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LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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we remember

Photo by Peter Mallett, Lookout

Master Seaman (Retired) Joe Buczkowski of the Esquimalt Lions Club bows his head during a moment of silence at the No Stone Left Alone ceremony at God's Acre Cemetery in Esquimalt on Nov. 2. He and other veterans who attended the ceremony were joined by Grade 6 and 7 students from nearby Rockheights Middle School, who placed poppies on the gravesites at the historic military cemetery. For more details turn to Page 2.



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Bridging the generation gap - No Stone Left Alone

Peter Mallett
Staff Writer

It was another mission accomplished for Rockheights Middle School students and their annual quest to ensure the sacrifices of Canada's war dead are remembered.

On Nov. 2, approximately 150 Grade 6 and 7 students fanned out across God's Acre Veterans Cemetery and placed poppies on the over 2,000 gravesites at the national historic site in Esquimalt.

Students were joined by parents, teachers, personnel from CFB Esquimalt and veterans representing the Esquimalt Lions Club for this year's No Stone Left Alone ceremony.

"No Stone Left Alone is an event that helps us remember the people who have long since passed," said Jake McCulloch, a flag bearer with 2483 Princess Patricia's Light Infantry Royal Canadian Army Cadet Corps and Grade 8 student at Rockheights. "It makes me happy and proud to remember those people who are no longer alive, probably people that Jimmy knew."

McCulloch was referring to Sergeant (Retired) Jim MacMillan-Murphy, First Vice President, Royal Canadian Legion Branch 172 and Lions Club member. MacMillan-

Murphy served during Canada's peacekeeping mission in Cyprus and delivered an emotional 10-minute address about comrades lost on the battlefield, the meaning of Remembrance Day, and details about the lives of soldiers buried at the cemetery.

In his closing comments he told the students their efforts were greatly appreciated by him and the other veterans, and currently serving military members.

"I am so proud of what the students here at Rockheights have accomplished with this ceremony," said MacMillan-Murphy. "My heart is so full of joy, respect, and appreciation to you students. I remember what I felt like when we were under fire [in Cyprus] and you guys have helped ease that pain."

The No Stone Left Alone movement has continued to grow in popularity since it began in Edmonton in 2011, and events were held in 55 communities across Canada this year. Last year's events involved 8,000 students placing poppies on the headstones of more than 49,000 Canadian Armed Forces members. Rockheights Middle School became the first school in the province to participate when it held its first ceremony at God's Acre in 2014.

Principal Maryanne Trofimuk is the coordinator for No Stone Left Alone British Columbia. She also helped to coordinate ceremonies at Hatley Memorial Gardens on Nov. 3 and at Ross Bay Cemetery on Nov. 5. She said that without the assistance of parents and her own mom, who cut more than 3,000 paper poppies by hand, and crucial logistical support from volunteers at the base, running the event would have been impossible.

"CFB Esquimalt helped a number of details come to life for us and we couldn't have done it without their support," said Trofimuk.

The ceremony at God's Acre was kicked off by an official acknowledgement of the Esquimalt and Songhees First Nations communities before Padre Lieutenant (Navy) Andrew Klinger led the gathering in prayer and a moment's silence. The Base Commander's Office was represented by Chief Petty Officer Second Class Armand Reelick, Sgt Helen Pagiatakis, and Leading Seaman William Mclean. Petty Officer First Class Ben Van Slyke of the Naden Band played the *Last Post* and *Reveille* while Scott Ringrose, a civilian volunteer bagpiper from 443 MH Squadron played *Lament*, and also piped the student delegation into the cemetery.



Wreath bearers from Rockheights Middle School take part in a moment of silence.



(Left) Padre Lt (Navy) Andrew Klinger and CPO2 Armand Reelick salute during the No Stone Left Alone ceremony at God's Acre Cemetery.



A Rockheights student reads an inscription on a headstone before placing a poppy on the gravesite.

Photos by Peter Mallett, Lookout

We Salute Our Fleet



TM



Photos by SLt Michael Déry, MARPAC PA Office

Admiral launches Remembrance Week with visit to the Lodge at Broadmead

Rear-Admiral Bob Auchterlonie, Commander of Maritime Forces Pacific, officially launched Veterans Week at the Veterans Memorial Lodge at Broadmead on Monday Nov. 5.

Over 100 residents and 50 guests filled the Oak Room to hear Joan Scroggs speak of her uncle William Boldt, a veteran of the First World War. She read from his letters about the front lines, and his wishes for peace.

RAdm Auchterlonie then highlighted the centennial of the Armistice and noted how fortunate Canadians

are to not have to deal with the horrors of war in their daily lives, thanks to the service of some in the room and those who continue to serve.

After reading a proclamation to begin Veterans Week, RAdm Auchterlonie and Joan Scroggs laid a wreath and a moment of silence was observed. Music was supplied by the woodwind quintet Prevailing Winds from the Naden Band as RAdm Auchterlonie met with Veterans and guests who had come to the event to share their experiences and remembrances.



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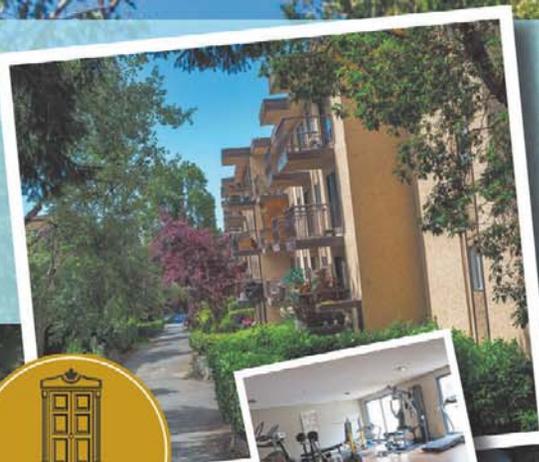
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WHAT SAY YOU

A note of Remembrance

Gary Del Villano
Royal United Services Institute
of Vancouver Island

In 1970, I was a captain in the Royal Canadian Dragoons (RCD), part of 4 Brigade that was stationed in Germany for decades as a formation committed to NATO.

April was the time when my wife and I, along with our three young sons, took a holiday in a VW Westphalia camping bus through Germany and on to Italy. We stopped for lunch just north of Ortona in the Italian province of Abruzzi. I noticed a small Commonwealth Grave site nearby and discovered that it was mainly Canadians buried there.

A stone caught my eye and I took a picture of the gravesite of Trooper William Smith, Royal Canadian Dragoons who was 20 years of age. At the bottom was "My Billy boy, a good baby, a fine young man, died a brave soldier."

Weeks later I picked up the film that had

been developed of our holiday and as it was Saturday, went to the RCD officers mess to look at them.

As I went through the photos, the commanding officer and regimental second in command were in discussion about a letter received from a lady in Toronto, saying that her son was killed in Italy with the Regiment long ago.

I could not believe it when the Colonel said, "His name was apparently a trooper named Smith." At that moment I was looking at the stone of Trooper Smith! I passed the picture to the Colonel and said, "Is this the soldier you are talking about?"

In due course, a letter was sent to the lady and she was invited to join us in Germany. She wrote back some time later, thanking us profusely for the invitation but she was very elderly, and her travel days were over. She was so pleased with the picture of the grave, but then asked, "Who put that wonderful inscription on his grave stone?"

We were never able to give her a satisfactory answer and assumed that her husband



may have done so. Families were entitled to put a statement at the bottom of the stone, according to the Commonwealth War Graves Commission.

Each Remembrance Day, I think of Trooper Smith in Italy, and of a good friend of my youth of the same age whose grave is in Korea.

WHAT SAY WE

100 Years of Remembrance

Vehicles from the Ashton Armoury Museum were displayed during the 100 Years of Remembrance event at Fort Rodd Hill in Colwood Nov. 4. Historians, local units of the Canadian Armed Forces and community groups gathered at the Parks Canada site to showcase different aspects of Victoria's rich military heritage.

Photo by Parks Canada



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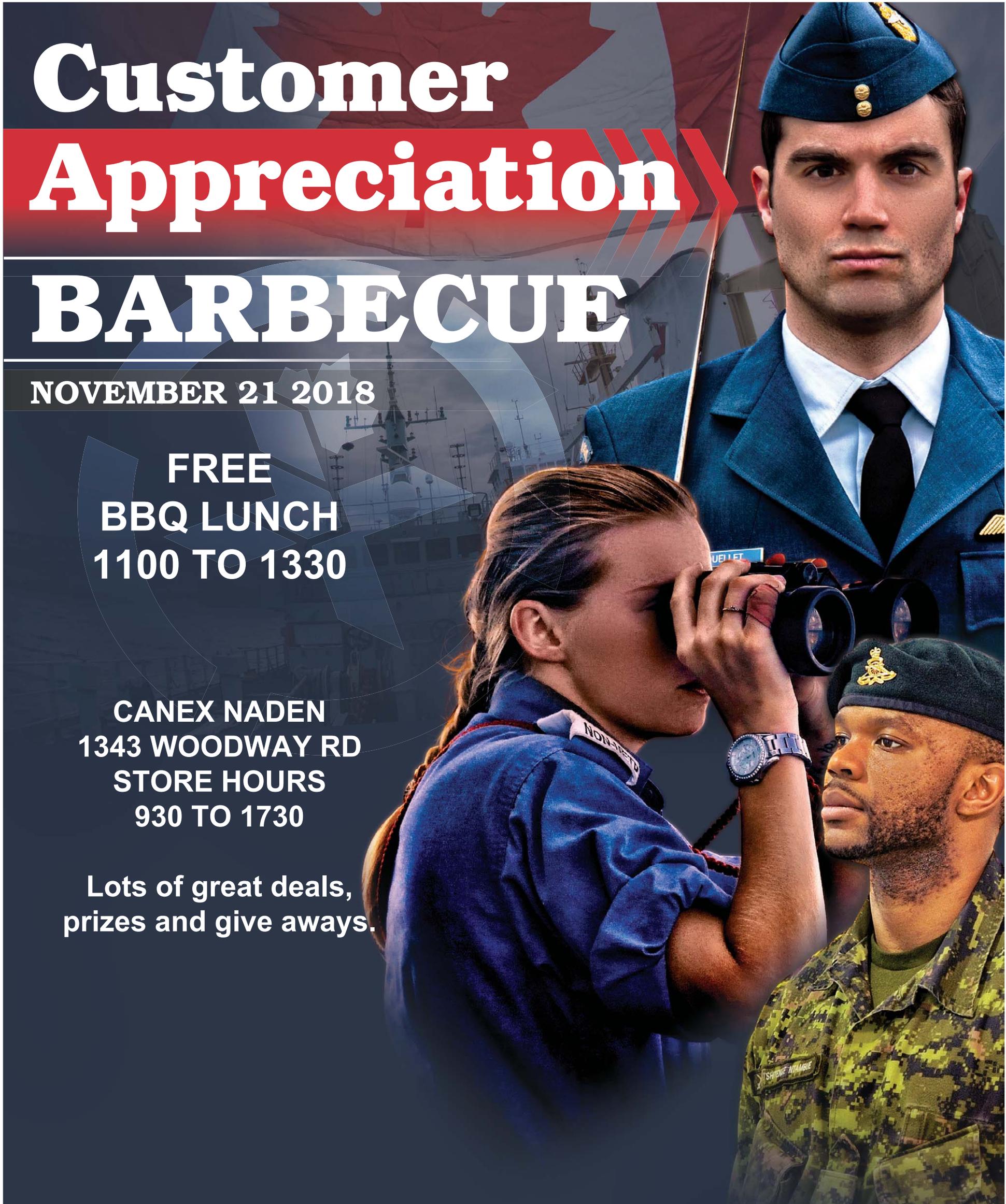
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Photo courtesy: HMCS Edmonton

HMCS Edmonton makes drug bust

Peter Mallett
Staff Writer

The crew of *HMCS Edmonton* overcame a malfunctioning propulsion system to help seize approximately 750kg of cocaine during a drug bust in the Eastern Pacific last week.

"My crew overcame amazing odds for this interdiction," says Lieutenant-Commander Kristina Gray, Commanding Officer of *HMCS Edmonton*. "This was not only a first for the ship, but also a first for me as a Commanding Officer. The ship has been working hard and all that effort paid off when we were able to effect a bust resulting in the embarkation of 750kg of cocaine."

Edmonton and its crew are participating in Operation

Caribbe, an international operation that facilitates the interdiction of illicit trafficking of drugs, weapons, money and people.

Maritime patrol aircraft had been conducting surveillance patrols in close vicinity of the Royal Canadian Navy Maritime Coastal Defence Vessel on Nov. 5 when suspicious activity was spotted in the water below.

The location of the incident was then relayed to *Edmonton* which was called on to investigate. *Edmonton* then made its way to the area with law enforcement officers from the United States Coast Guard on board.

As *Edmonton's* Rigid-Hull Inflatable Boats (RHIBs) arrived on scene, the alleged smugglers spotted them, dumped their bales of drugs

in the water and fled the scene. The bales of cocaine were later plucked from the water using RHIBs and brought onboard. The bales were then analyzed and tested positive for cocaine.

During the incident, *Edmonton* experienced a loss of propulsion. It was eventually discovered that a malfunctioning electronic control of the propulsion system and two blown fuses were the cause of the problem. With propulsion restored *Edmonton* was happy to carry on with operations.

A spokesperson from the Canadian Joint Operations Centre (CJOC) said the incident was unrelated to two recent technical issues affecting the gas turbine propulsion systems of Halifax-class ships *HMCS Halifax* and *HMCS Toronto*.



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The event is free and all ages are welcome to participate.

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Free art day in honour of Day of the Child

Peter Mallett
Staff Writer

Children of military families are invited to express themselves artistically this weekend in Canada's celebration of National Day of the Child. Personnel Support Programs (PSP) with assistance from the Military Family Resource Centre (MFRC) is offering a free art program for children ages five to 12. The event takes place on Nov. 17 at the Colwood Pacific Activity Centre (CPAC) between 9 a.m. to noon. Children will be asked to create drawings, paintings and other forms of artwork to become part of a group art project: the construction of a large tree of artwork for display.

All 35 military bases across Canada

will be constructing a tree with artwork, and forms of expression will vary from base to base. CFB Esquimalt's tree of art will be on display at CPAC on Nov. 20, National Child Day. The art projects will eventually be sent to the Canadian War Museum in Ottawa for display later this year. Matt Carlson, PSP Community Recreation Manager, says the art project has two purposes. "It's an initiative we are really excited about and one that celebrates the Day of the Child, and the role military recreational programs play in supporting operational effectiveness through family well-being," said Carlson. "This art project will visualize the support PSP provides to military families and the healthy development of children

within our unique communities." National Day of the Child has been observed in Canada since 1993 and is meant to celebrate the United Nations Declaration of the Rights of the Child. It proclaimed on Nov. 20, 1959, that children are treated with dignity and respect. National Day of the Child celebrates these fundamental rights and includes the promotion and participation of children in cultural, artistic, recreational and leisure activities. Carlson says children of Department of National Defence employees and other civilians from the community are invited to participate in the art project. The art project at CPAC requires pre-registration to participate. For information contact CPAC at 250-363-1009 or visit the MARPAC Notice Board.

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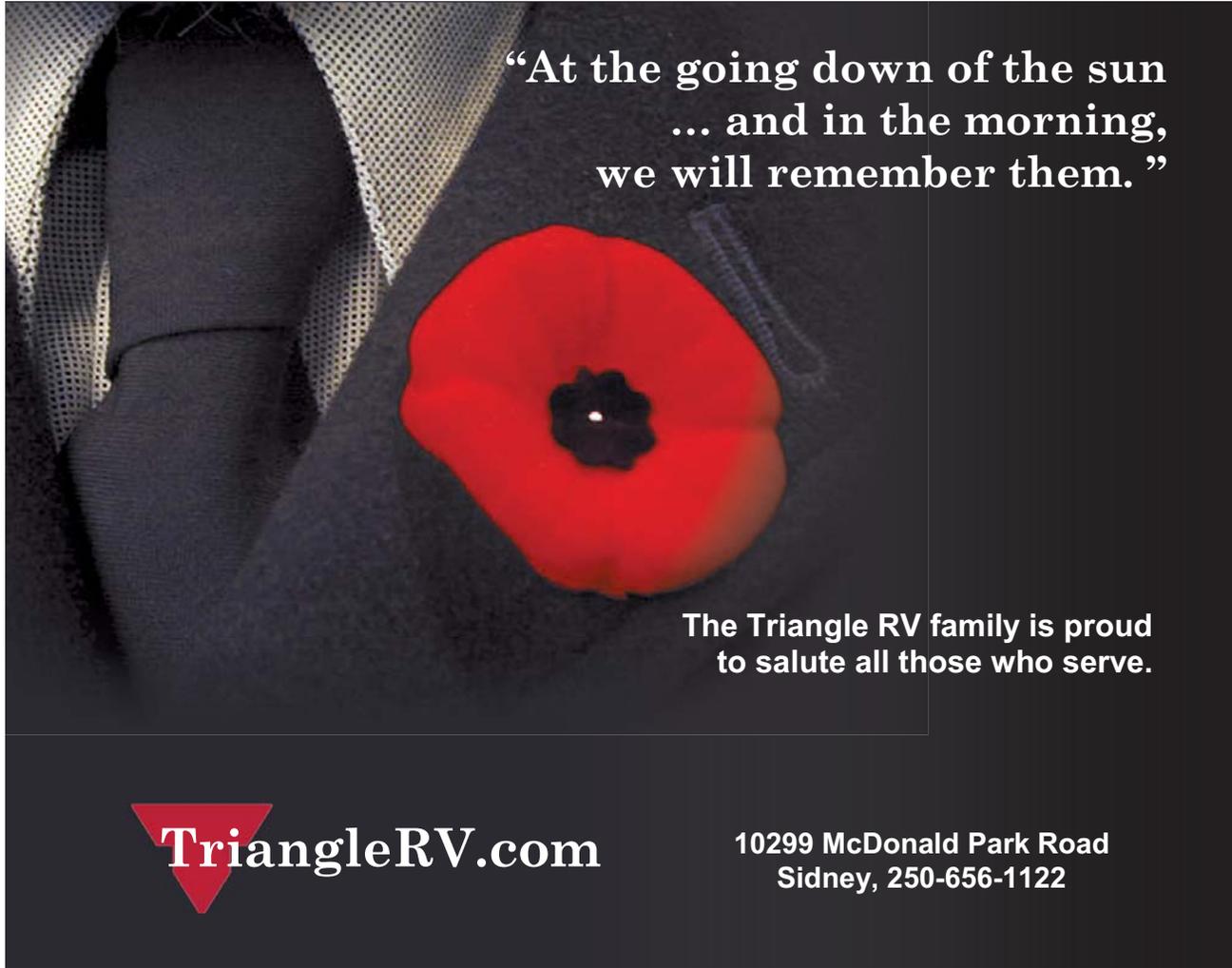
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CHARGES LAID

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On Oct. 29, the Canadian Forces National Investigation Service (CFNIS) charged a member of the Canadian Armed Forces (CAF) with trafficking stolen goods-related offences under the Criminal Code of Canada.

The charges relate to alleged stealing, possession, and trafficking of stolen goods by the accused between early December 2015 and early March 2017 at or near Ottawa, ON. The total amount of goods diverted was approximately \$23,500. The majority of the items were returned to the Military Police by the accused in the process of the investigation. A quantity had been sold online. None of the items sold were weaponry or serialized and sensitive military items.

Corporal Pedro Collier, a member of the Canadian Special Operations Forces Command based in Ottawa, faces the following charges:

- One count of Theft over \$5000 under section 322 of the Criminal Code of Canada (CCC);
- One count of Possession of property obtained by crime under section 354 of the CCC;
- One count of Possession of a prohibitive device under section 92(2) of the CCC;
- One count of Trafficking in stolen goods under section 355.2 of the CCC; and
- One count of Breach of trust under section 122 of the CCC.

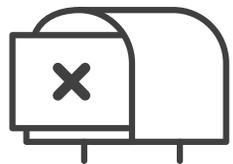
The police investigation began March 6, 2017, by CANSOFCOM Military Police when a third party reported to Military Police suspicions over the source of items sold online. The CANSOFCOM MP initiated the investigation upon receipt of complaint and later transferred it to CFNIS based on the significant estimated cumulative value of missing items at that moment.

In all cases, the subject of charges is presumed innocent until proven guilty. The matter is now proceeding through Civil Court at Ottawa Provincial Court House.



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 - Mixed Member Proportional (MMP)
 - Rural-Urban Proportional (RUP)

You can answer both questions or just one and your ballot will still count. Find out more about all four voting systems by calling us or visiting our website.

Refer to information from all sides in the debate, make an informed choice, and remember to vote by November 30, 2018.

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Marine technician trade evolving

LCdr Adrian Deutekom
NTDC(P)

In 2017, the Royal Canadian Navy stood up the Marine Technician trade.

This new trade replaced the legacy trades of Marine Engineer, Hull Technician and Electrical Technician.

The vision for the Marine Technician trade is to train sailors to be capable and flexible in an ever-evolving technological environment. Given the emerging technologies such as electric drive ships, changing power generation technology, and even composite hulls, the old divisions between trades were breaking down at an ever-greater rate.

Marine Technicians are being trained as generalist technicians across a broad swathe of machinery, skills and capabilities. This allows members of a ship's Marine Systems Engineering department to be capable in all aspects of the operation of the ship's equipment. No matter which ship class a Marine Technician is assigned to, they will have the knowledge needed to operate the equipment on board, be it



OS Vandersleyen (centre) and OS Charest (right) are joined by Cdr Sauv , Commanding Officer of the Naval Training Development Center (Pacific), shown here investigating a defective diaphragm valve.

electrical, mechanical or even physical repairs to the ship's structure.

The new organization of Naval Personnel and Training Group has created Training Development Centres (Pacific) and (Atlantic). On the West Coast, the Training Development Centre is tasked as the Curriculum Control

Authority to oversee and plan for the development of all MARTECH training and education.

As new technologies mature and become available and deployed on Royal Canadian Navy platforms, the training will be updated to match, keeping personnel flexible and ready to deploy on any platform.



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November 17 & 18

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4th Annual Tree Decorating Contest

All units are invited to bring their creative spirit and register!

A limited amount of pre-lit artificial trees will be set up at Naden Athletic Centre and the Wurtele Arena for units to decorate starting November 26.

Trees must be completed by end of day on December 7 and can compete for prizes in three categories:

- **Most Festive Design**
- **Best Griswold Design** (for the most outlandish tree)
- **Best Charlie Brown** (for most valiant effort)

Units provide their own decorations. Trees will be judged by Skate and Swim Santa attendees on December 8. Winning teams will be notified by email.

To register contact:

Christine Farrington at
christine.farrington@forces.gc.ca
or at 3-2648 to reserve a tree



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VOLUNTEERS NEEDED

for home sweet home event

Peter Mallett
Staff Writer

Victoria's branch of Habitat for Humanity is looking for volunteers to help at its 10th annual Gingerbread Showcase fundraiser event that kicks off this weekend and runs for seven weeks.

The theme for this year's ginger-bread baking competition is *There's No Place Like Home*, and the charity has enlisted approximately 30 amateur and professional bakers from across the Greater Victoria Area.

Bakers can create anything that goes with the theme providing everything they make is edible.

Their irresistible creations will be on display daily from 9 a.m. to 9 p.m. in the atrium of the Parkside Hotel and Spa from Nov. 17 to Jan. 6, 2019, when a panel of judges will declare a winner of the contest.

Christel Morrow, Habitat for Humanity Victoria Volunteer and Community Engagement Coordinator, is currently recruiting a team of Ambassadors to cover three hour shifts and is reaching out to military and civilian employees at the base to volunteer.

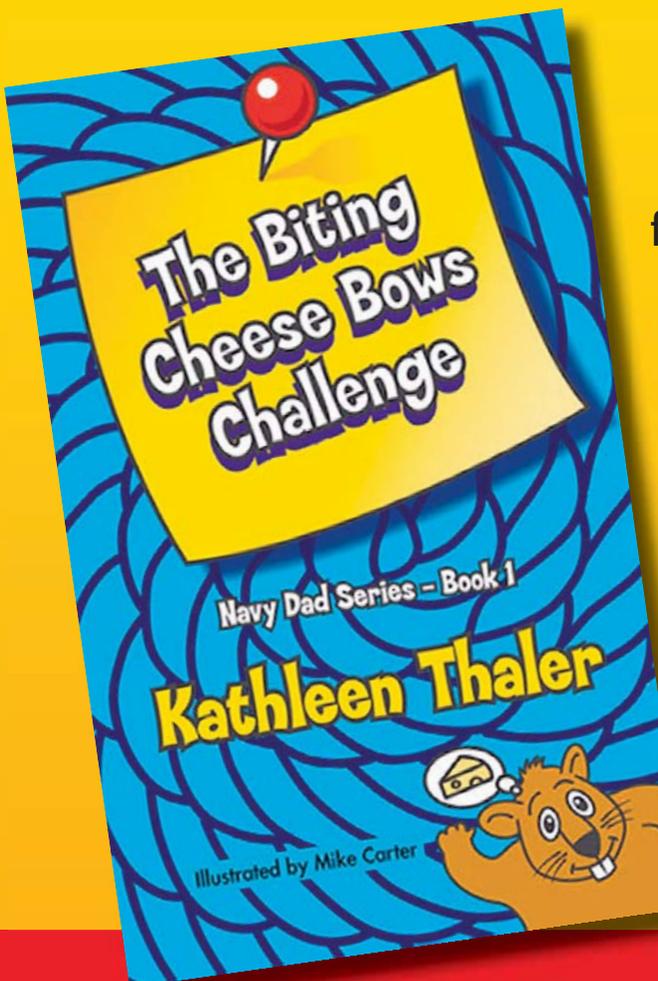
"We are looking for people to welcome and interact with visitors of the display, let them know about our fundraiser and show them around the displays," said Morrow.

Visitors are not permitted to eat or touch the entries, but are encouraged to make a donation and vote for the winning entry.

Following a decade of success in the United States, Habitat for Humanity Canada was established in 1985 in Winkler, Manitoba, with a mandate to build affordable housing for people in need. Since its establishment in Canada, Habitat for Humanity has expanded to 72 affiliates nationwide and provided over 2,500 families in all provinces and territories with housing.

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Photo by Ryan Melanson, Trident Staff

Stadplex doors officially close after 75 years

Ryan Melanson
Trident Newspaper

It was the end of an era for fitness and sports at CFB Halifax when the Stadacona Sports and Fitness Centre (Stadplex) gym, open on the base since 1943, officially ceased operations Oct 31.

The facility had reached the end of its useful life and was beyond long-term economical repair.

To mark the bittersweet moment, a group of PSP employees, base leadership, and others who had special connections to

the building gathered in the lobby for cake and to say goodbye to the facility.

"This building has supported the fleet and supported army, navy, and air force men and women, as well as the civilian community and veterans, and served us well for 75 years," said Capt(N) David Mazur, Base Commander, who also explained the efforts being made in the short term to mitigate the impact on CAF members until a permanent replacement for the gym is in place. These include extended hours at the Dockyard

and in Shearwater, hotel-style gyms in Juno and Tribute Towers, and more. Complete information on the short and long-term plans for the future of fitness and sports at the base can be found at <http://cafconnection.ca/halifax>.

"It's not going to suit everyone's needs while we go without a purpose-built facility like we've always had, but there is a future ahead of us and we're moving on to the next steps right away," said Capt(N) Mazur.

Joni Sawler, PSP Halifax Senior Manager, thanked the patrons

who made such good use of the facility, the PSP staff members who've provided services there for the last two decades, and others who supported events or gave back to the gym in other ways. A special mention was made for CPO1 (Retired) Doug Wright, who worked to establish the Niobe trophy room and get other historical photos and artifacts on display throughout the building.

"We appreciate everything he and others have done, because it's not just about lifting weights and running around the track,

this building has had an impact on people's lives over the years," Sawler said.

While a new, permanent fitness facility for CFB Halifax is years away, CPO1 (Ret'd) Wright hoped the old photos, memorabilia and information will be preserved, and the tradition of excellence in sports for navy and CAF members in Halifax continues.

"We need to make sure the legacy goes on that we honour those who came before us, because it was a very important part of our history," he said.

NDWCC events in full swing



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Dress with a Difference

For the first time, members have the opportunity to purchase their "right" to wear those jeans and Hawaiian tee-shirts (or other civilian attire of course) effective Sept. 28, 2018, to Sept. 27, 2019.

For \$100 (either a one-time payment or via pay allotment starting January 2019), you receive a special card that certifies your special participation in Dress with a Difference, and includes every casual Friday as well as the 12 Days of Christmas civilian dress period for 2018.

To participate, speak to your Unit Representative.

Weekly Soccer Match

Starting Oct. 31st, each Wednesday at 2 pm people can join a pick-up soccer match at the base field (by the hospital).

- Pre-registration is \$2
- Drop-in fee is \$5.

Register with Nicole Harris by email nicole.harris@forces.gc.ca or by phone (250-363-4471).

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Operation *Caribbe*

Capt Jenn Jackson
Operation Caribbe PAO

Maintaining Work/Life Balance at Sea to Stay in the Green

When deployed on ship, sailors live in the same place as they work. While there is a regular watch rotation in place, it can become far too easy to allow work time to blend into rest time, until it feels as though life at sea has become an endless cycle of work broken up by sleep. So how do sailors work to maintain balance on ship? In many cases, it takes discipline to recognize that without appropriate

rest and relaxation time, a sailor's productivity and effectiveness will go down, moving along the mental health spectrum from green to yellow to red. "It's a question of stamina and longevity," offers HMCS *Nanaimo's* Physician Assistant, who cannot be named for operational security. "If you can take time to bring yourself out of the yellow or red back to the green then you are increasing your capacity for longevity and maintaining your mental health for the duration of the sail."

"I actually really like laying in my rack and reading before bed each night," adds a Boatswain. "Reading helps me prepare for sleep by giving some separation from the work I do during the day." For command, ensuring morale and mental wellness while deployed at sea is a priority. "Our job at sea is hard work that is often stressful," says Lieutenant-Commander Jason Bergen, *Nanaimo's* Commanding Officer. "It is important to take time to decompress each day to maintain the green. Mental health is an important key to maintaining morale on the ship and that directly affects our overall mission capability."



As *Nanaimo* continues its deployment, the crew has settled into a regular routine balancing operations with time off watch. Morale remains high and a recent survey revealed that when it comes to decompressing while off watch, working out is the most popular choice, with reading a close second. Other popular activities include sleeping, hanging out with fellow sailors in the mess and watching movies. "I brought an easily portable project with me," says *Nanaimo's* Deck Officer, who crochets in her spare time. "Crocheting is something I don't often have time to do at home, so I take advantage of the time between my watches to work on a sweater."

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A crew member takes advantage of the nice weather to work out on the bridge wing.

The Little Engineering Team that Can!

The role of the Kingston-class Maritime Coastal Defence Vessels has certainly evolved in recent years. Originally used mainly for coastal surveillance, these 55-metre patrol vessels are now conducting extended operations such as Operation Caribbe. With longer blocks of time spent at sea, the engineering section in a Kingston-Class is one of the busiest teams – both at sea and while alongside.

"The scope of the engineering team is quite diverse on this class of vessel," says the Chief Engineer of HMCS *Nanaimo*, who cannot be named for operational security reasons. "During our deployment on Operation Caribbe, we are responsible for propulsion, power generation, water production, overseeing the maintenance programs for all departments, damage control monitoring, minor plumbing repairs and maintaining the radars and communications systems."

Typically, nine non-commissioned members, from the Regular Force and Primary Reserve, including Marine Technicians with various qualification levels, and a Weapons Engineering Technician, make up the team. Two of the team members are critical for the ship to leave port. "In order to sail, a C-ticket or CERT 4 qualified Chief Engineer and a legacy Senior Electrician must be embarked," explains the Chief Engineer. "Other members of the team vary from ship to ship depending on the mission and availability of personnel, and it is common to have two to three Marine Technicians in the section working towards their next certification."

Mentoring and on-the-job training are key components to Marine Technician training. Almost every day on the ship, the section spends up to two hours doing engineering drills both in practical and table-top formats. "In addition to working towards initial qualification, Marine Technicians also have to maintain their certifications," adds the Chief Engineer. "Doing engineering drills regularly allows senior members of the team to mentor junior members. Knowledge and lessons learned from real-world experiences are passed down ensuring information isn't lost simply

because a tech hasn't had the opportunity to address an uncommon situation." When asked about the advantages of working on a Kingston-Class vessel, the Chief Engineer offers, "It's an interesting opportunity. Because the section and crew of the ship is smaller, developmental opportunities to progress to supervisory positions and through the ranks are more available and you learn skills you wouldn't on a larger platform. For example, as there is no logistics section on the ship, all departments are responsible for knowing how to order parts through the stores system or purchase during a foreign port visit to ensure we are operationally ready for the deployment." Storing and obtaining parts also presents challenges for the engineering section during extended sails – especially when parts have to be shipped to foreign ports on short notice. "We have limited space to store equipment and parts on the ship, so we have to be smart about what we bring. Sometimes we must be innovative with repairs to keep

the ship moving until we reach our next port and can get specific parts or have a contractor meet us to conduct full repairs." Despite the challenges, the engineering section of *Nanaimo* has already demonstrated its innovation during Operation Caribbe. The team installed and is maintaining a system of air conditioning units and fans to cope with the humidity and average temperatures of 30 degrees Celsius. They have also installed showerheads that can be easily be turned off to conserve water, all while maintaining existing systems to keep them going. Whether the task is simple or complex, *Nanaimo's* small engineering section is consistently maintaining the systems that keep us "Ready Aye Ready" and moving on Operation Caribbe.

"When we came upon the buoy in the RHIB, I quickly pulled it up and freed the turtle who swam away. After that I checked the buoy for anything unusual, but it was clear. Some days we help keep drugs off the street, some days we help turtles, the best days we get to do both." Once the fishing buoy was cleared and the turtle was free the RHIB returned to *Nanaimo*.

Another boatswain also embarked in the RHIB. "When we came upon the buoy in the RHIB, I quickly pulled it up and freed the turtle who swam away. After that I checked the buoy for anything unusual, but it was clear. Some days we help keep drugs off the street, some days we help turtles, the best days we get to do both." Once the fishing buoy was cleared and the turtle was free the RHIB returned to *Nanaimo*.

A Marine Technician records information from one of the ship's diesel alternators as part of rounds.



HMC Ships *Edmonton*, *Nanaimo* and *Moncton* are currently deployed on Operation Caribbe to disrupt illicit trafficking operations in the Caribbean and off the Pacific coast of Central America.

A Boatswain in works to sew some privacy curtains.

Boatswains... sew what?

When one thinks of a boatswain's work sewing is not something that comes to mind. But it is part of their cache of skills, and one boatswain is busy stitching while in HMCS *Nanaimo* during Operation Caribbe. "It was a last-minute decision to add a sewing machine to our kit," says the boatswain, who cannot be named for operational security reasons. "But it has already come in handy, allowing me to make some additional privacy curtains for around the accommodations pod." Learning the basics of a sewing machine is

part of QL-3 boatswain training, and at the QL-5 level they are required to make bags and other small projects to hone their skills. While it is part of the core training for the trade, it's not always a boatswain's first exposure to sewing. "I first learned in junior high, and then learned more from my grandmother. I like doing it. There's a rhythm to it that clears the head and it is great to see my finished project and the results of my hard work."

Sewing is a regular part of this boatswain's shift as a day worker during Operation Caribbe, when he is not working on other duties such as special sea duty helmsman or as a small boat coxswain. "You'd be surprised how much sewing is needed on a ship. Uniform repairs, covers for boats, nametags. I have even sewn some fancy napkins for a reception." As HMCS *Nanaimo* continues Operation Caribbe, rips and tears will be well mended.



Ship's Survey

What is your favourite thing to do on ship when not on watch?

- Workout - 9
- Read - 7
- Hanging Out with Fellow Sailors - 6
- Sleep - 6
- Watching Movies - 4
- Other (gaming, crafts, music) - 7



SEA TURTLE RESCUE

While on patrol in the Eastern Pacific during Operation Caribbe Nov. 1, HMCS *Nanaimo's* lookout spotted something suspicious in the water. Upon further investigation, the ship's bridge watchkeeper determined it was a fishing buoy and contacted the Commanding Officer who decided to investigate it for contraband.

They discovered an unfortunate sea turtle with one of its flippers tangled in the fishing buoy's rigging. Unable to free the turtle from the side of the ship, the Commanding Officer ordered the launch of their Rigid-Hull Inflatable Boat (RHIB), which provided a unique opportunity for a boatswain to complete his Qualification Level-4 package by serving as the boat coxswain, and free a sea turtle.

"The Royal Canadian Navy has a reputation for rescuing sea turtles during Op Caribbe and I didn't want to miss out on the opportunity on this deployment," said Lieutenant-Commander Jason Bergen, Commanding Officer of HMCS *Nanaimo*. "I also wanted to check the buoy for contraband and knew one of the Boatswains needed to act as a Boat Coxswain to complete his training package, so it turned out to be a win-win for everyone."

Another boatswain also embarked in the RHIB. "When we came upon the buoy in the RHIB, I quickly pulled it up and freed the turtle who swam away. After that I checked the buoy for anything unusual, but it was clear. Some days we help keep drugs off the street, some days we help turtles, the best days we get to do both."

Once the fishing buoy was cleared and the turtle was free the RHIB returned to *Nanaimo*.

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Volunteering enhances sailor's life

MARPAC Public Affairs



LIKE MANY sailors in the Royal Canadian Navy, Petty Officer First Class (PO1) Brian Whitman's commitment to service includes giving back to his community.

Despite spending most of his time at sea, the first thing he does when he is on land is pick up where he left off with his volunteering activities. Throughout his career, he has volunteered at the Mustard Seed Food Bank; assisted the Military Family Resource Centre (MFRC) for 10 years, while also working as the MFRC representative on board ships; and most recently volunteered with Habitat for Humanity Restores.

His work at the nonprofit's Restore included assisting in the loading bay with incoming donations, repairing merchandise, and helping carry out purchases for customers.

In October 2017, when he was named Coxswain for *HMCS Yellowknife*, he had to reduce his volunteering hours, but kept it up as much as he could.

PO1 Whitman spent 18.5 years of his 22.5 years of service on board Royal Canadian Navy ships, and has circumnavigated the globe several times. When asked why he started volunteering, he explained it all started when, as the MFRC representative on ship as part of his duties, he realized what a positive impact it was having on his life. He then started volunteering with the MFRC on land, which led to volunteering with other organizations.

"Nothing gives me more satisfaction than seeing the appreciative faces of those I help. Who wouldn't enjoy that?"

PO1 Whitman encompasses the navy's vision of always being 'Ready to Help'. When he isn't giving back to the community or serving his country he also enjoys spending time with his partner, son and daughter.

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CANEX GAMING SERIES ATTRACTS MORE PLAYERS

Peter Mallett
Staff Writer

This year's CANEX Championship Gaming Series (CCGS) reported upswings in participation, prize value and online buzz after the third annual online competition concluded Oct. 21.

The CCGS is organized by CANEX, Canada's Military Store. This year's series pitted six-player teams from across the country competing in the popular multi-player, first-person shooter video game Overwatch.

Insomnia Gaming, a team comprised of players from CF Bases Kingston, Saint Jean, and Valcartier, were declared the overall champions of the three-day competition. For their feat of cyber savvy, the

victors claimed a prize package of gaming accessories valued at \$2,969.

CANEX Segment Marketing Manager Michael Prouty was excited to report CCGS participation numbers increased again this year.

This year's edition saw 126 players registered on 19 teams from 19 military bases; up from last year's totals of 16 teams and 109 players from 17 bases. The total value of prizes also increased by over \$1,200 to \$8,539. He emphasized that overall interest in the gaming series has increased ever since it was launched in 2016 and has been spurred by social media buzz and improved prizes packages.

"We are excited to present this event every year and are thrilled our

members are enjoying this entertaining event that promotes fun, teamwork and competition," said Prouty. "We created this game to help connect like-minded individuals in the CAF, and the overall feedback from players and live stream viewers has been overwhelmingly positive."

Other CCGS winners included the team, Fix Phoenix from CFB Halifax who claimed second place. Esquimalt did not field an entire team in the competition but instead had a total of six players participating on the following teams: Overwatchforgem, Quantum Gaming and The Drunken sailors. For results of this year's event, visit the web page: www.canex.ca/ccgs



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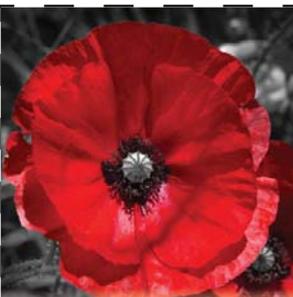
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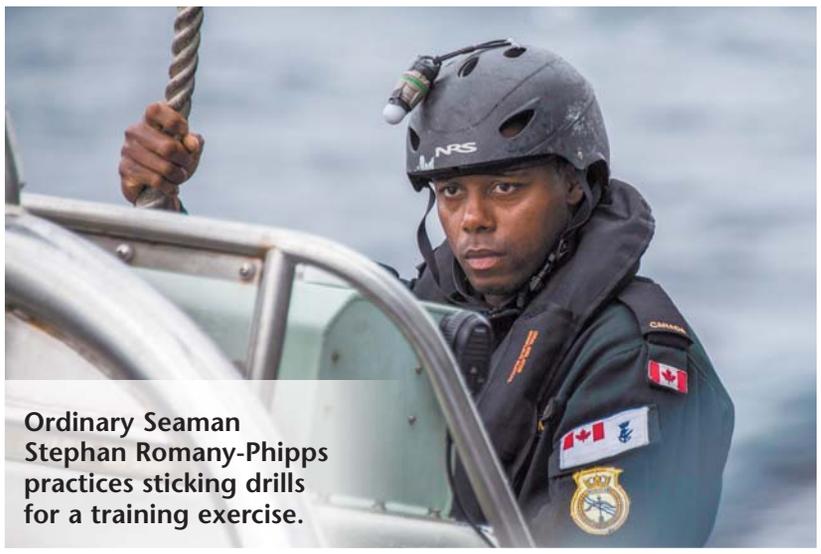
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Calgary at sea

Photos by Leading Seaman Mike Goluboff

HMCS Calgary experiences rough sea conditions during Operation Projection in the East China Sea.



Ordinary Seaman Stephan Romany-Phipps practices sticking drills for a training exercise.

Right: Lieutenant(N) Evan Park climbs into a rigid-hull inflatable boat before he and other divers conduct an underwater inspection of Calgary's hull.

Left: Sub-Lieutenant Alexandra Laplante jumps off the quarter deck of Calgary in order to carry out a regular underwater inspection while on a port visit during Operation Projection in Busan, Republic of Korea.



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“PAPA ECHO TWO TWO THIS IS CHARLIE ALPHA FIVE FOUR, RADIO CHECK, OVER.”

It's day three of Exercise Noble Skywave, a friendly radio competition involving NATO nations and civilian radio affiliates around the world.

Cpl Ryan Plamondon repeats the call from 39 Signal Regiment's Nanaimo operations centre, his words riding skyward on 400 watts of high frequency (HF) radio energy. First, they'll hit the ionosphere, then, if his settings are correct, they'll bounce to a similar radio half a world away.

An accent breaks through the ever present hiss of radio static.

“Charlie Alpha five four, this is Papa Echo two two. You are loud and clear. How me, over.”

Cpl Plamondon eyes the other signallers. They've just reached Peru.

“Cool,” he says to the room.

In 2018 Cpl Plamondon and his Peruvian counterpart could have been Snapchat buddies hours earlier, without the need to mobilize a literal army to talk on the radio.

But in a natural disaster, an earthquake or flood, the vital communication infrastructure British Columbians take for granted may not be working.

“In the event of an emergency, HF radio is one of the tools we'd use to talk with Ottawa or international agencies,” says Cpl Plamondon. “Among our many roles, signallers would help re-establish critical communication links, so government agencies can begin the recovery effort.”

Overseen by the Canadian Army's Joint Signal Regiment in Kingston, Noble Skywave

is intended to keep Regular and Reserve Force signals skills fresh. The competition awards points based on the number of communications links made. A portion of the event requires signallers to eschew any automatic HF technology, like digital data links, and focus on simple voice calling.

“It's a great training opportunity,” Cpl Plamondon says. “We get to experience the same troubleshooting issues you get with wires, antennae and environmental conditions but without the pressures of real consequences, so that we can be ready when it really matters.”

The hiss from the radio erupts into chatter again. Someone somewhere is reaching out to Vancouver Island.

“I think connecting to some remote station is fascinating,” Cpl Plamondon says as he prepares to key the microphone. “And it's important.”

“...station calling, this is Charlie Alpha five four, say again, over...”



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Pictured above and right: Cpl Ryan Plamondon of 39 Signal Regiment, B Squadron Nanaimo, listens to High Frequency (HF) radio chatter during Exercise Noble Skywave.

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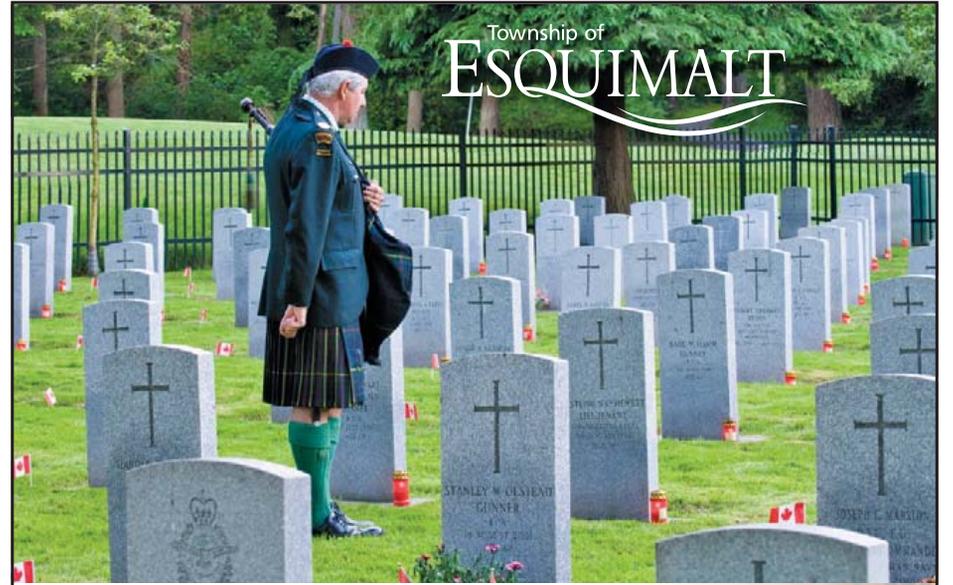
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- Mayor Barbara Desjardins and Members of Council



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CANADA'S MILITARY HISTORY MAGAZINE

Maritime Museum's exhibit highlights local wartime activities

Jan Drent
Contributor

A new "Hometown Heroes" temporary exhibit at the Maritime Museum of B.C. provides focus on First and Second World Wars.

It covers wartime merchant sailors and shipbuilding and shipbuilders in Victoria. It features static displays and video displays of Second World War National Film Board documentaries.

As part of the Second World War theme, the capture of the German freighter Weser by HMCS Prince Robert off Mexico in 1940 is included.

Finally, there is coverage of the loss 100 years ago off the B.C. coast of Armed Patrol Vessel Galiano on Oct. 30, 1918. The museum holds First World War records about the ship.

The display on Prince Robert and Weser shows items seized from Weser almost 80 years ago. Prince Robert had only recently commissioned with a west coast crew as an Armed Merchant Cruiser after conversion by Burrard Dry Dock from her CN passenger liner role. The diesel-powered passenger-carrying freighter Weser had been caught by the outbreak of war in 1939 on a routine commercial voyage from Europe to the west coast and interned off neutral Mexico.

At 9,100 tons and with a speed

of 17 knots, it was large and fast for the time, a valuable capture when Allied merchant ships were being steadily sunk. Its arrival with a prize crew in Esquimalt under escort by Prince Robert in September 1940 was a big event in Victoria. Canada was one year into the Second World War, which was going badly. France had capitulated only three months earlier, the RAF was battling the Luftwaffe in the Battle of Britain, the USSR was supplying Germany with vital raw materials, and the USA would remain neutral for a further 15 months.

Local newspapers published dramatic pictures of German sailors being marched off the Weser in Esquimalt on their way to internment. Weser would be refitted extensively by Yarrows to become the Canadian Vancouver Island. It was so much faster than most merchant ships that it was routed independently across the Atlantic from Montreal several times instead of being sailed in convoy. Ironically, Vancouver Island would be lost with all on board after being torpedoed in mid-Atlantic by a U-boat in October 1941.

Galiano vanished in darkness in Hurricane force winds between Vancouver Island and Haida Gwaii in the early hours of Oct. 30, 1918, just days before the Armistice.

All 40 people on board, 39 naval personnel who were members of the Royal Naval Canadian Volunteer Reserve and a female civilian passenger, perished. Only three bodies and a wooden skylight were found by search vessels, which were hampered by continuing mountainous seas and high winds.

The exhibit include information about the crew, the wartime role of Galiano, the ill-fated voyage, and the official inquiry. The tragedy happened just as the "Spanish Influenza", a little-remembered pandemic that would kill far more people worldwide than the Great War, had reached Victoria. It had been brought home by soldiers returning from France. Several of Galiano's normal crew were knocked out by the flu so it sailed hurriedly with replacements. Only seven of the 39 crew members were married. Most of their next of kin lived in Victoria and were spread from James Bay to Downtown, Fernwood and Oak Bay.

A binder compiled by the Esquimalt Municipal Archives has information about those lost and is available for viewing. The museum hopes family members may be able to provide more details about their kin.

The modern Damage Control Facility in Colwood was named for Galiano when it opened in



2003. The Commonwealth War Graves Commission erected a monument to those lost in Ross Bay Cemetery in October 1995. Galiano's loss, the RCN's only one in the First World War, was due to a marine disaster.

It's also often forgotten that more than 9,600 Canadians eventually served in the RCN during the war, many in RN surface ships, submarines and naval air squadrons, as well as in the

Canadian anti-submarine flotillas that had to be improvised on the east coast when U-boats came to the northwestern Atlantic in 1917. An unknown number of other Canadians were recruited directly into the RN during the war.

The temporary exhibit runs until Dec. 30 at the museum: 634 Humboldt Street (next to Union Club and opposite Miniature World), open Tuesday-Saturday 10 a.m. to 5 p.m.



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Bravo Zulu

Submariner awards and medals

Capt(N) Christopher Robinson, Commander Canadian Submarine Force, made presentations to members of his unit, Oct. 31, in Dockyard.



Lt(N) Dave Bryson receives his commissioning scroll.



PO2 Chris Acheson receives his Canadian Forces' Decoration Second Clasp.



MS Andrew Fisher receives his Canadian Forces' Decoration.



Lt(N) Clark Hubbard receives his Sea Guardian Medal.



PO1 Nelson Harvey receives his Canadian Forces' Decoration First Clasp.



LS Urichuck is promoted to the rank of MS by Capt(N) Jorgensen and LCdr Wilson at MARPAC HQ.

Pacific Coordination Centre Promotions

Photos by Cpl Imamshah - PCC(P)



LS Prud'homme is promoted to his current rank of MS by Cdr Turetski, PCC(P) Commanding Officer.



OS Harrison is promoted to his current rank of LS Cdr Turetski.



OS Gilsig is promoted to his current rank of AB Cdr Turetski.

Bravo Zulu

Base Divisions, Awards and Medals

Captain (Navy) Jason Boyd, Base Commander, held Base Ceremonial Division at the Naden Drill Shed, Oct. 23.

Photos by LS David Gariepy
MARPA Imaging Services



Master Seaman Joseph Behenna is presented the Special Service Medal – Expedition.



Leading Seaman Michael Fortin is presented with the Special Service Medal – NATO.



Master Corporal Andrea Luckhurst, along with her mother, is presented the Special Service Medal – NATO.



Lieutenant (Navy) Shiya Janzen is presented the First Clasp of the Canadian Forces Decoration.



Lieutenant Commander Cynthia Foley is presented with the Canadian Forces' Decoration.



Chief Petty Officer First Class Ian Kelly is presented the Commander Royal Canadian Navy Commendation certificate.



Petty Officer Second Class Carlos Cea, along with his wife Jennifer, is presented the Canadian Forces' Decoration.



Petty Officer Second Class Philip Kanczula is presented the Canadian Forces' Decoration.



Corporal Tamara Slack is presented the Canadian Forces' Decoration.



Captain Dean Pilkey is presented the Canadian Forces' Decoration.



Sherri Robinson is presented with the Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



James Vassallo is presented with the Base Commander's Commendation certificate.



Nancy Hendersen is presented with the Base Commander's Commendation certificate.

Bravo Zulu



Ken Nicholson is presented the Government of Canada certificate for 45 years of service by Capt(N) Jason Boyd, Base Commander.



PO2 Ivanisevic is promoted by Cdr Stefanson, Commanding Officer of HMCS Winnipeg, and Lt(N) Gray.



Photo by LS Valerie LeClair MARPAC Imaging Services
Captain Amanda Lauder is presented with the Canadian Forces' Decoration Medal by Captain (Navy) Steve Jorgensen at the Joint Rescue Coordination Centre, MARPAC HQ.



Carmen Collins, from Fleet Maintenance Facility (FMF) Shop 114 (sheet metal), was chosen as Employee of the Month. She is presented a certificate from Capt(N) Ed Hooper, Commanding Officer of FMF. She was chosen for not only her excellent work, but also for attending many trade shows and events over the last months as an ambassador for women in the trades, and to promote FMF. Most recently, she was chosen for the upcoming RAMP in Japan. Her excellent communication, problem solving skills and ability to do any task in a timely manner made her the obvious choice.



Lt(N) Sergio Calado of Vancouver was presented with the Canadian Forces' Decoration by BGen David Cochrane, Commander of the National Cadet and Junior Canadian Ranger Support Group, in recognition of 12 years of service in the Canadian Armed Forces.



Julie Piper was presented with a certificate, pin and necklace by BGen David Cochrane, Commander of the National Cadet and Junior Canadian Ranger Support Group, in recognition of 35 years in the Public Service, all of which have been with Regional Cadet Support Unit (Pacific).

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MISCELLANEOUS

INTERESTED IN JOINING A coffee/social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. FB Group: [cowichan valley coffee](https://www.facebook.com/cowichanvalleycoffee).

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