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HMCS NANAIMO GAINS NEW PATCH

Photo by Peter Mallett, Lookout

Sub-Lieutenant Nathan Brace, Acting Sub-Lieutenant Miguel Perez and Able Seaman Jules Gittens of HMCS Nanaimo proudly display their ship's new morale patch while aboard Nanaimo, July 19 in Dockyard. The patch is designed by local indigenous artist Doug LaFortune and intended to reflect the role the Maritime Coastal Defence Vessel plays in the Fleet and to also pay tribute to First Nations People. The two dominant features in the patch - a wolf and the moon - are important elements in traditional Coast Salish teachings.

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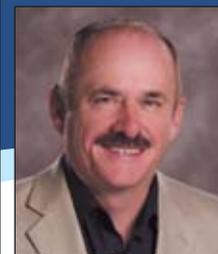


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Major exercise first task for Maritime Forces Pacific's new Admiral

Peter Mallett
Staff Writer

Rear-Admiral Bob Auchterlonie's first order of business as the new Commander of Maritime Forces Pacific (MARPAF) was to jet to Hawaii and take up post as Deputy Commander of the Combined Task Force for the Rim of the Pacific military exercise – dubbed RIMPAC.

Now underway, RIMPAC is a biennial land, air and sea military exercise carried out in and around the waters of Hawaii and Southern California, involving 25,000 military personnel from 25 nations.

Canada's armed forces has substantial assets and personnel in the 26th edition of the exercise, including *HMC Ships Vancouver, Ottawa, Yellowknife* and *Whitehorse*, all Pacific Fleet warships under RAdm Auchterlonie's new command.

"It's very exciting to be involved in this capacity; this is the biggest maritime exercise in the world. Canada, along with the United States and Australia, are RIMPAC's founding members, and RIMPAC provides a great opportunity for Canadian Armed Forces members to work with partners from around the globe."

In his RIMPAC role, RAdm Auchterlonie works closely with Vice-Admiral John Alexander, Commander U.S. Third Fleet, to co-ordinate the multiple components of the combined task force. One of the main goals of RIMPAC is to foster and sustain those cooperative relationships. Those relationships play a role in helping to ensure the safety and security of sea lanes and the world's interconnected oceans.

This year's exercise theme is Capable, Adaptive Partners. Building on that premise, drills span the scope of operations, from disaster relief and maritime security operations to sea control in today's complex war-fighting landscape.

"If you are a young sailor onboard a ship, as I once was, the experience is a great one. They are getting a lot of at-sea experience while learning how to co-ordinate in a multi-national environment," said RAdm Auchterlonie.

The training program is vast; sailors, soldiers and aviators from all nations will hone their gunnery, missile, anti-submarine and air defence skills, as well as their abilities in amphibious, counter-piracy, mine clearance, explosive ordnance disposal, diving and salvage operations.

Making its debut in RIMPAC is the



U.S. Navy photo by Mass Communication Specialist 3rd Class Jason Isaacs
Rear Admiral Bob Auchterlonie, Deputy Commander Combined Task Force Royal Canadian Navy, and Rear Admiral Ido Ben-Moshe, Head of Operations of the Israeli Navy, meet at Joint Base Pearl Harbor-Hickam during the Rim of the Pacific (RIMPAC) exercise.

3 RIMPAC2018 phases

- HARBOUR PHASE
- FORCE INTEGRATION TRAINING PHASE
- FREE PLAY PHASE

Each phase offers a different experience to learn, each one becoming more complex than the last. This allows for service members to assume a wide variety of leadership positions. The Harbour Phase is designed to build professional and personal relationships between military members from other nations. They meet face to face for briefings, training and detailed planning. The aim is to allow participants to:

- get to know their exercise colleagues
- finalize details of plans
- lay the foundation for professional and successful operations

The Force Integration Phase involves a structured and detailed training program. It develops the skills of the units that take part. It is aimed at enabling participants to operate at the task force level. It exercises each nation's ability to operate in a robust command and control setting with other nations. This phase also includes a variety of live training at sea, underwater, on the ground, and in the air. The Free Play Phase tests military unit skills during a scenario. Component commanders and subordinate units respond to scenarios that become more and more intense. These include realistic situations that nations could face in the Pacific Rim. As a result, military units and members that take part experience challenging, full-spectrum operations. These cover surface, submarine, air, and land threats.

Royal Canadian Navy's newly leased supply ship *MV Asterix*.

Also involved are approximately 170 members from the Canadian Army's 2nd Battalion, Royal 22nd Regiment, who joined the U.S. Marines at Camp Pendleton, California, for AAV-P7/A1 assault amphibious vehicle (AAV) familiarization.

"Learning the capabilities and limitations of the AAV and understanding how the 15th Marine Expeditionary Unit, who specialize in amphibious operations, operate in their environment, and to have them share their practices and expertise with us has been a great experience for myself and those who took part in the training," said Lieutenant Jacob Simard of the Canadian Army.

The Canadian contingent was rounded out with 75 members of the Royal Canadian Air Force, including a CP-140 Maritime Patrol Aircraft and

mission support centre, plus additional CAF personnel for a national command and support team.

RAdm Auchterlonie says the coordination of RIMPAC has "gotten off to a smooth start", but the reality of military exercises is not everything always goes as planned. Learning how to react quickly and appropriately to the unexpected is a fundamental part of the training, he says.

He notes the erupting Kilauea volcano 185 kilometers away and downwind from operations in Pearl Harbor has a potential to become an unknown "X-factor" in the exercise. While the volcano is not impacting day-to-day operations, eruptions and seismic activity are being monitored daily.

Should a real-life emergency develop in the region, RAdm Auchterlonie says participants are well versed and well equipped to respond.

The exercise concludes Aug. 2

Additional key Canadian appointments in the RIMPAC leadership team:

- Captain (Navy) Matthew Coates, Deputy Commander Combined Maritime Component Command
- Colonel Michael Atkins, Deputy Commander Combined Air Component Command
- Colonel Dennis O'Reilly, Combined Air Operations Centre Director
- Captain (Navy) Matthew Bowen, Third Fleet Deputy Exercise Director





From left: Spitfire pilot Duke Warren; then-Minister of Veterans Affairs Greg Thompson; and Spitfire pilot Stocky Edwards meet up to view the refurbishment project of Spitfire Y2-K on July 28, 2007, in Comox.

Scott Stanfield
Comox Valley Record

A rare Second World War aircraft returns to Comox this summer, coinciding with the launch of a legacy fund named after local legend Stocky Edwards.

Efforts to re-construct Spitfire Y2-K began in Comox, British Columbia, nearly 20 years ago, but the plane has been at Vintage Wings Canada in Gatineau, Québec, for the past three years for wing assembly, finishing work and test flying.

"She's finally coming home for a visit," says RCAF Colonel (Retired) Terry Chester. "It's the culmination of 18 years of work."

Departing Gatineau in mid-July, the Spitfire will spend a week at AirVenture in Oshkosh, Wisconsin, for the 100th anniversary of the Royal Air Force. "It then begins a journey that has never, ever been taken by a Spitfire before—across Canada," Col Chester says.

The aircraft will route through the U.S., come

up through Winnipeg, Manitoba, and arrive in Comox in early August.

"They don't want to go over the top of the Great Lakes for very good reason," he says. "This is a single engine [Second World War] airplane, and if their engine quits, they don't have a place to land. So, they're airport-hopping out here."

Pilot Dave Hadfield, brother of astronaut Chris Hadfield, will fly Spitfire Y2-K, which will be here for the Homecoming Celebration and carry out a fly past of the Comox Marina on British Columbia Day on Aug. 6.

A fundraising campaign has been initiated to cover the costs of flying the aircraft across Canada, which covers fuel, aircraft fluids, maintenance and logistics. The campaign includes a sponsorship program, sales of souvenir items, and a banquet at 19 Wing on Aug. 8.

Wing Commander James "Stocky" Edwards—an Order of Canada recipient—will be the guest of



**SPITFIRE Y2-K
RETURNS
TO COMOX**

honour at the banquet, which will seat 350 to 400 guests. Wing Commander Edwards, Canada's highest-scoring Ace of the Second World War, fought with the Desert Air Force, in the Italian campaign and in northwest Europe.

The 97-year-old Comox resident will climb into the cockpit of the MK IX Roseland Spitfire.

"He's going to do a startup," Col Chester says.

The banquet will also kick off the Stocky Edwards Legacy Fund, a bursary program to support young people pursuing careers in aviation.

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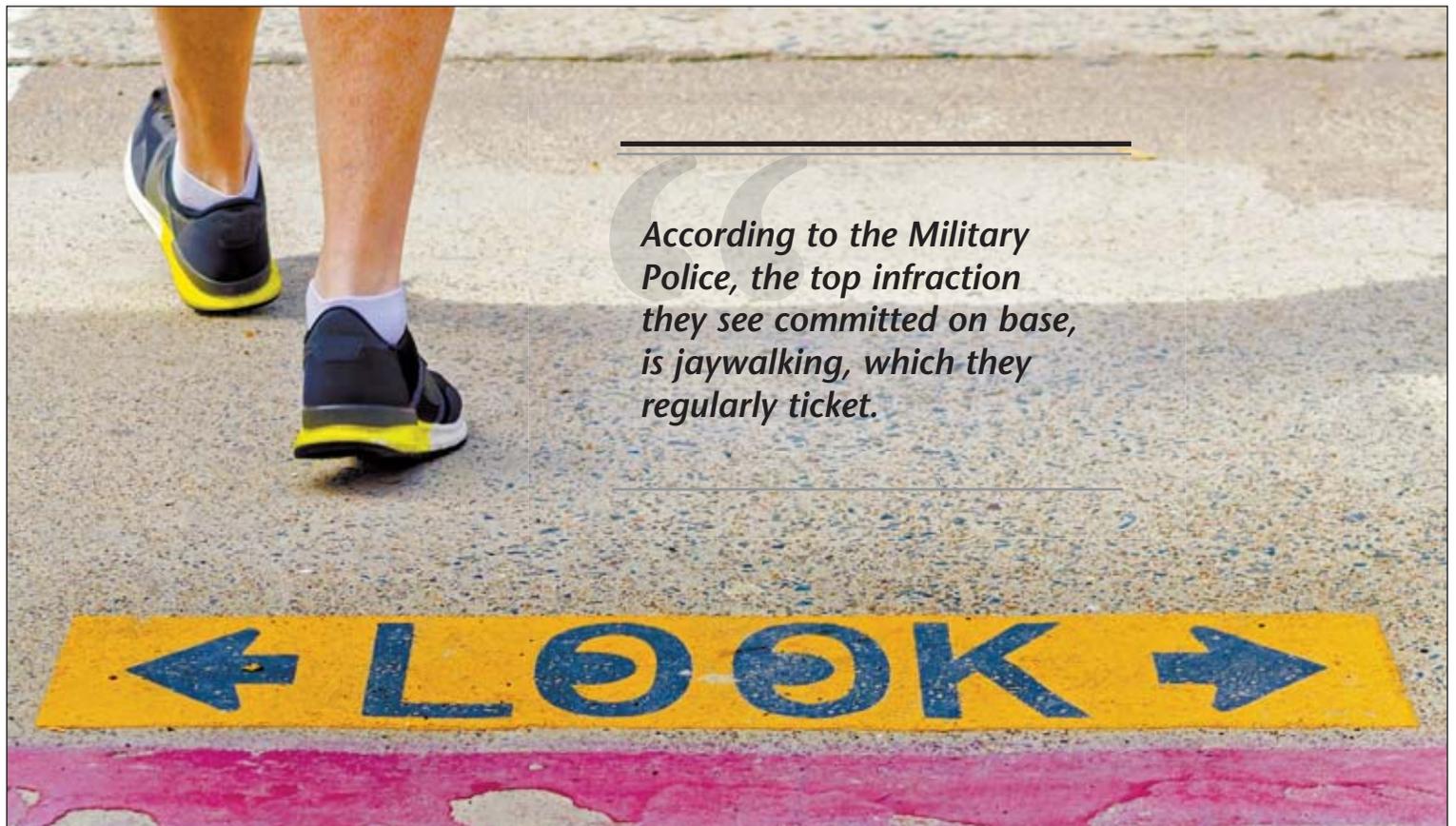
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WHAT SAY YOU



What grinds my gears? The right of way.

SLt M.X. Déry
Contributor

In this series of commentaries on bicycle safety, I address issues that cyclists face every day from motorists, pedestrians and even other cyclists. Most of what I write about has happened to me personally and are things that constantly grind my gears.

I speak with subject matter experts to back up my complaints and perhaps after I have vented my spleen, cycling to work will be safer for everyone.

More than once a week I have to slow down, stop, or ring my little brass bell because a pedestrian, lacking in situational awareness, has decided to cross the street where they shouldn't.

Don't misunderstand me, I give way at crosswalks, as all cyclists must, but that is not what I am discussing here. I'm talking about the worst kind of pedestrian: the jaywalker.

I regularly encounter a jaywalker who, when it is dark and quiet in the morning, decides to cross the street in

the middle of nowhere without checking both sides because they don't hear a car.

With the increase in fully electric cars, cyclists aren't the only quiet vehicles anymore, so relying on sound for a warning of danger could be deadly.

Joggers, particularly with earbuds, are also often to blame for making the roads a nightmare for cyclists because they use the bike lane despite lacking in wheels, a seat, a frame, a bell... you get what I'm driving at.

According to the Military Police, the top infraction they see committed by pedestrians on base, is jaywalking, which they regularly ticket.

There are designated crosswalks and stop signs all over the base, but I see pedestrians cut across the road daily. To add insult to injury, they often cross in a diagonal pattern and cannot see vehicles approaching in their peripheral vision. Crossing perpendicular to the road isn't just more efficient, it is safer, since it allows the pedestrian to see both sides of the road.

The problem is most apparent near dockyard general parking, where a host of people cross at random intervals nowhere near a crosswalk.

As pedestrians filter into the base in the morning or flood out at the end of the day, they tend to invade the bike lane as they jostle past each other. Cyclists are supposed to remain in the bike lane, or within one metre of the sidewalk, unless turning left at an incoming intersection.

Stepping off the sidewalk into the bike lane without looking so that you can pass that slow group of friends is hazardous, not only for yourself, but also for me, the guy who is travelling at 25kph in a narrow lane. Avoiding you may mean getting hit by a 2000-lb car, so stay out of my lane.

Situational awareness is key, but it is constantly eroded by handheld devices. I rarely see a cyclist on a smartphone, but pedestrians are often distracted, looking down at their handhelds during the short walk to their car. They step out into the street without looking, bump

into people and act bewildered when they are awoken from their zombie-like stupor.

Twice in the last six months, a dog walker was so startled out of their cell phone reverie by their dog barking at me, that they dropped the leash and I was chased down the street by an angry dog.

Luckily, I had enough speed to outrun the small dog, but it could have been much worse. One of my formative memories is returning home from kindergarten, age five, and finding the doorknob to my house covered in blood. Inside, there were blood smears on the walls and blood leading to the bathroom. While delivering newspapers, my older brother had been chased by a dog that was not properly tied up, and he had fallen during the chase, cutting himself quite badly on the road.

You never know when a small moment of inattention can create a chain of events that could be disastrous. Stay off your phone, stay in your lane and cross where appropriate.

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Base newspapers' impressive wins

Peter Mallett
Staff Writer

Canadian Armed Forces newspapers have once again proved they can compete on a national stage.

Lookout, Trident and the Shilo Stag took first, second and third place in the best CAF newspaper category of News Media Canada's yearly Canadian Community Newspaper competition.

"Base papers have always been an essential tool for connecting the Defence Team with the local community," said Capt(N) Jason Boyd, Base Commander and publisher of Lookout. "The team here at the Lookout excels not only through the stories they write, but also through the innovative ways they work to ensure CFB Esquimalt's story is heard. I am proud of my team at the Lookout for the recognition they have received."

Even more impressive is the base newspapers' individual wins in the open categories where community newspapers across Canada vie for a top placement.

Lookout took another first place in the Best News Feature Photo – circulation up to 3,999 for "First Kiss" taken by LS Mike Goluboff, MARPAC Imaging Technician. Shilo Stag scooped a second-place win for Best Photo Essay - circulation up to 3,999 by Jules Xavier, and Trident took second place



for Best Spot News photo – circulation 12,500 and over for "Staying on their feet" by Mona Ghiz.

"It is a testament to the quality of base papers that three of them, including the Lookout, have been recognized in categories over and above the Base Newspaper category," added the Base Commander.

LS Goluboff's winning image was a candid shot of SLt Cassandra O'Rourke smooching her partner of seven years Eleni Holmes on HMCS

Ottawa's gangplank after the warship returned home from Poseidon Cutlass 17 in August 2017.

"The win is also recognition of the quality of CAF Image Techs that a photo taken by MARPAC Imaging's LS Mike Goluboff is named best news feature photo for his high-quality 'First Kiss' photo, which in turn highlights the diversity of today's Forces," said Capt(N) Boyd.

While the Lookout produces a top-notch print copy each week, which is distributed around the base and Victoria, it also has a robust following on Facebook, Twitter and Instagram. If you have a story idea, or a great photo, send it to the Managing Editor, melissa.atkinson@forces.gc.ca and be a part of this award-winning newspaper.

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Base's premier event has a logo

Photo and story by SLt Louis Pierre Gosselier, Base PA OJT

After reviewing the logo submissions for CFB Esquimalt's upcoming premier event Defence on the Dock, one design stood out.

The blush swoosh for waves and bold font, coupled with the tri-service badge, earned Acting Sub-Lieutenant Chantelle Klassen the win.

"It immediately stood out; it is simple yet embraced the all-inclusive spirit of Defence on the Dock," said Capt(N) Jason Boyd, Base Commander.

The logo will be used on promotional material for the Sept. 30 event to be held at Ogden Point.

A/SLt Klassen, a 24-year-old naval officer from Winnipeg, started doing graphic design as a hobby.

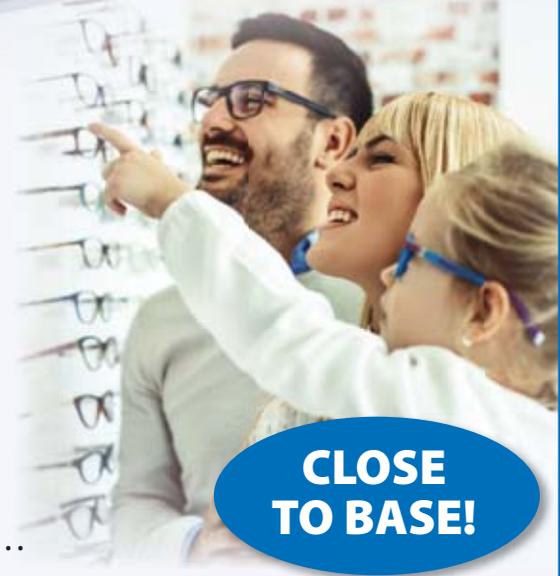
"I was sketching some ideas and trying to adhere to the dock theme and thought the water under the docks would be a good image for this particular logo," she said. "I always had an artistic interest and I've been using [computer] programs since I was young."

Lookout graphic designers will smooth out the design, create a french version, and prepare it for use on posters, social media videos, and other promotional tools.

Defence on the Dock takes place at the Ogden Point cruise terminal A on Sept. 30 from 10 a.m. to 6 p.m. and is open to the public. The event will highlight Canadian Armed Forces personnel and the work they do in defence of Canada and beyond and showcase their equipment.

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Power couple hand over commands, start new adventures

Peter Mallett
Staff Writer

Two senior naval officers at CFB Esquimalt relinquished their commands last week, and are now going down separate career paths, but doing it together.

Married couple Commodore Marta Mulkins and Rear-Admiral Jeff Zwick have signed over their commands, packed their household, and are set to move to Ottawa.

For Cmdre Mulkins, it is the Naval Reserve (NAVRES) Command that she handed over to Commodore Michael Hopper last Friday. Having reached the pinnacle of her 33-year career, she heads back to civilian life and a job in the Federal Public Service.

The day before her change of command, husband of 12 years Jeff relinquished his command of Canadian Fleet Pacific to Commodore Angus Topshee.

His next charge is Chief of Force Development, a Vice Chief of the Defence Staff branch position at NDHQ.

Even though she's heading full-time into a civilian job, Cmdre Mulkins will keep one foot in the naval reserves, serving as a part-time sailor.

"I would say commanding NAVRES has probably been one of the richest, most rewarding experiences



of my life," said Cmdre Mulkins. "Being based in Victoria and in the heart of Maritime Forces Pacific and working with its fantastic leaders and staff has just been simply extraordinary."

As head of NAVRES she managed the 24 Naval Reserve stone frigates and approximately 3,000 reserve sailors. While that might seem impressive on its own, one might argue her greatest achievement is ploughing pathways for women in the navy.

In 2003, she became the first female officer to command a warship in the Royal Canadian Navy, serving as commanding officer of *HMCS Kingston*, and then later headed Ottawa's Naval Reserve Division *HMCS Carleton*.

Other notables in her work portfolio include head of Strategic Communications at National Defence Headquarters in Ottawa and a six-month deployment to Afghanistan in 2006 as a member of the strategic

advisory team on Operation Argus.

Like most reservists, she has worked two career streams, sometimes simultaneously. Supporting this multi-career path, she says, should be the central theme as the Naval Reserve plots a course for the future in hopes of meeting Canada's Defence Policy Strong, Secure, Engaged goal of 1,500 more Naval Reservists.

"It has been my mantra from day one: the reserves

must remain an endeavour that is worth people's time and energy because it is so discretionary. We enable people to reach their potential, get the training, education and employment opportunities they need. We have been key enablers to make sure the naval reserves continue to be that highly skilled, high output force that the Canadian Armed Forces requires."

In collaboration with her husband, Cmdre Mulkins met that goal with the cre-

ation of the Naval Security Team, an all Naval Reserve force protection team trained to defend Canadian naval assets when alongside overseas.

"We were two Commodores working for the same boss and had mandates that made it necessary for us to collaborate regularly. It's one of the great things about our relationship in that we have so many shared interests in the navy."

A closing chapter as Commodore was her trip to Fiji this spring to visit the Naval Security Team on post protecting *HMCS Vancouver*. Cmdre Mulkins offered her encouragement and best wishes to sailors of the Republic of Fiji Navy, who enrolled their first female sailors in February. Although it was an informal sit down, she was able to impart some guidance to these female trailblazers.

"I got a chance to talk to the Fijian sailors about how important gender integration is and the significance of what they are doing," said Cmdre Mulkins. "I'm sure the Fijian Navy will be offering a great career path for their recruits and they are now being offered an opportunity to reach their potential. 'Go for it' I told them and have the best career you can."

That advice is something Cmdre Mulkins has lived throughout her career.



From left: Commodore Angus Topshee, Rear-Admiral Bob Auchterlonie and Rear-Admiral Jeff Zwick sign Change of Command certificates installing Cmdre Topshee as the new Commanding Officer of Canadian Fleet Pacific, July 19 in Dockyard.

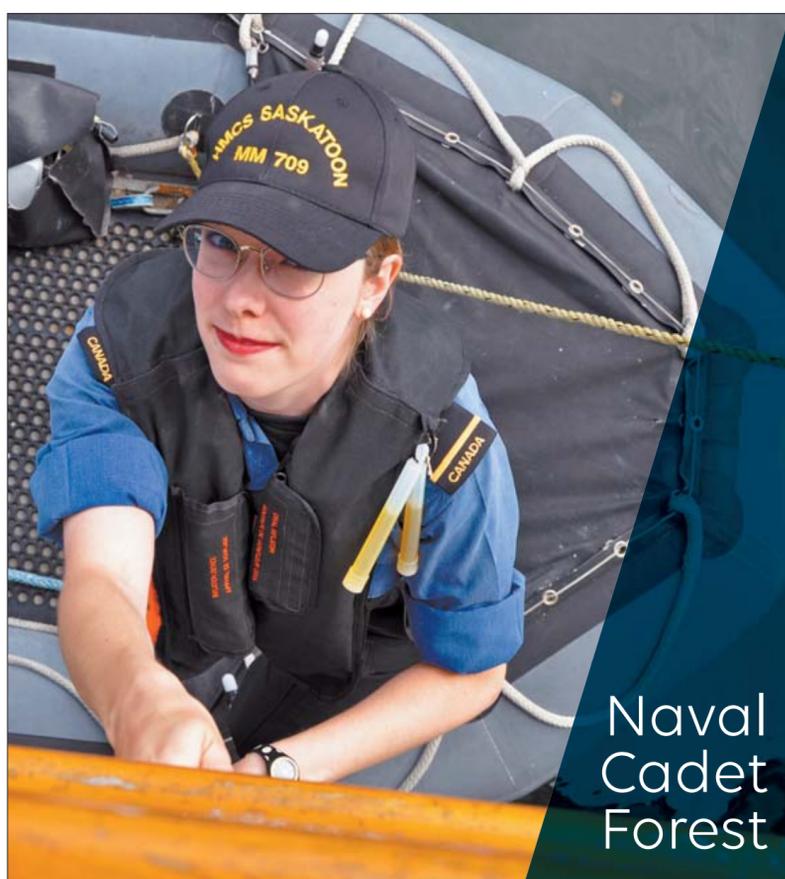
Photos by Peter Mallett, Lookout



From left: Commodore Michael Hooper, Rear-Admiral Bob Auchterlonie and Commodore Marta Mulkins sign certificates to install Cmdre Hooper as Commander of the Naval Reserves July 20 in Dockyard.



Reservist build momentum with full-time summer employment



Naval Cadet Forest

Photo by NCdt S.L. Delaney

NCdt S.L. Delaney MARPAC PA OJT

Summer employment has never been more robust for naval reservists. This year, the Primary Reserves have launched the Full-Time Summer Employment (FTSE) program that enhances the role and capability of the Reserves by offering full-time summer employment to reservists in their first four years of service.

FTSE is a direct response to the Government of Canada's commitment to force generation throughout the Royal Canadian Navy, and is a specific initiative in Strong, Secure, and Engaged, Canada's Defence Policy.

"We want to provide fresh and

varied experiences for our sailors and encourage them to be proactive and engaged in furthering their careers," says Leading Seaman Humphrey, one of two FTSE facilitators for the Pacific region.

There are currently 74 new naval reservists, hailing from reserve divisions across the nation, employed on the West Coast. These sailors are predominantly post-secondary students for whom full-time summer employment is always in demand. Over the summer, the sailors can progress in their trades through specific coursing, and work placements are offered between courses to provide hands-on experience that complements classroom learning.

Reservists have been welcomed to work on board *HMC Ships Calgary*,

Edmonton, and *Saskatoon*, as well as within the Patrol Craft Training Unit and Fleet Maintenance Facility Cape Breton.

LS Humphrey arranges placements that tailor the summer training experience for each member. "By working in a variety of short-term engagements, the sailors can galvanize their training and gain exposure to the array of duties they can expect to encounter within their military career," he says.

LS Moorhouse, the other FTSE facilitator for the Pacific region, says access to "definite, defined, and guaranteed summer employment allows reservists to coordinate their military training with their civilian schedules."

Members offered a basic military qualification or trade-specific course

can now fill out their summer availability with practical experience that is relevant to their trade. LS Moorhouse highlights that the FTSE initiative is a boost for both retention and recruitment for reservists within the RCN.

"The opportunity for full-time employment appeals to new recruits, and being able to rely on steady engagement allows new members to commit to consecutive summers of training to achieve full trade qualification earlier in their careers."

With faster qualification for an increased number of reservists, the program is well placed to increase the operational strength of the Primary Reserve and empower its members to see and do more throughout their careers.

"We want to provide fresh and varied experiences for our sailors and encourage them to be proactive and engaged in furthering their careers."

Leading Seaman Humphrey,
FTSE Facilitator

Hailing from Naval Reserve Division *HMCS Donnacona*, Naval Cadet Forest is a Naval Warfare Officer who recently completed a degree in psychology and criminology from the University of Montreal. Upon accepting an FTSE contract this May, NCdt Forest has learned the ropes by providing administrative support at the Base Orderly Room, participating in a rescue swimmer course, and partaking in naval bridge simulator training. She is currently wrapping up a month-long placement on board *Saskatoon* where she is completing a familiarization package for the Kingston Class vessels.

"I look forward to beginning a four-month-long trade's course next week that will take me one step closer to my goal of becoming a fully-qualified Naval Warfare Officer."

Ordinary Seaman Horvat

A lighting technician for film and television in his civilian life, Ordinary Seaman Horvat is a Naval Combat Information Operator with *HMCS Tecumseh*. He left *Calgary* behind for a summer of training on the West Coast and is currently working alongside over a dozen other reservists in *Saskatoon* who are gaining practical experience through the FTSE program.

OS Horvat joined *Saskatoon* after a month of training and sailing with *HMCS Edmonton*. In his training to date, he received his surface rescue swimmer qualification and is now concurrently working on completing his Naval Environmental Training Program package, as well as his Kingston Class familiarization package.

"This summer has provided me with a great opportunity to see where all my training is taking me. I am eager to keep learning and would love to sail around the world."

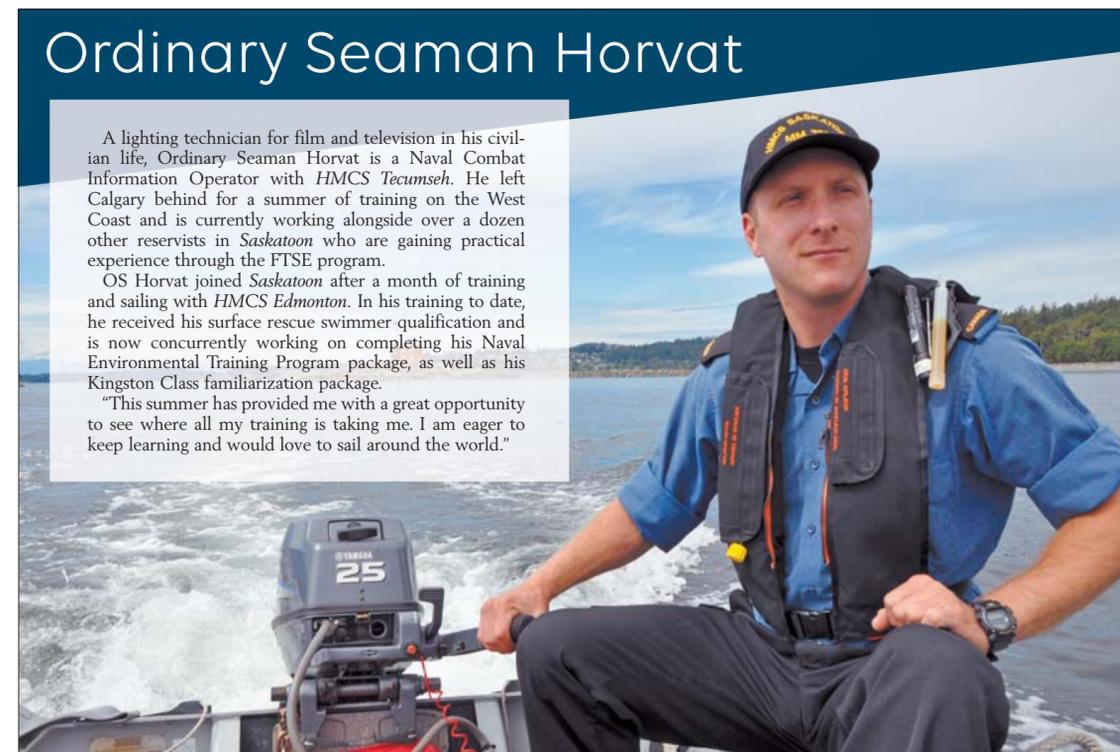
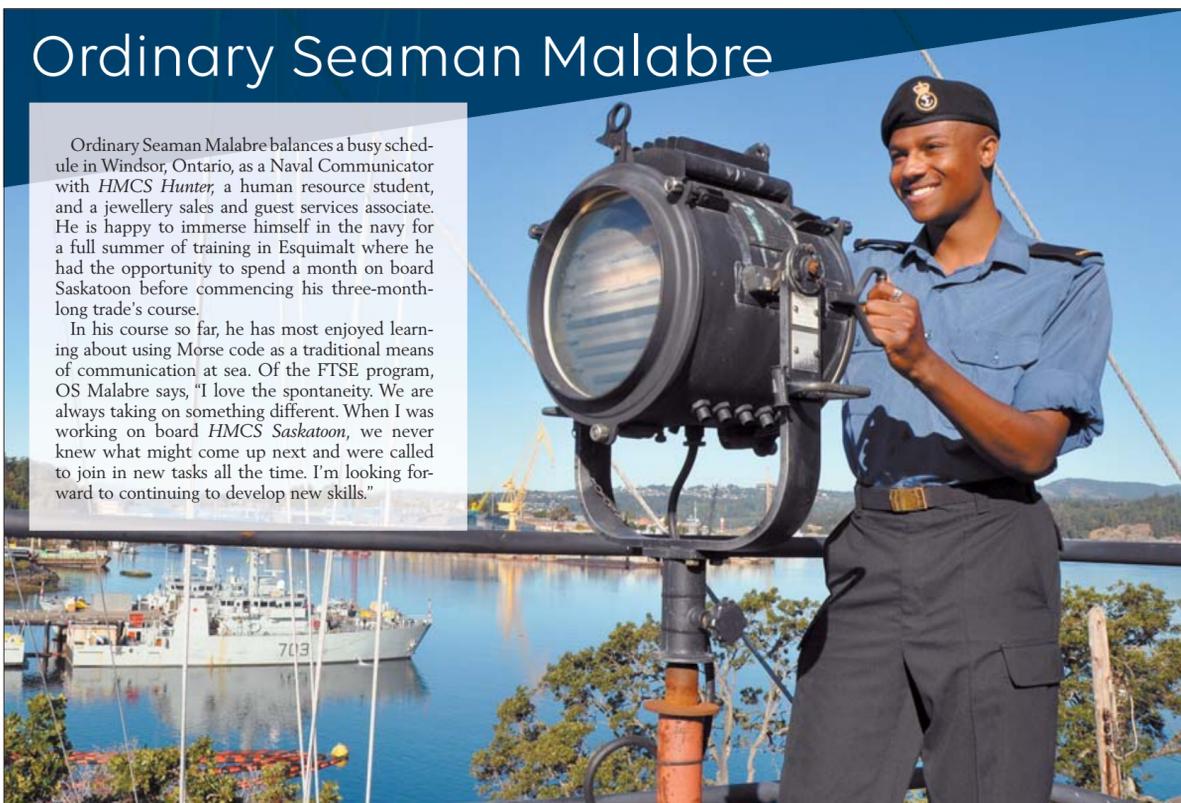


Photo by NCdt S.L. Delaney

Ordinary Seaman Malabre

Ordinary Seaman Malabre balances a busy schedule in Windsor, Ontario, as a Naval Communicator with *HMCS Hunter*, a human resource student, and a jewellery sales and guest services associate. He is happy to immerse himself in the navy for a full summer of training in Esquimalt where he had the opportunity to spend a month on board *Saskatoon* before commencing his three-month-long trade's course.

In his course so far, he has most enjoyed learning about using Morse code as a traditional means of communication at sea. Of the FTSE program, OS Malabre says, "I love the spontaneity. We are always taking on something different. When I was working on board *HMCS Saskatoon*, we never knew what might come up next and were called to join in new tasks all the time. I'm looking forward to continuing to develop new skills."



Ordinary Seaman Richard

Ordinary Seaman Richard travelled to Esquimalt in May to kick off her summer with a sailing opportunity in *HMCS Calgary*. As a supply technician, she had an extra month of availability before her trade's course commenced, and was warmly welcomed by the *Calgary* crew. During her month onboard, she got to learn on-the-job by participating in stock movement and pre-deployment sailing as *Calgary* prepared to embark for Australia.

Now on her trade's course in Valcartier, Quebec, OS Richard is learning in depth about programs and procedures that she experienced first-hand on ship. After her summer of training, she will pursue a degree in electrical engineering in Trois-Rivières while continuing to train with the RCN in her home unit of *HMCS Radisson*.

Of her first year with the navy, OS Richard says, "I am so grateful to the people that have included me in their work, supported me in my learning, and allowed me to take on projects of my own. These opportunities have demystified for me what it means to be a naval reservist and have allowed me to discover my love of sailing."

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Corporal Retired Scott Casey dips his rear tire in the waters of the Atlantic Ocean at the start of last year's Rolling Barrage.

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Veteran ready to roll with PTSD-awareness journey

Peter Mallett
Staff Writer

The haunting memories from a United Nations Peacekeeping mission in the Balkans in 1992 was the pivotal reason Corporal (Retired) Scott Casey became the President of non-profit Military Minds Inc. and founder of the motorcycle rally The Rolling Barrage.

Paralyzed by the UN's rules of engagement during the mission, the Royal Canadian Regiment soldier was forced to witness the killing of a mother and child as they carried water back to their home. The horrific memories of his seven-month deployment in the war-torn region still haunt him to this day and are the root of his Post Traumatic Stress Disorder (PTSD).

"You can't forget something like that; you just work through it and try to put it behind you," said Casey. "All you can do is move forward."

Two years after the Balkans mission he retired from the military. Fifteen years after that he saw a need to join Military Minds and connect the thousands of military and civilian first responders suffering from PTSD to support programs.

Tattooed on his arm are 53 bullets. Thirty nine of those bullets represent the lives of Canadian soldiers who died in action, while 14 represent the lives of soldiers who died from suicide since his 1992 tour in the Balkans. It's a staggering number, says Casey.

"I still experience PTSD symptoms to this day. Once you have it, it's a chemical change

in your body and it doesn't go away," he explains. "But that's why I have created a national motorcycle rally to create awareness and understanding about PTSD and operational stress injury (OSI)."

Now in its second year, The Rolling Barrage takes motorcyclists across Canada – from Halifax to Victoria – to raise awareness of the mental health issue and eliminate the stigma associated with it. Twenty-two riders will join Casey in Halifax Aug. 6 as they set off on the 7,500-kilometre journey. Their final destination is Victoria on Aug. 22.

The relay name is a nod to the First World War and the Canadian soldiers who helped take Vimy Ridge. By employing a rolling barrage of artillery fire, soldiers were able to walk up the hill under its cover and take control of the ridge.

"The term Rolling Barrage seemed relevant to me because my Great Grandfather Vincent Bernard Casey fought at Vimy," said Casey. "With last year being Canada's 150th birthday and the 100th anniversary of Vimy, combined with my undying my love of motorcycles I decided to launch the tour."

A team of volunteers will assist Casey and the riders with logistical support at each stop. Sooke resident and motorcycle enthusiast Geoff Turner is the point man for the Rolling Barrage Vancouver Island leg. Turner is working to organize the tour's grand finale event at Victoria's Sandman hotel, and a silent auction fundraiser. He feels strongly about the cause because his father served with the Royal Canadian Navy Volunteer Reserves during the Battle of the Atlantic.

"I know PTSD and OSI are huge issues and have several friends who have experienced this," said Turner. "When I heard what Scott was doing, it was a natural for me to get involved because there is so much that needs to be done, and hasn't been done, for our service men and women."

The Rolling Barrage is looking for more motorcycle enthusiasts to join this year's caravan, along with additional volunteers to help along the way.

It's not all about fund-raising, says Casey. Equally important is raising awareness about the complexities of the injuries and their wide-ranging impact on society. One way of doing that is showcasing Military Minds Inc, an active, connected membership for those in the mental health corridor between



Rolling on the Island

Motorcycle enthusiasts will have a chance to join this year's tour when it touches down on Vancouver Island at the Loyal Order of Moose in Nanaimo on Aug. 22. To register for the last leg of the ride which begins in Nanaimo and ends at Victoria's Sandman Hotel later that day, visit the RollingBarrage.com or register by 2 p.m. at the Loyal Order of Moose.

an OSI and PTSD, via the motorcycle relay. "Brotherhood is significant in any healing and this relay will showcase this spirit to people across the nation," said Casey.

For more information on how to support the Rolling Barrage visit their website www.therollingbarrage.com

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A career to savour, RAdm Truelove reflects on 37 years

Peter Mallett
Staff Writer

Last Thursday, five days after his 55th birthday, Canada's Defence Staff Attaché to Washington, Rear-Admiral Bill Truelove called it a career and set out on a new uncharted course: his retirement.

A Change of Command ceremony was held at the Embassy of Canada, Washington, DC, July 19, presided over by the Vice Chief of the Defence Staff Lieutenant-General P.F. Wynnyk. Rear Admiral Truelove handed over his duties to Major General Simon Hetherington.

RAdm Truelove says he savoured and enjoyed every moment of his days in the Royal Canadian Navy (RCN), including his final appointment as Canada's Defence Attaché to the U.S.

"To come here to Washington, D.C., and culminate my career as Defence Attaché has been incredible," said RAdm Truelove during an over-the-phone interview. "Our military enjoys a great historical relationship with the United States military and these have indeed been interesting times to be here."

For three years he worked as the senior accredited military officer representing the Canadian Armed Forces (CAF) in Washington. Top on his agenda was maintaining and strengthening Canada's relationship with the United States military and advising David MacNaughton, Canada's ambassador to the United States.

In his posting, he and his wife Brenda became Deans of the Washington Corps of Military Attachés, leading an organization that includes military representatives of 120 nations.

The Change of Command closes a 37-year career. While his career finishes in the United States, his last appointment in Canada was Commander Maritimes Forces Pacific and Joint Task Force Pacific.

He might never have reached that pinnacle position if it weren't for helping hands early in his career. A vision problem was discovered in his left eye while he was attending Royal Roads Military College. It nearly led to his discharge. If not for the support of Royal Roads Commandant, Captain Bill Draper and RAdm Bob Yanow, RAdm Truelove says his career would have been different. It's this story that has him encouraging the younger generation of sailors to stay the course, overcome the obstacles, and follow in his wake, as an adventurous career can be had in the navy.

"The navy and the CAF represent an incredible way to serve your nation and to do interesting and exciting things around the world," he said. "You can learn and grow, there are great leadership opportunities, and the military offers a great, supportive environment to raise a family and provide for them."

He knows of what he speaks. His father was a naval officer, retiring at the rank of Lieutenant-Commander. He encouraged his son to enlist in the navy.

RAdm Truelove admits to being hooked on life at sea from the beginning. First as a young cadet aboard sail training vessels at the Naval Officer Training Centre HMCS Venture and then later aboard RCN minesweepers.

"My first taste of it all and the excitement of being at sea with great shipmates, travelling around the world and doing exciting things was unmatched for me."

He completed his training aboard HMC Ships Chaleur, Fundy, Saskatchewan and Qu'Appelle. In 1986 he served as Bridge Watchkeeper, Navigation Officer and Above Water Warfare Officer aboard HMCS Athabaskan. He commanded his first vessel in 1997 when he took the helm of HMCS Chaleur, and in 2003 he assumed command of HMCS Regina.

Notable overseas deployments during his career include seven months in the Adriatic Sea when the RCN took part in the United Nations embargo of the former Yugoslavia; a five-month deployment to the Persian Gulf in support of Operation Apollo, part of Canada's contribution to the war on terrorism; and a nine-month deployment to Kabul, Afghanistan, as Deputy in the Strategic Communications Directorate.

While attending Naval War College in Newport, Rhode Island, as a member of the Naval Command College Class of 2005 he also obtained a master's degree in International Relations at Salve Regina University. Later that year he was appointed Canadian Forces Naval Attaché in Washington before returning to Esquimalt in 2006 and assuming command of Maritime Operations Group Four. He was promoted to Commodore in 2009 and served as Commandant Chancellor of Royal Military College until 2011 before his final promotion to his current rank in 2012 when he was named Commander Maritime Forces Pacific.

Although he faced some rough seas during his command in Esquimalt including the HMCS Winnipeg allision and subsequent fire aboard HMCS Protecteur in 2013, there were also many successes. He points to the implementation of the Halifax-Class Modernization program and infrastructure renewal projects at Fleet Maintenance Facility Cape Breton and elsewhere on base as some key developments in Esquimalt during his tenure.

RAdm Truelove says the construction projects and changing face of Dockyard pales in comparison to the transformation of Canada's navy as an organization, which has occurred during his career. He characterized the navy his father served in, and the one he



Rear-Admiral Bill Truelove



began with early in his career, to being "rouger around the edges."

"It's amazing to see how we have evolved; the professionalism, focus on a healthy lifestyle and fitness, and the level of investment in training and education and new leadership models," said RAdm Truelove. "We have taken major steps in the reserves, with our civilian workforce, and have developed a greater understanding of the critical role families play in our success."

He says the accomplishments and success of the organization also serve as a great departure

point for him, although he doesn't like to use the word "retirement."

He hopes to stay active and engaged on the road ahead instead of "just putting my feet up for an extended time." Staying busy will include continuing to support mental health non-profit Give an Hour, which provides free-of-charge care through its network of health professional volunteers.

He and his wife Brenda are looking forward to moving back to Canada and their home in Ottawa. They also plan on taking a trip to Victoria and reuniting with their two children, Anthony and Ashley.

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Looking for NDWCC youth co-champion

As Champion of the 2018-19 National Defence Workplace Charitable Campaign (NDWCC), I am responsible for connecting with all members of the Defence Team, encouraging their participation in the campaign, and communicating the impact that giving has on those who need our support the most.

This year's theme Shoulder-to-Shoulder highlights how members of the Defence Team, both military and civilian, stand side by side in carrying out our mandate. It also illustrates how we come together to support Canadian charities in their essential work to provide services to those in need.

While we will undertake activities to engage the entire organization, young members of the Defence Team play a critical role in the campaign as they represent the future of the NDWCC, and the Defence Team leaders of tomorrow.

This year I am seeking a Youth Co-Champion to serve alongside me throughout the campaign. The Youth Co-Champion will attend events, present at meetings, and promote participation in our campaign. This individual will be instrumental in ensuring that the NDWCC engages and connects with youth members of the Defence Team.

Benefits of this unique opportunity include: building networking skills,

developing leadership competencies, experiencing the fulfilment of contributing to your work community charities, and learning about the various roles within the campaign.

If you are interested in joining me to create a culture of giving, please answer the following three questions:

1. What does the NDWCC mean to you?
2. Why do you feel that you would make a good Youth Co-Champion for the 2018-19 NDWCC?
3. How will you engage youth across the Defence Team in this year's campaign?

Along with your submission, provide us a photo and a Tweet that illustrates what giving means to you.

Send in your completed responses no later than noon on July 25, 2018 to: +Internal Communications internes@ADM(PA)@Ottawa-Hull.

Please note, interested individuals require permission from their chain of command.

The name of the 2018 NDWCC Youth Co-Champion will be announced on Aug. 8.

I look forward to standing shoulder-to-shoulder with the new Youth Co-Champion and all members of the Defence Team to make this year's campaign a success.

Chris Henderson
2018 NDWCC Champion



Chris Henderson,
Assistant Deputy Minister
(Public Affairs) and
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Photos by Leading Seaman Mike Goluboff, MARPAC Imaging Services

From left to right, Lieutenant-Commander Tyson Bergman, Incoming Commanding Officer; Rear-Admiral Jeffery Zwick, Commander of Canadian Fleet Pacific; and Commander Todd Bacon, Outgoing Commanding Officer sign the formal Change of Command certificates at the Colwood Pacific Activity Centre on July 17.



Captain Padre Joachim Nnanna takes a moment for a prayer.



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Health and wellness at fore of survey and strategy

Lyne Michaud
Contributor

From June 25 to July 11, the Total Health and Wellness Development Team reached out to military and civilian defence team members across the country to get their opinions on health and wellness programs. They wanted to learn about specific challenges and opportunities for improvement, and to gather ideas for solutions.

The survey was developed to better inform the Total Health and Wellness Strategy. The Deputy Minister and the Chief of the Defence Staff directed Lieutenant-General Charles Lamarre, Commander of Military Personnel Command, to conduct an analysis of National Defence's approach to health and

wellness and assess members' health and wellness needs.

"Total Health and Wellness is an initiative that puts the individuals at the forefront of our business," said LGen Lamarre. "Our team's consultation visits at bases and wings represents an opportunity for focus, realignment, and improved coordination across the institution. We are reaching out to our members to seek their input, providing them the opportunity to impact how we want to approach total health and wellness."

Health and wellness touches the entire Defence Team. It impacts their ability to deliver the Canadian Armed Forces mandate and be operationally effective. Efforts are underway to develop a more comprehensive approach to care that considers psychosocial

well-being in the workplace, the personal dimensions of health, and the physical work environment.

The team conducted a two-day program in Esquimalt, Halifax, 15 Wing Moose Jaw, 22 Wing North Bay, Gagetown, Kingston, Valcartier, and Borden. Through these consultations, Defence Team members were introduced to the Total Health and Wellness Strategy initiative and had a chance to provide feedback on the strategy.

The information gathered from these consultations will be consolidated to develop a national view of common opportunities and challenges that can be addressed by the Total Health and Wellness Strategy in order to improve individuals' quality of living, life and job satisfaction, and engagement at work.



CHANGE OF COMMAND PARADE

Photo by Capt T.J. Townley, UPAR

Lieutenant Colonel Allan Dengis assumed command of HMCS Quadra in a Change of Command Ceremony with the outgoing Commanding Officer Commander Martin Packer on July 14. Presiding over the ceremony was Commander Brad Henderson, Commander of the Regional Cadet Support Unit (Pacific).



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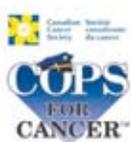
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ALBERT HEAD CADET TRAINING CHANGE OF COMMAND

Photo by Capt Morgan Arnott, Albert Head CTC, Unit Public Affairs Representative

Lieutenant-Colonel Tami Marchinko (right) takes command of Albert Head Cadet Training Centre from Lieutenant-Colonel (Retired) Wayne Heal with Commander Brad Henderson, Commanding Officer Regional Cadet Support Unit Pacific, as Presiding Officer on July 18.

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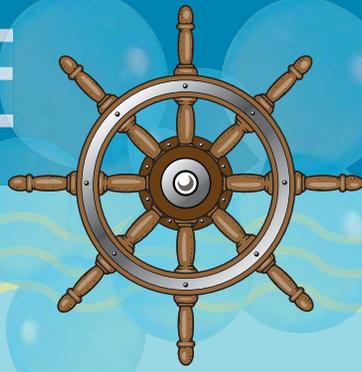
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5TH ANNUAL OPEN HOUSE DAY OF HISTORICAL FUN



Thank you!

CFB Esquimalt Naval & Military Museum would like to thank the following organizations and individuals for your great support and participation in our 5th annual Museum Open House on Saturday 14 July.

It was a very successful event, and we couldn't have done it without you:

- Bob Hewitt – Base Museum Volunteer
- Victoria-Esquimalt Military Re-enactors Association (VEMRA) – Tony Austin, Perry Chow, Branko Diklitch, Martina Diklitch, Roxana Diklitch, Bill Gosse, Gary Kangas, Sybil Kangas, John Maybin, Don Thomas
- Ed Widenmaier - Regimental Association of the Queen's Own Rifles, Princess Patricia's Canadian Light Infantry (PPCLI), Canadian Association of Veterans in United Nations Peacekeeping
- Mike Dymond and Chris Preston – Lieutenant-General E.C. Ashton Armoury Museum
- Laura Robin and Emily Chomyn – The Maritime Museum of British Columbia
- Jack Bates and Marilyn Day – Organization for Preservation of Canadian Military Heritage (OPCMH)
- Bruce Dickie – Princess Patricia's Canadian Light Infantry (PPCLI) and OPCMH
- Christine Farrington – Special Event Coordinator, Personnel Support Programs Division
- Melissa Atkinson – Lookout Manager, and the Lookout graphic design staff
- The entire RP Ops organization & also staff members Ed McNabb, Nick Nolin and Mike Holt
- Personnel Coordination Centre
- Captain Mark MacFadyen
- Military Family Resource Centre
- Ritchie Morrison – Communications Specialist, Township of Esquimalt



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