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OPERATION ARTEMIS

# HMCS REGINA



Photo by MCpl PJ Letourneau, Canadian Forces Combat Camera

Leading Seaman Alexis Côté-Lapointe (right) and Ordinary Seaman Tyler Drayson Ferrer depart from HMCS Regina anchored in the vicinity of Victoria, Seychelles, and head to shore during Operation Artemis on March 30.

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Able Seaman Samuel Gagnon (right) and Ordinary Seaman Zachary Bacon conduct a live-fire training exercise.

## OPERATION BIG DAWG

# Regina's big day of awesome warfare gunnery

Photos by Corporal Stuart Evans, Borden Imaging Services



A member of Regina's Naval Tactical Operations Group conducts live-fire training.



Able Seaman Steven Lindsay loads the Multiple Ammunition Soft Kill System.

### Lt(N) Adam Ness HMCS Regina

HMCS Regina has transited the Indian Ocean and is now supporting Operation Artemis, Canada's contribution to Combined Task Force 150, which is responsible for tracking, boarding, and interdicting the trade of narcotics and other illegal cargo being smuggled around the African coast and Middle East.

A few weeks ago, Regina conducted a multi-element training with the embarked CH-148 Cyclone helicopter (call sign Bronco), the embedded Naval Tactical Operations Group

(NTOG), and all levels of the ship's defensive capabilities in one combined "day of awesome warfare gunnery", otherwise known as Operation Big "DAWG".

These types of serials are common within the Royal Canadian Navy to ensure proficiency and maintain the ship's combat readiness. This serial was unique as it was the first time all the deployed assets onboard Regina were used in one large layered defence exercise against a single threat: a remote-controlled target called a Hammerhead simulating a fast inshore attack craft.

The day was broken down into three phases; the first being to

train the bridge teams in warning operations and the use of force under the direction of NTOG. They trained in distance appreciation, the use of the bridge warning organization, and the employment of .50 calibre heavy machine gun warning shots against a fast craft threat.

The second phase was the use of the Cyclone and its C-6 machine gun to deter and conduct more warning shots against the threat.

The third and final phase was the biggest event of the day; the use of Regina's main armament, the 57mm gun, to engage and ultimately stop the inbound threat.

During the final run, the

Hammerhead once again began to close the ship. The bridge issued warnings, yet it continued to close; this is when the 57mm gun fired at the Hammerhead.

As the target continued to close the ship, the 57mm gun engaged it again. If this was not a training serial, the Fast Inshore Attack Craft would have been stopped by this point; however, for the exercise it continued to close the ship and Regina's layered defence continued. Once it reached 500 yards, the NTOG team and the underway force protection component prosecuted the threat from the upper decks with small arms along with the bridge .50

calibre heavy machine gun teams. Finally disabled and bullet-ridden, the Hammerhead slowly sunk, allowing members of NTOG, the ship's .50 cal teams and Bronco to use the opportunity for extra target practice. The serial finally ended when the Hammerhead slipped beneath the waves.

Ultimately, the day was a resounding success and validated the skills of all personnel involved onboard the ship. This intricate training serial re-affirmed Regina's unofficial motto of "Three Three Four, Ready for War", proving that the ship and crew is ready for their mission.

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# Soldier On tees up recovery with golf



**Peter Mallett**  
Staff Writer

Inclement weather didn't thwart a group of ill and injured military members from hitting the links at Bear Mountain last week; they soldiered on.

Twelve veterans and currently serving military members from Western Canada were in the midst of a four-day Soldier On golf camp in Victoria, April 2 to 5. Four area golf clubs (Victoria Golf and Country Club, Bear Mountain Golf Club, Highland Pacific Golf and Uplands Golf Club) graciously waved their green fees and provided free instruction from their golf pros during the camp.

The Soldier On program is run by the Canadian Armed Forces Transition Group with a mandate to encourage participants to use sport for recovery and lead active, physically fit lives.

It's a concept that Master Corporal (Retired) Michael Feyko fully believes in. He broke multiple bones below his waist after a parachuting accident in Edmonton in 1997. He was medically released from the military in 2001 and says he turned to golf for recovery. Today, Feyko is a teaching professional with the PGA of Canada and works with Soldier On participants at their golf camps.

"I can relate to them and they can learn the game of golf from someone who was in the same situation as them," says Feyko. "I can tell them what to expect, what the next bump is or what the next road block is going to be, and how to keep going even when you feel like you can't."

Corporal (Retired) Tanner Wilson says he has greatly benefited from getting golf back into his life. He was diagnosed with Post-Traumatic Stress Disorder

after doing tours in Afghanistan. Right before the end of his last tour, in May 2010, he and his friend Private Kevin McKay had ordered golf clubs and were looking forward to trying them out when they returned home to Edmonton. But the next day Pte McKay was killed by an improvised explosive device while on a roadside patrol.

"Ordering the golf clubs with him was not something I really remembered until I started playing the game again many months later. I was repressing that memory the whole time," said Wilson. "From a therapy standpoint, golf has opened so many doors for me that were previously closed. The game helps me judge the decisions I make on the course, and the decisions in life. It has been a tremendous help to me in dealing with my PTSD."

Soldier On's Warrant Officer Sherri Schwemler says developing that "military" camaraderie with other men and women like them, ending the isolation, and building self-confidence are some of the program's main objectives.

"Bringing our participants back into that team dynamic has such an amazing impact on them and makes them realize they are not alone in their recovery," said WO Schwemler. "I always tell our participants that if you are facing the sun you will never be in the shadows. That is what Soldier On is all about, pointing them in the right direction."

Soldier On hosts approximately 60 sports camps and events across Canada each year and also coordinates Canada's Invictus and Warrior Games teams. For more information about Soldier On and its programs visit their website at [www.SoldierOn.ca](http://www.SoldierOn.ca) or their Facebook or Twitter pages.

Photo by Peter Mallett, Lookout  
**Private (Retired) Tanner Wilson gets some practice in on the driving range at Bear Mountain Golf Club during a Soldier On Golf Camp, April 2. Wilson did two tours in Afghanistan and says the sport of golf has been essential to his recovery from Post-Traumatic Stress Disorder (PTSD).**

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VICTORIA SHIPYARDS

# New beer and label honours navy

**Peter Mallett**  
Staff Writer

A new Victoria microbrewery that supports veterans' programs is launching its second beer, a blonde ale whose name and logo celebrates a British naval ship.

The new brew comes on the heels of a month-long Name that Beer and Design a Logo contest by V2V Black Hops Brewing. The brewery's Graeme Hafey announced the new Kolsch-style summer ale will be called The Brig Blonde Ale.

Micheal Bevans, a resident from Cardston, Alberta, came up with the winning name for the new beer. His black and gold sleeve design features one of England's brig-style ships used by the Royal Navy during the Napoleonic Wars.

Hafey and two V2V co-workers judged 20 entries and chose Bevans' name and design to be the most appealing.

V2V launched its first beer Victory Ale in November 2018, an English Bitter-style ale that celebrated the 100th anniversary of the armistice of the First World War, and the brave Canadians who fought and died there.

This time, Hafey says, he wanted to employ a naval theme as a dedication to the Royal Canadian Navy.

He was impressed by the more than 20 entries, many of which came from CFB Esquimalt civilian staff and military personnel.

Bevans received the \$150 cash prize for his winning entry. He donated his winnings to Steve Critchley, the owner of Can Praxis, an Alberta-based charitable organization that uses horseback riding and equine engagement to help military, veterans and first responders and their partners suffering from Post-Traumatic Stress Disorder (PTSD) and mental trauma injuries.

V2V Black Hops Brewing recently announced a brewing production partnership with Spinnakers Brew Pub, which will now produce his craft beer in small batches.

Victory Ale is currently available in Cascadia Liquor Stores, Four Mile Liquor Store and the Tudor House Liquor Store. Victory Ale draft is available at Spinnakers, CFB

Esquimalt's Wardroom, the Breakwater Café and Bistro, The Six Mile Pub, and the Churchill Pub.

Later this year, Hafey says he is planning on producing a third beer, this time with an aviation or first responder theme in mind.

He is also looking for volunteers to help with the production, canning and distribution of his beers to increase the profits being donated. Those interested should email him at [V2Vbrewing@gmail.com](mailto:V2Vbrewing@gmail.com).



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## WHAT SAY YOU

### People Talk

Lookout asked participants in the Soldier On golf camp: *What has been the one critically important thing in the recovery process for your injury?*



After 25 years of service in the infantry I developed serious knee injuries because of the work I did and from playing sports most of my life. The key to my recovery has been relaxation and not pushing myself. I work at things at my level and at my own pace.

**Warrant Officer (Retired)**  
**Herb Kenny**



When I was deployed to Croatia in 1994, I was nearly killed and suffered injuries to my back and legs after an anti-tank mine exploded below the tank I was riding in. When I was recovering in a hospital in Ottawa there was a doctor who told me I would never walk again. That is what sent me on the way to my recovery. I had a good team at the National Defence Medical Centre in Ottawa and the support of my family, and these factors went a long way in proving him wrong.

**Corporal (Retired)**  
**Brad Bowen**



I broke multiple bones from my waist down after a parachuting accident in Edmonton in November of 1997. Key to my recovery is my military training. That's because it taught me how to adapt and overcome anything that is thrown at me. I just viewed my injuries as yet another obstacle to get over and that has been key, being mentally tough and in physically good shape gave me the confidence to overcome something like this.

**Master Corporal (Retired)**  
**Michael Feyko**



I have been suffering from mental injuries including PTSD since my release from the armed forces. The one thing that helps me cope with my trigger symptoms and everything else is the simple advice my grandfather once gave me: Take it one day at a time. That's all I do. I try not to make elaborate plans and I keep an organized list of all the tasks I need to complete that day so I can check them all off and gain a sense of accomplishment.

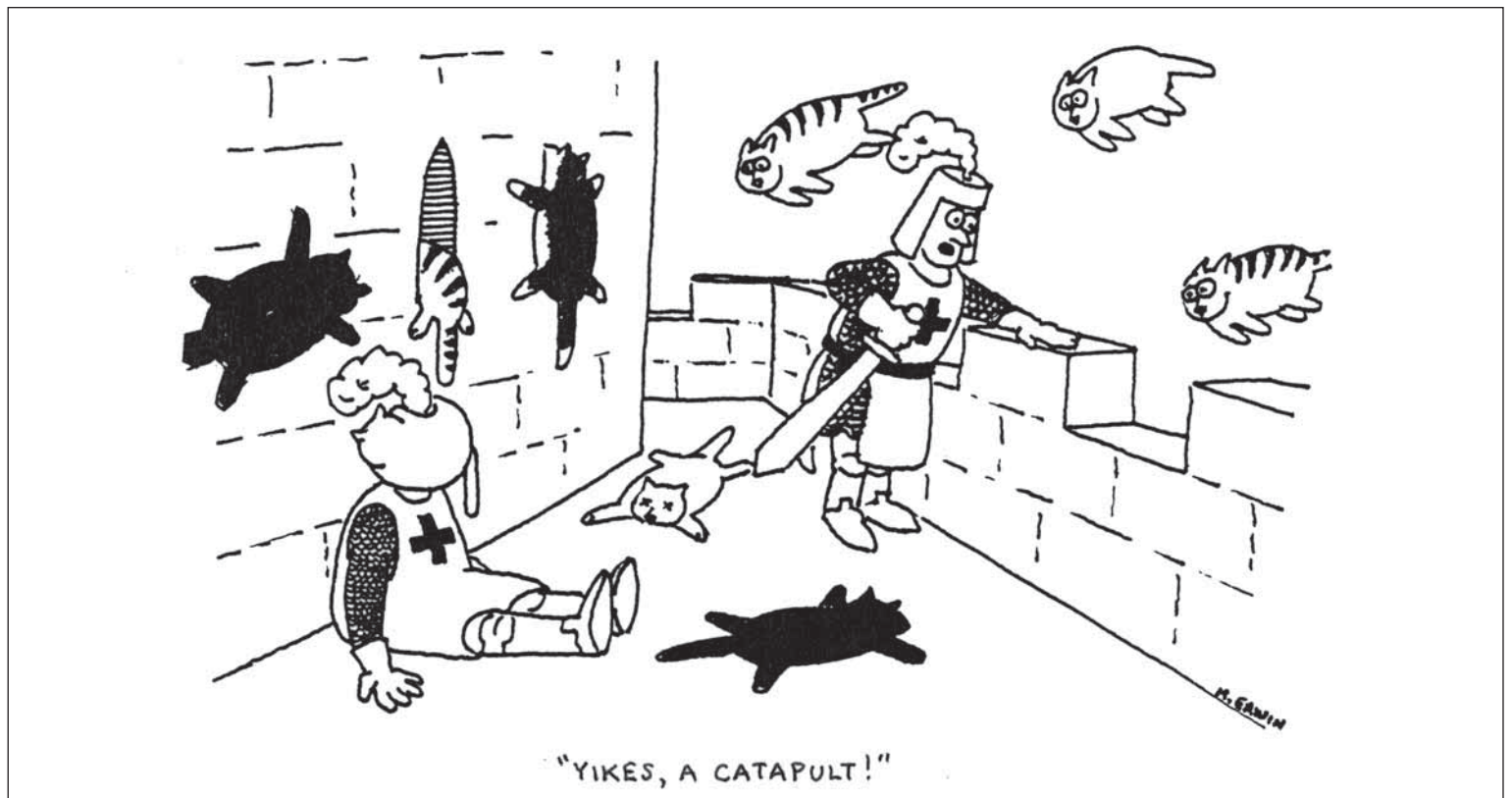
**Sergeant (Retired)**  
**Mike Brake**



I was involved in two overseas tours in Afghanistan and suffer from PTSD due to multiple incidents that occurred there. I would say the biggest part of my recovery was being open and honest about my injuries. You can fake it all you want and hide behind a curtain and not tell your story, but I have learned the best approach is to face things head on. Now I have learned to open and tell people: If I do anything out of the ordinary or different that you are wondering about, it is because I have PTSD.

**Private (Retired)**  
**Tanner Wilson**

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# The little base commander that could

**I**n January, thanks to Captain (N) Jason Boyd's "Defence on the Dock" initiative, my four-year-old son Cole was fortunate to be the grand prize winner to become Base Commander for the Day.

Defence on the Dock was a wonderful experience for my family and the Greater Victoria community to meet many of you who serve in the Royal Canadian Navy, and the Canadian Armed Forces. Through this initiative, I believe that we, the general public felt overwhelming pride with the professionalism, attitude, skill and friendliness that you, our ambassadors to the world demonstrated.

The work you do each day impacts us not just on the global stage, but you are also a valued part of our local community. Thank you for the work you do!

As Base Commander for the Day, Cole's incredible experience began with meeting Capt(N) Boyd and Lt(N) Riley Monsour in the Base Commander's office, followed by a visit to the CFB Esquimalt Fire Station. Cole was greeted by Sparky the fire mascot. After an exciting tour of the hall and equipment, we were off to experience



Base Commander Capt(N) Jason Boyd with Base Commander (for the day) Cole Pite.

some of the interesting TEME operations.

Cole was able to control police truck sirens, and even operate the controls of a backhoe bucket. This was a truly memorable experience for a four-year-old!

We visited the Joint Rescue Coordination Centre to understand how real rescue teams help people. We were then fortunate to have Cole become an honorary submariner aboard the HMCS Chicoutimi. Somehow, Cole's experience continued to get better and better as we were toured around

Esquimalt Harbour aboard the CFAV Firebrand.

In the end, we met again with Capt(N) Boyd for tasty homemade chicken fingers at the Wardroom.

We wish to express our sincerest appreciation for this experience of a lifetime to the wonderful personnel who made this possible, the firefighters, TEME staff, JRCC members, HMCS Chicoutimi and CFAV crewmembers and Wardroom team members. We are so proud to speak of the wonderful people we met and the exciting opportunities available that would help someone choose a career in the Royal Canadian Navy!

*Sincerely*  
Adam and Cole Pite



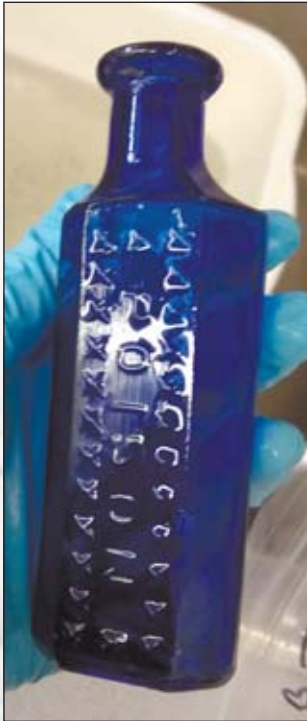
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A two ounce poison bottle dating to between 1880 and 1919 recovered near B Jetty.



A recovered Canadian issue Mark IV 1942 gas mask.



British ceramic anchovy paste jar dating to between 1830 and 1860, recovered near B Jetty.

# DREDGING UP THE PAST

**Caitlin Craig**  
Formation Safety  
and Environment

Over the last four years the Esquimalt Harbour Remediation Project has recovered a treasure trove of artifacts, the oldest of which date back to the mid-1800s.

The aim of the project is to remove contaminated sediment surrounding A, B,

and C jetties, as well as the ML Floats. This is performed by a large crane barge, which lifts the sediment onto a neighbouring processing barge. As the sediment is screened, archaeologists, working alongside contractors, recover artifacts as they appear.

With dredging finished at A and B Jetties, and scheduled to be finishing at C Jetty and the ML Floats in April, around 2,000 artifacts

have been reclaimed from the sea floor.

The oldest artifacts tell a story of the Royal British Navy, before the Royal Canadian Navy was established in 1910. These include medicine bottles belonging to a ship's physician, mess plates, and buttons from various departments ranging from the Royal Marines Light Infantry to the Royal Marine Artillery.

Many more artifacts pro-

vide a glimpse into the life of a sailor in the early 1900s: numerous clay pipes show affiliations, such as with the Royal Antediluvian Order of the Buffalos, familial ties, such as the Isle of Man, and activities like soccer. Toiletry and hygiene bottles such as hair tonic and cologne were found in abundance.

Other items remind us of more recent times, like the Second World War-era communications headset,

six gas masks, and microfiche pages from 1975.

Being buried in sediment, as well as surrounded by cold water, has helped preserve the artifacts – the bacteria that would normally break these materials down can't thrive in these conditions.

Additional dredging at Y Jetty continues to bring up archaeological materials, and even more will be found when scheduled

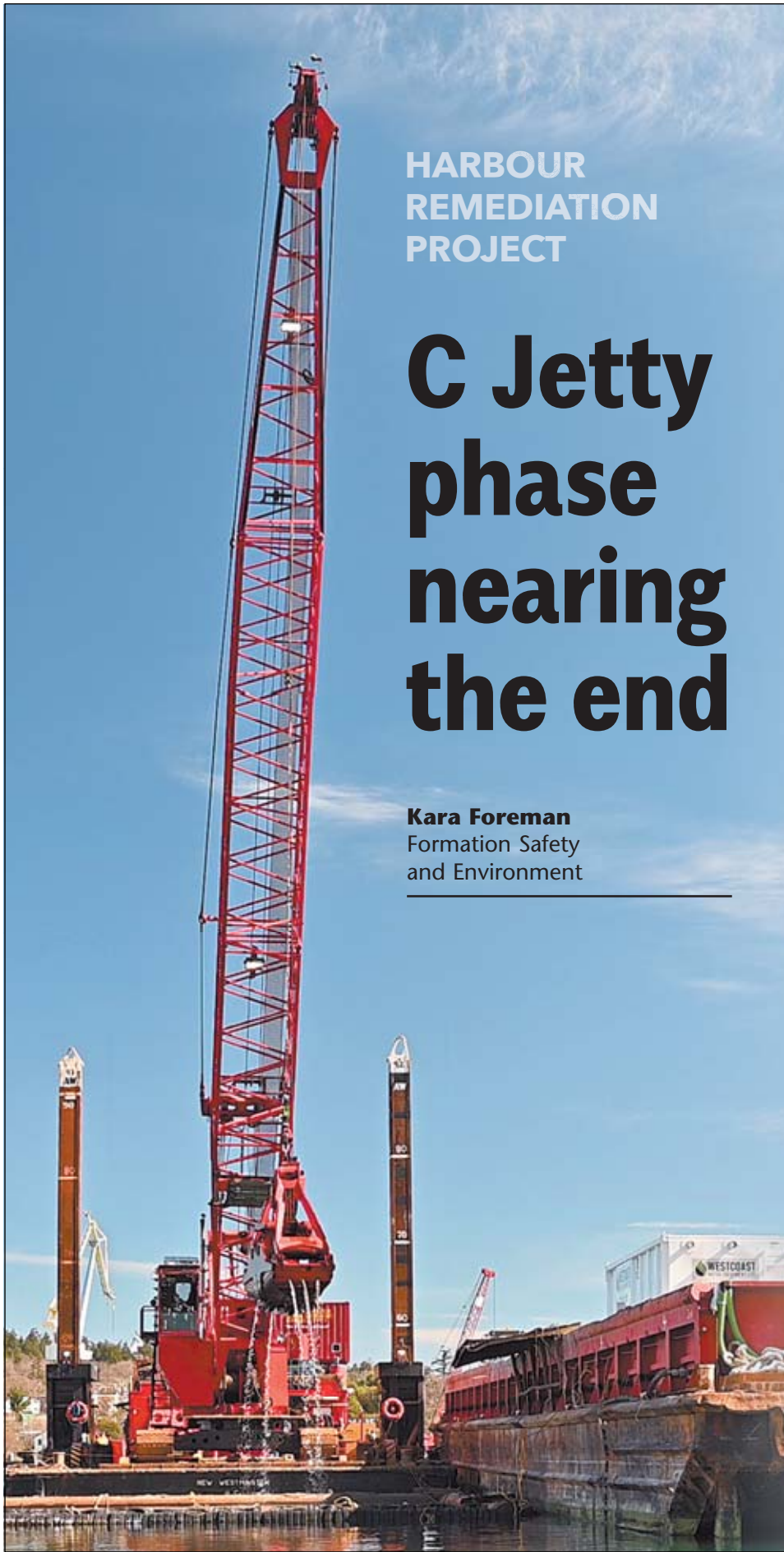
remediation work begins in Lang Cove later this year.

After being cleaned, photographed, and catalogued, the artifacts will be held at the Royal BC Museum. Five display cases, which will be installed on the side of the new B Jetty building when it's completed this summer, will contain rotating archaeological displays showcasing the history of Esquimalt Harbour.



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





**HARBOUR  
REMEDICATION  
PROJECT**

**C Jetty  
phase  
nearing  
the end**

**Kara Foreman**  
Formation Safety  
and Environment



**T**he Esquimalt Harbour Remediation Project has been making strides to address areas of the harbour that have been contaminated by past practices.

For the past year, the project has focused on the clean-up around C Jetty and the ML Floats and is expected to wrap up in this area at the end of April.

The work began last spring following a contract award to Milestone Environmental Contracting Inc., from Vancouver B.C. The contract is managed by Defence Construction Canada.

The specific aims of the remediation project are to clean up historical contamination left from 150 years of industrial activity in the harbour and reduce risks to human and ecological health.

It targets four hotspots for remediation: A/B Jetty, C Jetty, Y Jetty, and Lang Cove. Additional smaller remediation projects have also been started in the following areas: Constance Cove (specifically the area between Y Jetty and the ML Floats), the Colwood Jetties, Plumper Bay, and Ashe Head.

The area around C Jetty was historically used for the storage and transportation of coal and ship repair, and featured a marine railway constructed in 1943 to service naval and commercial vessels.

In the 1980s, C Jetty was upgraded to the twin jetties and the ML Floats were created for increased moorage space. The past activities around this area have contributed to higher sediment contamination in certain spots on the seabed. The main contaminants found have been mercury, lead, copper, polycyclic aromatic hydrocarbons, and polychlorinated biphenyls.

The remediation work is conducted via mechanical dredging. Using a clamshell bucket, an excavator secured to a barge scoops the contaminated sediment from the ocean floor. The material is first screened for Unexploded Explosive Ordnances (UXO) and then transported to a permitted landfill for disposal.

To date, over 32,500m<sup>3</sup> of sediment has been removed, including close to 9,000 UXOs (primarily munitions scraps) and around 600 historical items that will be transferred to the Royal BC Museum. Some of the more interesting items found to date are gas masks, cannonballs, two bugles, sea turtle ribs, and chocolate life boat rations.

The project has also included some unusual activities such as the demolition of the underground railway and the disconnection and re-connection of the ML Floats, a little bit of humpty dumpty like work.

As this remediation work is within one of the most intensively used portions of Dockyard, it involved coordination with stakeholders, including the Queen's Harbour Master, Real Property Operations Esquimalt, Canadian Submarine Force, and Fleet Maintenance Facility Cape Breton.

The next phase of remediation is another hotspot of contamination around Y Jetty and Lang Cove. This contract was awarded last November to Milestone Environmental and is being managed by Public Services Procurement Canada. Work on this area began in January and is expected to be complete in March 2020.



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Cmdre Angus Topshee converses with PCT Raven's interim Officer in Charge.



Left: Namgis First Nations Chief George Alfred and Commander Canadian Fleet Pacific Commodore Angus Topshee both spoke to those about to sail in the traditional waters of the Kwakwaka'wakw Speaking Peoples.



Lt(N) Tom Eagle explains helm orders to passengers aboard Raven 56.

# EXERCISE NORTHERN REACH

Photos by SLT M.X. Déry

SLT M.X. DÉRY MARPAC PA OFFICE

There were many firsts during Exercise Northern Reach: the first time Orca-class vessels fueled in Port Hardy, the first time they came alongside in Port McNeill, and the first time many youth in the northern Vancouver Island community met Royal Canadian Navy sailors in uniform.

Approximately 500 residents came out to tour two Orcas that were open to the public over the March 30 weekend, with over 40 people getting to embark on a day sail, including the mayor of Port McNeill, Gabriele Wickstrom.

## Community Relations

"It's a great buzz around town having you come in and I notice there are a lot of people on the docks. So, it's great that you were well received in our community," she said.

Commodore Angus Topshee, Commander Canadian Fleet Pacific, sailed during a few days of the exercise, and connected with local representatives including Chief

George Alfred from the Namgis First Nations in Alert Bay.

"It's always interesting to see the perspective of a small place that depends so much on the sea for their livelihood. Also, wonderful to go out on a beautiful day like this and see the incredible scenery that Canada has to offer," said Cmdre Topshee.

Along with the ships, a recruiting bus showcased careers in the Canadian Armed Forces, members of the 4th Canadian Ranger Patrol Group spoke with the public, and Sonar, the Navy mascot, entertained children up and down the jetty, posing for photos and giving high-fives.

At the same time in Port Hardy, LCdr Todd Kennedy visited the Sacred Wolf Friendship Centre to donate on behalf of Boomer's Legacy knitted tuques, dolls, and blankets to assist in their parenting programs.

"This particular donation is going to be immediately useful to our programs. We do a lot of family programming and parenting programming for expectant mothers. It has been a distinct honour and privilege to receive this donation from the Boomer's Legacy foundation," said Garth Holden, acting president at Sacred Wolf. He also remarked that he was a medic in the CAF and had met Corporal Andrew "Boomer" Eykelboom.

A four Orca-class vessel task group had a busy training schedule over the last two weeks. Naval Warfare Officer (NWO) II training for "watch on deck" took place concurrently with a NWO IV pilotage course and a Fleet Navigating Officer course, with all sailors conducting their Orca at-sea phase to enhance their mariner skills.

## Training Exercises

"They get exposed to the fundamental elements of being at sea," said Lieutenant Commander Todd Kennedy, Commander Venture Division. "The phase IVs are at the culmination of their yearlong training. They only have about a month and a half left."

In the coming weeks, the NWO phase IV students will complete their pilotage navigation assessments, complete charge phase, and then join the fleet to begin earning their bridge watch-keeping certification.

Adding to the complexity of Exercise Northern Reach was the desire to sail in the northern part of Vancouver Island and test the ability of smaller ports in accommodating multiple vessels.

Orca-class vessels dwarf most ships in small ports, and with a crew 24 they require substantial jetty services such as fuel, water and food.

To prepare for an alongside visit to Port McNeill, a forward logistics team was sent to ensure services were delivered and to help setup for a community relations event that included the Canadian Coast Guard, Royal Canadian Air Force aircraft from 407 Squadron CFB Comox and the Orcas and their crew. Face-time with the public is also part of a sailor's job in the Royal Canadian Navy.

"Some would argue that training is couched between the left and right arc of mariner skill-sets and the fundamentals of navigation, and reporting, and discipline. But there is something to be said about being interpersonal, being able to understand strategic government intent and how that plays out at the tactical level," explained LCdr Kennedy about the importance of interacting with the public.

"Once they've joined the fleet as qualified operators and start leading at sea in major surface combatants, they will go to port visits abroad on behalf of the Government of Canada, as an extension of international policy. So, these sailors will have had exposure to community relations."

The ability for Naval Warfare Officers to explain what they do, what other sailors do, and by extension what the Government of Canada does for Canadians domestically, is an important ambassador-like skill.

On operations such as Projection, Reassurance and Artemis, they will interact with members of allied navies and international partners, and that is when those skills will be instrumental to the success of port visits.

But for now, the community relations training for this operation is complete. The task group left Port McNeill on April 1 and carried on with Exercise Northern Reach for a second week of training.



WO Ruby Routledge is part of the 4th Canadian Ranger Patrol Group. Her family is from Port McNeill / Alert Bay, and she is a member of the Defence Aboriginal Awareness Group. Along with PO2 Steve Morrison, they ensured proper protocol was followed with local chiefs and elders during the community relations day in Port McNeill.



CF-140 Aurora flies over Wolf 59 demonstrating RCAF capabilities to day sail participants.



Raven 56 weighs anchor shortly after sunset to depart Port Elizabeth in order to conduct night navigation training in the Broughton Island group

Photo by Lt(N) Tom Eagle



# ORANGE is the new green

**Capt Jeff Manney**  
Public Affairs Officer,  
39 CBG

In anticipation of future flooding in British Columbia, a group of army reservists have become the first B.C.-based members of Canada's military to be trained on a novel approach to flood control.

Twenty reservists from across the province spent the March 30 weekend at CFB Esquimalt's Urban Search and Rescue complex training with the Tiger Dam flood control system.

Consisting of linked, 15-metre sections of orange, water-filled tubes, Tiger Dams are intended as a speedy alternative to manpower-intensive sandbagging – a goal appreciated by soldiers such as Cpl Reiker Krenz of the British Columbia Dragoons.

"I've filled my fair share of sandbags," says the Vernon-based reservist. "I have no issues doing this instead of

sandbagging. They're pretty easy to use, and they'll allow a smaller number of troops to accomplish what many more troops filling sandbags could do."

Using technology pioneered in Canada, the Tiger Dams are manufactured by U.S. Flood Control, which has an office based in Calgary. The firm won a contract from the B.C. government to provide the province enough Tiger Dam sections to cover 26 kilometres. The system was deployed during flooding last year in the Okanagan.

Varying in thickness from 24 inches to 42 inches, the bladders can be stacked pyramid-style depending on the expected height of floodwaters. And, unlike other technologies, Tiger Dams can be used on uneven or sloping surfaces, such as rocky shorelines and hillsides.

They even have a firefighting application. Tiger Dams can be quickly erected in a



Trevor Wright, left, Tiger Dam's Canadian representative, briefs troops on the Tiger Dam system.

staging area and used to store water for firefighters on the frontlines.

Another advantage the company touts is their cost, which might surprise given that a single section retails for about \$2,200. But unlike sandbags, the bladders are reusable – in fact, they have an expected life of 15 years, with each section replacing approximately 500 bags.

Best of all, says instructor and the company's Canadian representative Trevor Wright, there's no shovelling.

"The soldiers have had a pretty

good time deploying the product," he says. "Everyone knows how to sandbag, but this is a lot easier on the back."

Cpl Krenz says he's onboard with the new approach.

"It's obvious there are more effective ways to deal with natural disasters than the ways we've used in the past," he says. "I think in a short period of time we could be very effective with it."



Right: Cpl Reiker Krenz of the British Columbia Dragoons fills a 15-metre section of Tiger Dam at the CFB Esquimalt Urban Search and Rescue site.

Photos by Capt Jeff Manney 39 CBG



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SAILOR PROFILE



LS JEFREN LIU

**Cpl Stuart Evans**  
HMCS Regina

Leading Seaman (LS) Jefren Liu, a Naval Combat Information Operator (NCIOP) aboard *HMCS Regina*, is passionate about her job.

The Toronto, Ontario, native says anything combat related has NCIOPs in the front row of the Operations Room.

"The Commanding Officer gives authorization for weapon release in accordance with his rules of engagement based on the information we provide to him – above water warfare, surface warfare and underwater warfare," she explains. "During peacetime sailing, we

are the eyes of the ship to monitor long-range air traffic and long-range surface traffic, as well as anti-collision reporting. During a search and rescue situation, we are the link to report back to Canada regarding the exact situation report and casualty states."

When asked for any pointers to potential recruits in the trade, she said, "Attention to detail would be the key to success in this trade. This is a fighting trade. You can experience any other trades in the civilian world except for operations trades. We are the trade that pieces everything together. It requires a lot of exercises and training, but when it comes to real life scenario it's only cooler than you thought."



EXHIBITION OPENING

THE GREAT PACIFIC GARBAGE PATCH

The Maritime Museum of BC is launching an exhibit titled The Great Pacific Garbage Patch on April 12.

The Great Pacific Garbage Patch is the largest accumulation of ocean plastic and human-made debris in the world. It covers a surface area twice the size of Texas and contains up to 3.6 trillion pieces.

But did you know it's not actually a "patch"? Or how about the fact that garbage is accumulating in five distinct areas of our oceans? And did you know that your laundry is likely contributing to the problem?

Visit the Maritime Museum of BC to learn more about marine debris and plastic in our oceans, including why it exists and how it continues to grow. You'll also learn about the efforts from people around the world who are working to better the situation, and even how you can make small changes in your daily life that can contribute to big changes for our oceans.

"We are very excited to launch this exhibit," said Brittany Vis, Associate Director. "We feel it is a very important and timely subject matter as our society struggles with reducing our waste. We hope the exhibit will help inform people about the general state of our oceans, and we hope it empowers individuals to be a part of the collective solution."

The exhibit runs April 12 – Oct. 27.

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# Port Hardy Hockey Rivalry Renewal

**Peter Mallett**  
Staff Writer

Senior members of the Tritons hockey program wrapped up a successful 2018-19 season with a hockey outreach effort involving a small community from the north end of Vancouver Island.

Players from the Tritons Senior Hockey team played host to the Port Hardy WWI Veterans Old Timers

hockey team with two exhibition games at the Wurtele Arena on March 29 and 30.

The Tritons team was made up of players from the base Old Timers team and retired members. The Port Hardy team is named in honour of two First World War Veterans from Port Hardy, with one of their grandsons currently playing on the squad.

Esquimalt and Port Hardy split their two-game series

with the visitors taking the opening game 4-1 and the Tritons rebounding for a 1-0 win the following day. The series was followed by a reception for all the players at the Gun Room at Work Point.

Petty Officer First Class Rob Tibbets, from HMCS Victoria, helped organize this year's rematch. PO1 Tibbets credits Wurtele Arena manager Kevin Zalba for hatching the scheme

for the games and setting up the original two-game encounter between the teams in 2018.

In March 2018, the Tritons Old Timers team used their first encounter against Port Hardy as a tune-up for their regional qualifying tournament, with Esquimalt winning both games. The teams also faced off and split a pair of games in Port Hardy last December.

This year, PO1 Tibbets

says hockey players from the base wanted to return the favour and show their appreciation by hosting Port Hardy on base.

PO1 Tibbets says the scores were of little importance; instead, he emphasized how players on both teams hit it off in terms of sportsmanship and fun from the moment of the opening puck drop in 2018.

"The comradeship has been great and we are

already making plans to have another event next year. Coincidentally, the rematch coincided with Exercise Northern Reach involving sailors of the Pacific Fleet travelling to Port Hardy's neighbouring community of Port McNeill. So our hockey games really helped drive home the point the active role the Navy plays in community events across Vancouver Island."

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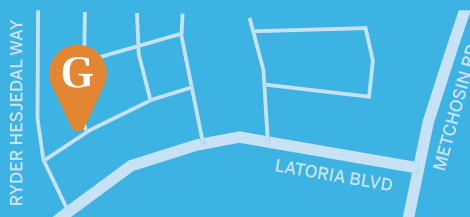
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# Bravo Zulu

## Naval Pacific Training Group Promotions



CPO2 Trahan is promoted to his current rank by LCdr Mike Erwin.



PO1 Moores is promoted to his current rank by LCdr Erwin and CPO2 Michaud.



PO1 Woytowich is promoted to his current rank by LCdr Erwin and CPO2 Michaud.

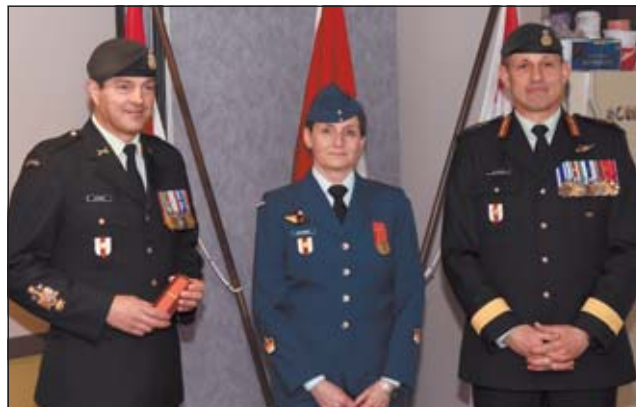


MS Billanes is promoted to his current rank by LCdr Erwin accompanied by MS Billanes' daughter Sophie.

## Transition Centre Esquimalt Awards



Sgt Volz is awarded the Sacrifice Medal by BGen Misener and CWO LaPointe.



WO Alexander is awarded a Second Clasp to the Canadian Forces' Decoration by BGen Misener and CWO LaPointe.



Bob Finlay is awarded a CMP Commendation from LGen C.A. Lamarre for his selfless acts of kindness and caring while providing expert service and support.

## Fleet Maintenance Facility Cape Breton Awards



Mike Ackroyd is awarded FMF Employee of the Month by Capt(N) Ed Hooper, (now former) Commanding Officer of Fleet Maintenance Facility Cape Breton.



Keith Clayards is awarded a FMF Certificate of Appreciation by Capt(N) Ed Hooper, (now former) Commanding Officer of Fleet Maintenance Facility Cape Breton.



## Marine Technician USQ Engineering Watchkeeper Halifax class

### Selena Benard Contributor

Leading Seaman (LS) Nathan Bunn is now ready to start his on-the-job training in the machinery control room and engineering spaces of a Halifax-class warship.

On March 8, the Marine Technician successfully completed his USQ Engineering Watchkeeper course, along with six others, at Naval Fleet School (Pacific).

Before he can stand watch as a qualified Watchkeeper, he must consolidate and master his

skills on the job by acting as an Engineering Watchkeeper aboard *HMCS Ottawa* under the supervision of a qualified member. He will operate the Integrated Platform Management System console at sea, respond to alarms and emergencies, and troubleshoot technical problems within the engineering plant.

The road to this mastery began with a few prerequisite courses with the Royal Canadian Navy: QL3, Interim Halifax Class Roundsperson, and Damage Control Supervisor.

The requirement for the legacy

Certification II qualification has been replaced by the Engineering Watchkeeper qualification and is available to all Marine Technicians. A qualified member is required around the clock in the machinery control room to operate the engineering plant in order for a ship to proceed to sea. *HMCS Ottawa* is preparing for an upcoming deployment and LS Bunn is looking forward to be a part of the team with this new qualification.

LS Bunn has previous military experience with the Canadian Army that includes two deployments to Afghanistan.

# Diving in the high Arctic



Divers from Sweden come out of the arctic water as the Norwegian supervisor ensures their safety during Operation Nanook-Nunalivut in Tuktoyaktuk in March.

Photo by  
MCpl Gabrielle DesRochers,  
Canadian Forces Combat Camera

## Lt (Navy) Éliane Trahan Operation Nanook-Nunalivut 19

Clearance Divers, Combat Divers and Port Inspection Divers from across Canada dove in the glacial waters of Tuktoyaktuk, Northwest Territories, with colleagues and military divers from France, Finland, Sweden and Norway.

The two-week exercise dubbed Operation Nanook-Nunalivut 19 ended April 1.

The purpose of this operation was to improve the ability of the Canadian

Armed Forces (CAF) to operate in austere and isolated locations. Although divers are often called upon to work in difficult conditions across Canada and abroad, diving under the ice in a location as cold as -60 °C is a challenge.

International representatives were first welcomed at Fleet Diving Unit (Atlantic) in Halifax, Nova Scotia. While there, they got to know each other and trial their equipment.

The group of about 50 people then flew to Inuvik and made the two-hour drive to Tuktoyaktuk.

"We were proud to be at the helm of

the diving activities for this operation, said Lieutenant-Commander Patrick Fournier, Commander Task Force Dive, and FDU(A) Commander. "Once the divers put on their equipment, whether they are Canadian, French or Norwegian, they were one team. Especially in such conditions, they had to rely on each other."

For the duration of the operation, divers explored the seabed to a maximum depth of 17 meters and practiced their skills under the ice using a new piece of diving equipment, the Ultra Light Surface Supplied

Diving System.

Defence Research and Development Canada and Joint Arctic Experiment teams also performed thermal retention experiments on the divers.

On hand to manage any medical issues was Lieutenant-Commander Kharim Schliwinsky, Advanced Diving Medical Officer, and the CAF's Senior Medical Authority in Tuktoyaktuk.

Members of the 1st Canadian Ranger Patrol Group were also part of the team, there to provide advice and facilitate a smooth integration into the Arctic environment.



Photo by MCpl Gabrielle DesRochers, Canadian Forces Combat Camera  
Master Seaman Casey Johnson, Canadian Armed Forces Clearance Diver, conducts flash up procedures on the Containerized Diving System, as part of the pre-dive preparations.



Photo by Avr Jérôme J.X. Lessard  
Rangers with 1 Canadian Rangers Patrol Group showcase their igloo building skills to members of 1st Battalion, The Royal Canadian Regiment.



## Change of Command Fleet Maintenance Facility Cape Breton

Photo by LS Mike Goluboff, MARPAC Imaging Services

Commodore Chris Earl, centre, officiates the change of command between the outgoing Commander of Fleet Maintenance Facility Cape Breton Capt(N) Ed Hooper and incoming Commanding Officer, Commander Amit Bagga. The Change of command took place last Thursday, April 4, at the Nixon Drill hall in Work Point.



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