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SLt Matthew Mooney HMCS Ottawa

While *HMCS Ottawa* was in Los Angeles for Fleet week, starting Aug. 28, chefs from the warship competed in Galley Wars 2018, hosted by Jill Whelan, from the hit TV show *Love Boat*.

With *USS Iowa* as the backdrop, cooks from the various warships of Fleet Week competed for the title by preparing a unique meal in only 30 minutes. Their food was then judged by Rear Admiral Dwyer, Chef Ernesto Uchimura, Chef Suzanne Tracht, and Chef Robert Irvine.

Unfortunately, *Ottawa's* chefs were not able to hold on to their

title as Galley Wars champions. Chef Robert Irvine announced that USCGC *Alert's* team beat *Ottawa* by just one point. However, the spirited competition was filled with laughter and smiles as all participants posed with the judges for a group photo at centre stage after the competition.

Ottawa and crew were State-side for the third annual Los Angeles Fleet Week (LAFW). This year, *USS Dewey*, an Arleigh Burke class destroyer; *USS Manchester*, an Independence class littoral combat ship; *USS Scout*, a mine clearance vessel; and US Coast Guard Cutter *Alert* were all in attendance.

Sailors from all ships were wel-

comed into the LA community with the boom of *USS Iowa's* 5" guns.

Fleet Week officially commenced with a reception hosted by the Mayor of Los Angeles, Eric Garcetti, in the heart of Hollywood. From there, sailors from every ship had the opportunity to take part in a series of activities including social events, sports and volunteering for charity work.

Canadian sailors participated in a soccer camp hosted by the LA *Galaxy* while others took a sunset cruise around San Pedro Harbor.

Sailors also lent a hand in the community by aiding in projects hosted by Habitat for Humanity, as well as visiting Ronald

McDonald House and the LA Regional Food Bank. One of the most exciting events was the premiere for Amazon Prime's *Jack Ryan*. This event, hosted on the fantail of *USS Iowa*, brought sailors together with actors and producers of the new series. The night was finished with fireworks display off the port side of the *Iowa*.

Throughout the visit, *Ottawa's* crew hosted over 1,300 guests for tours of the frigate. Crossing the flight deck and into the hangar, guests were met by members of the boarding party who displayed their gear and talked about their training. Forward onto the missile decks and the foc's'le, guests learned about the warfighting

capabilities of Canadian warships. From there, they were brought to the bridge where watchkeepers told them about the different equipment the ship uses to navigate.

Ottawa co-hosted a reception with the Los Angeles Consulate representative Patricia Elliot and Capt(N) Christopher Robinson. Together, Rear Admiral Daniel Dwyer, Commander of Carrier Strike Group Nine, and Rear Admiral Yancy B. Lindsey, Commander of US Navy Region Southwest, were welcomed aboard for a cocktail party with some of LA's finest. For many guests, this was their first Canadian cocktail party; the moose milk was, as always, well received by all guests.

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HMCS Oriole on display - Great Lakes Deployment



Cadet Jordan Bechard works diligently at flaking the mainsail aboard the training vessel HMCS Oriole while sailing on Lake Ontario during the 2018 Great Lakes Deployment.



Photos by Master Corporal Neil Clarkson, Formation Imaging Services
 Leading Seaman Justin Cormier mans a lookout on the bow of the training vessel HMCS Oriole as it enters Whitby, Ontario.

Lt(N) Bill King
 Public Affairs Officer

More than 4,000 visitors boarded *HMCS Oriole* for free public tours in Colborne, ON, during the first weekend of August.

Tours were provided as part of the Royal Canadian Navy (RCN)'s Great Lakes Deployment and Port Colborne's Canal Days events.

Built in 1921, *Oriole* served as the flagship of the Royal Canadian Yacht Club racing out of Toronto until it was gifted to the Navy League to provide a training platform for sailors during the Second World War. Later commissioned into the RCN in 1952, the ship continued to serve as a training vessel based in Esquimalt, B.C., until being sailed through the Panama Canal to Halifax, N.S., last summer.

Oriole serves as both a sail training vessel and a piece of Canada's

naval history open for public tours, often in ports that seldom see a RCN vessel. The permanent crew of nine sailors is augmented with changing groups of Sea Cadets and Reservists to make 21 sailors on deck. Although modern navigation aids and safety gear have been fitted, the sailing gear is rigged and operated much as when it was originally built, thus providing for hands-on seamanship training.

"We take on new cadets Sunday night, and train them how to rig and sail the boat. It takes four or five of them braced on the deck to pull in one sheet, secure it, and get out from under the line safely," said Petty Officer First Class Scott Harrod, *Oriole's* Coxswain. "Just when they're getting good we swap them for a new group the next week and do it all again."

Canal Days was first held in 1979 on the 150th anniversary of the opening of the original Welland

Canal. This marine heritage festival continues to attract tall ships from around the Great Lakes.

"As a tall ship, *Oriole* is a piece of Canada's history that attracts an audience. The Great Lakes Deployment is intended to provide Canadians with an opportunity to visit our ships and speak with sailors. I'd like to continue to show *Oriole* off at festivals like this one on the Great Lakes next year," said Lieutenant-Commander Drew Foran, *Oriole's* Commanding Officer.

Oriole departed its home port of Halifax at the end of May. The ship has hosted visitors in the Ontario communities of Toronto, Hamilton, Port Dalhousie, Oakville, Port Stanley, and Windsor. *Oriole* will visit Whitby and Kingston in Ontario as well as Quebec's Trois-Rivières, Quebec City, Sept-Îles, and Gaspé before returning to its home port in late September.



Robin&AJ
 Good morning. Good times.



Base hosts premiere event at Ogden Point

Peter Mallett
Staff Writer

To showcase Canada's military to a wider audience, CFB Esquimalt is moving its open house off the base and to one of Victoria's main tourism hubs.

Ogden Point, the city's port for visiting cruise liners, will host this year's premiere public outreach event entitled *Defence On The Dock*, on Sept. 30 between 10 a.m. and 5 p.m.

"The aim is to provide civilians first-hand interactions with military assets and members through a marquee event that raises the profile of the base," says

Capt(N) Jason Boyd, Base Commander. "We are proud of what we do, and this is a fantastic opportunity to not only make sure our work is recognized, but also to educate and build closer ties with the people and communities we serve."

The last open house was in 2016 on the Colwood side of the base. This year, the Base Commander felt holding *Defence on the Dock* at an external venue offered a less restrictive and more welcoming environment than inside the security checkpoints of a military base.

Several military units will set up interactive displays, demonstrations and tours

throughout the day.

The pièces de résistance are *HMCS Vancouver*, *HMCS Whitehorse* and submarine *HMCS Chicoutimi* guided tours. However, the *Chicoutimi* tour will be for contest winners only – held both before and during *Defence on the Dock*.

Also on display will be a new Sikorsky CH-148 Cyclone helicopter and coming down from the air will be the Canadian military parachute demonstration team, The Skyhawks.

For a little water-side fun, sailors will take visitors out on Rigid Hulled Inflatable Boat rides.

"We have created a fun family event to give the communities who support us opportunities to go behind-the-scenes and see things not normally open to the public," said Capt(N) Boyd. "Defence on the Dock is a chance to see what happens every day behind the gates of the base."

Attendees are encouraged to think green and reduce their carbon footprint by biking or taking the bus to the venue, and bringing their own water bottle that can be refilled at stations onsite.

For updates and more information about *Defence On The Dock* visit the CFB Esquimalt Facebook page.



DEFENCE ON THE DOCK  **DÉFENSE AU QUAI**

Pool closed due to bacteria

On Sept. 5, the Naden Athletic Centre was notified that its pool facilities tested positive to the presence of *Pseudomonas aeruginosa* during a routine test performed on Aug. 29.

As soon as it became known, the staff of the Naden Athletic Centre immediately closed the

pools and informed their users of the situation through a social media advisory and directly contacting any groups that conducted training in the pool between Aug. 29 and Sept. 5.

In the interest of public safety, the Naden Athletic Centre is advising anyone who had access

to the pool between Aug. 29 and Sept. 5 and develops a bumpy red rash, signs of infection, or feeling unwell to seek medical attention as a precaution. Health officials have advised the incubation period for the bacteria can be up to five days, but is more typically 48 hours.

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MARPAC Health and Wellness Strategy Evaluation: Defence Team Questionnaire

Since 2012, the MARPAC Health and Wellness Strategy has been working toward the goal of shifting culture at Maritime Forces Pacific to one that supports and enhances health and wellness of the entire Defence Team (military members, civilian employees and military families).

To see whether the MARPAC Health and Wellness Strategy is achieving this goal after five years, the team has created a 15-minute online questionnaire. They want to know if MARPAC health

and wellness initiatives are making a difference. They would also like to better understand which health and wellness issues are important to you as a member of the defence community. This is an opportunity to express your thoughts, opinions, and concerns about the issues affecting your health and well-being.

The questionnaire will be available from Sept. 10 to 28 at https://www.surveymonkey.com/r/MHWS_CFB_ESQ.

By completing this questionnaire, you will be entered into a draw to win a

\$100 Visa gift card.

Further questions or inquiries about the MARPAC Health and Wellness Strategy Evaluation Project should be directed to Evaluation Coordinator, Andrea Lam at alamresearchconsulting@gmail.com

For more information on the MARPAC Health and Wellness Strategy and how to get involved, contact MARPAC Health and Wellness Strategy Assistant Deb Irby at Deborah.irby@forces.gc.ca

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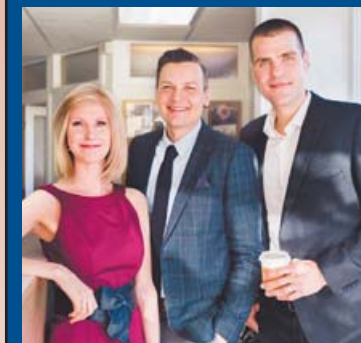
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Ville de Québec exercises with Tunisian Navy

PO2 Corey MacNeil
HMCS Ville de Québec

With the Northern African coastline in the background, *HMCS Ville de Québec* left Tunis, Tunisia, Aug. 20 to conduct a passing exercise (PASSEX) with FBB La Galite and PB Jomhouria of the Tunisian Navy.

The goal was to improve interoperability between Canadian and Tunisian Naval Forces and to foster relations between both nations.

The PASSEX started off with a Surface Exercise between all three units. *Ville de Québec* sent its Special Operations Rigid Hull Inflatable Boat to simulate small boat approaches and attacks. All

three units demonstrated their abilities and procedures for defending themselves against such threats. They used both verbal and visual warnings.

Once that exercise was finished, members of the Naval Tactical Operations Group left *Ville de Québec* in the small boat and were joined by members of the FBB La Galite boarding team. Together, they conducted a simulated boarding exercise onboard PB Jomhouria. This exer-

cise proved to be of great value to both countries as it exposed both boarding teams to various operating procedures.

Once all members of each boarding team returned to their units, all three ships conducted Divisional Tactics; these are also known as Officer of the Watch Manoeuvres. This was an opportunity for all three units to practice voice procedures and ship handling. Once the manoeuvres got into full swing, all three units were able to execute the manoeu-

vres at four-minute intervals.

The passing exercise finished with *Ville de Québec* conducting a sail past by the other two units, waving goodbye to the Tunisian naval vessels while wishing them fair winds and following seas.

Overall, the exercises conducted were a great example of the interoperability and professionalism between both nations. The bridge team of *Ville de Québec* gained a true mark of knowledge and appreciation while working with a foreign navy.



Members of the Naval Tactical Operations Group from HMCS Ville de Québec and Tunisian Navy members conduct a boarding exercise on Tunisian Navy Ship Jomhouria during Operation Reassurance in the Mediterranean Sea.



Members of the Naval Tactical Operations Group conduct a training exercise with the Tunisian Navy.

Photos by MCpl Andre Maillet, MARPAC Imaging Services



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Photo by Peter Mallett, Lookout
Fuel Farm maintenance project partners from left: Ron Barnhart Project Manager, Real Property Operations Unit (Pacific); Jon Whiten Co-ordinator Construction Services, Defence Construction Canada; painting team members Brian Irvine and Warren Angus and of Clark and Pattison Ltd.; Carlos L. Gomez Soubrier, Welding Inspector, WSP Group Canada Ltd., gather for a group photograph on the side of an Oily Waste Water fuel tank at CFB Esquimalt's fuel farm in Colwood.

FUEL FARM FACELIFT UNDERWAY

Peter Mallett
Staff Writer

Even though it's tucked away where most can't see it, CFB Esquimalt's fuel farm is getting a full-on makeover and upgrade.

The Colwood Fuel Facility is a Royal Canadian Navy resource that provides the capability to store and issue large volumes of fuel types on short notice within the confines of CFB Esquimalt. It is the only facility of this type within the navy, and is managed by Base Logistics, with required maintenance and upkeep provided in consultation through the Water, Fuels and Environment Technicians from Real Property Operations.

In early April, work crews began the process of power washing, grit blasting and then hand painting the 21 storage tanks that contain a combined 28 million litres of fuel for the vessels of the Pacific Fleet and their shipborne helicopters.

Most of the fuel stored there, approximately 21 million litres, is marine diesel used to power main propulsion units of navy warships such as the Halifax-Class frigates. Other storage tanks at the site contain JP5 fuel used to refuel helicopters; gasoline for small patrol

vessels and other government vessels including those from the RCMP, as well as oily waste water and compensation water, which is sea water from ships used as ballast as their fuel tanks are emptied.

The opening phase of the project wrapped up in July and the entire project is expected to reach completion in early September.

Phase 1 involved washing, sanding and painting of tanks, valves, pipework, supports and railings located inside the main bermed storage area, with John Whiten from Defence Construction Canada as the site Construction Coordinator.

All painting on the site is being done by hand, with five-person painting crews from Victoria-based painting contractor Clark and Pattison.

Phase 2 of the project is now complete and involved similar work being done outside the main storage area on the equipment known as the process area and truck pad.

Ron Barnhart, Real Properties Operations (Pacific) Project Manager, is overseeing the project and acknowledges that few people at the base and in the community are even aware the fuel farm exists.

“Not too many people get a chance to see the facility, despite its size and importance to the Pacific Fleet. That's why

it's important to let people know what is going on at the fuel farm,” he said.

The final phase of the project will see a clean-up of all piping, supports and walk-over structures and critical pipelines used to convey the fuel to and from the fuelling centre located on F-Jetty. Barnhart says the project is the outcome of regulatory requirements and non-destructive testing results carried out a few years ago, which involved contractors replacing the labelling and decals on all tanks and pipelines to comply with regulatory requirements.

The facelift project is part of a larger upgrade project by Base Logistics to modernize and improve the operational efficiency of the Colwood Fuel Farm. These initiatives include upgrading capabilities to computer control systems, as well as increased berthing capacity for fuelling multiple classes of ships concurrently.

The newly acquired system capability allows trained staff to modify fuel flow rates for different vessels through precise activation of pumps and valves, cutting the pumping time in half. This is a massive increase in efficiency that has cut the full fuelling time for a Halifax-class frigate from six hours to three hours using gravity feed in conjunction

with pumps, expertly balanced by Ed Paquette, fuel farm manager, and his staff.

The system also allows for greater coordination, which translates into the ability to fuel both an Orca-class vessel and frigate simultaneously at the same jetty.

Cdr Sam Sader, Base Logistics Officer, states that “a minimal investment in technology, training and berth re-configuration has resulted in a significant decrease of ships' operational time being tied up at the pump”, adding that “these initiatives are in line with Base Commander's

and navy's strategic priority to improve the delivery of materiel to the Royal Canadian Navy Fleet”. The control system will also assist Base Logistics with its responsibility for environmental stewardship as the system also monitors the network of pipes, valves and tanks more accurately reducing the risk of a fuel spill.

Looking to the future, the next phase of modernization includes the installation of hydraulic assistance for the movement of the fuelling arms. This will reduce the manpower and physical labour required to manoeuvre arms for fuelling or defuelling operations, further decreasing the time to complete a fuelling evolution.



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New online option for victims of sexual misconduct in the CAF

The Canadian Military Prosecutions Service (CMPS) has created a new email address, monitored daily, to provide victims of sexual misconduct with an online option to seek information from military prosecutors about the status of their case and the court martial process, or to get answers on questions they may have about their file.

This pilot project, launched recently by the Director of Military Prosecutions (DMP), provides victims of sexual misconduct with yet another avenue to obtain timely and reliable information about their case.

This initiative is one of several being introduced by DMP to ensure that victims remain informed and supported throughout the court martial process. It follows recent amendments to a number of DMP policy directives requiring military prosecutors to consider the views of the victim in a variety of circumstances, and the creation of the Sexual Misconduct Action Response Team (SMART) to develop specialized expertise and best practices to deal expeditiously and efficiently with the most complex cases of sexual misconduct within the military justice system.


The CMPS is committed to supporting victims, particularly of sexual misconduct, throughout all stages of the court martial process. Victims of sexual misconduct whose case has been referred to the DMP can now ask questions or access information about the court martial process by contacting the CMPS here:

CMPSVictimInformation-SCPMInformationVictime@forces.gc.ca

Information available to victims includes, and is not limited to:

- The decision of the prosecutor on whether to prefer a charge against the accused;
- Any release conditions placed on the accused prior to trial or any amendments thereto;
- Information regarding the court martial process;
- Publication bans or other available methods to protect victims' identities;
- Information regarding testifying at court martial;
- Any decision by the prosecutor to enter into plea negotiations with defence counsel;
- Any decision by the prosecutor to withdraw charges against the accused; and
- The ability of the victim to provide a victim impact statement at court martial.

The CMPS aims to respond to queries within 48 hours.



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Reservist qualifies for

WORLD BODYBUILDING CLASSIC

Peter Mallett
Staff Writer

A Royal Canadian Navy reservist was kept busy this summer flexing her well-defined physique all the way to the Arnold Amateur bodybuilding championship.

Leading Seaman Alishia Reid, 27, a Naval Communicator from HMCS Hunter currently training in Esquimalt, enjoyed a Top 5 finish at the Canadian Physique Alliance Natural Pro Qualifier competition held at Toronto's Delta Marriott Conference Centre on Aug. 4.

The International Federation of Bodybuilding and Fitness event included over 520 entries. Her fifth-place finish has paved the way for her to compete in the women's physique category of the international competition in Columbus, Ohio, next March, named in honour of famed bodybuilder and Hollywood actor Arnold Schwarzenegger.

"I was super nervous and never thought I would make the top five during my first time at a national bodybuilding event," said LS Reid. "When I heard my name called, I was overwhelmed with excitement and just couldn't believe all

my hard work had paid off, and obviously showed results."

If she does well in Columbus there is also the lure of prize money where lifters could earn anywhere between \$10,000 to \$250,000 (U.S.) for winning their category and class.

LS Reid joined the Canadian Armed Forces in 2012 and spent five years with the Windsor-based reserve unit before her transfer to CFB Esquimalt. She has always been athletically inclined and played varsity volleyball while attending St. Clair College and the University of Windsor where she earned a Diploma in Policing and a Bachelor of Arts in Criminology, respectively.

She turned her focus from bumping and spiking volleyballs to power lifting in 2014. In July 2015 she entered her first competition and set two national records in bench press (70kg) and squat (118kg) at a Canadian Powerlifting Federation competition while also winning an award for Best Women Lifter.

Natural Bodybuilding became her primary focus in January 2017, the sport that involves athletes who abstain from performance-enhancing drugs.

Prior to competition, her 12 to

16-week preparation process involves vigorous training - two or three times per day, every day of the week, and eating five small meals through the course of a day totalling 1,200 to 1,600 calories per day, and drinking six litres of water.

"Bodybuilding is not just a sport, but a lifestyle. I am not aware of any other sport that demands so much," said LS Reid. "Bodybuilding doesn't pay you, you pay bodybuilding with your money, your time and your soul. But I love the fact I can work so hard in the gym and actually get to go on a stage and show off what I have been working so hard at."

Being physically fit and leading an active lifestyle has helped her become closer to the steps of self-actualization.

"I have learned through this process that mental fitness can only be achieved if your body is functioning well. Exercising regularly and eating right has helped me relax and eliminate stresses I once had."

That evolution has also put her on a course to work hard in her career path. Next in her sights as a sailor is completing the Boarding Party Course with the Marine Tactical Operations Group, which commences this month.



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Calgary underway on Operation Projection

Lieutenant Annie-Claude Venne, Canadian Joint Operations Command Public Affairs

HMCS *Calgary* left Esquimalt July 30 to sail on Operation Projection.

Calgary is sailing in the Asia-Pacific region to participate in international naval exercises with partner nations.

So far the ship has completed training exercises with ships from Australia and New Zealand and has visited Guam.

In the coming weeks, *Calgary* will participate in a regional exercise run by the Australians in Darwin. Then, it will conduct visits to Vietnam, Republic of Korea, and Japan to promote cooperation with partners. The final stop of its deployment will be in Hawaii. *Calgary* will sail home to Canada in mid-December

“We are looking forward to demonstrating our effectiveness at sea. Mission success is achieved with all hands-on deck,” said Commander Blair Saltel, Commanding Officer of *Calgary*. “We’re thankful for the support of

our families. They watch the home front while we work to enhance stability and security in the Asia-Pacific region on behalf of all Canadians.”

Operation Projection

is a display of Canada’s ongoing commitment to its partners. *Calgary* will make a total of eight port visits in five countries: Australia, Japan, Korea,

the United States and Vietnam. These port visits will support Canada’s diplomatic efforts in the region.



Photo by HMCS Calgary
HMCS *Calgary* conducts replenishment at sea approaches on MV Asterix in consort with HMAS Melbourne, HMNZS Te Mana, and JS Sazanam, during Operation Projection in August.

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BIS Assumption of Command Ceremony

Images by MCpl Brent Kenny, MARPAC Imaging Services



Commander Nicholas Manley, Incoming Base Information Services Commanding Officer, signs the Assumption of Command Certificate during a ceremony Sept. 4.



Reviewing Officer, Captain (Navy) Jason Boyd (right), and Incoming Base Information Services Commanding Officer, Commander Nicholas Manley (left) sign the Assumption of Command certificates.



Commander Manley addresses the ceremony attendees for the first time as BISO.



NPTG

MS Benson was promoted to PO2 by LCdr O'Regan and MS Benson's family.




FMF

CPO2 Patrick Lavallee was promoted to his current rank by Cdr Amit Bagga and CPO1 Dexter Goulding.

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Bravo ZULU

MARPAC Headquarters Promotions and Awards

Presented by Commander Jeff Watkins, Maritime Forces Pacific Headquarters Commanding Officer

Images by MCpl Brent Kenny, MARPAC Imaging Services



Lieutenant (Navy) Etienne Laurier receives the NATO Bar.



Petty Officer First Class Lisa Peverelle receives the NATO Bar.



Master Corporal Bradley Stouffer receives the NATO Bar.



Master Seaman Saidy Mayer receives the NATO Bar.



Chief Petty Officer Second Class Richard Edestrand receives the Canadian Forces' Decoration First Clasp.



Leading Seaman Pavel Pekov receives the NATO Bar.



Leading Seaman Pavel Pekov receives the Sea Guardian Medal.



Civilian employee Mae Da Silva receives a certificate for 35 years' service to the public service.



Civilian employee Mae Da Silva receives a gift for 35 years' service to the public service.

Bravo ZULU

Canadian Fleet Pacific Medals and Promotions



Petty Officer First Class Hopkins, HMCS Saskatoon, accepted his offer of Commissioning from the Ranks and was promoted to Sub Lieutenant by Commander Kenward, Commanding Officer Canadian Coastal Forces, Lieutenant Commander Henwood, former Commanding Officer HMCS Saskatoon with his daughter Paisley and son Aiden.



Lieutenant (Navy) Pye was awarded the Canadian Forces' Decoration by Capt(N) Jorgensen, Canadian Fleet Pacific.



Chief Petty Officer Second Class Simister was awarded Canadian Forces' Decoration First Clasp by Capt(N) Jorgensen.



Petty Officer First Class Wilson was awarded the Canadian Forces' Decoration First Clasp by Capt(N) Jorgensen.



Leading Seaman Passy was awarded the NATO SSM by Capt(N) Jorgensen.



Lieutenant Commander Schneider, Canadian Fleet Pacific, was awarded the Canadian Forces' Decoration by Capt(N) Jorgensen.



Lieutenant (Navy) Dubois was awarded NATO SSM by Capt(N) Jorgensen.

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