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Volume 64 Number 4 | January 28, 2019

# LOOKOUT

**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.



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Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services

The Honourable Jody Wilson-Raybould, Minister of Veterans Affairs Canada, along with General (Retired) Walter Natynczyk, former Chief of the Defence Staff, prepare to lay a wreath at God's Acre Cenotaph in Victoria Jan. 25. Also in attendance were the Base Commander, Capt(N) Jason Boyd, and Jamie Webb, from MARPAC Visits and Protocol office.



**Mental health  
affects us all.**

On January 30, join the conversation



**Bell**  
**Let's Talk**

Read more on page 5.



# FMF RULES

## the round ball roost

**Peter Mallett**  
Staff Writer

Fleet Maintenance Facility (FMF) Cape Breton defeated Naval Fleet School Pacific 55-43 in the Cock of the Walk Basketball Championship game at the Naden Athletic Centre on Jan. 24.

The FMF team came into the final game undefeated, reeling off five consecutive wins in the basketball component of the year-long multi-sport competition at CFB Esquimalt. The two teams exchanged leads in a hard-fought first half. Then a 6-0 run by FMF gave them a 10-point halftime lead, a lead which they never relinquished.

Team Captain, Petty Officer Second Class Jeff Snook and his teammates celebrated the win at centre court when he hoisted the giant silver rooster Cock of The Walk Trophy in the air. He was quick to give credit to his opponents from fleet school for their determination to keep the game close.

"A few of their players I have played against before and they were relentless in this game, so it was good for us to get the victory and close out the tournament undefeated," said PO2 Snook, who works as a diesel inspector in FMF's engineering wing.

He also credited his teammate, guard Master Seaman Callan Power for opening the game up and stretching the opposition defence with his end-to-end runs.

The 2018-2019 edition of Cock of The Walk involves most of Esquimalt's military units. The 12-sport competition began in May 2018 with a ball hockey tournament and wraps up with the ice hockey tournament at Wurtele Arena, Feb. 18 to 23.

The term Cock of the Walk originated from an 18th Century tradition of the Royal Navy. It has been used in naval and civilian circles with its connotation to mean a champion of a regatta or sports meet, or a combination of these events. According to naval tradition, the winning ship of a Cock of the Walk competition would hoist a brightly painted, galvanized iron silhouette of a male domestic fowl to the vessel's yardarm.

Cock of the Walk participation is open to both Regular Force members and currently-on-contract Reservists. All participants must have valid FORCE test certification to compete in the events. A member of a foreign force who is attached to, or on an exchange with the Regular Force is also eligible.

*Left: A view of the Cock of the Walk Trophy as seen from the timekeeper's table at the Naden Athletic Centre on Jan. 24.*

*Right: Fleet Maintenance Facility and Naval Fleet School (Pacific) players battle under the basket for a rebound.*



Members of the winning squad after being presented with the championship trophy.

Photos by Peter Mallett, Lookout



**Robin&AJ**  
Good morning. Good times.







The Women's Tritons hockey team are all smiles in their team's dressing room after winning the CARHA Pacific Cup championship game at Oak Bay Arena on Jan. 20.

## Women's Tritons capture Pacific Cup

**Peter Mallett**  
Staff Writer

The CFB Esquimalt Tritons were crowned tournament Champions of the CARHA Pacific Cup hockey tournament women's division on the weekend of Jan. 20.

A shootout goal by Major Pam Harris of Naval Fleet School Pacific gave the base team a 2-1 victory over the Jal Design Panthers of Port Alberni, and bragging rights in the annual recreational hockey tournament held at arenas across the Greater Victoria area.

The Tritons recorded a loss on their opening game of the tournament before rebounding with two wins in the next two games of the opening phase.

In the championship game Major Harris' well-directed wrist shot to the top right corner of the net proved to be the game winner. Their

victory in the Oak Bay arena was then cemented when Tritons goaltender Cpl Katie Sawatzky made the game-winning save on the final shot from their opponent.

"All the old adages about teams coming together, building chemistry and rallying for the win actually happened and what a great feeling it was," said Tritons coach, Petty Officer First Class Dave Hillier following the win.

Major Harris, who plays defence, also had a hand in her team's opening goal.

The Tritons tied the score in the second period when her shot from the blue line deflected off teammate Captain Amanda Lauder and into the goal. After breaking the scoreless deadlock in the shootout, Cpl Sawatzky was mobbed by teammates following her game-winning save.

"It was all hugs and high fives as our bench emptied after Katie's save," said Maj Harris. "The victory puts the team in a great frame of mind and is a real morale booster for us heading into

next month's regional tournament in Manitoba."

Maj Harris, a military police officer, has played with the Tritons for eight seasons. She is currently attending courses at the fleet school so she won't be able to attend the Canadian Armed Forces (CAF) West Regional tournament in Winnipeg Feb. 11, 12 and 13. Esquimalt are the tournament's defending champions but will be without Maj Harris and few other key players due to their work commitments.

Tritons Team Manager Sergeant Nikki Ducharme says the Tritons team is always looking to attract new players to its lineup and can even supply equipment through Personnel Support Programs (PSP). Those interested in joining the team are encouraged to contact her via e-mail Nicolette.Ducharme@forces.gc.ca or phone 250-363-7150.

*All the old adages about teams coming together, building chemistry and rallying for the win actually happened and what a great feeling it was.*

Petty Officer First Class Dave Hillier, Tritons Coach

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*Are there any apps on your phone that you can't live without and why?*



Google maps, because I wouldn't know how to get anywhere without it. Bus, biking, walking, I'm useless without that app.

Private Axel Zarebski-Hegewisch  
MARPA



Text messaging. It is what I use to contact family and friends.

Eric Murphy  
BIS



Spotify: music, podcasts, and all kinds of good things. It makes my car ride in from the western communities a hundred times less painful.

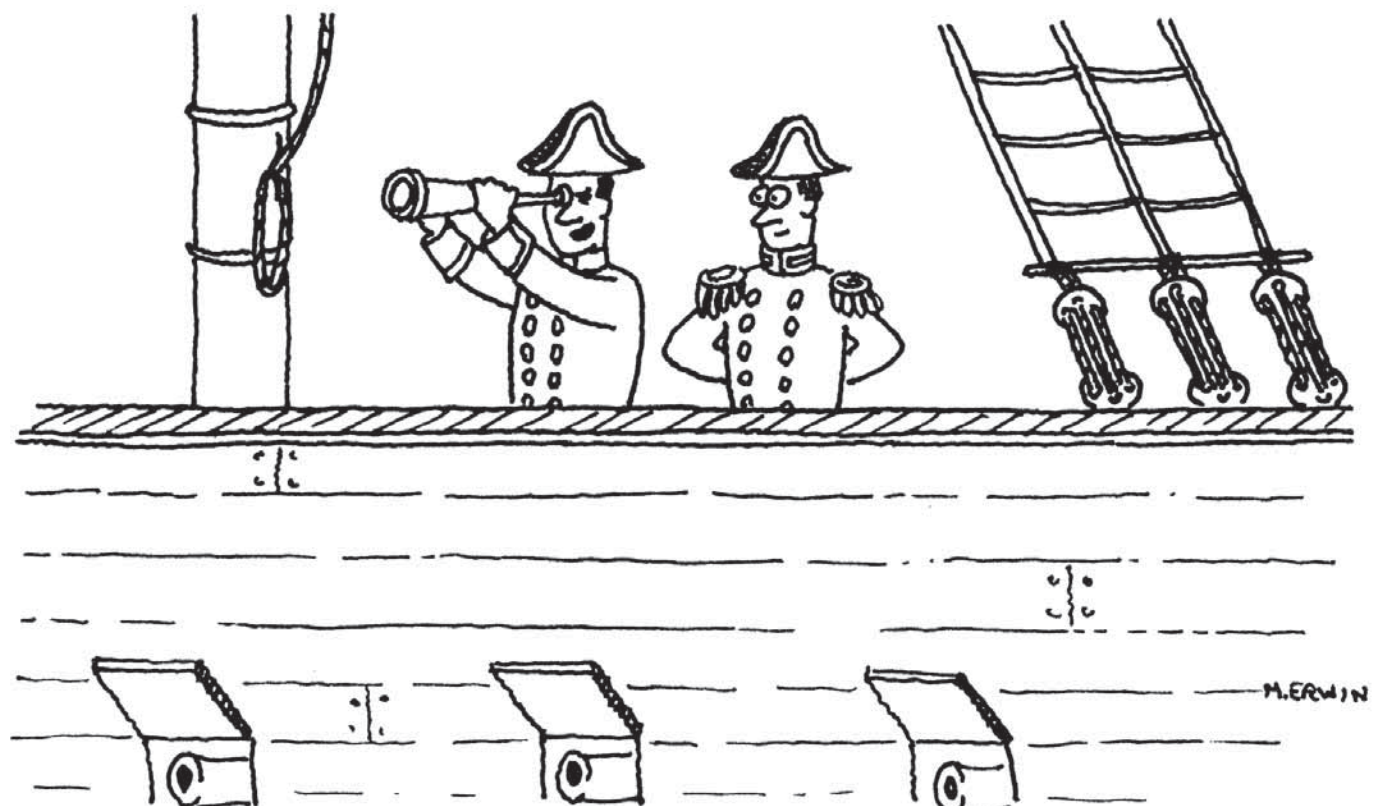
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Fitbit: the app is the interface to the device. It tells me when I'm active so that I can adjust my day. I now know that if I don't get my 10,000 steps in by 1400, I ain't getting them.

Marie Ormiston  
N02 Visits and Protocol

## WHAT SAY WE



"IT SAYS 'ENGLAND EXPECTS A WHOLE HOCKEY SOCK FULL OF DUTY, EH'; HE MUST BE USING HIS CANADIAN SIGNALMAN!"



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# Let's Talk at CFB Esquimalt

**Jan. 30** marks Maritime Forces Pacific's (MARPAAC) support of **Bell Let's Talk Day**, an initiative to reduce the stigma of mental health by talking about it openly and honestly. Here are a few ways you can help end the stigma:

## Language Matters

The words you use can make all the difference. Words can help, but they can also hurt. Think about what words you are using to discuss mental illness and whether or not those words perpetuate or reduce the stigma.

## Educate Yourself

The stigma around mental illness has been around for a

long time and knowing the facts and myths about mental health is a great way to help reduce the stigma. So take the time to learn about mental health – there are great resources listed here.

## Be Kind

Simple acts of kindness, such as giving a smile, being an active listener, or inviting someone for coffee and a chat, can make a world of difference and help

open the conversation and let someone know you are there for them.

## Listen and Ask

Mental illness is a very common form of human pain and suffering. Being an active listener and asking how you can support someone is the first step in their recovery. You don't need to have all the answers, just being there for the people you care about is

often enough.

## Talk About it

Mental illness affects us all in some way, either directly or through a friend, family member, colleague, or loved one. Stories of people who have experienced mental health issues and who are doing well can help to challenge stereotypes. Let's start to break the silence and reduce the stigma.

**Join us at the Collier Theatre** (Building WP1094) on **Jan. 30th at 11 a.m.** to view the CAF Facebook panel discussion on mental health and join the conversation for **Bell Let's Talk Day**.

CFB Halifax is hosting a CAF Bell Let's Talk Day panel discussion on mental health featuring Bell Ambassador (and Veteran) Bruno Guévremont, CAF clinicians and local and national CAF members who have experienced mental health struggles throughout their careers.

This panel discussion will be livestreamed on the Canadian Armed Forces Facebook page ([www.facebook.com/CanadianForces](http://www.facebook.com/CanadianForces)).

If you are unable to attend the viewing at the Collier Theatre, the panel discussion recording will be available on Facebook following the livestream. So, feel free to hold your own Bell Let's Talk discussion and CAF panel viewing on a day and time that works best for your workplace or unit. Jan. 30th isn't the only day to talk about mental health.

Let's keep the conversation going throughout the year.

## Hold Your Own Bell Let's Talk Conversation

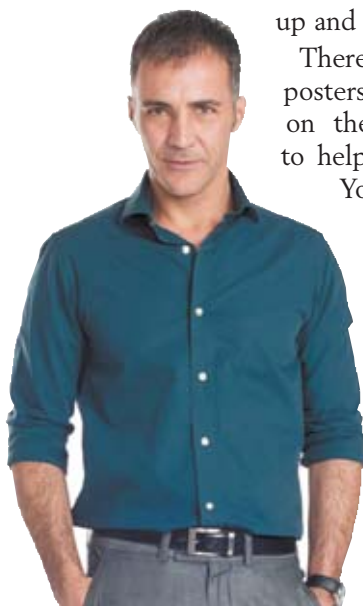
If you want to be a part of the conversation, visit the Bell Let's Talk website and download the Facilitator's Guide that provides useful information and resources on how you can start a discussion within your workplace or unit.

Along with the Facilitator's Guide, there is also a Bell Let's Talk PowerPoint presentation, speaker's notes, and informational handouts. These resources will support you, as a facilitator, in creating a safe and supportive environment where participants feel comfortable expressing and responding to ideas.

If you are going to facilitate a discussion, make sure to set aside plenty of time for conversation and questions. The suggested time in the manual is 40 minutes, with an additional 10-15 minutes to wrap up and answer any questions.

There are free Bell Let's Talk posters available for download on the Bell Let's Talk website to help promote your discussion.

You can also get in contact with Health Promotion to receive some Bell Let's Talk promotional swag (eg. toques, stickers, pens, buttons, bracelets) for your participants. Email Andrea ([Andrea.Lam@forces.gc.ca](mailto:Andrea.Lam@forces.gc.ca)) or drop by the Naden Athletic Centre at the Health Promotion offices before January 30th.



**Let's start the conversation, MARPAAC!**

## Mental Health Affects Us All: MARPAAC Fleet Chief CPO1 Jaquemot tells his story

**As your Fleet Chief and MARPAAC military co-chair for the Mental and Social Wellness Working Group, I want to share my personal experience with you on mental health.**

Mental health affects us all directly or indirectly, and it is important for us to realize that our ability to function and continue to operate in or near the "green" on the mental health continuum can sometimes be out of our control.

Back in 2017, in my previous position as Coxswain, there was a very significant injury to one of our sailors that occurred during our deployment.

While I had always been able to approach most situations in a direct "deal with it" and/or fall back on my training, this is one aspect I was not necessarily ready to deal with on my own.

Over the course of the next few days following the incident I began to internalize the incident and feel that I had failed the member, the crew and command; it seemed like the rest of the folks around me were just going on about their tasks like nothing happened.

Pride in me to talk about this became a road block to opening up to anyone.

The more I internalized, the more I believed that given my position and the need to continue to lead the rest of the team, I had to be seen as the status quo. The fact is, this began consuming my thoughts.

After a few days, I realized that I needed to open up about this, and since I had developed a good honest relationship with my Commanding Officer, I knew I could talk frankly to him and

discuss how I felt. While it was difficult to open up emotionally, his compassion and empathy were truly genuine.

In hindsight, I realize that I just needed someone to talk to and explain how I felt. It helped me process better and move on.

While my situation is unique, as are others, the mere fact that I was able to reach out and share what I was feeling certainly was the process that enabled me to go from injured to healthy within a few days.

My point in all this is that we are all susceptible to mental injuries. We must be able to live within an environment in the CAF where peers and supervisors are there to provide support, as well as using the professional mental health resources to support us so that we can stay resilient.

## Other Mental Health Resources

Check out these websites for more information on mental health.

Guarding Minds at Work: [www.guardingmindsatwork.ca](http://www.guardingmindsatwork.ca)

Working Through It: [www.workplacestrategiesformentalhealth.com/wti/HomePage.aspx](http://www.workplacestrategiesformentalhealth.com/wti/HomePage.aspx)

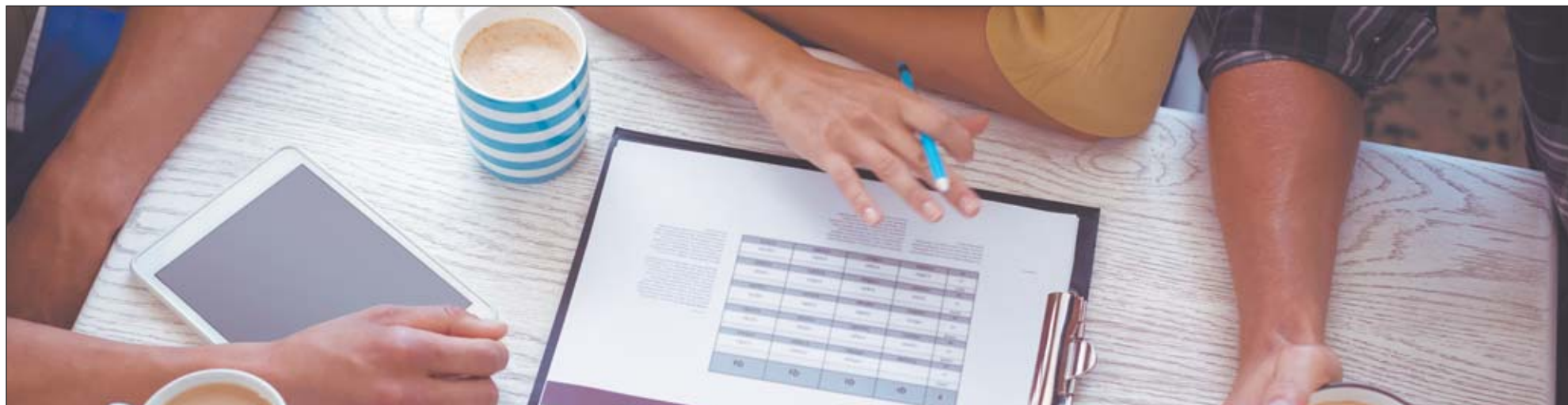
Great West Life: Workplace Strategies for Mental Health:

[www.workplacestrategiesformentalhealth.com](http://www.workplacestrategiesformentalhealth.com)

Partners for Mental Health: [www.notmyselftoday.ca](http://www.notmyselftoday.ca)







## MFRC launches emergency family plan

**Peter Mallett**  
Staff Writer

Family emergencies often strike with little or no warning.

If military members are out-of-town or on deployment when the unexpected happens to a family member, who would they call for help? Would they have access to timely assistance from friends or family in the area? If there are children or dependent adults, who would they turn to?

These are questions the Esquimalt Military Family Resource Centre (MFRC) is encouraging military families to consider as they fill out an Emergency Family Plan for their household.

The four-page Emergency Family Plan document was launched by the MFRC in November 2018. It is meant to be kept in a highly visible or familiar place in the home, and shared with the people listed in the plan. In case of an emergency it provides access to vital information including: contact information for family members, care coordinators, emergency contacts, emergency child care providers, and detailed information about the children,

including school or daycare contacts, medical information, special needs individuals and their daily routines, and detailed information about dependant adults and family pets.

In the past the MFRC was able to provide assistance in the first 72 hours of an emergency, but, for a variety of reasons including limitations from community providers, they may not be able to provide emergency care in those first three days.

In the case of an emergency, it is up to you to have a workable emergency family plan, says Cheryl MacQueen, MFRC Esquimalt social worker.

"In the past, people may have thought of the MFRC as their backup plan," said MacQueen. "We can work with you to put a plan together and problem solve who you'd turn to in an emergency. Upon assessment, we may be able to provide some emergency respite child care. We are encouraging families to proactively plan for all emergencies whether they are deploying or not."

Military members are already required to fill out basic emergency contact information through the Department

of National Defence Family Care Plan. The MFRC's Emergency Family Plan goes into more detail and covers things you may have not considered.

"The staff at the MFRC can work with families to help develop a plan, and look at options and contacts in their community that they may not have thought of," explains Colleen Cahoon, MFRC Esquimalt Family Navigator Program coordinator. "We encourage those who need assistance completing the plan to book an appointment with us."

She also advises families to communicate with the contacts on their list and let them know they may be called upon in case of an emergency.

Hard copies of the document are available at the front desk of the MFRC's Signal Hill location in Esquimalt and the Colwood Pacific Activity Centre (CPAC). The Emergency Family Plan document is also available online at their website [esquimaltmfrc.com](http://esquimaltmfrc.com) and links are also available on the base splash pages. If you need assistance developing the plan, call the MFRC at 250-363-2640 to book an appointment.



## WHO WILL PICK UP MY KIDS AFTER SCHOOL IF MY PARTNER IS HURT.

Who will step in if something happens to your partner while you are away on deployment? Who do you want contacted in an emergency? No one expects the unexpected, but having an Emergency Family Plan in place means the people you care about most will know what to do if the unexpected happens.

The MFRC may be able to provide some assistance upon assessment. But often we cannot provide emergency child care in the first 72 hours, so you need to make sure there are supports in place for your loved ones.

Not sure where to start? We can work with you to develop a plan and help to build your network.

Give us a call today.

**MFRC**  
ESQUIMALT

### WHAT'S YOUR PLAN?

[esquimaltmfrc.com/emergencyplan](http://esquimaltmfrc.com/emergencyplan)

MFRC Info line: 250-363-2640

*The Emergency Family Plan document is meant to be kept in a highly visible or familiar place in the home providing instant access to vital information during an emergency.*



# HMCS Ville de Québec completes NATO deployment

## Canadian Armed Forces

HMCS *Ville de Québec* and its Royal Canadian Air Force (RCAF) helicopter air detachment have completed their six-month deployment with Standing NATO Maritime Group Two.

The ship has returned to

its home port of Halifax, Nova Scotia, Jan. 21.

On Jan. 19, HMCS *Toronto* left Halifax to replace *Ville de Québec*, taking its place as the maritime component of Operation Reassurance, Canada's contribution to NATO's assurance and deterrence measures in Central and Eastern Europe.

This was the first operational deployment for the CH-148 Cyclone

helicopter and the first time that *Ville de Québec* had deployed on Operation Reassurance.

"Operated and maintained by a highly capable helicopter air detachment, the Cyclone's performance on this deployment has proven it to be a state-of-the-art, combat-capable aircraft, which will do great service as the 'Wings for the Fleet' for the Royal Canadian Navy for years to come," said Major-General Christian Drouin, commander of 1 Canadian Air Division and combined/

joint forces air component commander for the Canadian Joint Operations Command. "I have no doubt the CH-148 detachment deploying on HMCS *Toronto* will continue to make the RCAF proud."

The helicopter air detachment and its CH-148 Cyclone helicopter deployed in *Ville de Québec* flew more than 500 hours during 170 sorties, 54 of which were maritime security awareness surveillance patrols in support of NATO's Operation Sea Guardian. The helicopter air detachment was able to improve existing shipborne helicopter oper-

ating procedures, refine tactics to fit the Cyclone's advanced capabilities, develop a robust integration of the aircraft with the modernized Halifax-class frigate, and validate the interoperability of the Cyclone with NATO Allies and partners.

"Since deploying in July 2018 as part of Operation Reassurance, we conducted highly effective patrols and participated in key NATO exercises in the Atlantic Ocean, the Mediterranean, and the Norwegian and North Seas," said Commander Scott Robinson, commanding officer of HMCS *Ville de Québec*.

*Ville de Québec* deployed for 190 days, sailing more than 32,800 nautical miles. The ship conducted

14 operational ports of call in 12 countries in Europe, Africa, Asia and the Middle East. During Operation Reassurance, the ship participated in Exercise Trident Juncture 2018, a multinational exercise consisting of approximately 50,000 personnel, 250 aircraft and 65 vessels from 31 NATO Allies and partner nations.

The ship also participated in five cooperative deployments with ships of the Japanese Maritime Self-Defense Force and Tunisian, Algerian, Turkish and Egyptian Navies. The ship hosted events onboard on behalf of the Canadian Ambassadors to Tunisia, Algeria and Israel, helping to strengthen Canada's ties with the international community.



Photo by Master Corporal André Maillet

The CH-148 Cyclone known as "Avalanche" rests on HMCS *Ville de Québec*'s flight deck after landing, as Turkish Naval Ship Orucreis sails off the port quarter, in the Mediterranean Sea on Nov. 17, 2018, during Operation Reassurance.

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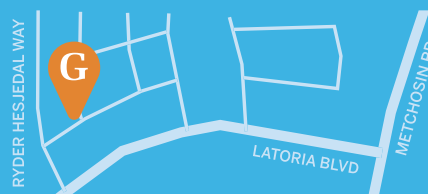
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Tears and cheers as HMCS Toronto departs for Operation Reassurance

Ryan Melanson  
Trident Newspaper

Despite it being a weekend morning, HMC Dockyard in Halifax was crowded on Jan. 19 with family members, friends and colleagues on hand to see the crew of HMCS Toronto off on their six-month deployment. The ship is headed to the Mediterranean Sea as part of Operation Reassurance.



LS Lyndon Eustache and his family prepare to say goodbye at HMCS Scotian prior to HMCS Toronto's departure.



HMCS Toronto departed Halifax for a six-month deployment to Operation Reassurance on Jan. 19.

The mission, which will see Toronto join NATO allies as part of Standing NATO Maritime Group 2, has a goal of reinforcing NATO's collective strength in Central and Eastern Europe and assuring allies in the region that NATO is dedicated to maintaining security and stability in the face of Russian aggression and other threats. RAdm Craig Baines, Commander Maritime Forces Atlantic, said he's been impressed by the crew as they've worked overtime to ensure their weapons, communications, radar and engineering systems are all operating at full tilt ahead of their departure. "This is Canada's continuous support to our NATO allies in the European theatre, and I know Toronto is ready to take up that mantle," he said. "The ship has had a very ambitious program over the last six months leading to this, and now they're going to have a very interesting mission downrange. I know they'll make the most of it, and I know they'll make their country proud." Leaving with Toronto was the second-ever Royal Canadian Air Force air crew to deploy on a ship with the new CH-148 Cyclone, Canada's replacement for the long-serving Sea King helicopters. In a grand gesture of support for their colleagues, the ship was given a flypast from six additional Cyclones as it sailed out of the harbour, providing a show for both the crew and the many friends and family at the jetty. In addition to the embarked Cyclone crew, Toronto also sailed with an Enhanced Naval Boarding Party from the Naval Tactical Operations Group, who will provide the ship with enhanced protection and a stronger ability to board any suspicious or adversarial vessels. The team will also exercise extensively with allies to help build capability and share best practices. Toronto is expected to return to Halifax early in the summer.



LS Melanie Shering (right) is joined by her mother, MCpl Manuela Berger, who is the ship's image technician. Both are deploying for six months to the Mediterranean Sea as part of Operation Reassurance.

Like mother, like daughter: family members deploy together in HMCS Toronto

Ryan Melanson  
Trident Newspaper

For most Canadian Armed Forces members, separation from family and loved ones can be one of the most difficult aspects of a long international deployment. However, for two members of HMCS Toronto, the Operation Reassurance deployment will actually be a family affair. LS Melanie Shering, a Naval Combat Information Operator who's been with Toronto for nearly three years, was recently joined on board by the ship's Imagery Technician, MCpl Manuela Berger, who also happens to be her mother. The pair departed Halifax along with the rest of the ship's company Jan. 19, and will be shipmates for the next six months in the Mediterranean Sea. "I know there are going to be other people crying and missing their family, and I'll have a piece of mine here with me, so I'm very lucky that way," MCpl Berger said. MCpl Berger recently joined Formation Imaging in Halifax after spending six years posted to 4 Wing Cold Lake. With her daughter posted thousands of kilometres away on the east coast, they haven't had a chance to see each other much. "She's been instrumental in helping me get settled into the navy way, meet people on the ship and learn little tips and tricks," says MCpl Berger of her daughter.



They say that aside from a bit of friendly teasing, their shipmates and messmates have been fully supportive since MCpl Berger joined the crew, and that the command team, including Commanding Officer Cdr Martin Fluet, have remarked on how interesting it is to have the family element on board. While they're certainly looking forward to port visits and other chances to spend time together, they both stressed that the mission comes first. "We're going to be working with a lot of different navies, and I always enjoy that," said LS Shering. "It's fun to see how they do things, where the differences are, and find ways that we learn from each other." LS Shering's twin sister will be completing her Basic Training soon and is eyeing an RCAF trade, meaning the CAF element of their family may grow in the future.

Photos by Mona Ghiz, MARLANT PA



# Blue Jays, mascot Ace visit CFB Halifax

Photos by Mona Ghiz, MARLANT PA

Members of the Toronto Blue Jays, together with team mascot Ace, visited CFB Halifax as part of their Winter Tour on Saturday, Jan. 12. During their time in the city, mascot and the players found time to visit HMC Ships Toronto and St John's, as well as see an Army display at HMCS Scotian.



The Blue Jays, their mascot Ace, and HMCS Toronto's command team display the Blue Jays' pennant. From left: Ace, Toronto Blue Jays Mascot; Ryan Borucki (player); Devon Travis (player); Cdr Martin Fluett, Commanding Officer, HMCS Toronto; and CPO1 Alena Mondelli, Coxswain, HMCS Toronto. Second row, Luke Maile (player); and Dan Jansen (player). Back row: Kevin Pillar (player) and LCdr Matthew Woodburn, Executive Officer, HMCS Toronto.



Blue Jays players dress in firefighter gear before HMCS Toronto's fire team conducted a live hose exercise on the flight deck.



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# 19TH CENTURY SURVEY MARKER TRANSFORMED INTO MONUMENT



**Peter Mallett**  
Staff Writer

A solid granite stone survey marker once cast aside by construction workers has been crafted into a monument honoring a pioneer Deputy Adjutant General of the Canadian Army Permanent Force, and former District Officer Commanding, stationed on the Pacific Coast where he was responsible for the defence works and School of Artillery training of the

local Militia forces, originating in 1888.

The monument for Lieutenant-Colonel Josiah Greenwood Holmes and his wife Elizabeth Holmes was placed in Ross Bay Cemetery on Nov. 10, 2018, following remembrance efforts by his descendants. The granite survey marker was originally installed marking the site of Work Point Barracks in the late 1880s. But it was left behind by work crews after a demolition project of the "Work Point Barracks Officers Mess and Quarters" in 2006.

Local historian and veteran Signalman (Retired) Jack Bates, who operates the Organization for Preservation of Canadian Military Heritage (OPCMH), facilitated the project. He says the idea for the monument itself came from Esquimalt residents Scott Lee and his wife Carol, who is the great-granddaughter of Lt. Col. J.G. Holmes. The Lee family and Bates were onsite when contractors removed the survey stone and carted it away in a flatbed truck in June of 2017.

"This process is helping myself and other family members rediscover our military heritage and someone who played such an important role in the history of Victoria and Canada," said Carol Lee.

But before they could move forward with converting the survey marker to a monument, Bates says the project first needed to meet approval from the Department of National Defence (DND) and Ross Bay Cemetery. The Lee family also paid for the monument with assistance from Veterans Affairs Canada's (VAC) non-profit charity, the Last Post Fund.

"Scott really helped push the idea forward to evolve," said Bates. "To see a conclusion and recognition of a military pioneer and for this monument to finish its journey is very gratifying for me as a military historian."

Lt. Col. J. G. Holmes was born May 28, 1845, in St. Catharines (Upper Canada). A graduate of Royal Military College, he worked as an adjutant (administrator to a senior officer) of A Battery in Ontario from 1872 until his promotion to the Commander of the Victoria Garrison Artillery known as 'C Battery'.

"C" Battery, located in Victoria in 1887, was established to shore up coastal defences and protect Victoria and Esquimalt harbours from possible attacks by foreign powers and also to oversee the formation and training of a militia force in the years following Confederation.



**Lieutenant-Colonel Josiah Greenwood Holmes**

Credit: BC Archives

The new monument is located on the Holmes family plot at Ross Bay Cemetery and next to a new headstone for Lt. Col. J.G. Holmes and his wife, paid for by funding through Veterans Affairs Canada's (VAC) non-profit Last Post Fund. Bates says there was no headstone ever found for Lt. Col. Holmes anywhere in Victoria, so this new headstone helps pay proper tribute to Holmes and his wife.



**Top:** A monument for Lieutenant-Colonel Josiah Greenwood Holmes and his wife Elizabeth Holmes following its installment at Ross Bay Cemetery in November 2018. Credit: BC Archives.

**Bottom:** The Lee family display the survey stone marker that marked the site of the Work Point Barracks in the late 19th Century. Photo by Peter Mallett, Lookout

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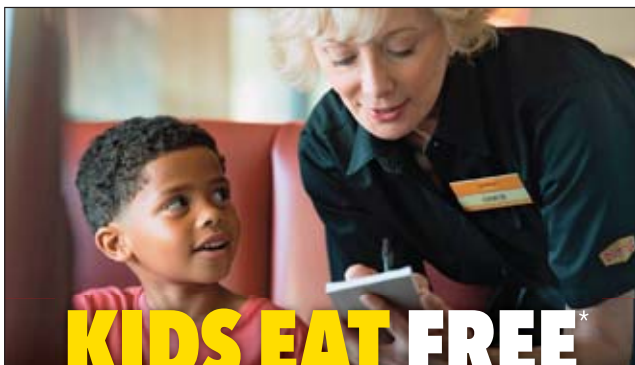
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# Leading Seaman Khye Krolikowski Boatswain

## SAILOR PROFILE



**SLt Samantha Crocker**  
Unit Public Affairs  
Representative  
Operation Caribbe

"Growing up, I always loved being on the water," said Leading Seaman Khye Krolikowski. "I had a passion for it, so really it's not a big surprise that this is where I am five years later."

LS Krolikowski, from Belfast, PEI, had no idea that visiting a Royal Canadian Navy (RCN) recruitment table at his local high school would spark his interest to join the Canadian Armed Forces.

"They were giving out free USB sticks, so a buddy and I went over and they convinced me to join the Navy," he explained. "I never did end up using the USB stick."

He enrolled in the Royal

Canadian Naval Reserve at *HMCS Queen Charlotte* as a boatswain in May 2013.

"I wanted something that was hands on. Being a boatswain seemed like the right option for me."

He took a long-term contract on Canada's west coast in 2016. Since that time, he's had a busy sailing schedule. Posted to the Maritime Coastal Defence Vessel *HMCS Saskatoon*, he participated in Exercise Rim of the Pacific and Operation Caribbe in 2016.

He then sailed onboard *HMCS Whitehorse* during the spring 2018 Operation Caribbe and recently returned from his third Op Caribbe deployment in *HMCS Edmonton*.

"When I deploy on Op Caribbe I feel like I'm making a real difference for the Canadian public. I'm using all the training I have

received since joining the RCN and I'm putting it to good use."

This past fall, LS Krolikowski acted as the primary boat coxswain while onboard *Edmonton*.

"Being a boat coxswain comes with a fair amount of responsibility. While deployed, I was called upon at any time to escort the Law Enforcement Detachment from the United States Coast Guard to conduct boarding operations on suspected vessels. I really enjoy being a boat coxswain. Not everyone has a chance to do that part of the job, but luckily I did."

He currently lives in Victoria. Despite his busy sailing schedule, LS Krolikowski enjoys spending time sailing with friends, riding his motorcycle and exploring British Columbia. He makes time to visit his mother and father in Belfast, PEI, as often as he can.



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## Awards and Promotions

Capt(N) Steve Jorgensen presented honours and awards at MARPAC Headquarters.

Photos by SLt M.X. Déry



OS Kara Scott is promoted to Able Seaman.



AB Rachel Curley is promoted to Leading Seaman.



LS Gordon Murray Joseph Mosher receives his Certificate of Achievement.



Capt Steve Galipeau receives his Joint Task Force Pacific Certificate of Achievement.



Maria Leciñana receives her Joint Task Force Pacific Certificate of Achievement.



## Base Administration



CPO2 Joe Burzuk, (left), of Base Foods received his Gold Sea Service Insignia from Cdr Cory Foreman, Base Administration Officer (right), in recognition of 1,465 career days at sea.



SLt Agnes Millman, (centre), of Base Personnel Selection Office, is promoted to her current rank by Cdr Cory Foreman, Base Administration Officer (left), and Maj Lynne Poirier, Base Personnel Selection Officer (right).



## Canadian Submarine Force



Lt(N) Aubrey receives her Canadian Forces' Decoration from Capt(N) Christopher Robinson, Commanding Officer, Canadian Submarine Force.



CPO2 Lockley receives his Canadian Forces' Decoration second clasp from Capt(N) Christopher Robinson, Commanding Officer, Canadian Submarine Force.



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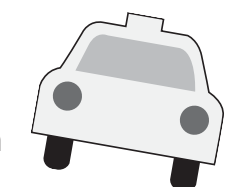
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