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Volume 64 Number 23 | June 10, 2019

# LOOKOUT

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A diver from HMCS Regina practices dropping from the ship's Cyclone Bronco during Operation Artemis in the Indian Ocean. Regina and supply ship Asterix will be moving on to Operation Neon later this month in support of sanctions against North Korea.

Photo by Corporal Stuart Evans  
HMCS Regina



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# SAILOR'S FIRST NOVEL SEEKS TO THRILL

Peter Mallett, Staff Writer

**A** Royal Canadian Navy (RCN) sailor has been recognized for his first novel, a psychological-thriller set in Southwestern Ontario.

Petty Officer First Class (PO1) Steve Pring was one of 80 writers from Southern Vancouver Island featured in the Greater Victoria Public Libraries Emerging Local Authors Collection.

The 54-year-old published his first book, *Of Forgiving Hearts* in December 2017.

"It's a great honour to be on this list and a great way to get the word out there about my book," said PO1 Pring. "An emerging and independent author does not normally get as much exposure as a best-selling author like Dan Brown [*The Da Vinci Code*] or Dean Koontz [*Odd Thomas*], it gets me some facetime and hopefully my book into people's hands."

Three strong women are at the centre of the book, characters based on two former wives and his older sister. The characters are tied, in one way or another, to a haunted farmhouse in the tiny community of Wyoming, Ontario,



Photo by Peter Mallett, Lookout

PO1 Steve Pring poses with a copy of his self-published novel *Of Forgiving Hearts*.

*War Measures Act*, he said an FLQ faction attacked their home one night in search of weapons.

"Dad fired a gun through the door to stop them. We left the next day carrying suit cases and moved to Ontario."

His father died at age 42 and, as PO1 Pring bluntly put it, left behind a wife, five kids and a headstone. The loss of the family patriarch was a crippling blow to the family who struggled to make ends meet without him.

During his high school years, PO1 Pring said he turned to writing as an outlet and to develop his creative expression. He wrote short stories and later published opinion pieces in a local Sarnia newspaper. Pring joined the RCN in 1993 and wrote a series of columns for the Lookout newspaper called *A Day in the Life of A Sailor*.

He recalled his column as a good-natured humorous effort to poke fun at navy life and provide levity for sailors and the military community. It was written throughout his deployment during the second Persian Gulf War in the late 1990s and it was eventually picked up by major newspapers across Canada.

PO1 Pring said the act of writing is an escape that takes him away from problems in his life.

"For me, writing is also an emotional strip tease and as soon as someone reads your stuff you are baring your soul to them. When I am writing it takes me out of my own head and puts me in another place. My hope is that I can do that for the reader and take them out of their own head for a moment."

Sales of his book started off slow but have now surpassed 700 copies as word of his storytelling abilities spread. *Of Forgiving Hearts* can be purchased in digital or hard copy with information through his website <http://www.sapring.ca>

One dollar from each copy sold is donated to CKNW Kids Fund and the Dian Fossey Gorilla Fund.

where PO1 Pring once lived during his childhood.

All three of the women lived together in the house until a murder and a fire gutted it. As the story unfolds, both the real-life murderer and the evil entity that presides over the house relentlessly taunt them.

Tales of ghosts and spirits were always associated with the real-life property says PO1 Pring. His grandmother was rescued from the house by a cable installer after she became trapped during a fierce snowstorm in 1977. It was during the incident he learned from the rescuer that local legend had it the old farm house and the property were haunted.

"The ghost stories she told me about the house gave me the creeps," said PO1 Pring.

"She said that at one time the house had been used as an abattoir, a home for wayward boys, an orphanage, and a church. The barns on the property were creepy with rats living in them, and the swimming pool that was operated by the church was filled with dead rats when we first arrived."

The Pring family had escaped their own real-life horror. They abruptly picked up their belongings and moved from Quebec to Ontario during the height of the FLQ [Front de libération du Québec] crisis of 1970. His family was living in Laval and his late father, Lieutenant Commander Raymond Pring of the Canadian Navy, was guarding a shipment of weapons at their house because of the crisis. Shortly after Prime Minister Pierre Trudeau invoked the



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# Staff prepare for Raven recruits

**SLt M.X. Déry**  
MARPAC Public Affairs

Next week, staff for the upcoming Raven BMQ (Basic Military Qualification) program will begin preparing for the arrival of 40 Indigenous youth from across Canada. The course will run July 4 to Aug. 14.

The outreach program is designed to build bridges into Indigenous communities throughout Canada and show young Indigenous people the potential for part-time employment or a full-time career with the Canadian Armed Forces.

"We give these recruits new skills, new attitudes, confidence and above all, opportunity," said MS Michelle Howell, lead instructor and full-time

Raven coordinator.

Every year presents challenges for staff since each group of recruits is diverse.

"One year we had more females on course than males, which was a welcomed surprise; however, we had to change some of our tactics," explained MS Howell. "Another year we had a greater number of younger students, 16 to 17 year olds versus 18 to 21, which presented another twist."

The 24 military staff will prepare for the recruits arrival by learning their lesson plans and brushing up on skills such as inspections, drill, topography (map and compass), physical training, weapons handling and field craft.

"All staff undergo a three-day Aboriginal awareness course," said MS Howell. "This course

ensures everyone is aware of the Indigenous history of Canada. It also teaches staff a little bit about where our recruits are coming from."

The Raven BMQ course includes a three-and-a-half day Culture Camp in Nanoose Bay. The camp is run by an Indigenous coordinator and includes Métis, Inuit and First Nation teachings. After the camp, two civilian Indigenous staff remain on course as counsellors to provide support to the recruits throughout the BMQ. This helps the recruits adapt to being far from home, surrounded by people they have never met from different yet linked cultures.

"Our hope is the students go home with new perspectives, realizing their potential within, and all the opportunities out there in the

world," said MS Howell.

While the course is challenging for the recruits, it has many highlights.

"Recruits always love the day sail, as we go out on either the Orcas or MCDVs for the day, the Confidence Course at Albert Head, the Firing Range, and always the food!"

For the staff, the highlight is seeing the recruits come through on graduation day.

"The difference you see in the students from the start of course to the end is remarkable and heart-warming," said MS Howell. "Upon completion of the course, the students have a choice to continue with the CAF, either as Reserve or Regular Force, and each year we're retaining more and more so we must be doing something right."

Photo by Leading Seaman David Gariepy, MARPAC Imaging Services

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# matters of OPINION

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Published each Monday, under the authority of Capt(N) Jason Boyd, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Jason Boyd, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*What do you wish you had placed in a time capsule 15 years ago and why?*



A medical chit. I have severely injured my back, and because I'm clever and infantry, I didn't take care of it properly. It has been four years recovering from that injury, so just a reminder to take care of myself would be a good idea to throw in a time capsule.

**Warrant Officer  
Nathan Verhoog  
Regional Cadet Support Unit  
(Pacific)**



A few of my old multimedia textbooks from broadcasting school. Technology is advancing at such an incredible pace and it would be kind of interesting to be reminded of how differently things were done 15 years ago.

**Second Lieutenant  
Chelsea Howard  
MARPA Public Affairs Officer**



A Muscle and Fitness magazine to remind me to stay in shape, like I was 15 years ago!

**Capt(N) Jason Boyd  
Base Commander**



My old Nokia cell phone. That thing was reliable and was a good brick. I pull my phone out of my pocket and once in a while it breaks and I've gone through three of them, so having a solid Nokia phone that they don't sell anymore would be good.

**Master Corporal Matt Lucas  
Base Logistics**

## WHAT SAY WE

# What grinds my gears? Traffic!

**SLt M.X. Déry**  
Contributor

With all the construction around Esquimalt, and the Bay Street Bridge being limited to one lane, traffic has increased substantially. While increased motor traffic shouldn't impact me as a cyclist too much, the increased delays make the drivers I interact with more impatient than usual.

Part of me empathizes.

I had a meeting in Langford at 5 p.m. on a weekday and decided to drive. I gave myself adequate time to deal with what google maps informed me was "unusually high traffic." A 25-minute trip turned into 45 minutes, but with planning I still arrived early to my destination. Then the text messages started coming in: "Stuck in traffic, will be there in 20."

No one else had planned for the "unusually high traffic" from the construction that now adds to the commute we all know as the Colwood Crawl.

The congestion is so bad that motorcycles have taken to traffic filtering, aka bypassing traffic by using the space between vehicles and bicycle lanes. A colleague attempted to convince me it was recently made legal. It has not.

Bicycle lanes are for bicycles, hence the name. If you need a licence to operate your

vehicle, get out of the bike lane, and no, you can't slide between cars to get ahead of the traffic.

This unusual congestion has brought out the worst in drivers, and part of me empathizes, namely the forward part of my foot.

I mean, having to compress that gas pedal and brake so many times over the course of 45 minutes must really be straining while sitting in an air-conditioned vehicle with your favourite music playing and a beverage in the cup holder.

The cramping in your right foot must be pretty bad as you fly past me in a 30 km/h zone, blow through a yellow light and cram yourself behind the car in front, the rear of your car still in the intersection blocking traffic, bikes and pedestrians when the light changes colour.

I bike through the heat of summer and the cold of winter, through rain and wind alike, pedalling with nothing but a coat and helmet to protect me from the rays of the sun, the chill of the wind, and the weight of your two-tonne vehicle.

So, a word of advice: if the traffic and price of gas is getting to you, join me in biking to work, or take the bus. It will reduce your aggravation and stress, and lead you in the direction of a healthier life.



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# Remembering Brodie Johnson

**Stewart Forsyth**  
SOBJ Student

I was Brodie's bench-mate for six years. He taught, mentored and counselled me to tremendous extent. He showed me how to work, behave, and how to accept and teach others. No other person has ever taken the time, or rather, was forced to by management at Fleet Maintenance Facility (Cape Breton).

Forty hours a week, day in and day out for six and a half years. Neither he nor I knew it at the time, but the School of Brodie Johnson (SOBJ) was starting. I am still not a graduate and I am continuing my studies as his student.

These are the core-materials of the SOBJ:

- Humor injected at every opportunity but never be the clown;
  - Patience in the face of obstinacy; and
  - Humility with Kindness.
- Brodie was the most persistent teacher and electrician.

His teaching others wasn't limited to civilian employees. The navy sailors that came into our shop were often assigned less-important jobs due to their transient nature. He took them under his wing and showed them the level of workmanship expected of them, and he invited them into his personal life. As a result, he made great friends.

The final lesson he taught me was strength. As my family grew larger at home, my ability to just hang-out with Brodie lessened, but I would still endeavour to bridge the gaps between work and play. Beer-fest, Brodie-fest, Brodie-fest 2, and Christmas parties, I continually strove to hang out with him. Especially as he fought cancer, I made every opportunity count.

The last two years of the SOBJ were exceptionally difficult for me. He obstinately never complained about his situation and rarely talked to me about the terminal diagnosis. It will be hard for me to replicate the never-complaining example, if the time comes.

Two days before Brodie passed away he could still communicate by squeezing my hand. I could ask him questions and he would squeeze my hand to say yes.

During the hours of conversation, he held my hand, and I – selfishly – wanted to hear him complain. Stubbornly, he was steadfast in his teachings. The man, simply, was great.

I strive to be a better person and be more like BJ. I would like to pass on a few of the values he taught me.

Patience with people is a virtue, practice it with everyone. Practice every day.

Love your co-workers. Show them you love them by participating in birthday activities, by making them soup, or by performing ladder safety inspections.

Love your family, take lots of pictures of them and print them to look at, especially at work. It makes work so much more enjoyable when you can look at the reason why you are there.

Be the best at what you do. Regardless of the work give it 100% and don't "check-out".

Don't complain. Ever. It's okay to agree that something sucks, but don't encourage or spread negativity.

Be touchy. Touch things, touch people, touch emotions, and let others touch you in all those ways too (be careful to stay within your boundaries though).

I understand this story about my history with Brodie may be a little emotional, but the fact of the matter remains: Be more like Brodie – he was an example to us all.



**Important Life Advice I learned from Brodie Johnson**

*"Brodie taught me that there is life beyond the shell that we place over ourselves. Look beyond what fears you have in your head and don't be afraid to just live your life and have a good time – your friends and family are what matter, not our fear of what people may think of us. Thanks Brodie!"*

– Christian MacRae

*"Brodie was such a shining light to be around. Most people, when asked to say something about someone who has passed, whether it be a family member, a friend, or a loved one, has kind things to say. However, with Brodie Johnson you would be hard pressed to find anyone that would have nothing but amazing and hilarious stories to tell. He really was a shining light and a positive energy to be around. Always the joker and trickster, and often you had no idea what his next prank was going to be. I was always alive in his presence. 'Dance like no one is watching you', describes Brodie. Brodie taught me to put friends and family first, live and enjoy every day as if it was your last. I have made a promise to myself to take his advice. I love you Brodie. Miss you man."*

– Keith Stevenson

*"There are never too many hugs, ever."*

– Shane Deringer

*"Worry about the big stuff and forget the little stuff."*

– Al Hall

*"He consistently offered fun at work and I think that's what everybody would expect from him. He was a resourceful and skilled electrician, but if I was working with him, I knew it was going to be fun regardless of what the job was."*

– Andrew Scholz

*"It's not how you fall; it's how you get up. That's what he would say to me after we collided on the ice rink. Great guy I loved him!"*

– Bradley William Alexander



**B**RODIE JOHNSON has been a cherished friend at Fleet Maintenance Facility Cape Breton for 18 years. His lightheartedness, easy-going spirit, and ability to not take life too seriously has impacted many of us and are just a few ways in which he will be lovingly remembered and deeply missed. Brodie passed away peacefully at age 48 surrounded by his loving family, following a brave battle with brain cancer (and for the record, he did not lose his battle - the cancer died with him, so technically it was a tie).

His family and especially his wife Kim supported him through the last months. Kim Johnson is a hero for doing that, admittedly she had no choice, but she absolutely rocked it. At every opportunity she loved him by her words and her actions, and it was a beautiful thing to witness. We should all be so lucky to have someone like her in our lives. Hang-on fiercely to your loved ones!

*Memorial donations in Brodie's name can be made to Victoria Hospice, Red Cross Home Equipment Loan Program, or your favorite watering hole, where you are instructed to tie a few on and tell stories of the great Brodie Johnson.*



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## First Naval Security Team to complete Force Protection Qualification

Photos by Peter Mallett, Lookout

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**Peter Mallett**  
Staff Writer

The first group of Naval Security Team (NST) personnel have received their Force Protection Qualification certification.

Commodore Angus Topshee, Commanding Officer Canadian Fleet Pacific, presented 41 members of the NST with their qualification certificates along with the unit's new specialty badges and pins in a ceremony at the Chief's and Petty Officer's Mess on May 30.

The NST was launched in 2016 and is a deployable team of naval reservists for enhanced force protection of Royal Canadian Navy ships when they are alongside international ports. The team takes over the responsibility of security, which frees up ship person-

nel to support other tasks, such as maintenance. The NST provides an extra layer of enhanced land- and sea-based force protection capability and expertise. In recent months, the NST has been deployed to Dubai, Italy, and Greece.

During his address, Cmdre Topshee said the occasion represented the culmination of months of training and success in operations while recognizing the sailors for their hard work and skill.

"This new qualification also allows NST to better support operations in the future while allowing us to leverage a crew of qualified and experienced sailors. This supports Canada's *Strong Secure and Engaged* Defence Policy which recognizes that the naval security team provides full-time capability using a

part-time work force."

The unit's Coxswain, Chief Petty Officer Second Class Sean MacÚisidin also received the second clasp to his Canadian Forces' Decoration from Cmdre Topshee.



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Above: HMCS Calgary Change of Command certificates are signed by (right to left): Commander (Cdr) Ryan Saltel, outgoing Commanding Officer; Commodore Angus Topshee, Commander of Canadian Fleet Pacific; and Cdr Jonathan Kouwenberg, Incoming Commanding Officer, during a ceremony held onboard HMCS Calgary June 3.

Right: Chief Petty Officer Second Class Brendon Warwarchuk (right), HMCS Calgary Combat Chief, presents the Commissioning Pennant to Cdr Ryan Saltel.

Top right: Crew members bow their head for a prayer.

# HMCS CALGARY Leadership Change

Photos by LS Gariepy, MARPAC Imaging Services

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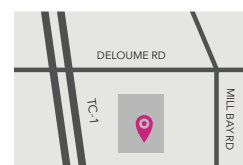


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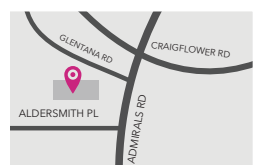
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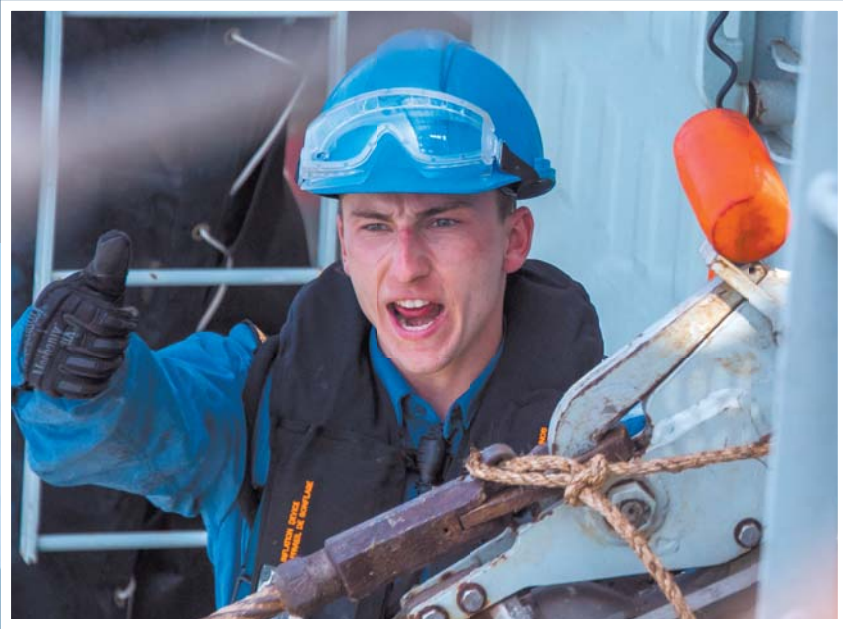


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# HMCS REGINA TO MONITOR SANCTIONS ON NORTH KOREA



Above: Able Seaman Tommy Mailloux on station during a replenishment at sea.



Lieutenant (Navy) Nicole Forbes supervises a replenishment at sea with NRU Asterix (pictured below).

Photos by Corporal Stuart Evans  
HMCS Regina



## DND

This month, the Canadian Armed Forces are deploying ships and a maritime patrol aircraft, under Operation Neon, to ensure sanctions are imposed against North Korea.

Operation Neon is Canada's contribution to a coordinated multinational effort to support the implementation of those United Nations Security Council sanctions.

These UN sanctions, imposed between 2006 and 2017, aim to pressure North Korea to abandon its weapons

of mass destruction programs and respond to North Korean nuclear weapon tests and ballistic missile launches.

The renewed CAF contribution to the multinational effort to counter UN sanctions evasion will be a CP-140 Aurora, crew and supporting personnel operating from Japan, and up to three CAF members embedded permanently into the Enforcement Coordination Cell within the multinational staff Headquarters. *HMCS Regina* and Naval Replenishment Unit Asterix will join the inter-

national maritime monitoring mission later this month.

During 2019 and 2020, and into 2021, Canada will periodically deploy military ships, aircraft and personnel to conduct surveillance operations to identify suspected maritime sanctions evasion activities, in particular ship-to-ship transfers of fuel and other commodities banned by the United Nations Security Council resolutions (UNSCR). This contribution will bolster the integrity of the global sanction regime against North Korea.



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







# Cock of the Walk soccer finals



Members of HMCS Winnipeg celebrate their victory in the Cock of The Walk soccer tournament championship game at the Colville Road sports fields on May 31. HMCS Winnipeg defeated Fleet Diving Unit (Pacific) 3-2 to claim the title.

Photos by Peter Mallett, Lookout

A member of the Fleet Diving Unit (Pacific) takes a shot on goal against HMCS Winnipeg during the Cock of The Walk soccer tournament championship game.



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Members of Esquimalt's Environmental Services team with their individual awards. Photo courtesy DCC

# CFB Esquimalt's Environmental Team honoured for environmental efforts

**Peter Mallett**  
Staff Writer

CFB Esquimalt's Environmental Services Team has been recognized by Defence Construction Canada (DCC) for its ongoing contributions to environmental improvement and protection at the base.

On April 30 at the National War Museum in Ottawa, Heather Rock, Team Leader of the Environmental Services Team, accepted the Robert Graham Memorial Award at DCC's annual awards ceremony. The award recognizes outstanding work in the field of environmental, health and safety services, and is named in honour of a former DCC employee who was a notable environmental practitioner.

Defence Construction Canada is a crown corporation that provides contracting, construction contract management, infrastructure and environmental services, and other support for Canada's defence requirements. DCC employs roughly 1,000 people who mostly work at 35+ sites and offices across the country, and for international deployments.

The magnitude and importance of the award is notable says Jordan Semeschuk, CFB Esquimalt DCC site manager. His office employs approximately 60 people, 10 of whom work for the Environmental Services Team.

"I am incredibly proud of our Environmental Service Team and glad to see they are getting recognition for all of the hard work. It's a morale boost for sure and also good to know that people at the base and across Canada are recognizing them for the excellent work they do."

Also recognized during the awards ceremony was Brad Trann, Esquimalt DCC Team Leader, who was recognized with the President's Award for outstanding service in his more than 29-year career.

Semeschuk says it was the Environmental Services Team's work on the Esquimalt Harbour Remediation Project (EHRP) that garnered much of the recogni-

tion. The EHRP involves the removal of contaminated silt from the seabed that has been left behind by over 150 years of commercial and naval operations in the harbour. The EHRP began over 10 years ago and is being overseen by Formation Safety and Environment (FSE). Semeschuk says FSE has relied on vital support from the Environmental Services Team.

He also notes the award wouldn't have been possible without a broad level of support at the base during the nomination process from various units including FSE, the Office of the Base Commander, Real Properties Operations (Pacific), and the Canadian Forces Housing Agency.

"The successful nomination and recognition of the Environmental Services Team really speaks to the high level of services they are providing to FSE and other organizations on the base," said Semeschuk.

Since the early 1990s, the Environmental Services Team has helped the Department of National Defence develop and implement specialized programs to meet performance targets, comply with regulations, and manage risk. For more information about DCC and its Environmental Services wing visit their website: <https://dcc-cdc.gc.ca>



Heather Rock (centre) of Esquimalt's Environmental Services team accepts the Robert Graham Memorial award during the April 30 ceremony at the National War Museum in Ottawa. She is joined by Juliet Woodfield, Defence Construction Canada Vice President of Human Resources, and Grant Sayer, Defence Construction Canada Director, Western Region. Photo courtesy DCC



# Former cadet eyes World Para-Sailing Gold

**SLt M.X. Déry**  
MARPAC Public Affairs Office

Delani Hulme-Lawrence is a 24-year-old miniature keel-boat sailor and amputee who has been sailing since she was four years old.

She joined the sea cadets at RCSCC Arrowhead in St. Paul, Alta, as a teenager and once she aged out has continued to work with cadets as a coach while working at the Royal Victoria Yacht Club.

"When everyone close to you sails, like my fellow sea cadets, my father and my siblings, being on the water feels like home," said Delani.

She has been competing in para-regattas for a decade, having represented both Team Alberta and Team British Columbia at the Canada Summer Games, and now is looking to represent Canada at the Para World Sailing Championship in Spain this July.

While in Victoria Delani uses a 2.4mR sail boat provided through the Clagett Boat Grant Program, but the boat with its highly specialized rigging for use by a para-sailor won't fit in her carry-on to Spain, thus requiring funding to charter a vessel for the competition.

Delani started a GoFundMe campaign for \$20,000 called Life over



Limb Performance Sailing and it has raised \$5,000 to date, leaving a large gap to fill before July. "Without the support of my coach, family, friends, and the community none of this would be possible," said Delani. "I am eternally grateful for all of the support and encouragement I am given."

To help get Delani to the Para World Sailing Championship consider a donation to her GoFundMe campaign.

Achievements


- Para World Sailing Championship 2018, Sheboygan USA - 4th Place Female
- 2.4mR US Para Sailing Championship 2018, Newport RI - 1st Place Female
- 2.4mR US Para Sailing Championship 2018, Newport RI - Larry Gadsby Trophy for Most Improved
- Frozen Assets 2018, Victoria BC - 2nd Place
- Spring Dinghies 2018, Victoria BC - 3rd Place
- Canada Summer Games 2017, Winnipeg MB - 2nd Place Female



Photo by SLt M.X. Déry

Bill Stewart of the Ahousaht First Nations accompanied by Sergeant Ducharme of Métis Nation British Columbia performs his Travelling song in memory of those who fought in the D-Day landings.

**Want to know what your Base Commander is up to?**

 @MayorCFBEsq



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# MARTECH Graduation

Lieutenant Commander Daniel O'Regan, Deputy Commandant of Naval Fleet School (Pacific), presented certificate during the Marine Technician RQOS course ceremony on June 4.

Photo by LS Wiggins, NFS (P)



OS Bui receives his Certificate of Completion.



OS Ellis receives his Certificate of Completion.



OS Ferris receives his Certificate of Completion.



OS Gauthier receives his Certificate of Completion.



OS Parisian receives his Certificate of Completion.



OS Phelps receives her Certificate of Completion.



OS Raman receives her Certificate of Completion.



OS Rombough receives his Certificate of Completion.



OS Schuring receives his Certificate of Completion.



LS Vuong receives his Certificate of Completion.



OS Wilson receives his Certificate of Completion.



OS Raman receives the Top Student award.

## Fleet Maintenance Facility

Cdr Simon Summers, Operations Manager at Fleet Maintenance Facility Cape Breton, is promoted to his current rank by RAdm Bob Auchterlonie, Commander Maritime Forces Pacific. Cdr Summers is accompanied by his wife Shannon, his son James, and his daughter Keira.



CFB ESQUIMALT  
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# Naval Fleet School (Pacific)

Lieutenant-Commander Daniel O'Regan presented awards and promotions.



A/SLt Han receives his Commissioning scroll.



A/SLt Hughes receives her Commissioning scroll.



MS McKerran is promoted to PO2.



PO1 Montano is promoted to CPO2.



MS Boisvenue is promoted to PO2.



LS Demers is promoted to MS.

## Bravo Zulu

## Base Administration Promotions



MS Stephanie Doucet was promoted to her current rank by Cdr Cory Foreman, Base Administration Officer, and Pam Salter.



AB Angela Jestico was promoted to her current rank by Cdr Cory Foreman, Base Administration Officer, and CPO2 Marc Grimard.



MCpl Katherine Sullivan was promoted to her current rank by Cdr Cory Foreman, Base Administration Officer.



# 5K, 10K, Pole Walking & Kids Fun Run



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# Sonar RQ-MS Graduation

Recently-promoted Lieutenant-Commander Robert Freistadt, Combat Division Commander Naval Fleet School (Pacific), awarded certificates of achievement during the Sonar RQ-MS Session graduation ceremony on May 28.

Photos by LS Mike Goluboff, MARPAC Imaging Services



Group photo of the Sonar RQ-MS graduates.



LS Shane Samos is awarded a Certificate of Military Achievement.



LS Justin Grant is awarded a Certificate of Military Achievement.



LS Jessica Silva is awarded a Certificate of Military Achievement.



LS Guillaume Durand is awarded a Certificate of Military Achievement.



LS Blake Verhaeghe is awarded a Certificate of Military Achievement.



LS Nathan Davis is awarded a Certificate of Military Achievement.



LS Ryan Zupanc is awarded a Certificate of Military Achievement.



LS Ryan Zupanc is awarded Top Student.

## Naval Combat Information Operator RQ-LS Graduation

Lieutenant Commander Daniel O'Regan, Deputy Commandant of Naval Fleet School (Pacific), presented certificates and awards at the Naval Combat Information Operator RQ-LS Graduation.

Photo: Leading Seaman Sisi Xu, MARPAC Imaging Services



AB B. Hart-Young receives the Top Student award.



AB V.K. Cornes is awarded a Certificate of Military Achievement.



LS J. Croteau-De Montigny is awarded a Certificate of Military Achievement.



LS E. Girouard is awarded a Certificate of Military Achievement.



AB S. Gunderson is awarded a Certificate of Military Achievement.



LS N. Holland is awarded a Certificate of Military Achievement.



LS J.E. Liu is awarded a Certificate of Military Achievement.



LS E.J.F. Mongeau is awarded a Certificate of Military Achievement.



LS E. Barry is awarded a Certificate of Military Achievement.



AB B. Hart-Young is awarded a Certificate of Military Achievement.



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