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Volume 64 Number 39 | September 30, 2019

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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THURSDAY, OCTOBER 24, 2019

7:30 am until 3:00 pm,
Bldg 1127 (Work Point) TEME Workshop.

SEE BACK PAGE FOR DETAILS!

Appointments will be taken until
October 22, 2019.

Contact Janice Beljanski at 250-363-7208
or janice.beljanski@forces.gc.ca

Ottawa on the move



Leading Seaman Timothy Bee and Ordinary Seaman Austin Meyer escort HMCS Ottawa out of Dutch Harbor, Alaska, after a port visit on Aug. 13. Ottawa is deployed for a four-and-a-half month deployment to the Asia-Pacific region on Operations Projection and Neon. See more on pages 10 and 11.

Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services

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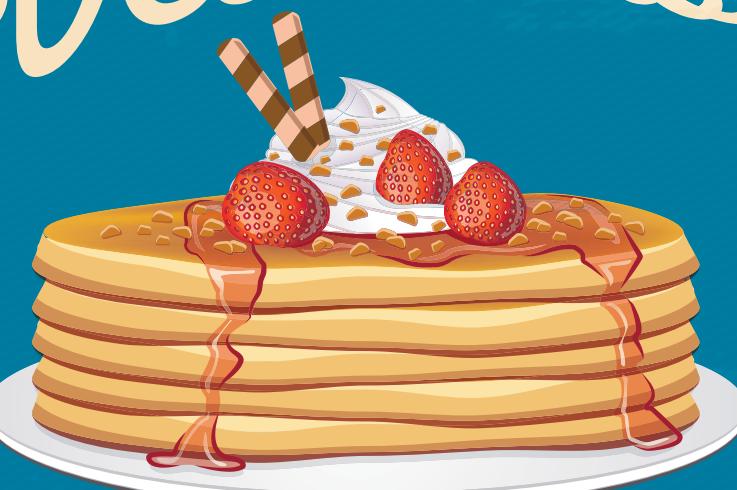
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October 1 7 to 9a.m.
at the Chiefs' and Petty Officers' Mess



MESSAGE FROM THE BASE COMMANDER

NDWCC campaign launch

Team,

To launch this year's National Defence Workplace Charitable Campaign (NDWCC), I would like to invite you all to partake in a breakfast at the Chiefs' and Petty Officers' mess this coming Tuesday Oct. 1 from 7 to 9 a.m. This event will serve as the kickoff for this year's NDWCC and all members are encouraged to attend to show their support for this worthy initiative. Cost will be \$5 and the Command Team will be on hand serving up a selection of pancakes and syrup, hashbrowns, sausages, tea, coffee and juice. Commuting attire will be permitted at the C&PO's for the duration of the breakfast.

Since the late 1990s, CFB Esquimalt has donated over \$10 million to local charities, helping to support those in need and making a significant impact in our community. Each year, the NDWCC is an essential part of our fundraising

efforts, as we work closely with United Way and HealthPartners to raise funds for a number of meaningful causes. I encourage all of you to find ways to contribute to this year's campaign, whether it be through a monetary donation or by volunteering your time in support of a charity close to your heart.

Please watch our social media channels and Base TV for more events and initiatives from across the Formation. Your donation matters and confirms that the defence community is #Readytohelp

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I look forward to seeing you on Tuesday morning to kick off the campaign!

Captain (N) / Capitaine de vaisseau
Sam Sader, CD, MBA

98.5 OCEAN

Robin & AJ

Good morning. Good times.



Rifleman Harold George.

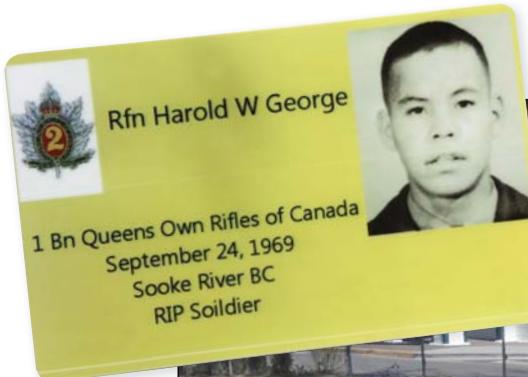
VETERANS REMEMBER

Fallen Comrade



OF 50 YEARS AGO

"He was a quiet type of guy who always seemed to keep to himself and did his job as a soldier extremely well."

**Peter Mallett**

Staff Writer

Three former members of the Queen's Own Rifles 1st Battalion gathered at Sooke Potholes last week to remember a fallen comrade who died in a training accident 50 years ago.

The memorial was organized by Master Corporal (Retired) Ray Weeks for his friend and platoon mate, Rifleman Harold George, who drowned in the fast-moving Sooke River during a training exercise.

Weeks, 72, travelled from his home in Gold Coast, Australia, to attend the ceremony. He was joined by two former platoon mates from 'A Company'.

"The memorial didn't have a sequence or a blessing or a padre. It just included members of the battalion who wanted to say goodbye to our friend," said Weeks. "I never got a chance to say goodbye to Harold back then because I was injured in the training exercise and in the hospital for weeks. The whole incident still weighs heavily in my mind, so I decided to do something about it."

On Sept. 24, 1969, George was 19 when the 12-foot rubber assault boat he was riding in capsized in the rapids, leading to his drowning death.

The soldiers had travelled from their unit's headquarters at the Work Point Barracks for a three-day Watermanship Training Exercise on the Sooke River above the potholes, located 40 kilometres west of Victoria. George was among 40 men riding in four rubber boats when the accident occurred.

Weeks was one of two soldiers who were injured in the accident. He suffered extensive bruising, a fractured skull and concussion and damaged inner ear.

George's body was recovered the next morning after an extensive overnight search by members of the Royal Canadian Mounted Police and his battalion.

A funeral service with the Battalion Burial Party was conducted at Forrest Lawn Memorial

Park the following week but Weeks was still recovering from his injuries in hospital and was unable to attend.

The two men were teammates on the Queen's Own Rifle soccer team and like many soldiers had what Weeks and other veterans describe as an "unbreakable bond."

"He was a quiet type of guy who always seemed to keep to himself and did his job as a soldier extremely well," said Weeks. "The Queen's Rifles were tight and its members did everything together in those days. That's why I thought it was so important to remember Harold."

The ill-fated exercise

Their doomed journey began six kilometres to the north of the Sooke Potholes. At some point on the river, boats overturned in the fast-flowing current and George disappeared under the water. Most platoon mates made it to shore safely. They were all wearing lifejackets, but not helmets.

George's death resulted from a series of miscrees and mistakes according to Weeks and official accounts. A military inquest into his death was held in the months following the incident. The Victoria Daily Times reported in December 1969 that a military court of inquiry blamed the incident on a "lack of planning and forethought" by senior officers in the Queen's Own Rifles.

Two officers of the Battalion were charged under the National Defence Act with Neglect to Prejudice of Good Order and Discipline. Both men appeared before Summary Trials and were given reprimands for their actions.

"It still sits in my mind today," said Weeks. "When people grow older and age you start to think a lot more about things that happened in the past, so I decided to do something about it and remember Harold."

For more on the Queen's Own Rifles and a special web page dedicated to George visit their website: <https://qor-museum.org/soldiers-of-the-queens-own/george-harold-wayne/>

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WHAT SAY YOU

People Talk



My experience was as a fan when I attended a professional soccer match while travelling in Colombia. I saw two teams in Bogota square off and it was a fierce rivalry. The atmosphere was incredible, the fans were so passionate, and I will never forget it.

**Shirley Choy,
Base Logistics**

Lookout asked those participating in National Sports Day at the Naden Athletic Centre on Sept. 20 the following question:

As a player, coach, fan or parent what is your proudest or most memorable sports moment?



I am from a soccer family and my son made it to the Gold League championship and won while he was competing in Vancouver for the Gorge Soccer Club's elite team. It was easily my proudest and most memorable moment.

**Kristina Maclean,
Base Administration**



I used to play soccer while growing up in Ivory Coast. When I was in school in Abidjan I was a very good player and could play multiple positions on the field. I was selected to play for a town and we made it through the regional competition and then went on to the national championship.

**SLt Francois Ouattara,
Canadian Submarine Force**



My greatest sports moment was competing in a dance academy competition where we competed in tap, jazz, hip-hop and contemporary. I was selected to go to provincials eight different times and represented Victoria, and one time I got runner up.

**Chelsea Schaddelee,
Fleet Maintenance Facility**

WHAT SAY WE

WHAT GRINDS MY GEARS Poor signaling

SLt M.X. Déry

Contributor

I recently saw someone use their right hand to signal a left hand turn while cycling. It was as jarring to me as seeing someone salute with the left hand.

I had decided to ignore it, but someone wrote to the Lookout on this topic, so perhaps others are confused about how to signal while cycling.

Most cyclists don't signal at all, let alone signal incorrectly. Using the left hand to signal comes from driving a left hand drive vehicle on the right hand side of the road. It is all about visibility. You can't stick your right hand out of the passenger side window, well, not safely.

If you're bored and want to look up the reference, article 172 of the Motor Vehicle Act explains hand signals for vehicles and for cyclists; it is article 183, subsection 17 b) (i).

Put simply, you are to use the left hand for right and left turns, and stopping. The right

hand can be used for right turns, and nothing else.

At least some cyclists are trying.

Every day I bike to work and see cyclists burn through stop signs, turn without signalling and ride on the sidewalk. Even if the cyclist incorrectly uses their right hand to signal that they are stopping, at least they are attempting to communicate their intent and actually stopping.

Pedestrians should be forced to indicate their intent too.

Walking across the road diagonally without shoulder checking is infuriating. Crosswalks don't create an invisible barrier between you and the dangers of the world. If I'm two feet behind you when you step out into the road, how can I stop in time?

More and more electric vehicles are on the road, so relying on your hearing and blind luck will eventually end with you riding the hood of a Tesla.

And how can it be safe to have a coffee in one hand and a cell phone in the other while



walking the wrong way down the bicycle lane next to the closed sidewalk? Have some situational awareness.

As it becomes darker, colder and damper, the fair weather riders vanish, but they are replaced by drivers who are all fighting over parking spots. Large SUVs park in small car parking spots, cars double park or pretend to be delivery drivers by parking in loading zones.

All these breaches of the rules are really just people believing they are the exception. "It is just for a minute," or "stop signs are for cars," or "I have the right of way," these are the same people who show up late, leave early and blame traffic for their poor planning and desire to get another 10 minutes of sleep.

They quote the rules when it suits them on lunch hours and disregard them when they become inconvenient. The rest of us (I'd say silent majority, but let's be honest, I'm not silent), left 10 minutes early, signal when we turn, and park in the right spots.

Don't be the exception.

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A Base Logistics employee and LS Darryl Forry of HMCS Regina deploy a containment boom from F Jetty during a spill response training exercise on Sept. 18 in Esquimalt Harbour.



Fuel spill response put to the test

Peter Mallett
Staff Writer

A coordinated effort by civilian and military personnel at the base resulted in the successful execution of the first annual exercise of the Colwood Fuel Facility (CFF) Environmental Emergency (E2) Plan required under federal legislation.

Port Operations and Emergency Services Branch (POESB) led the day-long training and exercise held on Sept. 18.

The exercise simulated DND's response to a 32,000L marine spill at the Colwood Fueling Jetty, one of several environmen-

tal emergencies identified in the E2 Plan for the CFF. The training and exercise tested DND preparedness and response to such an emergency and involved approximately 20 individuals from POESB, Base Logistics (BLOG), Formation Safety and Environment (FSE), and sailors from HMCS *Regina* and HMCS *Vancouver*.

The E2 Plan and annual exercises are a requirement under the recently amended Environmental Emergency Regulations that came into force on Aug. 24 under the Canadian Environmental Protection Act. E2 Regulations establish minimum threshold concentrations and quantities for

249 hazardous substances. Under the regulations, organizations that own or manage a specified substance at or above the thresholds are required to officially notify Environment and Climate Change Canada, inform the public if they may be adversely effected, and develop, exercise, and maintain an E2 plan.

Participants spent the first portion of their day in the classroom learning about the regulations and the CFF E2 Plan, marine spill response, and familiarization of emergency response equipment.

The spill simulation took place in the afternoon and involved the deployment of approximately 2,000 feet of booming to contain

the mock spill, and the deployment of skimming devices that would be used to collect the fuel if a spill had actually occurred. A separate boom was also placed across the entrance of Dunn's Nook to protect the sensitive estuary.

While POESB already has a marine spill response plan in place for a number of base locations, this response plan is specific to a marine spill during fuel transfer at the CFF and involves a coordinated effort from multiple units.

Environmental Officers overseeing the exercise, Lorraine Crinkley of POESB and Cain Van Cadsand from FSE, congratulated the par-

ticipants for their "keen" interest in completing the exercise and providing several, lessons learned to improve DNDs response and to update the CFF E2 Plan.

"It was a strong team effort from everyone involved," said Crinkley. "This was a complicated scenario and it was great to see multiple units working together so effectively, which is what we would strive for in the event of a real spill of this scale."

For further information about the E2 Regulations please visit the FSE base intranet site link http://esquimalt.mil.ca/fse/Formation_Environment/Environmental_Emergencies/Environmental_Emergencies.HTM

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Mandatory Qualifications and Requirements:

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 - Performing maintenance may include the management of; the organizing of; or the actual conduct of maintenance work
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- 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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A CH-148 Cyclone with its wheels down, prepares to land on HMCS Winnipeg.

HMCS Winnipeg practices SWOAD

SLt Wilson Ho
HMCS Winnipeg

The sound of a CH-148 Cyclone's rotor blades could be heard throughout *HMCS Winnipeg* as it made its first flypast.

It has been almost two years since a helicopter, less a Cyclone, had landed on the flight deck.

From Sept. 18 to 19, *Winnipeg*'s crew practiced its Ship Without

Air Detachment (SWOAD) capabilities. SWOAD allows a ship without an embarked helicopter air detachment to land helicopters, and to perform other duties such as the transfer of personnel and cargo.

The CH-148 conducted multiple daytime and nighttime sorties throughout the two days. Under the watchful eyes of Sea Training (Pacific) and maintainers from the Royal Canadian Air

Force (RCAF), the deck crew practised lashing down and removing lashings on the helicopter, fuelling, and transferring personnel on and off the flight deck using the helicopter's winch.

This opportunity strengthened the bond between the CH-148 helo crew and *HMCS Winnipeg*, and brought the ship one step closer to deploy on the Rim of Pacific (RIMPAC) Exercise next year.



Deck crew prepare to fuel a CH-148 Cyclone on the flight deck of HMCS Winnipeg.



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CPO2 Chris Fraser displays the flash gear he will run in during the upcoming Goodlife Fitness Victoria Marathon. His run is a fundraiser for the Esquimalt Military Family Resource Centre. The gear weighs approximately 25 lbs and CPO2 Fraser hopes to set a Guinness Book of World Records marker with the feat.

Photo by Peter Mallett, Lookout

Sailor set to make Guinness Book of World Records

Peter Mallett

Staff Writer

Guinness Book of World Records here he comes.

Chief Petty Officer Second Class Christopher Fraser is getting ready to set a world record when he crosses the finish line at next month's Goodlife Fitness Victoria Marathon.

It won't be the fastest time though. Instead, he hopes to become a new Guinness Book of World Records record holder in the category of Fastest Runner Wearing a Fire Fighter's Uniform and Breathing Apparatus.

CPO2 Fraser will run the race as a fundraiser for Esquimalt's Military Family Resource Centre (MFRC).

His firefighting gear weighs approximately 25 lbs and is protective safety gear commonly worn by Royal Canadian Navy duty technicians, containment managers and boundary sentries for damage control purposes. Running the full distance of 42.2 kilometres will be a monumental challenge, says CPO2 Fraser.

"It's all about going slow," he said during a break from his training at the Dockyard Gym. "It's going to take time and patience and is certainly going to be a difficult challenge for me, but it's absolutely achievable and if I do this the Guinness Book record will be mine."

However, he has yet to learn if

his application has received approval from Guinness, but says he will run the race either way.

The gear consists of a support harness and an air tank and respirator. He will also run the race in his Naval Combat Dress, minus the baseball hat, and his military boots.

He knows his uniform and flash gear will slow his pace considerably from his previous marathon finish times, which he says average approximately three hours and 15 minutes.

His ambitious goal is to cross the finish line in five hours but acknowledges he would also be happy if he meets the Guinness minimum required time of seven hours.

"I am going to need frequent breaks at all water stations along the way because I am going to be doing a lot of exerting during this race," said CPO2 Fraser. "I am going to sweat profusely, so it's going to be all about the pace, and drinking lots of water."

The idea to run in flash gear came earlier this year when he heard the MFRC had been named a sponsor of the marathon. He wanted to help the non-profit out with their fundraising efforts and discussed some ideas with MFRC Community Engagement Manager Lisa Church.

"We realized that just running the marathon wouldn't catch people's interest and I needed a better plan," said CPO2 Fraser. "Lisa and I discussed running in a full uniform but

that has already been done. I came up with running it in flash gear and we both liked the idea."

CPO2 Fraser, 49, is a late bloomer in the sport of running. He took up the sport in 2005 and five years later started racing 5 and 10km races. In 2010, he qualified for the CAF's 5K race in Ottawa. He didn't run his first marathon until six years ago when he entered the Goodlife Fitness Victoria Marathon.

If you would like to support CPO2 Fraser in his fundraising efforts visit the race website and the link <https://raceroster.com/events/2019/19927/goodlife-fitness-victoria-marathon-2019/fundraising-organization/16888>

It's going to take time and patience and is certainly going to be a difficult challenge for me, but it's absolutely achievable and if I do this the Guinness Book record will be mine.

CPO2 Christopher Fraser

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MFRC EXPANDS DIGITAL REACH WITH podcast launch

Peter Mallett

Staff Writer

A new podcast titled The Military Lifestyle focusing on the challenges facing today's military members and their families is coming to your smartphone, tablet or computer.

The first episode of a 14 episode first season will debut on Oct. 9 and is being produced by the Esquimalt Military Family Resource Centre (MFRC) with the help of local company Organized Sound Productions. The podcast will build on the Esquimalt MFRC's digital presence following the launch of its Deployment App in 2017.

"We are excited to offer a new way for people to experience and interact with the MFRC," said Jon Chabun, MFRC Esquimalt Communications and Marketing Coordinator.

Chabun will host the program and says creating the podcast was about meeting people where they live. The organization has seen how community members often live, stay connected and keep organized through their smart phones.

"People are busy and military families are increasingly living everywhere," said Chabun. "You don't have to worry about registering and getting to a workshop. You can download it, listen to it offline, on your schedule. We really hope to reach people that might not traditionally come through our doors or who don't have the time to get to a workshop at the MFRC."

Areas of discussion on The Military Lifestyle include deployments, postings, and transitions through interview with experts from their respective fields here at the base and across Greater Victoria.

The first episode looks at preparing couples for deployment with MFRC Deployment Coordinator Sandra Pinard.

Other episodes include an interview with military anthropologist Dr. Anne Irwin, who will discuss the challenges facing military personnel transitioning from the military to the civilian world, while another will focus on looking for work in a new community. Chabun says the MFRC is open to suggestions for future topics of the podcast.

Funding for season one of the podcast is being made available through a grant to the MFRC from the non-profit True Patriot Love Foundation.

The original idea for the podcast can be traced back to a discussion at a MFRC meeting on technology in June 2018. The idea received positive feedback from MFRC staff members when it was first proposed and just over a year later it is ready to take flight.

People can subscribe for free through popular platforms such as Apple Podcasts, Google Podcasts, Spotify or Stitcher by using the key search words MFRC and The Military Lifestyle.

For more information about the podcast with direct links, visit the MFRC's website at www.esquimaltmfrc.com/podcast.

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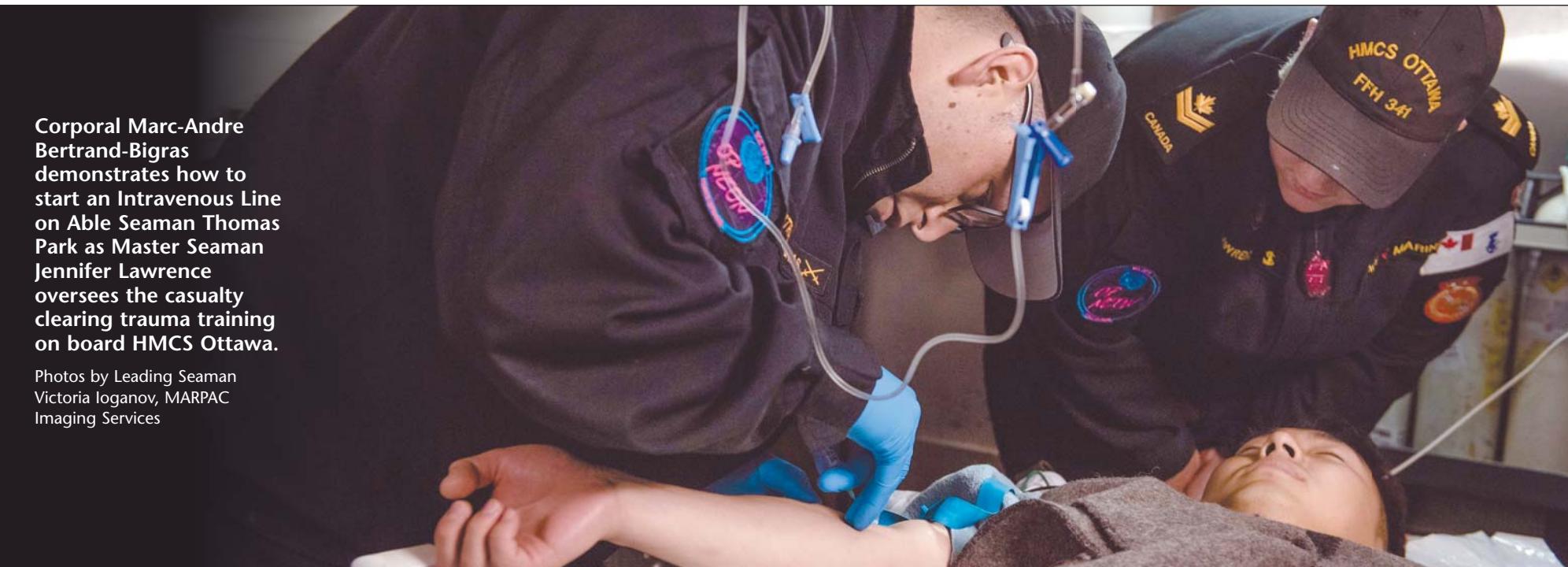
Padre Andrew Klinger spends time with a preschool class during a trip to the Father Ray Foundation on Sept. 17 in Laem Chabang, Thailand during HMCS Ottawa's deployment on Operations Projection and Neon.

Photo by Ordinary Seaman Jaxson Boyd



Master Seaman Veronica Leslie interacts with a preschool class during a trip to the Father Ray Foundation.

Photo by Leading Seaman Victoria loganov, MARPAC Imaging Services



Corporal Marc-Andre Bertrand-Bigras demonstrates how to start an Intravenous Line on Able Seaman Thomas Park as Master Seaman Jennifer Lawrence oversees the casualty clearing trauma training on board HMCS Ottawa.

Photos by Leading Seaman Victoria loganov, MARPAC Imaging Services



Above: Leading Seaman Danielle Halliwell secures the brow after coming alongside Laem Chabang, Thailand.
Left: Leading Seaman Connor Nijssen helps unload and stow away dummy rounds for the Close-In Weapons System.

A MEANINGFUL ADVENTURE

HMCS Ottawa Crew Visits The Father Ray Foundation

Leading Seaman Alix Bovair HMCS Ottawa

Legacy for \$10,000, which will ultimately go towards the purchase of new uniforms for the children.

For children originating from all sorts of impoverished areas and unfortunate circumstances, and for those who do not have a safe place to call home, The Father Ray Children's Home is a sanctuary.

They spent the day at the Father Ray Foundation, a local non-profit organization that works to help over 850 children and adolescents in Thailand. They provide food, clothing, education, and most importantly a sense of family to those who may not have otherwise received it.

With the foundation's motto being "We never turn a needy child away", Ottawa's crew wanted to do anything they could to help the Father Ray Foundation. They began by providing a cheque from Boomer's

best to keep up with the talented students. Breathless and laughing, both teams were exhausted from the challenging game.

The Father Ray Foundation has aided in the convalescence of many who've gone on to graduate from university, work in their local community, and even medalled at the Paralympics. Over the years, they have helped hundreds of children and young adults go on to be fully contributing members of Thai society, despite their upbringing or disability.

At the school the sailors helped students practice speaking English, and after fun conversations and inquisitive questions from both the crew and students, they played a game of wheelchair basketball. Ottawa's crew was out of their element trying their

best to keep up with the talented students. Breathless and laughing, both teams were exhausted from the challenging game.

After a well-earned lunch, the crew travelled to The Father Ray School for Children with Special Needs. Energetic games of soccer and basketball were played, as well as a fast paced game of musical chairs, where the losers were covered in baby powder. As always, music was played, and dancing ensued.

Half the crew members took time in the heat of the day to fix some play structures at one of the playgrounds. This included assembling a submarine climbing structure and slide.

For more information on the Father Ray Foundation visit www.fr-ray.org/ or "Father Ray Foundation" on Facebook.



HMCS Ottawa members build a playground.

Photo by Ordinary Seaman Jaxson Boyd



Master Seaman Richard Tessier shakes hands with a Father Ray Vocational School student after a friendly game of wheelchair basketball.

Photo by Leading Seaman Victoria loganov, MARPAC Imaging Services

HMCS OTTAWA SAILOR SNAP SHOTS



**LS JEFFREY FERGUSON,
BOATSWAIN**

Regular Force: 10 years

Career Highlight:
Op Neon – taking part in an operation that has a global impact.

Deployment must have:
At least 3 books.



**LTCR MARJORIE GAULIN-RIFFOU,
LOGISTICS OFFICER**

Regular Force: 13 years

Career Highlight:
Meeting amazing people and discovering areas of the world I likely wouldn't have!

Deployment must have:
My homemade quilt and my stash of candy!
"Sending lots of love to my family and friends back in Canada, especially Lucas and the kiddos <3."



**MS KYLE TESSIER,
MARINE TECHNICIAN**

Regular Force: 9 years

Career Highlight:
Volunteer and community work I have done in ports around the world.

Deployment must have:
My mustache comb!
"To my boys Isaiyah and Callum, Dada loves and misses you tons. Please don't drive your mother crazy while I'm gone."



**PO2 CINDY MACKAY,
2ND IN CHARGE, GALLEY**

Regular Force: 16.75 years

Career Highlight:
Being chosen to fly on a Sea King helicopter for a 4-hour flight around Hawaii.

Deployment must have:
My memory foam mattress topper.

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CTF 150 Area of Operations

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- Mozambique Channel
- Complex geo-strategic environment
- 36% of the world's oil passes through this area
- 64% of the world's illegal drugs pass through this area
- 70% of the world's piracy occurs in this area

Capt(N) Darren Garnier speaks to members of Royal United Services Institute of Nova Scotia about his time in command of Combined Task Force 150.

Photo by Mona Ghiz, MARLANT PA

CTF Command, deployment reflection

Ryan Melanson
Trident Newspaper

Combined Maritime Forces (CMF) is a 33-nation naval partnership that has worked to promote security and stability in the Middle East since 2002.

While the coalition has had success combating terrorism, piracy, and other wrongdoing, the working relationship between countries isn't always simple.

The coalition is non-binding, meaning no nation can be forced to carry out operations under the CMF banner, and the variety of nations included means different ways of conducting military business and different sets of national values.

When Combined Task Force 150, one of CMF's three task groups, came under Canadian command from December 2018 - April 2019 under the leadership of Capt(N) (now Retired) Darren Garnier, the team adopted a Canadian way of doing things. Capt(N) Garnier established a Command Chief Petty Officer position to work alongside him in Bahrain at CTF 150 HQ, emphasizing the important role of senior non-commissioned members in the Canadian Armed Forces, and he also made sure his unit's six female officers were front and centre for tasks and meetings.

"It was something I wanted to establish; in some of the countries we visit in that part of the world, non-commissioned members and women members are sometimes not well valued by their militaries. We had a great team and part of our mandate was to empower them," he said.

The Canadian contribution to

CMF is known as Operation Artemis. Capt(N) Garnier, who recently retired from the CAF following the deployment, spoke to members of the Royal United Services Institute of Nova Scotia on Aug. 21, delivering a presentation that included results from this 12th rotation of Op Artemis, as well an overview of the difficulties that come from operating in the region.

It can be a high-stress environment, and that was made painfully clear during Canada's first days in command of CTF 150, when news hit of the death by suicide of American VAdm Scott Stearney, who was Commander of CMF and the US Navy's 5th Fleet at the time of his death. The unfortunate incident was closely followed by the deaths of one American sailor and one Royal Navy sailor in theatre, also determined to be suicides. The incidents created an immediate need for the command team to focus on the mental wellbeing of their personnel and to offer support to American and UK colleagues dealing with the losses.

"This was a difficult position for leadership to be in, but we carried on," Capt(N) Garnier said.

"During our first month, we had a number of tactical successes at sea, and a number of drug busts, thanks to some good luck, good management, and good intelligence, which helped us get going and to begin recovering from some of that initial tragic news."

He noted the CTF 150 area of operations covers more than 3.2 million square miles of ocean, including major choke points such as the Straits of Hormuz, Bab el-Mandeb Strait, Suez Canal, and the Mozambique Channel. It's a complex geo-strategic area that

sees 64 per cent of the world's trade flowing through each year, along with illegal cargo like opiates, hashish, and illicit Somali charcoal.

Canada's recent time in command was supported by the Australian Defence Force, made clear by the kangaroo silhouette over the Maple Leaf on the official Op Artemis Roto 12 badge, and also saw participation from France and Pakistan, along with the aforementioned U.S. and U.K. forces. Canadian ships and aircraft for the deployment included HMCS *Regina* with an embarked CH-148 Cyclone, MV *Asterix*, and a CP-140 Aurora.

The highly successful deployment included 56 boardings of suspicious vessels and 18 narcotics interdictions, taking about \$41 million worth of illegal drugs out of busy shipping lanes.

In terms of capacity and trust building in the region, the Canadian leadership team visited five regional nations and conducted 25 visits with key leaders from 12 countries.

While drug busts generate headlines, these types of regional engagements are crucial to the continued success and growth of the CMF partnership and for generating understanding and goodwill between nations.

"There's a membership plan where we want to bring more nations in, and we're trying our best to create the conditions for success. We share information, we collaborate, cooperate, and we do training and have our ships work together," Capt(N) Garnier said.

Canada handed command of CTF 150 over to Pakistan on April 11, and Capt(N) Garnier officially released from the CAF on Sept. 3.

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Left: Participants practice jabs and stance during a boxing class.

Photos by Peter Mallett

Inset: The blues battled the reds during an indoor soccer scrimmage in the lower gym.



CAF ATHLETES shine

at National Sports Day

Peter Mallett

Staff Writer



FB ESQUIMALT celebrated the power of sport by kicking, stick-handling, punching, diving, spik-

ing, blocking and shooting at the annual Canadian Armed Forces (CAF) National Sports Day.

Canadian military members and Department of National Defence civilians took part in this year's national celebration of sport, intended to promote a culture of fitness in the CAF.

A full slate of games and activi-

ties took place inside and outside the Naden Athletic Centre (NAC) and at Wurtele Arena on Sept. 20. Action included rugby, indoor soccer, floor hockey, dodgeball, swimming, squash, boxing class, 5 kilometre run and walk, sledge hockey and beach volleyball.

Sports Day began in 2017 and turnout for this year's event saw

approximately 250 participants locally.

"Sports Day is a great way to test your skills in a sport or activity that you are familiar with or learn something completely new," said CFB Esquimalt Sports Coordinator Ryan Elborne. "I have only heard positive feedback about this year's event and

participants and volunteers have told me that boxing and beach volleyball were among the most successful activities."

Elborne says he and other NAC staff are already reviewing the lineup for next year's event and looking at new sports or activities that target different athletic skills and increase participation levels.

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CUTLASS FURY 19 RIDES OUT HURRICANE

Ryan Melanson
Trident Newspaper

Communities across Nova Scotia were impacted when the destructive post-tropical storm Dorian made landfall Sept. 7, and the Canadian Armed Forces community was no exception.

The storm came at a particularly inopportune time for Maritime Forces Atlantic, with NATO partners from seven nations arriving just days ahead of Exercise Cutlass Fury, a joint multinational maritime engagement taking place off Nova Scotia and Newfoundland.

Public events planned for the weekend, including ship tours and a soccer match, were called off as 15 ships headed to sea to ride out the storm in sheltered waters. Damage to the Halifax boardwalk and the scale of power restoration efforts meant the planned sail past and fly past on Sept. 9 was also called off.

"There was disappointment on all sides. The staff I worked with had been pre-

paring for this exercise for more than a year now, and everyone was very much looking forward to this part of it, welcoming the public to the dockyard to see these ships," said Capt(N) Matthew Bowen, Exercise Director for Cutlass Fury 19. He added the changes to the schedule and cancellation of some activities were necessary to protect naval equipment, the sailors themselves, and members of the public.

The bulk of Cutlass Fury, however, continued as planned.

The exercise task group sailed out on the afternoon of Sept. 9 to begin exercising off the coast of Nova Scotia. HMC Ships Fredericton, Ville de Quebec, St. John's, Shawinigan, and Glace Bay participated, along with MV Asterix, and RCAF aircraft including CP-140 Auroras, CC130T Hercules, CC-150T Polaris air-to-air refuellers, CH-148 Cyclone maritime helicopters, and CF-18 Hornet fighter jets.

Visiting ships included members of Standing



Sailors practice refueling at sea during the opening days of the exercise. MARLANT PA

NATO Maritime Group 1 from the Dutch, Portuguese, Norwegian, and Belgian Navies, as well as others from the United States Navy, Royal Navy, and Royal Danish Navy. In total, the exercise included 2,800 participants, 20 ships, and 36 aircraft.

Scenarios were based

around a multi-threat environment, with a strong emphasis on air elements, air-maritime integration and support, anti-air defence, air coordination, and air-on-air warfare, including participation in a NORAD exercise called Amalgam Dart 19-2.

Capt(N) Bowen said

exercises at sea focused on sailors' and ships' ability to work with their counterparts from other countries.

"It was an opportunity to go to sea and practice not-only warfare skills and interoperability with our NATO partners, but also making sure all our procedures are aligned, making

sure all our crew were prepared to work together, talk to each other, and understand each other, despite language barriers or potential differences in how different navies do things."

Cutlass Fury concluded on Sept. 20 when participating ships came alongside in St. John's, Newfoundland.

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Department of National Defence (DND) employees and Canadian Armed Forces members can access the full suite of Canada School online courses anytime, anywhere by logging in to their GCcampus account (<https://idp.csps-efpc.gc.ca/idp/Authn/UserPassword>). The courses are free, self-paced, and available on your schedule. Topics include:

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Learning a second official language is a shared responsibility: you have an important role to play in dedicating your time and energy to learning, while the organization supports you by providing access to information, training, and resources. ADM(HR-Civ) offers second language training opportunities to DND employees to ensure compliance with the Official Languages Act and the Treasury Board Secretariat Directive on Official Languages for People Management. Some groups and commands also provide second language training to civilian employees within their organizations for professional and career development purposes.

Make sure to discuss your second language learning plan with your manager and discuss the support that may be available to help you meet your goals. For more information about official languages and second language learning at Defence, consult the HR-Civilian Official Languages or the Director Official Languages intranet sites.

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Petty Officers receive formal acknowledgement



A/SLt Michelle Scott
MARPAC Public Affairs

The formation welcomed three new Petty Officer Second Class sailors to the fleet in a PO2 Promotion Ceremony last week — the first of its kind on the West Coast.

The ceremony was created to highlight the significance of the promotion to PO2 and the increase in roles and responsibilities that come with the rank.

It was an initiative of Formation Chief CPO1 Tim Blonde, who also helped implement the same ceremony on the East Coast early last year.

"You're now becoming owners of the institution," said RAdm Bob Auchterlonie, who presided over the ceremony. "This is a key step in your transition within the Royal Canadian Navy."

For PO2 Matt Douglass, a Naval Communicator on board HMCS *Calgary*, and one of the three newly promoted sailors, the significance wasn't lost on him.

"I definitely feel the added responsibility with a ceremony like this," he said. "It gives the promotion itself a little more meaning to have the support of all the senior leadership here. It really means a lot."

This is what CPO1 Blonde was hoping would be conveyed to the newly promoted PO2s when he pitched the idea.

"The development of the senior NCO (non-commissioned officer) is near and dear to my heart. Petty Officer Second Class serves a vital role in ships and the RCN," explained CPO1 Blonde. "It is this position that I truly believe to be the real deck plate leaders on board our ships."

For many, it is a new type of leadership role, CPO1 Blonde explains. "Leadership is hard work, and as a PO2 you don't lead from your desk, you must be visible."

In order to ease the transition to senior NCO, the promotion ceremony, which has the members presented their new ranks by the Admiral and their Commanding Officer, will be held in conjunction with professional development seminars. Going forward it is expected there will be four to five such ceremonies and seminars each year for all newly promoted PO2s and Sergeants.

Also promoted in the ceremony was PO2 Benoit Leonard, Fleet Diving Unit (Pacific) and PO2 Sean O'Connor, HMCS *Regina*.



Petty Officer Second Class Benoit Leonard is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities by Chief Petty Officer First Class Tim Blonde, Maritime Forces Pacific (MARPAC) Formation Chief Petty Officer (left), Lieutenant-Commander Richard Kappel, Commanding Officer of Fleet Diving Unit Pacific, and Rear-Admiral Bob Auchterlonie, Commander MARPAC.



Petty Officer Second Class Matthew Douglass is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities by Chief Petty Officer First Class Tim Blonde, MARPAC Formation Chief Petty Officer (left), Commander Jonathan Kouwenberg, Commanding Officer of HMCS *Calgary*, and Rear-Admiral Bob Auchterlonie, Commander MARPAC.



Petty Officer Second Class Sean O'Connor is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities by Chief Petty Officer First Class Tim Blonde, MARPAC Formation Chief Petty Officer (left), Commander Landon Creasy, Commanding Officer of HMCS *Regina*, and Rear-Admiral Bob Auchterlonie, Commander MARPAC.

Photos by Leading Seaman Mike Goluboff, MAPAC Imaging Services

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From left to right: Cpl Kyra Brown, Ordinary Seaman Monique Lutyk, David Rothermund, Able Seaman Alison Galambos and Corporal Todd Norris, coach, accept the Breakthrough Team Award on behalf of the Women's Slo-Pitch team. The Breakthrough Team Award is awarded to a male or female team who has shown significant improvements in play placing at regionals and national championships.

Corporal Todd Norris is awarded the Sportsmanship Award by Penny Blanchard, Personnel Support Program (PSP) Manager of Sports and Fitness. Cpl Norris has coached women's hockey and most recently women's slo-pitch. The women have not had a team in the last two years and Corporal Norris brought the team back to life. He led the new team to Canada West Regionals where they ended up winning a silver medal.



Corporal Kyra Brown is awarded the Sportsmanship Award by Penny Blanchard, Personnel Support Program (PSP) Manager of Sports and Fitness. Cpl Brown played on the Women's Volleyball and Slo-Pitch teams, and qualified for Canada West Regional golf. Corporal Kyra Brown is a great team player and a big part of the success of both teams. The camaraderie and enthusiasm she brings to the sports environment is felt by her teammates and contributes to team cohesion and performance.



Lieutenant (Navy) Nicholas Lightbody is awarded the male All-Star Performance Award by Rob Friend, CEO Pacific Football Club, and Commodore Angus Topshee, Commander Canadian Fleet Pacific. Lt(N) Lightbody is an elite runner and triathlete. He won the Sprint Triathlon at the Canadian Forces Nationals, defeating civilians and military members. He recently ran in the Edmonton Marathon and qualified for the Boston Marathon. His final time was two hours 39 minutes, which equals to under four minutes per kilometre for the 42 km course.



Leading Seaman Claire Bortolotti is awarded the female All-Star Performance Award by Rob Friend, CEO Pacific Football Club, and Commodore Angus Topshee, Commander Canadian Fleet Pacific. LS Bortolotti won both Freestyle 100M for Female Masters and Backstroke 100M. Her time in the backstroke was the fastest time at the meet in all divisions. She will be representing the Canadian Armed Forces at International Military Sports Council (CISM) World Games in Swimming / Lifesaving this October in Wuhan, China. She accomplished all of this while being on a grueling QLSA Clearance Diving course. She has distinguished herself as a clearance diver by completing the gold standard 1km open ocean swim in under 14 minutes.



Lieutenant (Navy) Mike St-Pierre and Master Seaman James Poirier, accompanied by his son Elijah, accept the Top All-Round Team Performance Award on behalf of the Men's Volleyball team presented by Dave Rothermund, Senior Manager of Personnel Support Program (PSP). This award is presented to a Canadian Armed Forces team who has displayed a high level of success at regionals, nationals and in a community league. The recipient for the 2019 Top All-Round Team Performance Award is the Men's Volleyball team. The men's volleyball team had a perfect year. They went undefeated at Canada West Regionals and then continued their streak and went undefeated at Nationals. They defeated Kingston in the final to win the national title.



7th annual CFB ESQUIMALT SPORTS & ATHLETIC AWARDS

SEPTEMBER 19, 2019

The annual Personnel Support Programs (PSP) sports awards luncheon celebrated Canadian Armed Forces and PSP employees who excelled in individual and team sports at the local, national and international levels.

Photos by Leading Seaman Mike Goluboff, MARPAC Imaging Services

Bravo Zulu

Regional Cadet Support Unit (Pacific) Awards and Medals



Maj David Kerr is presented the second clasp of his Canadian Forces' Decoration by BGen Dave Cochrane and CWO William Crawford.



Capt Jagdeep Masoun is presented the first clasp of his Canadian Forces' Decoration by BGen Dave Cochrane and CWO William Crawford.



Capt Carrie Johnston receives the Physical Fitness Award for Aerobic Excellence presented by BGen Dave Cochrane and CWO William Crawford.



Capt Jessica Ellenor receives a Commander's Commendation from BGen Dave Cochrane and CWO William Crawford for her exceptional dedication to the Canadian cadet organizations.



Capt Elaine Chiang receives a Commander's Commendation from BGen Dave Cochrane and CWO William Crawford for her exceptional dedication to the Canadian cadet organizations.



HMCS Vancouver's Change of Command

On Friday Sept 20, Commander Jonathan Kouwenberg (left) handed over command of HMCS Vancouver to Lieutenant-Commander Robert Hooper (right), with Commodore Angus Topshee, Commander Canadian Fleet Pacific, centre, presiding over the command change ceremony.

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