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## Day Sail WITH HMCS CALGARY

Ordinary Seaman Kyle Barrie, a Marine Technician onboard HMCS Calgary, helps a participant of the "This is You" day sail handle a fire hose. Read the full story on page 2.

Photo by LS David Gariepy, MARPAC Imaging Service

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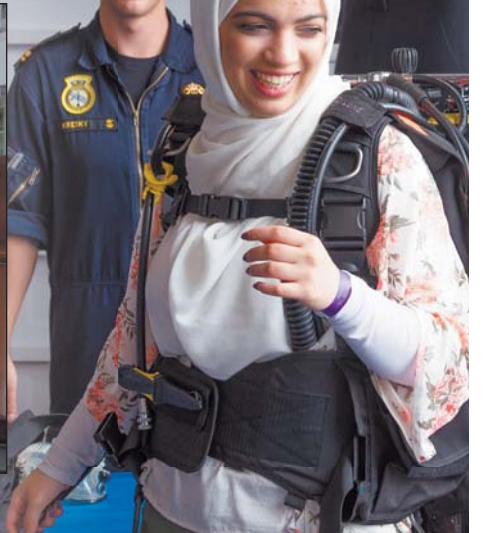
# HMCS Calgary showcases the **NAVY**



Photo by SLt Yeojin Kim, HMCS Calgary



Photos by LS David Garipey, MARPAC Imaging



## SLt M.X. Déry MARPA Office

High speed turns, fighting fires, the Royal Canadian Navy mascot Sonar, a Cyclone buzzing past and ice cream, could you ask for more?

HMCS Calgary pulled all the stops last weekend to show girls and women from Achieve Anything Foundation's Operation This is You, and a host of VIPs from the City of Vancouver, everything that the navy has to offer.

"Sails like this are about awareness, about why a navy is important, about why Canada is a maritime nation, but most importantly about why the sailors you

meet today love their job, love their country, love what they do," said Cdr Jonathan Kouwenberg, Commanding Officer of Calgary.

The ship departed North Vancouver early Saturday morning and headed for Howe Sound as the nearly 200 guests were split into smaller groups to explore all aspects of life at sea. On the flight deck, guests donned bunker gear and watched mock firefighting hot door procedures.

In the hangar, members of the ship's Naval Boarding Party fielded questions in full gear, while other groups were shown the ship's multiple weapons systems on the upper decks, or the engineering

compartments below deck.

Sonar made a quick appearance to dispense high fives to children and help in some of the tour displays.

After lunch and some ice cream, guests were treated to a Cyclone helicopter from 443 Maritime Helicopter Squadron demonstrating its aerial prowess, followed by Calgary performing a man overboard exercise to highlight the warship's maneuverability.

Throughout it all, the ship's program was narrated by one voice, that of Lt(N) Samantha Bayne, Calgary's Underwater Warfare Officer.

"It was a great experience being

the voice of Calgary," said Lt(N) Bayne. "Getting to showcase what we do in the navy, especially for the 'This is you' foundation, that really hit home, as one of the senior female leaders on the ship."

Lt(N) Bayne joined the navy through her high school sports program; she spoke to coaches at the Royal Military College when her high school played in a basketball tournament at the college. Her athleticism has continued into her career, playing on numerous Canadian Armed Forces teams in basketball and volleyball. This and her senior role in the operations room made her the natural choice to MC the

proceedings as a role model to girls and young women.

"It was an opportunity to expose a lot of women to different kinds of jobs and roles they can hold on a ship," said Lt(N) Bayne. "Roles they might fill in the future."

For Cdr Kouwenberg, the day sail was about creating connections between sailors and the public.

"It's funny; you join the navy thinking that you'll get to drive ships, shoot guns and travel the world, but what it ends up coming back to is people and relationships," he said to the crowd before they departed Calgary. "Today was all about building those relationships."



Photo by SLt M.X. Déry, MARPAC Imaging

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Capt(N) Sam Sader, Base Commander, and Matt Waterman, Navy League of Canada President, present Deborah Walker with a National Presidents' Appreciation Award during a ceremony at the Wardroom, Aug. 23.

Photos by Peter Mallett, Lookout

## Nurse's quick action earns recognition

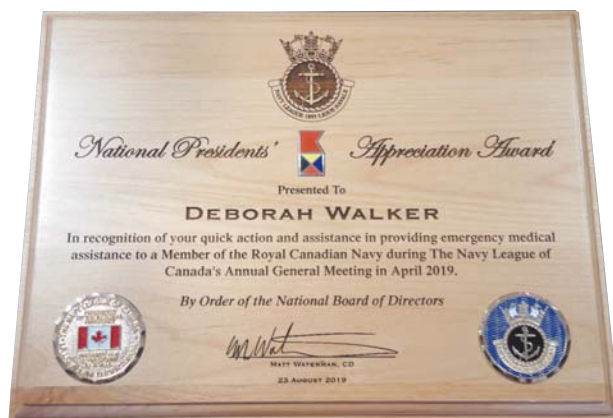
**Peter Mallett**  
Staff Writer

A nurse from the base hospital has been recognized by the Navy League of Canada for her quick thinking in providing emergency medical assistance to a Canadian Armed Forces member.

Deborah Walker, a Primary Care nurse with Canadian Forces Health Services Pacific's Integrated Health Team 3, was recognized for her off-duty medical support at this year's annual general meeting of the Navy League of Canada in Ottawa in April.

A woman that required assistance was taking part in the awards ceremony at the Bytown Mess when she fell to the ground. Walker immediately emerged from the crowd to assist.

In an Aug. 23 meeting of the Navy League of Canada at Esquimalt's Wardroom, Walker was recognized for her efforts with a National Presidents' Appreciation Award. Base Commander, Captain (Navy) Sam Sader, and Navy League of Canada President Matt Waterman presented the award. Capt(N) Sader described Walker's efforts as a "tremendous



example of the selflessness and dedication" of employees at the base who truly live up to the motto of CFB Esquimalt 'Portare per Omnia' or 'Support for All.'

"We could not fulfill this, our mission, without individuals such as Deborah Walker who, in ordinary situations, rise to become extraordinary individuals," said Capt(N) Sader.

Walker was attending the April meeting with her husband Dave Yates, who is a member and past President of the Navy League. Walker didn't realize the individual had fainted until her husband pointed it out.

"Dave and I were watching the presentations and I couldn't see very well from our seats because I am short," said Walker. "My husband said

somebody just fell down, so I immediately stepped up and assisted her."

Following the ceremony Walker said she was "surprised and humbled" to be recognized with an award and noted that assisting the victim would have been a natural reaction of anyone with first aid training.

The gathering at the Wardroom meeting viewed her actions in a different light, giving Walker a thunderous round of applause following the presentation.

In their praise of Walker, Capt(N) Sader also presented her with an Outstanding Achievement coin, while Waterman presented her with a National President's Coin.

The Navy League of Canada was established in 1895 to promote an interest in maritime affairs and lobby the Canadian government for its own independent Naval Service. Today, the non-profit has representatives in over 260 communities across the country and provides support to youth organizations such as the Navy League Sea Cadets and Royal Canadian Navy Cadets with scholarships and bursaries. For more information about the Navy League of Canada visit their website: <https://navyleague.ca>



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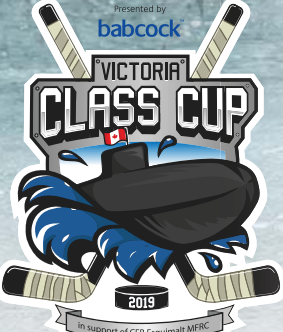
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# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

Melissa Atkinson 250-363-3372  
melissa.atkinson@forces.gc.ca

### STAFF WRITERS

Peter Mallett 250-363-3130  
peter.mallett@forces.gc.ca

### PRODUCTION

Teresa Laird 250-363-8033  
production@lookoutnewspaper.com  
Bill Cochran 250-363-8033  
workstation3@lookoutnewspaper.com

### ACCOUNTS/CLASSIFIEDS/RECEPTION

Jennifer Barker 250-363-3127

### SALES REPRESENTATIVES

Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602  
joshua.buck@forces.gc.ca

### EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006  
Katelyn Moores 250-363-7060

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## WHAT SAY WE



### MESSAGE FROM CDS

## Hateful conduct will not be tolerated

On Thursday, Aug. 22, the Chief of the Defence Staff, General Jonathan Vance participated in a media scrum following the Military Personnel Command Change of Command Ceremony. In his statement, General Vance addressed recent concerns about extremism and hateful conduct within the Canadian Armed Forces:

What I want to do is ensure that you heard very clearly what I said in my Change of Command address pertaining to extremism and hateful conduct in the Armed Forces. Just to reprise that a little bit, we are at the beginning of a journey. We're going to have to take steps appropriate to the enormity and the scale of the challenge to rid ourselves of anybody who acts on hateful conduct in the Armed Forces.

We're at the early stages of that.

And I've issued initial guidance, I've had discussions, and I assure you that we will take this as seriously as Canadians would expect us to take it. But it's going to take some time for us to think about how to do it right.

We've learned a lot about how to grapple with institutional challenges as we went through Operation Honour. We learned a lot. We've got to take those lessons; we've got to understand how to make this right and how to get it right the first time. So that's point number one I wish to make.

Number two, as I said in the speech, the Armed Forces is not a pathway for people to practice their vile ideology. This is not a playground for people to learn to do something that they want to do after the Armed Forces. We're a serious institution that does serious things to protect Canadians, protect this country, protect our way of life.

We are not a place for sick hobbyists to practice their vile ideology, and we won't stand for it. We will react. And where we can be proactive, we will be. But I assure you we will react.

The last point I'd like to make is on the current situation with regard to Master Corporal Mathews. I want you to know that this was a signal we did not miss.

The Canadian Forces National Counterintelligence Unit had already begun to deal with him by the time that story broke. He underwent his first contact with the chain of command in April. I'm happy to say we didn't miss a signal.

Now, perhaps we miss other signals, and perhaps we need to learn more and how to have the chain of command respond better. We'll look at all of it. But I can assure you the Canadian Forces National Counterintelligence Unit was on this, along with other security partners. It was not unknown and not missed.

I'm not doing a victory lap on this. To tell you the truth, it saddens me that this has even happened. But I am grateful for the great men and women who do the counterintelligence work to protect us against terrorism, sabotage, extremism, of which Master Corporal Mathews falls into.

## WHAT SAY WE

## Naval Reserves helps sailor - student grow

**LS Marie-Anne Dussault-Gomez**  
HMCS Malahat

When I joined *HMCS Malahat* in 2014, I was just starting my degree in Kinesiology at the University of Victoria.

At the time, I was looking for something stable to carry me through my studies and provide me the opportunity to grow. My brother, who has always been a big influencer in my life, suggested I join the Reserves, and that's exactly what I did.

That summer quickly turned into four, and I have never looked back.

Even though I just graduated from my degree, I don't know a lot of 23-year-olds that have had the same opportunities as me.

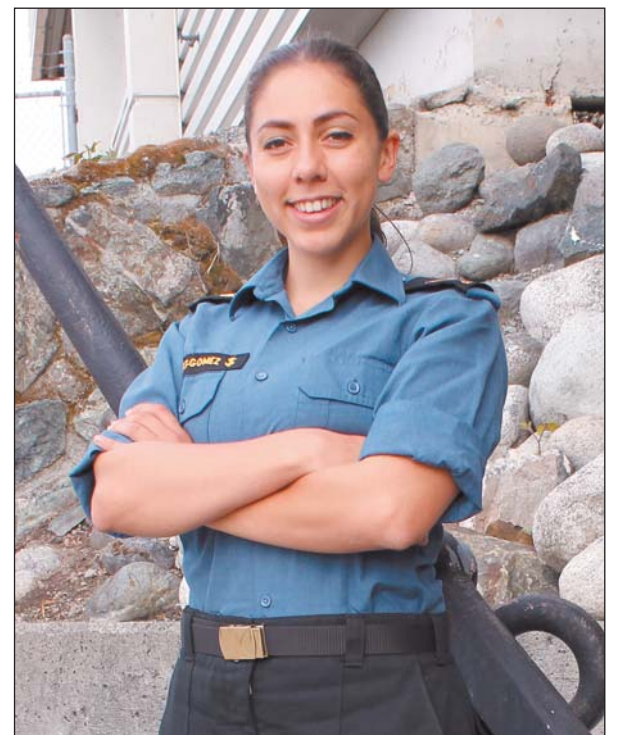
Due to my training and work, I have been doing things none of my friends in my age group could even dream of. I have my qualification as a Human Resources Administrator, and

I am effectively running a portion of my unit's Orderly Room. It's a lot of responsibility and I feel honoured that *HMCS Malahat* has entrusted me with overseeing other sailors even though I am still relatively young.

I have also had the chance to deploy on Operation Caribbe in *HMCS Brandon*, all without affecting my studies.

Nothing could have prepared me for the beauty of a sunrise or sunset at sea on a Maritime Coastal Defence Vessel.

My future will always involve *Malahat*. After my Class B contract, I hope to return to university to do my Masters and PhD in neuroscience. Nothing will happen to my position in the Reserves as I can flex my hours to accommodate my studies, or even change units if I decide to study outside of Victoria. Who knows what I will do next. With the support of the Reserves and *HMCS Malahat* behind me, I feel like I can do anything.



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# Rogers Hometown Hockey supports MFRC tutor program



**Peter Mallett**  
Staff Writer

Military parents in need of a tutor for their child need only look as far as the Esquimalt Military Family Resource Centre (MFRC).

In collaboration with Rogers Hometown Hockey, the MFRC now offers Community Education Grants for tutoring children 12 years old and older during the upcoming school year.

Application forms are currently available at both the Colwood and Esquimalt centres.

Kelly Aucoin, MFRC Children's Services Coordinator, says funding from Rogers Hometown Hockey was donated to the MFRC specifically to assist children of military members to better prepare for post-secondary education.

"As a non-profit, charitable organization we welcome grants to support our operations," said Aucoin. "We were delighted to see this funding for the MFRC and we know it is going to help fulfill a great need in Esquimalt's military community."

The Community Education Grant is being offered for this school year only. It is being funded by a \$15,000 donation to the MFRC from Rogers Communications through Support Our Troops, which raised proceeds from the Rogers Hometown Hockey event held at CFB Esquimalt in February.

As part of the new program, the MFRC will hold regular Homework Support Groups for children attending classes this year in Grades 6 through 12 at the Colwood Pacific Activity Centre (CPAC).

Application forms for the Community Education Grant are also available online at <https://esquimaltmfrc.com>. Completed application forms will be reviewed by the MFRC's Child and Youth Development Parenting Support Committee before reimbursements can be approved.

*We were delighted to see this funding for the MFRC and we know it is going to help fulfill a great need in Esquimalt's military community.*

Kelly Aucoin, MFRC Children's Services Coordinator,



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# Don't miss this military extravaganza!

**Peter Mallett**  
Staff Writer

You've seen them sailing off the Dallas Road waterfront.

You've read about their deployments and successful operations.

Now, in two weeks' time, you can go inside a Royal Canadian Navy warship, submarine, and training vessel at CFB Esquimalt's largest outreach event of the year – Defence on the Dock.

This glimpse into the Canadian military takes

place at Ogden Point, the downtown cruise ship terminal, on Sunday, Sept. 15 from 10 a.m. to 5 p.m., and it's free.

Tours are available in *HMCS Winnipeg*, *HMCS Edmonton* and Orca-class training vessel *Renard 58*. Plus, attendees can win a coveted tour of Victoria-class submarine *HMCS Chicoutimi*. Watch CFB Esquimalt's Facebook page for your chance to win.

From the air force, the new CH-148 Cyclone helicopter from 443 Maritime

Helicopter Squadron will perform a search and rescue demonstration in the harbour. From the army, artillery, tanks and weaponry from 39 Service Battalion will be on display, as well as a mobile field hospital tent from the army medical unit 11 Field Ambulance.

The base will showcase its own emergency services with vehicles and interactive displays from their fire and rescue and military police units. Plus, some of the unique support services housed at the base will be

on display, showing their work and the many careers opportunities available to civilians.

"Defence on the Dock is about bringing CFB Esquimalt to our community," said Captain (Navy) Sam Sader, Base Commander. "This event is a great opportunity to strengthen ties with our neighbours while providing a glimpse into life here on the base and showcasing the talent within our Defence Team."

The Canadian Armed

Forces is more than just the tools to do the job. At the heart of the military are its people. This year the Base Commander has added a new element, one that shines a light on the base workforce as regular people with unique talents.

To add an element of fun to the open house, artists, writers, musicians, and dancers, all from the base, will perform in a rotating talent show, including the renowned Naden Band of the Royal Canadian Navy.

Food trucks and vendors

will also be on-site selling food and military-themed items.

There is limited on-site parking, so attendees are encouraged to take public transit or pursue other means of transportation such as cycling or walking to and from Ogden Point. BC Transit will also add extra No. 2 route buses for the event.

For further updates and news about Defence on the Dock follow the CFB Esquimalt Facebook page at: [bit.ly/2019dodt](http://bit.ly/2019dodt)



File photos from 2018.



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A sign at building N20 marks the offices and archives of the CFB Esquimalt Naval and Military Museum. The building was recently designated as an Historic Place by the Province of British Columbia. Between 1973 and 1984, the red brick building was used as a French-language school and previously served as a residence for admirals and base commanders in the early portion of the 20th century.



Photo by Peter Mallett, Lookout

# ‘Little Red School House’ named to historic sites list

**Peter Mallett**  
Staff Writer

The red-bricked office building for the CFB Esquimalt Naval and Military Museum has been designated a Historic Place by the Province of British Columbia.

Naden building number 20 currently houses the archives for the base museum, but 35 years ago it served a much different purpose.

Between 1973 and 1984, Cabin No. 20 was known to our Francophone community as “la petite école rouge” or “Little Red Schoolhouse” in English.

Back then, the building was an elementary school for up to 80 French-speaking students each year. It had a staff of four teachers who offered instruction from Kindergarten to Grade 6.

In October 1977 the school was officially named École Victor G Brodeur for the former Rear-Admiral who commanded the Pacific Fleet during the Second World War and used the building as his residence between 1932 and 1933. The building was designed by architect John Teague (1833-1902) to serve as

a house for the Admiral, and in later years was also used as residence for Base Commanders.

In 1985 the little red schoolhouse was deemed too tiny a building to satisfy the demand from the Francophone community and operations were moved off-site to Harborview School.

Earlier this year, building N20 was named to the B.C. Register of Historic Places because of its cultural legacy and importance in the province’s history.

The announcement came by decree from the B.C. Legislative Assembly in March 2019 as part of Month of the Francophone celebrations in our province. It named N20 and 23 other sites across the province as Historic Places.

Gisèle Samson, a student’s assistant and volunteer for the Victoria Francophone Historical Society, says the announcement by the province was warmly received by Victoria’s Francophone community.

“The B.C. heritage designation is being applauded by the Francophone community and many others here in town and even further afield because of its huge significance to all of

us,” said Gisèle Samson. “Many people who have moved to Victoria in more recent years are surprised when they learn about the history of the building.”

According to Samson, the French language school was initially opened at the base following equal-access-to-education rights to senior leadership during the late 1960s and early 1970s. Under pressure to provide services in both of Canada’s official languages, the decision was eventually made to accommodate the rights of French-speaking children from military families.

“Many children had been taught French in Ottawa and Halifax before moving with their [military] families to Esquimalt, but prior to 1973 the base did not have a school for Francophone children,” said Samson. “During my time as assistant teacher to the children in my classroom at École Victor-Brodeur on Head Street, I learned of our historical legacy and its connections to CFB Esquimalt.”

The process of recognizing the building got its start with an announcement by the Victoria Francophone Historical Society in the

spring of 2018. It invited Francophones to participate in the Francophone Historic Places Recognition Project, funded by B.C. Heritage branch.

The purpose of the nominations process was to promote the heritage values of historic places that demonstrate the contribution of Francophones to the development of B.C.

The base and the historical society are planning to erect a bilingual marker in front of the building denoting its historical importance.

The base museum also hopes to celebrate the legacy of the school with a photo display at the front of adjacent building N29, which was also used by the school.

CFB Esquimalt Naval and Military Museum Exhibit Designer Clare Sharpe plans to add imagery of students and teachers from the school to N29’s windows. She is appealing to the military community and those who attended the school for class photographs and photos of students and teachers at work and play at the school. She encourages those interested in contributing photos to the project to contact her at Clare.Sharpe@forces.gc.ca

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# HMCS OTTAWA AT SEA



Clockwise:

A member of the Japanese news media holds a dummy round for the Bofor 57mm gun during an upper deck ship tour of HMCS Ottawa while alongside Maizuru, Japan, Aug. 23.

Crew members shake hands with Japanese host ship Sendai crew members after a friendly game of softball, Aug. 25.

Ship's divers in action.

Members of after section firefighting team advance on a simulated fire during a fire exercise.

Photos by Leading Seaman Victoria Loganov, MARPAC Imaging Services



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## Sentinel program offers colleague support

Courtesy Maple Leaf

When it comes to help for those in distress, every action counts and can make a difference. Yet, despite all the support programs and tools put in place, the problem is often taking that first step toward the appropriate resources.

Military members in distress may find it difficult to ask for help for any number of reasons, including personal pride, feelings of isolation, or social pressure. This is where the camaraderie that unites Canadian Armed Forces members comes into play.

Established by the Royal Canadian Chaplain Service, the Canadian Armed Forces Sentinel Program is a peer support network made up of trained and supervised volunteer members of all ranks. Civilians may also volunteer with the approval of their local chain of command and local Sentinel Chaplain. Through their informed presence within their units, the Sentinels play an important role in the prevention, detection, and support for colleagues in distress.

The active presence of the Sentinels is felt in several areas, such as Operation Honour. When grappling with a situation as sensitive as sexual misconduct, feeling supported and not alone is critically important. The support and guidance provided by the Sentinels have the potential to bring about positive outcomes.

The program started in 2007 and grew to 2,000 members in 2016. Today, with more than 3,000 qualified Sentinels in action on the ground there are more Canadian Armed Forces members ready to offer their support to those who need it.

### Observe, confirm, act, and seek back-up

The program is driven by the premise that peers are best situated to identify colleagues in distress and help them find appropriate support. Sentinels keep an eye out for signs of distress in their colleagues, particularly with respect to mental health. They offer human contact and encourage dialogue and networking to reduce potentially harmful isolation.

Two essential elements of the program are simplicity and humanity. It is not a question of training people in areas in which trained professionals are already working, such as mental health. Rather, Sentinels act as guides to resources, support programs, and tools available to Canadian Armed Forces members and their families to facilitate identification and access.

The Sentinel Program is constantly evolving to meet command requirements. Once qualified, members need to take ongoing training each year, to maintain their knowledge and discover resources newly available.

To learn more about the Canadian Armed Forces' Sentinel Program or to volunteer, please contact a chaplain in your unit.

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# Father and son bond at 1,250 feet

**Peter Mallett**  
Staff Writer

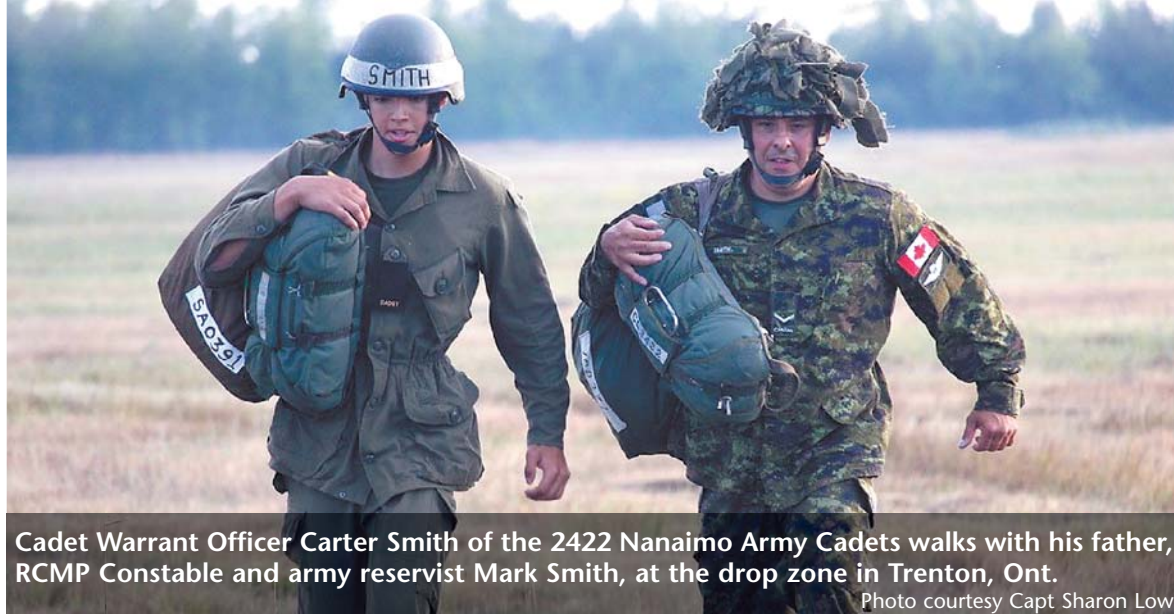
**A** Vancouver Island army cadet had a huge surprise when he travelled to Ontario to complete his basic parachute qualification course.

Cadet Warrant Officer Carter Smith of the 2422 Nanaimo Army Cadets was one of 50 army cadets from across the country who had gathered inside a hangar at CFB Trenton on Aug. 13 for the completion of their four-week parachute training course.

Carter, 17, was a tad nervous in the moments leading up to his first-ever parachuting experience. Those pre-jump jitters escalated when he met his jumping partner – his father.

Mark Smith, Nanaimo Royal Canadian Mounted Police (RCMP) Detachment Constable, and part-time army reservist with the Canadian Scottish Regiment (Princess Mary's), hatched a scheme to jump with his son.

"At first I didn't notice that he was in the hangar, then I saw an older man with a western division patch on his uniform, did a double take and realized it was my Dad," said Carter. "I was initially confused as to why my father was there, but then I gradually began to realize I was going to be making



Cadet Warrant Officer Carter Smith of the 2422 Nanaimo Army Cadets walks with his father, RCMP Constable and army reservist Mark Smith, at the drop zone in Trenton, Ont.

Photo courtesy Capt Sharon Low

the jump with him."

Mark, 47, had previously served as a full-time soldier with the First Battalion, Royal Canadian Regiment (1RCR) and served as a peacekeeper in Croatia and later as a paratrooper with the 3RCR during the 1990s. But he hadn't done any parachuting since those days and was due for a refresher course.

He made all the necessary arrangements for the surprise rendezvous with his son weeks in advance of the jump. He received approval for his plan after circu-

lating a carefully written internal memo that eventually received approval from the chain of command.

Mark didn't get word he would be allowed to jump with his son until four days prior. After getting the green light, he packed his bags and paid for a flight to Toronto and then made the three-hour drive up the 401 Highway to CFB Trenton.

"When he first noticed me there in the hangar Carter couldn't quite understand what in the world I was doing standing in the

jump line with the cadets," said Mark. "He bluntly asked me: Dad what are you doing here?" He was shocked and couldn't believe it when I told him I would be suiting up with him and then jumping out of the plane ahead of him."

After slipping into their safety gear, the pair boarded the twin turboprop Skyvan airplane and waited patiently for their big moment. With perfect summer weather conditions and the morning sun rising over the Bay of Quinte, their plane climbed to the required altitude of 1,250 feet.

"I went off the ramp of the plane and he followed me out about 10 seconds behind me," said Mark.

Carter says he was too busy focusing on the mechanics of his jump and passing his test to truly realize the significance of his father's presence. It was only after Carter successfully completed his jump that he realized having his dad there with him provided a huge edge.

"It was definitely a confidence boost seeing him up there and reassured me that I could do it properly," said Carter. "While I was descending, I could see my dad hit the ground and knowing he had landed successfully reassured me that I could do this properly too."

Carter says other cadets realized what was transpiring and thought it was "awesome."

After successfully completing his training, Carter wants to go parachuting again. After five years as a member of the army cadets, he also intends on sticking with his plans to follow in similar footsteps as his father. He wants to pursue a career with the regular force as a medic for airborne operations.

But for now, father and son have a unique memory to cherish.

"I would say it was one of the greatest two minutes I have spent with my son, and one I will remember forever," said Mark.



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**DEPLOYMENTS** CFB CORNWALLIS //  
STANAVFORLANT - 1977  
UNDOF (GOLAN HEIGHTS) - 1988-1989 //

**LOCATION** CALGARY //

**TITLE** DIVISION CEMS COORDINATOR //

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## RIMPAC 2020

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The world's largest maritime military exercise, Rim of the Pacific (RIMPAC), is holding a competition to find a logo for its 2020 session.

This is an opportunity for any artist, designer or creative person who would like to see their work featured as the exercise's official branding for stationary, press releases, websites, social media, coins, shirts, hats, and more. The winner will also be officially recognized by the Commander of the U.S. Third Fleet.

Held every two years since 1971, RIMPAC brings an international collection of maritime, land, and air units to the Hawaiian Islands to conduct joint exercises that address a number of scenarios such as disaster relief, maritime security operations, sea control, and complex warfighting.

Last year, 25,000 personnel from 25 countries, 46 ships, five submarines, 17 land forces, and more than 200 aircraft participated. The next exercise will take place in June and July 2020.

The theme of RIMPAC is three words: Capable, Adaptive, Partners. Logo submissions should incorporate these themes.

Logo submissions should:

- be rasterized in .jpg file format with a resolution of at least 300 dpi (the winning design will require an unlocked and editable vector file),
- be of a quality capable of reproduction on a coin or embossed on stationary and folders, etcetera.
- embrace the theme 'Capable, Adaptive, Partners',
- be marked public domain and not copyrighted,
- not include nation flags,
- consider and take inspiration from the fact that: RIMPAC 2020 is the 27th iteration of the exercise, it's the world's largest naval exercise, and members of all services and navy communities will participate (this is not strictly a surface, submarine, aviation, etc., exercise), and
- be creative! (Previous logos can be used as inspiration but designs of any shape are welcome as long as they follow the above criteria.)

This competition is open to all Defence Team members. The deadline to submit is Nov. 1, 2019. Submit files or any questions directly to the United States Navy's Commander of the Third Fleet Public Affairs office at [c3f.apo@navy.mil](mailto:c3f.apo@navy.mil). For phone inquiries, call Third Fleet Public Affairs at 619-767-4382.

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## Boatswain keeps tradition alive

**Capt Aaron Lee  
and AB Keiran Sidle**  
DND

Being a boatswain demands a lot from an individual. Attention to detail, teamwork and physicality are all part of the job.

However, one aspect of the trade remains integral but often taken for granted - rope work.

There is one young sailor who considers rope work more than just part of the job. AB Keiran Sidle of Naval Replenishment Unit (NRU) Asterix has turned this skill into a hobby.

AB Sidle has been in the Royal Canadian Navy for three years and it was during his QL3 trade training that he was introduced to rope work. In addition to the traditional knots such as the bowline, clove hitch and square knot, he has taken his skills to the next level by creating knots that are intricate and decorative works of art.

In one deployment alone, with NRU Asterix, AB Sidle made over 50

small rope work projects for the ship or his fellow crewmembers.

Some of his more decorative works include the adornment for the ship's bell, a rope knot ship's wheel and a beautiful rope knot anchor, all of which currently decorate the bulkheads of Asterix.

He's even presented one of his creations to former Commander Royal Canadian Navy, VAdm Ron Lloyd, during a visit to the ship while in theatre.

For anyone interested in starting his or her own decorative rope projects, AB Sidle has practical advice: try to be as creative as possible and have a lot of patience.

For a boatswain with NRU Asterix, rope work is critical to mission success, but for AB Sidle this skill has amplified into a hobby that gives him a chance to relax and unwind after a hard day's work. He would like to bring rope work back to the modern sailor as he believes it helps teach them to take pride in what they do.

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### Canadian Forces Ammunition Depot Rocky Point Change of Command

Colonel Christopher Zimmer (center), Canadian Material Support Group Commanding Officer; Lieutenant Commander Norman Normand (right), outgoing Canadian Forces Ammunition Depot (CFAD) Rocky Point Commanding Officer; and Lieutenant Commander Robin Sheffield (left), incoming CFAD Rocky Point Commanding Officer, sign the change of command scrolls during the ceremony held at CFAD Rocky Point on June 25.



Colonel Zimmer presents Lieutenant Commander Normand with a certificate of appreciation during the CFAD Rocky Point Change of Command ceremony.

Photos by Corporal Jay Naples, MARPAC Imaging Services.



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