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NAVY BIKE RIDE

AT CFB ESQUIMALT

Below: Vice-Admiral Ron Lloyd, Commander of the Royal Canadian Navy, greets sailors at the registration table.



More than 200 people came out for the Navy Bike Ride at CFB Esquimalt last Friday. Riders rode one of three routes - two, five or nine kilometres - and back to the Naden Drill Shed for snacks. Big thanks to sponsors BMO, Seaspan, Babcock and Save On Food grocery store.

Photos by LS Victoria Loganov, MARPAC Imaging Services

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Force Protection in Fiji – Naval Security Team deploys

Peter Mallett
Staff Writer

Canada's Naval Security Team (NST) have commenced a five-week deployment to provide force protection for *HMCS Vancouver* on its upcoming port visit to Fiji.

Approximately 54 members of the NST will fly to the South Pacific's scenic archipelago from Victoria International Airport aboard a Royal Canadian Air Force (RCAF) air bus this week. Their deployment is part of Operation Projection, the Canadian Armed Forces (CAF) operation to conduct training, exercises and engagements with foreign navies and other international security partners.

The NST provides naval reservists opportunities for real-world, expeditionary operations around the world. Their primary activities will be supporting the security needs of *Vancouver* and its crew, at sea and on land, by providing protection from threats with the Republic of Fiji Navy at controlled access points, said Lieutenant (Navy) Kay van Akker, NST Executive Officer.

"The mandate of the NST is mission dependent based on identified security needs of Canadian warships going into foreign ports," said Lt(N) van Akker. "We work across multiple units and branches of the Canadian Armed Forces to achieve this goal."

Prior to their deployment, the NST completed five weeks of training in Victoria. The group is comprised of six full-time reservists based in Esquimalt, with the remaining 65 made up of Class 'A' Naval Reservists rep-

resenting 18 Naval Reserve Divisions across Canada.

The CAF already has boots on the ground in Fiji, with a CAF advance party of 15 navy logisticians and army engineers who set up accommodations for the NST, including construction of a large tent city to house Canadian personnel in the capital city Suva.

Last Thursday, an additional seven members of the NST departed for Fiji from Patricia Bay aboard a C17 Globemaster. The giant military transport plane was also loaded up with the team's equipment, including its tactical operations centre and two Defender Class Protection vessels.

Along with providing force protection, the NST will participate in a bilateral military exercise with *Vancouver* and members of the Republic of Fiji Navy as part of the CAF's Building Partner Capacity initiative.

Lt(N) van Akker says the deployment will also involve discussions and collaboration with Fiji's navy on techniques and tactics for naval and deployed force protection.

Lt(N) van Akker and other members of the team are also serving as consultants and mentors to the Republic of Fiji Navy regarding gender integration; especially relevant now as the first 12 women were enrolled into their navy in February. Lt(N) van Akker was part of a 12-member team, eight male and four female, that

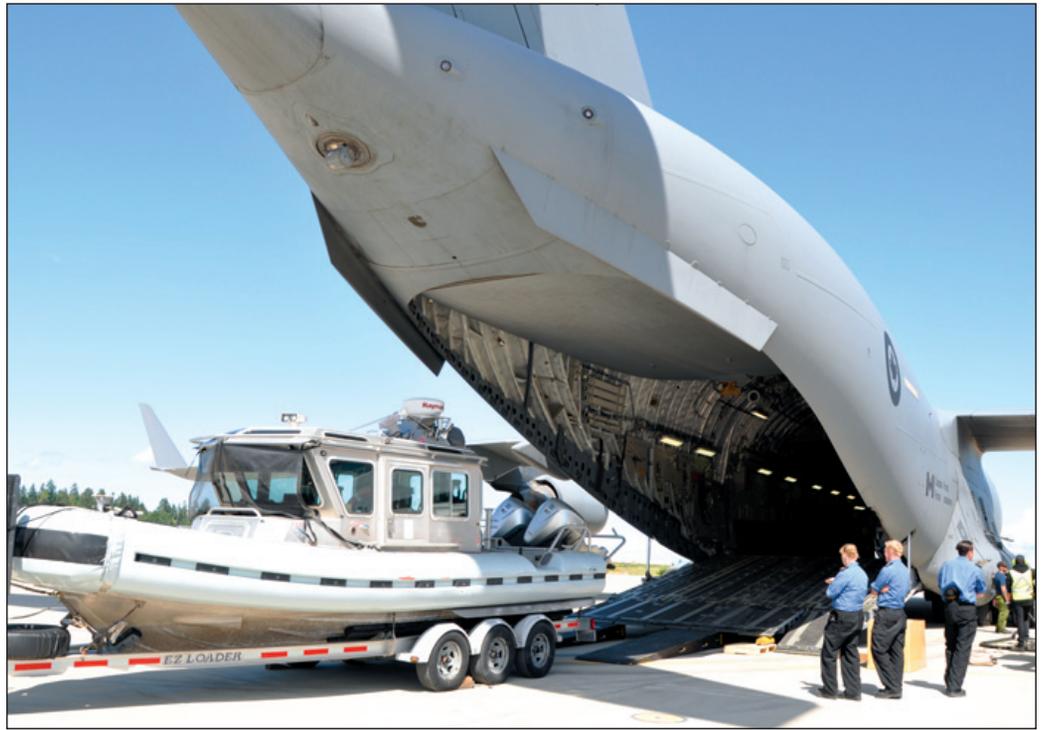


Photo by Lt(N) Melissa Kia

LS Sarah Trull, LS Jason Rupke, and LS Dan Bussel, members of the Naval Security team, supervise the loading of their equipment into a C17 Globemaster. The plane transported the equipment and members to Fiji for their Force Protection role in Operation Projection.

made an initial trip to Fiji in August 2017 to conduct force generation training with the Republic of Fiji Navy. At that time she conducted workshops geared to open discussions about gender in operational military forces that included advice and discussions about Canada's female integration into its

military.

"We have also entered into conversations with them about their integration process [for women] along with any concerns and uncertainties. I will be looking forward to see how the integration has been progressing."

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HMCS Oriole joins Atlantic Fleet

Ryan Melanson
Trident Newspaper

The latest ship to join Canadian Fleet Atlantic also happens to be the Royal Canadian Navy's (RCN) longest serving commissioned vessel.

HMCS Oriole, Canada's navy tall ship, was inducted into the fleet with a small ceremony at HMC Dockyard on May 29, just minutes before the ship and its crew departed Halifax for the St. Lawrence Seaway and the 2018 Great Lakes Deployment.

Oriole, built in 1921, was donated to the RCN and commissioned in 1952. It is essentially an ambassador ship for the navy, used for public outreach and training junior sailors.

The 31-metre tall sailing ketch was previously based at CFB Esquimalt, and the goal in transferring it to the East Coast is to give a different segment of the Canadian population a chance to enjoy the history and heritage that *Oriole* offers.

This began in 2017, when the ship first made the daunting 16,000 sail to Halifax for the Rendez-vous Tall Ships Regatta, and continues now with the ship as an official member of the Fleet, led by Commanding Officer, LCdr Drew Foran.

"The Great Lakes is an outreach mission, and we'll be conducting 14 different port visits as we sail from Halifax all the way to Windsor, Ontario and back," LCdr Foran said.

Deployments to the Great Lakes region in the summertime have been a regular RCN activity for decades, often involving port visits, community activities, and day sails on larger ships, and other methods of introduc-

ing Canadians who live away from the East or West Coasts to their navy and its highly-trained personnel.

"This ship is really a means of delivering the sailors who are part of today's Royal Canadian Navy to Canadians, to allow them to tell their stories of the work they do, and do it on this important and historic vessel. She's a beautiful ship that just finished refit, so it's a fantastic opportunity for us," LCdr Foran added.

Roughly 20 sailors at a time will crew the ship for the summer, and for many of them, it will be their first sailing experience.

As part of celebrations this year marking the 100th anniversary of the Royal Canadian Sea Cadets, *Oriole* has invited some of the organization's top 14 to 18 year old members to train aboard the vessel. It is expected that about half the crew will be composed of cadets through the July and August portions of the trip.

"The main thing they'll be doing is learning how to sail," LCdr Foran said. "We'll get a new group of cadets each week, and we'll take them from one port to the next to learn how to sail, do some adventure training, do some team-building exercises, and work together with the rest of my crew."

The ship recently returned from a six month refit at the Lunenburg Shipyard, which included new wiring, electrical work and refinishing of the masts.

"It's certainly different than sailing on an average warship, and that should bring some exciting moments for the crew. We're looking forward to it," said LCdr Foran.

The Great Lakes Deployment will continue through the summer, and *Oriole* is due back in Halifax by the end of September.



HMCS Oriole departs Halifax for the 2018 Great Lakes Deployment on May 29.



Cmdre Craig Skjerpen, Commander Canadian Fleet Atlantic, speaks to LCdr Drew Foran, Oriole's skipper, and his crew prior to the ship's departure on May 29.

matters of OPINION

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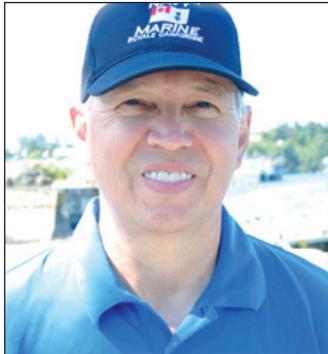


WHAT SAY YOU

People Talk

During a week-long training camp in preparation for the May 26 weekend Swiftsure Yacht Race, Lookout asked members of Sail Training Vessel Goldcrest the following question:

What has been your biggest challenge in learning how to become a better sailor?



The teamwork and learning how to right the sails. Everyone has a job to do on a sailboat and learning your role and how to get the sails up and down efficiently are important skills.

MWO (Ret'd) Darcy Eggleston



I've been sailing for six years and I still have lots to learn. Right now managing the team movements [on the Swiftsure] and learning how to run the sailboat as a racing term are some ongoing challenges for me.

LCdr Chris Maier, CFS(P)



The sheer volume you need to learn from terminology to the physics of sailing, learning how to maneuver safely in a small area, and coordinating with the team.

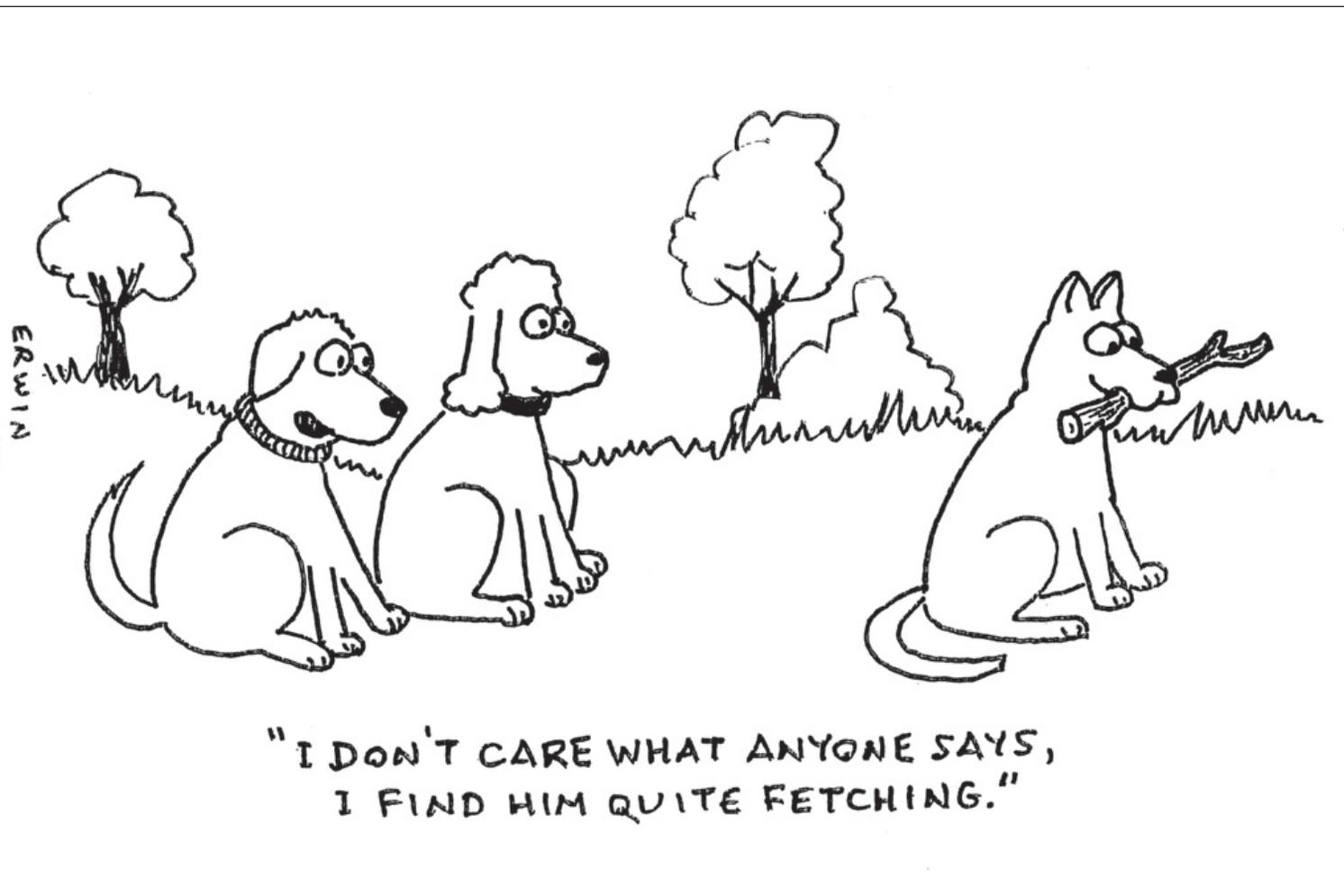
Cpl (Ret'd) Lucas Slyford



Learning the foredeck and your footing on this area of the vessel and learning the proper use of the spinnaker.

CWO (Ret'd) Russell Vida

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New Formation Chief arrives in Esquimalt

Peter Mallett
Staff Writer

A Change of Appointment ceremony last Thursday welcomed Chief Petty Officer First Class David Steeves to Maritime Forces Pacific (MARPAAC) as Esquimalt's new Formation Chief.

In a formal acknowledgement of the changing of the chiefs, CPO1 Steeves signed his appointment certificate during the May 31 ceremony in front of a standing-room only crowd at the Chiefs' and Petty Officers' Mess.

CPO1 Steeves replaces CPO1 Gilles Gregoire, who is moving to Ottawa later this month to take his new post as Command Chief of Canadian Joint Operations Command.

In his farewell address CPO1 Gregoire thanked all sailors in the formation for their hard work throughout his tenure. "You always go above and beyond expectations," he said to them.

"I dislike goodbyes, as sailors we are used to them but it's always a heartfelt moment," he added. "These goodbyes never happen when you want, but they are also the start of new beginnings."

CPO1 Gregoire, enrolled in the Canadian Armed Forces in November 1986 as a Naval Weapons Technician, and participated in multiple operational deployments aboard Canadian warships including Operations Forward Action, Sharpguard, Apollo, Unison and Reassurance.

He also found success as a training officer, eventually becoming a Naval Weapons Training Chief in Sea Training Atlantic, and Chief Petty Officer of the Chief of Force Development Organization, before his appointment to MARPAAC Formation Chief in September 2016.

Rear-Admiral Art McDonald, Commander of Maritime Forces Pacific, presided over the ceremony and noted the important responsibilities of the Formation Chief, who is the senior most non-commissioned sailor.

They include strategic leadership, representing the needs



Left to right: Outgoing Formation Chief, CPO1 Gilles Gregoire; Rear-Admiral Art McDonald, Commander Maritime Forces Pacific; and Incoming Formation Chief, CPO1 Dave Steeves, sign the certificates during a Change of Appointment ceremony at the Chiefs' and Petty Officer's Mess on May 31.

Photo: Peter Mallett, Lookout

and views of the non-commissioned sailors to leadership, and speaking to these same women and men and conveying the institutional view on issues.

New Brunswick is the home province of both CPO1 Steeves and CPO1 Gregoire, and before the ceremony an upbeat CPO1 Steeves joked that "this town wasn't big enough for two New Brunswickers" and for CPO1 Gregoire to "leave me your parking spot and your post."

CPO1 Steeves comes to Esquimalt after serving approximately one year as Base Chief at CFB Halifax. Prior to that he served two years as Chief of the Assistant

Judge Advocate General (Atlantic). He served on multiple Canadian warships since enrolling in the Canadian Armed Forces in 1989, including HMCS Skeena, HMCS Nipigon, HMCS Athabaskan, HMCS Charlottetown and HMCS Iroquois. He says his nearly 30 years of experience in the RCN helped form his world view.

"My mantra has always been: It has not always been that way! Look for a way to change and improve things," said CPO1 Steeves. "If you can leave the Canadian Armed Forces 0.1 per cent better than you found it than that is outstanding."

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Canadian Armed Forces members from CFB Edmonton assist in flood relief efforts during Operation Lentus 18-03 in Grand Falls, British Columbia, May 19.

Operation Lentus 18-3 Flood help concludes

Lieutenant Ken Jacobson
1 Canadian Mechanized Brigade Group

As daytime temperatures rose, rain along with the rapidly melting snow pack in the Okanagan Valley caused significant flooding.

On May 16, the Province of British Columbia asked the Federal Government for assistance with their ongoing flood relief efforts.

Within 24 hours of receiving the request for assistance through Public Safety Canada, the Canadian Armed Forces (CAF) deployed approximately 350 personnel to the Okanagan Valley area, as part of Operation Lentus 18-3, with the majority of troops coming from 1 Canadian Mechanized Brigade Group based out of Edmonton, Alberta.

When provincial and territorial authorities become overwhelmed in the face of a natural disaster such as a flood, forest fire, ice storm, or hurricane, they may ask the CAF for help. When the CAF responds to such a crisis it is known as Operation Lentus.

Setting up headquarters at the Vernon Cadet Summer Training Centre on May 17, Land Task Force (Central), working closely with the Province of British Columbia, began assisting with provincial flood relief efforts in Twin Lakes, Green Bay, Grand Forks, and Willowbrook, British Columbia.

Throughout the operation, morale remained high as troops worked tirelessly



Canadian Armed Forces members assist in dyke building and sand bagging.

sandbagging, constructing dykes, and working to reinforce existing dykes and infrastructure. This included placing a total of 98,500 sandbags, filling a total of 50,000 sandbags, packing a total of 750 meters of Tiger Dam, and filling 50 Hesco barriers.

On May 23, the province indicated flood risks were such that the CAF would no longer be required in the Okanagan Valley. Plans for redeployment of troops back to CFB Edmonton were drawn up and commenced the following morning, with the last of members of Land Task Force (Central) departing Vernon May 26.



Photos: MCpl Gerald Cormier, 3 Canadian Division Public Affairs
Canadian Armed Forces members from CFB Edmonton assist in dyke building and sand bagging in Twin Lakes, British Columbia.

Naval painting finds permanent home

Ryan Melanson
Trident Newspaper

An original painting created by one of Canada's most well known naval artists now has a permanent home at Stadacona's Naval Museum of Halifax.

Titled *Fresh Snow, Bellot Straits, NWT*, the piece by Commander Anthony Law, is just one out of a collection of works by the naval officer and war artist displayed within the museum's new Arctic-focused exhibit, titled *North Arctic 60*.

The newly-donated piece, gifted to the museum by the Junior Ranks Mess at CFS St. John's, is also the most significant of the collection.

"This one stands out because he actually painted it while he was on board HMCS Labrador as the Executive Officer. It's a beautiful painting and we've been able to get some conservation work done to help preserve it," said museum curator Rick Sanderson.



HMCS Labrador, later CCGS Labrador, in which Cdr Anthony Law served as Executive Officer from 1955 to 1957.

Law, who joined the Royal Canadian Navy (RCN) in 1940 and retired in 1966, served as Executive officer of HMCS Labrador, later CCGS Labrador, from 1955-1957, after having already become an Official War Artist during the Second World War years.

Labrador was tasked with conducting hydrographic surveys through the Northwest Passage and Canada's largely uncharted northern waters, and Law's paintings completed while on board the ship in the Arctic have become some of his most famous.

Law was known to make the difficult climb up the ship's mast to paint from the crow's nest, where the unobstructed view and warm enclosure made for ideal, if somewhat dangerous, conditions.

His Labrador paintings and sketches were also some of the first attempts to capture the region by a Canadian artist since Group of Seven members Lawren Harris and A.Y. Jackson visited Baffin Island in 1930 aboard the cargo ship SS Beothic.

A small plaque on the original frame for the Arctic landscape piece indicates it was first presented to the Joint Services Mess at CFS St. John's in May 1964 by Law himself. The piece remained at CFS St. John's for more than 50 years before first being loaned to the museum in 2017.

"It was displayed over the years in different locations," said LCdr Gerry Parsons, the Commanding Officer at CFS St. John's. "Originally, the plan was for the museum to take it, display it in the exhibit, restore it and reframe it, and then the painting would be returned to the unit."

But with changes coming to the unit this summer that will see the RCN transfer control of the Station to the Army, and with the Naval Museum having a proper home for the painting in its Arctic exhibit, the decision was made to make it a permanent donation. LCdr Parsons said he put the idea forward to the mess membership, the owners of the painting, who were on board with the move.



This original painting by Cdr Anthony Law, painted on board HMCS Labrador during Arctic surveys in 1957, has recently been donated to the Naval Museum of Halifax.

"They agreed 100 percent that it was fitting to donate the piece to the RCN museum. It's an important piece of historical navy artwork, and we want to ensure it's well taken care of."

As part of the *North Arctic 60 exhibit*, the painting is now displayed alongside other pieces of Law's work, as well as photographs, ship logs and other documents regarding the RCN's early northern trips, gear and tools used by sailors, and even a model of HMCS Labrador.

As for CFS St. John's, celebrations are being planned to mark 50 years since Maritime Command took over the station on June 21, 1968, and the upcoming component transfer is scheduled for July 13.

Law passed away in 1996 at the age of 80.

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Lieutenant-Commander (Retired) Mark Cunningham (left) and Master Corporal (Retired) Lutz Stelzner take their new tandem bicycle for a test drive through the parking lot of the Naden Athletic Centre on May 31. The two cyclists were reunited in Victoria last week and took part in the Navy Bike Ride on June 1.

Blind veteran tackles biking

Peter Mallett
Staff Writer

When Master Corporal (Retired) Lutz Stelzner cycles he puts complete trust in his friend Lieutenant-Commander (Retired) Mark Cunningham to be his guide for their bike ride.

Stelzner, a former Invictus Games athlete, is blind as a result of his multiple sclerosis. Last year he teamed up with Cunningham as his pilot on a specially designed two-seater tandem bike to prepare for Invictus Games Toronto 2017.

The two cyclists were in Naden last week trying out their new tandem bike in the June 1 Navy Bike Ride.

Cunningham pedals and steers the bike and also acts as brakeman during both training and competition, while it's Stelzner's job to pedal as fast as he can.

That's where the trust and faith part comes in, said Cunningham.

"Imagine yourself riding your bike at 40 kilometres per hour but you can't steer and have no brakes. Now close your eyes and imagine it again. That's what it feels like for Lutz as a blind cyclist sitting in the back of a tandem. I wish I had his courage."

Stelzner, 57, retired in 1994 as a Canadian Army Fire Control Systems Technician. He uses a stationary bike at his Oliver, B.C., home to combat his MS symptoms and to stay in shape.

Cunningham, who lives in Victoria,

has an athletic background with experience in both cycling and triathlons. He first heard about the Joint Personnel Support Unit's Soldier On program that encourages currently serving and retired injured military members to lead active lifestyles while volunteering for an Army Run in Ottawa, and instantly became interested.

Soldier On also manages Canada's Invictus Games team and late last year Cunningham received a call from the Joint Personnel Support Unit to see if he would coach Stelzner.

The 52-year-old wondered if he had taken on too big a challenge by becoming Stelzner's training pilot.

"I had never been on a tandem bike let alone coaching a blind person at this, so I was a little hesitant at first," said Cunningham, who was medically released from the navy in 2014 after a 29-year career as a Logistics Officer.

The pair first became teammates at an Invictus Games training camp held in Victoria in April 2017 and have since developed a strong friendship.

"Mark was truly a large part of my success at the Invictus Games," said Stelzner.

Due to a medical issue, Cunningham was unable to race at Invictus Games Toronto 2017, so he passed the torch to experienced triathlete Lieutenant-Commander Dave Dallin of Canadian Joint Operations Command. LCdr Dallin and Stelzner won two silver medals.

Like many athletes who have com-



Photos by Peter Mallett, Lookout
Invictus Games cyclist Master Corporal (Retired) Lutz Stelzner.

peted in Invictus, Stelzner marvels at the success and power of the Games.

"It was an amazing experience competing in last year's games and the crowds in Toronto were absolutely fantastic and totally supportive of the competitors," said Stelzner.

Stelzner and the rest of the competitors from last year's games won't be competing at Invictus Games 2018 Sydney. The team has been reduced to 40 athletes this year, and the decision was made to shuffle the deck in order to give others their own Invictus experience.

Stelzner says he is hoping to participate in future Invictus Games in 2019 and beyond.

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HMCS Vancouver visits Singapore during Operation Projection

SLt Kyle Deveau
HMCS Vancouver

HMCS Vancouver recently concluded a visit Changi Naval Base, Singapore, during Operation Projection Asia-Pacific from May 16 to 23.

"Vancouver had a very successful port visit to Singapore," said Commander Christopher Nucci, Vancouver Commanding Officer. "It was a great experience for the crew and I'm proud to have helped make connections with counterparts and others in Singapore that will help to promote peace and security in the region."

The ship hosted a variety of events, including ship tours for Canadian military and government workers whose families are currently posted to Singapore.

Canadian High Commissioner, Nancy Lynn McDonald, dropped by for a visit. The crew hosted a reception for the High Commissioner and her entourage, and

other VIPs and dignitaries.

Approximately 30 members of the crew participated in an outreach program with MINDS (Movement for the Intellectually Disabled of Singapore) that took place at Eunos Training and Development Centre. During this day-long event, the crew joined students and staff to sing songs, play games, cook food, and enjoy each other's company.

"Our sailors had a very enjoyable visit with the clients and were well received by members of the public who approached us and thanked us for our involvement in their community," said Petty Officer First Class Stephen Rownd. "Knowing they can make a difference in the lives of others empowers our crew to pursue volunteer opportunities abroad as well as at home."

Vancouver and its crew are in Australia in order to resupply, refuel, and get ready for the next stretches of Operation Projection.



Photo by MCpl Brent Kenny, MARPAC Imaging Services

HMCS Vancouver (left) and Her Majesty's Australian Ship Toowoomba (right) align during Operation Projection Asia Pacific in the Timor Sea, May 28.

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A collection of note

Peter Mallett
Staff Writer

If you frequent the front gate of Fleet Diving Unit (FDU) (Pacific) you likely know security Commissionaire Bruce McShannon as the friendly guy who checks your military ID.

But what you might not know about the 84-year-old retired navy veteran is his impressive collection of military medals, hat badges, photographs and other artifacts that he has been collecting since the Second World War.

Earlier this month, Master Seaman (Retired) McShannon transformed from security guard to historian and lecturer when he showed off his collection to FDU members in the cafeteria of the firefighting trainer building.

"Collecting has always been a passion of mine because it's a great way to learn about history and to meet new people," said McShannon as he addressed the gathering.

During his one-hour presentation on May 10 he presented a variety of 19th and 20th Century photographs, numerous war medals dating back to the Battle of the Nile and Boer War and First World War, and lead bullets from the Battle of Gettysburg and other civil war battle sites.

As he circulated the items around the room for closer inspection by the sailors, McShannon gave detailed accounts and historical references about each item.

He pointed out that 40,000 Canadians served for both the Union and Confederates during the bloody civil war conflict. He also gave a brief history lesson about British Admiral Horatio Nelson and the defeat of the French at Aboukir Bay.

"Every item I collect seems to have a compelling story behind it which makes collecting so interesting," said McShannon. "Many of these artifacts help me uncover some of the good and also bad things that went on in wars by the enemy and us too."

McShannon says he owns over 100 medals, and approximately 50 hat badges and breast buttons. Due to security regulations at the base, he wasn't able to show off any weapons that are also part of his military stockpile including a Civil-War era .32 caliber Colt revolver, a Confederate sword and sabre, and half a dozen bayonets from the War of 1812.

He said his favourite item is a two-bar Crimean medal issued to British soldiers following the Charge of the Light Brigade, while his most valuable is a bronze medal issued to lower ranks during Lord Nelson's Egyptian naval campaign.

Collecting has also inspired him to spend hours researching the history behind the medals. He also likes writing about history and during the presentation he shared one of his essays entitled *Some of the Worst Generals in History*.

McShannon started his collection in 1945, regularly attending collector's events and scouring the classified section of military medal magazines looking for items for sale that peaked his interest. He then continued to build on his collection while serving as a weapons technician in Canadian warships from 1954 to 1959, and again from 1962 to 1982, and also for the past 30 years while he worked at the base as a security commissionaire.

His visit was arranged by Master Seaman Andrew Brown, who works as Damage Control Engineer at FDU(P) and became intrigued with McShannon's collection during a conversation they had at the front gate. MS Brown encouraged McShannon to display his collection, advertised the event to the unit, and was delighted to see that more than two dozen others were equally as interested.

"This collection is part of Bruce and it's his story. I wanted to know all about Bruce and his story and then realized others would also be interested," said MS Brown.

Petty Officer Second Class Robert Krause brought some of his First World War collectables to show the group and described McShannon's collection as impressive.

"A lot of the items go further back in history than I would have thought," said PO2 Krause, noting some of McShannon's British military medals and artifacts from 18th and 19th Century military campaigns against Russia, France and the (then) newly created Republic of the United States of America.

After his shift ended on May 24, McShannon attended the unit's storage and supply facility for a similar presentation.

Going forward, McShannon says he is still determined to build on his collection. During his upcoming summer vacation he is planning a trip to Port Angeles and Seattle to attend a collector's event, and visit shops in Seattle area that sell military memorabilia and artifacts.

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Steve Chard on a British beach during training for his charity fundraising trip around North America's kayaking Great Loop.

Former Royal Navy artificer Steve Chard stands alongside the information board next to HMCS Sackville's summer berth in Halifax.

British veteran kayaks for Sackville, other charities

Phil Chard
Leading Writer (Retired), Royal Navy

Cold War veteran Steve Chard is aiming to complete the bumper 6,000-mile kayaking Great Loop to raise funds to keep Canada's last-surviving corvette – HMCS Sackville – afloat. He is also raising funds for The Canadian Naval Memorial and The Kidney Foundation of Canada.

Chard, a retired Petty Officer Artificer who served in the Royal Navy from 1975 to 1987, is undergoing the sponsored trip solo.

The former submariner, who served underwater in the Barents Sea near the Russian coastline, is inviting others to join him on sections of the route to keep him company and spur him on.

The 60-year-old Englishman from Dorset lives near Portland Harbour beside the Isle of Portland on the south coast of England – former home of a British naval air station, shore base HMS Osprey, and offices of Flag Officer Sea Training.

He left Halifax Friday, June 1 for his kayaking adventure.

His 15-month journey will take him along the St Lawrence River to Montreal and Ottawa, then through the Trent-Severn Waterway into Lake Huron and Lake Michigan.

He will also paddle down the mainland United States on the mighty Mississippi River to the Gulf of Mexico and Florida, and back up the Eastern Seaboard.

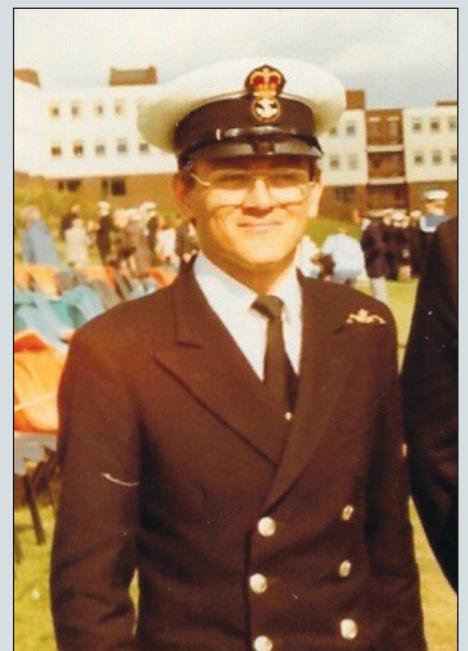
"I'm paddling solo, camping each night and carrying all that I need in my sea kayak — tent, food, cooking gear, etcetera. I said solo, but please come paddle with me for any period of time, long or short. I would love to have your company along the way."

People can follow his progress through his Facebook page, Kayak The Great Loop - paddle with Steve. He is also on Instagram.

Via the wonders of the worldwide web, Chard has been receiving support from Canadians, in particular the kayaking fraternity who live alongside his route.

Bob Vlug, of Eastern Outdoors at Dipper Harbour East, New Brunswick, is backing him with sponsorship.

Chard has spent the past 12 months extensively training for his trip in British waters, as well as in Nova Scotian waters, and preparing his complete route.



Steve Chard in his uniform in 1980 during his Royal Navy days.

Spring cleaning at the base

CFB Esquimalt clean up disposal locations

NADEN:

Drop off date June 13, will be collected June 14
Items may be dropped off between 0830-1500hrs to:
Far west of the Naden Parade Square, by the sea-cans used for seamanship training;
and
Parking area across from the CFFSE.

WORK POINT:

Drop off date June 13, will be collected June 14
Items may be dropped off between 0830-1500hrs
Work Point units are to take disposable items straight to the dump site in Work Point, across from WP 1055.

DOCKYARD:

Drop off date June 13, will be collected June 14
Items may be dropped off between 0830-1500hrs to:
The north east corner of the parking lot behind D11 by the Dockyard sports field;
and beside the loading ramps behind TB 32.

Note: All locations will be cordoned off June 12 and manned by Sentries the day of disposal as noted above.



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Candlelight TRIBUTE

Photos by LS David Gariépy, Marpac Imaging Services

Rear-Admiral Art McDonald, veterans and cadets paid tribute to those who have served, and are currently serving, in the cause of peace and freedom. They came together May 31 at dusk in God's Acre Veterans' Cemetery for a candlelight tribute: an act of remembrance.



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Wigs for Kids

Photo by Peter Mallett, Lookout

Hairstylist Jo Pohoney of At Jo's House cuts away the long shoulder-length hair of Lieutenant (Navy) Shiya Janzen during a hair donation for Wigs For Kids B.C. at the Integrated Personnel Support Centre Esquimalt on June 1. Lt(N) Janzen, a Padre with the base Chaplain's Office said she was more than willing to go under the barber's clippers so her hair can be used to make wigs for children who have suffered hair loss during treatment for cancer. When the cutting was complete \$319 in donations had also been raised from Joint Personnel Support Unit staff for the Canadian Cancer Society, while Lt(N) Janzen sporting a fashionable new Pixie cut crafted to look hairstyle of actor Jennifer Lawrence. The style of haircut was determined from donations totals in jars containing the images of seven different celebrities known for their short hair. The other jars featured the short haircuts of Vin Diesel, Anne Hathaway, Katie Holmes, Katy Perry, Natalie Portman and Emma Watson. But the Lawrence jar was the runaway winner and earned \$235 in donations.

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SLt Saxena is promoted to his current rank by LCdr O'Regan (left), and SLt Jackson.



Cdr Michele Tessier receives her first clasp to her Canadian Forces' Decoration marking 22 years of service Capt(N) Steve Jorgensen.



MS Varpalotai is promoted to his current rank by LCdr O'Regan (left) and LCdr Strogan.



SLt Kurtis Doerksen (left) recently received his promotion to that rank from LCdr Colleen O'Brien, Acting Base Administration Officer.



MS Michael Shea is promoted to his current rank by Cdr Jeffery Watkins (left) and LCdr Allan Wilson.

Bravo Zulu

HMCS Vancouver Awards and Promotions

Commander Christopher Nucci, HMCS Vancouver Commanding Officer, presented awards and promotions to members of his crew.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



AB Jonathan Vandenberg is promoted to his current rank by Commander Christopher Nucci, with CPO2 Quinton Englot and Lt(N) Kayla Bouchard.



AB Sean Meier is promoted to his current rank by Cdr Nucci, with PO1 Scott Shiells and Lt(N) Jackie Geiger.



AB Kendra Fitz-Gerald is promoted to her current rank by Cdr Nucci, PO1 Scott Shiells and Lt(N) Jackie Geiger.



MS Erik Fox is promoted to his current rank by Cdr Nucci, with PO1 Dustin Mansfield, Lt(N) Jackie Geiger and Lt(N) Justine Aucoin.



PO2 David Manryk is promoted to his current rank by Cdr Nucci, with CPO2 Jean-Francois Gaudreault and Lt(N) Nicolas St. Louis.



PO1 Dana Haley is promoted to his current rank by Cdr Nucci, with CPO2 Jean-Francois Gaudreault and Lt(N) Nicolas St. Louis.



LS Stephen Graham is presented his Machinery Watchkeeping Certificate by Cdr Nucci.



LS Xu Feng Gao, LS Kowmien Sellathurai, Mcpl Steve Dugas, OS Christopher Hachez, LS Logan Hill and LS Kevin Ho are presented the Gun Metal SSI by Cdr Nucci.



HMCS Vancouver Commanding Officer, Commander Chistopher Nucci, addresses Ship's Company prior to proceeding ashore.

Navy League celebrates 100th Ceremonial Review

#5 Royal Canadian Sea Cadet Corps (RCSCC) Rainbow celebrated its 100th Annual Ceremonial Review at *HMCS Malahat*, Saturday May 19.

The day was both a celebration of history and a recognition of the successes of the current training year.

The reviewing officer, Captain (N) C.A. Robinson, Commander of the Canadian Submarine Force; Rainbow alumni; alongside former Commanding Officers; parents; and guests, were treated to a formal march past, band and drill performances, and static displays of the year's highlights.

Rainbow had another year of excellence in range competitions: they were the top

A Class Military band from the Vancouver Island Cadet Band competition, several cadets achieved their SCUBA diving certification, and three cadets qualified for the eight strong Pacific Sailing team that will compete at the national regatta later this summer.

The guard, coxswain and master of ceremonies looked especially sharp wearing the old "Blues" or square rig uniform as a nod to the history of the corps.

Current serving Rainbow cadets were invited to write an essay, including a brief history of the corps and their own experience. Below is the winning contribution by Petty Officer First Class Cordon.

PO1 Cordon

Rainbow is celebrating its 100th year, and it is an amazing program with the hard work and dedication that has been put into the program it is today.

Rainbow originally got its name from the HMCS Rainbow Apollo-class protected cruiser. The cruiser fought in World War One and was torn down in 1920.

The Navy League of Canada brought the Navy League branch to Victoria in 1901 and officially opened Rainbow in 1918. However, Rainbow was never officially RCSCC Rainbow until 1941, adopted by His Majesty, King George VI.

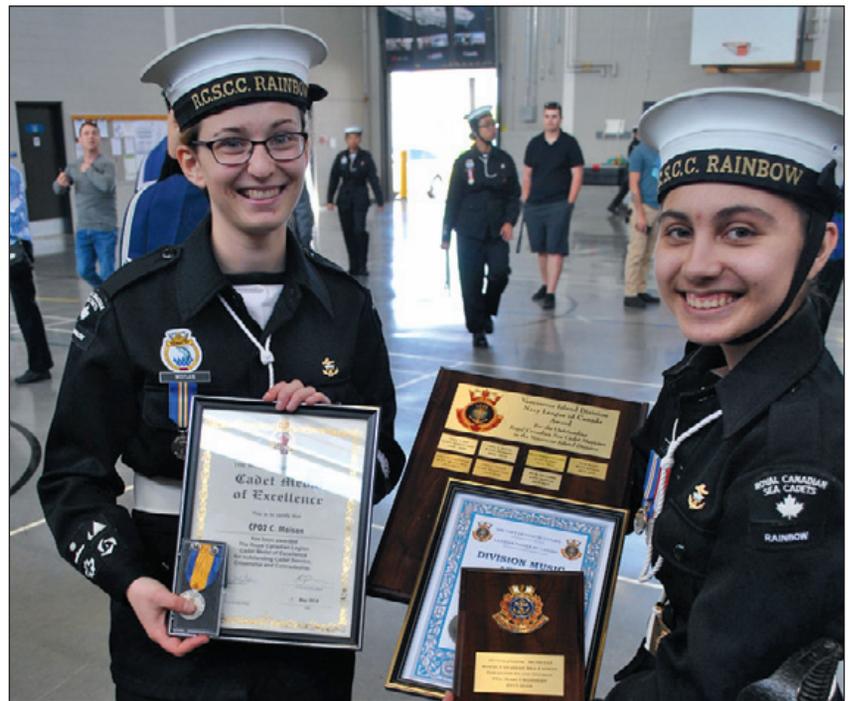
One of the early commanding officers of Rainbow was Lieutenant-Commander Percy W. Tribe and the very first commanding officer was Captain D.S. Evan-Jones.

Throughout the years, Sea Cadets has offered many wonderful opportunities to us youths. They offer sailing, music (band), seamanship, drill team, community service, scuba diving and the Duke of Edinburgh Award Program.

I have been able to gain quite the experience through cadets. I started in NLCC Admiral Rayner when I was nine and aged out at 13. Because I enjoyed all the experiences in the Navy League, I wanted to continue with the cadet program. It gave me responsibilities that I had to do on my own, skills that I am able to use on a "not so" day-to-day life and amazing friends that I still have because of cadets.

With Sea Cadets, I was not able to join every opportunity due to sports and other obligations. However, I did join band for the whole five years. I did enjoy band as not only did it give me an opportunity to compete with music, but it gave me an opportunity to make friends who had similar interests as me.

I've only gone sailing once, but I wish I had more time to go out and sail because I had a lot of fun with sailing. Some people's initial thoughts when it comes to sailing are "How is sailing a sport?" Well, I used to question that too until I experienced it. It took so much to understand on how to tack and get the hang of crew and skip. It was quite frustrating for the first bit, but once you start to get the hang of it, it was a lot of fun. Especially with the help of the coaches, I understood as to how sailing functioned. I am grateful for all the experiences and memories that I have made through cadets, and I am never going to forget these moments.



CPO2 Moisan (left) and CPO2 Chambers show their awards.



Chief Chambers celebrates with her family.



CPO1 Emily Clark cuts the celebration cake.

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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

MISCELLANEOUS

KIDS MEGA SALE Sat, June 2nd from 09:30 - 12:30, Pearkes Rec Centre, 3100 Tillicum Road, Gently used baby and children's clothing, toys, equipment and maternity. If interested in selling, please email: kidsmegasale@gmail.com Facebook: https://www.facebook.com/KidsMegaSale

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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