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# LOOKOUT

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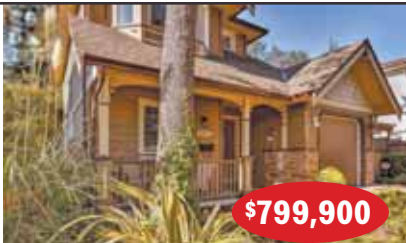
## HMCS OTTAWA REMEMBERS

Commander Alex Barlow, Commanding Officer of HMCS Ottawa, releases a wreath into the sea as part of the ship's Remembrance Day service. Observing the solemn moment is CPO1 Allen Hamilton, ship's coxswain, and the crew. See more Remembrance Day photos on pages 8 and 9.

Photo by LS Victoria Loganov, MARPAC Imaging Services

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# Sailing with Siblings

**Capt Jenn Jackson**  
HMCS Ottawa PAO

When Captain Monica Phillips received her posting to *HMCS Ottawa* she knew it was coming with an added experience.

For the first time in their more than 20-year careers, Capt Phillips and her brother Petty Officer Second Class Thomas "Turtle" Hertel were posted to the same unit.

"We had both been posted to the same geographical area before, but *Ottawa* is the first time we have served in the same unit, same ship," said Capt Phillips.

"When I came aboard I had to advise the chain of command that Thomas was my brother – they were not even aware. To counter any conflict of interest, I ensure that I keep things transparent, including ensuring there is another person present whenever I need to discuss something with Thomas professionally," she adds.

Many crew members are not aware of their connection because she goes by her married name.

"There is that moment of shock and surprise when they find out, and it is almost always a funny reaction," said PO2 Hertel.

Capt Phillips, a Regular Force Physician Assistant who joined in 1998 as a Medical Technician, is the older sibling. But PO2 Hertel, a Marine Technician – Electrical, beat her to the military punch by joining

the reserves as an infantry soldier right out of high school in 1992. He then transferred to the Regular Force in his current occupation in 2000. His experiences indirectly influenced his sister's decision to join.

"I knew I wanted to study medicine, and the military seemed like a great opportunity to do it," said Capt Phillips. "I thought about becoming a Medical Officer from the beginning, but Turtle complained so much about officers in general, I decided to experience being a member of the ranks first to get a better understanding of what non-commissioned members experience. When my trade of Physician Assistant became a commissioned trade in 2016, that goal was achieved, and I feel I am able to connect with all ranks because of the path I chose."

For PO2 Hertel, his career in the Canadian Armed Forces took a different track.

"After serving in the Reserves as an infantry soldier and deploying to Bosnia, I decided I wanted to transfer to the Regular Force. I wanted to move into a trade that was more technical and it turned out the navy was a natural fit for that."

Separated by four years, the siblings grew up in Sudbury, Ontario, but moved in different social crowds. Despite that, even as they each pursued their individual careers, they kept in touch, saying it was like picking up



Siblings PO2 Thomas Hertel and Capt Monica Phillips on HMCS Ottawa's quarterdeck.

Photo by Capt Jen Jackson, HMCS Ottawa PAO



Capt Phillips during her deployment to Bosnia as a Medical Technician. Inset: PO2 Hertel from his reserve infantry days.



the conversation where it was left off.

"We work in completely different areas of the ship and belong to different messes, so it is rare that we interact when we are sailing," said PO2 Hertel.

While *Ottawa* is deployed on Operations Neon and Projection, being posted to the same unit has had an unexpected advantage and a bit of an interesting quirk.

"Knowing both of us are deployed together on the ship has made this deployment easier for our father," said Capt Phillips. "He takes comfort in knowing we have each other if we need it while we are here."

One of the challenges is Capt Phillips is the only "Doc" on the ship, although there is also a Medical Technician.

"Prior to deployment, we had to have a mandatory Zika and STD brief. I will admit it can be a little awkward when the person doing the briefing is your big sister," said PO2 Hertel.



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# OPERATION TRANSITION INVOLVES ALL OF US

## Courtesy the Maple Leaf

Serving in the military is not just a job, it's a way of life that involves the entire family. There is no other career quite like it, a career that, for many members, becomes synonymous with their identity.

That is why transitioning from military to civilian life can be one of the most difficult transitions members and their families make.

As such, transition requires thorough preparation, often including social, emotional and psychological adjustments as a person and as a family.

Roughly 10,000 Canadian Armed Forces (CAF) personnel transition out of the military each year. Every member and their family will one day transition out of the Forces. Transition involves us all.

Realizing the challenges members and their families often face when reintegrating into civilian life is why the CAF stood up its newest formation in December of last year, the Canadian Armed Forces Transition Group.

## About the CAF Transition Group

The CAF Transition Group is comprised of its headquarters in Ottawa and nine Transition Units located across the country, supporting 32 Transition Centres. In coordination with Veterans Affairs Canada and its other partners, the CAF Transition Group is continuously working to improve the support and programs it offers and to achieve its mission of delivering personalized, professional, and standardized casualty support and transition services to CAF members and their families.

The goal is a seamless transition and enhanced well-being for all members and their families, with special attention provided to ill and injured personnel, their families and the families of the deceased.

Up until recently, the process of "transition" was a foreign concept for the CAF. When a member left the Forces, he or she was said to "release" from the military. This release consisted of a military member filling

out forms, getting paperwork in order, and returning equipment.

"All aspects of this 'release' were left up to the member and family. Today, we're creating a culture of transition and formalizing the process. We're providing tools and support for transitioning members and their families, and encouraging everyone to start thinking about transition earlier in their careers," said Brigadier-General Mark Misener, Commander of the CAF Transition Group.

The transformation taking place is laid out in a joint CDS /Deputy Minister Directive entitled Operation Transition that was issued on Dec. 7, 2018.

## Operation Transition

Operation Transition provides the framework for how the Transition Group will lead a command-driven, wholesale change to the way the CAF understands and implements transition and details how the CAF Transition Group will build its transition capabilities and processes.

Perhaps the most immediately impactful change for

members and their families has been the introduction of a 12-step initial transition process that came into effect April 1, 2019. This interim process ensures members and their families are provided a window of time, tools, education, training, and support from their chain of command to explore potential retention options or confirm they are "ready to transition".

## Transition trial

Concurrently, the CAF Transition Group is running a transition trial, or pilot project, at CFB Borden. The transition trial started in late 2018 with the hiring and training of personnel.

The idea behind the trial "is to test a transition process with actual CAF members and work through potential problems in real-time instead of on a whiteboard," said Brigadier-General Misener. "The outcomes of this project will inform what transition will look like in the future.

"The hope is that through the transition trial and initial transition process we will assist members and their families in being better prepared for transition and having a solid plan in place. The bottom line is that we want to ensure that members and their families are as informed, prepared and empowered as possible for a successful transition, when the time comes."



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## New HR app for civilian employees

**Peter Mallett**  
Staff Writer

Defence Team members can now access civilian human resources information through their cell phone.

The first-of-its-kind smartphone application, HR GO RH, was released in June by DND's ADM HR-Civ and provides employment-related information.

The bilingual app available for Android or iOS devices provides at-your-fingertips information.

The app provides quick and convenient access to human resources information any time of day from virtually any location, says Diana Scheper, Digital Project Manager with ADM (HR-Civ).

"The HR GO RH app is really an effort to leverage changes in technology and changes in demography," said Scheper. "Put simply, the way in which we conduct our lives has changed significantly from years ago with information and support now at our fingertips. This is another way that ADM (HR-Civ) is modernizing the way that service is delivered."

From the HR GO RH pull-down menu, users can find:

- news and announcements, including updates on the Phoenix Compensation Agreement;

- pay, benefits, and leave information;
- information about mental health and well-being;
- awards and recognition and help for managers about managing your team's pay, schedules and staffing;
- a section about working at DND, which includes initiatives for military spouses, priority entitlements, and student employees; and,
- a toolbox that offers overtime and pay calculators, as well as job and leave classification descriptions.

A separate video section offers users content on mental health, well-being, and pay.

The latest version of the app, its fourth release, was made available on Oct. 28 and features enhanced navigation, information, and videos.

Scheper says she and her staff are continuing their push to let more DND employees know about the app and its usefulness. ADM (HR-Civ) recently announced a contest offering weekly prizes in an effort to encourage more users to download the app.

If you have more questions or concerns about HR Connect RH or the new HR GO RH app call their toll-free telephone line 1-833-747-6363 or find HR Connect HR on the ADM(HR-Civ) intranet site.

# 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



### NDWCC PROFILE

# Tackling veteran homelessness

*Make this your reason to give.*

During the 2019 National Defence Workplace Charitable Campaign, consider supporting charities that support homeless veterans.

Veterans' homelessness is a growing issue in Canada. According to a 2014 report published in the Canadian Journal of Community Mental Health, there were 2,950 veterans staying in shelters, making up 2.2 per cent of annual shelter users.

The report also highlighted how approximately 25 per cent of the veteran population in Canada face difficulties transitioning from military service to civilian life, and have an increased risk of homelessness, mental illness, and addictions.

While veterans make up approximately two per cent of the Canadian population, advocates are concerned with the over-representation of veterans in the homeless population.

### Factors at play

No one organization or group or level of government can hope to tackle veterans' homelessness on their own. There are a multitude of factors that contribute to, and perpetuate this issue.

The study noted that veterans comprised 4.3 per cent of a sample of the adult homeless population with severe mental illness.

Veterans identified additional transition challenges beyond starting a new career. One veteran described the transition "like being on Mars and coming back to earth".

Veterans can be hesitant to ask for help, not feeling worthy of the supports made available to them or being distrustful of those offering help.

VAC questionnaires and application forms can seem daunting and complex.

The study showed a higher incidence of addiction and mental illness among veterans, but especially for those experiencing homelessness. While 11 per cent of veterans suffer from post-traumatic stress disorder (PTSD), many reported using alcohol to deal with

their mental health, and some started using while in the military.

Some of the problems that put veterans at risk of homelessness were not present when they began their military services, but instead developed over time.

To be effective, peer-support requires knowledge of the military service and homelessness-related issues.

**4.3%**

of adult homeless with severe mental illness issues are veterans

**2,950**

veterans stay in shelters

**25%**

of veterans face difficulties transitioning to civilian life

### Government Initiatives

The Government of Canada's Homelessness Partnering Strategy provided over \$700 million over five years (2014-2019) to prevent and reduce homelessness in Canada. One of strategy's directives for this period is veteran homelessness, and the government's Homelessness Partnering Strategy and Veterans Affairs Canada are working together to coordinate the regional and community-level services delivered by both departments. The strategy also worked with emergency shelters and crisis service providers in an effort to identify homeless veterans and those at imminent risk in

order to connect them with veteran-specific services.

The State of Homelessness in Canada 2016 called for a Housing First strategy focused on reducing emergency shelter use among veterans, urging the federal government to provide:

- Funding for veterans who are at risk of, or who are experiencing homelessness.
- New affordable housing units designed to support veterans and their needs.
- Expanded eligibility of veteran benefits beyond those who can demonstrate a direct link between military service and their injury or illness, including greater flexibility for local offices to distribute emergency funds.

Lastly, the Government of Canada released the results of the Let's Talk Housing consultations. Being part of the development of the country's first National Housing Strategy is a critical step to ensure that it addresses the housing needs of veterans.

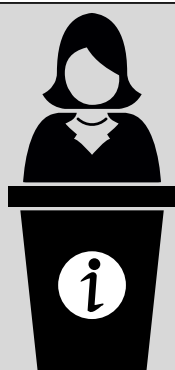
### Support from the Defence Team

The National Defence Workplace Charitable Campaign (NDWCC) strives to make a difference in the lives of those in need. In 2018, this translated into roughly \$3,500,000 in donated funds. These funds aided those impacted by local tornadoes and floods, and supported military-related charities, as well as a multitude of other worthy causes.

Our NDWCC campaign provides Defence Team members with a direct line to donate to over 86,500 charities, including numerous organizations with strong ties to Canada's military. There are also charities that support homeless veterans.

Support these charities in their work to tackle the growing issue of veterans' homelessness, to understand why it happens, how to prevent it, and how to ensure support is available and suits the needs of former CAF members.

Become a part of the solution.



## ATTENTION FMF CB & FIREFIGHTER PUBLIC SERVICE EMPLOYEES

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- ▶ 1 to 4 p.m. - appointments.

Other Public Service Employees, please visit the **second kiosk** Dec. 5 at the Naden Athletic Centre - 8 a.m. to 4 p.m.

### What to expect:

- Employees and managers can ask questions and get face-to-face advice from a Compensation Advisor regarding their pay.
- Kiosks will use a triage model, where more complex issues will be recorded (name, PRI and details of the issue) and assigned to a Compensation Advisor who will review the situation in more detail and then respond to the employee.

### Juan de Fuca Trail

# ADVENTURE TRAINING TREK

**Sgt Mike Fagan**  
Base Information Services

Each year, military members all across Canada look forward to the annual adventure training.

This training is unique in that Canadian Forces members are encouraged to put forward their ideas for an event that challenges both body and mind while building team cohesion.

This usually involves some sort of physical challenge and always ends with some fun stories, fond memories and great photos. This year was no exception at Base Information Services (BIS).

Proposals are typically narrowed down to the top three favourites and after fiscal, logistical, and safety considerations have been weighed, one proposal is chosen.

This year, BIS sent a team of eight members to hike the Juan de Fuca trail.

With preparations complete and a couple of practice hikes, including climbing Mt Finlayson and the Sugar Loaf Trail under their belts, the team was ready to embark on their

five-day team-building excursion.

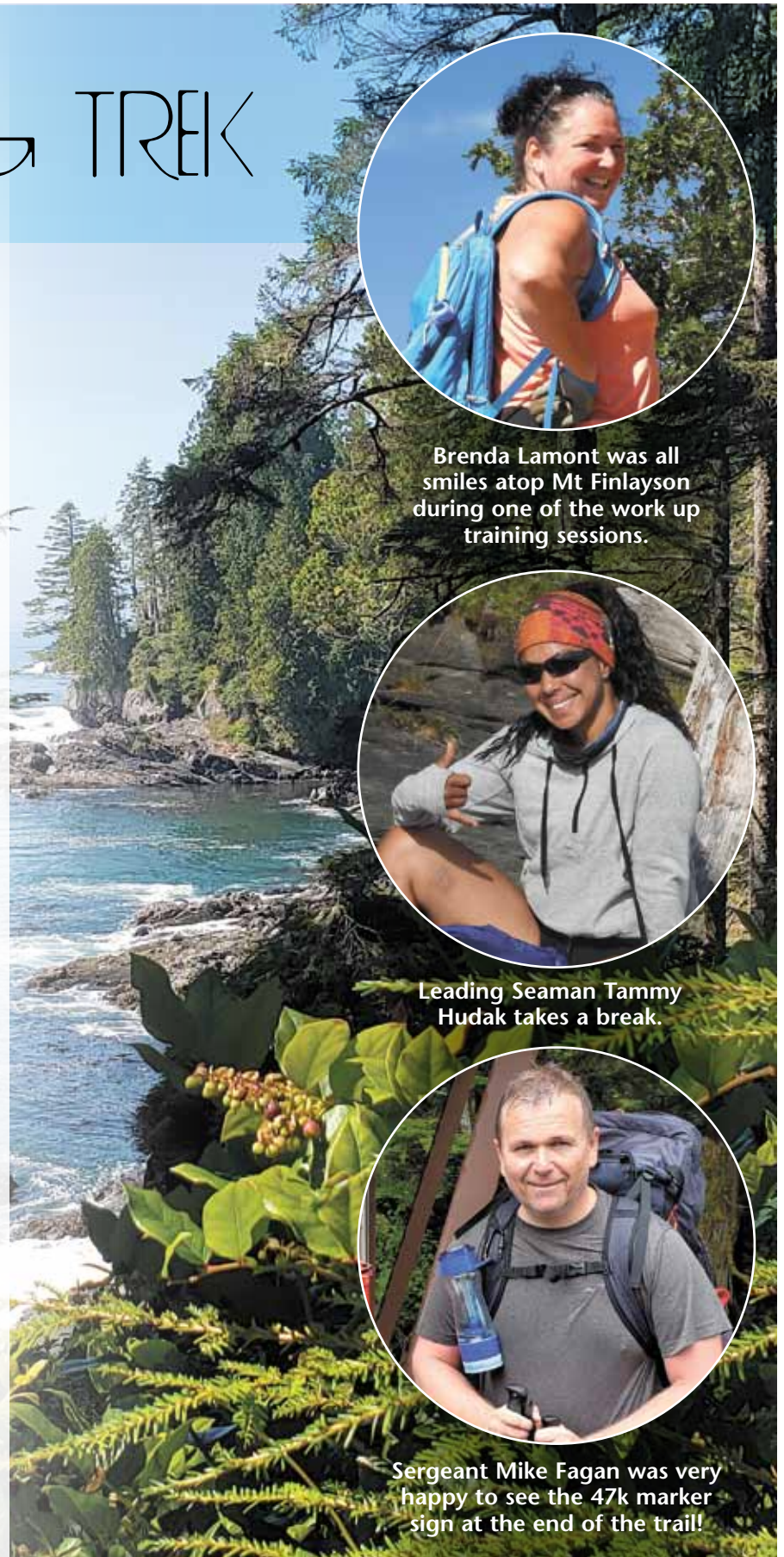
The trail is 47.5 kilometres in wilderness located within the Juan De Fuca Provincial Park along the southwestern coast of Vancouver Island. It boasts some of the most challenging terrain and truly stunning panoramic views through Canada's only rain forest. Terrain and elevation change dramatically over the course of the trail. At some points it's nothing but rocks, at others it's lush and green, and in other places the team found themselves surrounded by browns under a forest canopy of tall trees.

Surrounded by the beauty of the rain forest, the team hiked through the changing terrain. They navigated through the mud, the rocks, and the changing tides, all the while keeping an eye out for bears, cougars, and the rumoured wasps' nests near the trail.

While most did suffer at least one bee or wasp sting, a couple of hikers were lucky enough to avoid getting stung. Highlights of the trip came with ocean-side fires on the beach in the evening, sunsets over the Pacific, a beautiful waterfall at Sombrio beach, and the thrill of crossing the suspension bridges.



The Base Information Services 2019 Adventure Training Team. *Front:* Maj Jixiang Hu, LS Tammy Hudak, Brenda Lamont, and Melanie Gillespie. *Back:* Sgt Mike Fagan, Lt(N) Heather Macdonald, Capt Gordon Keyser, and Cpl Shilton Alfonso.



Brenda Lamont was all smiles atop Mt Finlayson during one of the work up training sessions.



Leading Seaman Tammy Hudak takes a break.



Sergeant Mike Fagan was very happy to see the 47k marker sign at the end of the trail!

# We Salute Our Fleet



# Local sailor takes post at Tomb of the Unknown Soldier

**Ashley Evans**  
FMF CB

It was a quiet Thursday afternoon at the Fleet Maintenance Facility (FMF) Cape Breton (CB) when Master Seaman Dany Nadeau received a phone call from his supervisor, Petty Officer Second Class Kevin Larsen, notifying he was being considered in the 2019 National Sentry Program.

"I felt quite honoured to be nominated," said MS Nadeau, 30.

A nomination for this program is made for CAF members who have achieved a high standard of work, and whose presence reflects and represents the values of the CAF.

It was only one week after that initial phone call when MS Nadeau learned he had been selected for sentry duty at the Tomb of the Unknown Soldier from Oct. 22 to Nov. 10.

The Tomb of the Unknown Soldier, which sits in front of the National War Memorial in Ottawa, Ontario, is Canada's most visible and iconic reminder of CAF members' continued service and sacrifice.

In May 2000, remains of an unidentified Canadian soldier who had died in the First World War and was buried in Grave 7, Row E of Plot 8 of the Cabaret-Rouge British Cemetery in Souchez, France, were repatriated.

On May 28, 2000, the Unknown Soldier was transported with full military honours to the National War Memorial on a horse-drawn

Royal Canadian Mounted Police (RCMP) gun carriage where a large ceremony commenced.

The Tomb of the Unknown Soldier was designed to honour the more than 116,000 Canadian lives sacrificed in the call for peace and freedom.

MS Nadeau was born and raised an only child in Montreal, Quebec, where he found his interests and passions in the millwright trade and playing guitar.

"Growing up, my uncle was in the army. He would tell me the character traits he saw in me would be positively impactful through my own service in the Canadian Armed Forces."

MS Nadeau began building his career as a millwright; however, in 2008 he decided to follow in his uncle's footsteps by joining the CAF. He was drawn to the navy as a Marine Engineer and took the millwright qualifications he had earned prior to joining and turned them into a Red Seal Journeyman Millwright Certificate as a CAF member.

He is currently posted to FMF CB, where he began in the Diesel Shop before moving to the Millwright Shop. He is now the Military Production Assistant Supervisor overseeing military members within three groups in the production department.

The National Sentry Program was launched in 2014 with a CAF sentry posted at the Tomb of the Unknown Soldier in front of the National War Memorial from 9 a.m. to 5 p.m. daily.



*Growing up, my uncle was in the army. He would tell me the character traits he saw in me would be positively impactful through my own service in the Canadian Armed Forces."*

Master Seaman Dany Nadeau

Photo credit Master Corporal Levarre McDonald



At nearly 100 years of age, retired Major Murray Edwards is an avid reader and writer who enjoys living at Veterans Memorial Lodge.

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# OTTAWA SAILOR SNAPSHOTS



## PO2 DOUGLAS MANSELL, OPERATIONS ROOM SUPERVISOR

Regular Force: 14.5 years

Career Highlight: Getting to go to my hometown during a Great Lakes Deployment.

Deployment must have: Tylenol.

"Love and miss you Aislynn and Keira Mansell, tell Chloe too."



## LS TOM EUSTACE, MARINE TECHNICIAN - ELECTRICAL

Regular Force: 8.5 years

Career Highlight: Guarding the Tomb of the Unknown Soldier in Ottawa.

Deployment must have: A few good books and my own coffee beans.

"To Mel and Baby Quinn, I miss you both dearly and can't wait to see you."



## LCDR TYSON BERGMANN, EXECUTIVE OFFICER

Regular Force: 22.5 years

Career Highlight: Too many to choose just one. Some of the most notable to me would be my first deployment to the Gulf in 2004 in HMCS Toronto; the evacuation of Canadians from Lebanon in 2006 as part of Op Lion; Op Carribe in Algonquin (À Coup Sûr!, may she rest in peace), and of course getting the opportunity to do my Executive Officer tour deployed with the awesome crew of HMCS Ottawa on Op Projection / Neon.

Deployment must have: Twice the amount of toiletries than I actually need for peace of mind that you will never run out!

"To Jenn, Gavin, and the rest of my family back home, I miss you all. Let the countdown to Christmas and our return home from deployment begin!"



## MCPL NADA BOUNMY, GALLEY BUFFER

Regular Force: 13 years

Career Highlight: Seeing the world and different cultures and history.

Deployment must have: A foam mattress and pillow.



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# REMEMBRANCE DAY



**LS Gillian Good serves as sentry at the Esquimalt Cenotaph.**

**Base Commander, Capt(N) Sam Sader lays a wreath at the Esquimalt Cenotaph. Accompanying him is Base Chief, CPO1 Ian Kelly.**  
 Photos by Corporal Jay Naples, MARPAC Imaging

**As part of their Remembrance Day service, HMCS Ottawa performed the committal of ashes of seven veterans: John Gilbert Lundy, William Gillison, Frank Charles Moore, Ursula Dorothy Vondette, Norman Allan Ridout, Stanley Raynham, and Sherwood Fredrick Charles. Pictured here, PO2 Shillington places the ashes in their container under the flag before the sliding board is lifted to the ocean to commit the ashes.**

**OS Devon Demeester stands by the ship's Naval Jack flag during the service.**

**The crew of HMCS Ottawa on the flight deck observing a moment of silence during the remembrance service.**

Photos by LS Victoria Loganov, MARPAC Imaging Services





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# Base Information Services host IT Security seminar

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Technology is ever evolving and the requirement to keep both corporate and personal devices/data secure is of the utmost importance. For this reason, twice a year Base Information/Service Management Centre Esquimalt conducts an IT Security Seminar to ensure both unit information system security officers/practitioners and other interested personnel are up to date on departmental/industry policies, processes, and standards.

This is achieved through presentations from vari-

ous IT security personnel throughout CFB Esquimalt, as well as inviting industry experts to come and share information on the latest trends and threats.

This year, two speakers attended, Kimber Dray, Senior Information Security Analyst at the University of Victoria, and Kimberley St. Pierre, the Named Account Manager for Palo Alto Networks B.C.

Dray discussed social media/high-profile data breaches, multi-factor authentication, and the challenges to the future of identity management. St. Pierre gave insights to global cyber security trends, and what she sees through the

eyes of a technology vendor. Both talks provided valuable information and generated much conversation between the participants.

For more detailed information on IT security topics visit the BIS/SMC Esquimalt IS Security Awareness, Training and Education website located at: [http://esquimalt.mil.ca/bis/ISS/Trg\\_and\\_Education/index.htm](http://esquimalt.mil.ca/bis/ISS/Trg_and_Education/index.htm) or contact the +ESQ Security Awareness Training@BIS@Esquimalt mailbox.

The next IT Security Seminar will be held in spring 2020 and is open all interested DND/CAF personnel.



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## INTERNATIONAL MILITARY PILGRIMAGE



**LOURDES**  
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The International Military Pilgrimage to Lourdes, France will be held May 15-17, 2020. Over 12,000 military members from over 40 countries will be represented. Canada has sent a delegation of pilgrims to this event for many years.

The International Military Pilgrimage is an ecumenical and interfaith event. CAF members and veterans (Regular Force and Reservists) are welcome to attend whether healthy, wounded, ill or injured. Those who are motivated by a personal spirituality to participate are encouraged to apply.

In recognition of the sacrifice of Canada and other nations during both World Wars and recent conflicts, the French Armed Forces invite between 12,000 to 15,000 current and former military personnel from over 40 countries to parade and pray together for world peace, spiritual healing, and justice. While this is a Roman Catholic Pilgrimage site, this experience welcomes pilgrims from all Christian denominations and faith groups and CAF members and veterans of all faiths will be eligible to participate.

**ABOUT THE PILGRIMAGE**

At the end of the Second World War, Lourdes was a place where French and German soldiers sought to physically and spiritually heal together. The first International Military Pilgrimage was held in 1958. Forty-two other nations have since joined in this act of healing and reconciliation.

Lourdes is a very famous and frequently visited pilgrimage site for Roman Catholics and for people from many other faiths and spiritual experiences. It is visited by people seeking healing and renewal.

Activities at the Pilgrimage include worship opportunities, a parade through the town of Lourdes culminating in a ceremony at the local war memorial, a candle light vigil, a visit to the baths for immersion in the healing waters of the Lourdes site and a sports afternoon involving a friendly competition among the different nations.



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In Esquimalt, you can access further info or an application form by contacting the Senior Fleet Chaplain, Padre Guillaume Bégin at [Guillaume.Begin@forces.gc.ca](mailto:Guillaume.Begin@forces.gc.ca) or your unit chaplain. Application deadline is Nov. 30, 2019.



Cadet PO1 Willow Bramwell from RCSCC Trillium in Midland, ON, receives a Youth Excellence Bursary valuing \$1,000 from George Salamis, Canada Company Chapter President of British Columbia, aboard PCT Raven.



Cadet PO1 Elizabeth Mohr from RCSCC Saskatchewan in Fort Qu'Appelle, SK, receives a Youth Excellence Bursary valuing \$1,000 from Daniel Whittle, a representative from Canada Company, inside Nelles Block at CFB Esquimalt. Photo by Lt(N) Myriam Vallieres, RCSU(C)

# Canadian Fleet Pacific Medals and Promotions

Commodore Angus Topshee, Commander Canadian Fleet Pacific, made awards and presentations on Oct. 28.

Photos by Leading Seaman Mike Goluboff MARPAC Imaging Services



Master Seaman Justin Redmond is awarded the Special Service Medal with Expedition Bar.



Lieutenant-Commander Richard Dubois is awarded the Clasp Bar to the Canadian Forces' Decoration.



Petty Officer First Class Shawna Stewardson is awarded the Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



Able Seaman Courtney Trainer, accompanied by her father Patrick Trainor, is awarded the Maritime Forces Pacific Bravo Zulu Certificate of Achievement by Commodore Topshee.

# Bravo Zulu

## Section Esquimalt Real Property Operations Unit



Avr Corriveau receives the Canadian Military Engineers Branch certificate from Capt Leblanc upon her release from the Canadian Armed Forces.



Capt Leblanc receives the Physical Fitness Award for Aerobic Excellence from Maj Brotherton.



Pte Kim receives his first hook from Maj Brotherton.

# Base Information Services



MS Carlson is awarded the Operational Service Medal for Operation Caribbe aboard HMCS Whitehorse by LCdr Raymond Trotter, BIS Executive Officer.



PO1 Ensom is awarded the Special Service Medal for Operation Poseidon Cutlass aboard HMCS Winnipeg by LCdr Raymond Trotter, BIS Executive Officer.



MS Proctor is appointed to his current rank by LCdr Raymond Trotter, BIS Executive Officer.



CPO1 Steve Smyth, BIS Branch Chief, is awarded the second clasp to the Canadian Forces' Decoration for 32 years of dedicated service by LCdr Raymond Trotter, BIS Executive Officer.

# Bravo Zulu

## Naval Fleet School Pacific Presentations



Lt(N) Shore receives the Special Service Medal-Expedition from LCdr O'Regan for Operation Projection.



MS Carle St-Jacques receives the Special Service Medal-NATO Bar from LCdr O'Regan for Operation Reassurance.



PO1 Gibson receives a Canadian Forces' Decoration from LCdr O'Regan for 12 years of meritorious service.



A/SLt Kimmerly receives the Canadian Forces' Decoration from LCdr O'Regan for 12 years of meritorious service.



PO2 McKernan receives the Canadian Forces' Decoration from LCdr O'Regan for 12 years of meritorious service.



Lt(N) Angelo Aires receives his commission from Cdr Fortin.



A/SLt Unger is promoted to his current rank by Cdr Fortin and LCdr Kennedy.



A/SLt De Leon Caballero is promoted to his current rank by Cdr Fortin and LCdr Kennedy.



# HMCS Ottawa Awards, Promotions and Medals

Photos by Leading Seaman Victoria Loganov



Master Corporal Daniel Jacklin is promoted to Sergeant by Commander Alex Barlow, Commanding Officer of HMCS Ottawa, alongside Lieutenant (N) Thomas Gray, Navigation Officer.



Leading Seaman Dirk Van Nus is awarded his Silver Sea Service Insignia by Commander Barlow.



Able Seaman James Law is promoted to Leading Seaman by Commander Barlow alongside Petty Officer First Class Mark Pyza.



Leading Seaman Gordon McLean is awarded his Bronze Sea Service Insignia by Commander Alex Barlow.



LS Justin Horvath is presented a Machinery Watchkeeping Certificate for the completion of Marine Technician training by Cdr Barlow, alongside Lt(N) Braden Casper, Marine Systems Engineering Officer.



LS Ian Johnson is presented a Machinery Watchkeeping Certificate for the completion of Marine Technician training by Cdr Barlow, alongside Lt(N) Casper.



LS Nathan Bunn is presented a Machinery Watchkeeping Certificate for the completion of Marine Technician training by Cdr Barlow, alongside Lt(N) Casper.



Cdr Barlow presents an HMCS Ottawa plaque to Chief Petty Officer First Class David Lowther as a going away gift during the Coxswain change of command.

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