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Has anybody seen my soldier...

- Shania Twain

Lyrics from her new song Soldier

Shania Twain, Canadian pop country musician, embarks HMCS Ottawa from a Rigid Hull Inflatable Boat operated by the Maritime Tactical Operations Group.

She visited all three military services in an informal setting on the flight deck of Ottawa before touring the ship last Thursday. She also toured a submarine and flew in a Sea King. See more photos on page 2.

Photo by LS David Garipey, MARPAC Imaging Services



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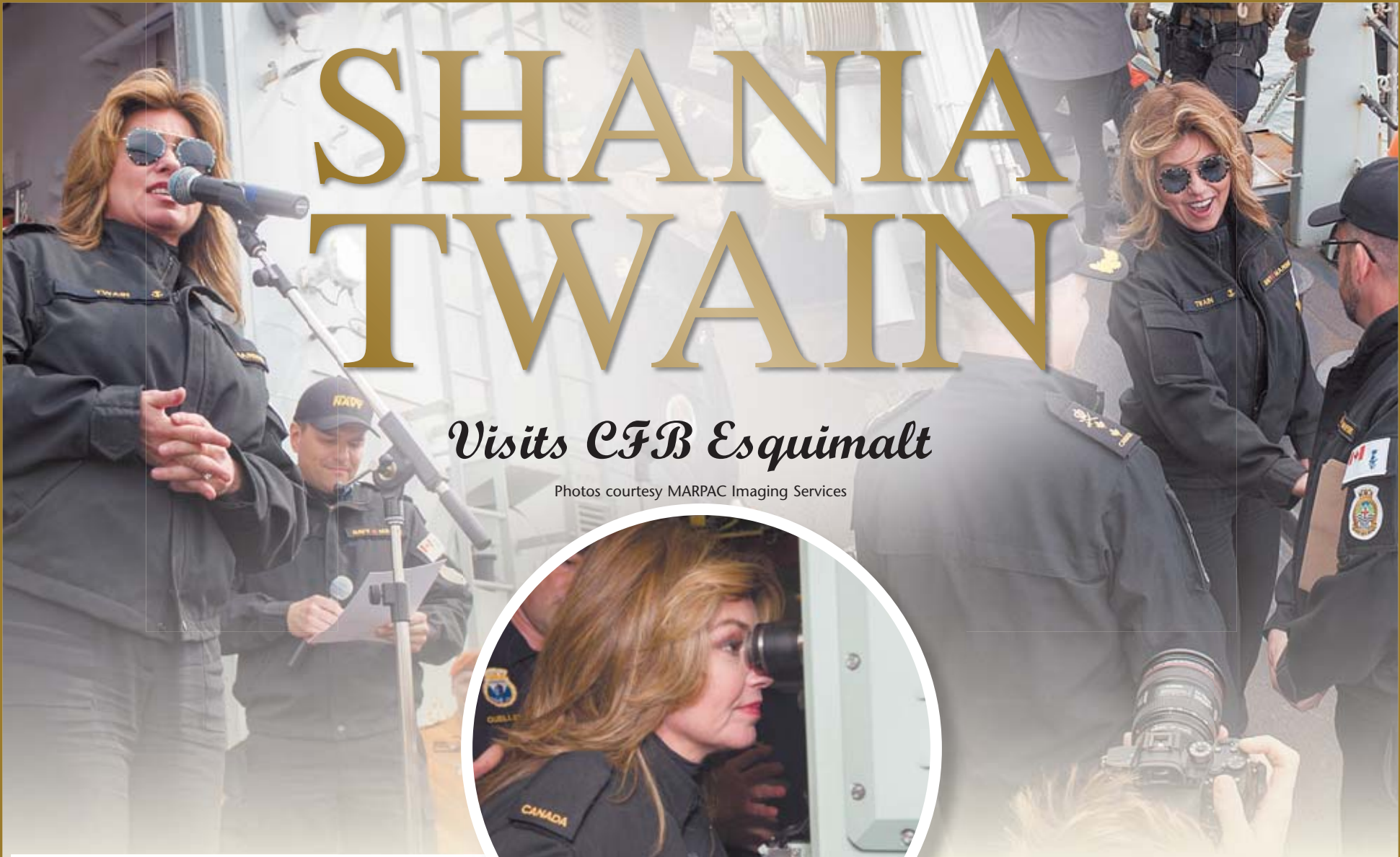
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During her visit to HMCS Ottawa, Shania Twain spoke very emotionally about the inspiration behind her new song Soldier, which played for the crowd.



Photo by Bill Cochrane, Lookout

Ship repair shop unites to create tribute to Humboldt Broncos



Carmen Collins and Chris Roy with their tribute to Humboldt.

Peter Mallett
Staff Writer

A sheet metal worker from the Fleet Maintenance Facility did some quick stick-handling to create a unique tribute to the Humboldt Broncos.

Chris Roy, sheet metal journeyman, says he and his co-workers, like countless Canadians, were grief stricken by the fatal bus crash that killed 16 and injured 13 Humboldt Broncos hockey team members.

"I thought FMF should do something unique to show our support and solidarity with the people of Humboldt," said Roy. "The hockey community has always supported Canada's defence team, so it was a small gesture to show Humboldt that we are thinking about them."

Roy, a lifelong recreational hockey player and skilled tradesman, created a symbolic hockey stick holder as a

monument to the outpouring of support.

"The idea came to me because of the social media coverage showing people leaving their sticks out on their porch for Humboldt."

After getting approval from his supervisor, Roy moved from concept to finished project within 24 hours. He worked on his own time, after hours, to have it ready in time for Jersey Day on April 12, the day employees at the base wore their hockey jerseys to work.

His creation is made of 16-gauge stainless steel and other scrap metal parts he found in waste bins in his shop, and his own personal hockey stick. A giant laser cutter in the metal shop did the lion's share of the work and was used to fabricate the dominant feature of the stick holder, a giant Humboldt Broncos logo as its base. Roy says he then affixed a black metallic backing to the bot-

tom of the base to help make the silver-coloured logo stand out.

He received assistance from FMF's graphics shop for the logo design, while nightshift powder coaters painted the backing black. Also essential to the project, says Roy, was the technical assistance of FMF metal shop journeyman Carmen Collins. Collins, a recent graduate of FMF's Apprenticeship Program, got the chance to refine her skills on the shop's laser cutter to help create the logo.

Their handiwork is now displayed outside the main entrance of FMF near the cafeteria.

"A lot of people have approached us and said they liked it and it was a really cool idea," said Roy. "But we are not doing it to get attention, but instead to bring attention to what the people of Humboldt are going through."

MFRC info line enhances service

Jon Chabun
MFRC

As of May 1, if you call the Military Family Resource Centre (MFRC) Information Line outside of regular office hours, you will be offered new options.

Callers that phone 250-363-2640 (toll free: 1-800-353-3329) will be advised to connect to the Family Information Line if they are in crisis, to the Duty Padre if they urgently need to contact a deployed military member, or to leave a message for MFRC staff if it can wait for regular office hours.

This new initiative will be in effect whenever the MFRC offices are closed. In the past, the MFRC had staff answering calls 24 hours a day.

"The statistics gathered really supported this decision," said Jackie Carlé, MFRC executive director. "We collected and analyzed data over the last 12 months and it really showed that a change was in order. Our staff recorded when they received a call and the reasons for it. The data showed that the after-hours phone service was underutilized and that it wasn't being used for its intended purpose."

"The move will give our community access to enhanced after-hours service," said Carlé of partnering with the Family Information Line. "It will also allow us to make the best use of the funding dol-

lars that we receive."

The MFRC will work with staff at the Family Information Line to ensure a smooth transition. The Family Information Line offers 24-hour, confidential, bilingual counselling at no cost for military members, veterans and their families. Counsellors at the Family Information Line will be able to maintain a case load and can follow up with sessions by phone or Skype until they are referred.

The MFRC will be working closely with the

Chaplain team to ensure that families are well supported when they require after hours support.

The MFRC has requested an automated system that will directly connect callers with either the Family Information Line, Duty Padre, or to leave a message with the MFRC based on what number they enter. As of right now, after-hours callers will hear a recorded message detailing those options.

For more information, call the MFRC at 250-363-2640.

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WHAT SAY YOU

People Talk

Canada's Invictus Games athletes held a training camp in Esquimalt April 9 to 13 to prepare for the Oct. 4 Invictus Games in Sydney, Australia. Lookout asked athletes and coaches attending the following question:

What is your biggest reason for being part of Canada's Invictus Games team?



Because I have been inspired by those who have competed before me, and also because I want to meet new people, share experiences, and compete alongside some of the best people in Canada.

Corporal (Retired) Matt Belear,
Kingston, archery, rowing,
wheelchair rugby



I got a chance to see the 2017 Games in Toronto and had a few friends competing in the Games. I was inspired when I saw some of our war heroes from Afghanistan competing there too. I saw how the Games were helping them; so the big reason why I got involved was to help bring balance back to my life through sports.

Master Corporal Dean Irvine,
4th Canadian Division Toronto,
archery, rowing, power lifting



I got involved in the Games because I know it's going to push me to prove myself and be more accountable. Also, it will give me a chance to represent veterans and currently serving military and make them proud.

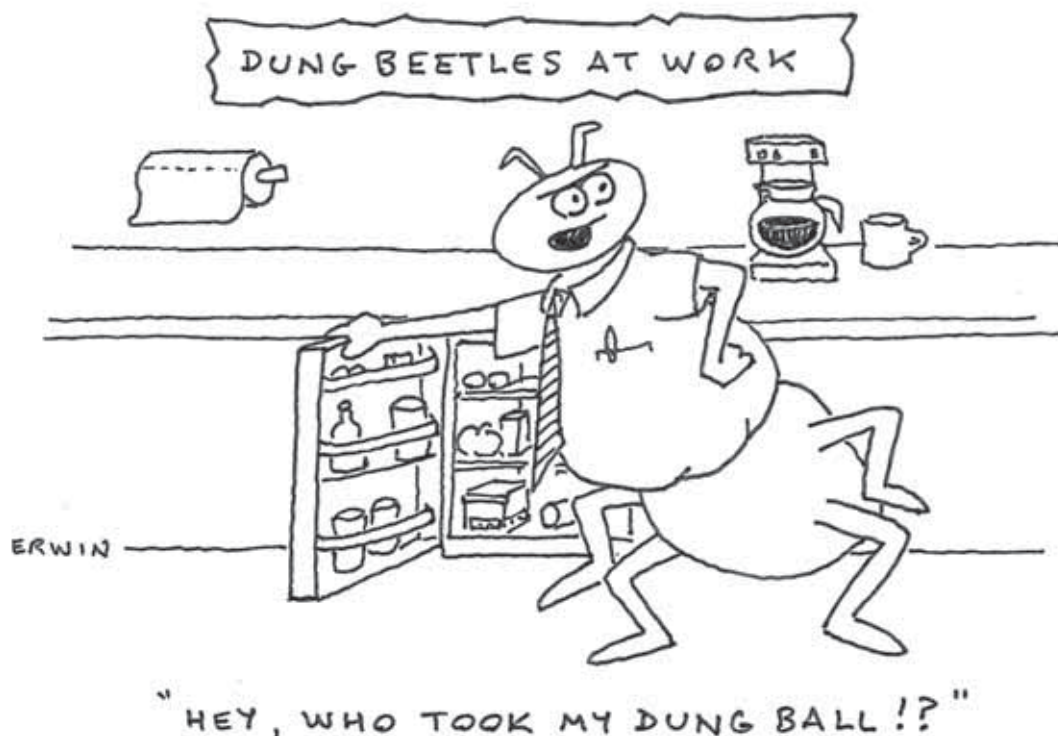
Captain (Retired)
Andrew Garsch,
Fredericton, N.B.,
cycling, rowing




I coached at the Invictus Games last year and didn't know what to expect. When we took the team to the Invictus Games in Toronto I found out the Games really weren't about the sports themselves, but instead seeing the athletes conquer their fears and overcome problems. When they asked if I wanted to coach again I said absolutely.

Captain Alex Bronson,
5th Canadian Division
Petawawa,
Swimming Coach

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New hands behind HMCS Oriole's helm

Ryan Melanson,
Trident Newspaper

The Royal Canadian Navy's oldest commissioned vessel, tall ship *HMCS Oriole*, had an exceptionally busy and successful program through 2017.

Under the command of LCdr Mike Wills, *Oriole* made the marathon 16,000 kilometre sail from Esquimalt to Halifax, including stops at 10 Canadian cities as part of the Rendez-vous 2017 Tall Ships Regatta.

Through that period, the ship cycled through more than 300 crewmembers, took 400 sea cadets and hun-

dreds of other visitors for day sails, and while along-side, routinely welcomed more than 1,000 visitors on board each day. While transiting between ports, sailors dealt with 60 knot winds, four to six metre waves, multiple ripped sails, and a host of other technical difficulties.

Yet through it all, the six-month program was carried out without any major setbacks, no shortages of supplies, and no injuries worse than a sprained ankle.

"This is the result of the senior members of the crew, who overcame everything that was sent their way, and for that I'll be forever grateful," said LCdr Wills, who handed over command of the ship to incoming Commanding Officer, LCdr Drew Foran at a ceremony in the Juno Tower Bridge, Halifax, April 16.

Oriole is currently undergoing a major refit at the Lunenburg shipyard, including a full revamp of wiring and electrical systems and removal and refinishing of both masts, to prepare the ship for the summer and beyond.

Earlier work was also completed on the West Coast by SNC-Lavalin, to bring the ship up to standards that were needed to carry out the extended sail to Halifax. It wasn't long ago that the ship's sailing future was in question, but after multiple inspections and risk assessments, RCN leadership committed the resources to ensure *Oriole*, which was launched in 1921 and commissioned in 1952, will continue to sail for the foreseeable future.

"A lot of tough decisions were made prior to the Tall Ships Regatta in 2017, and I won't forget the confidence that was placed in me and the ship," said LCdr Wills, who will now return to Esquimalt to take command of the Naval Security Team.

As for the incoming Commanding Officer, LCdr Foran grew up in a military family, has been sailing on tall ships since he was 14 years old, and said he's thrilled that his career path has led him to take the reins of *Oriole* as his first command.

"This is truly my dream job and I intend to give it my all," he added.



Photo by Cpl J.W.S. Houck, FIS

Capt(N) Jeff Hamilton, Commander 5th Maritime Operations Group, presides over a Change of Command ceremony April 16, as LCdr Drew Foran (right) takes over HMCS Oriole from LCdr Mike Wills (left).

Next up for the nearly 100-year-old ship, following the completion of refit work, will be the 2018 Great Lakes Deployment, where LCdr Foran and his new crew will use *Oriole* as an outreach tool to introduce Canadians to a piece of RCN history while showcasing the skill and professionalism of those who sail in it.

"It presents to Canadians the capabilities and competencies of the RCN at a very different level, and a level that a lot of Canadians can relate to more easily than with our large mod-

ern ships," said Capt(N) Jeff Hamilton, Commanding Officer of 5th Maritime Operations Group, who presided over the change of command ceremony.

"It also instills teamwork, discipline and core mariner competencies that are hard to get in today's world. *Oriole* helps us step back in time a bit and reinforce the fact that the ocean environment hasn't changed - it remains harsh and unforgiving."

LCdr Foran thanked his chain of command, including Capt(N) Hamilton, for allowing him the opportu-

nity to lead the ship through its Great Lakes program, as well as LCdr Wills, for watching over *Oriole* up to this point. With his new crew and soon-to-be a newly-refurbished ship to sail in, he expressed confidence the successes *Oriole* saw in 2017 will continue through any future programs.

"We have some big shoes to fill, but in the short time since we've met, the crew has already shown me their eagerness to learn and their drive. We have quite the adventure ahead of us," he said



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HMCS Whitehorse crew stay fit on Operation Caribbe

Lt(N) Paul Pendergast
Canadian Joint Operations
Command PAO

A ship at sea on a two-month deployment is not the easiest place to stay fit.

With the ship pitching and rolling in rough seas, and a busy watch schedule, the temptation is always there to enjoy an extra helping of good navy food and retire to your bunk for an hour of extra sleep during your off-watch time.

The fitness coordinator in *HMCS Whitehorse*, who cannot be identified for security reasons, has made it his goal to improve the overall fitness level of the

crew during its deployment on Operation Caribbe, Canada's contribution to the multinational effort to counter illicit trafficking in the Caribbean Sea and in the eastern Pacific Ocean.

"My main job is standing watch as a Marine Technician, ensuring all the mechanical systems on board are working properly," said the Fitness Coordinator. "When they called for a volunteer for the secondary duty of Fitness Coordinator, I jumped at the opportunity."

Some crewmembers take advantage of port visits to go running or jogging, but at sea the limited space available requires the use of machines such as a treadmill to maintain cardio fitness.

Just prior to sailing on this deployment, *Whitehorse* received a full suite of fitness equipment, including a treadmill, elliptical machine, rowing machine, and weights and TRX bands for resistance exercises.

With all the new gear, it is no surprise that *Whitehorse* is one of the fittest ships in the fleet. "I would place this crew at the top of the list for fitness levels, of any ship I have sailed in over the past nine years," said the Fitness Coordinator.

Typically, fitness levels of crew members tend to decline during a deployment. Sailors are away from their organized team sports such as hockey or soccer, and the long days and nights at sea lend

themselves to a good book, or perhaps watching a movie on the big screen TV in the mess.

"I provide advice to people on setting goals, or designing a workout routine appropriate for them, but I see my real role as a motivator," said the Fitness Coordinator. "It is very easy to skip your workout for one day, then it becomes two days, then a week, a month, and before you know it, a year has passed since your last workout."

The Watch on Deck is made up of two watches, Port and Starboard, whose members compete in a highly competitive push-up contest that begins the first day at sea after a port visit, and continues until the next port visit. Cumulative totals can exceed

10,000 per week for each watch. The running total is marked on the bridge window with a grease pencil, and the current score is a constant topic of discussion among the crew.

"The push-up contest is a great way for the watches to stay fit, but it is also a good way to keep people thinking about fitness, and to tap into their sense of pride and competitiveness as a source of motivation," said the Fitness Coordinator. "Ultimately, a healthy body leads to a healthy mind, and enables the crew to focus more effectively on the mission of disrupting the drug cartels and intercepting their drug shipments before they reach North America."



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Sailors return home from West African deployment

Ryan Melanson
Trident Newspaper

After nearly three months away from home in the balmy West African climate, the crews of *HMC Ships Summerside* and *Kingston* were reintroduced to Halifax-style weather as they came alongside Jetty NC on April 17.

Heavy rain and 60 kilometer an hour wind

gusts made for a cold and wet return. But that didn't douse anyone's spirits as families, children and even a few excited pets reunited with the sailors, bringing an end to Operation Projection West Africa.

The mission was described as a strategic engagement meant to support capacity building and foster relationships with partner navies. It also was to engage

at the community level, visiting and helping out with manual labour tasks at schools, daycares and other locations in multiple countries, including Cape Verde, Senegal, Liberia, Cote d'Ivoire, Nigeria, Benin and Ghana.

The ships sailed from their final port of call in Madeira in early April and arrived in Halifax about nine days later.

"It was an incredible experience, different than anything I've done before, but I still can't describe how good it feels to be home. I've been waiting for this day for a long time now," said SLt Joannie Martin-Labelle, one of the first off *Kingston*, who was greeted with kisses from both her boyfriend, Lt(N) Sebastien Williamson, and her puppy Merlin.

The at-sea portion of Op Projection, which included the U.S.-led Obangame Express exercise from March 22-27, saw *Kingston* and *Summerside*, along with Dutch and Belgian partners, lead exercises with the Navies of Côte d'Ivoire, Togo, Ghana, Guinea, Sierra Leone and Liberia.

While the Canadian ships served as a platform for exercises mainly focused on

building capacity for the West African personnel, LCdr Matthew Woodburn, *Kingston's* Commanding Officer, described an exchange of cultures, ideas and best practices that was beneficial all around. This started before the vessels departed in February, with exchange officers from Ghana and Côte d'Ivoire accompanying the Royal Canadian Navy crews across the Atlantic.

"We were really able to learn from each other. We saw how they do their work with these types of operations, and they were able to see what we have on our ships and how we conduct our business for maritime security," LCdr Woodburn said.

The community-focused portions of the trip involved the delivery of donations and lending a hand to local schools, and plenty of meetings with community members and welcoming of visitors on board the ships, with a special focus on meeting young women and promoting women's rights and equality.



Photo by Mona Ghiz, MARLANT PA

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REMEMBERED

April 16, Memorial Park
Photos by Corporal Blaine Sewell
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Canadian Forces Base Esquimalt Commanding Officer, Captain (Navy) Jason Boyd (left), and Base Chief, CPO1 Robert Spinelli (right) lay a wreath during the annual memorial service for the Second World War sinking of HMCS Esquimalt.



Representatives from the Royal Canadian Legion and Naval Cadets stand on parade during a memorial service for the sailors lost when HMCS Esquimalt sank April 16, 1945, just weeks before the end of the war.



Lieutenant Colonel James gives prayers during the service.



Esquimalt Mayor Barb Desjardins (left) and Esquimalt Fire Chief Chris Jancowski (right) lay a wreath.



Stephanie Biggs of the Sunshine Coast Naval Association (left) and Leading Seaman McLean (right) lay a wreath.



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Black Pearl visits Victoria

SLt Mike Harris
HMCS Regina

On an overcast day two weeks ago, Esquimalt harbour grew a little darker from the shadow of a large American warship.

Roughly 17,000 tons of steel, weapons and sailors ominously crept toward the F jetty on the Colwood side, dwarfing CFB Esquimalt's two largest tugs as they nudged the ship into place.

Lining the entire perimeter of the weather decks of USS Pearl Harbor (nicknamed the Black Pearl) were its United States Navy sailors.

Ship and crew were in

town for a short visit April 12 after recently completing a seven-month deployment to the Indo-Asia-Pacific and Middle East.

The crew from host ship HMCS Regina, docked on the other side of the harbour, ensured the visit was a good one. The Amphibious dock landing ship and its crew of 419 invited Regina sailors over for a tour; coins, badges and just about anything else on it were traded in typical navy fashion.

LS Stuart Carmichael was "amazed at how easy it was to get lost in the labyrinth of decks, flats and spaces" during the tour and "felt

sorry for any new sailor that would have to memorize the entire ship."

USS Pearl Harbor is a Harpers Ferry-class dock landing ship, part of U.S. 3rd Fleet. The ship is named after the attack on Pearl Harbor - Dec. 7, 1941. It can hold, launch and recover four landing craft air cushion vessels, as well as repair and maintain them. This ability, coupled with the ship's massive cargo bays, large flight deck, and ability to house up to 500 personnel, makes a massive ship in comparison to most warships.

USS Pearl Harbor left the region on April 16.



The USS Pearl Harbor tied up at F jetty with HMCS Calgary.

Photo courtesy LS Stuart Carmichael, HMCS Regina

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"Dear Warrior, From Alex:
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Those simple words scrawled in purple marker on a folded sheet were handed to Captain Casey Balden during the first Team Canada Invictus training camp. The note accompanied a cheque for \$24; the money Alex received from guests to her sixth birthday party.

When her parents asked what she wanted to do with the money, she answered give it to Canada's wounded warriors.

Alex's parents are not military, nor do they have any direct connection to the Canadian Armed Forces, so they were unsure of where she heard about the cause, and how to go about making the donation.

Peter Lawless, Team Canada Invictus Head Coach, heard about the donation from his colleague, Alex's mother, and coordinated a visit to the recent training camp in Victoria. During the visit,

Alex presented her note and cheque to Capt Balden, who accepted it on behalf of the Invictus Team.

The Invictus movement began four years ago in London as a way to harness the power of sport to inspire recovery, support rehabilitation, and generate a wider understanding and respect for those who serve their country. Since their inception, the Games have steadily grown in size and awareness. The 2017 games were held in Toronto, where they captured the nation's hearts.

The next games will take place in Sydney, Australia, this October, with 40 athletes representing Canada on the international stage. The first training camp took place at CFB Esquimalt, and other locations around Victoria from April 9-13. The team will continue training throughout the year, coming together for a second camp at the end of July in Halifax, before departing for the games.



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Derek C Knudsen

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A toaster running 24 hours straight, that is how much more energy Bernays West residents used than Bernays East during the Operation Conservation building competition held during Earth Hour, Saturday, March 24.

That is 29.3 kWh for those of you keeping score.

Kim Arklie, a co-op student for Real Property Operations Energy Management Program, congratulated the winners with miniature LED flashlights courtesy of B.C. Hydro.



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HMCS VANCOUVER

HMCS Vancouver steams past USS Missouri (BB-63), a United States Navy Iowa-class battleship, upon its scheduled arrival during Operation Projection Indo-Asia Pacific, Pearl Harbor, Hawaii April 10.

Photo by Master Corporal Brent Kenny, MARPAC Imaging Services

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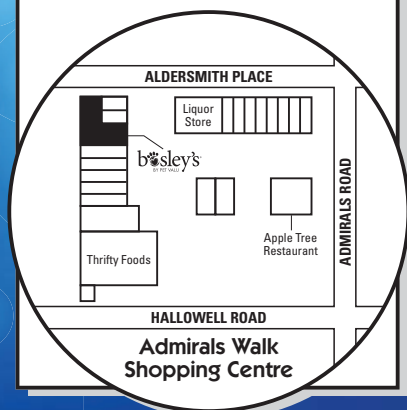
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PLQ 0140 Graduation Ceremony

Reviewing Officer Commander Alain Sauve presents awards during the Naval Fleet School (Pacific) Primary Leadership Qualification Course 0140 Graduation Ceremony on April 13.

Photos by Leading Seaman Ogle Henry MARPAC Imaging Services



Chief Petty Officer Second Class Ken Simoneau, Primary Leadership Qualification Regulating CPO, presents Master Seaman B. Cizmar with the Drill Competition Award.



Don Cook, from the Chiefs' and Petty Officers' Association, presents Master Seaman G. Peppley with the Chiefs' and Petty Officers' Association Award for being the top graduate.



Chief Petty Officer First Class Gilles Grégoire, Formation CPO, presents Leading Seaman E. Diffey with the Formation CPO Award.



Master Seaman B. Burnell receives his Certificate of Achievement.



Bombardier L. Denneboom receives his Certificate of Achievement.



Master Seaman M. Sarachman receives his Certificate of Achievement.



Corporal R. Wright receives his Certificate of Achievement.



Leading Seaman W. Forde receives her Certificate of Achievement.



Master Seaman G. Peppley receives his Certificate of Achievement.



Leading Seaman C. Sheppard receives his Certificate of Achievement.



Leading Seaman P. Tallack receives his Certificate of Achievement.



Bombardier J. Simard receives his Certificate of Achievement.



Master Seaman T. Davis receives his Certificate of Achievement.



Leading Seaman N. Milne receives his Certificate of Achievement.



Master Seaman L. Perrin receives her Certificate of Achievement.

Bravo Zulu

PLQ 0140 Graduation Ceremony



Master Seaman B. Cizmar receives his Certificate of Achievement



Master Seaman M. Joukov receives his Certificate of Achievement.



Leading Seaman E. Diffey receives his Certificate of Achievement.



Master Corporal P. Lavoie receives his Certificate of Achievement.



Master Seaman C. Barter receives his Certificate of Achievement.



Leading Seaman K. Mclean receives her Certificate of Achievement.



Master Seaman K. Cook receives his Certificate of Achievement.



Leading Seaman V. Zaharoff receives his Certificate of Achievement.



Master Seaman P. Tallack is promoted to his current rank.



Master Seaman N. Milne is promoted to his current rank.



Want to recognize someone in your unit?

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

Watch for your photo on Facebook!



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MS Jung Chun Yen is promoted to his current rank by Maj Grant Whittla, Commanding Officer Base Information Services, and Capt Joshua Weissbock, Operations Officer Base Information Services.



LCdr Caroline Allan receives her promotion to that rank from her spouse Melissa Hart and Capt(N) Jason Boyd, Base Commander.



MS Poulin receives his Canadian Forces' Decoration from Cdr Chanthalansy on behalf of the Commanding Officer Canadian Fleet Pacific Headquarters.

Bravo Zulu

HMCS Vancouver Awards and Presentations

Presented by
HMCS Vancouver
Commanding Officer,
Cdr Christopher Nucci.

Master Corporal Brent Kenny,
MARPAAC Imaging Services



Lt(N) Justine Aucoin is presented with the Canadian Forces' Decoration.



Lt(N) Jackie Geiger is presented with the Canadian Forces' Decoration.



Lt Lisa Bowry is presented with her Commissioning Scroll.



Lt(N) Gillian Herlinger is promoted to her current rank by Cdr Christopher Nucci, with Lt(N) Amy Clements.



MS Randy Price is promoted to his current rank by Cdr Christopher Nucci, with PO1 William Stewart.



MS Wayon Shaw is promoted to his current rank by Cdr Christopher Nucci, with CPO2 Christopher Fraser.



LS Alexander Clemo is promoted to his current rank by Cdr Christopher Nucci, with PO1 Christopher Davenport.



LS Maude Côté is promoted to current rank by Cdr Christopher Nucci, with CPO2 Jean-Francois Gaudreault.



Cpl Eric Baron is promoted to current rank by Cdr Christopher Nucci, with CPO2 Jean-Francois Gaudreault.



LS Ayla-Taj Desjardins is promoted to current rank by Cdr Christopher Nucci, with PO2 Dustin Mansfield.



MS Kyle Hamilton is presented the Machinery Watchkeeping Certificate by Cdr Christopher Nucci.



Cdr Christopher Nucci presents LS Jennifer Buckell (centre) and LS Ryan Martin (right) with Chief of Defence Staff Certificates of Appreciation for their work during the Pacific Command Chiefs of Defence Conference held in Victoria, September 2017.



Cdr Christopher Nucci presents LS Adam Derewicz (centre) and LS Mark Santos (right) with Base Information Services Branch Certificates of Information Excellence.



Cdr Christopher Nucci presents MS Aaron Luke with the Gun Metal Sea Service Insignia.



PO2 Kyle Hamilton is promoted to current rank by Cdr Christopher Nucci, with CPO2 Quinton Englot.

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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: 848parentinfo@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.

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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.

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