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Father's Day Surprise!

On Friday, Cpl (Retired) Albert C. Carnegie, 79, received an early Father's Day gift from his son and grandson. He was lured down to the CPO2 James D. Carroll building for his birthday celebration and surprised with a Canadian Peacekeeping Service Medal, awarded to him by Capt(N) Martin Drews, Commanding Officer Naval Personnel Training Group. Pictured above, he stands with son CPO2 Andrew Carnegie, and grandson Alex Carnegie, a cadet with the 744 Cowichan Royal Canadian Air Cadets Squadron.

Photo by Peter Mallett, Lookout

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Base celebrates Indigenous Peoples Day

Peter Mallett
Staff Writer

A standing room only crowd gathered at the Songhees Wellness Centre in Esquimalt last Thursday to celebrate the Maritime Forces Pacific National Indigenous Peoples Day.

Approximately 400 military and civilian personnel from CFB Esquimalt joined Songhees and Esquimalt Nations community members for the celebratory event, which is designed to educate people about First Nations, Inuit and Metis culture, and strengthen ties between the military and local communities.

"It is on these lands of the Esquimalt and Songhees Nations that we feel so privileged to work and to live and to play," said Capt(N) Jason Boyd, Base Commander as he addressed the crowd. "It's great to be in this beautiful facility to mark this important day with you."

The event was organized by the Defence Aboriginal Awareness Group (DAAG), and is part of the Canada-wide National Indigenous Peoples Day held June 21.

Chief Edward Thomas from the Esquimalt Nation and elder Joan Morris from the Songhees Nation welcomed the gathering to the Songhees territory. Morris then performed a traditional blessing.

"Let this be a day of love, unity, faith, cooperation and understanding," said Morris. "Let us come together for equality, love one another and put a stop to racism."

Morris' inspirational comments drew a large round of applause and praise.

Following the opening ceremony, attendees were treated to traditional First Nations dance and drumming, and displays including cedar weaving, traditional and locally-harvested herbal teas, and free food and drink. A Canadian Armed Forces recruiting booth and Raven program information booth were also part of the event.

Capt(N) Boyd and the DAAG held discussions with representatives from the Songhees community earlier this year to move the annual event from its traditional location at Work Point's Gun Room

to the Songhees Wellness Centre located on Maplebank Road. The large turnout shows the move was a good one.



Above: Lisa deWitt, Defence Aboriginal Advisory Group Chair, addresses the crowd at the Songhees Wellness Centre.



Above: Captain (Navy) Jason Boyd, Base Commander, joins a ceremonial dance.

Photos by MARPAC Imaging Services





CPO2 Sean (Robert) Wilcox (left) and CPO2 Andre Aubry at their Royal Roads University Convocation ceremony. CPO2 Wilcox graduated with a Master's Degree in International Leadership and CPO2 Aubry with a Master's in Leadership.

Two sailors in a class of their own

Peter Mallett
Staff Writer

Two sailors celebrated an academic feat last week when they graduated from Royal Roads University each with their Master's Degree.

Donning their dress uniform with graduation cap and gown, the two Marine Technicians were the only Non-Commissioned Members (NCMs) in their graduating class at the June 12 Convocation Ceremony in the Royal Theatre.

Chief Petty Officer Second Class Andre Aubry, who works as a Career Manager at National Defence Headquarters in Ottawa, stepped up to the podium and received his diploma, a Master's in Leadership. His classmate, CPO2 Robert (Sean) Wilcox, who works at DGMETM in Ottawa as a Naval Signature Management and Survivability Chief, was honoured twice: receiving his Master's in International Leadership and the Royal Roads Founders Award for Leadership.

Both men were low key about the uniqueness of

their accomplishment - a level of academic achievement normally achieved by Officers.

"We aren't the first and nor will we be the last non-commissioned members in the Canadian Armed Forces to receive a master's degree, but yes this is certainly rare," said CPO2 Aubry, who has enjoyed a 20-year career in Canada's military. "Working towards this [degree] has been an incredible benefit to my career, but also for my personal growth."

Both indicated their road to higher learning came with a huge time commitment. Their programs each took approximately 30 months to complete on top of their full-time job requirements. Each sailor estimated spending between 30 to 40 hours a week attending lectures, studying, and writing assignments.

CPO2 Aubry says he is looking forward to applying what he learned, and the implementation of his thesis *The Tactical to Strategic PO1/WO and CPO2/MWO of the CAF*. His research looked at how to effectively transition senior

NCMs from the tactical to the strategic level.

"The main purpose of my project was to follow up on the Strategic Employment Model [SEM]," wrote CPO2 Aubry in his thesis summary.

He added that "part of the implementation of this project will enable future senior NCMs a complete strategic outlook in order for them to make the best decisions for the organization and people they serve, and lead collaboratively."

CPO2 Wilcox has been a CAF member for over 22 years and focused his studies on developing liaisons with foreign governments that included a residency project in Ecuador. His thesis *Institutional Mentorship and How it Can Advance the Position of Women with the Profession of Arms* was sponsored by Ecuador's military.

"Accomplishing this program has opened my eyes to a global perspective [of the military] which falls in line with the strategic aspect of the forces versus the tactical aspect," said CPO2 Maxwell. "It really means being able to see

the forces as a whole and how we fit into the world instead of just how we fit into Canadian Forces Base Halifax or Esquimalt, for example."

The Ecuadorian military has set out to achieve gender equity and therefore embraced the opportunity to work with CPO2 Wilcox. He spent a good chunk of his time in Ecuador touring military bases and academies and speaking about the increasing influence of women in Canada's military, while learning about the gender inequities that exist in their society.

Pending CAF approval he hopes to return to Ecuador later this year, along with a team of Canadian military personnel who will form a working group that will work towards the establishment of a leadership institute.

To further that effort CPO2 Wilcox says he wants to continue his studies at Royal Roads. He is waiting on CAF approval and university funding that will enable him to work towards his PHD in International Leadership.

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WHAT SAY YOU

HMCS Labrador veteran donates books to HMCS Shawinigan

CPO2 Rick Bungay
Sea Training Atlantic

Recently I was approached through my HMCS Labrador Naval History social media page by a former crewmember of HMCS Labrador.

HMCS Labrador, a Wind Class icebreaker, was the first warship to transit the Northwest Passage, in 1954. Martin "Smudge" Smith was a communicator onboard Labrador in 1955 during their operations in support of the installation of the Pine Tree line, and as a former RCN member wanted to reconnect with the RCN by donating books from his personal library.

Knowing that HMCS Shawinigan was standing up their ship from a recent tiered readiness program and in need of new books, I accepted the donations on behalf of Shawinigan. Being a former member of the ship's company who had been to the Arctic on many occasions, I realized the importance of having a diverse ship's library of books to break up the long days at sea.

I dropped by his home in Cole Harbour with my co-worker PO1 Branton and we presented him with a HMCS Shawinigan ball cap and an Operation Nanook challenge coin that had an image of his old ship Labrador. While we were there, he told me stories of his interesting career in the RCN. Of particular

interest is one of the anecdotes about his time in Labrador.

"In HMCS Labrador, all communications waste paper and message material had to be burnt, and as we were the communications vessel for the entire Pine Tree Line Task Force, waste accumulated rapidly. Burning was accomplished by reporting to the bridge and getting permission to hang a 'do not use' sign on the ship's fog horn control. Then you went down into the engine room and climbed up the funnel. A ladder took you up to the very top of the stack, completely surrounded by steel in an area which forced one to crouch while stuffing your waste paper into a potbellied stove. Not a job that was to be envied."

Today we have specialized lookout procedures and machines for the destruction of messages and cryptographic material. This really demonstrates how the RCN sailor of the past had to deal with such problems. I find that looking at the

RCN of the past and talking to sailors who came before us are key to moving forward in regards to the future fleet, and dealing with new and challenging operating areas such as the Arctic.

I would certainly like to thank Martin Smith for opening this sailor's eyes to this lesser known aspect of the RCN's past, and also for his generous contribution to Shawinigan. Once a sailor, always a sailor.



Photo submitted

HMCS Labrador's Communications department, circa 1955. Martin Smith is in the back row, sixth from the left.

WHAT SAY WE



Photo by
LS Alex Ilareguy, Lookout

A team from Base Administration took to Esquimalt Road June 12, launching from Bullen Park on the Heart and Stroke Foundation's Big Bike. For 20 minutes, 29 riders powered the Big Bike. The ride is a fundraiser for the charity.

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NANAIMO & REGINA GET ROYAL WELCOME

SLt M.A. Harris
HMCS Regina

HMCS Regina, in tandem with HMCS Nanaimo, visited Portland, Oregon, to participate in the 2018 Portland Rose Festival, honouring a long-standing tradition and representing Canada.

An eight-hour transit through the narrow and winding Columbia River opened up to the beautiful city of Portland. The city, which has hosted the Rose Festival for over a century, graciously opened its arms to the Royal Canadian Navy along with the United States Navy (USN) and United States

Coast Guard (USCG). Though Canada has been sending ships to participate for years, this was the first time a Halifax-class frigate has participated in over a decade.

Upon going under the first of several Portland bridges on a beautiful, but hot, sunny Wednesday, Regina was given a royal welcome.

Police boats zoomed up and down the shoreline shining their lights, while local boaters waved and followed alongside. Police weren't the only services on the water either; local fire departments put on a beautiful spectacle with coloured water cannons

blasting high into the air with their lights at full brilliancy.

The mist from the water cannons cooled the sailors on deck as they were greeted by cheers and friendly waves from Portlanders lining the shores and bridges.

The hospitality did not stop there; sailors in their uniforms walking the streets had several kind words find their ears. Two phrases that were heard frequently were "welcome to Portland" and "thank you for your service." The streets were lined with welcome signs as local businesses showed appreciation by offering special deals for

sailors. Locals walking by often showed appreciation by treating sailors to a free drink or snack.

The five days alongside were not all about being treated splendidly, as the crew had a busy schedule of showing their appreciation by giving back and mingling with the community.

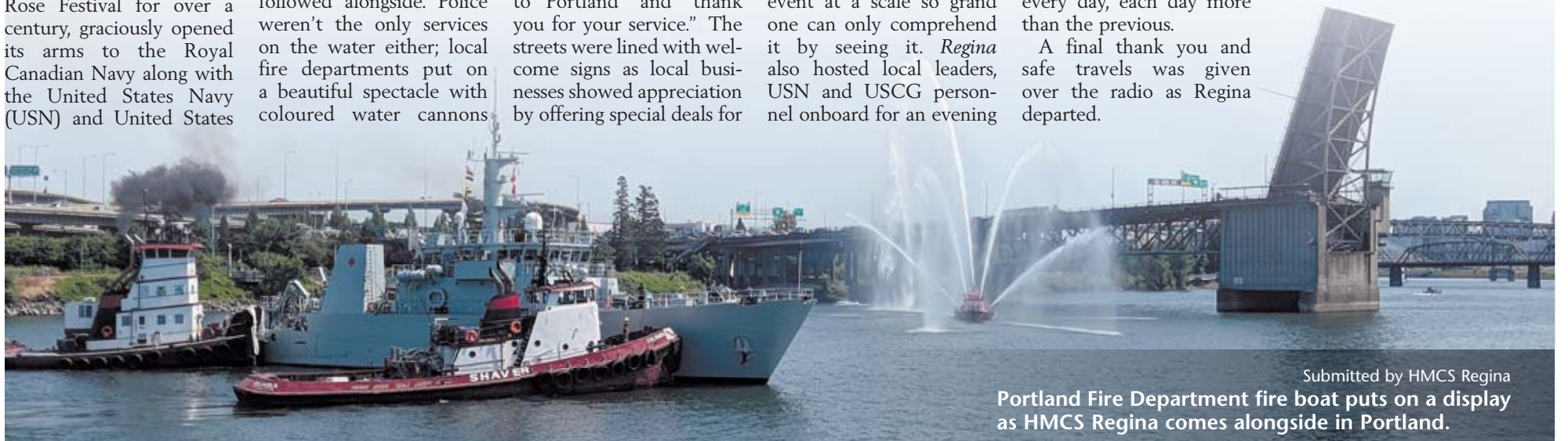
For two days, Regina sent a contingent to volunteer at a local soup kitchen. Many crewmembers also participated in The Grand Floral Parade, a city-wide event at a scale so grand one can only comprehend it by seeing it. Regina also hosted local leaders, USN and USCG personnel onboard for an evening

affair of food, live music, and a massive red white and blue ice sculpture of a bald eagle.

In addition to this special event, Regina was open every day for an elaborate and educational tour through the ship. The tour had sailors in freshly ironed uniforms as white as their welcoming smiles every few metres, talking about life on board and answering every question imaginable. These tours brought in thousands of guests every day, each day more than the previous.

A final thank you and safe travels was given over the radio as Regina departed.

- at the -



Submitted by HMCS Regina
Portland Fire Department fire boat puts on a display as HMCS Regina comes alongside in Portland.

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Above: PO1 Marie-Perle Broadley (project manager), Lt(N) Vincent Roy (Commanding Officer and Director of Music), PO2 Steven Donegan and PO2 Bob Fearnley (project supervisors) with their new CD.

Inset: Seas of the Moon album cover.

Naden Band launches free CD

Peter Mallett
Staff Writer

A new compact disc showcasing the musical diversity of the Naden Band is set for release next week just in time for Canada Day.

Seas of the Moon, a free promotional CD, will be available to the public starting June 22. The release of the CD brings to an end an eight-month process overseen by a team including Petty Officer Second Class Steven Donegan, who acted as project supervisor.

"The CD really contains a smattering of everything we do, and gives people a true picture of what a professional military band is capable of," said PO2 Donegan, who plays trumpet.

Renowned Canadian composer Robert Buckley, who has collaborated with the band over the last few years, composed the title track on

the album. Buckley's masterwork, he says, is a four movement piece of music that plays out much like chapters in a novel.

Included on the CD is "The Dolphin March", a march written by Naden Band bassoonist PO2 Robyn Jutras and presented as a gift to the Submariners Association of Canada in June 2017.

"Scherzo for X-Wings", a musical tour de force, composed by John Williams for the Hollywood blockbuster film *Star Wars: The Force Awakens* is also featured on the recording along with naval-themed works, marches and stage band original music composed by PO2 Barrie Sorensen.

PO2 Donegan believes the tracks will be of interest to listeners unaccustomed to their work.

The 35 full-time Regular Force musicians who make

up the band perform at a wide array of public concerts, public events and engagements through the year.

PO2 Donegan, 29, joined Canada's military as a Reservist and member of the Band of the Ceremonial Guard at Parliament Hill in Ottawa before auditioning and making the jump to the Regular Force and joining the Naden Band in 2010. This was the career musician's first time overseeing production of an album and said the experience was challenging but highly rewarding.

"In addition to learning all the music on the CD, there

was the editing/mastering [of the CD], graphic design and countless logistical challenges," said PO2 Donegan. "I'm glad I got a chance to take it on because I learned so much about the music industry; getting a project like this out to the public was extremely satisfying for me."

An added bonus for music aficionados, the CD will be distributed free of charge at the band's many concerts and public engagements throughout the year. Copies of the CD are also available at the band's headquarter at CFB Esquimalt or by emailing them at NadenBand@forces.gc.ca

Seas of the Moon, a free promotional CD, will be available to the public starting June 22.

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Ceremony marks HMCS Haida designation as navy flagship

Navy Public Affairs Ottawa

Her Majesty's Canadian Ship (HMCS) Haida has been designated flagship of the Royal Canadian Navy (RCN) to honour the courageous spirit of this legendary destroyer and all those who proudly served in her. Haida is the last remaining Second World War Tribal-class destroyer in the world. Moored in Hamilton, Ont., it is now a National Historic Site managed by Parks Canada, welcoming visitors to learn about Canada's remarkable naval history.

A special ceremony, co-hosted by the RCN and Parks Canada on May 26, saw Haida commissioned as flagship of the RCN, 75 years after it was initially commissioned into service for Canada.

The ceremony was part of a two-day community event during which Parks Canada launched its new Home Port Heroes program to ensure Canada's Second World War naval heritage is remembered in communities across the country.

The ceremony included warm greetings by Chief Ava Hill from the Six Nations of the Grand River, who highlighted the contributions of her people to the cause of freedom as evidenced by the numerous Indigenous veterans present. After his welcome to the First Nation Treaty lands, Chief R. Stacey Laforme from the Mississaugas of the New Credit First Nation recited two poignant poems, one about Mother Earth and another touching upon sacrifice and remembrance.

Adding to the historic significance of the occasion was the participation of two Haida Nation Hereditary Chiefs, Lonnie Young and Frank Collison, from the west coast of British Columbia. This was the first direct contact between the Haida Nation and their fabled namesake ship. To solidify this bond, Chief Young presented Vice-Admiral Ron Lloyd, Commander of the RCN,



Vice-Admiral Ron Lloyd, Commander RCN, stands together with Chief R. Stacey Laforme, left, Chief Ava Hill, second from right, and Chief Frank Collison during a special ceremony that saw HMCS Haida commissioned as flagship of the RCN.

with the Haida Nation Flag, which was then hoisted over the ship.

Other highlights included a parade, naval band, firing of Haida's guns, and a winged salute from a vintage aircraft of the nearby Canadian Warplane Heritage Museum. Additionally, the fabled warship's pre-1965 White Ensign was hauled down and replaced by the current Jack and Canadian Naval Ensign, which are flown by all RCN commissioned ships.

In the evening, a traditional sunset ceremony was held, followed by HMCS Haida's transformation into an illuminated living memorial in remembrance of

the fallen of the Battles of the Atlantic and the St. Lawrence. A video of the battles, along with the names of the lost ships and of the fallen, scrolled up the hull.

"This is a tremendous day for both the RCN and for Parks Canada," said VAdm Lloyd. "HMCS Haida exemplifies the values of our naval personnel in uniform: service above self; courage in the face of immense danger; indomitable spirit; and the relentless pursuit of excellence. As flagship of the RCN, Haida now stands as a permanent reminder of the sacrifice and courage of Canada's sailors, so that future generations of Canadians and sailors can be inspired by its story and

the proud traditions of our RCN."

Along with his thanks to Parks Canada, VAdm Lloyd acknowledged the work of Haida Incorporated, a not-for-profit organization that "rescued Haida from the breakers" after being de-commissioned in 1963. He also recognized the efforts of the Friends of HMCS Haida, an organization of enthusiastic and energetic volunteers and veterans who served aboard Haida, and continue to ensure the destroyer's rich legacy is shared with Canadians.

"Today would not have been possible without the foresight and commitment of those who have worked diligently since the 1960s to save this ship from the fate of so many of its sister ships," VAdm Lloyd said.

Haida also links generations, bringing together the RCN's proud past with its bright future. Her original commanding officer, Harry DeWolf, is the namesake for both the first of, and the entire class of, Arctic and Offshore Patrol Vessels. His inspirational, courageous and bold wartime leadership earned him the nickname "Hard-Over Harry." Post-war, Harry DeWolf rose to the rank of vice-admiral and commanded the RCN.

"The RCN is a navy with 108 years of service to Canada. Haida is the very embodiment of the history, valour and fearless dedication of the women and men who serve Canada at sea," said VAdm Lloyd. "It is a testament to the RCN's long history as a fighting force and now stands as a permanent reminder of the sacrifice, resolve and courage of Canada's sailors."

Known as Canada's "fightingest ship," Haida sank more surface tonnage than any other RCN ship during the Second World War and later joined the "Trainbusters Club" during the Korean War. Haida's legacy is steeped in Battle Honours: The Arctic between 1943 and 1945; English Channel, Normandy and Biscay in 1944; and Korea from 1952 to 1953.



A special ceremony, co-hosted by the Royal Canadian Navy (RCN) and Parks Canada on May 26, saw HMCS Haida commissioned as flagship of the RCN.



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M/V ASTERIX FIRST RAS WITH PACIFIC RCN SHIP

Photos submitted by Lieutenant(N) Melissa Kia

Off the coast of Southern California on June 10 M/V Asterix and HMCS Ottawa conducted a replenishment at sea. This is the first time Asterix has replenished a Royal Canadian Navy ship from the Pacific Fleet.



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RCN Legion week serves up coffee, donuts and thanks

Peter Mallett
Staff Writer

As their way of saying “thanks for your service”, volunteers from the Royal Canadian Legion Branch 91 will hand out coffee and donuts to military and civilian employees at the base as they arrive to work June 26.

The friendly gesture is part of Legion Week celebrations across Canada from June 22 to 29 and is one of the national veteran’s association morale-boosting activities that week.

“It is one way we can show our appreciation of their service and is a

way for us to give back to veterans, seniors and the general community,” said Norm Scott, RCL 91 President. “It also helps the Royal Canadian Legion in our effort to get the message out to today’s younger generation of sailors, soldiers and aviators about the service and assistance programs we offer to them and their families.”

On June 24, Branch 91 will host a Backyard Barbeque and Yard Sale at their headquarters at 761 Station Avenue in Langford. The party begins at 11 a.m. with free burgers, hot dogs, soda pop and water for all who attend, along with a

bouncy castle for children and musical entertainment from the Royal Bay Secondary School R & B Band, the Victoria Square Dancers, and the Kathy White’s Island Highland Dance Academy.

Then on June 29, RCL 91 will be the sponsor for a Military Night hosted by the Victoria Shamrocks Senior A box lacrosse team when they play the Nanaimo Timbermen at the Q Centre. The Branch Color Party will March on the Colors prior to the opening faceoff at 7:30 p.m.

For more information about Branch 91 Legion Week events visit their website: <http://rcl91.ca/>

CFSA, Songhees team up at international regatta

Peter Mallett
Staff Writer

It was all hands on deck for volunteers from the Canadian Forces Sailing Association (CFSA) earlier this month as Victoria played host to the 2018 Melges 24 World Championship.

The Canadian Forces Sailing Association was one of three host venues for the May 31 to June 9 international sailing competition that brought together 41 teams from five nations. Races were held on the Victoria waterfront between Saxe Point and Albert Head.

The Royal Victoria Yacht Club and the Victoria International Marina also participated as hosting venues in the 10-race series.

The CFSA was the main site for pre-event inspections carried out by race judges and officials to determine if the high-performance craft measured up to event specifications. The CFSA teamed up with the Songhees Nation, using Dallas Bank land to store the team's boat trailers on site for the duration of the

event. Giant cranes supplied by race organizers were used to lift and launch the boats from the CFSA docks.

Then on June 2 the Songhees Wellness Centre hosted a special Melges 24 dinner for event organizers and competitors.

Former CFSA Commodore, Commander (Retired) Bill Macdonald is a long-time sailor at the club and helped organize the CFSA's contribution to the event. He noted the dinner put on by the Songhees Wellness Centre staff drew rave reviews, and also congratulated the volunteers in the Esquimalt community for making the event a success.

"There was no problem getting people involved and I found that most of the competitors were blown away by the level of support provided by our team of volunteers," said Macdonald.

On the water a team from Italy led by Andrea Racchelli claimed the gold medal and took the Melges 24 Worlds' title. Their victory came on the final day of the competition, with teams from the United States capturing bronze and silver.



See page 14 for more details on CFSA.

Come sail with us!



Cpl Pye awards Rosalie Cain with a gift certificate for Pedal Heads Summer Camps during the Military Police Annual Bike Rodeo in Belmont Park.

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HMCS VANCOUVER

VISITS SUVA, FIJI

Photos by Leading Seaman Valerie LeClair, MARPAC Imaging Services

HMCS Vancouver comes alongside in Suva, Fiji, during Operation Projection June 13.



Commander Christopher Nucci, Commanding Officer of HMCS Vancouver welcomes Commodore Marta Mulkins, Commander of the Naval Reserves, while alongside.



The Naval Security Team prepares to provide force protection for HMCS Vancouver.



The Republic of Fiji Military Band welcomes HMCS Vancouver.



Members of the Naval Security Team practice scenarios to provide force protection.

Bravo Zulu

HMCS VANCOUVER COIN PRESENTATIONS

Awards and presentations were made during a town hall on board HMCS Vancouver during its Operation Projection Asia Pacific in Cairns, Australia.

Images by: Lieutenant (Navy) Tony Wright, HMCS Vancouver Public Affairs Officer



Chief Petty Officer First Class Sylvain Jaquemot presents Master Seaman Wessell with one of his coins.



Commander Christopher Nucci, Commanding Officer of HMCS Vancouver, presents Commodore Jeff Zwick with a framed print of the ship in appreciation for his visit to the ship's crew.



Cmdre Jeff Zwick presents LS James left with one of his coins.



Cmdre Jeff Zwick presents AB Hobbs with one of his coins.



Cmdre Jeff Zwick presents MS Shaw left with one of his coins.



CPO1 Sylvain Jaquemot presents LS Narozanski with one of his coins.

Bravo Zulu

SAILOR OF THE YEAR

Lt(N) Noelani Shore Canadian Fleet Pacific

Leading Seaman Rosalie Houle Carrière was presented the Sailor of the Year award on Y Jetty May 28 by Geri Hinton, Commodore J.B. "Buck" Zwick, Commander of the Canadian Pacific Fleet, and Chief Petty Officer First Class Derek Kitching, Fleet Chief.

This is the fifth year the navy has recognized a deserving candidate for the memorial award in honour of Mrs. Hinton's husband, Captain(N) Peter Hinton. This award is designed to honour leaders who inspire others to do great things, and LS Houle Carrière has done just that.

Following in a great leader's footsteps - about Capt(N) Hinton

Captain(N) Peter Robert Hinton of Victoria joined the RCNVR in 1941 as a probationary sub-lieutenant. After naval examination duties in Vancouver and service in the minesweeper Kelowna, he began combined operations training in 1943, which led to courses in Britain and command of a large landing craft landing troops in France on June 6, 1944, better known as D-Day.

He returned to Canada in 1945 and was demobilized. He joined the Royal Canadian Naval Reserve in 1949, and transferred to the regular force two years



later, when he was appointed to Naval Headquarters Ottawa.

He commanded the minesweeper Fortune at Esquimalt (1955-57), following which he completed a staff course in Britain. He commanded the leadership school at HMCS Cornwallis, NS, in 1958, and two years later, he returned to Naval Headquarters for organization and management duties.

Capt(N) Hinton took command of the destroyer escort Athabaskan in 1963. In March 1964, the Athabaskan rescued 34 crewmembers of the tanker Amphialos, which had broken in two in the Atlantic storm. The rescue, carried out in high seas, was a feat of seamanship which won world-wide acclaim.

Capt(N) Hinton was appointed to command the destroyer escort Columbia in

September of that year.

In 1965 he was appointed executive officer of HMCS Stadacona, naval shore establishment in Halifax. The following year, in July, he was promoted to the rank of Captain(N) and appointed director of manpower programming control at Canadian Forces headquarters.

Capt(N) Hinton took command of the fleet replenishment ship Protecteur when it was commissioned in June of 1969. In 1971 he was appointed Chief of Staff Canadian Flotilla Atlantic. In May 1973, Capt(N) Hinton was appointed Base Commander CFB Halifax.

His final appointment was as Base Commander CFB Esquimalt on June 29, 1974.

Capt(N) Hinton retired on July 31, 1976. He died Dec. 19, 2008.



Photo by LS Sisi Xu, MARPAC Imaging Services

Lieutenant Commander Daniel O'Regan, Deputy Commandant of Naval Fleet School (Pacific), presents Master Seaman Amber Oldland with the Canadian Forces' Decoration for 12 years of good and loyal service.

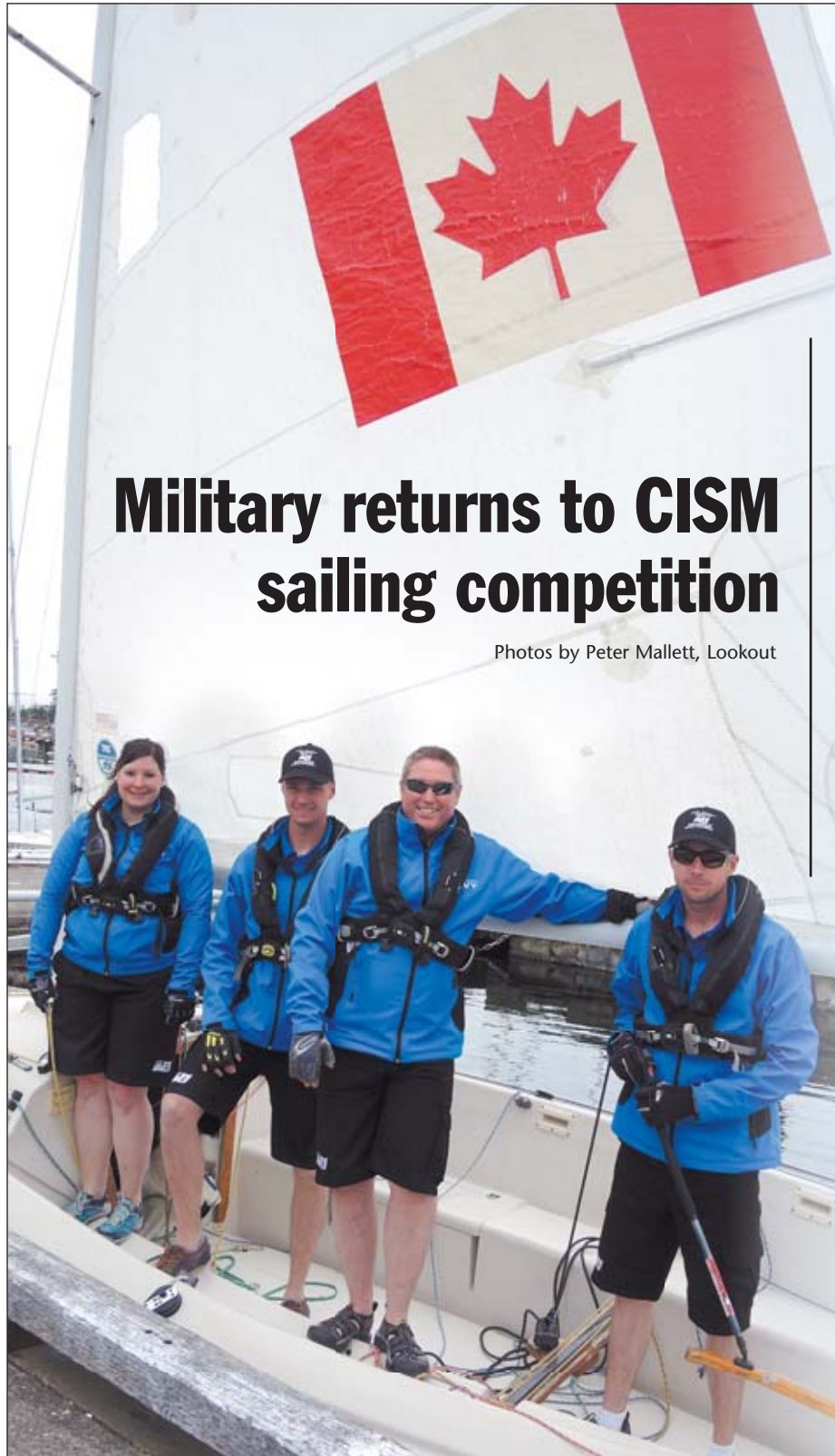
Bravo Zulu



SLt Dominic Jackson receives his new rank from Cdr Jeanne Lessard, Base Administration Officer, and LCdr Caroline Allan, Base Personnel Services Officer.



MCpl Dalmas Odak receives his appointment to MCpl from Cdr Jeanne Lessard, Base Administration Officer, and LCdr Caroline Allan, Base Personnel Services Officer.



Military returns to CISM sailing competition

Photos by Peter Mallett, Lookout

Peter Mallett
Staff Writer

The emerald waters of Esquimalt Harbour became a scenic backdrop and a new beginning for Canada's military sailing team.

Eight athletes and support staff held a five-day training camp at the base in advance of the 50th World Military Sailing Championships, June 14 to 21 at the Finnish Naval Academy near Helsinki, Finland.

It's the first time Canada has participated in a Military CISM sailing event since the 2015 World Military Games in Mungyeong, South Korea.

The training camp was co-hosted by Naval Fleet School (Pacific), Canadian Forces Sailing Association, and the Disabled Sailing Association of Victoria.

Each day the team was hard at work launching their 23' Sonar sailboats from the docks at the Naden boat shed, and then spending between eight and 12 hours on the water.

Training was conducted under the watchful eye of

coach Lauri Kalkkinen, a former member of Switzerland's national sailing team and a former army Sergeant, who currently works as the Executive Director of the Alberta Sailing Association.

"There are no returning sailors from 2014 on our team and our sailors are all coming from different levels of sailing," said Kalkkinen. "Despite this, they have bonded and adapted very well. I enjoyed watching the transformation unfold and can see they are really getting together as a team and hitting their maneuvers a lot faster and more coordinated."

Kalkinen said the coaching position was a perfect fit for him since it incorporates both his expertise as a professional sailor along with his understanding and experience being a former soldier. The team's manager Lieutenant (Navy) Kevin Pallard is also offering his assistance for many of the same reasons as Kalkinen.

The Halifax-based Combat Systems Engineer with the navy is a life-long sailor who was first introduced to sailing

as a member of the Royal Canadian Sea Cadets. During the camp, Lt(N) Pallard was kept busy arranging travel itineraries and other logistical issues. One of his biggest tasks was getting the team time in a larger boat which more closely resembled and handled like the 26' J-80 sailboats they are using at the world military championships.

Lt(N) Pallard says he hopes Canada gives opponents "a run for their money" while in Helsinki.

The four-person team is: Lt(N) Samantha Morgan, a Marine Systems Engineer from CFB Halifax; Master Seaman Clayton Mills a Marine Technician who works aboard HMCS Calgary; Private Samuel Plamondon, a sapper from CFB Valcartier, and Canadian Army Captain Pierre Grignon, who works for the Canadian Joint Operations (CJOC) Headquarters in Ottawa.

For more information and updates about the World Military Sailing Championships visit their Facebook Page.



Photos by Peter Mallett, Lookout

Members of the CISM Sailing team: Lt(N) Samantha Morgan, Master Seaman Clayton Mills, Private Samuel Plamondon, and Captain Pierre Grignon prepare to depart the Boat House Docks in Naden for a training session on Esquimalt Harbour.

Inset: CISM Sailing training camp participants gather for a group photo at Naval Fleet School Pacific Campus Support Sail Training building.

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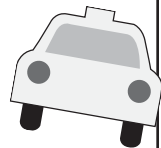
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