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HMCS REGINA OP PROJECTION

Boarding parties from HMCS Regina and the Japanese Maritime Self-Defence Force (JMSDF) train together during Operation Projection in the South China Sea on June 14 2019. These joint training drills demonstrate Canada's commitment to working with partner navies to contribute to the Asia-Pacific region's security.

Photo by Corporal Stuart Evans, Borden Imaging Service

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VAN ISLE 360 YACHT RACE

RCN finds sailing success

Peter Mallett
Staff Writer

Sixteen members of the Royal Canadian Navy (RCN) put their sailing skills to the ultimate test, proudly representing the base at this year's Van Isle 360 Yacht race.

The 15-day sailing competition began on June 1 and included the circumnavigation of Vancouver Island. The sailors competed aboard Naval Fleet School Pacific's *STV (Sail Training Vessel) Goldcrest* and *STV Tuna*. The RCN's participation in the 15th iteration of the annual race was also buoyed by an Orca-class Patrol Craft (PCT) *Renard* and its crew that acted as a support vessel for the entire competition, of which there were 37 boats and approximately 400 competitors.

The two teams, whose sailors were recruited from across the Naval Training System, competed aboard their 36-foot, sloop-rigged (single mast) STVs against 36 of the fastest racing yachts from across the region. When the final leg of the race between Victoria and Nanaimo concluded on June 15, *Goldcrest* had wrestled a 3rd Place finish in the 12-boat Division 3 from *Tuna* who had been in 2nd place for much of the race and finished 7th. The overall winner of the race was 65 Red Roses II, skippered by Alex Smyth out of West Vancouver Yacht Club, Line Honours for the race went to SMOKE out of the Corinthian Yacht Club Seattle.

The strong showing by the RCN boats surprised everyone involved in the race said Lieutenant Commander Chris Maier, who skipped *Tuna* and its

seven-person crew and is a Division Commander at Naval Fleet School (Pacific). Before the race began LCdr Maier noted that many of the sailors were new to sailing and none of them had competed as a team before their training began. The objective was to have a safe training experience that would progressively challenge the sailors.

"But instead we were extremely successful," said LCdr Maier who organized the RCN's participation in the race. "We showed up and competed well. Because we were rated as the slowest two boats in the race competing against some newer purpose built race boats with established rac-

ing crews, we moderated our expectations."

Goldcrest, which was skipped by Kevin Greenwood of the Naval Training Development Centre (Pacific), who LCdr Maier described as an expert at ship handling, navigation and leadership at sea. The sailors completed nearly three weeks of training under the guidance of the boats' watch captains Lt(N) Tom Eagle and LS Ben Sproule, as well as a Sea Survival Course, as required by race organizers.

To get ready for the competition both boats entered the Swiftsure International Yacht Race, May 25 and 26 in Victoria. Several boats entered in the race failed

to finish due to the lack of wind on the Juan de Fuca Strait that weekend. Swiftsure's challenging conditions were a good introduction to what his crews would face in the Van Isle 360 said LCdr Maier.

The two crews faced a wide range of weather and nautical conditions throughout the race, from not enough wind and weak currents during their first leg between Nanaimo and Comox to too much wind and strong currents two days later when they raced through a narrow channel between Deep Water Bay to Hardwick Island. In an effort to combat the conditions in the fourth leg, the teams moved their boats closer to

shore.

They then used a series of short but labour-intensive tacks close-to-shore resulting in a 4th and 5th Place finish in Division 3 that day for *Goldcrest* and *Tuna* respectively. "I think that's where the rest of the fleet [in the race] took notice and this tactic paid off in spades," said LCdr Maier. "We were able to keep up while the other boats were making longer tacks off-shore and didn't have the stamina of our young and disciplined sail-

ors who on that day were able to compete against the best boats in our division."

LCdr Maier also hailed the crew of *Renard* for their support role and outreach efforts, opening up their ship to public tours when stopping in the many port towns along the way, which he said was a big hit. The *Renard* also acted as an emergency support vessel through the competition and had emergency and medical supplies and a medical staff member on board. It also provided *Tuna* and *Goldcrest* with stores and replacement equipment for the race.

Upon conclusion of the Van Isle 360 Race, event organizer Jeff Motley extended his appreciation and a "Bravo Zulu" to the RCN for their competitive spirit and sportsmanship in the race and for making *Renard* available.

"The smiles and vigour of the sailors [of the RCN] was infectious and the skippers and crews knew that in the event of a significant emergency the Navy would be there," said Motley. "From assisting with weather observations for the [racing] fleet, to retrieving race marks and stitching up members of racing teams who suffered lacerations from being hit by a boom during an accidental gybe, the navy was there."

For more information about the Van Isle 360 Yacht Race visit their website www.vanisle360.com

A view of the Van Isle 360 racing trophy.



A/SLt Hayden Pooley and Lt(N) Tom Eagle of *STV Goldcrest* neck and neck with *STV Tuna* in a downwind Spinnaker race to Port Hardy during the Van Isle 360 Yacht Race.

Photos by LCdr Chris Maier

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New BLOG CO at home

A/SLt Michelle Scott
MARPAC PA Office

It was happenstance that led Commander (Cdr) Cynthia Smith from her small town of Trenton, N.S. to the corner office on the second deck of D211 in H.M.C. Dockyard Esquimalt.

When Cdr Smith was in Grade 10, her school hosted a career fair where she planned to attend an information session by Dalhousie University. There was a room change and she happened to walk into a Royal Military College of Canada (RMC) brief. It was from that moment on, she knew she was destined for a career in the Canadian Armed Forces.

While attending RMC, her mentor – the school’s deputy commandant, suggested she consider sea logistics for her future career.

“He said, ‘Your personality and nature would be an asset to the logistics community.’ My vision, my communication [skills] and ability to connect with others - that’s what he saw in me,” explained Cdr Smith.

Her choice to follow his advice led her

from the fleet to Joint Task Force 2 (JTF2), around the world, and back to the West Coast where she assumed command of Base Logistics (BLOG) from Captain (Navy) Sam Sader on June 19.

“It’s an honour to be extended such an auspicious appointment,” she said. “I am looking forward to working with such a dedicated, forward thinking, and intelligent team.”

Cdr Smith comes to BLOG after five years in Ottawa, working within the Directorate of Military Procurement and later the Directorate of Naval Logistics.

But she is no stranger to BLOG - in 2004 she was the Customer Services Officer. Cdr Smith explained her return as feeling like she is coming home, and she is ready to amalgamate her two families – both the branch and her young family making the move to the coast with her.

Cdr Smith’s experience within the materiel support group and Navy command lines will enable her to guide the BLOG team towards digitization - a new focus for the branch, one fostered by Capt(N) Sader.

“I have big shoes to fill. The successes that the Base Logistics team have had under Captain Sader have been remarkable. I don’t say that lightly,” she said. “They’ve accomplished a lot in the last two years and I need to continue with that momentum.”

But Capt(N) Sader is confident he is leaving BLOG in capable hands.

“Cdr Smith will be a per-

fect fit for the base leadership team as she cares tremendously about people and has extensive experience and knowledge about delivering the best operational support to Formation units.”

As BLOG CO, Cdr Smith’s priority is to modernize and digitize the branch while enabling her staff to maintain a work-life balance. She believes the success of the branch is incumbent on the health of her team.

“It’s a fine art to balance the organizational demands with the needs of our people,” she said. “People first, mission always – I truly believe people are first.”

To that end, Cdr Smith wants to cultivate a workplace inclusive for all. The responsibility she carries as a high-ranking female in a high-profile role isn’t lost on her, and it’s a weight she bears willingly.

“My ultimate goal is to be an advocate, to be a role model, to be a mentor. So if I need to move the yardsticks forward...to really articulate what changes need to occur, then I will take the opportunity to speak.”



Commander Cynthia Smith



Commander Cynthia Smith, the incoming CFB Esquimalt Base Logistics Officer, shares a moment with her young daughter at the podium, while speaking to the parade, during the Base Logistics Change of Command Ceremony.



Capt(N) Jason Boyd, Base Commander presides over the Change of Command with outgoing CO of Base Logistics Capt(N) Sam Sader and incoming CO Cdr Cynthia Smith on June 19.

Photos by Corporal Jay Naples, MARPAC Imaging Services

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IN MEMORIAM



Duane York

May 6, 1960 – May 12, 2019

The Fleet Maintenance Facility lost a cherished member of our community on Sunday, May 12, 2019.

Mr. Duane York, 59, husband to wife Karen, father to daughters Melissa and Jesse, and grandfather to Lawrence, Cash, River and Audrey, is remembered by his kind-heartedness, good-nature, trustworthiness, and love for travelling on the open road taking in new adventures with his beloved Karen.

Duane had a passion for motor biking, having biked extensively throughout Canada and the United States. One highlight for him was his latest three-week bike trip to Ontario with Karen. His friends described him as loving his time riding with her.

As a Firearms Safety Course Instructor, he greatly enjoyed hand gun and black powder shooting. He had also been a member of the Victoria Fish & Game Club Protective Association.

Duane began his career serving in the Canadian Armed Forces in 1977 in the Communication Squadron for three years before he obtained his Technologist Certificate from Camosun College and transitioned to the Air Force where he worked as a Radar Technician for 10 years.

In 2006 he began working at FMF in the CANTASS shop. He then transitioned into the Operations Department in 2013 in the planning section. In 2018, he became the supervisor, a position he held with great regard. Duane's dedicated efforts have contributed to many successful projects delivered by FMF with specific attention to the extended docking work period (EDWP) of the HMCS Victoria, and the FELEX refit program.

Duane will be greatly missed around the facility and is lovingly remembered by every life he touched here at FMF.



Bombadier Patrick Labrie

Statement by LCol Dan Matheson, Commanding Officer of the 2nd Regiment The Royal Canadian Horse Artillery

Today is a hard day for 2 RCHA. We are grieving the sudden loss of one of our own - Bombadier Patrick Labrie, who was tragically killed while participating in Exercise Swift Response in Bulgaria. As of this afternoon, we still don't have all the answers. We can confirm that Bdr Labrie was killed during parachute training, but details at this preliminary point are limited, and are still being investigated.

Our thoughts are with Patrick's family and friends, who are no doubt struggling with loss of such a fine young soldier.

We extend our condolences to Jean, Julie and his sister Véronique as well as his spouse Jessica. 2 RCHA is a family and as family we will mourn together.

No matter where in the world Canadian soldiers are training, safety is key to everything we do. Military training, by its very nature, involves risk, and in spite of our culture of safety, reducing that risk to zero is impossible. Still, we relentlessly strive to make every training event as safe as humanly possible, while still preparing our soldiers for the trials and hardships demanded of Canadian soldiers.

What I can tell you for sure, is that our top priority at this point is supporting Bdr. Labrie's family and friends.

Thank you.

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NEW FOR 2019 IS THE MOUNTAIN BIKE TOP

Emotional moment at Juno Beach for Battlefield cyclists

Peter Mallett
Staff Writer

When 95-year-old Second World War veteran Russ Kaye set foot on Juno beach for the first time since D-Day, he wasn't making his steps in its dark brown sand alone.

Over 75 years ago on June 6, 1944, the former gunner with 43rd Battery E Troop 12 Field Regiment was one of thousands of brave Canadians who stormed the beach as part of the historic D-Day Landings near Courseulles-sur-Mer, France. Taking Juno beach was a responsibility that mainly fell to Canada's army and in the end their mission claimed the lives of an estimated 359 Canadians, 574 wounded and 47 taken as prisoners of war. They added to the approximately 225,000 Allied casualties killed during the entire D-Day Invasion, of which an estimated 18,000 Canadians made the supreme sacrifice.

To mark that historic day, Kaye and his family were joined on Juno Beach by a large contingent of cyclists who were taking part in the Wounded Warriors Canada Battlefield Bike Ride 2019 and were hosting the family for the event. Everyone gathered with Kaye to share the experience of returning to Juno.

"He walked onto the beach with our cyclists surrounding him, many shook his hand while many others hugged him" said Battlefield

Bike Ride Director and rider Captain Jacqueline Zweng of the Regional Cadet Support Unit (Pacific). Capt Zweng describes Kaye as a stoic man who didn't show much emotion during his pilgrimage but also one who remembers each one of the friends he lost during the invasion of France.

"That was the highlight of the Battlefield Bike Ride for me, being able to be there with Mister Kaye along with members of his family," said fellow rider Captain Robert Dodds, Commanding Officer of 'A' Company of the Canadian Scottish Regiment (Princess Mary's). "He embraced us all and was very happy for us to be there and share the moment with him."

Captain (Navy) (ret'd) Mary-ellen Clark who now works as business manager at Joint Task Force Pacific (JTTF) said Kaye's health and vigour were remarkable and described his first step back on Juno as a "pinnacle moment" for her.

"It was sacred ground and was the spot where Kaye as a young Private, along with countless other Canadians in the same boots, ran towards the enemy to defend the precious freedoms we enjoy today," said Clark. "No one spoke, it was truly a sacred moment."

The May 30 to June 6 event involved a team of 130 riders cycling over 600 km to some of France's most famous Second World War battle

sites, monuments and memorials in an effort to raise funds and awareness for mental health programs for military Veterans, First Responders and their families. Wounded Warriors Canada had invited Kaye and family members to be their guest for the journey but Zweng says at first Kaye had no interest in returning to Juno.

"He [Kaye] said he had spent 75 years trying to forget Juno but leading up to the event he then felt a responsibility to represent his comrades and walk the steps they weren't able to" said Capt Zweng.

Kaye's son Chris Kaye, also a military veteran, and his wife Linda Kaye were among the team of riders who took part in this year's Battlefield Bike Ride and were instrumental in convincing the family patriarch to attend.

Among their stops the rid-

ers and their guests visited the Dieppe Canadian War Cemetery, Juno Beach and Canada House, the Normandy American Cemetery and Memorial, Abbaye d'Ardenne where Canadian prisoners of war were executed by the Germans, Omaha Beach, site of the United States forces D-Day landing, the Merville Gun Battery, Pegasus Bridge and the Longues-sur-Mer German Battery.

Riders were responsible for reaching fundraising targets of \$4000 before their participation. Since it began in 2014, Battlefield Bike Ride has raised over \$2.5-million in funding for Wounded Warriors Canada and visiting battle sites in France, Holland, Belgium and Bosnia-Herzegovina and Croatia among others.

For more information about the event visit their website: <https://bbr19.ca>



Second World War veteran Russ Kaye is joined by Battlefield Bike Ride cyclists as he makes his way down the steps to set foot on Juno Beach for the first time in 75 years.



Cyclists make their way along a country road between Dieppe and Rouen, France on Day Two of their journey. Photos by John W. Penner/John's Photography

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BASE RIDERS ready to rock cancer fundraiser

CFB Esquimalt Fire and Rescue Services Alexandria Marshall (left) and Corporal Michael Smith of Military Police Unit Esquimalt bump fists in front of emergency services vehicles. The duo will participate in the upcoming Tour de Rock fundraiser to benefit pediatric cancer, Sept. 21 to Oct. 4.



Peter Mallett
Staff Writer

The road ahead is an arduous one but two cyclists from CFB Esquimalt say they are pumped about pedaling for this year's Tour de Rock cycling team.

Alexandria Marshall of CFB Esquimalt Fire and Rescue Services and Corporal Michael Smith of the base's Military Police Unit (MPU) are part of the 22-member team taking part in this year's 22nd annual Cops4Cancer fundraiser. The 2019 Tour de Rock team will include 21 emergency services workers and one media member who will set off from Port Alice on the northern tip of Vancouver Island on Sept. 21 and conclude in Victoria Oct. 4, covering more than 1,000 kilometres.

But it's more than just a physical challenge, as each rider on the team is required to raise a minimum of \$6,000 through various fundraising initiatives in the coming months, with proceeds to benefit pediatric cancer research and Camp Good Times, a summer camp for children impacted by cancer. Tour de Rock is one of the most popular and largest charitable events on the island and last year's ride raised more \$1.2-million in donations.

In 2018, riders Matt Arnsdorf of CFB Esquimalt Fire and Rescue and Sub-Lieutenant Antoine LeBlanc of MPU made the journey on behalf of the base. It's a cause both Cpl Smith and Marshall are fully behind, with both saying cancer is a disease that has touched both of their lives.

Marshall, 27, works at the fire department as a firefighter.

She grew up in the Saanich Peninsula and says one of her childhood friends was diagnosed with leukemia and remembers Tour de Rock riders visiting her school in support of her friend and others like him.

"His story has stuck in my mind ever since," said Marshall. "When the lieutenant on my shift, Matt Arnsdorf, came forward and asked me if I would be interested in riding in this year's Tour de Rock, I couldn't say no."

When Marshall announced her involvement in the Tour de Rock, her friend - who went on to beat leukemia - sent her a message of support.

Cpl Smith, 28, grew up in London, Ont. and works for the MPU on patrol duty. He concurs with his teammate and says cancer has also impacted his own family,

community and many others across the country.

"Cancer has effected ours and everyone's lives in Canada," said Cpl Smith. "When I am struggling up a hill in training it's easy to get discouraged, until I imagine the amount of suffering and pain children suffering from cancer are going through."

The physical demands of cycling are more familiar to Marshall than Cpl Smith. While Marshall has been involved in the sport of cycling since she was three-years-old and was a member of her high school's mountain biking club and participated in competitive downhill mountain biking races; Cpl Smith is a self-proclaimed novice to the sport.

In preparation, both riders have been busy attending team training sessions three times per week since March where

they ride distances of between 20 to 100 km per day. But their challenge isn't just making sure they are in top physical readiness for the tour, they are also tasked with reaching their fundraising goals.

Marshall is planning to hold a car wash in Saanich in late July to raise money while Cpl Smith says he has already begun his fundraising on Facebook by auctioning off a Father's Day Gift package last week. The duo will be involved in numerous fundraising events through Tour de Rock including an Aug. 9 spin-a-thon in Dockyard to boost support and awareness about their cause.

Individual donations can be made by visiting their personal donations pages: Convio.cancer.ca/goto/Michaelsmith and Convio.cancer.ca/goto/Alexandriamarshall.

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Robin&AJ
Good morning. Good times.



TRADEWINDS 19
SHIP BOARDING PROCEDURES

Exchanging best practices



A member of the Canadian Naval Tactical Operations Group teaches Mexican Navy personnel techniques on how to secure the perimeter of a ship at the Las Calderas Naval Station in Dominican Republic.

Photo by Private Tori Lake, Canadian Forces Support Unit (Ottawa) Imaging Services

Captain Christopher Daniel
Ex Tradewinds PAO

Tactical Operations Specialists from the Royal Canadian Navy are working with specialists from the United States Coast Guard in delivering training activities to partner navies from the Dominican Republic, Mexico, Jamaica, and Haiti.

They are exchanging best practices on ship boarding procedures during the first phase of Exercise TRADEWINDS 19 at Las Calderas Naval Station in the Dominican Republic from May 30 to June 8, 2019.

"We are training with our Caribbean allies and the United

States Coast Guard to hone our collective ability to operate in a complex security environment," said Lieutenant (Navy) Benjamin Scott, Naval Warfare Officer and Deputy Commanding Officer of the Naval Tactical Operations Group (NTOG).

Exercise TRADEWINDS is a United States-led multinational joint exercise that focuses on strengthening safety and security in the Caribbean region. Held annually, this year's exercise marks the 35th year since its inception. There are 22 partner nations training together to increase regional cooperation in complex security and humanitarian operations.

"Our team is composed of five NTOG personnel," said Lt(N) Scott. "In addition, we have two members of the United States Coast Guard assisting in providing the training. We find it very effective to work with them as we have very similar tactics, techniques and procedures," he added.

The naval tactical training activities include personnel handling such as detention and searching of persons that come under the control of the boarding party team. It also encompasses the safe embarkation and securing of vessels.

"We make our training scenarios as realistic as possible. We share with the participants our procedures for safe movement within

boats which are used for insertion and boarding, as well as communications and the searching of the vessels themselves," explained Lt(N) Scott.

One of the training participants from the Dominican Navy is Sailor Randy Disla.

"Both theoretical and practical aspects of the training are very useful for me," said Sailor Disla. "We practiced all the various aspects of the boarding party process ranging from first aid to boarding control techniques, and boat maneuvering. What we learned from each other are things I can bring back to my home unit and share with my colleagues."

With knowledge of each other's

tactics, techniques, and procedures, partner nations can work together more effectively when called upon to protect the security of Caribbean waters.

TRADEWINDS is sponsored by United States Southern Command and is a joint, multinational, and interagency training exercise with participation from Antigua and Barbuda, the Bahamas, Barbados, Belize, Bermuda, Canada, Colombia, Dominica, Dominican Republic, France, Grenada, Guyana, Haiti, Jamaica, Mexico, the Netherlands, St. Kitts and Nevis, St. Vincent and the Grenadines, Suriname, Trinidad and Tobago, the United Kingdom and the United States.

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Boomer's Legacy Bike Ride 2019 raises over \$40,000 to Help Our Troops Help Others, at Home and Abroad.

The Friends of Boomer's Legacy, Vancouver Island would like to send out a heartfelt thank you to all of our cyclists, sponsors, volunteers, and donors. Without any one of them this event would not have been possible.

On June 8 and 9 a group of 42 registered cyclists, 7 motorcycle riders from the Canadian Veteran Brotherhood, and a variety of support volunteers, set out to redefine an event that had a successful decade behind it. The 2019 British Columbia Boomer's Legacy bike ride was filled with camaraderie, laughter, and tears as we collectively remembered and individually rode with cards of fallen military members. Those who participated will concur that lifelong memories were made during this first ride in the new format.

The primary reason for the altered route boils down to traffic south of Nanaimo having increased to a point where safety is a big concern. Change had to happen and Col (ret'd) Jim Benninger came up with the idea that if we rode to Nanaimo and back, essentially the same distance as to Victoria, it would be a safer and easier ride. This more accessible format opens the event up to par-

ticipants of all levels of ability and experience.

The 2019 ride ended on a high note as the riders were welcomed back on Sunday afternoon to 888 Wing at CFB Comox after an incident-free, highly-enjoyable ride by supporters, friends, and family. It is hard to imagine anyone in the room not feeling the impact of the ceremony that concludes the ride, or being impressed by the feast served.

Funds this year will help Vancouver Island Compassion Dogs, a charity that pairs service animals with veterans in need, a cause that fits in perfectly with the mandate of helping our troops help others at home and abroad. The money raised can also go to the next project that our Troops wish to volunteer with, such as for Humanity Vancouver Island North, or the various humanitarian efforts our Navy ships and crews have contributed to (including helping orphanages and schools in Haiti and Vietnam. You can find out more about the projects that directly benefited from Boomer's Legacy funds at - www.boomerslegacy.ca/About-Boomers-Legacy/Support-Stories/Boomer-s-Legacy-Successes-2018-2019

The organisers would like to acknowledge the following sponsors:

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- RCL Branch #10 Nanaimo
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Those wishing to donate may continue to do so after the event, either via specific riders or towards the cause in general. To learn more, visit boomerslegacybc.ca

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Cole Noble and Capt(N) Jason Boyd, Base Commander.

The sky's the limit

For the first time in franchise history (BCHL's Victoria Salsa and Grizzlies) a player has enlisted in the Royal Military College of Canada, located in Kingston, Ont.

Twenty-year old stay-at-home defence man Cole Noble from Cochrane, AB successfully passed the multiple testing requirements in becoming a pilot. The gruelling tests encompassed a battery of mental and physiological array of concepts over two days, ten hours each day. Out of 20 recruits 4 were successful

and Cole topped the class.

He will commence 6 weeks of basic training in July and upon completion will begin 4 years of schooling to obtain a degree in Aeronautical Engineering. He will also play college hockey with the Paladins who play in the 14 team USports Program. During the summer months when there is no school, he will commence his pilot training.

Cole comes from a family with a rich military background. One great-grandfather William B. Cole served in WWII with the RCAF,

another great-grandfather Henry Cole served in both WWI and WWII with the Canadian Army. Grandfather William A. Cole served in the Royal Canadian Navy and three great uncles Alex, Herald, and Hilton Noble all served in the Canadian Army during WWII.

The Grizzlies are excited to see players move on to new opportunities and Cole has demonstrated a desire to succeed. His commitment to serve our country will serve him well in becoming an officer in the Royal Canadian Air Force.

MARITIME DEFENCE PRIDE NETWORK LAUNCHES AT CFB HALIFAX

2LT Nicolas Plourde-Fleury
CFB Halifax Public Affairs

On April 25, 2019, CFB Halifax's Base Chief, CPO1 Gregory, was in a Carling Campus boardroom in Ottawa meeting with DND and CAF colleagues from across the country. The group was holding an initial consultation to discuss the creation of a national CAF/DND lesbian, gay, bisexual, transgender, transsexual, queer, questioning and 2-spirited (LGBTQ2) Network

On May 23, less than a month later, CPO1 Gregory gathered at CFB Halifax with military and civilian members of the local Defence Team for the inaugu-

ral meeting of the Maritime Defence Pride Network (MDPN). Inspired by pride initiatives taking place across the country on military bases, members of the MDPN shared ideas and discussed the purpose of the network during the meeting.

Three main objectives were identified: to create LGTBQ2 outreach opportunities on and off Base; to encourage the sharing of stories from members of our Defence family in order to create a public dialogue around LGBTQ2 challenges and successes; and to foster a strong, inclusive and supportive community for LGBTQ2 Defence Team members and allies.

"This network, like similar ones in various parts of the country, will promote, support and

advocate for those that identify with this community," explained Capt(N) David Benoit, CO of Fleet Maintenance Facility Cape Scott, who has come onboard as the MDPN Champion. In his role as Champion, Capt(N) Benoit will help bring visibility at the very senior levels in the formation, RCN and CAF on the challenges and issues raised by the community.

While not the first LGBTQ2-focused organization at CFB Halifax, the MDPN aims to fill a gap in the current support offered to the local LGBTQ2 Defence Community. Until now, only one other organization, the Positive Space Working Group, offered support to the LGBTQ2 members of Defence Team. "The Positive Space



Working Group has a largely corporate mandate meaning that it acts in an advisory role for the Commanding Officers of units within Maritime Forces Atlantic and provides training and resources on LGBTQ2 issues," said CPO1 Gregory. "Before the creation of MDPN, this created a situation where Positive Space had to take on a broader community role that wasn't part of its core mandate." That's where the MDPN can support. As Tracy Mitchell, civilian co-chair of the Positive Space Working Group, explains, "The MDPN is intended to be a more open and socially connected group with a focus on outreach, advocacy, and awareness."

As such, the newly created MDPN's first order of business

will be to establish the structure and determine the formal organization for the network. In addition to the network's Champion, it was decided that the MDPN would be headed by co-chairs, one military and one civilian.

As of now, only the military co-chair position has been filled. Formation Master Seaman MS Shane Ritchot will hold this post; an active search for a civilian co-chair is ongoing. Anyone interested in getting involved in any other capacity is welcome to do so. Keep an eye out on the MARLANT splash page and CFB Halifax Facebook and Twitter sites for more details on the MDPN including announcements on upcoming meetings and outreach opportunities.

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NAVY RUN 2019



96 year old Jim Silvester salutes Capt(N) Jason Boyd, Base Commander. Jim placed third in his division and was the oldest runner in the Navy Run. He received a plaque for "The Most Experienced Runner". Photo by John W. Penner/John's Photography



This was the first year pole walking was a category in the Navy run and entrants were enthusiastic. Photo by Leading Seaman Mike Goluboff, MARPAC Imaging Services



Dee-Ann Lemire and LCdr Colleen O'Brien accept the Medium Unit Formation Challenge award from Capt(N) Boyd. Photo by John W. Penner/John's Photography

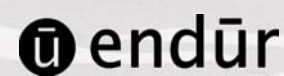


And they're off! 10 km, 5 km and pole walking entrants dash from the start together.



The Kids Fun Run was a huge success with kids running in one of three heats, a single lap, double lap or four loops of the 250 metre oval track at Naden. Photo by John W. Penner/John's Photography

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HMCS VANCOUVER



Namesake City Visit

SLt Jacob Tamman
HMCS Vancouver

The crew of *HMCS Vancouver* were in her namesake city last week to celebrate their 25th anniversary of commissioning, and to conduct community outreach activities.

At the Honour House Society, the charity that *HMCS Vancouver* officially supports, the crew helped out with various maintenance activities - from mowing the lawn and digging a trench, to painting the fences and fixing a fountain. While present at the Honour House, the crew was introduced to a veteran who was a crew member aboard the *Vancouver* the day she was commissioned.

Several members had the chance to see the operations of the Vancouver Police Department and the Vancouver Fire Rescue Services. Needless to say, these sailors came away from their rides with a newfound respect for the work that these two services conduct on a daily basis. To put their teamwork and skills to the test, the sailors from *HMCS Vancouver* challenged the



Vancouver Fire Rescue Service to a softball game at Strathcona Park, which was an excellent opportunity to interact with and learn about the members of the Fire Rescue Service.

Eight crew members from the ship were at Vancouver City Hall on Friday, May 31 at 2:30 pm to replace the bell rope and shine

the bell that hangs over the entrance to the Council Chamber. Their visit to City Hall was meant to further the long history the city shares with the Royal Canadian Navy. The bell was gifted to the City of Vancouver by *HMCS Vancouver* K240 in 1946 as a token of friendship and the ship's appreciation to the city.

At times the RCN is called to provide support in Search and Rescue (SAR) operations in the Pacific Ocean. To see the other side of the coin, several crew members were given a tour of the facilities and a helicopter flight at North Shore Rescue Services, which is a volunteer community-based search and rescue team that conducts approximately 130 SAR operations annually.

Several of the crew members were given an open invitation to visit the Vancouver Ship Yard and tour the building of the Joint Service Support ships that are to replace the old Protecteur Class replenishment ships. They were given a look at how far along the ships currently are, 4 blocks have already passed through the paint shop and are ready to be assembled.

The final event was a zodiac boat race at Kitsilano Beach between the sailors of *HMCS Vancouver*, and members of the local units including: The Seaforth Highlanders, 15th Field Artillery Regiment, 39th Brigade Headquarters, and the Vancouver Fire Rescue Services. The winners this year was the crew from the Seaforth Highlanders.

Above: Members of the Vancouver Police Department's Marine Unit pose for a group photo with the crew of *HMCS Vancouver*.

Right: Master Seaman Steve Koreluk (centre), Able Seaman Eva Orzechowska-Trojan (right) and Able Seaman Shawn Meier (left) from *HMCS Vancouver* polish the City Halls bell, Vancouver, May 31.

Photos by Leading Seaman Brendan Gibson, MARPAC Imaging Services



Members of *HMCS Vancouver* paddle during a boat race with other first responder units, Vancouver, June 2.

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École Macaulay Elementary visits HMCS Winnipeg

Lt(N) Tristan Robertson

HMCS Winnipeg welcomed aboard a very special tour group on the 27th of May. 50 Grade 1 students from École Macaulay Elementary came down to the ship for a morning filled with tours and activities. The children brought with them a great sense of excitement and plenty of questions for the Winnipeg crew.

The students were able to try on firefighting gear and use firefighting hoses with the assistance of ship's staff. After proving themselves to be very capable firefighters the students were presented with Jr. Firefighting Certificates for all of their hard work. Other highlights for the students included trying on force protection helmets and flak jackets on the bridge, looking through the big eyes on the bridge wings, and sitting in the Captain's chair while talking to their friends down in the Operations Room.

The crew of Winnipeg made sure the students' visit was unique and left a lasting impression. Judging by all the smiles and laughter throughout the visit the students thoroughly enjoyed their trip to the ship.



Photos by LS B. Patterson and MS E. Rautenstrauch



Photo by Lt(N) van Poorten

HMCS Winnipeg helps out with HeroWork

Lt(N) H. van Poorten, D/MSEO

Over 20 members of HMCS Winnipeg volunteered over the weekend of June 8 & 9 to help the local charity organization, HeroWork, in their effort to renovate a former juvenile detention centre into a therapeutic rehabilitation facility for Our Place. HeroWork has been helping local charities to renovate their spaces for nine years, completing 13 large-scale renovations for a fraction of the cost by using donated materials and funds, and the volunteer time of trades people and unskilled members of the public alike. Everyone works hand-in-hand to achieve a common

goal that enables charities to better serve those in need. Two projects are completed each year over the course of one month, with most of the work occurring in huge bursts over three to four weekends.

Over this past weekend, the Winnipeg team helped to assemble and install light fixtures, completed landscaping for the food production garden, installed wall features and helped with painting throughout the various buildings. The progress made over each weekend is astounding, and many members will be looking to sign up again to help in future. For more information visit www.herowork.com or their Facebook page.



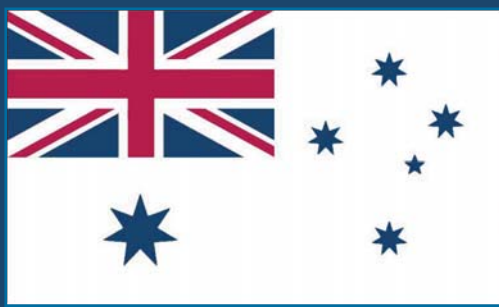
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AUSTRALIA EXCHANGE



Photos submitted

Cadet CPO2 Ryan Patterson RCSCC Ajax, Guelph, ON

Over the course of 15 days, I had the amazing opportunity to travel to Australia along with cadets from the USA and UK. I was very fortunate to be selected, as there were only four other cadets chosen from all across Canada.

Some of the major highlights of the trip were the overwater obstacle course and fire simulation. The other cadet from Ontario and I were the only two people who were able to successfully complete the obstacle course.

The simulation of a helicopter on fire aboard the deck of a ship was fantastic. This was interesting for me because I have personally never gotten to experience any sort of firefighting training so this was pretty neat to learn.

Another fun thing that I enjoyed was the treetop high ropes. This was pretty neat because there were a lot of challenging obstacles that helped to increase and challenge my personal fitness.

We stayed at *HMAS Penguin* in Sydney, which is the Dive School for Fleet Base East and *HMAS Creswell* in Jervis Bay which is the Naval Officer School. We visited 808 SQN which is the Naval Helicopter Unit. We also visited

the Fleet Air Museum, which recognizes the history of the Naval Air Force. One of my personal favourite moments was a visit to the *HMAS Warramunga* (FFH 152) which is an ANZAC Class frigate, one of eight in her class, commissioned in 2001.

Between the Australian Navy and the Canadian Navy there aren't as many similarities as one might think, but mainly more differences. For example: the Australian Navy is larger than that of Canada.

The uniforms for enlisted personnel are also different. All of the aviation vehicles are operated by Navy personnel instead of Air Force personnel. The cadet programs are quite similar, however.

Both Canadian and Australian cadets participate in seamanship, sailing, marksmanship etc much like ours. Their cadets wear similar uniforms to their Navy though. Australian Sea Cadets work quite closely on a regular basis with their Navy for training and familiarization.

I really enjoyed this amazing trip and it will always be one of the best moments of my life. I have made many friends from Australia, the UK, the US and Canada and I will cherish memories with for the rest of my life.



CELEBRATE LEGION WEEK 2019!

In celebration and to thank all military and civilian personnel from CFB Esquimalt for their hard work and dedication, Royal Canadian Legion Prince Edward Branch # 91 will be serving

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We look forward to seeing you!

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Incoming CO LCdr Eric Isabelle addresses the audience.

HMCS VICTORIA Change of Command



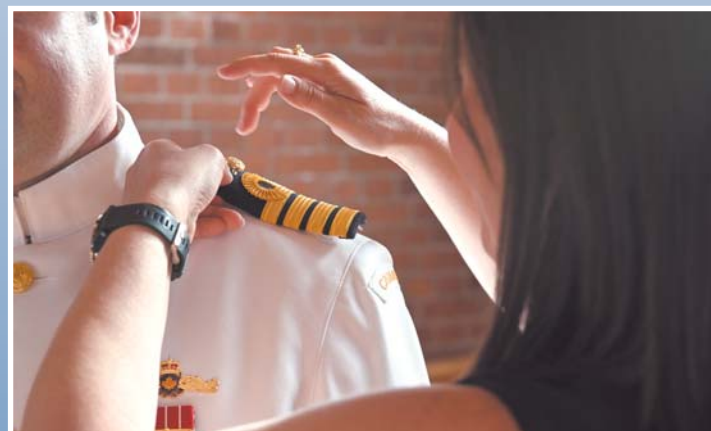
Photos by LS Victoria Ioganov, MARPAC Imaging Services



Cmdre Christopher Robinson salutes during the playing of the national anthem alongside outgoing CO Capt(N) Jean Stéphane Ouellet and incoming CO LCdr Eric Isabelle.



Commodore Christopher Robinson, Commander of the Canadian Submarine Force (centre) sits with outgoing CO of HMCS VICTORIA, Capt(N) Jean Stéphane Ouellet and incoming CO of HMCS VICTORIA, LCdr Eric Isabelle for the signing over of command.



Capt(N) Ouellet receives a change of epaulette from partner Jill Ouellet.

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Naval Security Team Graduation

Commodore Angus Topshee, Commander of the Canadian Fleet Pacific presented NST Qualifications to the Naval Security Team graduates on May 30.

Photos by LS Sisi Xu, MARPAC Imaging Services



Cmdre Angus Topshee presents CPO2 Sean MacUisdin with his second clasp to the Canadian Forces Decoration for completing 32 years of good and loyal service.



MS Zainab Ansari receives her NST Qualification.



OS Gregory Baars receives his NST Qualification.



OS Teagan Baker receives his NST Qualification.



AB John Byerlay receives his NST Qualification.



MS Vladimir Charnine receives his NST Qualification.



LS Mariusz Czechowski receives his NST Qualification.



LS Philippe Daigle receives his NST Qualification.



AB Nicolas Dessureault receives his NST Qualification.



LS Kean Doherty receives his NST Qualification.



MS Cindy Dumontet receives her NST Qualification.



LS David Embree receives his NST Qualification.



SLt Jean-Philippe Gagnon receives his NST Qualification.



LS Telmen Gantulga receives his NST Qualification.



Lt(N) Devin Gillis receives his NST Qualification.



PO1 Frederick Godwin receives his NST Qualification.



LS Frédéric Houle receives his NST Qualification.



Naval Security Team Graduation

(Continued)



Commodore Angus Topshee addresses all students during the NST Graduation at the Chiefs' and Petty Officers' Mess.



LS Joseph Landicho receives his NST Qualification.



AB Leah Lang receives her NST Qualification.



Lt(N) Naylor-Jay Langley receives his NST Qualification.



AB Philippe Lavoie receives his NST Qualification.



OS Lisa Leonard-Serino receives her NST Qualification.



A/SLt Trevor Marin receives his NST Qualification.



LS Vicky Martins receives her NST Qualification.



PO2 Colleen McInnis receives her NST Qualification.



AB Devin McKee receives his NST Qualification.



LS Philippe Mercier-Provencher receives his NST Qualification.



AB Jake Middlemas receives his NST Qualification.



PO1 Karli Montgomery receives her NST Qualification.



LS Carmen Pham receives her NST Qualification.



LS Mahdi Rasouli receives his NST Qualification.



MS Mick Roy receives his NST Qualification.



LS Mathieu Scraire receives his NST Qualification.



Naval Security Team Graduation

(Continued)



AB Alpha Tall receives his NST Qualification.



LS Alana Thibault receives her NST Qualification.



AB Robert Thorpe receives his NST Qualification.



AB Darcey Tierney receives his NST Qualification.



LS Véronique Turcotte receives her NST Qualification.



Lt(N) Barbara Van Akker receives her NST Qualification.



LS Benjamin Wice receives his NST Qualification.



LS Kefei Zeng receives his NST Qualification.

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