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Farewell Regina and Crew

Photo by Leading Seaman Shaun Martin,
MARPAC Imaging Services

Lieutenant (Navy) Serge Sabourin hugged his family goodbye in the hangar of HMCS Regina last Wednesday, a couple hours before the ship departed on Operation Projection and Operation Artemis with NRU Asterix.

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HMCS Regina, NRU Asterix deploy

NRU Asterix leaves Esquimalt to support Operation Projection.
Photo by Leading Seaman David Gariepy, MARPAC Imaging Services



Royal Canadian Navy /
Canadian Armed Forces

HMCS Regina, accompanied by Naval Replenishment Unit Asterix, departed its homeport of Esquimalt last Wednesday for a deployment to the Asia-Pacific and Middle East regions. The ships will initially support Operation Projection working with partner navies and conducting key leader engagements to enhance military cooperation and partnerships in support of Canada's diplomatic efforts in the Asia-Pacific region.

In March the ships will transition to Operations Artemis, supporting the Canadian-led Combined Task Force 150 (CTF 150). CTF 150 is part of the Combined Maritime Force, which is a naval coalition of 33 partner nations

that promotes security and stability in international waters of the Middle East regions. CTF 150 works to deter and deny terrorist organizations from using the high seas for smuggling weapons, illicit cargo, and narcotics, while ensuring the safe passage of merchant ships in some of the busiest shipping lanes in the world. Upon completion of their support to Operation Artemis the ships will transition back to Operation Projection for the remainder of their deployment and continue their engagement in the Asia-Pacific region.

Of note, this deployment also marks the third operational deployment of a CH-148 Cyclone helicopter, and the first deployment of a Cyclone with the Pacific Fleet.



On board HMCS Regina, a member of the ship's company spends a few moments with family before the ship departs.

Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services



Maritime Forces Pacific and Commander of Joint Task Force (Pacific), Rear Admiral Bob Auchterlonie (right), and Formation Chief Petty Officer, CPO1 David Steeves (left), receive the salute from HMCS Regina's crew as they leave for Operation Projection and Operation Artemis.



Photo by Leading Seaman David Gariepy, MARPAC Imaging Services



Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services

Onboard HMCS Regina, Lieutenant (Navy) Jeriel Nanthakumar spends a few moments with family before the ship departs.



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HMCS Ottawa to fine tune warfare skills

Peter Mallett
Staff Writer

Last Wednesday, *HMCS Ottawa* departed Esquimalt for a month-long bilateral engagement with the United States Navy (USN) off the coast of Hawaii.

Once the warship and crew arrive in Hawaii later this week, they will participate with the USN perfecting their interoperability with this Pacific naval partner.

Ottawa's Commanding Officer, Commander Alex Barlow, says the value of brushing up on core war-fighting skills in a task group setting will be "extremely beneficial" for him and his crew.

"Being close allies [with the United States] we are often operating with

them, so getting the opportunity to practice those skills in an exercise helps," said Cdr Barlow. "Being able to work in that multi-ship, multi-unit environment is challenging, but it is the key thing we need to practice because it prepares us for deployment, and any eventualities that we may experience."

Cdr Barlow says the seven-day sail to the Hawaiian Islands provides a perfect opportunity for him and his crew to brush up on their skills, this time in a smaller task group with *HMCS Regina* and the supply ship *NRU Asterix*, which both departed Esquimalt the same day as *Ottawa*. The two ships are on a seven-month deployment in the Asia-Pacific and Middle East regions where they will participate in Operation Projection

and Operation Artemis.

Ottawa will act as the command platform for the small task group. The task group will be under the leadership of Commander Canadian Fleet Pacific, Commodore Angus Topshee. He will be exercising his command unit at sea with some of his staff. Cdr Barlow said his crew have been focused on integrating the command platform onboard *Ottawa* to ensure Commodore Topshee and his staff get the support they require to carry out their objectives.



HMCS Ottawa Commanding Officer, Cdr Alex Barlow (left) and HMCS Regina Commanding Officer, Cdr Jake French discuss their upcoming deployments with a film crew from Maritime Forces Pacific Public Affairs Department.

Photo by Peter Mallett, Lookout



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WHAT SAY YOU

People Talk

Lookout asked personnel on board HMCS Ottawa:

What Valentine's Day message would you like to send to your loved one while you are away from home?



To my husband Jeff Martel and my little puppy Max. I want them to know I love them, miss them, and wish I was there with them to celebrate Valentine's Day.

Able Seaman Stephanie Martel,
Logistics Officer



To my girlfriend Hannah back in New Zealand, I would like to say Happy Valentine's Day and that I love you very much and I will be home to see you after this sail.

Able Marine Technician
Hyun Woo Kwon,
Royal New Zealand Navy



To my wife Alexis Milne, I would just like to tell you that I love you very much and thanks for all your support and taking care of the kids while I'm gone. I love you so much and I will see you soon.

Master Seaman Nathan Milne,
Sonar Operator



This Valentine's message goes out to my wife Natacha and our two children, four-year-old Eva and one-year-old Gary, who just started walking for the first time. All three of you are my Valentine's and that I love you, miss you and I'll be coming home soon.

Master Seaman Gary Gilbert,
Naval Communicator

WHAT SAY WE



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NEW Brew supports veterans



Peter Mallett
Staff Writer

The founders of a new micro-brewery, with an aim to support veterans' programs, say their motto is the age-old military battle creed of "leave no one behind."

V2V Black Hops Brewing Company founder, Captain (Retired) Graeme Hafey, an ex-RCAF pilot, says it is not a hollow cliché. With business partner, Master Corporal (Retired) John Bowker, the brewery donates part of the profits to Cockrell House, a West Shore facility that provides transitional housing and support for homeless and at-risk veterans.

"Everyone has to get over the fence, not just the most agile and best climbers. It's a unit, a cohesive bond of brothers and sisters in arms who can trust each other when things go wrong," says Hafey.

The brewery was born following their lengthy careers in the Canadian Armed Forces, which left them both battling Post-

Traumatic Stress Disorder from their work in war-torn countries and several deployments. Their logo features the silhouette of a kneeling Canadian soldier paying homage to a fallen comrade represented by a lone helmet on top of a rifle.

Brewed under licensing from Victoria's Caledonia Brewery Distillery, they turned out their first batch of beer on Nov. 1, 2018, just in time for Remembrance Day and the centenary of the end of the First World War.

As a nod to mark the Armistice they called the English-style bitter Victory Ale.

Currently, they are a three-person operation with a head brewer, who is also a chemist and University of Victoria student.

Gaining a foothold in a competitive West Coast micro-brew market isn't easy admits Hafey. They don't have the distribution, marketing, budget, or aggressive sales techniques of larger breweries, which makes getting into local pubs a battle. They are hop-

ing their support of veteran programs will get them in front of customers.

"The doors are slowly opening to support us," says Hafey.

V2V recently signed a letter of intent to have proceeds of their sales go to support Alberta-based equine therapy group Can Praxis, an organization that helps military and first responder veterans and their families cope with the impact of PTSD and mental health issues through riding and caring for horses.

In the coming months, V2V plans on expanding their donations to more organizations that provide support to former and current first responders also suffering from mental health problems.

For more information about V2V Brewery visit their Facebook page or their website V2Vblackhopsbrewing.ca

To get a taste of their ale visit the Pacific Fleet Club, the Wardroom, or The Churchill pub downtown. Their ale will be available in liquor stores after March 12.

Captain (Retired) Graeme Hafey and Master Corporal (Retired) John Bowker raise a toast celebrating the launch of their company V2V Black Hops Brewing Company at Victoria's Caledonia Brewery Distillery.



Contest

V2V Black Hops Brewing Company is looking for a **NAVY-THEMED NAME AND LABEL** for their next line of beer - a blonde ale. Graphic designers, artists and aspiring illustrators can send their ideas to v2vbrewing@gmail.com by **March 11**.

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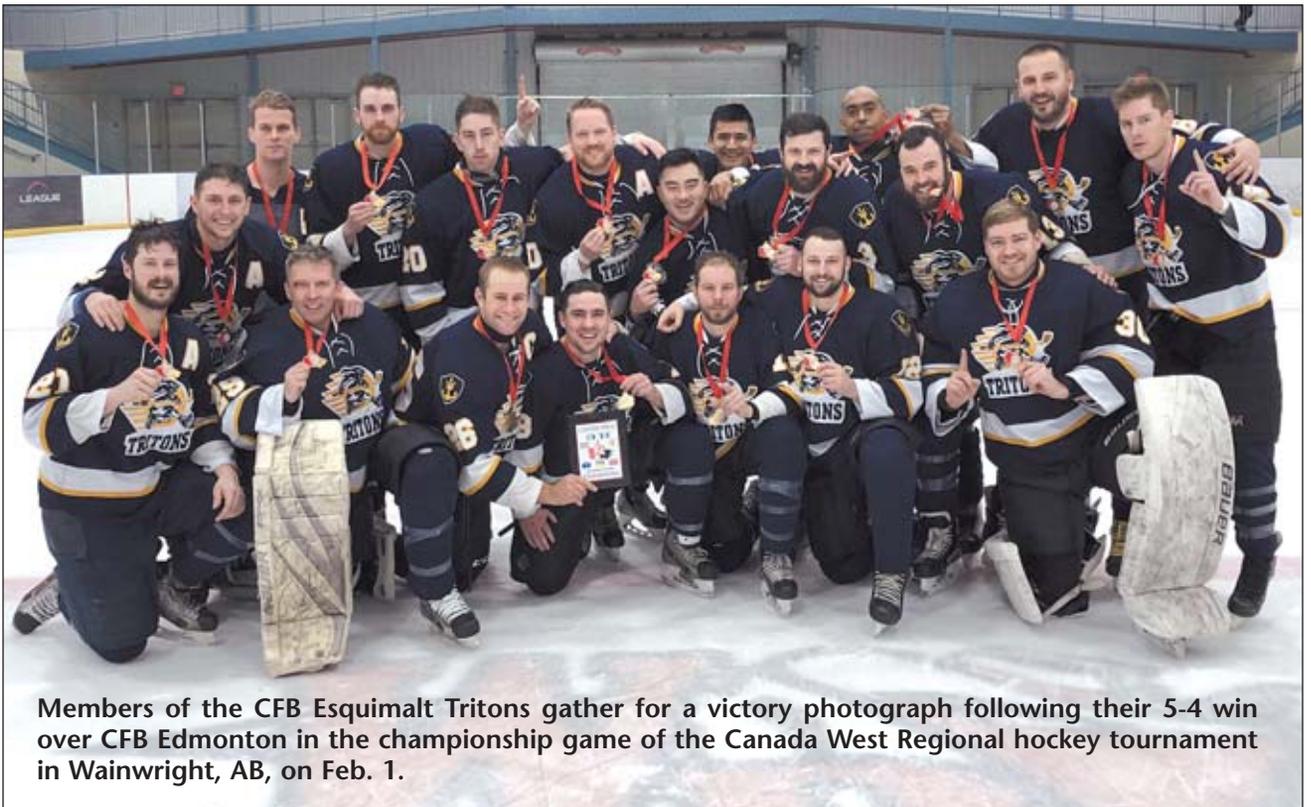
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Members of the CFB Esquimalt Tritons gather for a victory photograph following their 5-4 win over CFB Edmonton in the championship game of the Canada West Regional hockey tournament in Wainwright, AB, on Feb. 1.

MEN'S TRITONS CAPTURE REGIONAL HOCKEY WIN

Peter Mallett
Staff Writer

The Esquimalt Tritons rallied to defeat CFB Edmonton and capture this year's Canada West Regional Men's Hockey title in Wainwright, Alberta, on Feb. 1.

The winning goal came from Lieutenant (Navy) Edric Lim, a Logistics Officer from HMCS Ottawa, with five minutes remaining in the third period that gave the Tritons a 5-4 victory in the championship game of the five-team tournament.

The Tritons dropped their opening game to Edmonton 6-4 but then rebounded to reel off five consecutive wins. In their path to the finals they defeated CFB Wainwright 13-2, CFB Winnipeg 7-4, CFB Shilo

9-0 and had a 7-3 triumph over Winnipeg in their semi-final.

The Canada West regionals served as a qualifier for this month's Canadian Armed Forces Men's Hockey Championship tournament, held Feb. 23 to 28 at CFB Edmonton.

The Tritons trailed 4-2 going into the third period of the championship game before erupting for three unanswered goals.

Esquimalt's top scoring line included forwards Lt(N) Lim, Corporal Jon Michel and Captain Jack Lawson who all led the way in the comeback by each scoring one of three goals.

Tritons Team Captain, Lt(N) Braden Casper says the victories give him and his teammates a confidence boost and feeling of satisfaction heading into

the nationals.

"The team gelled together and over the course of the tournament dug deep to show resilience against some strong competition from Edmonton," said Lt(N) Casper, who works as a Maritime Systems Engineering Officer aboard Ottawa.

Lt(N) Casper noted that historically Esquimalt is normally at a disadvantage when it comes to competing at the nationals. That, he says, is because of the relatively small size of the base compared to other military bases in Eastern Canada and the smaller player pool they draw from is complicated by frequent deployments.

"As a group we are more optimistic that we now have a team that can go to the national finals and

compete," he said.

Lt(N) Casper congratulated Tritons goaltender Chief Petty Officer Second Class Ken Simoneau of Canadian Fleet Pacific, and forward Lt(N) Jeffrey Brooker a Deck Officer with HMCS Ottawa, for their stellar play throughout the tournament. He says special credit should also go to Capt Jack Lawson who earned Tournament MVP honours.

"What has been special about this year's team has been the buy-in [to our strategy] from new and veteran players on the team," said Lt(N) Brooker. "The team remained positive throughout the entire tournament, and all the players accepted their roles with the team. It gave us a sense of pride bringing a championship back to the base."

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Logistics Officer set to trek Baffin Island

Peter Mallett
Staff Writer

A Logistics Officer is getting ready to fulfill a life-long dream when she embarks on an Arctic excursion in Canada's far north in the weeks ahead.

On April 3, Lieutenant Commander Kathryn Logan and an all-women team of 18 hikers will embark on an 11-day journey on Baffin Island. Their excursion is one of the outdoor adventure programs to benefit injured current and former military members organized by True Patriot Love. The national charitable organization provides

Canadian military, veterans and their families access to support programs and funding.

"For me it's an incredible opportunity, I have always wanted to visit the north but haven't had the opportunity, so I am really excited to be a part of this expedition."

The 36-year-old grew up in Meadow Lake, Saskatchewan, and is married to a constable with the Victoria Police Department. She joined the Royal Canadian Navy in 2000 and currently works as Logistics Officer for Canadian Fleet Pacific.

Her military career has included deployments to the Arabian Sea, Afghanistan and Libya. However, at the beginning of her career, she experienced a major physical setback when she suffered a knee injury

in 2001. She tore the Anterior Cruciate Ligament while playing basketball at Royal Military College.

It's been a number of surgeries and years of recovery with her athletic activities shifting to long-distance endurance sports including hiking and triathlons, but LCdr Logan has made a mostly complete recovery.

The True Patriot Love expedition will cover over 100 kilometres of scenic, but extremely isolated terrain. Accompanied by two Inuit guides, the women will snowshoe across the Arctic Circle passing landmarks such as Akshayuk Pass and a rarely visited section of the Owl River Valley.

They plan to cover approximately 10 kilometres per day; they will lug their tents, food and other supplies in backpacks and

on sleds, and will face extreme weather conditions, with typical temperatures in the region for the month of April ranging from -5 to -30 Celsius.

LCdr Logan has experience hiking in remote locations. She has previously summited Kilimanjaro in Tanzania and Hyuna Potasi in Bolivia, and hiked the Annapurna circuit in Nepal. Locally, she has hiked the West Coast and Juan de Fuca trails.

"I'm extremely grateful to be a part of this expedition. True Patriot Love does amazing work for thousands of military families across Canada, and I feel very lucky to have been selected for an adventure like this."

The expedition aims to raise \$1 million for True Patriot Love's mental health initiatives, and veteran transition services. LCdr

Logan aims to raise \$7,500 for the charity.

The journey will be arduous, but the end result will be worth it, she says.

"It's a great opportunity to meet other women from all walks of life. It will be interesting to hear from the other ladies, and hear how they manage their careers and families, and to find out what drew them to the far north."

To support LCdr Logan and her fundraising campaign visit <https://bit.ly/2Gile7t>

Since 2009, True Patriot Life has provided \$25 million to fund innovative research and 750 community-based programs across the country while assisting over 25,000 military families in Canada.

For more on the charity visit truepatriotlove.com.



Lieutenant Commander Kathryn Logan is set to trek the north.



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NRU Asterix helps warships flex their naval might

Photos by SLt M.X. Déry

Peter Mallett
Staff Writer

Two naval officers who recently commanded Naval Replenishment Unit (NRU) Asterix say the oiler has become a vital part of Canadian naval operations.

The NRU is the military wing that oversees replenishment at sea (RAS) operations aboard Motor Vessel (MV) Asterix.

On Feb. 6, the commercially-owned auxiliary replenishment vessel left CFB Esquimalt with a crew of 45 military and 36 civil-

ians in support of warships *HMCS Ottawa* and *HMCS Regina*.

Lieutenant Commander James Classen, who commanded RAS operations on board Asterix from Aug. 2 to Dec. 18, 2018, says from a military technology perspective there is nothing advanced or noteworthy about Asterix. It is not well-equipped for battles at sea like a warship. But that's not its purpose, says LCdr Classen.

What Asterix does do is deliver the goods, thereby providing something vitally important to Canada's naval fleet: endurance.

"It's all about endurance, plain

and simple, for warships," said LCdr Classen, who is currently the officer in charge of *HMCS Chicoutimi*. "It's fulfilling our requirement of replenishing our ships at sea. We are able to keep our warships out in our theatre of operations for extended periods and provide them with fuel, food and rations."

For this most recent deployment, Asterix will operate in support of *Regina*, and *Ottawa* as the ships transit to Hawaii. From there, it will accompany *Regina* to the Indian Ocean in support of Operation Projection and Operation Artemis.

Project Resolve

MV Asterix is leased to the navy by private firm Federal Fleet Services as part of Project Resolve. The modern, German-built container ship had previously operated for five years by Capital Ship Management of Greece and was turned into a supply ship under a procurement contract with the Government of Canada. It was stripped down and converted by Davie Shipbuilding in Quebec to meet the navy's supply needs.

The intent of the service contract is to fill the gap between the decommissioning of the Protecteur-Class replenishment vessels and the arrival of the next generation of oilers. The Joint Support Ship Project will see the delivery of two new Protecteur-Class auxiliary vessels; the first is expected to be launched in 2023.

Measuring Up

Measuring approximately 182m long with a displacement of 26,000 tons, Asterix can carry approximately 10,497 cubic metres of marine diesel and up to 1,332 m³ of aviation fuel. Moving that weighty cargo across the ocean requires some muscle. The main

fixed propeller engine and retractable bow thruster aboard Asterix can push the vessel to a maximum speed of 20 knots (37 km/h) with a range of 10,000 nautical miles (19,000 km).

Although fitted with small arms weaponry, it is not intended to be put in a high-risk environment. The vessel is also designed to carry four Rigid Hulled Inflatable Boats and two fast rescue craft.

Fueling the Fleet

NRU's main purpose is to conduct RAS operations at sea. Along with fuel stores, its two 30-tonne cargo cranes and a forklift are capable of moving and storing 38 sea containers in its hold and up to 800 pallets on its tween deck. Storage items can include small arms ammunition, hammerhead targets, spare parts for warships, food, and medical supplies.

NRU Asterix has a total of six rotating RAS teams, four based on Canada's East Coast and two on the Pacific Coast that switch out approximately every four months.

Life Onboard

What is it like working and living aboard MV Asterix?

The vessel's first Pacific Coast commander, Lieutenant Commander Meghan Lobb, took command of NRU Asterix from April to August 2018 and says sailing it is an entirely new experience for her and RCN members who never got a chance to sail aboard the Protecteur-class.

She says Asterix provides something different than most RCN vessels - interaction between military personnel and civilian staff members.

"It's a large ship with a comparatively small crew, and with half the crew coming from a civilian

maritime background, we have a lot to learn from each other. From a military standpoint, we learn how a merchant ship runs, and the civilian mariners get a peek into some military operations. It's great to see the teams coming together as one to accomplish the mission."

The amenities of Asterix provide much more in the way of comfort and privacy than most warships such as Wi-Fi throughout, private catering and full gym facilities designed by Goodlife Fitness.

The vessel also includes enhanced medical and dental capabilities. On the medical side, those include x-ray and ultrasound equipment, a five-bed hospital trauma bay and pharmacy. Asterix employs a physician assistant, medical technician and medical officer. Asterix' staffing also includes a dentist and dental technician who work from a well-equipped dental office and lab.

LCdr Classen says the massive size of the Asterix and many private quarters can sometimes produce a sense of isolation. He likens life on the ship to that of a modern city, as after work hours most people retreat to their cabins and close their doors for the night. That privacy and lack of interaction is something he and other sailors are not accustomed to when sailing aboard a frigate or submarine.

It didn't become an issue for too long during his time at the helm. Instead of staying isolated he and the rest of the crew held movie nights in the ship's messes along with friendly competitions in ping pong and basketball in the vessel's gym.

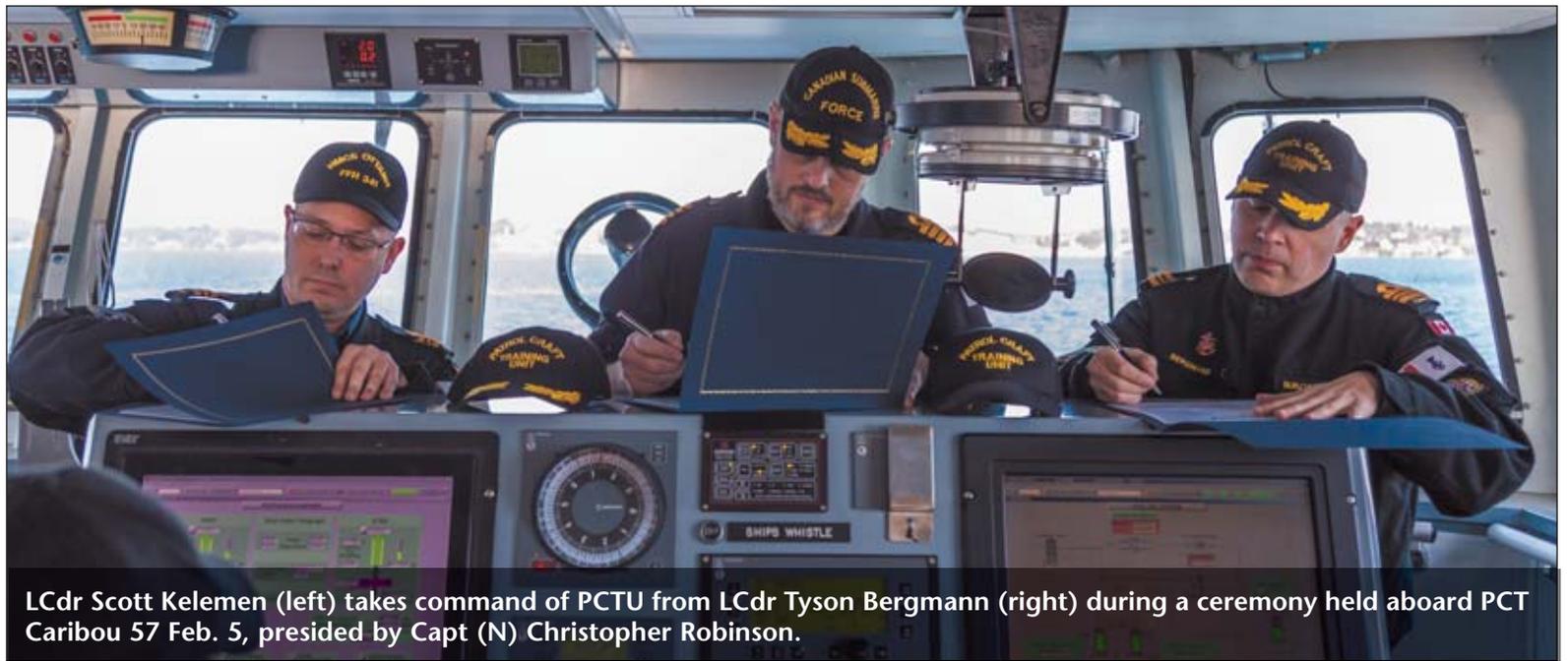
"On a warship it's all about the camaraderie and I think we were successful in recreating some of that," he concluded.



A great week for Patrol Craft Training Unit



LCdr Tyson Bergmann waves farewell to his former crew at PCTU as the Defender boat returns him ashore after the change of command.

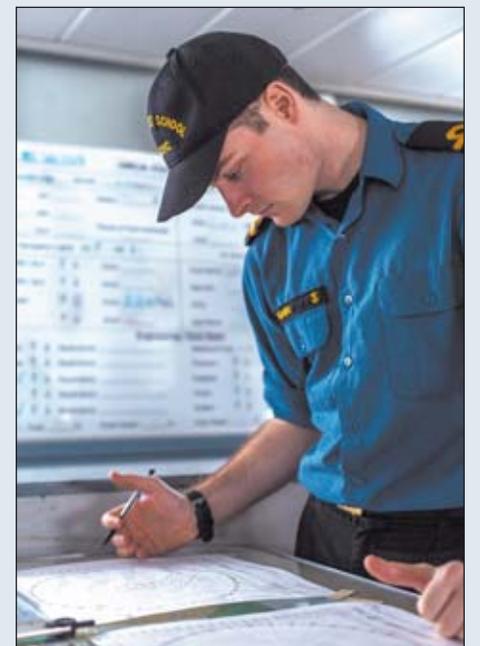


LCdr Scott Kelemen (left) takes command of PCTU from LCdr Tyson Bergmann (right) during a ceremony held aboard PCT Caribou 57 Feb. 5, presided by Capt (N) Christopher Robinson.



A Search and Rescue Technician is hoisted from PCT Grizzley in Constance Bank by a CH-149 Cormorant helicopter as part of the multi-agency Search and Rescue Exercise that took place off the coast of British Columbia. The exercise, which included multiple search and rescue scenarios, took place during the week.

Naval Warfare Officer (NWO) trainees complete assessment runs during the final phase of their NWO III course, known as the manoeuvres phase. This is where junior NWOs learn how to receive a signal from a commanding ship in order to position a 200-ton Orca-class vessel within 500 yards of other vessels while travelling at speed. This provides valuable knowledge on ship handling, as well as experience in managing a bridge team.



Sailors pitch in to build classrooms

Peter Mallett
Staff Writer

Sailors of the Royal Canadian Navy (RCN) are being hailed for their humanitarian efforts in Vietnam last fall that included the revitalization of a centre for Agent Orange victims.

On Sept. 27, 2018, 24 sailors from *HMCS Calgary* and Naval Replenishment Unit (NRU) Asterix got the ball rolling on an extensive revitalization project at Social Welfare Centre No. 3 for Agent Orange and Disadvantaged Children. The work included cleaning, painting, providing new furniture and toys, and teaching equipment for the centre located in Vietnam's coastal city of Da Nang.

Colonel Jeff Drummond, Canadian Defence Attaché Singapore/Cambodia/Vietnam, facilitated the port visit to Da Nang by *HMCS Calgary* and Asterix, who were at the time deployed on Operation Projection. He acted as an intermediary between the sailors and centre to determine the scope and tasking of the project. Upon further discussion

with the Director, Col Drummond realized there was more work to do: build additional classrooms for the children.

He had a conversation with *Calgary's* Operation Chief, Chief Petty Officer Second Class Line Laurendeau that resulted in a quick solution. CPO2 Laurendeau, who supervised the ship's outreach programs, offered up money to pay for supplies to build the classrooms from the ship's Boomer's Legacy funds. She then met with the Director and staff and helped them purchase the required building materials, while the centre arranged for contractors to perform the work.

In January, the centre held an inauguration ceremony for the new classrooms, which was attended by school officials, the Canadian Ambassador to Vietnam Deborah Paul and embassy staff members. A plaque above the entrance to the classrooms unveiled at the ceremony pays tribute to sailors of the RCN and Boomer's Legacy.

"It was very poignant dealing with the Director and staff of the centre. Although they were expecting the agreed outreach activities of the crew, they were incredulous that they could actually commence building the additional classrooms thanks to Boomer's Legacy funding," said Col Drummond.

The Canadian charitable foundation was created in memory Canadian soldier Andrew 'Boomer' Eykelenboom, a medical technician who was killed by a suicide bomber in Afghanistan in 2006. He had worked tirelessly to help children in the war-torn nation before his death.

The centre was provided with approximately \$5,000 in funding to pay for the building supplies.

"This gesture made by the Boomer's Legacy Foundation will leave an imprint on the students, the school and our sailors for years to come," said CPO2 Laurendeau.

She also noted that interacting with staff and children in September was a priceless experience for her and her shipmates.



"The language barrier was evident, but the children's smiles when we played with them proved to have no boundaries and had a lasting impression on everyone," she said.

Their efforts couldn't come at a better time. The classrooms and support for the centre were sorely needed because of the scope and impact of Agent Orange and other toxic chemicals used during the Vietnam War. A recent report by United States think tank The Aspen Institute estimates the U.S. military sprayed approximately 80 million litres of toxic chemicals during the Vietnam War, 61 per cent of which was Agent Orange.

In a separate report, the Vietnam Association of Victims of Agent Orange/Dioxin says approximately 4.8 million citizens were exposed to Agent Orange with tens of thousands dying from exposure and millions of others suffering from cancer and other incurable diseases including birth deformities by the grandchildren of many of these victims.

The war may have ended in 1975, but Da Nang has 5,000 AO/Dioxin victims including 1,400 children. The centre currently looks after 150 of these children, many of whom come from disadvantaged backgrounds.





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Canadian Armed Forces members have been involved with building up the capacity of their Ukrainian counterparts on Operation Unifier since January 2015. Joint Task Force Ukraine

RCN sailors get taste of army life while on Operation Unifier

Ryan Melanson
Trident Newspaper

A long deployment away from home is nothing unusual for Canadian sailors, and there are certain constants they look forward to, like the daily routines of life at sea, camaraderie with shipmates, and hot soup every morning.

However, for a group of Royal Canadian Navy members currently deployed to Operation Unifier Roto 6 in Ukraine, the experience has been a little different. The mission, which has been ongoing since 2015 and focuses on training and support to the Security Forces of Ukraine, is led by members of 1st Battalion, Royal 22e Régiment.

Entering the army environment can be an adjustment for those in navy.

“One of the big differences is nobody knows what your rank is called,” said a Lieutenant(Navy) working in the Intelligence Section. For operational security reasons, military members can only be referred to by their rank and trade. “You’re just a little different from everybody else, and people might look at you a little strangely until a couple of months pass, people get to know you, and then you become part of the team.”

He added that his naval experience has also been beneficial on occasion, such as after a recent security incident in the Black Sea/Kerch Strait, an area he is familiar with from naval deployments.

“Having the navy background came in handy in that it enabled me to speak intel-

ligently on the topic and other naval matters that might affect Ukraine.”

Another member, a Leading Seaman working as one of six Canadian Armed Forces linguists on the mission, said he’s enjoyed a deployment that allows for more fresh air and less time below the decks of a ship.

He added, however, he’s been a bit overwhelmed by the number of people he interacts with each week in his linguist role, and has trouble recalling names, as opposed to speaking with the same colleagues each day during an at-sea deployment.

“I find that part a bit strange. There are people on this deployment who I might not see for weeks at a time,” he said.

The most significant part of the deployment for the Leading Seaman, however, has been returning home country. His family moved to Canada from Ukraine in 2002, and he’s been lobbying to join Op Unifier as a linguist since Canada began supporting the mission.

“My job is to link people who can only speak English with the people from our host nation and facilitate the dialogue between the two on whatever topic is required,” he said. “I feel like I have a unique set of skills among CAF members, so I saw it as a chance to utilize that and contribute to the mission. It’s a bit weird being here in uniform, and the country has changed a lot since we left in 2002, but I’m honestly just happy to be useful to the CAF.”

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Commodore (Retired) Eion Edward Lawder (left) donates his brass dolphin fire dogs to the Canadian Submarine Force. Receiving the gift is Capt(N) Christopher Robinson, Commander of Canadian Submarine Force. Cmdre Lawder joined the Royal Canadian Navy in 1958 and was employed on several ships from 1963 to 1972, including HMCS Margaree, HMCS Gatineau, HMCS Nipigon and HMCS Protecteur. These particular dolphins were cast for him by the Fleet Maintenance Facility Cape Breton foundry while then LCdr Lawder was the Senior Technical Officer of the 4th Canadian Destroyer Squadron. The fire dogs are now on display at the CANSUBFOR headquarter entrance.

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RCN building on previous deployments with Operation Projection West Africa

Ryan Melanson
Trident Newspaper

For the third year in a row, two Kingston-class ships are headed toward the Gulf of Guinea for a four-month deployment to Operation Projection West Africa.

HMC Ships *Shawinigan* and *Kingston* departed Halifax Jan. 22 for the trip that will involve multinational military exercises, capacity building with partner navies in the region, and several community outreach activities.

The Royal Canadian Navy sent a pair of Maritime Coastal Defence Vessels (MCDV) to the region during the same time period in 2017 and again in 2018. After two successful deployments, the key is to maintain momentum, said RAdm Craig Baines, Commander Maritime Forces Atlantic.

"To really have an impact in that part of the world you need to have a persistent presence, you can't just go once and come back. What we're doing is building on the previous two deployments."

RAdm Baines said Canada is now becoming recognized as a persistent partner to its allies in the region, and that deploying to West Africa annually offers a real opportunity to help in an area where governments struggle with criminality at sea, including smuggling and illegal fishing.

The previous two years have seen Canadian sailors, including members of the Naval Tactical Operations Group, conducting exercises with counterparts from Ghana, Senegal, Côte d'Ivoire and elsewhere. Community visits have allowed navy personnel to provide labour and electrical/engineering support to schools and orphanages, while also meeting with local youth and community leaders for discussions promoting education and diversity.

It's expected that this year's Op Projection deployment will deliver many of the same types of successes, said LCdr Terry Share, Commanding Officer of *Shawinigan*.

"The specific objectives are to conduct strategic capacity building with all of the nations in and around the



HMCS *Kingston* off the coast of Halifax. The ship conducted hoist training with a CH-148 Cyclone while it began its transit to West Africa for a four-month deployment.

Photo by LS Laurance Clarke, 12 Wing Imaging

Gulf of Guinea, and also to conduct cooperative deployments with those nations," she said.

This will include *Shawinigan* and *Kingston's* participation in Exercise Obangame Express 2019, the region's largest annual military exercise led by U.S. Africa Command and typi-

cally includes more than 30 countries. Following that, the ships will take part in Exercise Phoenix Express, another American-led initiative focusing on Northern Africa, alongside militaries from Mauritania, Morocco, Algeria, Tunisia, Libya, and Egypt.

It's a long sail across the Atlantic, and a long deployment for the two 33-member crews, but LCdr Share has no doubt her people are ready.

"Right now, I can say *Shawinigan* has an incredibly passionate crew. They've worked so hard to get us to this point, and I know I'll be thanking them again and again for putting in that extra time," she said, adding that the same is surely true for their counterparts in *Kingston*, sailing under the command of LCdr Jeremy Samson.

While members of the two crews are looking forward to the warm weather in the Gulf of Guinea, exciting exercises at sea have already begun while they're still in the cold, with *Kingston* being the first MCDV to perform hoist training with the CH-148 Cyclone helicopter shortly after leaving Halifax harbour.

The ships are expected to return to Halifax in May, and plan to bring along exchange members of different West African navies for the trip back home.



HMCS *Shawinigan* departed Halifax on Jan. 22, along with HMCS *Kingston*, to sail to West Africa for Operation Projection.

Photo by AB Tyler Antonev, FIS

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Fleet Maintenance Facility Cape Breton Medals and Awards

Capt(N) Ed Hooper presented medals and awards to the following employees.



Tanya Brown receives her FMF Employee of the month award.



LCdr Gregoire Marquis receives his retirement for 36 years of service.



PO1 Aaron Murray receives the Canadian Forces' Decoration.



PO2 Jeff Snook receives the Canadian Forces' Decoration.



Lt(N) Jeremiah Foley receives the Canadian Forces' Decoration.



PO2 Jeff Snook receives the Special Service Medal.



PO1 Darren Funston receives the Canadian Forces' Decoration 1 (Bar).



PO1 Donald Dorion receives the Canadian Forces' Decoration 1 (Bar).

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Canadian Fleet Pacific Headquarters



Lt(N) DuBois is promoted to LCdr by Commodore Angus Topshee, Commander Canadian Fleet Pacific, and Commander Chanthalansy, Canadian Fleet Pacific Engineering Officer.



PO2 Lemus is commissioned to A/SLt by Cdr Watkins, Canadian Fleet Pacific Logistics Officer, his father Paul Lemus and daughter Maya Lemus.

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