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#HUMBOLDT STRONG



Photo by Peter Mallett, Lookout

CFB Esquimalt military and civilian employees joined the rest of Canada in Jersey Day last Thursday in support of Humboldt. Pictured above, crew members from HMC Ships Saskatoon and Nanaimo.



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IT'S MORE THAN JUST A JERSEY

Even a few days removed from the April 6 bus crash that killed 16 members of the Humboldt Broncos hockey community, there's still so much heartache and shock to be felt.

It's somewhat been matched by the outpouring of support for a small hockey outpost in Saskatchewan from across Canada and the world.

From millions of dollars raised in GoFundMe efforts to social media campaigns such as #PutYourSticksOut and #jerseysforhumboldt, many Canadians have helped comfort and attempted to heal a community and team that has been hurt on such a profound level.

Tragedy hitting close to home is a well-worn cliché,

but this horrible event has affected me in so many personal ways, and I must admit, I, like so many other Canadians, have had a very hard time dealing with this.

It hit me in my heart. In my gut. Where I was born. It struck my childhood, my memories growing up, and the game I love.

Growing up playing hockey in Saskatchewan, I skated in those rinks in Humboldt, Nipawin, and countless others dotted along the Prairie. I've taken those long, sleepy rides on the team bus that are almost as much a rite of passage as learning to skate and getting that first stick. And, of course, I have felt the bonds and brotherhoods that form on those bus rides.

We always knew when the games didn't go our way,

at least we had each other, and could escape everything else – on the bus.

When I remember those days, those dreams, and the 16 people whose lives and loves were snuffed out in such a terrible, inconceivable way, along with the countless others whose world was turned upside down on April 6, I think of what the Broncos team chaplain, Pastor Sean Brandow told a vigil gathered in Humboldt's Elgar Peterson Arena.

Speaking from behind a row of pictures of the victims of the terrible crash days earlier, Pastor Brandow said, "I think it's pretty fitting... I sit right behind the bench every game, and I stare at the back of your players' heads, just like I'm doing right now. I sit there

because I want to see the names on their jerseys.

"I tell every team that comes through that I've chaplained, there's a name on the front of the jersey and a name on the back of the jersey. The coach's job, the GM's job, and really what this community's all about and what everyone's here for is the name on the front of the jersey. It's huge, this team, this group of guys, that all rallied together around this one thing.

"I like to look at the name on the back of the jerseys and it's really fitting now... I just want you to know we hurt with you. Each name represents a family."

Those connections, to those names, from the team to the ice to the families, players, coaches, volunteers, and communities is part of

what makes hockey so great and such a huge part of the fabric of this country.

Speaking of that fabric, we must not forget the pain and suffering the hometowns of these players, coaches and staff are grappling with. These kids were raised by small communities, who witnessed their trajectories from Timbits hockey up to an elite level of Junior hockey. The teammates, coaches, parents and friends from those towns are equally devastated, and we must keep them in our thoughts and prayers as well.

Brandow told those gathered at the arena that "our life is just a vapour. What will you do with one breath? Each breath that you have left. What are you going to do with it?"

I've been very lucky. That

one breath, this simple game, didn't take me to the NHL but it led me to the Canadian Armed Forces and the Royal Canadian Navy. My name goes on the front of my shirt now, but I still share much of the same comradeship and team spirit with my shipmates and colleagues as I do with the people I have played hockey with over the years, and do play with today.

Rallying together around this one thing, it is huge. I hope the people of Humboldt, the Broncos, and everyone affected by this heartbreaking event can feel our love for those 16 lives, the name on front of those jerseys, and the families whose names grace the backs.

Capt (N) Jason Boyd,
Base Commander

Working for our community

Mitzi Dean

MLA, Esquimalt-Metchosin

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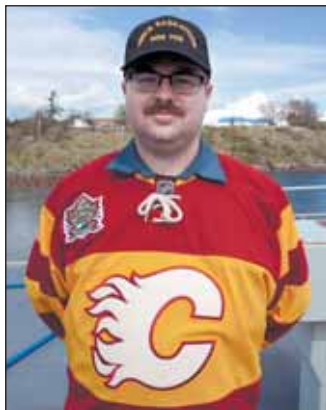


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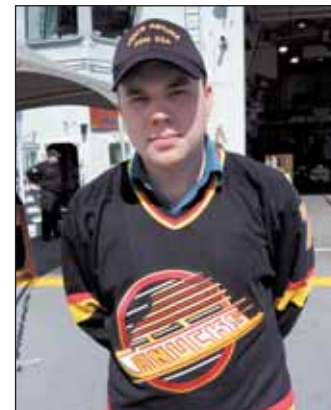
Employees at CFB Esquimalt showed their support to the people of Humboldt, Saskatchewan, on Thursday, April 12 by wearing their hockey jerseys to work. With that in mind Lookout asked them:

Why did you select your specific jersey for this occasion?



Calgary is my hometown and I've always been a Flames fan. This jersey is a Christmas gift from my Dad. The Flames did a moment's silence for Humboldt during a recent game and wearing the Calgary jersey gives me a chance to show that members of the RCN may come from different communities all across the country but we are all connected in good times and bad.

**Leading Seaman,
Anthony Von,
HMCS Whitehorse**



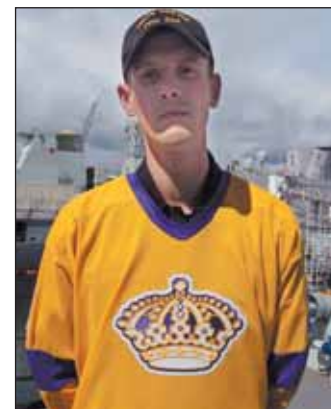
I idolized Cliff Ronning of the Canucks while growing up in Coquitlam. My fiancé Danielle Stewart is from Saskatchewan and knows some of the players involved in the crash. Wearing my favourite hockey jersey was my best way to show people in Humboldt that I support them.

**Leading Seaman
Stuart Carmichael,
HMCS Regina**



I'm a Canucks fan, but my Canada jersey just seemed to perfectly represent the feelings of sympathy people from all over our country have shown for the people of Humboldt.

**Leading Seaman
Dana Kimoto,
HMCS Regina**



I wore my Springfield Kings (AHL) jersey because my dad Norman Park was drafted by the Los Angeles Kings and played for Springfield for five seasons. My Dad died when I was nine-years-old. I've never worn this jersey out in public before, but I was so moved by what happened with the Humboldt Broncos, I felt it was the right moment to wear it.

**Lieutenant (Navy)
Evan Park,
HMCS Regina**



This Saskatchewan Blades (WHL) jersey is from the namesake city of our ship and is one of the mementos on board that allows us to celebrate our connection with Saskatoon, and the people of Saskatchewan.

**Lieutenant (Navy)
Alex Brown,
HMCS Saskatoon**



I chose to wear this Maple Leafs jersey to show my support to the people of Humboldt, but also because it is very sentimental for me. It was donated to our hockey association in Cowichan Valley by former Toronto goaltender Jonathan Bernier. This act of kindness came following the death of one of our players, 11-year-old Caleb Kroffat, who died suddenly during a Cowichan Capitals game in 2013 due to a previously unknown heart arrhythmia.

**Chief Petty Officer
Second Class (Ret'd)
Dave Norton,
Directorate of
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Torch Award **FINALIST**





Photo by Master Corporal Brent Kenny, MARPAC Imaging Services

Ordinary Seaman Hachez (left) and Leading Seaman Bujold-Foisy (right) crew members onboard HMCS Vancouver, were two of four Canadian Armed Forces members who intervened in a stabbing on March 17 in Langford B.C. The photo was taken during Operation Projection Indo-Asia Pacific, Pearl Harbor, Hawaii, on April 11.

Sailors' military training saves a life

Peter Mallett
Staff Writer

Four Royal Canadian Navy sailors put their life-saving skills to action on the evening of March 17 that resulted in saving the life of a civilian.

After a few leisurely frames of bowling at the Langford Bowling Lanes, Ordinary Seaman Hubert Desbiens and Leading Seaman Alexandre Bujold-Foisy left the building for the parking lot, followed a few minutes later by Ordinary Seaman Christopher Hachez and Frederic Lapointe, who had stopped to pay for the games.

There the sailors encountered two men in a fight. According to Westshore RCMP, it was the result of an argument that turned

violent, with one man allegedly stabbing the other.

The wounds were so severe a fan of blood sprayed across the pavement. Realizing the victim was in desperate straits, OS Desbiens and OS Hachez rushed to the man and started first aid. Drawing from their training, one sailor took off his sweater and wrapped it around the victim's arm as a tourniquet. Together they put the man into the recovery position to ensure he could breathe.

"The victim kind of passed out for like five seconds, and I thought: We need to do something more, there's something else going on," said OS Desbiens.

The two sailors did a full review of the victim's body looking for more wounds. They discovered another one in the man's chest.

"Once we figured out he had more wounds than what we expected we started taking off our clothes and using them as bandages," said OS Hachez. "We were always talking to him to keep him awake, and kept pressure on his wounds."

As the two sailors were doing first aid, LS Bujold-Foisy, ran back to Langford Lanes to get the cashier to call 911.

Amidst all the chaos, OS Lapointe stood by the victim as a measure of protection until the police and ambulance were on scene.

Constable Matt Baker of the Westshore RCMP said the sailors' trust in each other, and their military and first aid training, helped the victim and the situation that night.

"A couple times it was touch and go; without their

quick thinking, without their communication and their skill, there's a very good chance that man could have died," he said. "So we want to say thank you to them."

Two days later, police arrested a 20-year-old male in connection with the stabbing. He is charged with aggravated assault. RCMP said the accused and victim were known to each other.

According to Westshore RCMP, the victim is in stable but serious condition.

LS Bujold-Foisy and OS Hachez are currently sailing in HMCS Vancouver on Operation Projection, a three-month patrol in the Indo-Asia Pacific region. OS Lapointe serves in HMCS Regina. OS Desbiens is on a dive course at CFB Esquimalt.

HMCS Esquimalt remembered

A commemorative ceremony to mark the anniversary of the sinking of HMCS Esquimalt will be held today, Monday April 16, at the HMCS Esquimalt Memorial at Memorial Park in Esquimalt.

Esquimalt Mayor Barbara Desjardins and CFB Esquimalt Base Commander Capt(N) Jason Boyd will be co-hosting the ceremony. The public is invited to attend and honour the service and sacrifice of the crew of HMCS Esquimalt.

HMCS Esquimalt was the last Canadian warship lost to enemy

action in the Second World War. It was torpedoed in the approaches to Halifax on the morning of April 16, 1945, just three weeks before the end of the war. The vessel sank with heavy loss of life within sight of the coast. The survivors endured six hours in the frigid water before rescue arrived. Only 27 of the minesweeper's 71 crew survived.

For more information on HMCS Esquimalt, read Within Sight of Shore - The Sinking of HMCS Esquimalt at the CFB Esquimalt Naval and Military Museum website.



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Cdr (Retired) Peter Chance,
Second World War and Korean War veteran

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Able Seaman Alex Gauthier, a member of the Naval Security Team, stands sentry watch.

Photo by Corporal Blaine Sewell, MARPAC Imaging Services

Naval Security Team safeguards ships in foreign ports

Darlene Blakeley
Navy Public Affairs Ottawa

The safety of ships and sailors in foreign ports is top-of-mind for the flexible, scalable and dynamic team that recently deployed from Maritime Forces Pacific in Esquimalt, B.C., to Copenhagen, Denmark.

For three weeks, the Naval Security Team's (NST) mission deployment team took over the force protection component of *Her Majesty's Canadian Ship (HMCS) St. John's'* duty watch during the frigate's rest and maintenance period in Copenhagen, so that more members of the ship's company could go home for their designated break during Operation Reassurance.

Op Reassurance is the Canadian Armed Forces' contribution to NATO assurance and deterrence measures in Central and Eastern Europe. *St. John's* began its deployment Jan. 18 when it joined Standing NATO Maritime Group One, a naval force made up of ships from various allied countries that work together for a common purpose in the Mediterranean Sea, the North Atlantic Ocean and the Baltic Sea.

The Royal Canadian Navy's NST provides naval reservists opportunities for real-world,

expeditionary operations around the world. The training given to sailors is focused on specific operational and tactical skill sets, and is more advanced than that given during normal trade or occupation training.

"It provides challenging, interesting and unique experiences providing naval effects, both on land and at sea," says Lieutenant-Commander Jeff Chura, who took over as Commanding Officer of the NST on March 9. "This type of training and work will help re-energize the Naval Reserve by increasing not only recruiting, but also retention."

For this deployment, the team consists of 36 reservists from 18 Naval Reserve Divisions across the country, representing every military occupation. Together, the team also speaks nine different languages.

LCdr Chura says the training varies

depending on the mission type and the size of the group, but the current team conducted four weeks of diverse training including dynamic tactical shooting with the Maritime Tactical Operations Group (MTOG); combat casualty care and first aid; firearms and ammunition training for shoot-no-shoot decision-making development; RCMP training on identifying who is carrying hid-

den weapons; psychology/mindset of criminal/terrorist suspects; and shipboard force protection organization, duties and responsibilities.

Once this training program was completed, the team underwent a week-long validation period with Sea Training (Pacific) to determine its operational readiness.

"This is something that we as an organization have never had before," said LCdr Chura. "The training programs are still relatively new and being refined and improved constantly, but I think they have proven so far to provide a well-balanced and effective force."

In fact, the NST's first deployment, designed to prove the capability of the concept, was to Busan, South Korea, last year where a team of 78 personnel provided force protection for *HMCS Winnipeg* during its port visit. Concurrently, the team worked closely with

Republic of Korea Navy (ROKN) personnel to develop, practise and execute an exercise demonstration of combined RCN-ROKN operations for both Canadian and Korean flag officers and VIPs.

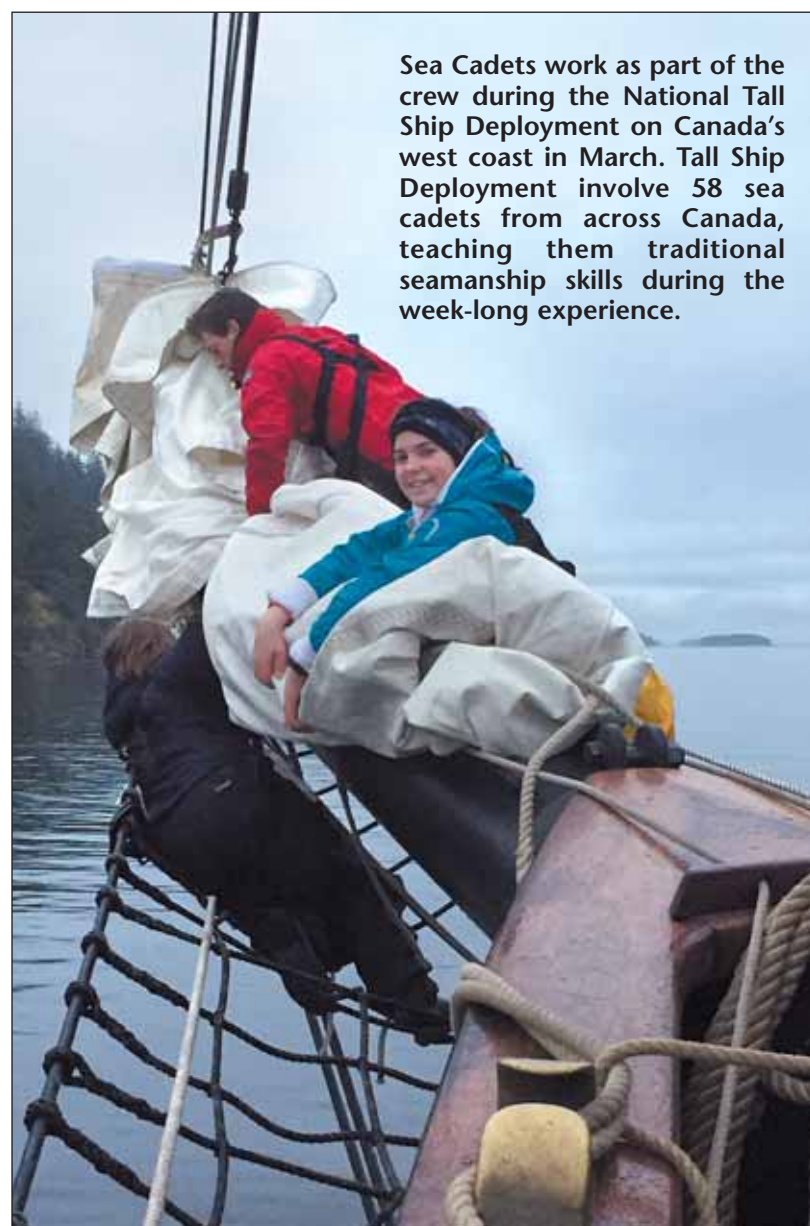
"Feedback from both *Winnipeg* and the ROKN was positive," said LCdr Chura, who has been with the NST team since its inception. "The NST concept was proven beyond a doubt."

When the Copenhagen mission is over, the NST core team will continue with planning and training for future operations, and the reservists will return to either other Naval Reserve contracts around the country or to their home units. Those with NST training and experience then form a pool of personnel that may be called up to participate in another NST mission deployment team in the future.

"In our current manning construct and operations tempo, there is only one mission deployment team at any one time. But as the team continues to mature and grow there is the possibility that in the future more than one team may be deployed at the same time," said LCdr Chura. "The NST never rests on its laurels and will always push itself to be better and better."



Commodore Buck Zwick, left, Commander Canadian Fleet Pacific, and Lieutenant-Commander Jeff Chura sign the certificates officiating LCdr Chura's command of the Naval Security Team on March 9.



Sea Cadets work as part of the crew during the National Tall Ship Deployment on Canada's west coast in March. Tall Ship Deployment involve 58 sea cadets from across Canada, teaching them traditional seamanship skills during the week-long experience.

March Break adventure for Sea Cadets

Capt Cheryl Major
RCSU (P)PAO

March was an amazing month to be a sea cadet in B.C. with no less than six unique on-water opportunities offered to cadets from around the province and the country.

Sixty-four cadets from B.C., the Prairies and Ontario deployed on two Patrol Craft Training Orcas for two one-week opportunities to learn and sail

with Royal Canadian Navy sailors.

Cadets took on all duties aboard the ships, from engineering and navigation to man-overboard drills and piloting the zodiac recovery boat. Only 128 cadets are offered this opportunity each year.

Sea cadets also sailed aboard *HMCS Calgary* during both March and April. Aboard *Calgary* they learned the inner workings of the frigate and how

Canada's warships operate at sea, at home, and abroad.

Regional Cadet Support Unit (Pacific) also hosted 57 sea cadets for a Tall Ships Deployment with SALTS (Sailing and Life training Society) ships *Pacific Grace* and *Pacific Swift*. Aboard these ships, cadets learned classic sailing skills such as rigging, navigation, teamwork and safety.

A unique opportunity with the Canadian Coast Guard afforded four sea

cadets from Royal Canadian Sea Cadet Corps (RCSCC) Captain Vancouver in Vancouver and RCSCC Amphion in Nanaimo the opportunity to complete a five-day "boot camp" that will count towards their high school work experience requirements. During their week with the Coast Guard, cadets learned about search and rescue and had the opportunity to drive Coast Guard craft.

An additional five sea

cadets from RCSCC Grilse in Port Moody and RCSCC Invincible in Maple Ridge sailed aboard B.C. Ferries' *Salish Raven* to learn navigation and daily ship's life activities, as well as reinforcing the skills learned at their Corps.

Finally, 20 cadets competed in the National Qualifying Regatta at the Royal Victoria Yacht Club over Easter weekend. Cadets Ilya Sharikov, Rio Liu and Emily Clark from RCSCC Rainbow in Victoria, Joshua Fitzpatrick from RCSCC Grenville in Kelowna, Liam Knott from RCSCC Admiral Mainguy in Duncan, Keelor Powers from RCSCC Babine in Smithers, and Andrew Burden from

RCSCC Lonsdale in North Vancouver will compete in the National Sea Cadet Regatta in Kingston, Ontario, in August.

There are 1,200 sea cadets in 30 communities in B.C. In addition to on-water opportunities, sea cadets learn leadership, citizenship and physical fitness as well as other maritime-related skills such as shipwright.

This year marks the Sea Cadet Centennial; 100 years of excellence in providing unique opportunities for youth to gain valuable skills such as leadership, citizenship and community services, while gaining a unique perspective of Canada and the world from a maritime viewpoint.

Nine sea cadets were selected from B.C. to spend a week in March aboard *HMCS Calgary* learning about the ship, seamanship skills and how a Canadian warship operates at sea.





Photos by F/Sgt William Beauvais, Cadet Correspondent

The pipe band performs both music and dance during the 2018 B.C. Cadet Honour Band concert series.

Cadet musicians perform in Honour Band

Flight Sergeant William Beauvais
Cadet Correspondent

Fifty-two sea, army and air cadets from around B.C. were selected to participate in the 2018 B.C. Cadet Honour Band during Spring Break.

The Honour Band, arranged by Lt(N) Carl McLean, is a week-long opportunity for the province's most talented cadet musicians to come together and show off their skills, as well as share their love of music.

Being selected for the Honour Band is considered the pinnacle of achievement for all of B.C.'s 1,500 cadet musicians.

The selected cadets gathered in Victoria Friday March 23 for their first rehearsal. With the help of numerous professional instructors, the cadets practiced their 18-piece repertoire in preparation for their

first performance on Tuesday, March 27 in Nanaimo, followed immediately by two additional touring and concert dates. In addition to the 45-piece military band, the Honour Band also included a Pipes and Drums section, led by Cadet Pipe Major Jess Cameron. It consisted of nine members who practiced separately from

the military band, but had 14 pieces featured in all three concerts.

The Honour Band performed at the Port Theatre in Nanaimo, the First Metropolitan Church in Victoria, and the Michael J. Fox Theatre in Burnaby. The concerts commemorated both the end of the First World War and the Sea Cadet Centennial.



Lt(N) Carl McLean, Regional Cadet Support Unit (Pacific), conducts the 45-piece B.C. Cadet Honour Band during a concert performance

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An MP issues a B.C. Provincial ticket to a cyclist for a traffic violation.

Biking to work? Follow these safety tips

LS Noye
MPU Esquimalt

Now that the warmer weather has finally arrived at CFB Esquimalt, more personnel are commuting to and from the base via bicycle.

With the increase in bike traffic and the chance that some "fair-weather cyclists" may be a bit rusty about traffic regulations, here is a quick refresher on cyclists' responsibilities when sharing the road.

When cycling, obey the same rules that apply to motorists. Failure to do so can be dangerous and costly. Adult cyclists, whether on or off DND property, are subject to the BC Motor Vehicle Act (BCMVA). Military Police are empowered to issue tickets under the BCMVA on DND property.

Since our windows give us full view of the Colville/Admirals Road intersection, MPs have observed a few hair-raising incidents where cyclists failed to follow the green corridor, and wiped out on the railway. As the side Naden Gate is open during peak hours, we invite cyclists to proceed with caution.


Additionally, here are a few tips and facts:

- Always come to a full stop at stop signs and red lights. Failure to stop is illegal under BCMVA. The fine is \$167.
- Cycle in traffic safely and predictably. Signal before turning, and learn the skills needed to control your bike. Unsafe operation of a bicycle is subject to various parts of Section 144 of the BCMVA, with fines ranging from \$196 to \$368.

- Yield to pedestrians crossing the street and to buses when they are leaving a stop. Failure to yield results in a minimum fine of \$168.
- Take care when passing parked cars to leave enough space for drivers and passengers to open car doors.
- Helmets must be worn at all times when cycling. Failure to wear your helmet can result in a \$29 fine. Safety vests or reflective clothing are also highly recommended.
- Lock your bike when on the Base. MP and Commissionaires are required to remove any unsecured bikes found on DND property and secure them at the MP Unit until claimed by owners. Bicycles not claimed within 30 days will be disposed of.
- Do not ride on sidewalks or crosswalks unless posted signs allow you to. Walk your bicycle on a sidewalk or a crosswalk. Being caught riding on a sidewalk can cost you \$81.
- The use of headphones – including ear-buds – can obstruct your hearing. They are not recommended when cycling and are not permitted in any area of Dockyard.
- And finally, above all else, remember to use your common sense. Ride defensively, and remember that even if you have the legal right of way, in a battle between a bike and a two-tonne vehicle, the bike always loses.


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Invictus: road to healing begins in Victoria

Photos by Lyndon Goveas; CFMWS

Peter Mallett Staff Writer

Canada's Invictus athletes made CFB Esquimalt their temporary home last week for a five-day training camp in preparation for this year's Games in Australia.

The Naden Athletic Centre became the primary training venue for 40 athletes, coaches and support staff, who were housed in Work Point Barracks during their stay.

Invictus Games 2018 Sydney is the fourth edition of the multi-sport athletic competition that features current and former military athletes competing in 11 adaptive sports.

Team Canada Chef de Mission, Brigadier-General Mark Misener, Commanding Officer of the Joint Personnel Support Unit (JPSU), was joined by Team Canada, Head Coach and

Canadian Olympic Committee Vice President Peter Lawless to greet the athletes at an April 8 kickoff ceremony held at Work Point's Collier Theatre on the eve of the camp.

"I would like to thank CFB Esquimalt for welcoming us for a second year, and providing outstanding support to our Invictus competitors," said BGen Misener. "This first training camp of 2018 is incredibly important, not only for physical training but getting to know each other and coming together as a team."

The training camp was the first opportunity for the 40 Team Canada athletes to get acquainted with their teammates, coaches and support staff, and also to receive vital information about the Games.

Diverse Voices

This year's athletes seemed

unified in their belief that the Games are the perfect medicine to combat their wide-ranging physical and mental injuries.

Captain Casey Balden, an infantry officer with Joint Task Force Pacific, will compete in sitting volleyball, and athletics. The 35-year-old from Vancouver was diagnosed with Post-Traumatic Stress Disorder (PTSD) several years after his deployments to Afghanistan.

On Aug. 22, 2006, he was platoon commander with Task Force 3-06 when his convoy of Light Armoured Vehicles and G Wagons, travelling 30 kilometers west of Kandahar, was attacked by a suicide bomber in a white van. The attack killed one of his comrades and injured two others.

Capt Balden suffered a broken right shoulder but says his emotional scars ran much deeper. His PTSD symptoms

worsened during his second tour in Afghanistan when he found himself coordinating casualty evacuations. His company suffered multiple losses during several months of hard fighting and it greatly impacted his condition.

"The trauma was all around me even though I didn't experience it personally this time around," he said.

In the months following his deployment, Capt Balden says he was a changed man. He stopped watching and participating in the sports he loved, such as soccer and running.

"With PTSD there is a complete loss of self-confidence because events like this are very hard for many military A-Type personalities to deal with, so you become isolated and withdrawn," said Capt Balden.

His life gradually began to change last June at a Paddling

Camp in Victoria hosted by the Canadian Armed Forces Soldier On Program. Soldier On assists injured military members in their recovery process with sports and recreational programs. Capt Balden said the camp was truly an opportunity for himself and other people to break out of their self-imposed purgatory.

"The team dynamic with other military members draws you out of that when you make all sorts of unexpected personal connections with others who have endured traumatic experiences."

When Capt Balden saw Invictus Games 2017 Toronto on television later that fall, he was instantly inspired to join the Games. He says the Soldier On and Invictus experiences are allowing him to gradually open up to friends, family, and co-workers about his PTSD.

He believes becoming physically active again, along with the process of focussing and training for the Sydney Games, is helping him turn the corner on his PTSD.

"When I go for a run now I feel better about myself; it is more than just a runner's high," he said. "I am not necessarily competing to win medals, but for the health benefits and to meet and support other people in their journeys. This is something I must do while I am still proud to be wearing the uniform."

Retired Canadian Infantry Sergeant Martin Plouffe is on a similar journey and recovery process.

In 2014, Sgt Plouffe was stationed in Afghanistan when he stepped on a landmine. As a result of the explosion he suffered severe physical trauma, and later three fingers and his

left arm and leg were amputated.

Prior to his injuries he was an avid sportsman with a black belt in Taekwondo; he participated in ultra marathons and played hockey and baseball. Sgt Plouffe says joining the Invictus rowing team and getting back into sports has been an essential part of his recovery process.

"I always stayed with my sports even after my injuries

because I love them," he said. "I need sports to help me cope with my PTSD and improve my mental health."

Sgt (Retired) Plouffe, Captain Balden, and the other 38 athletes will represent Canada in up to three sports each.

For more information about the 2018 Invictus Games Sydney, visit <https://invictus-gamesfoundation.org/>

This first training camp of 2018 is incredibly important, not only for physical training but getting to know each other and coming together as a team.

Brigadier-General Mark Misener, Commanding Officer of the Joint Personnel Support Unit (JPSU)



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Engineers conduct repairs on Bonaventure Memorial

Ryan Melanson
Trident Newspaper

The HMCS Bonaventure Anchor Memorial has sat at Point Pleasant Park, Halifax, since 1973, with the anchor and chain from Canada's last aircraft carrier serving as a monument to sailors who lost their lives during peacetime.

However, over the last decade it became clear the memorial needed repairs, and without a clear owner to take responsibility for the site, some feared for its future.

So in March, a group of Canadian Armed Forces engineers took over the site and assessed the condition of the Anchor Memorial in order to make the necessary repairs and ensure the piece of Royal Canadian Navy history continues to honour those who died.

The work was carried out predom-

inantly by Royal Canadian Air Force Reservists from 144 and 143 CEF in Pictou and Bridgewater. Capt Marc Lukaszczyk-Therien was the lead on the project; he said the main issue was the anchor's metal mounts, which were were rusted and deteriorating from years of exposure to the weather.

"We came in, moved a lot of the rocks out of the way, disconnected the ship's cable, and freed the anchor from the original mounts and set it off to the side," Capt Therien said.

The team rebuilt the metal supporting structures, replaced the rocks surrounding the monument, and on March 19, moved the anchor back to its original position to be secured to the new mounts. Next steps were to pour a new concrete base to cover up the metal, add more rocks, and make some repairs to the anchor's chain before running it back into the water. "Later on this spring we'll hopefully be doing some painting, refinishing and other aesthetic types of work around the area," Capt Therien added.

A group of retired sailors, including some who fought to ensure the monument would

receive the repair and maintenance work, came to the site to see the progress as a crane lowered the anchor back into position.

AB (Retired) Allan "Dinger" Bell, a survivor of the 1969 HMCS Kootenay explosion that killed nine of his shipmates, has been pushing for more than a decade for the repairs as the monument includes the names of those who lost their lives in Kootenay.

"I wasn't sure I'd ever see it happen, so I'm happy today," he said.

Brian Lapierre, a member of the Submariners Association of Canada, sailed in HMCS Bonaventure in 1967 when a Sea King crashed during an exercise, killing two members of the crew. He was especially pleased by news that the memorial will be incorporated into this year's Battle of the Atlantic commemoration, with the Lieutenant Governor and Commander of Maritime Forces Atlantic set to lay wreaths following the larger ceremony at the Sailors' Memorial.

"To a sailor, this anchor, this memorial really means something. I think it will be a big moment on Battle of the Atlantic Sunday this year," he said.

Photo by Mona Ghiz, MARLANT PA

Front row from left: Elspie and Charles Caterer, Brian Lapierre, and Jim Mosley. Middle row from left: Patti Christie, Dinger Bell, Valerie Griffin and Dick Tilley. Back row from left: CAF members from 144 and 143 CEF – Corporal (Cpl) Rob White, Captain Marc Lukaszczyk-Therien, Sgt Joe Wynands, Avr Travis Decker, Cpl Clarence Parnell, and Avr Joshua McKay.



Photo by Ryan Melanson, Trident

Members of 144 and 143 CEF, based out of Pictou and Bridgewater, conduct repair work on the Bonaventure Memorial using a crane to connect the anchor to the newly built metal mounts.



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CANEX treats volunteers to dinner

Peter Mallett
Staff Writer

A group of dedicated volunteers are receiving a big thank you from CANEX and Canadian Forces Morale and Welfare Services (CFMWS).

Over the past year volunteers, young and old, assisted the Esquimalt Military Family Resource Centre (MFRC), CFB Esquimalt Naval and Military Museum, and Personnel Support Programs (PSP) in delivering their programs.

This selfless service is being honoured Thursday

at the annual Volunteer Appreciation Banquet held at the Chiefs' and Petty Officers' Mess. The evening event is sponsored by CANEX and includes an address by Rear-Admiral Art McDonald, a buffet dinner, and disco-themed music bingo.

Sara Johnson, CANEX Esquimalt Store Manager, says the evening event is an important way to acknowledge the vital role volunteerism plays within the Canadian Armed Forces community.

"CANEX understands the commitment, time, tal-

ent, experience, effort and care that each volunteer has devoted to improving the lives and wellbeing of those who serve," said Johnson. "By funding the Volunteers' Recognition Dinner, CANEX fulfills its mission to improve the lives of military families, a mission that it shares with the MFRC and PSP."

Gillian Larsen, Community Recreation Manager, will emcee the evening's festivities, which will also include a cheque presentation and cake cutting by Johnson and MFRC staff.

Drug trafficking charge laid in Gander

DND

Last week, the Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with drug-related offences under the National Defence Act.

The charges relate to alleged possession, trafficking and use of cocaine by the accused between September 2016 and March 2017 at or near Canadian Forces Base Gander.

Corporal Colten Egers-Wood, a member of the Canadian Forces Military Police, faces the following charges:

- one count of Trafficking under section 5(1) of the Controlled Drugs and

Substances Act, punishable under section 130 of the National Defence Act;

- one count of Possession under section 4(1) of the Controlled Drugs and Substances Act, punishable under section 130 of the National Defence Act; and

- one count of Conduct to the Prejudice of Good Order and Discipline, punishable under section 129 of the National Defence Act.

In all cases, the subject of charges is presumed innocent until proven guilty. The matter is now proceeding in the military justice system for possible court martial at a date and location still to be determined.

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Afghanistan Memorial unveils legacy project

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Despite the wind and cold, members of the Greater Victoria Afghanistan Memorial Project (GVAMP) Society unveiled two interpretive panels at the Memorial site at the corner of Quadra and Courtenay on Wednesday April 11 with the help of the Honourable Judith Guichon, Lieutenant Governor of British Columbia.

"It is truly an honour to be here," said LGov Guichon at the unveiling, happy to see the project wrap up in such a positive way. "It allows young people to come here and learn the story of that particular war," she added.

The two panels add an educational aspect to the site. The first panel, Canada in Afghanistan, focusses on Canada's humanitarian contribution in Afghanistan, including the increase in teachers, improved access to health care, and the advancement of women's rights.

The panel includes a quote from the late Lieutenant Andrew Nuttall on why he deployed to Afghanistan: "I'm going to be helping the Afghan people."

Lieutenant Andrew Nuttall was killed by an Improvised Explosive

Device in 2009 in Kandahar; he is survived by his parents, Dr. Richard Nuttall and Jane Nuttall, who still live in Victoria.

To Dr. Richard Nuttall, the Memorial and the new panels hold a special significance.

"It means a great deal," he said. "These interpretive signs show

what Canada's contribution was."

At the centre of the first panel is the full colour image of Corporal Michael McCauley and an Afghan child, which became the centrepiece of the Afghanistan Memorial in Victoria as silhouettes carved forever into the granite.

"The image of the soldier and

the child, it epitomises what we were there for," said John Azar, a GVAMP board member.

The second panel, Remembering and Honouring, explains the sacrifices made by Canadians, whether it be the mental and physical wounds they endured, the impact on their families and loved ones, or

the 158 Canadian Armed Forces personnel and five civilians who made the supreme sacrifice.

"It is remembered and it is honoured," said Dr. Nuttall. "It made a difference."

The additions to the Memorial are part of the winding down of the GVAMP Society that is required to divest itself of all left-over funds from the creation of the site. As the Memorial cost less than anticipated due to a change in the original location, most of the remaining funds were donated to Cockrell House, which provides shelter, food and support services to former members of the Canadian Armed Forces, Regular and Reserve who are homeless or under-housed.

The last of the funds were used to create the two panel, and print full and quarter-sized versions for sale to Canadians and organizations across the country, with proceeds from the sales being donated to organizations that support veterans.

John Azar describes it as a legacy project, as "something that will carry on beyond the site," he added.

While he doesn't expect it to raise large sums of money, it will raise awareness and "help people understand the impact," he said.

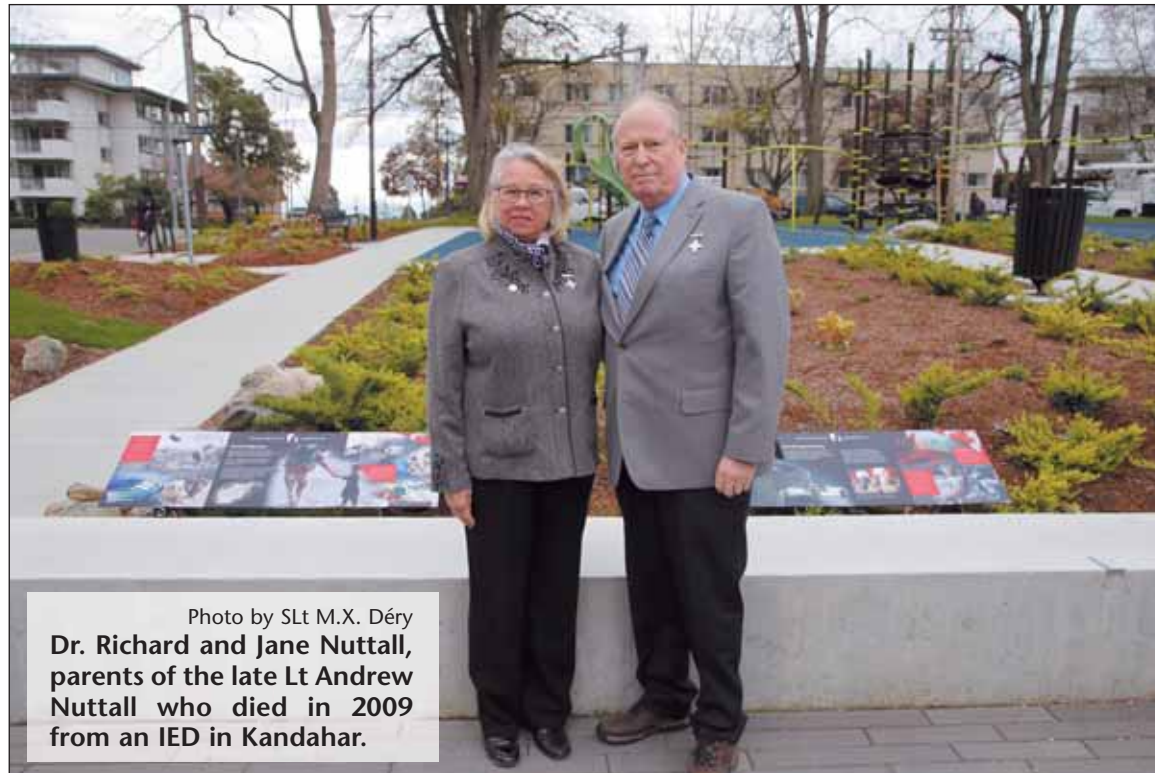


Photo by SLt M.X. Déry
Dr. Richard and Jane Nuttall,
parents of the late Lt Andrew
Nuttall who died in 2009
from an IED in Kandahar.

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More information about the recognition program and the nomination form can be found on CFHA's website <http://forces.gc.ca/en/caf-community-support-services-housing/stars.page>

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MARTECH grads set to bolster fleet as new trade

Peter Mallett
Staff Writer

The learning curve was steep but making the grade was highly rewarding said Ordinary Seaman Jason Steele, a member of the first graduating class of the newly created Marine Technicians (MARTECH) trade.

Last Monday, the young sailor accepted his Certificate of Military Achievement for the Marine Technician RQOS, a Basic Maintainer Course and the first Rank Qualification Course for the trade, from Commodore Buck Zwick,

Commanding Officer of Canadian Fleet Pacific.

Two very proud members of his family – father Master Corporal (Retired) Tim Steele and grandfather Warrant Officer (Retired) Phil Steele – looked on.

Twenty-three sailors graduated from the course in the Naden Drill Shed, with family and friends in attendance to mark this historic celebration. The new trade is an amalgamation of the Hull Technician, Marine Engineer and Electrical Technician.

"This course was 10 months long and it took tremendous dedication,

hard work and teamwork to be successful," said Cmdre Zwick. "Students and instructors approached this challenge with an open mind and will meet the requirements of the fleet by being well-trained and well-rounded Marine Technicians. For you [the students], this course will be the first step in a career of learning and application of technical expertise that is critical for the future success of the navy."

There was little time for celebration; most graduates were posted to ships and units within days after the ceremony.

OS Steele was singled out by the Commodore for representing the third generation of Steele family members in Canada's military.

"It felt really great to have my father and grandfather here today," said OS Steele who had previously been trained as a Hull Technician. "It was certainly a sharp learning curve, and the biggest challenge was becoming familiar with all of the new subject matter."

Petty Officer First Class Mike Trahan, Senior Instructor of Naval Fleet School Pacific's new course, says building the course

and scheduling it properly were some of the biggest hurdles to overcome.

"It's a lot of information to digest; it's a brand new course so none of the instructors had any experience instructing for this new trade. They managed to take the experience of instructors of all three legacy trades and blend it into one," said PO1 Trahan.

The MARTECH trade officially stood up May 1, 2017, in Esquimalt and Halifax. A group of 23 students also graduated the course at CFB Halifax on April 3.

The first group of

graduates are all junior ranks members who were deemed to be the best suited candidates to make up the first MARTECH pilot course. Training will move through the ranks from bottom to top, and finish with its most experienced tradespeople.

The next wave of 48 students are now in various stages of the course at Naval Fleet School Pacific. A smaller group of approximately 12 students are expected to graduate early this summer with the remainder of the group completing their studies throughout the year.



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Bravo Zulu

HMCS Malahat Awards

Awards and recognitions were presented during the annual awards night at the Naval Reserve Division, HMCS Malahat, April 5.

Photos by LS Valerie LeClair, MARPAC Imaging Services



AB Shane Brooker is promoted to Leading Seaman by Capt(N) Patrick Montgomery.



MS Chris Jenkins receives his Canadian Forces' Decoration from Capt(N) Patrick Montgomery.



MS Chris Jenkins is promoted to Petty Officer Second Class by Capt(N) Patrick Montgomery.



OS Michael Urbanoski receives the Captain G.A.V. Thompson Trophy for most outstanding New Entry from Capt(N) Patrick Montgomery.



LS David Sinai receives the Captain R. Jackson Trophy for the most outstanding Junior Ranks from Cdr Michael Lawless.



PO2 Colleen McInnis receives the Wardroom Trophy for the most outstanding Chief/Petty Officer from LCdr Cameron Miller.



Naval Cadet Simon Shepherd receives the Captain D. Garrard Memorial Trophy for the most improved NCdt/A/SLt from Cdr Gregory Walker.



SLt Beth-Anne Salzer receives the Victoria College Trophy for the most outstanding junior officer from Capt(N) Patrick Montgomery.



AB Katrina Koch-Underhill receives the Chief Petty Officer Burch Trophy for promoting the best image of the unit from CPO1 Robert Campbell.



LS Benjamin Lenner receives the Coxswain's Memorial Trophy for possessing the most potential from CPO2 Graeme LeBlanc.



Naval Cadet Miguel Couturier receives the White Twist Book Award for an outstanding Junior Officer from Cdr Michael Lawless.



Commander (Retired) Rod Hughes receives the Naval Association of Canada Sword for the officer that best exemplifies the overall leadership qualities from LCdr Cameron Miller.



LS Kathy Sanchez receives the Commander Clerihue Scholarship from Commander (Retired) Barb Clerihue.



PO1 Van Akker receives a Change of Appointment certificate as Coxswain from Capt(N) Patrick Montgomery.



CPO2 Graeme LeBlanc receives a Change of Appointment certificate as Coxswain from Capt(N) Patrick Montgomery.



Lt(N) Leslie Ewart receives a Bravo Zulu Award for dedication and leadership from Cdr Michael Lawless.



PO2 James Phillion receives a Bravo Zulu Award for dedication and success from Cdr Michael Lawless.



PO2 Ryan Flagg receives a Bravo Zulu Award for determined leadership and mentorship to the Junior Ranks from Cdr Michael Lawless.



LS Nicole Eby receives a Bravo Zulu Award for dedication and mentorship from Cdr Michael Lawless.



Angus Brown receives a Certificate of Enrolment from his father, LCdr Simon Brown.



Mustafa Abousaleh receives a Certificate of Enrolment from Cdr Michael Lawless.



Angel Lee Parrot-Ruiz receives a Certificate of Enrolment from Cdr Michael Lawless.



Presiding Officer, Cdr Michael Lawless (centre) signs the Change of Appointment Certificate of the Outgoing Coxswain PO1 Al Van Akker (right), and Incoming Coxswain CPO2 Graeme LeBlanc (left).



CPO2 Mellor is promoted to his current rank by Lt(N) Rainczak, Deputy Detachment Commander HCM Felex Detachment West, and LCdr Vanderkrost, Felex Detachment Commander.



PO2 Gillan is promoted to his current rank by LCdr Collins, Commanding Officer of Trinity Detachment, Naval Ocean Processing Facility Whidbey Island, with the assistance of Vicky Gillan.



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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. Website: 848royalroadsaircadets.com Contact: 848parcinfo@gmail.com or 250-590-3690

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MISCELLANEOUS

HMCS TERRA NOVA WESTPLOY '73 REUNION Crew members of Terra Nova's Westploy '73 cruise, Operation Gallant, will be reuniting 01-03 May 2018 in Victoria for the 45th Anniversary of the mission. Terra Novans who made this cruise and wish to attend, or wish more information, are to contact John Appler at jeappler@gmail.com

FREEMASON and new to Victoria. Contact us at camosun60secretary@gmail.com. We meet the 2nd Monday of each month.

VIEW ROYAL READING CENTRE. 266 Island Hwy. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For information 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. Look under the Facebook Group: cowichan valley coffee.

SERVICES OFFERED

VALERIE MACNEIL COUNSELLING by Valerie MacNeil M.Ed, RCC. New to Esquimalt I offer counselling for mental health, addictions, trauma, grief and loss and couples. Contact Valerie at 250-216-1105 or www.valeriemacneilcounselling.com

DEPLOYING? NEED SOMEONE TO HOUSE SIT? I am a mature, caring, responsible, trusting, non-smoking women. I have local references. Willing to come to Victoria and house/pet sit for you. Call: (613)266-7144 or email: paryar1955@gmail.com

CAREER TRANSITION COACH & Resumes Writer, former SCAN Coord Judy Marston; 10% Military Discount, www.resume-coach.ca or 250-888-7733

VOLUNTEER

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

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