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Volume 64 Number 13 | April 1, 2019

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HMCS OTTAWA  
*clinches title*

## COCK of the WALK

HMCS Ottawa's goaltender, LS Matt Nicolle, hoists the Cock of The Walk trophy overhead in jubilation after his team's 4-3 overtime victory. They defeated Fleet Diving Unit (Pacific) in the Cock of The Walk hockey tournament championship game, March 21 at the Wurtele Arena.

Read more on the game on  
page 11.



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# Ailing dockyard worker needs stem cell donor

**Peter Mallett**  
Staff Writer

**T**he family of a dockyard worker recently diagnosed with leukemia is searching for a potentially life-saving stem cell donation.

Jeremy Chow, a 42-year-old shipwright joiner from Fleet Maintenance Facility (FMF) Cape Breton, was diagnosed with acute myeloid leukemia in November 2018. Because Chow is of mixed race - Chinese and English - he and his family have had no luck finding a donor through national and worldwide donor registries.

Positive stem cell matches are determined through inherited ancestral tissue types and other genetic markers. But there is a significant race-based unevenness in the donor list worldwide. Approximately 70 per cent are Caucasian, 16 per cent are Asian, and an even smaller percentage are mixed race.

"A donor could come from anyone, anywhere. We have been actively searching the registries, but nothing is coming up as a match yet,"



Dockyard worker Jeremy Chow takes a selfie with his wife Evelyn (left), his two daughters Jayla and Maile, and the family cat Piku. Chow is currently battling leukemia and so far has had no luck in his search for a potentially life-saving stem cell donation.

Photo by Evelyn Chow

said Evelyn Chow, Jeremy's wife.

While Jeremy was wrapping up chemotherapy at a Vancouver hospital last week, Evelyn and Jeremy's friends and co-workers were busy spreading the word about his situation.

"We could never have imagined this was going to happen to Jeremy and that there was such a shortage," said Evelyn. "The effort now

is not only to help Jeremy find a donor, but also to raise alarm bells about the shortage in an effort to help others who are in a similar situation."

Last week, Evelyn attended a stem cell donor clinic at the University of British Columbia in hopes of finding a match. Evelyn along with her family and friends, plan to organize a stem cell drive in Vancouver

at the end of April to continue creating awareness of this shortage and increase donor registrants of Asian heritage.

She says that despite his diagnosis and side effects of the treatment, Jeremy is in good spirits and continues to have a positive outlook from this experience. But he is considerably weakened, and having to live in Vancouver since November

of last year to receive treatment, the separation from his two children Jayla, 8, and Maile, 10, is beginning to take its toll.

Evelyn and the children conduct regular video chats to cheer him up.

"He is doing well and is responding to treatment. What typically happens next after chemotherapy is complete is a patient would undergo a stem cell

transplant, so we are still holding out hope that this will happen."

Allison Verley, who has worked alongside Jeremy for the past 14 years, says she is proud of how the entire ship repair unit has rallied around Jeremy and his family.

"When we heard the news about his diagnosis everyone in the unit was rocked by it because he is such a young and healthy man and so full of positivity," says Verley.

Jeremy has received substantial support from his co-workers from volunteering to do maintenance around the house, to making meals for his family, to fundraising to help offset the travelling costs between Victoria and Vancouver and Jeremy's accommodation while he is living in Vancouver. The family is truly grateful to his "Dockyard Family."

Verley and Evelyn are encouraging everyone to go online and find out more about becoming a stem cell donor at the Canada Blood Services webpage: <https://blood.ca/en/stem-cells/eligibility-and-registration/register-donate-stem-cells>.



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ENROL DATE	<b>1990 //</b>
RETIRED AS	<b>LIEUTENANT //</b>
DEPLOYMENTS	<b>CHIEF OF THE MARITIME STAFF //</b> <b>OP SHARP GUARD (ADRIATIC) - 1995 //</b>
LOCATION	<b>NATIONAL OFFICE //</b>
TITLE	<b>STRATEGIC COORDINATOR //</b>
SERVICE	<b>2017-PRESENT //</b>



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# BASE LIBRARY CLOSURE OPENS A *New Chapter*

**Peter Mallett**  
Staff Writer

Base librarian Sheryl Irwin is about to turn the page to the next chapter of her life story, retirement.

On April 17, Irwin will officially end her 35-year career in Canada's public service. She will say goodbye to her co-workers and friends with a small farewell lunch at a local restaurant.

"I had a definite passion and am so grateful to do this job," said Irwin. "I am especially thankful to the person who hired me and gave me the chance to do this job. I loved every minute of it."

Two weeks before Irwin's departure, the Base library will close its doors for good. The library, which occupies Naden's building 12, and three other structures located in the immediate vicinity are being transferred from the Department of National Defence (DND) to Public Services and Procurement Canada.

Irwin, 57, had worked for the Federal Government prior to becoming the librarian, mostly performing secretarial and clerical duties at various military installations across the country and once in Baden, Germany. She took on the job of head librarian in 2001.

"I didn't actually get my librarian's diploma until after I got the job at the Base library," she says. "My boss in Base Administration encouraged me to look into schooling and said that DND would reimburse me when I passed the course."

Being a divorced, single mom kept busy with work and raising two children, full-time attendance at a post-secondary institution was impossible. So, Irwin did the next best thing and enrolled in an online course, obtaining her qualification over four years through the Nova Scotia Community College.

Over the years, she has prided herself on promoting the library and keeping its collection relevant and perhaps even a little bit eclectic. She notes that despite the library's small

FOR LIBRARIAN



size, resembling a small post-war house, its military section is particularly strong and comparable to much larger facilities.

"I think after I got the job the patrons definitely increased," she said. "My efforts were to let people know the library was here. I truly wanted it to excel."

But Irwin admits that as the years rolled by and the prevalence of digital technology mounted, the appeal of reading print had lost its draw for many people.

An agreement for the transfer of property between Base Administration to Real Properties Operations Section (RPOs)

Esquimalt was initially reached on April 1, 2017, setting in motion the wheels that led to its closure.

That agreement stipulated the library would remain open until the retirement of its librarian.

Kelli Mullally, Deputy Base Personnel Services Officer, assisted in the land transfer project to RPOs and says the identification of library resources that are "particularly meritorious" or have great "historical military or naval significance" is on-going.

With the library set to be shuttered, Irwin, with the help of a casual librarian, will be kept busy finding permanent homes for the books at various units on the base and organizations off base.

Some items will temporarily be kept in large shipping containers located in Colwood as they are distributed to various units and libraries on the base, some books will be sold, and some donated to community partners, particularly the Greater Victoria Public Library.

Mullally says a form of recreational library or reading room is also being considered for the future Junior Ranks accommodation facility.

Irwin says she has already arranged to spend some of her retirement time volunteering for the children's urban agricultural non-profit Growing Chefs. She fully believes in their message to bring gardening, food nutrition, and local growers into schools.



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## WHAT SAY YOU

### People Talk

Lookout asked athletes and coaches participating in last week's Warrior Games Training Camp:

*What was the most gruelling physical challenge of your lifetime?*



I am a Close Protection Officer for the Canadian military and the biggest physical test I ever had was the last component of a close protection training course in England. The final test was a stretcher race, which involved four-person teams lugging a 250-pound stretcher made of railway ties and scaffolding through a 13-kilometre course over rugged terrain. It physically drained every part of my body.

**Lieutenant-Colonel  
Daniel Dandurand,  
indoor rowing**



A kayaking trip I had around Nootka Sound in the Gulf Islands. I was with two friends and we spent our days kayaking from sunrise to sundown and covered distances of over 20 kilometres a day. It was physically exhausting because we were also fighting against the winds and strong currents.

**Joe Higgins,  
wheelchair  
basketball coach**



Participating in the Nijmegen Marches in Holland. It had to be the most difficult challenge of my 20-year military career because we marched for five days, approximately 52 kilometres a day, in hot temperatures with full military ruck sacks and gear. It was muscularly, physically, and mentally exhausting.

**Sergeant (Retired)  
Peter Sova,  
power lifting and  
indoor rowing**



My rescue swimmer course in 2004 just simply because the course was so fast paced and compressed. Swimming against the current was the most physically gruelling part and having to do that with an entire team was extremely challenging.

**PO2 Lisa Nilsson,  
shooting, power lifting,  
wheelchair basketball**



My ship's diver course was the most challenging for me because I am not a strong swimmer. The test was very difficult, the water temperatures were cold and there were lots of waves and currents to fight. To top it all off we did the test with little sleep, which was also part of the training.

**Capt (Retired)  
Daniel Germain,  
golf, archery, recurve  
pistol shooting,  
wheelchair rugby,  
mountain biking**

## WHAT SAY WE

# SPORTS trivia

By Stephen Stone and Tom Thomson, Contributors

### Questions

1. Who was the first baseball player to sign a one-season contract for a five-figure salary that paid him \$2,000 per month for six months?
2. Who was the first player/manager to sign a one-year, \$25-000 contract?
3. Who was the first major league ball player to earn more than \$50,000 per year?
4. Who was the first to be paid \$100,000 a year in MLB?
5. Who was the Chicago White Sox player to be the first to be paid a cool quarter-million bucks?
6. Who was the Philadelphia Phillie who first cracked the half-million benchmark on salary?
7. Who was baseball's first million dollar player?
8. In 1974, who left the Oakland Athletics via free-agency to sign with the New York Yankees for \$239,000, making him, at the time, the highest-paid pitcher in the major leagues?
9. In 1992 which New York Met inked a deal for 5,000,000 bucks?
10. Who was the first major league player to sign contracts worth \$20 million and \$30 million?
11. Which free agent did the Phillies sign in 2019 to the largest-ever contract, since surpassed by Mike Trout?

### And now for other sports salaries

12. In 1962, Chicago Black Hawks owner James Norris offered Toronto Maple Leafs co-owner Harold Ballard \$1 million for which Leafs player?

## SPORTS SALARIES KEEP CLIMBING

**Answers**

1. Detroit Tiger Ty Cobb in 1913. His previous contract was a \$27,000, three-year deal.
2. Ty Cobb in 1921. It was the first of six, one-year deals he signed with the Tigers.
3. George Herman "Babe" Ruth of the Yankees in 1922.
4. Joe DiMaggio of the Yankees in 1949.
5. Dick Allen in 1974. And he is not in the Hall of Fame.
6. Mike Schmidt in 1977 signed a deal worth \$561,500 and he is in the HOF.
7. Nolan Ryan in 1980 signed a four-year deal that paid him a cool \$1 million per year.
8. James Augustus "Catfish" Hunter.
9. Bobby Bonilla
10. Alex Rodriguez – in 2001 the Texas Rangers signed him for a 10-year, \$254-million contract; in 2009 he signed with the Yankees for \$30 million.
11. Bryce Harper accepted a 13-year, \$330-million deal.
12. Frank Mahovlich. He walked out of the Leafs' training camp over a salary dispute that was later solved when Norris made the offer. The offer was cancelled and the cheque is in the Hockey Hall of Fame.



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# Adventure training tests hikers' might

**Peter Mallett**  
Staff Writer

Six military members from CFB Esquimalt overcame cold temperatures, steep inclines and a dose of adversity during their recent adventure training on B.C.'s Sunshine Coast Trail.

The team from Joint Task

Force Pacific and Maritime Forces Pacific headquarters set out on their expedition along a portion of the 180-kilometre back-country trail on March 11. It is Canada's longest hut-to-hut trail that enables hikers to make use of large 10-person huts for overnight shelter scattered in 14 locations.

The aim of adventure training is to enhance physical fitness, endurance and

morale, to inspire leadership, and to test individual and group abilities under challenging conditions.

Five days on the Sunshine Coast Trail did not forgo that test.

## Adventure in Adversity

As is often the case, the hike didn't start as planned.

One day before they were to leave, team leader Captain Steve Galipeau suf-

fered a minor back injury, which meant it wouldn't have been prudent for him to lead the group on the expedition.

That opened the door for the team's second in command, Leading Seaman Gillian Good to take charge. She's an experienced hiker and kayaker, and was up for the challenge, but was concerned her non-commissioned rank might be an issue.

"I was the only non-officer in the group and now all of a sudden I was in charge," she said.

But she quickly learned that good character and strong team spirit were all that was needed.

"Adventure training is all about expecting the unexpected and being flexible and working as a team, and despite the curve thrown to us, we still managed to start out on the right foot."

That would not be the only curve ball. Old Man Winter was still packing a potent punch in the Sunshine Coast.

## Winter's last stand

Late in the afternoon on day one, the group was

dropped off by van at the start of the trail at the end of a frozen logging road near Powell River. Freezing rain that first night was not enough to dampen spirits though.

The next day the unseasonably cold weather and snowpack covering the trail made footing on inclines and at higher elevations highly treacherous. Traversing to Tin Hat Mountain, their original goal, would have required snowshoes, says LS Good. So, for safety she decided to limit their expedition to lower elevations of the trail, setting out from their hut in a different direction each day.

"The weather threw us all sorts of curves, but it was up to us to use this time for adventure training or lose it," said LS Good.

Capt Galipeau later congratulated her for exercising caution, weighing the risks, and putting the health and safety of her team at the forefront of the hike.

Despite scrubbing the original expedition to Tin Hat Mountain, the new course still allowed them to test their skills and see beautiful scenery.

## HIKING TEAM

- LCol Sylvain Gagné
- Maj Joe Coté
- Maj David Baldwin
- SLt Charles Boyes
- SLt Trevor Hlynski
- LS Gillian Good

"We still managed to ascend to the top of several mountain summits in the area," said LS Good. "I remember on one occasion being able to look out across the Strait of Georgia and see Mount Washington and Texada Island off in the distance. It gave the group that sense of accomplishment we had been seeking."

Capt Galipeau and the expedition's driver were there to meet the group as they exited from the dense forest on the Sunshine Coast Trail.

"The group was in good spirits, and everyone seemed to enjoy the training. But because of the cold conditions they were certainly looking forward to a warm bath or shower," said Capt Galipeau.



Photo by NCdt Hlynski

Members of the Joint Task Force/Maritime Forces Pacific adventure hiking team gather for a photograph. From left: Maj David Baldwin, Maj Joe Coté, SLt Trevor Hlynski, SLt Charles Boyes, LS Gillian Good and LCol Sylvain Gagné.

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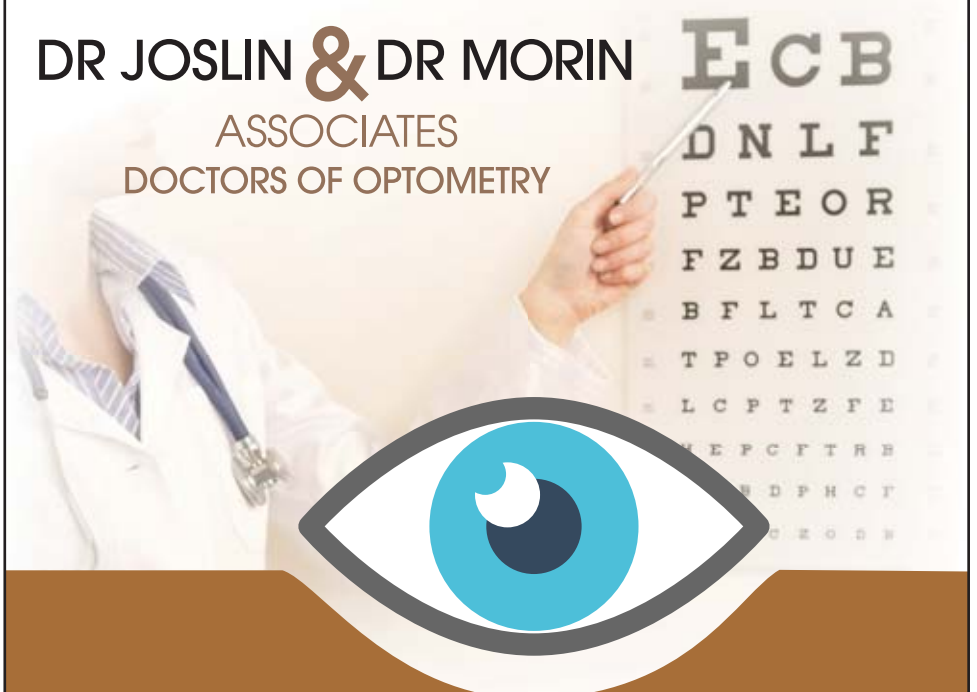
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HeroWork volunteers gather for a group photograph after completing a Radical Renovation at the Mustard Seed Food Bank in October 2018.  
Photo by Terri Kott, HeroWork

## Sailors nail it home for HeroWork

**Peter Mallett**  
Staff Writer

Two sailors were recognized by local charity HeroWork for their outstanding volunteer efforts.

Master Seaman Jean-Luc Larocque and Lieutenant Commander Mai Guo were honoured with a Golden Hammer Award in HeroWork's March 13 awards ceremony at the Sticky Wicket pub in downtown Victoria.

They both received awards for their on ongoing hard work and dedication, including the charitable organization's latest Radical Renovation of the Mustard Seed Food Bank last fall.

MS Larocque began volunteering for the charity five years ago and has worked on five renovation projects.

"Volunteering and offering my time to the community is a normal thing for me. So, I was really surprised and wasn't expecting to receive any formal recognition for this work," said MS Larocque.

He began his volunteer work over 20 years ago when he joined the volunteer fire department in his hometown Gatineau, Que. In 2006, he was given Gatineau's volunteer firefighter of the year award and volunteer of the year award.

Lieutenant (Navy) Colin Dudeck accepted a Golden Hammer on behalf of CFB Esquimalt and Canadian Forces Morale and Welfare Services' charity Boomer's Legacy. Lt(N)

Dudeck has volunteered on many projects and has been the charity's Base Liaison, helping bring on board countless sailors to

the renovation projects.

Paul Latour, HeroWork founder and CEO, congratulated the sailors for their work. The renovation projects have always relied on a strong showing from military and civilian volunteers from CFB Esquimalt and the "impactful" financial support from Boomer's Legacy, he said.

"It's been an honour to work with our military on many charity renovations who have been an integral part of HeroWork's success. Our community is stronger because of our partnership."

Latour also announced at the awards ceremony that LCdr (Retired) Rob Petitpas has accepted a full-time position as HeroWork's Director of Projects.

For more information about Hero Work and how to get involved visit their website: [www.herowork.com](http://www.herowork.com)



*It's been an honour to work with our military on many charity renovations who have been an integral part of HeroWork's success. Our community is stronger because of our partnership.*

Paul Latour, HeroWork founder and CEO

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# BRONCO

## flies again

**Capt Alex Chatwin**  
HMCS Regina HELAIRDET

When *HMCS Regina* sailed out of Esquimalt Harbour Feb. 9, embarked on the ship was the Cyclone helicopter CH14824 (call-sign Bronco) and Air Detachment (HELAIRDET).

After *Regina* sailed west from Hawaii, a significant setback occurred during envelope expansion aboard accompanying ship Naval Replenishment Unit (NRU) Asterix.

Under challenging operating conditions, the CH148 experienced a hard landing on Feb. 19, and sustained enough damage to require a significant Royal Canadian Air Force (RCAF) response. Technicians and support personnel were brought together from *Regina*, 443 Maritime Helicopter Squadron, 12 Air Maintenance Squadron, 423 Maritime Helicopter Squadron, 450 Tactical Helicopter Squadron, an Aircraft Engineering Officer,

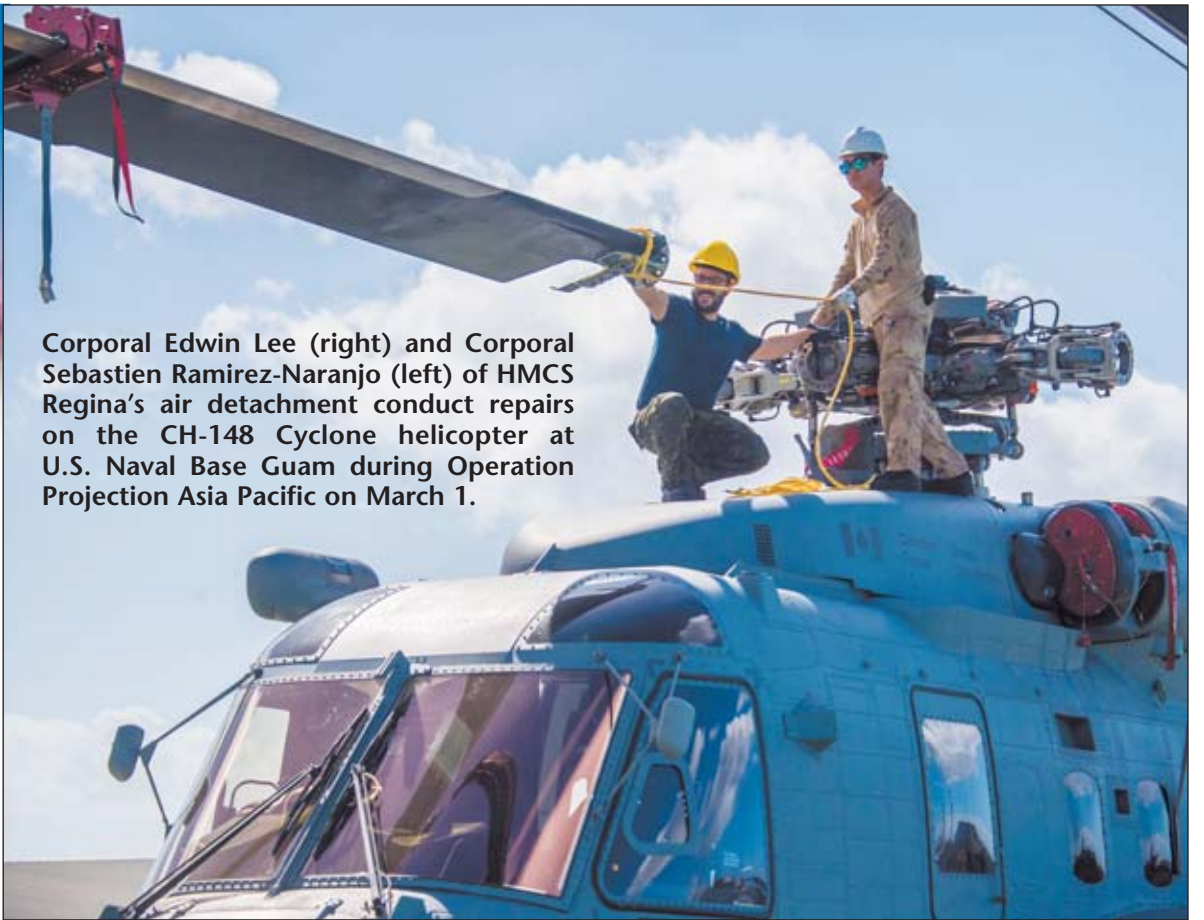
and Sea Training (Atlantic) and Sikorsky representatives.

These personnel formed a mobile repair party on the remote island of Guam to cohesively execute around-the-clock repairs once the ships arrived.

A comprehensive damage assessment was carried out in NRU Asterix during the transit to Guam, which defined the task ahead, but made it no less formidable. Various inspections and repairs to the helicopter also started on NRU Asterix and continued until the ships arrived in Guam.

During the transit parts, tools, and equipment were transferred from *Regina*, Bronco's home ship, over to NRU Asterix.

After arrival in Guam, the Mobile Repair Party from Canada joined the team in Guam with specialized qualifications, authorizations, tools, and parts. The tail pylon was removed and replaced, four main rotor blades were



Corporal Edwin Lee (right) and Corporal Sebastien Ramirez-Naranjo (left) of HMCS Regina's air detachment conduct repairs on the CH-148 Cyclone helicopter at U.S. Naval Base Guam during Operation Projection Asia Pacific on March 1.

Photo by Corporal Stuart Evans, Borden Imaging Services

removed, two were re-installed and two were replaced, the left main landing gear was replaced, and repairs to a cracked sponson were carried out.

"We had three crews working continuously in eight to 12 hour shifts," said Sgt Scott Rose, air crewmember with *Regina*. "We

had a mix of *HMCS Regina*, Shearwater and Patricia Bay crews working together, where each crew participated on all aspects of the job."

On March 6 Bronco flew again.

After hundreds of maintenance hours, the requisite maintenance ground runs and maintenance test

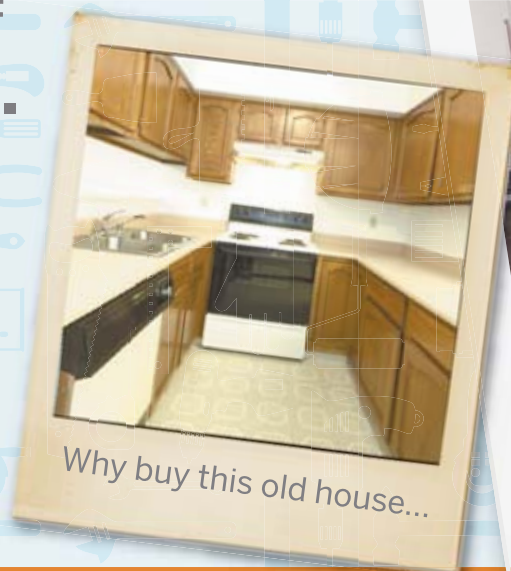
flights breezed by over a two-day period.

As *Regina* and NRU Asterix proceed on Operation Projection, and ultimately to serve on Operation Artemis in the Arabian Sea, Bronco will continue to be a force multiplier for the Canadian Armed Forces.

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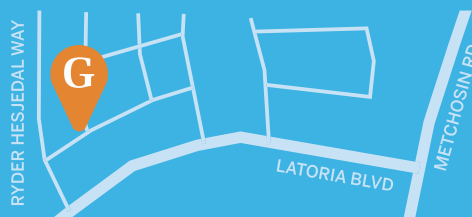
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# Injured members find recovery through sport

**Peter Mallett**  
Staff Writer

Veterans and currently serving Canadian Armed Forces members from across the country descended on sports venues at CFB Esquimalt and across the city, March 25 to 29, for the 2019 Warrior Games training camp.

They are preparing to represent Canada at the U.S. Department of Defense Warrior Games from June 21 to 30 in Tampa, Florida.

Even before their competition begins, the 40 injured and ill athletes are already declaring victory.

"This year's Warrior Games training camp in Victoria was an overwhelming success," said Team Canada's Support Manager, Joe Kiraly, who works for Canadian Forces Morale and Welfare Services' Soldier On Program. "The base leadership and the entire community came together to support this team of ill and injured athletes, who realize they can recover through sport."

The international multi-sport competition is similar to the Invictus Games in spirit and features 14 sports: archery, cycling, shooting, sitting volleyball, swimming, athletics (track and field), wheelchair basketball, indoor rowing, powerlifting, wheelchair rugby, wheelchair tennis and golf.

Athletes got some high-profile encouragement from Canadian wheelchair and Paralympic athlete Michelle Stillwell. She stopped by the Naden Athletic Centre for a pep talk and to play wheelchair basketball and wheelchair rugby with Team Canada members.

Corporal Nick Kerr surges into the water at the Naden Athletic Centre.

A Team Canada's track team member practices exploding out of the blocks.

Photos by Lyndon Goveas; CFMWS

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## CANEX serving up volunteer appreciation brunch

**Peter Mallett**  
Staff Writer

Volunteers who assisted the Esquimalt Military Family Resource Centre (MFRC), the CFB Esquimalt Naval and Military Museum, and Personnel Support Programs (PSP) in delivering their services over the past year are about to be honoured at an April 6 Appreciation Brunch at the Chiefs' and Petty Officers' Mess.

The brunch is sponsored

by CANEX.

CANEX Esquimalt Store Manager Sara Johnson says the volunteer recognition event is an important way to acknowledge the vital role that community service plays within the Canadian Armed Forces (CAF) community.

"We are honouring our wonderful volunteers who put in many hours of their free time to help run special events and the day-to-day operations of three different organizations here at

the base," said Johnson. "The day is a celebration of this and a way to gather everyone together under one roof to celebrate their achievements."

Johnson says the annual volunteer appreciation has normally featured an evening banquet but this year organizers wanted to offer something new.

The event commences at 11 a.m. with opening remarks from the Base Commander, Capt(N) Jason Boyd.

## Band of the 5th (BC) Field Regiment, Royal Canadian Artillery

### Spring Concert

**Pte Harry McGuire**  
5th (BC) Field Regiment

Calling all military music aficionados. The Band of the 5th (BC) Field Regiment, Royal Canadian Artillery, is presenting its 20th Annual Spring Concert at 2 p.m. at the Dave Dunnet Theatre (in Oak Bay High School, 2121 Cadboro Bay Rd., Victoria) on Sunday April 14.

The Band of the 5th has been a fixture of the Victoria community since the earliest years of the city's establishment. The oldest continually operational military band west of Thunder Bay, the Band of the 5th can trace its lineage back to the Victoria Volunteer Rifle Corps in 1864; remember, Victoria was only incorporated as a city in 1862.

Today, the Band is the only army brass and reed band on Vancouver Island and currently consists of serving members of the Canadian

Armed Forces Primary Reserve and by civilian volunteer associates.

The 20th Annual Spring Concert promises to be a fun and engaging afternoon of music. With compositions by Johann Strauss (Jr. and Sr.), Gustav Holst, Alfred Reed, John Williams, and many others, the adept musicians of the 5th (BC) Field Regiment will explore a variety of musical styles with graceful proficiency, under the baton of Master Warrant Officer Daniel Moses.

Of course, as is always the case at the Band's concerts, classic military marches will be featured with prominence and performed with great vigour.

Admission is by donation. Proceeds will go to the Fifth BC Artillery Regiment Foundation.

The Band of the 5th (BC) Field Regiment, RCA is currently looking for new members. If you are a capable musician that is interested in joining a band that is active within the community, you are encouraged to attend the Spring Concert and visit the Band's website: [www.5fieldband.ca](http://www.5fieldband.ca).

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## Ottawa crowned hockey champs

**Peter Mallett**  
Staff Writer

Hockey players from *HMCS Ottawa* played their best game against a familiar foe and claimed this year's Cock of the Walk hockey title.

*Ottawa* scored a 4-3 overtime win over defending champion Fleet Diving Unit (Pacific) in the tournament's final game, and compiled a perfect 6-0 record in the four-day tournament, played March 18 to 21 at Wurtele Arena.

The winning goal was scored by Lieutenant (Navy) Edric Lim less than a minute into the five-minute overtime period. FDU(P) opened up a 2-0 first period lead before *Ottawa* rallied for the victory, avenging a loss to the same opponents in last year's title game.

After the final buzzer sounded, *Ottawa* players flooded the ice to celebrate the victory and hoist the Cock of the Walk trophy. At the centre of the scrum of cheers and high fives was *Ottawa* goaltender Leading Seaman Matt Nicolle. LS Nicolle noted that he and his teammates defeated an opponent that represents a unit synonymous with exceptional physical fitness.

"It takes a great deal of commitment to take on the Fleet Diving Unit and win, because they will always have you beat in terms of conditioning," said LS Nicolle. "We won because of a combination of hard work, talent, and team chemistry, as many of our players play together for the CFB Esquimalt Tritons that recently won the CAF Regionals and were CAF Nationals finalists."

In round robin play, *Ottawa* came up with wins over *HMCS Calgary*, Base Information Services, FDU(P) and Naval Fleet School Pacific, followed by a semi-final victory over *HMCS Winnipeg*.

Organized by Personnel Support Programs, the intention of the year-long multi-sport competition is to enhance fun and fitness with friendly athletic competition between the base's units. Participation in Cock of the Walk is open to both Regular Force and currently on contract Reservists, with a valid FORCE test certificate.

This year's competition also included ball hockey, 7-side soccer, volleyball and beach volleyball, sailing, flag football, basketball, slo pitch, Navy Run and the Navy Bike Ride.

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## Fleet Maintenance Facility Cape Breton

Capt(N) Ed Hooper, Commanding Officer of Fleet Maintenance Facility Cape Breton, presented promotions and certificates.

Photos by LS Mike Goluboff, ARPAC Imaging Services



LS Tyler Noorgard is promoted to his current rank, accompanied by his fiancé Brianna Williams.



CPO2 Mark Zinkowski retires after 27 years of dedicated service, and receives a shadow box from Capt(N) Hooper.



LCdr James Henry Chase receives a Commander Royal Canadian Navy Commendation.



LCdr Dave Stewart is promoted to his current rank by Capt(N) Martin Drews, Commander Naval Personnel and Training Group, and Cdr Brad White.



Lt(N) Denise Beland is presented her Canadian Forces' Decoration First Clasp from Commander Brad Henderson, Commanding Officer Regional Cadet Support Unit (Pacific).

Photo by: Capt Townley,  
Regional Cadet Support Unit (Pacific) Headquarters



Avr Wilcox is promoted to the rank of Avr (Trained) by Maj Kierstead, Officer in Charge of Real Property Operations Unit (Pacific).



SLt Sylvian Dostie is awarded the Canadian Forces' Decoration by LCdr Jason Stubbings.

Photo: Leading Seaman Mike Goluboff, MARPAC Imaging Services



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# Bravo Zulu



## HMCS Regina Honours and Awards



OS Valerie Bustros is promoted to Able Seaman.

Presented by Cdr Jacob French,  
Commanding Officer

Photos by Corporal Stuart Evans,  
Borden Imaging Services



AB Joravar Gill is promoted to Leading Seaman.



Cpl Thomas Oakes receives his Gun Metal Sea Service Insignia.



AB Naudeep Phagoora is promoted to Leading Seaman.



AB Steven Lindsay receives his Gun Metal Sea Service Insignia.



LS Curtis Bewick receives his Bronze Sea Service Insignia.



AB Samuel Gagnon receives his Gun Metal Sea Service Insignia.



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## Base Ceremonial Divisions

Capt(N) Jason Boyd, Commanding Officer of CFB Esquimalt, presented promotions and certificates.

Photos by LS Mike Goluboff, MARPAC Imaging Services



Cdr Nicholas Manley receives his NATO Bar to the Special Service Medal.



MS Marc Tremblay receives his NATO Bar to the Special Service Medal.



LCdr Catherine Sands-Leith receives her Canadian Forces' Decoration.



PO2 Micheal Babcock receives his first clasp to the Canadian Forces' Decoration.



Cdr Sam Sader receives his first clasp to the Canadian Forces' Decoration.



SLt Asifur Khan receives his Canadian Forces Decoration.



MCpl Matthew Lucas receives his Commander Royal Canadian Navy Commendation Certificate.



PO1 Marc Grimard receives his Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



Richard Asselin receives his Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



Pamela Alix receives her Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



Clare Cousins receives her Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



Darcie Rolph receives her Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



Colleen Strong receives her Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



MCpl Katrina Duvall receives her Maritime Forces Pacific Bravo Zulu Certificate of Achievement.

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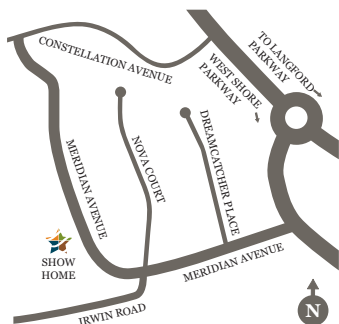
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