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Volume 64 Number 38 | September 23, 2019

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## Canadian Leaders at Sea

Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services

Canadian Leaders at Sea participant Juniors Damy (right) observes Lt(N) Samantha Bayne as she participates in a damage control demonstration on board HMCS Calgary. Damy works as Senior Policy Advisor with Gender Equality, Diversity and Inclusion Directorate within the Corporate Secretariat in the Department of National Defence in Ottawa. He was on board the ship for the most recent CLaS program. Read the full story on page 2.

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Canadian Leaders at Sea participants and HMCS Calgary's command team visited the Haida Heritage Centre in Haida Gwaii.

From left to right: LCdr Melissa Fudge, CPO1 Todd Jones, Juniors Damy, Candyce Kelshall, Matthew Lewis, Leelah Dawson, Tim Charles, Chief Reg Young ("Gitkun"), Chief Lonnie Young ("Gaahlaay"), Jason Alsop ("Gaagwiis"), Gary Perkins, Derek Threinen, HCol Don Foster, Jeff Topping, Lt(N) Andrew Lauzon, Mark Blevis, and Cdr Jonathan Kouwenberg.

Photos by Leading Seaman Shaun Martin, MARPAC Imaging Services

## A TOUCH OF CLAS

**Lt Chelsea Dubeau**  
MARPAC Public Affairs

It isn't every day that civilians are afforded the opportunity to see inside a warship, let alone sail with its crew and basically have the run of the place. Yet that's exactly what happened from Sept. 14-18, when 10 intrepid people, leaders in their respective fields from all across Canada, embarked in *HMCS Calgary* as part of the Canadian Leaders at Sea (CLaS) program.

The CLaS program invites

leaders to experience an operational warship at sea, the goal being to "show why Canada's navy is relevant, important, and professional, and why our sailors are the best in the world," according to the joining instructions.

One CLaS participant, Mark Blevis, is the Director of Public Affairs and Marketing for Commissionaires. For him, the CLaS experience was more than just learning about a warship - for him, it was about the people.

"To me this is a four-day university crash course in leadership,

teamwork, organizational structure, cooperation, and passion," said Blevis. "The level of passion I've picked up from everyone on the ship is incredible; how passionate they are to be here, how passionate they are about their jobs. Hearing the stories about what led them to be here to join the forces and hearing what makes people tick has been incredible. You don't often hear people talk about their jobs with such a sense of purpose."

Each CLaS participant received a temporary set of Naval Combat Dress, was assigned their own bunk, and had the opportunity to eat in every mess in order to gain the most exposure to *Calgary's* diverse roster of sailors. From high-speed maneuvers, boat transfers ashore, damage control Olympics, .50 cal machine gun and pyro-

technic demonstrations, ship tours, and even a fire escape drill, little was left to the imagination. Throughout the four-day sail from Prince Rupert, to Haida Gwaii and Alert Bay, participants quickly learned how vital it is to have a cohesive team on board.

"It's over 200 people working together and sustaining each other, and after being with the people on board you have a better appreciation for how important this work is," said Blevis.

*Calgary* CLaSmates and crew had the opportunity to go ashore a few times during the sail, including a visit to the Haida Heritage Centre in Haida Gwaii and Alert Bay. Both visits gave *Calgary's* Commanding Officer, Commander Jonathan Kouwenberg, the opportunity to meet and connect with Haida

Gwaii elders and Namgis leadership, respectively, as well as members of 4 Canadian Ranger Patrol Group and the Junior Rangers.

"That was an unexpected gift as part of this trip," said Cdr Kouwenberg. "It's been the best CLaS sail that I've been able to participate in. The participants were amazing, unique, collaborative and they really did exactly what you want them to do, which is get to know the crew. The crew did a great job of getting to know them, such that I learned some things about my crew from the CLaSmates because they took the time to get to know our sailors. The uniqueness of the program and the territory that we covered and the relationships that were built...I think it's a testament to the value of the CLaS program."

**Bottom left:** CLaSmates Mark Blevis and Derek Threinen served up a naval tradition - sundaes on Sunday.

**Centre:** A member of CLaS (and a guest of the Calgary Highlanders) successfully donned the Survival at Sea suit.

**Bottom right:** Members of CLaS participated in the Damage Control Olympics. They put on firefighting gear and tested the hose.





Students from CF College set off on a harbour tour in Rigid Hull Inflatable Boats.

# CF College students' whirlwind visit

**Janice Lee**  
MARPAC Public Affairs

Last week, CFB Esquimalt welcomed students of the Joint Command and Staff Programme from the Canadian Forces College.

The aim of the programme is to prepare selected senior officers of the Defence Team for command and staff appointments in the contemporary operating environment across the continuum of operations in national and international settings.

The 150 students were split into three groups to participate in demonstrations and exercises

around the base.

On Monday, the students took part in a day sail on board *HMCS Winnipeg* where they received a tour of the frigate, experienced high-speed manoeuvres, and saw a boarding demonstration by the Naval Tactical Operations Group.

The second day they toured Fleet Maintenance Facility Cape Breton and participated in the International Engagement Asia-Pacific Brief. They also visited submarine *HMCS Chicoutimi*.

Another group spent the morning at Venture, Naval Officer Training Centre to learn about the ship bridge

simulators. It gave them an idea of being on the ocean. Afterwards they experienced the real thing on board an Orca training vessel. With the soft breeze of the ocean and the subtle bumps of the waves, the students had a chance to undergo a speed and manoeuvrability demonstration.

The last group went to Naval Fleet School Pacific. There they were introduced to the Replenishment at Sea trainer and a virtual welder demonstration. They experienced the weapons capabilities of a frigate through a Close-In Weapons System simulator. Afterwards, they toured Esquimalt Harbour

in a Zodiac before proceeding to Fleet Diving Unit (Pacific) for a taste of a clearance diver's life by taking a dip in the Pacific Ocean.

Students of the Joint Command and Staff Programme are not all Canadians. The program welcomes military members from 16 countries. In order to take the course, a person must be at the Major/Lieutenant-Commander rank as it is geared to train future leaders.

At the end of their base visit, the students headed to CFB Petawawa to participate in Exercise Collaborative Spirit.



Students tackle the Fleet Diving Unit (Pacific) obstacle course.

Photos by LS Mike Goluboff, MARPAC Imaging Services

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# matters of OPINION

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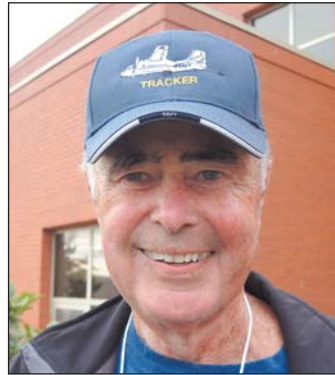
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## WHAT SAY YOU

### People Talk

When graduates of the former junior officer training centre HMCS Venture gathered in Victoria for their 11th Quinquennial reunion, Lookout asked:

**What is the most important thing you learned from your days at Venture?**



How much work you could put into one day from sun up to sun down. There weren't enough hours in a day for the type of things the navy wanted us to do. It was a different world when you were a civilian of 18 or 19 and cast into a military environment.

**Lt(N) (Retired) Fin Sterling  
(1961)**



My time at Venture taught me about companionship and an ordered life. I joined a year after the end of the Korean War and as a teenager with no chances of going to university the navy was the option for me and I learned so much.

**Cmdre (Retired) James Green  
(1954)**



Punctuality was the most important thing I learned. I find that many people today don't show up on time. It also taught me about discipline and to have respect for older people. I think most young people should spend a year in the armed forces to get a sense of this.

**SLt (Retired) David Drew  
(1959)**



The leadership skills that I learned while learning how to be a naval officer. From day one we learned about this from the chiefs and officers; we were mentored and once we left Venture this took me and others very far in life.

**Capt(N) (Retired) Wilf Lund  
(1961)**

## WHAT SAY YOU

# Still vertical, still breathing

**Bill Sparling**  
Contributor

For years, I routinely responded jokingly to the pro-forma greeting of "how are you" with "vertical and breathing is the goal." Now, having just returned to work from a heart attack, it really is the goal.

So, my first symptoms were pain beneath the sternum, nothing else.

Having heard many lectures about heart attack symptoms, I recognized it but because one: it was without any of the other symptoms we are taught to expect and two: because of my history of acid reflux I considered the pain to be (quelle surprise) acid reflux. Ironic when you consider that I am the unit safety officer and first aid support falls within my purview.

It hit me, off and on, for some time and one day, at work, got really bad. So bad, in fact, that I made a doctor's appointment to have it checked out.

Fast forward one week to the doctor's appointment.

Within five minutes, the doctor tells me to get my furry behind to the emergency room: "Now, or you will die."

Five days and an angioplasty later, with stents, I am ready to go home with a year's supply of meds and a bunch of follow-on appointments. By the way, angioplasty is a surprisingly painful procedure that you are fully conscious during and feel everything as they monitor you to ensure that a stroke doesn't occur.

So, here's the nitty-gritty. I had blockage of an artery feeding the heart muscle. Due to the time elapsed, my heart was compensating and developing alternate blood flows to

protect itself, so damage was limited. The angioplasty opened up the blockages, removing the built-up plaque, and the stents ensure the artery will stay open.

A week's rest at home and then it was back to work, albeit with a few minor changes while I regain my strength. Note, some people require a longer period of sick leave, but I'd go not-so-quietly nuts if I took too long. But I am being careful and have a supportive work environment.

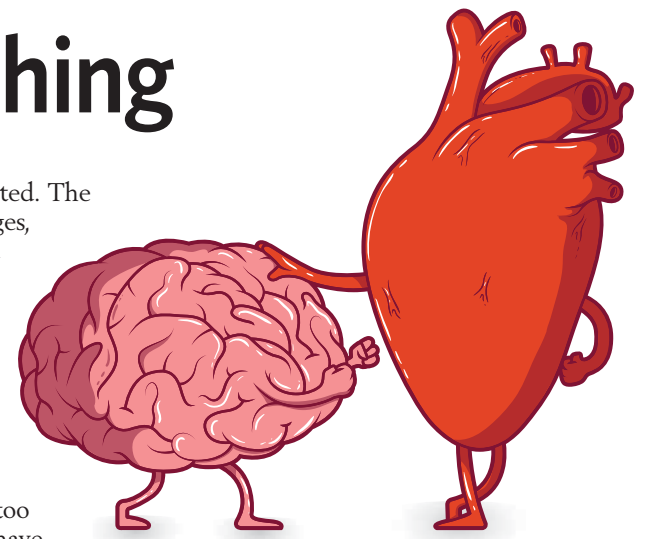
Why me? Well, it comes down to two major reasons: genetics (family history) and lifestyle. I can't do anything about the genetics, but lifestyle is another matter.

Like most of my generation, my eating habits are terrible. Having spent years in the Canadian Armed Forces, like the majority of us, I habituated to not paying much attention to exactly what I am eating and to eat quickly and move on (eat and get out). Snacks weren't paid much attention to either, so I had a high salt content in my overall diet, thanks to processed foods.

Of course, this, over time, gave me high blood pressure. I always responded to concerns about my blood pressure with a joking "better high blood pressure than none."

During the period immediately before and during this incident, my blood pressure was spiking over 20 points higher than usual, even my usual high blood pressure readings.

Part of lifestyle includes physical activity. Over the years, as I aged, my level of activity decreased in intensity. Aches and pains were accepted as the part of the price of getting older, like losing some hair, and without realizing it. This also affected my



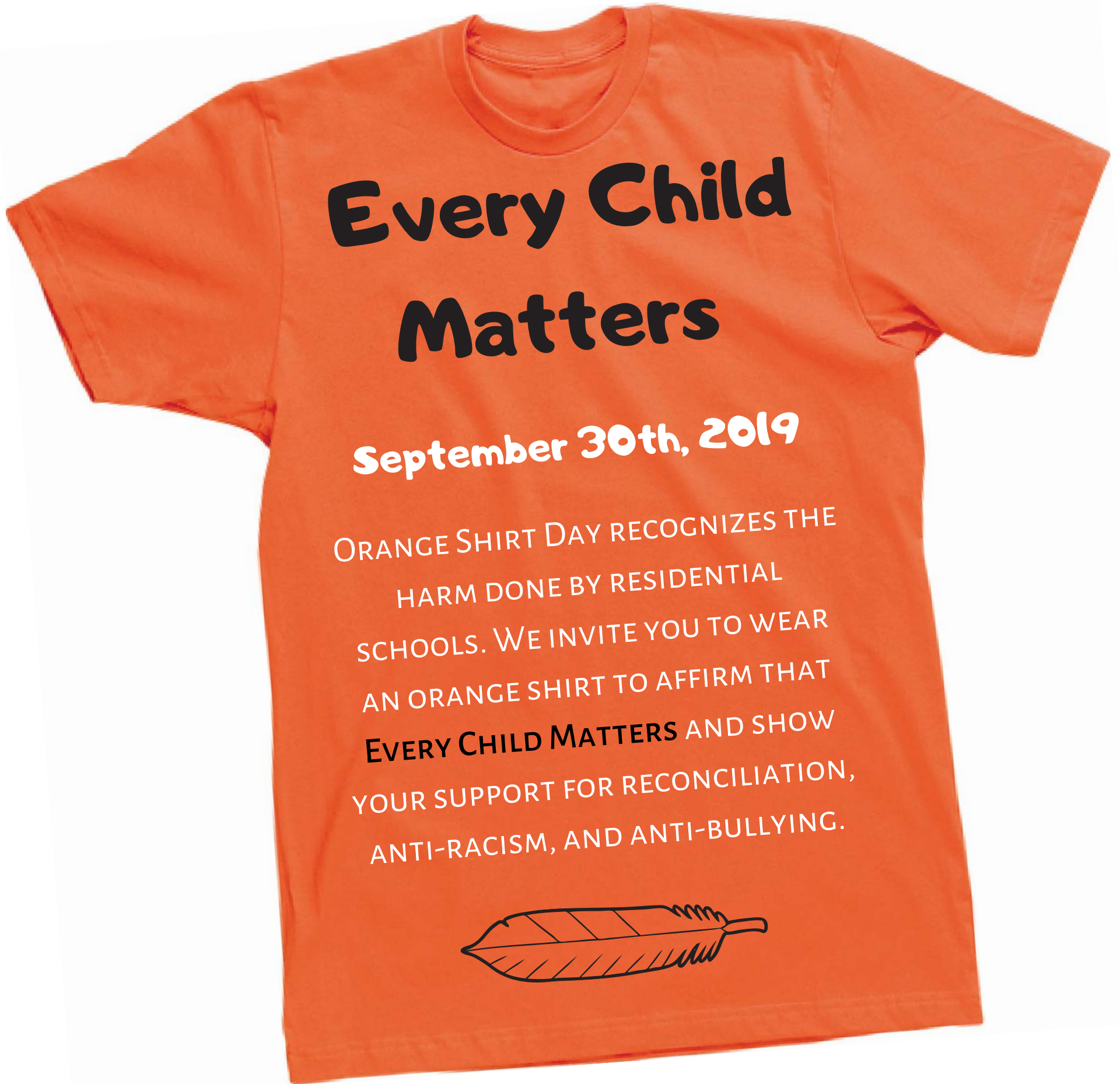
overall cardio-vascular fitness. Without noticing, I got old. Bummer.

So here we are, facing a new dawn and a new realization. My wife, bless her, has put her foot down and laid down the law. I am now being more careful about what I eat. (Did I mention my lovely bride went through the house and threw out everything that was edible?) Alcohol is not an issue with me, so that's one change that isn't needed. Cardiac rehab includes a guided fitness class I will be starting following medical clearance. I will be making time for breaks and mild exercise, including some walks at lunch instead of working through and eating at my desk. The dog will continue to get lots of walks, maybe even longer ones.

In short, like so many others, effectively I brought this on myself by neglecting my health through ignorance. In my generation, we were not taught to look out for this sort of thing or to prevent it through a little common sense. I'll be doing better now; my wife will be making certain of that. Regardless of generation, all of us should start paying attention to our own health.

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# Canadian Fleet Pacific Deputy Change of Command



Capt(N) Scott Robinson, the incoming Deputy Commander of Canadian Fleet Pacific, addresses guests.

Capt(N) Julian Elbourne (left), outgoing Deputy Commander of Canadian Fleet Pacific; Commodore Angus Topshee (middle), Commander of Canadian Fleet Pacific; and Capt(N) Scott Robinson (right), the incoming Deputy Commander of Canadian Fleet Pacific, sign the certificates during the Change of Command for Deputy Commander Canadian Fleet Pacific Sept. 9.

Photos by Leading Seaman David Gariepy, MARPAC Imaging Services

Commodore Angus Topshee, Commander of Canadian Fleet Pacific, addresses guests.

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**MS Tracy Voorthuyzen in the Revel Chilliwack Marathon.**

**2019 MOST DEDICATED ATHLETE**

**Lt(N) MJ Kia**  
HMCS Malahat Public Affairs

They say the secret to happiness is setting attainable goals, but the definition of attainable is only as limited as your imagination.

For Master Seaman Tracy Voorthuyzen, a Supply Technician at HMCS Malahat, her sights were set high.

"I have set myself a goal to complete 60 marathons by age 60, which is March 2020. I started running marathons in 2009 at the Victoria Marathon. I have now completed 58; my plan is for the 59th to be in the Victoria Marathon in October, and then number 60 in Cancun, Mexico, this December."

A regular on the Canadian Armed Forces national and international running circuits, MS Voorthuyzen has competed in multiple prestigious events, including the Boston Marathon, twice. Her love for the sport has had a positive effect on her shipmates, as she is often the lead organizer at Malahat for getting others involved in running.

"I drive most of my shipmate's crazy asking them if they have signed up for whatever the latest races are. In 2016 our unit had three participants at the Boston marathon, where the only way in is to meet strict qualifying times," she says.

On Sept. 19, MS Voorthuyzen was awarded Most Dedicated Athlete at the CFB Esquimalt Sports Awards for 2019. It is only fitting that she wasn't present to receive her award, as MS Voorthuyzen is presently in Europe at the Disney Castle to Chateau Challenge where she continues to live her passion for ticking off the kilometres.

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Naval Cadets gather for a photograph on the flight deck of USS Spruance during an exchange program with the United States Navy in August. The Naval Cadets are enrolled in the Regular Officer Training Program and were participating in ROTP's summertime On-the-Job Employment Program.

Photo submitted: Naval Personnel Training Group (NPTG)

# Naval Cadets enjoy incredible USN exchange

**Peter Mallett**  
Staff Writer

A group of Naval Cadets gave glowing reviews about their recent summer job placements aboard the United States Navy (USN) vessel USS Spruance.

The six junior sailors are enrolled in the Canadian Armed Forces Regular Officer Training Program (ROTP). They recently wrapped up three-week job placements aboard the USN's Arleigh Burke-class destroyer.

They embarked Spruance in Seattle and arrived at U.S. Naval Base San Diego on Aug. 27.

Their participation was part of the ROTP's On the Job Employment (OJE) program. OJE finds work placements in the Canadian Armed Forces for 160 naval cadets throughout the summer months when they are not attending classes at Royal Military College in Saint-Jean, Que., Kingston, Ont. or Canadian universities.

Lieutenant (Navy) Tony Greenwood, Basic Training List (BTL) Manager for Junior Naval Warfare Officers at the Naval Personnel and Training Group (NPTG), helped organize this year's exchange.

Lt(N) Greenwood, a former graduate of the ROTP in 2014, says the intention of the exchange is to give cadets practical experience on a warship.

"I also had some interesting work placements during my time in ROTP, but sailing aboard a USN destroyer is an incredible assignment for these young sailors and by all reports they thoroughly enjoyed it. The idea was to give this group of cadets practical experience on a warship and it was mission accomplished."

This year's participants were NCdt Jonathan Anderson, NCdt Eve Baker, NCdt Farris Bakir, NCdt Timothy

Baljet, NCdt Lisa Grandmaison and NCdt Alex Morneau.

Four of the cadets spent most of their time in Spruance assisting with bridge watchkeeping duties. Two other students, NCdt Baker who is studying to become a Logistics Officer, and NCdt Morneau, an engineer, were involved in their respective departments in the ship.

In his review of the placement, NCdt Baljet said he was thoroughly enthused about the opportunity to learn outside the classroom while aboard Spruance.

"This was an incredible opportunity for learning the capabilities, customs and organization of the USN," said NCdt Baljet. "The U.S. sailors welcomed us and then assigned us to a junior officer to shadow and help them complete their watches alongside and underway. We also had ample opportunity to explore both the ship and the ports of call in Everett, Seattle, Seal Beach, and San Diego."

OJE placements here in Esquimalt included work-study placements at Fleet Diving Unit Pacific, the Naval Tactical Operation Group's Advanced Boarding Party, and the Canadian Forces Sailing Association.

The Regular Officer Training Program gives young Canadians an opportunity to obtain both an officer's commission in the Canadian Armed Forces and an undergraduate degree. The aim of the ROTP is to develop selected young men and women as officers in the CAF in a variety of career occupations. Successful ROTP candidates enrol in the CAF as Officer Cadets and attend the Royal Military College of Canada or the Royal Military College of St-Jean or an approved Canadian University. For more information visit the webpage: [www.rmc-cmr.ca/en/registrars-office/regular-officer-training-plan-rotp](http://www.rmc-cmr.ca/en/registrars-office/regular-officer-training-plan-rotp)



# Queen's Harbour Master staff on the move

**Peter Mallett**  
Staff Writer

Guided tours of the Royal Canadian Navy's submarine *HMCS Chicoutimi* was a key attraction at this year's Defence on the Dock at Ogden Point.

But getting the Victoria-class submarine alongside for the Sept. 15 event was no simple task. *Chicoutimi* is currently undergoing a refit and couldn't get there on its own power.

The process of moving *Chicoutimi* was a slow and methodical one, and involved 17 civilian members of the Queen's Harbour Master,

and three vessels from the base's Auxiliary Fleet. Their operation began that day at 5 a.m. when the crews secured *Chicoutimi* to tug boats Glendale and Lawrenceville.

Over at Ogden Point's Pier A, Jetty Services and tug boat Tillicum began setting up the required berthing system and brows.

It was all in a day's work for the Queen's Harbour Master, said LCdr (Retired) Roger Miller, Pilot 2 of Jetty Services.

"Rigging was the key to this operation. Put simply, it's all about taking a large tug like Glendale and a smaller tug like Lawrenceville, and then rigging them with ropes to *Chicoutimi* so that all three

vessels move as one unit."

The mission could have easily been hampered by high winds, heavy seas, and fog that were forecasted that day. Thankfully for Miller and his crew the predictions didn't pan out until later in the day. At the time of the move *Chicoutimi* and its supporting vessels had light winds and more than 100 yards of visibility, said Miller. They managed to make the four nautical mile journey in approximately two hours.

Towing a submarine is an easier job than towing a frigate or large vessel, he adds.

"That's because Victoria-class subs have a visibility advantage over larger surface

vessels because of their conning tower [raised platform]; they track very well through water and its low profile makes it less susceptible to high winds. The only drawback is the cramped working conditions and confined spaces inside the submarine itself."

Miller piloted *Chicoutimi* on its journey from Esquimalt Harbour to Ogden Point with assistance from the crew, while the return leg went to the unit's other admiralty pilot, Brian Whittaker, who returned the sub safely to its home port.

Queen's Harbour Master's main responsibilities include supporting vessels of Canadian

Fleet Pacific and assisting foreign warships in and out of Esquimalt Harbour, providing refit services by specialty barges, oversight of marine environmental protection, maintaining navy buoys for Maritime Forces Pacific (MARPA), and overall marine management of Esquimalt Harbour.

The Queen's Harbour Master also assisted in getting *HMCS Winnipeg* safely alongside Ogden Point, as well as set up numerous brows for *HMCS Edmonton* and the Orca-Class training vessel *Renard 58*.



Jetty Services staff from Port Operations and Emergency Branch work to secure Victoria-Class submarine *HMCS Chicoutimi* before Defence on the Dock at Ogden Point on Sept. 15. Photo by POESB



**Robin&AJ**  
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on the **DOCK**



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**Defence on the Dock**

More than 8,000 Vancouver Islanders enjoyed CFB Esquimalt's Defence on the Dock event held Sunday Sept. 15 at Ogden Point.

HMCS Chicoutimi performs a demonstration for onlookers. The submarine was a showcase piece offering guided tours to contest winners.



The army reserves were on hand to provide insight into their reserve medical unit.



The new Grappling Club put on a performance.



Search and Rescue Dogs of Victoria Wicca and Moxii.

Photos by LS Bryan Underwood, MARPAC Imaging Services

CFAV Firebrand shows off its firefighting abilities in the harbour.



# HMCS Winnipeg's busy week



SLt Bedard belays a guest trying boarding party equipment in the hangar.



Joint Command Staff Program students enjoy the maneuverability demonstration on board HMCS Winnipeg.



HMCS Winnipeg alongside Ogden Point for Defence on the Dock.



LS Honeyman explains the damage control equipment to the guests of the This is You day sail.

**SLt Wilson Ho**  
HMCS Winnipeg

## THIS IS YOU DAY SAIL

HMCS Winnipeg embarked over 200 guests Sept. 14 from Royal Roads Alumni and the Achieve Anything Foundation's "This is You" program, for a first-hand experience of life on board a Halifax-class frigate.

The "Achieve Anything" Foundation organizes hands-on experience events with the navy and other agency/industrial partners that are improving gender diversity in their workplaces, and also promoting equal opportunity in all of their jobs.

Despite heavy fog obstructing the scenic views of Esquimalt and Victoria Harbour, guests were invited to tour the ship, including the operations room, the bridge, and the machinery control room. In addition, guests were given the opportunity to try on boarding party equipment and test their skills in a smoky firefighting simulator.

During lunch on the flight deck, the fog surrounding Winnipeg lifted. Although overcast, the increased visibility allowed guests to see the demonstration of the ship's full manoeuvrability, which included full speed runs, crash stops, and high speed turns.

Once back alongside Esquimalt Harbour, the President of the Vancouver Island Ex-Cadet Club presented two books to the crew. In closing, Winnipeg's Commanding Officer, Cdr Mike Stefanson, had a few words.

"Thank you for coming out and sailing with us today, and letting the sailors show you our home; this is not just our ship, but your ship as well."

## DEFENCE ON THE DOCK

The next day, overcast weather didn't dampen the spirits of many Vancouver Islanders as they participated in Defence on the Dock, hosted by CFB Esquimalt. HMCS Winnipeg was open for tours at Ogden Point and welcomed 3,300 eager guests.

Defence on the Dock is a showcase event where members of the public are invited to interact with both military and civilian personnel from CFB Esquimalt, and to also view and experience the equipment that the air force, army, and navy personnel use on a day-to-day basis.

Winnipeg also hosted a reception for distinguished guests, community, municipal, and government leaders during the evening. At the reception, the Commander MARPAC, RAdm Bob Auchterlonie addressed the attendees. In addition to thanking everyone for their continued support, he emphasized the importance of inviting the local community to see up close and in person what the military and civilian personnel all across CFB Esquimalt do to support the Canadian Armed Forces.

## STAFF COLLEGE DAY SAIL

Students and staff of the Joint Command Staff Program (JCSP) partook in a day sail onboard HMCS Winnipeg Monday, Sept.16. Students of the Joint Command Staff Program included senior officers from the Belize Defence Force, the Royal Australian Navy, the Peruvian Navy, the United States Navy, the Royal Navy, and the Canadian Armed Forces.

The Joint Command Staff Program's aim is to prepare senior officers for command and staff appointments in both national and international settings.

Staff and students of JCSP toured the ship, including the operations room, the bridge, and the machinery control room.

After the tours, Winnipeg conducted a full manoeuvrability demonstration. The Naval Tactical Operations Group showed the JCSP guests their ability to board a ship, stealthily climbing onboard Winnipeg's quarterdeck and securing the flight deck.

Throughout the day, a CH -148 Cyclone and a CH-149 Comorant conducted multiple flypasts of the ship, displaying both helicopters' capabilities, and demonstrating the strong strategic interoperability between the Royal Canadian Air Force and the Royal Canadian Navy.



## FLEET SCHOOL SCORES ON SPORTS DAY



*Left: A batter keeps his eyes on the ball and gets ready to swing during a softball game at Fleet School Pacific's Sports Day at the Juan de Fuca Recreation Centre in Colwood on Sept. 13.*

*Above: Ball hockey players gather for a celebratory group photo following the conclusion of their game.*

*Photos by Peter Mallett/Lookout*

**Peter Mallett**  
Staff Writer

**S**oggy conditions on the field and outside courts didn't dampen the enthusiasm of participants in this year's edition of Naval Fleet School Pacific Sports Day.

Over 500 sailors-in-training gathered at the Juan de Fuca Recreation Centre in Colwood Sept. 13 to take part in football, soccer, baseball, ball hockey, basketball, tennis, beach volleyball, and yoga.

At the conclusion of Sports Day, Fleet School Commandant, Commander Annick Fortin

congratulated event organizers, Master Seaman Kevin Olid and Leading Seaman Klarck Montemayor, and all participants for their efforts.

"It's really beneficial for our sailors to get outside for the day and enjoy friendly competition and this year's event is another success," she said. "It's impor-

tant to work hard at our jobs, but getting out here for some exercise, esprit de corps and a chance to socialize is also very rewarding and important."

The torrential rains of the previous night combined with occasional showers throughout the morning made for slippery field and court conditions but

didn't deter anyone from having a good time, said MS Olid.

The free pizza and drinks for lunch, along with some musical accompaniment provided by local radio station 100.3 The Q and their Boom Box sound system, was a big morale booster for the participants when they had concluded their events.

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#### Mandatory Qualifications and Requirements:

- Possess 6 years' experience in the last 10 years performing systems engineering or maintenance of Canadian Naval combat systems
- Performing maintenance may include the management of; the organizing of; or the actual conduct of maintenance work

A **Senior Systems Engineer – Naval Combat Systems** to join our team in **Calgary**. Reporting to the Advanced Programs Manager, you will be responsible for oversight and coordination of Engineering Support Services, including; Engineering Changes, Engineering Investigations and Studies, Engineering Tests and Trials, and Maintenance Engineering Activities, for Naval Combat Systems. In addition to comprehensive past experience in Naval Combat Systems (ie. sensors/radars, and weapon systems), the successful candidate will have a thorough understanding of Project Management principles and demonstrated past experience in managing like-systems and equipment.

#### Mandatory Qualifications and Requirements:

- Registered to practice as a Professional Engineer in Canada
- Possess 8 years' experience in the last 10 years performing systems engineering work (ie. one or more of the following: systems integration, systems design, systems performance evaluation and testing, systems requirements analysis, development and implementation of engineering change) within the Defence Sector
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# ROOKIE RUNNER EXCELS AT ULTRAMARATHON

**Peter Mallett**  
Staff Writer

A first-time ultramarathon runner surprised everyone including himself with his recent fifth-place finish at the Sinister Sports Black Spur Ultra trail race.

David Neal, who works as a Safety Environment Management Systems Officer with Formation Safety and Environment, travelled to Kimberly, B.C., on the weekend of Aug. 24 to compete in the gruelling 54-kilometre cross-country style race with 2.4 km of elevation gain in the Purcell Mountains. It was his first ever ultramarathon, but his pace and nutrition strategy paid off as the late-blooming 47-year-old moved quickly to the front of the pack amongst a field of 117 runners and kept up the pace.

He crossed the finish line with an impressive time of 6:06.02 and surpassed dozens of younger and more experienced runners.

"I had no expectation of doing this well in my first ultra-length race, but half-

way through the course I started to monitor my average pace and understand where I was in the field of runners and it motivated me and helped strengthen and quicken my pace," said Neal.

Before setting out he had set a "realistic goal" of finishing the course in seven hours and 15 minutes. His impressive finish was nearly one hour and 10 minutes quicker than anticipated.

### A runner's high

With a background in cross-country skiing, hockey, and soccer, Neal only became involved in competitive running in the past year. He began to take up trail running a few years back as an escape and says he used it as a coping mechanism for his grief following a string of deaths in his family that included the loss of his sister, mother and father over a three-year period.

"It seemed to help me cope, putting me in a meditative state, and feel better about things that were bothering me in life and the loss of loved ones who were close to me," said Neal. "I am surprised with my progress and recent results and never thought success would come so quickly."

After finding self-described "inner peace" from traversing the numerous cross-country trails in the Greater Victoria Area, last spring Neal decided to take things a step further and compete in the Vancouver Island Trail Running Series. The six-race series features courses of between 10 to 20-kilometre length races that are also run over rugged terrain. Success came quickly and has included four top three finishes, including a first-place finish in the 40 to 49 age category in a race at Mount Washington on Aug. 10; one race in the series remains at Mt. Tzouhalem in October.

Achieving a strong result at the Black Spur Race was a more daunting task. Three legs of the winding single track 54 km course challenge competitors to climb steep rocky mountainous terrain, at times using hands, for distances of approximately 800 metres. Footing can be treacherous with loose rocks and debris but Neal says his slight stature, he's 5'7" tall and weighs approximately 150 lbs, was an asset over steep ascents and gave him an advantage.

"There are some sections of the trail where you need

to descend steep inclines and there is lots of loose rock," said Neal. "I have learned to be careful and mindful of my foot plants and to always keep my eyes scanning up the trail and on the ground immediately in front of me where I'm stepping because it's so easy to roll your ankle quickly and ruin your race."

All competitors are recommended to have an emergency warm layer and a thermal blanket in their hydration vest, in addition to required water and nutrition, for the entire race. The runner's progress is monitored by support staff at check point stations and by race paramedics.

Next summer he plans on returning to Black Spur, but will double that distance and run the 108-km course. In order to stay both mentally and physically prepared he plans on competing in his first road marathon, the Greater Victoria Marathon on Oct. 13, with his next ultra-length race being the Diez Vista 50k Trail Run in Port Moody, B.C. next April.



David Neal makes his way along the 54-kilometre Black Spur Ultra trail race in Kimberly, B.C. The 47-year-old was running his first-ever ultramarathon and celebrated a fifth-place overall finish with a time of 6:06:02.1.

Photo credit: Black Spur Ultra

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# COUNTER-STRIKE SHOOTER TRIES THE REAL THING

**Édouard Dufour,**  
Adsum newspaper

Stéphanie Harvey – known as “missharvey” by the international video gaming community – is a five-time world champion in the Counter-Strike shooter video game.

In July, she learned how to use real weapons at 2nd Canadian Division Support Base Valcartier.

Harvey is a video game designer at Ubisoft Montréal, and a prominent professional player on social media. She is followed by 116,000 people on Twitch alone, a platform where live video games can be watched.

During her visit on July 18, she was accompanied by four members of 1e Battalion, Royal 22e Régiment. After donning army battle dress, she was driven to the training area to test her shooting skills. She learned to use the C6, C8 and C9 machine guns. She also tested a 9mm Browning pistol and a C14 Timberwolf sniper rifle.

She practiced for nearly an hour under a blazing sun. She compared this rather physical experience to her workouts in the gym.

This incursion into the military world was not the first for the professional player. A few weeks previous, she parachuted with the Canadian Armed Forces Parachute Team, the Skyhawks at 3 Wing Bagotville. She then empha-

sized the similarity between the teamwork of the military and that of professional video game players.

Corporal Cédric Sabourin was one of those who accompanied Harvey during her visit to the Valcartier base. He noted the professional video game player was able to make impressive group shots with a pistol, a rare occurrence for someone starting out.

Harvey had the final opportunity to practice urban combat as part of a simulation at Building 3 of the Militia Training Support Centre. According to Cpl Sabourin, she observed several parallels between the actual attack strategies and those advocated in the Counter-Strike video game as “coverage angle monitoring.”



A day at 2nd Canadian Division Support Base Valcartier in Quebec allowed video game champion “missharvey” to jump from the virtual world to reality. Photo by Private Marc-André Leclerc, Valcartier Imagery



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# Sailors pass **feats of strength** to grant **CHILD'S WISH**

DND

In eight days, they biked 1,000 kilometres, marched in parades and even pulled a fire engine with their bare hands. Then, the sailors of *HMCS Fredericton* granted a little boy his wish — play-time outside.

Noah Bennett, 9, has both autism and severe neuro-developmental issues. He was born underdeveloped and as an infant, just as he was learning to babble and say 'da-da', he had a seizure that left him permanently non-verbal, said his mother Julie Bennett.

At two-years-old, a stroke paralyzed the left side of his body.

More than anything in the world, Noah loves playing outside on his family's backyard deck. However, the deck height is a danger and there isn't much protection from the sun. The family lives in a mosquito-dense area and because of his condition Noah won't swat them away. He will often return inside with terribly swollen red arms.

But now things are getting better. Thanks to the over \$40,000 raised so-far through *HMCS Fredericton's* 11th annual 'Sailors for Wishes' Children's Wish Foundation fundraising drive, Noah is having a personal 'outdoor play oasis' built for him.

The new play area is going to replace a single shade-giving umbrella with a full roof, have mosquito netting, safety barriers, a sensory play table with water and sand, and an easy access magnetic door from the



house so Noah can come and go as he pleases.

Much of Noah's day is spent going between home, school and multiple doctor appointments. It's tiring. Sometimes it feels like his play area outside is his only relief from it all, said his mom.

"I just love to see the look of joy on my son's face when he's out there," she said.

Each year 'Sailors for Wishes' is a fun and rewarding adventure for the participating crew.

This year, on Aug. 6, 13 sailors started cycling in Shediac, NB, split up into two teams, and then, over the next week, toured different communities in New

Brunswick getting up to various fundraising hijinks along the way.

They did anything to get cash for Children's Wish Foundation. They held 'dance with a sailor for a donation' at local pubs, 50-50 draws, dragged fire engines with both American and Canadian firefighters at the St. Stephens International Fire Truck Pull, and marched in the St. John's Pride parade.

They even just straight-up stopped traffic and asked for cash.

When the two teams rejoined in *Fredericton* for the campaign ceremony on Aug. 14, they had collected \$32,000 cash donations. Further online and organizational donations are still rolling in.

Above: A team from *HMCS Fredericton's* crew (green shirts), as part of the 'Sailors For Wishes' fundraising campaign from Aug. 6-14, participated in the International Fire Truck Pull in St. Stephen, NB. Inset: Children's Wish Foundation child Noah, 9, with his mother Julie Bennett.



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# Bravo ZULU

## Naval Pacific Training Group Medal Presentations and Promotions



Lt(N) J.Z. Martin is promoted to his current rank by Cdr Fortin.



Lt(N) Roberts is presented his Operational Service Medal – Expedition by Cdr Fortin.



MS Swinton is presented her Operational Service Medal – Expedition by Cdr Fortin.



MS Vermeer is presented his Operational Service Medal – Expedition by Cdr Fortin.



AB MacDonald is presented his Operational Service Medal – Expedition by Cdr Fortin.



AB Vibert is presented her Operational Service Medal – Expedition by Cdr Fortin.



MS Quentien is presented her Special Service Medal – NATO Bar for Operation Reassurance by Cdr Fortin.





# Naval Fleet School Pacific Certificate Presentation

LCdr Dany O'Regan, from Naval Fleet School Pacific, presented certificates of achievement to graduates of the Sonar op Rq-OS Session 0006.



OS Tompkins received a certificate of completion.



OS Robinson received a certificate of completion.



OS Young received a certificate of completion.



OS Edwards received a certificate of completion.



OS Kiltz-Quenneville received a certificate of completion.



OS Kiltz-Quenneville received the Top Student Award.



AB McAree is promoted to her current rank by Cdr Kincaid and MWO Michel.



## Canadian Fleet Pacific Headquarters



Lt(N) McGrath receives the Special Service Medal from Cdr Kincaid.



AB Wood is promoted to her current rank by Cdr Kincaid and MWO Michel.



CPO2 F. Griffin is promoted to her current rank by Cdr Kincaid and the Chief's husband.



Sub-Lieutenant Trevor Stephenson is promoted to his current rank by Lieutenant-Commander William Vanderstelt and Lieutenant (Navy) Drew McCormick at MARPAC Headquarters.

Photo Leading Seaman Shaun Martin, MARPAC Imaging Services



SLt Marin is promoted to his current rank by Capt(N) Julian Elbourne and Lt(N) Jeff Grime at MARPAC HQ.



Master Seaman Colleen Chartrand is promoted to her current rank by Lieutenant-Commander Michael Erwin and Petty Officer First Class Jules Cooper at Naval Fleet School (Pacific) Seamanship Division.

Photo by Leading Seaman Mike Goluboff, MARPAC Imaging Services



## Navy supporter Geraldine Hinton makes special presentation



Geraldine Hinton presented Master Seaman Aleksander Antonovic with the 2018 MARPAC Sailor of the Year on behalf, and in honour, of her late husband Capt(N) Peter Hinton.

Photo by LS Stuart Carmichael

### About Captain(N) Peter Robert Hinton

Captain(N) Peter Robert Hinton of Victoria joined the RCNVR in 1941 as a probationary sub-lieutenant. After naval examination duties in Vancouver and service in the minesweeper Kelowna, he began combined operations training in 1943, which led to courses in Britain and command of large landing craft, landing troops in France on 6 June 1944, on D-Day.

He returned to Canada in 1945 and was demobilized. He joined the Royal Canadian Naval Reserve in 1949 and transferred to the regular force two years later when he was appointed to Naval Headquarters Ottawa.

He commanded the minesweeper Fortune at Esquimalt (1955-57), following which he completed a staff course in Britain. He commanded the leadership school at HMCS Cornwallis, NS in 1958, and two years later returned to Naval Headquarters for organization and management duties.

Captain(N) Hinton took command of the destroyer escort Athabaskan in 1963. In March 1964, the Athabaskan rescued



34 crewmembers of the tanker Amphialos, which had broken in two in the Atlantic storm. The rescue, carried out in high seas, was a feat of seamanship which won worldwide acclaim.

Captain(N) Hinton was appointed to command the destroyer escort Columbia in September of that year.

In 1965 he was appointed executive officer of HMCS Stadacona, naval shore establishment in Halifax. The following year, in July, he was promoted to the rank of Captain(N) and appointed director of manpower programming control at Canadian Forces headquarters.

Captain(N) Hinton took command of the fleet replenishment ship Protecteur when it was commissioned in June of 1969. In 1971 he was appointed Chief of Staff Canadian Flotilla Atlantic. In May 1973, Captain(N) Hinton was appointed Base Commander CFB Halifax.

His final appointment was as Base Commander CFB Esquimalt on June 29, 1974.

Captain(N) Hinton retired on July 31, 1976. He passed away Dec. 19, 2008.

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