(P) Cooper remarked that while Canada is much larger than New Zealand, British Columbia shares similarities to their homeland.

"The terrain here is pretty similar to New Zealand," says ASA Young.

The sailors recently enjoyed the outdoors.

"I did the Mount Finlayson walk at Goldstream Park," says ASA Young, remarking the group expected to get to the top a lot sooner.

The main attraction is undoubtedly snowboarding, before all the snow melts.

"We're both pretty keen snowboarders, keen to get up to Mount Washington in the next couple of weeks," says LMT(P) Cooper.

"Even Whistler would be nice," adds ASA Young.

LMT(P) Cooper says snowboarding is an important part of New Zealand winter sports.

"Because we might miss half our winter, we are taking the opportunity while we can here."

They have also expressed interest in learning more about Canada's First Nations' culture.

When HMNZS Te Kaha arrived in harbour and was greeted by Commodore Jeff Zwick, Commander Canadian Fleet Pacific, the New Zealand guard performed a traditional Haka, an impressive choreographed Maori dance. LMT(P) Cooper explains that in New Zealand children learn basic Maori in school.

"I'm keen to figure out how Totem poles work, culturally, what it means," says LMT(P) Cooper.

With so much to see, learn, and explore, many sailors arrived with a laundry list of suggestions from precise to vague.

"Well, one of my friend's mom told us that we need to see some bridge swing or something," said ASA Young, speaking most likely

of Capilano Suspension Bridge Park in North Vancouver.

But before the long-term plans begin, most of the ship's company will experience the most Canadian of pastimes.

"We got a hockey game this weekend," said

LMT(P) Cooper.

"I went to one the other day and I loved it," adds ASA Young.

With months ahead of them, both sailors felt welcomed by the Canadians they've met so far.

"Open, chill, and an easy chat," said LMT(P) Cooper.



Photo by Leading Seaman Ogle Henry, MARPAC Imaging Services

Crew members from HMNZS Te Kaha perform their ritual Haka Dance for their Canadian welcoming contingent.

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SHIP REPAIR INDUSTRY CONNECTS WITH ABORIGINAL STUDENTS

Peter Mallett
Staff Writer

Staff at Fleet Maintenance Facility Cape Breton (FMFCB) are playing a central role in a new educational program linking Aboriginal students to employment opportunities in Victoria's ship repair industry.

The Ship Repair Entry Level Training Program recently concluded a successful program launch in early February with the graduation of 16 participants drawn from the Coast Salish Employment and Training Society, 19 South Vancouver Island nations, and three Aboriginal Friendship Centres.

The three-month program is part of the Aboriginal Marine Training and Employment Partnership and is offered through the Coast Salish Employment Training Society and the Camosun Coastal Centre, formerly known as IMTARC, the Industrial Marine Training and Applied Research

Centre, with the goal of providing certified training that leads to employment.

Michelle Traore, Manager of Camosun Coastal Centre, says the Ship Repair Entry Level Training Program allows students to learn the necessary skills to work in the ship repair industry, such as safety procedures, environmental awareness, technical know-how and problem-solving skills, geared to specific marine sector situations. FMF CB and other industry partners, including Seaspan Victoria Shipyard and Point Hope Shipyard, provided facility tours, guest speakers and real work experience.

"The program is invaluable when it comes to training and linking Indigenous students with employment opportunities," says Traore. "Industry support is key to the success of this program and it really brings the learning they have done in the classroom to life."

The program was launched in November 2017 with the in-class component of the course conducted at the Camosun

Coastal Centre. Instructors in the program include former FMF CB employees Dan Deringer, Ron Holmes, Brian Harris and Rob Reid.

During their time at the dockyard ship repair unit, students shadowed tradespeople for five days. Ian Baxter, FMF Group 2 and Apprenticeship Manager, says the experience was an opportunity to get their feet wet and experience a little bit of what each section in FMF has to offer.

"It was a positive experience for them and they got to see the inner-workings of the shipyard and the jobs and tasks tradespeople perform on an average day," he said. "It was a great experience for them because they got a first-hand chance to see what really goes on at the end of Esquimalt Road and our true capabilities in FMF."

Traore says passing through the security checkpoint at the HMC Dockyard gate and spending time in a government-operated repair facility seemed a little bit daunting to many of the students.

"Many students indicated they felt nervous working at a military base," said Traore. "But once they arrived the employees at FMF were so welcoming and accommodating that by the end of the experience many students wanted to find a way to get a job there."

Kenneth Charlie of Esquimalt's Songhees Nation said working at FMF was an eye-opener to employment possibilities close to home.

"Completing my work experience at FMF opened my eyes to the variety of jobs that exist close to where I live," said Charlie. "I now feel confident about my skill level and would like to begin a career in the marine industry."

After graduation, 10 students received job offers from Seaspan, and two more are in the process of applying to FMF through its apprenticeship program, one for painting and the other for electrical.

For more about Camosun Coastal Centre and its SRELT Program: www.camosun.ca/cc

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WHAT SAY YOU

People Talk

On March 24 people around the world will observe Earth Hour and switch their lights off for one hour. With that in mind Lookout asked members of Real Property Operations (Pacific) the following question:

Name an important thing you do in your daily routine around your house that helps the environment and why it's beneficial?



I have baseboard heaters in my basement apartment, so I am big on keeping my heat low in rooms I am not using. Baseboard heaters use a lot of energy so this is one big way to reduce my carbon footprint.

Kim Arklie, Energy/Engineering Co-op Student



I always make sure to keep all my electronics, computers and power bars switched off when I am not using them. The power they consume when switch on and not being used is just going to waste.

Annette Rosati, Administrative Assistant



I changed the older light bulbs in my home to energy efficient LEDs because the older incandescent bulbs use so much power. I thought this was a big step in saving energy because when you put your hand near one of the older lightbulbs you can feel how much heat they generate, which is a fairly good indicator of the significant amount of power they consume.

Captain Gary Leblanc, Production Officer



I bike to work each day from James Bay and my remaining transportation is carbon offset. First, I calculate how much carbon I produce in my daily activities and then I buy enough carbon offsets to bring this amount down to zero. Carbon offsets create carbon reduction projects like doing methane capture on a landfill, or building wind turbines, or producing biogas from waste. I spend about \$60 a year on carbon offsets to cover all my carbon emissions from air travel, vehicles, and heating my condo, so overall I'm carbon neutral.

Derek Knudsen, Technical Advisor, Energy Management



WHAT SAY WE

SPORTS trivia WINTER PARAOLYMPICS

These records go up to the 2014 Winter Paralympics in Sochi. Any records earned in PyeongChang are not included.

By Stephen Stone and Tom Thomson, Contributors

Questions

- Which country has won every gold medal in Paralympic wheelchair curling?
- Who is the only Canadian athlete to have won gold in all three Paralympic curling competitions?
- Lubov Vorobieva won this country's only Winter Paralympic medal.
- This country is the only participating nation to have won a single medal only at the Winter Paralympic Games but none in the summer events.
- Valentina Grigoryeva won this country's only two Winter Paralympic medals.
- Which country has won the greatest number of medals in Winter Paralympic history?
- Which country has won the greatest number of gold medals in Winter Paralympic history?
- How many combined medals has Canada won in the Winter Paralympics?
- This Canadian Paralympian's struggle to achieve athletic success was celebrated in a recent Toyota TV commercial entitled "Good Odds".
- Who is the most successful female single-sport Winter Paralympian?

- Answers
1. Canada.
 2. Sonja Gaudet, Vernon, BC, was lead stone in 2006, 2010 and 2014.
 3. Kazakhstan. Vorobieva won silver in cross-country skiing in 1994 in Lillehammer.
 4. Liechtenstein. Josef Gmeiner won bronze in alpine skiing in 1994.
 5. USSR. Grigoryeva won two bronze medals in cross-country skiing in 1988 in Innsbruck. The Soviet Union later dissolved and the various republics now compete as individual nations.
 6. Germany - 345 - 130 gold, 113 silver and 102 bronze.
 7. Norway - 135.
 8. 135 - 43 gold, 43 silver and 49 bronze.
 9. Lauren Woolstencroft - Calgary. Woolstencroft has won eight gold, one silver and one bronze medal in Paralympic alpine skiing. The commercial was first shown after the kickoff at Super Bowl LII and multiple times during TV coverage of the PyeongChang Olympics.
 10. Reinhold Moeller - Germany - Alpine skiing - 19 medals (16 gold). Moeller has also won four medals (three gold) in athletics in Summer Paralympic competition.

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GAME ON LIGHTS OUT

Military residences compete in Earth Hour power reduction

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Peter Mallett
Staff Writer

Its game-on and lights out for two military residences in CFB Esquimalt.

Residents of Bernay's Block N123 and N124 are competing to see which one can use the least power during this year's Earth Hour.

The contest, organized by the Energy and Engineering branch of Real Property Operations (Pacific), goes well beyond the light bulb. Residents will have their power consumption tracked during the March 24 Earth Hour between the hours of 8:30 and 9:30 p.m. The building that consumes the least power within the hour will be declared the winner.

Kim Arklie, a Mechanical Engineering student from the University of Victoria, developed this year's contest as part of her duties during a four-month cooperative education placement at RPOps.

"The reaction to the contest itself has been favourable and throughout the planning process everyone I have worked with has been very supportive of this initiative," said Arklie. "During my work-study placement I have also met people at the base who are highly interested and motivated in saving energy."

A key factor in making the contest work was the same number of residents, approximately 250 in each building, and thus nearly identical power needs. Plus residents have a great deal of personal control on how much power they consume and which appliances, electronic equipment, and other devices they can switch off.

Derek Knudsen, Technical Advisor (Energy Management) for Defence Construction Canada, worked with Arklie on this year's contest. In past years he has helped organize

similar energy-reduction competitions at Naval Fleet School Pacific and between two Transport Electrical and Maintenance Engineering (TEME) buildings at Work Point.

He says on average past contests have seen five to eight per cent reductions in hourly power consumption, but this year's contest in Naden has the potential to see much greater reductions, noting that most residence rooms have thermostat-controlled electric heat that can be switched off for 60 minutes or greater.

Power-reducing contests are a good way to boost morale through friendly competition, and are a good fit for the Department of National Defence (DND) because of its commitment to environmental sustainability through its Energy and Environmental strategy, he says.

"These building competi-

tions are a subset of our behavioral program, which is a subset of the strategic energy management plan for the base itself, which was established in 2011 to both save money and reduce greenhouse gases," said Knudsen.

During last year's event, British Columbians saved 24 megawatt hours of electricity with Vancouver Island accounting for a 3.3 megawatt hour reduction, according to data from B.C. Hydro. The province-wide total is the equivalent of turning off 1.1 million LED lightbulbs, reducing the provincial electricity load by 0.3 per cent.

Not to be confused with Earth Day, Earth Hour began in 2007 as a grass-roots effort by the World Wide Fund for Nature in Sydney, Australia, meant to draw attention to global climate change, pollution and biodiversity. Last

year millions of people, businesses and government institutions in 170 countries took part in Earth Day observances and switched off their lights. World landmarks such as Rome's Colosseum, the Pyramids of Egypt, and the Eiffel Tower all went dark for an hour for the 10th anniversary of the event.

For more information on Earth Hour and what you can do to reduce the carbon footprint in your home or workplace visit: www.earth-hour.org/what-is-earth-hour



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Halifax school, navy send donations to West African schools

Lt(N) Linda Coleman
MARLANT PAO

When *HMC Ships Kingston* and *Summerside* began preparations for their deployment to West Africa, word spread that the ships were offering to transport donations to African schools in need.

Donations poured in from all over Halifax, including École Beaubassin, a local elementary school in Bedford, Halifax.

One teacher was particularly passionate about donating because her husband, Lt(N) Guillaume Desjardins, is the Operations Officer in *Summerside*.

"When my wife Janie heard we were collecting donations for some French-speaking African countries, she thought this would be a great opportunity to get her school involved; French school to French school," said Lt(N) Desjardins.

The school found math, science, and French books from its collection to donate. The school also used their Facebook page to reach out to their community as a donation drive, which proved to be a success. Parents and students added to the donation pile, with students even donating some of their favourite reading books.

In the end, École Beaubassin donated over 2,000 French

books for *Kingston* and *Summerside* to transport to West Africa.

On Feb. 22, the ships' company delivered the items, along with toys, blankets, toiletries, first aid supplies and clothes to Diaraf Falla Paye, a French school in Dakar, Senegal.

"We don't often have this opportunity to give donations by hand and see the direct impact it has to those receiving it. This is great; you know exactly where your donations are going. It's also great to make relationships and hopefully we'll be back next year," said Lt(N) Desjardins.

Military members spent the day at the school, conducting repairs to desks, doors, plumb-

ing, and removing large stones from the yard, making it a safer environment for the kids to play in. During the visit, sailors interacted with the curious children who adored playing with them.

"It made me feel special to see how the kids interact, it's so different from home. It was nice to help them and feel like we're making a difference," said Leading Seaman Alexy Thibault, who sang with some girls in the school yard.

Kingston and *Summerside* are currently deployed on Operation Projection West Africa, engaging with local communities and contributing to regional stability and security.



Sailors bring cases of donated books to a West African school during a port visit.



LCdr Matt Woodburn, ship's commanding officer, talks about the Canadian Navy's role in the world.



Photos by OS John Iglesias, FIS
Sailors play with the children as part of their visit.



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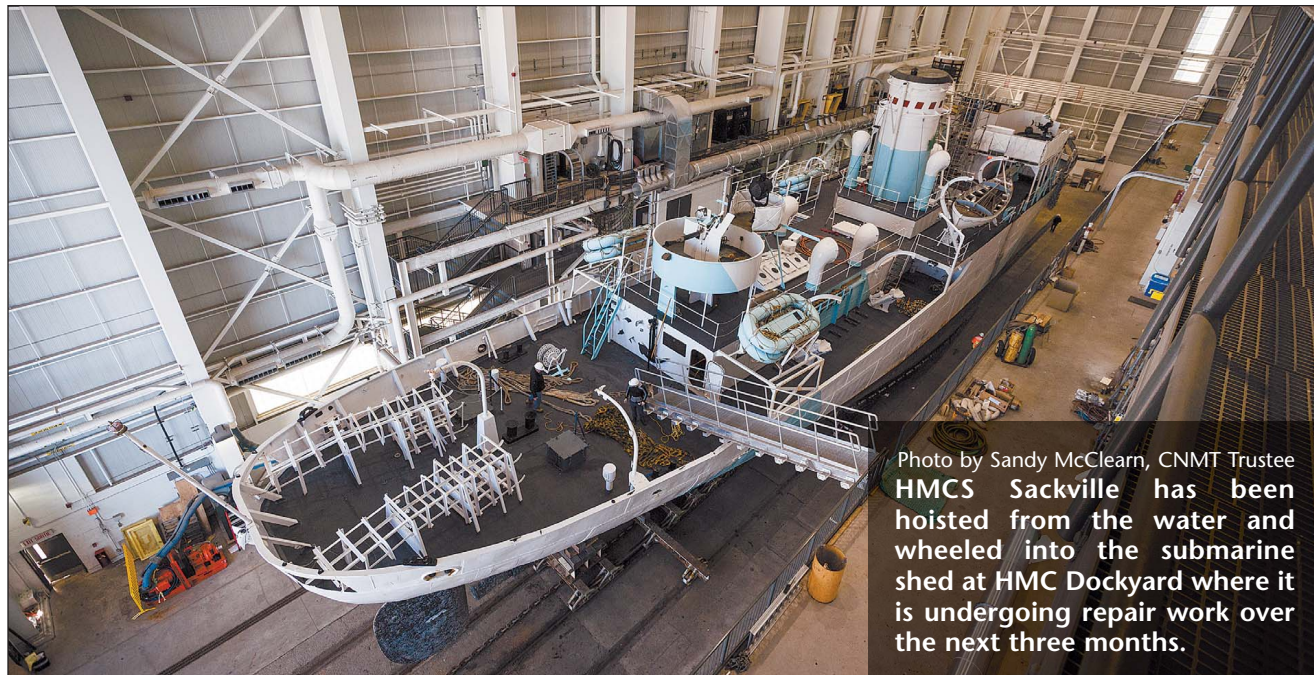


Photo by Sandy McClearn, CNMT Trustee
HMCS Sackville has been hoisted from the water and wheeled into the submarine shed at HMC Dockyard where it is undergoing repair work over the next three months.

Critical work on Sackville underway

Ryan Melanson
 Trident Staff

For the first time since 2008 Canada's oldest warship, HMCS Sackville, has been hoisted on the Syncrolift at HMC Dockyard Halifax and moved inside the submarine shed. It will spend the next several months there undergoing repair work.

The Flower-class Corvette was tugged from its winter dockyard berth and brought up from the water on Feb. 11 for an initial cleaning of the 77-year-old hull, and then transferred to the shed.

Fleet Maintenance Facility (FMF) Cape Scott personnel have begun the

process of sandblasting, sonic testing, and other steps to determine the exact extent of work needed on the ship.

It has been 10 years since its last docking, and trustees with the Canadian Naval Memorial Trust (CNMT), the non-profit organization that owns Sackville, were uncertain about the integrity of the ship's underwater hull.

While it continued to serve as a floating museum dedicated to the legacy of those who served at sea during the Battle of the Atlantic, it has been unable to do its annual committal of ashes service on Battle of the Atlantic Sunday since 2014.

The federal government is funding the \$3.5 million repairs to make it sea worthy again.

"Navy headquarters has really gone to bat for us to achieve what's been achieved so far, and we're very appreciative," said Commander (Retired) Jim Reddy, CNMT chair, and ship commanding officer.

Every six years since the 1980s, FMF has done a quick refit that involved sandblasting and checking the integrity of the steel. This latest docking period will be more extensive, with a significant portion of the steel hull possibly being replaced. The main

problem isn't corrosion from saltwater on the outside of the hull, but rather humidity that has caused problems in less protected interior areas on the port side of the ship, specifically the engine and boiler rooms.

Sackville's popularity over the summer months welcoming more than 25,000 visitors in 2017 is a testament to its importance in educating generations about Canada's Second World War naval history.

"The interest is still very much there and that's why we want to get it preserved, so we can carry on indefinitely down on the waterfront," Brown said.

Family heirloom finds new home

Lt(N) Kevin Laffin
 Canadian Submarine Force

For almost four decades, Nancy Johansen safeguarded a brass submarine dolphin that was a prized possession of her late husband.

Now, well into her retirement years, and after the passing of her husband, she has begun to disperse some of her belongings and simplify her life.

Knowing the connection to Canadian submarines and the naval Dockyard in Esquimalt, she solicited the help of her nephew-in-law, Gene Joelson, a retired Canadian submariner who served in Oberon-class submarines, to find it a new home.

Recognizing the dolphin as being similar to the original Royal Canadian Navy submariner qualification badge, Joelson knew the Canadian Submarine Force would be its ideal home.

On Feb. 13, Joelson presented the dolphin to Captain (Navy) Christopher Robinson, Commander of the Canadian Submarine Force. The dolphin is now on display at the Canadian Submarine Force Headquarters in Esquimalt, British Columbia.



Gene Joelson presents a brass submarine dolphin to Capt(N) Christopher Robinson, Commander Canadian Submarine Force.

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New director at helm of Esquimalt MFRC

The Esquimalt Military Family Resource Centre's (MFRC) search for a new executive director is complete.

Jackie Carlé is the new executive director at the centre. She had been acting as interim executive director for the organization since June of 2017 and was selected as the successful candidate after a detailed hiring process.

She has worked in support of military families for over two decades including eight years with Military Family Services, and has been with the Esquimalt MFRC since 2014 as the community engagement manager. She has over 20 years' experience working in non-profit organizations such as Victoria's Cool Aid Society and Ottawa's The Mission Homeless Shelter.

We chatted with MFRC Board Chair Samantha Krzywonos and the new Executive Director Jackie Carlé about the news.

What was the reason behind the timing of the hiring?

Krzywonos: I think there were a couple of factors in play for our board of directors. First, we had a long-time executive director here for many years and we wanted a chance to pause, think and make an informed decision on a new

executive director. Second, we didn't get a clear picture of what was happening with the MFRC governance review until the fall and we wanted that information before proceeding. Finally, we wanted to be able to gather meaningful input from staff and we used that information to find the right person.

What were the results of the governance review?

Carlé: MFRC board members and executive directors met in late-September and voted on their top options for governance. The choices were to continue with the current non-profit structure, make some minor enhancements, or to adopt a partnership model. As of right now, the final decision is still under review but we know the options under consideration.

What made Jackie the right person for the job?

Krzywonos: There are a lot of great reasons that Jackie was the best fit. She has two decades of experi-

ence working for military families. She has worked with other non-profit organizations. She has experience with governance models and working with a board of directors. I also think she has a real good pulse on the staff. The hiring committee took the input of MFRC staff to heart and it helped to guide the hiring process. It has been a smooth transition because of the professionalism of staff.

What does the future hold for the MFRC?

Carlé: It is important people realize the vision for the organization is still intact. People can expect that same high level of programs and services. The Esquimalt MFRC has been around for nearly 30 years and I think the organization is a real forward-looking organization. I think there is an opportunity for us to evolve and grow as an organization.



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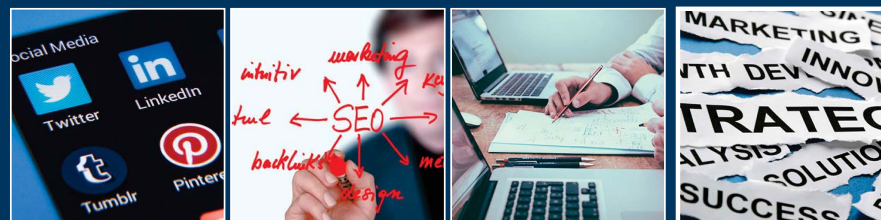
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CAF FIRST FEMALE TEST PILOT

**Captain
Marie-Michèle Siu**
CFB Cold Lake

The Aerospace Engineering Test Establishment in Cold Lake, Alta., is highlighting Major Catherine Blais – the first and only military female test pilot in the Canadian Armed Forces (CAF).

Over the past 50 years, more than a hundred pilots have been hand-picked to work at the Aerospace Engineering Test Establishment. Maj Blais is one such person.

As a versatile pilot, she has flown over 2,700 hours on military and civilian aircraft, both fixed wing and rotary wing, such as the CT-114 Tutor, CT-156 Harvard II, CH-146 Griffon and the CH-149 Cormorant.

"My favorite is the UH-60 Blackhawk because it's an icon of military aviation and it is truly built for its mission. Plus, I liked flying it at Test Pilot School," she said.

In addition to her flying experience, Maj Blais holds undergraduate and graduate degrees in aerospace engineering from l'École

Polytechnique de Montréal. She is also a licensed professional engineer in Alberta.

In 2003, Maj Blais enrolled in the CAF because of opportunities that appealed to her sense of adventure. She wanted to use her engineering degrees in a non-traditional way, and "couldn't bear to sit behind a desk for the rest of my life", she explains.

She was first posted as an instructor at the 2 Canadian Forces Flying Training School in Moose Jaw, Sask. In August 2010, she was deployed to Afghanistan to fly the CH-146 Griffon in support of army operations. Following her deployment, she was selected to be a test pilot in the CAF, and was posted to the Aerospace Engineering Test Establishment upon her graduation in December 2013.

She says the highlight of her career to date is her time at the United States Naval Test Pilot School at the Naval Air Station in Patuxent River, Maryland.

Her typical day as a test pilot consists of flying for half a day, and supporting

other projects such as test planning, reporting, participating in review boards, and attending engineering meetings. When she is executing a test project, she can do two or three flight tests a day, write her reports, and plan the next day's objectives.

"When doing deployed testing, the days are long but rewarding," she says.

Over the past four years, she has been involved in many projects such as the CH-149 Cormorant's engine vibration survey, CH-147F Chinook simulator acceptance, CH-146 Griffon Required Navigation Performance Area Navigation certification, CT-156 Harvard II g-suit testing, and CH-146 Griffon Maritime Helicopter Precision Approach System developmental testing.

For women interested in becoming a test pilot she shares this advice: "It is a male-dominated field, but it is based on competence. So, if you have the background and the experience, there is no reason why you should not excel in this field."



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Photo by Leading Seaman, Valerie LeClair, Task Force Imagery Technician
Members from Fleet Diving Unit Atlantic hoist a diver from the Arctic water after dive training. A hole is cut into the ice to allow for access to the water.

OPERATION NUNALIVUT 2018

Operation Nunavut 2018 is a sovereignty operation, conducted annually since 2007, in Canada's North. It provides an opportunity for the CAF to assert Canada's sovereignty over its northernmost regions; demonstrate the ability to operate in the harsh winter environment in remote areas of the High Arctic; and enhance its capability to

respond to any situation in the Canada's North. It also allows the Canadian Armed Forces to provide meaningful support to scientific research in the Arctic, and to demonstrate interoperability in the High Arctic with military allies and other Canadian government institutions.

This year it takes place Feb, 23 to March 21 with

about 350 Canadian Armed Forces members. The operation is in two locations this year: Resolute Bay and Cambridge Bay, Nunavut.

Along with land and air operations, divers from Fleet Diving Unit Atlantic and Canadian Army combat divers from across Canada have joined the RCMP and the Canadian Coast Guard in training at Cambridge Bay.

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**If you are, or know the owner,
contact Gillian Larsen at 250-363-1008**

Victoria Royals train at Wurtele Arena

Captain (Navy) Jason Boyd, Base Commander, takes a moment with Victoria Royals team captain Matthew Phillips at Wurtele Arena last Wednesday. The Western Hockey League squad was on the base for a team practice.



Players take a break during a Victoria Royals practice at Wurtele Arena last Wednesday.



Photos by Rodney Venis, Base Public Affairs



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19:00hrs

SUNDAY, MARCH 25
Palm Sunday Mass - 10:30hrs

THURSDAY, MARCH 29
Mass of the Lord's Supper - 19:00hrs

FRIDAY, MARCH 30
Good Friday Station of the Cross - 14:30hrs
Celebration of the Lord's Passion - 15:00hrs

SATURDAY, MARCH 31
Holy Saturday Easter Vigil Mass - 19:00hrs

SUNDAY, APRIL 1
Easter Sunday - 10:30hrs

For more information please contact:
Fr. (Capt) Nnanna (Faith Community Coordinator)
at 250-380-8823

NAVAL SECURITY TEAM APPOINTS COMMANDER



Above: Commodore Jeff Zwick, Commander Canadian Fleet Pacific, and LCdr Jeff Chura sign the command certificates officially designating him as Commanding Officer of the Naval Security Team.



LCdr Chura proudly holds his signed certificate.



The Commodore congratulates the newest Commanding Officer of the Team.

Celebrate diversity day this Wednesday

Zoe Vollert
CHRSC(P)

Racism can exist anywhere in the world in any form. It can exist through offensive names, discrimination, and the refusal to accept diversity.

In Canada, diversity is what makes us strong; we are a country made up of many cultures, beliefs and traditions. In order to eliminate racial discrimination, we must celebrate the beauty of diversity that exists in our multi-cultural country.

Maritime Forces Pacific (MARPAF) and the Defence Visible Minority Advisory Group will commemorate International Day for the Elimination of Racial Discrimination March 21 by hosting a panel speaker event. The event will feature members of the Defence Team and the broader community to share their experiences of diversity in the workplace.

This event takes place 10 a.m. to noon at the Okanagan Room at the Pacific Fleet Club. DND/CF personnel are encouraged to attend.

Advisory Group participation is voluntary and open to all. Members do not have to identify with one of the groups to get involved. For information on the MARPAF Defence Advisory Groups or Employment Equity general inquiries, contact 250-363-7004.



Bravo Zulu



Captain Dan Emde, the Training Officer for 63 Kalamalka, Royal Canadian Sea Cadet Corps, is presented with the Canadian Forces' Decoration by Major Thor Toms, Area Elemental Advisor.



Captain Sandra Patterson, Supply Officer for 1705 RCACC (BC Dragoons), is presented with the Canadian Forces' Decoration by Major Thor Toms, Area Elemental Advisor.



CPO2 Doug Brown of Trinity Detachment NOPFWI, receives the IUSS breast insignia and certificate from Capt Lures, USN, Commander Undersea Surveillance.



LCdr Graham Collins, Commanding Officer of Trinity Detachment Naval Ocean Processing Facility Whidbey Island, receives the Integrated Undersea Surveillance System (IUSS) breast insignia and certificate from Capt Lures, USN, Commander Undersea Surveillance.



CPO2 Gosselin is presented with the OSM Expedition Medal for Operation Caribbe and Operation Artemis by Lt(N) Rainczak, Deputy Felex Detachment Commander, and LCdr van der Krogt, Felex Detachment Commander.



CPO2 Rolleston is promoted to his current rank by CPO2 Mackenzie, Senior Chief ET, and LCdr van der Krogt, Felex Detachment Commander.

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Bravo Zulu Naden Band



PO2 Olivier Neron-Bilodeau is presented with the Canadian Forces' Decoration from by CPO2 Brayden Wise and Lt(N) Vincent Roy.



PO2 Alon Soraya is presented with the Canadian Forces' Decoration by CPO2 Brayden Wise and Lt(N) Vincent Roy.



Sgt Annel Power is promoted by CWO Côté, left, and Colonel McQuillan.



PO2 Siska is promoted to PO1 by LCdr O'Regan and LCdr Strogan.

A DAY AT SEA WITH HMCS REGINA

Photos by LS David Gariépy



On March 12, Canadian Forces Recruiting Centre Pacific brought 59 people onboard HMCS Regina for a day sail that focused on the Maritime Technician and Weapons Engineering Technician trades. Of the 59 people, 48 were members of the Women in Trades Programs at post secondary institutions across B.C. During the day, guests gained an understanding of what it is like to serve in a warship.



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