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**December 7**  
 11 a.m. to 2:30 p.m.  
 Open to the Defence Team



• CANADIAN MILITARY'S TRUSTED NEWS SOURCE •

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# LOOKOUT

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# MoVenture

Members of Naval Fleet School Pacific Venture Division gather outside the Collier Theatre on Nov. 27 to show off their fake and real moustaches. As part of a Movember fundraiser entitled "MoVenture" students were encouraged to buy a fake moustache for \$5 with proceeds donated to the National Defence Workplace Charitable Campaign, going directly to prostate cancer research.

Photo by Peter Mallett, Lookout

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# Abandoned bikes will be confiscated

**Peter Mallett**  
Staff Writer

If you left a bicycle parked in the bike racks at Naden for over three months, the security team at Nelles Block may have the answer to your question, where's my bike?

Since the implementation of a new policy by Sgt David Brand, Base Accommodations Barrack Warden Sergeant, accommodation staff have been tagging and removing abandoned bikes left at the

Nelles Block and Bernays Block residences for longer than 60 days.

The new policy came at the request of the Base Commander's office in an attempt to address the build up of abandoned bicycles in valuable bike rack spaces for commuting cyclists.

Once removed, the bike is photographed, the serial number recorded to ensure it isn't stolen, and then locked up in storage. If the bikes aren't claimed within a 90-day period after their seizure, they are donated to charity.

Sgt Brand says the lengthy holding period is to accommodate sailors who may be deployed at sea and forgot to remove their bike from the rack before they left.

So far, 16 bikes have been removed from the Nelles Block bike rack, held for six months, and then turned over to charity. Eleven bikes were recently removed from the Bernays Block bike rack and put into storage.

"Many people still aren't aware of the policy change concerning abandoned bikes despite signage at bicycle racks and in storage rooms

alerting people to the problem, so we are trying to get the word out," said Sgt Brand. "If you think you may have one of these bikes, I encourage you to stop by my office in Nelles Block and have a look at our inventory."

An instructional booklet about the new policy has also been posted at four locations in the Naden accommodation buildings. It contains photographs of recently seized bikes and information on how to get your bike back.



A view of the over-crowded bike storage area at Nelles Block. Due to a new base policy to address the parking space shortage, bikes that are left in bike racks for a period of longer than 60 days are subject to tagging and removal.

Photos by Peter Mallett, Lookout

|             |   |
|-------------|---|
| NAME        | GUINCHARD, KEITH //                       |
| ENROL DATE  | 1979 //                                   |
| RETIRED AS  | LIEUTENANT COMMANDER //                   |
| DEPLOYMENTS | VENTURE, NAVAL OFFICER TRAINING CENTRE // |
|             | OP FRICTION (GULF & KUWAIT) - 1990 //     |
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Back row: LS Kim, AB Park, SLt Hahn, and SLt Yun. Front row: SLt Lee and LS Moon.

Photos by Leading Seaman Victoria Loganov



SLt Lee checks a bearing using the gyro compass repeater on the bridge wing.



Leading Seaman Gu Yeon Kim operates the crane during a man overboard exercise.

# A COMMUNITY FORGED FROM SHARED CULTURE

**Capt Jenn Jackson**  
HMCS Ottawa PAO

Within HMCS Ottawa's bulkheads is a small community of sailors with personal ties to some of the many ports visited by ship and crew during Operations Projection and Neon.

Six members were born in the Republic of Korea, many with close family still living in Pyeongtaek, Incheon, and Busan – three of the ports visited during the deployment.

"One of the highlights of this deployment for me was being able to come alongside Busan. I'm glad Ottawa had a chance to appreciate my family's hometown and made me proud to be Korean-born Canadian," said Sub-Lieutenant Hyunji (Ann) Lee, Bridge Watchkeeper-Under-Training.

While in Pyeongtaek she served as a translator.

"It was a difficult time because I was exposed to a much higher level of Korean than what I am used to, but acting as a translator proved to be a valuable experience and really made me appreciate the efforts my parents had gone through to make sure I still retained Korean as a language."

All six Korean-Canadians on board speak Korean, so it's not uncommon to hear them chatting Korean in the flats or messes.

"I grew up speaking Korean at home, although my vocabulary could use some work," said SLt Jong Won Joseph Hahn, Marine Systems Engineering Officer Phase VI. "It's good practice to have an opportunity to speak Korean on the ship and it has helped build our community."

For Leading Seaman Gyeon Kim, Weapons Engineering Technician – Sonar, his Korean heritage has built strong ties within the Royal Canadian Navy (RCN).

"I have found a solid bond with the other Korean-born Canadians because we have a lot in common, coming from similar backgrounds," explains LS Kim. "I have experienced this not only in HMCS Ottawa but on other ships as well."

Just as in other areas of life, life in the RCN also comes with challenges. For example, although not common, incidents of racism can occur. While such encounters happen occasionally, such as during port visits and dealing with members of the public, sailors are able to draw on a wide array of tools to deal with these challenges such as reporting to the chain of command, and support from peers.

For SLt Hahn, he focuses on de-escalation, because "ignorance thrives on attention."

While all similarly have family remaining in Korea, maintain close ties, and attribute the sense of community to mutual cultural understanding, they are also very diverse in their occupations in the Canadian Armed Forces and the reasons they joined.

Three are officers and three are non-commissioned members, all different occupations – Naval Warfare Officer (SLt Lee), Marine Systems Engineering Officer (SLt Hahn), Naval Combat Systems Officer (SLt Joo Whan (Kevin) Yun), Weapons Engineering Technician – Sonar (LS Kim), Boatswain (LS Isaac Moon), and Steward (Able Seaman Thomas Park).

"There is a definite sense of community between all the Korean-Canadians in Ottawa despite the various age differences and occupations," says SLt Joo Whan (Kevin) Yun. "We can relate to many things like our love of Korean food, our cultural similarities, and our similar backgrounds. All of that aside, I have met lots of people from many backgrounds while serving in the RCN. I would encourage anyone to join – but only if they are 100 per cent sure it is right for them."

## Journey to the RCN:

### AB Thomas Park

"My dad was an infantry officer in the Korean Army and I grew up hearing stories and seeing his old military medals. I guess subconsciously I developed a willingness to join the Forces. I am now approaching three-and-a-half years in the glorious RCN and cannot wait to see what the future brings."

### LS Gyeon Kim

"I joined because of my older brother. He was a member of the Forces before I was and told me about all the benefits he was receiving and the subsidized education plans. I decided to take a chance and joined the RCN."

### LS Isaac Moon

"I decided to join for the experience. Beyond work experience, I can't deny that the RCN has provided life experiences, travel, and unique opportunities – such as being a member of the Naval Boarding Party."



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# matters of OPINION

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## WHAT SAY YOU

# OTTAWA SAILOR SNAPSHOTS



## SLT NICK MILLER, BRIDGE WATCHKEEPER

**Regular Force:** 3 years

**Career Highlight:** Two things come to mind: early in my career at Damage Control School, standing in chest-deep water and singing O' Canada, and driving 26 knots through a wall of fishing vessels chasing down vessels-of-interest in the East China Sea during this deployment.

**Deployment must have:** An air mattress and my laptop.

"To my wife Natasha, see you in a few days, I love you and miss you."



## ABLE SEAMAN THOMAS PARK, STEWARD

**Regular Force:** 3.5 years

**Career Highlight:** This deployment! It was an awesome experience meeting the Toronto Raptors for a reception in Tokyo...wait a minute #ThanksSuper-TyphoonHagibis.

**Deployment must have:** My rugby shorts and wireless Beats earbuds. Who likes short shorts? I like short shorts.

"Shout out to all my family and friends back home in Victoria and Vancouver. Special shout out to my 'brother' Edric Lim and my boys, Josh and Andrew. Miss y'all and see you soon!"



## PO1 JOSEPH REMPEL, SENIOR SONAR OPERATOR

**Regular Force:** 16.5 years

**Career Highlight:** Working with side-scan sonar while posted to the Route Survey Section at CFB Esquimalt and deploying to the Mediterranean Sea in support of Operation Unified Protector/Operation Active Endeavour in 2011/2012.

**Deployment must have:** My E-reader loaded with books and lots of music on my phone.

"A huge hello to my beautiful wife Lindsay and my awesome daughters Helene and Cayman. I love you and can't wait to see you! I'm almost home!"



## LEADING SEAMAN TIMOTHY BEE, BOATSWAIN

**Regular Force:** 6 years

**Career Highlight:** Getting the chance to travel around to many countries and experience the different cultures and lifestyles, as well as participating in different evolutions (Ship With Out Air Detachment, Vessel of Interest Boardings and short exchanges) involving different navies.

**Deployment must have:** Something to keep me occupied during my down time: books, magazines, music or movies. But for port visits, the most important thing is my camera.

"To my family and friends back home in Ontario, I can't wait to see you after such a long time, Christmas just isn't the same. To my friends back in Victoria, I'll see you soon and beers on me! #Saintfranks"



## A TUG FOR CHARITY

Civilian and military personnel at CFB Esquimalt battled in a Tug-of-War fundraiser for the National Defence Workplace Charitable Campaign (NDWCC) at Naden Athletic Centre on Nov. 22. The Base Team was crowned champion of the contest after defeating the Accent Inn sponsored-team Lady Power in the final. The event raised \$4,000 for the charity campaign.

Photos by Peter Mallett/Lookout



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# Chilliwack trialed for demolition training

**LCdr Michael Erwin**  
NFS (P)

From October into December, Naval Fleet School (Pacific's) Seamanship Division is conducting three RQ demolitions phases, two RQ Ordinary Seaman serials, and one RQ Leading Seaman serial at Slesse Demolitions Range near Chilliwack on the mainland as a proof of concept designed to gather data and experience about the use of this range.

The usual location for this training is Bentinck Island, located between Pedder Bay and Race Rocks. However, in the fall of 2018 the Bentinck Island Range was temporarily closed, causing NFS(P) to consider other options for the delivery of its demolitions mandate. The possibility that presented itself was the use of Slesse Demolitions Range.

Though the Bentinck range re-opened with no impact to training, the notion of trialing Slesse Range as a venue for demolitions training took hold, so that the various logistical and personnel requirements of

the alternate site could be fully understood should the use of Bentinck become unfeasible for any reason in the future.

## Getting to Slesse

The research and preparations required to shift the training from Bentinck Island to the unfamiliar and relatively distant Slesse Range were extensive, but under the efforts and leadership of CPO2 John Kranz, PO1 Kevin Hall, and A/SLt Alexandra Duplessis the plan took shape. A host of considerations were thought out and dealt with, ranging from how to move equipment, people, and explosives to the mainland range, to the accommodation and feeding of staff and students.

They took advantage of the military camp established in Chilliwack in 1942. Following unification in 1968 it became Canadian Forces Base Chilliwack. CFB Chilliwack was best known as the home of the CF Officer Candidate School and the CF School of Military Engineering, the latter being the reason for the presence of the Slesse Demolitions Range. In 1997, CFB Chilliwack was closed, and the military footprint there was greatly reduced; the site is now home to the RCMP's Pacific Region Training Centre (PRTC).

## On the ground

During the trials, the Seamanship Division staff, Campus Support Division sentries, and RQ students have been staying at the Mounties' PRTC facilities. This entails eight days of training for the RQOS and 14 days for the RQLS.

The PRTC is well appointed with accommodations, messing and dining facilities, a gym, and classroom space for the dry land training needed before proceeding to the range for live blasting.

Once the theory is learned, the entire group travel 30 minutes each day from the PRTC to Slesse Range, located in mountainous, wooded terrain south of the

Chilliwack River, for the live firing phase.

The students travel in the back of a mobile support vehicle supplied by 39 Canadian Brigade Group, whose headquarters are also located in Chilliwack, and who have been extremely helpful throughout the preparations and execution of the trial.

## On the range

Once at the range, the students practice live demolitions with C4 plastic explosives, ranging in complexity from very simple detonations for the RQOS classes, to more complex projects involving the destruction of wood, metal, or concrete targets for the RQLS class. Of course, all the training is subject to strict CAF and range safety rules, and is overseen by skilled instructors with years of combined experience in demolitions operations and teaching.

The need for ranges such as Bentinck Island and Slesse, and for the type of training that is conducted there, lies in the unique capability they provide the ships of the Royal Canadian Navy in dealing with a wide range of situations. Having an organic demolitions capability within their Deck Department enables a deployed ship to safely and efficiently dispose of anything from a floating navigation hazard, such as a hulk or abandoned vessel, to a cache of illicit drugs, or to clear obstructions from a shoreline, as well as provide support to the infantry ashore if required.

**Able Seaman Matthew Hartley prepares C4 plastic explosives for the boatswain demolition training in Slesse Range, Chilliwack, on Nov. 21.**

Photos by MCpl Carbe Orellana, MARPAC Imaging Services



Petty Officer Second Class Jason Boisvenue, Able Seaman Coree Ranville, AB Adam Gabrielsson, Leading Seaman Joshua Reves, and LS Gregory Ratych pose with their project for the demolition phase of their training.

## About Bentinck Island

Bentinck Island, located between Pedder Bay and Race Rocks, is where the Naval Fleet School (Pacific) (NFS(P)) conducts its demolitions training for all Boatswain Rank Qualification (RQ) serials, as well as Demolitions Team Training for the ships of Canadian Fleet Pacific. Bentinck Island, which served as a leper colony from 1924 to 1952, is well suited to its current role as a demolitions range because of its relative isolation and proximity to the Canadian Forces Ammunition Depot at Rocky Point.





Advertorial

TUNING INTO THE BODY

# Acupuncture

## for trauma and Post Traumatic Stress Disorder



**Dr. Katrine B. Hegillman**  
Contributor

**T**he moment we are exposed to shock, trauma or prolonged severe stress, our brain, mental state and body suffer devastating long-term consequences – so much so, that we physically change.

The Dorso-Lateral Prefrontal Cortex, DLPFC for short, is a portion of the brain responsible for memory, planning, inhibition and reasoning, and is found to decrease in size when we are exposed to traumatic experiences. This physiologic brain phenomenon is described in Dr. Bassel Van Der Kolk's book *"The Body Keeps the Score"*, which details an intricate account of his research work with PTSD patients and their journey to recovery.

Van Der Kolk discovered that PTSD can be monitored via brain scans, and that when treated by complementary medications and practices, patients were aided on their path to recovery. Treating with complimentary disciplines, in fact, provided vital tools for healing.



For those who have experienced PTSD, this list of symptoms is all too real according to mayoclinic.org: "flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event: intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions."

I remember hearing stories from my own mother, who would recount what it was like when my grandfather returned from fighting in the First World War. He would wake up every night screaming in terror, and it was a scenario that lasted for years. He became absent for his nine children and his wife, and his experience was all too common at the time.

Today, we have a glimpse into why, as well as how, to help patients with PTSD from the scientific and traditional perspective.

One of my teachers and Acupuncture Scholars of Japanese Acupuncture, Boston-based Kiiko Matsumoto has been researching, studying and practicing acupuncture for almost 40 years. Her teacher, Master Nagano, was well known in Japan for his own style of acupuncture that involved the ancient energetic model, combined with osteopathic and structural acupuncture – this involves the anatomy model of how fascia and acupuncture channels respond to needling.

Many treatment protocols were developed in this Nagano-Matsumoto style – including treatment for trauma and the restoration of the DLPFC. There are three points, specifically, above the left temple (just above the anatomical location of DLPFC, but located on the skull surface), that are accessible to acupuncture needling. These points run along the Gall Bladder Meridian energy channel and their names are: "spirit root," "sudden tears" and "freak out." It's easy to see how these connect to the root of the trauma response.

It's interesting that, thousands of years ago, the ancient physicians already had some understanding of neuroanatomy and its treatment. Those points do work – I've witnessed this both in my clinical experience and my experience

as teacher – for the exact symptoms that are listed under the definition of PTSD.

I have had privilege to work as a doctor of Traditional Chinese Medicine for over 20 years, and I have seen many successful shifts in treating depression, anxiety, insomnia, panic attacks and PTSD with patients, including those who retired from the military service.

By understanding how traditional and indigenous medicine intersect with the body and with trauma, we can offer a more holistic treatment – one where the body can heal itself and unwind the effect of traumatic events on the brain's neuroanatomy.

Classic acupuncture, based in the traditional Chinese medicine approach, has a holistic understanding of how trauma can be stored in the tissues and how, via means of acupuncture and herbal medicine, it can also be healed. Yet, this is still not a well-known fact, and many patients who could be helped suffer.

An organization named Evidence Based Acupuncture, in association with a UK and Polish research project, has compiled meta-analytical data on acupuncture efficacy for mental health. There is a tremendous body of research showing the effects, and they are astounding.

According to their website, "One of the most sensitive measures of the body's ability to cope with stress is something called Heart Rate Variability (HRV). Rather than beating consistently at the same rate as a metronome, the heart actually changes its rate based on its fine-tuned response to the environment. A higher HRV has been associated with better health in all domains, including mental health and low levels of anxiety. Acupuncture has been shown to improve the body's ability to cope with stress through improving HRV."

The National Centre for Biotechnology Information ongoing researches acupuncture

and has done a great deal of work to show its impact in dealing with psychological trauma. This research is hard to ignore. Traditional Chinese medicine and acupuncture can help our bodies heal without relying on medications and other interventions.

Research aside, when I consider the improvement I see in patients on this healing path, it fills me with hope. While I wish my grandfather had had access to such a safe, effective and relatively affordable treatment, I can take heart in knowing others will experience relief without unnecessary side effects. For those ready to experience lasting change, it may be time to give acupuncture a serious look.

*Author's Note:* the Chinese medicine and acupuncture profession has been regulated under jurisdiction of Ministry of Health by CTCMA since 2003. The patients covered under provincial extended medical often get partial coverage for acupuncture treatment. Federally covered patients do not currently receive coverage for this treatment, and these patients must pay out of pocket if they decide treatment is a priority. My colleagues at the Association of Traditional Chinese Medicine and I are actively lobbying the Minister of Health, local MPs and the Public Alliance to change this situation to help the community gain access to treatment and the benefits of traditional Chinese medicine.

*Katrine B. Hegillman BSc. Is a Doctor of Traditional Chinese Medicine and has been in practice since 1999. She is a member of Advanced KMS Japanese Acupuncture, in Esquimalt, B.C. She holds classes of Natural Movement Therapy at Esquimalt Recreation Centre, and teaches workshops about the therapeutic treatments of Acupuncture, Herbs and Functional Medicine Nutrition. She is passionate about helping patients find their footing along their own healing journeys. [www.oriri.ca](http://www.oriri.ca) [info@oriri.ca](mailto:info@oriri.ca) 1-250-886-8863*

**Classic acupuncture, based in the traditional Chinese medicine approach, has a holistic understanding of how trauma can be stored in the tissues and how, via means of acupuncture and herbal medicine, it can also be healed.**



# Wounded veteran finds comfort with Sacrifice Medal

**Peter Mallett**  
Staff Writer

A retired career soldier with family ties to CFB Esquimalt says the recent awarding of a Sacrifice Medal has been the perfect tonic to accelerate his recovery from deployment injuries, mental and physical.

Chief Warrant Officer (Retired) Brad Amirault received the medal from General Jonathan Vance, Chief of the Defence Staff, in a formal ceremony at Juno Tower at CFB Halifax on Nov. 23.

The Sacrifice Medal was established in 2008 as a replacement to the Wound Stripe medal and is part of a continued effort by the Government of Canada to provide formal recognition to those who die as a result of military service or are wounded in action.

CWO Amirault says having the medal presented by his friend and former Commanding Officer Gen Vance was an emotional and heartfelt moment.

The two men shared a hearty handshake in the hallway prior to the ceremony and even some tears

during the proceedings as they recounted some shared, difficult times where they drew strength from each other as warriors do.

"Having the senior Canadian Forces commander present the medal in front of my immediate family members was an honour that I will proudly wear for the rest of my days."

Adding to the emotions, says CWO Amirault, was the outpouring of support from dozens of family members and friends at a reception held the next day.

"It was huge to have all these people supporting me and to see a video presentation of my career played during the ceremony. I truly believe the moment helped me effectively communicate to my family what I could not verbalize. I was reminded of my roots and how important it is to have family."

CWO Amirault had a 34-year career in the Canadian Armed Forces until injuries sustained during training, and on his operational tours in Bosnia, Haiti, Afghanistan led to his transition out of the military in 2018



Chief of Defence Staff, Gen Jonathan Vance presents CWO (Retired) Brad Amirault with a Sacrifice Medal at Juno Tower in Halifax on Nov. 23.

Photo credit: Sgt Chelsea Hutson

Today, he suffers from persistent pain in the lower back, neck, hip and ankles, Post-Traumatic Stress Disorder (PTSD), anxiety, and depression.

While in Bosnia, he witnessed the atrocities of war that still haunt him to this day. His injuries, both mental and physical, continued to accumulate during his career as an infantry soldier serving in the Oka crisis of 1990, Bosnia in 1992-93, and 1996, the Middle East in 2003, Haiti in 2004, and Afghanistan in 2010.

He says recovery from his trauma-related injuries took a

giant leap forward when he was presented the medal. His daughter, Leading Seaman Lily Amirault of Naval Fleet School Pacific helped organize the ceremony and the informal reception the following day at a nearby hotel. LS Amirault was also instrumental in putting out the successful request for Gen Vance to present the medal.

"I think my father is one of the most deserving people for this medal and I was so happy to see him overcome with emotion and tears of happiness when he received it from Gen Vance," said LS Amirault. "But it was also

a bitter-sweet moment because when I looked at all the images of my father from 10 or 20 years ago during the event's video presentation, and the toll his injuries have taken on him, the moment was also very painful for myself and the family as a whole."

Other family members attending the ceremony with military ties included his cousin Colonel John MacDonald, 36 Canadian Brigade Group Commander, and his son Corporal Nicholas Amirault, a member of 33 Signal Regiment of the Royal Canadian Corps of Signals in Ottawa, Ontario.

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# A sacred garden



**Peter Mallett**  
Staff Writer

In the back of Petty Officer Second Class Marielle Audet's Belmont Park home is a well-tended garden. It might seem like an ordinary plot, brimming in the summer with leafy greens of all varieties, but growing from the earth are the makings of smudging kits.

PO2 Audet is of mixed background, Indigenous and French, and when not playing clarinet with the Naden Band, she serves on the Defence Aboriginal Advisory Group.

When she learned that warships of the Pacific Fleet were to be equipped with smudging kits, she combined her knowledge of the ceremony with her green thumb to supply the sacred herbs.

The smudging ceremony involves the burning of herbs and grasses including, but not limited to, sweet grass, tobacco, sage, rosemary and wild fennel.

"This is just my humble contribution to bringing forward this new policy and I'm quite happy to do it," said PO2 Audet.

After harvesting them in the fall, she then dries them in brown paper bags at her home.

The 53-year-old says smudging is an important part of Aboriginal culture in North America. Smudging has echoes in many traditions around the world including Catholicism, Buddhism and Wicca.

"To me smudging is for cleansing of all the negativity in our lives, thoughts and perceptions. It helps us open up

to our thoughts and be more objective as we go through difficult times."

She uses a large abalone shell or wooden bowl to hold the sage bundles in place before the burning. Once a bundle is lit, she uses an eagle feather to fan the smoke onto herself or anyone else interested in receiving the blessing.

"While the specific items may vary, the important thing is the intention," says PO2 Audet. "By focussing on the ritual, you focus on spiritual ideas, which prevents any downward spiral the mind can create."

She encourages anyone interested in learning about smudging and the ingredients to contact the DAAG or herself directly.

Smudge kits are distributed to ships through the Base Chaplain's Office.



Petty Officer Second Class Marielle Audet performs a smudging ceremony using a variety of herbs and grasses grown at her home garden in Colwood. She grows the herbs to help supply smudging kits for vessels of the Royal Canadian Navy.

Photo by Peter Mallett, Lookout



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Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**.

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# AVALANCHE

## clearing begins

### OPERATION PALACI

The Canadian Armed Forces (CAF) annual support to Parks Canada Agency's Avalanche Control Program, Operation Palaci, is underway and expected to continue into April 2020.

The CAF have provided artillery support to the Parks Canada avalanche control program in Glacier National Park, in the Rogers Pass region since 1961. Rogers Pass carries the major national road and rail transportation through the rugged Columbia Mountains in British Columbia.

Each year, artillery gun troops are deployed to Rogers Pass with 105-mm C3 howitzers, adapted to fit the roadside gun platforms. This year, the operation will be carried out in two rotations. Both rotations will be carried out by 17 members from 1st Regiment, Royal Canadian Horse Artillery, based out of Canadian Forces Base (CFB) Shilo, Manitoba, and augmented by various reserve artillery units.

Master Bombardier Ryan Houston from 1st Regiment, Royal Canadian Horse Artillery, awaits the loading order from the Troop Commander during the confirmation shout at the start of Operation Palaci at Rogers Pass, B.C. on Nov. 22.

Photos by MCpl PJ Létourneau, Canadian Forces Combat Camera



Gunner Samuel D'Amour confirms a target through the sight of a 105-mm C3 Howitzer.



Military members move a 105-mm C3 Howitzer.



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Major James Oliver, Australia's North-West Mobile Force Arnhem Squadron Commanding Officer, pictured left, and his Regimental Sergeant Major, Warrant Officer Class One Kenneth Nelliman, lay a unit wreath at the B.C. legislature cenotaph during the Remembrance Day service.

Photos by Lieutenant Natasha Tersigni

## EXERCISE NORTHERN LIGHTS 2019

# Cross training with the Australians

**Lt Natasha Tersigni**  
4th Canadian Ranger Patrol Group  
Public Affairs Officer

Ten members of the Australian Army Reserve's North-West Mobile Force traded their sunhats for toques and travelled to British Columbia for Exercise Northern Lights 2019 hosted by the 4th Canadian Ranger Patrol Group (4CRPG).

The Australian Army Reserve unit and 4 CRPG have shared hosting yearly unit exchanges since 2011 to give a better understanding of each other's training and practices.

The military units are both wilderness living experts with extensive knowledge of the land where they operate, and both contribute to their country's national security and public safety in remote, isolated areas.

"This ongoing exchange has proven immensely successful with many best practices learned on both sides, as well as valuable cultural exchanges, including an understanding of Aboriginal culture," said Lieutenant Colonel Russ Meades, Commanding Officer of 4 CRPG. "This exchange not only strengthens our respective units, but bolsters the ties between Canada and Australia, two quite similar allied Pacific Rim countries."

Training activities took place from Nov. 10 to 22, delivered by Canadian Rangers in Victoria, Terrace, and Smithers, British Columbia. Training included operating the Canadian Ranger C19 service rifle; learning about predators that might be encountered in northern British Columbia; avalanche safety; equipment used while patrolling the backcountry; helicopter operations in winter conditions; overnight operations in the backcountry; and snowmobiling on the Hudson Bay Mountain.

"It is just incredible the number of similarities we have with the Canadian Rangers," said Major James Oliver, Officer in Charge of NORFORCE's Arnhem Squadron. "The distance in remote areas our governments require

us to patrol, the areas where we recruit soldiers from, the amount of information that we rely on from soldiers in this remote communities, that is just the tip of the iceberg."

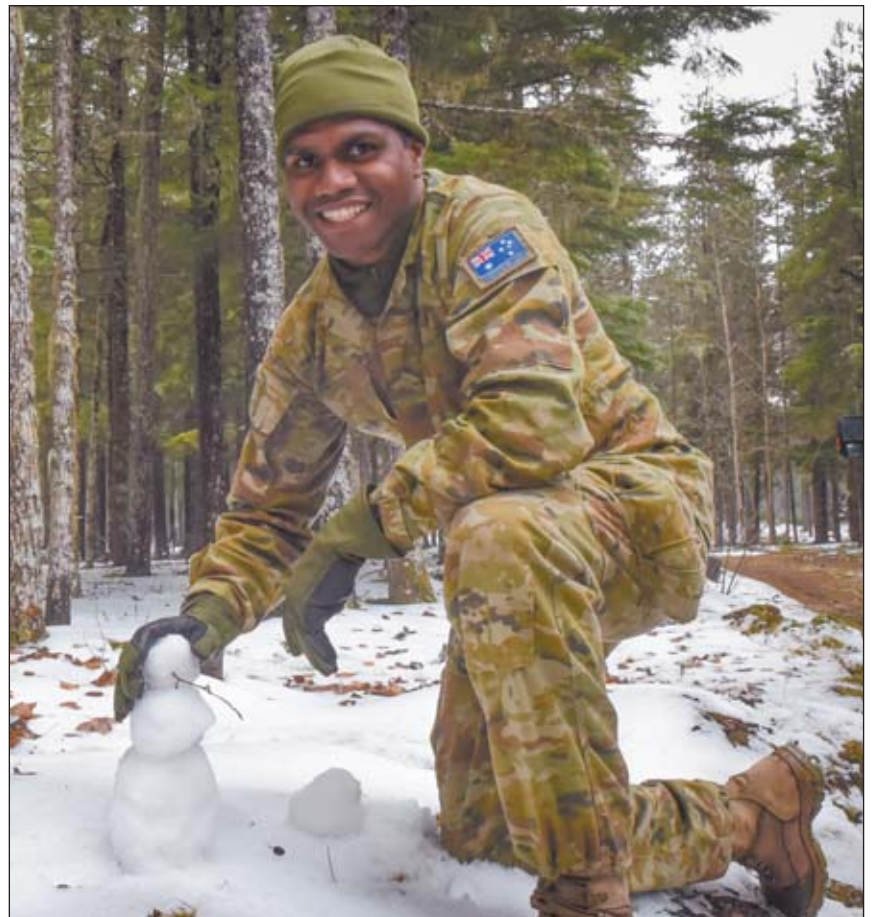
While the tasks are similar between the units, it is the climate difference that is the biggest challenge.

"We perform similar tasks to the Canadian Rangers, but the cold weather environment, it adds that extra layer of resilience for our soldiers to develop. We make the troops uncomfortable, which is not hard to do with the climate here in Canada right now," said Major Oliver.

"These soldiers have never even seen their breath before, so this is pushing them out of their comfort zone."

Now that Exercise Northern Lights 2019 has wrapped-up, the focus has shifted to Exercise Southern Cross 2020, where members of 4 CRPG will travel to Australia to work with the Australian Army Reserve's North-West Mobile.

"Next year, in August 2020, we will be reciprocating the training exchange and we will be teaching the Canadian Rangers that come over to Australia on how to operate and live in a hot climate," said Maj Oliver.



Private Joel Daniels of Australia's North-West Mobile Force Arnhem Squadron builds his first snowman at the Terrace Rod and Gun Club's range located in Terrace, British Columbia. Private Daniels was one of 10 members from Australia reserve unit chosen to travel to British Columbia for Exercise Northern Lights 2019 organized by the 4th Canadian Ranger Patrol Group.



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## Persian Gulf War Facts

**1** The Canadian Naval Task Group, consisting of the destroyers HMCS Terra Nova and HMCS Athabaskan, and the supply ship HMCS Protecteur, helped support coalition fleet efforts in the region. Five Sea King helicopters from 443 MH Squadron were also part of this force.

**2** CF-18 jet squadrons with approximately 500 personnel operated out of the "Canada Dry" bases in the Persian Gulf nation of Qatar, performing combat air control, escort, and reconnaissance missions. For the first time since the Korean War, Canadian air-to-surface attacks took place during the conflict.

**3** The Canadian Air Command's Transport Group carried personnel and cargo in the region. A Canadian plane was used in aerial refueling duties for coalition air forces.

**4** A Canadian field hospital with 530 personnel was established in Al-Qaysumah, Saudi Arabia, in February 1991. This hospital cared for both coalition and Iraqi wounded.

**5** Soldiers from units such as the Royal Canadian Regiment and the Royal 22e Régiment performed security duties at Canadian installations in the Middle East in 1990-1991.

**6** The Gulf War marked the first time that female Canadian Armed Forces members performed combat duties.

From veterans Affairs Canada:  
[www.veterans.gc.ca/eng/remembrance/history/canadian-armed-forces/persian-gulf](http://www.veterans.gc.ca/eng/remembrance/history/canadian-armed-forces/persian-gulf)

## HONOURING THE GULF WAR

**Peter Mallett**  
Staff Writer

It was only a short moment in time when Chief Petty Officer First Class Gerald Dautre carried a wreath up the steps to the National War Memorial and gently laid it at the base of the massive stone sculpture.

Etched on the ribbon adorning the Remembrance Day wreath were the words Persian Gulf Veterans of Canada.



To those watching, it was just another wreath joining the dozens carefully placed there during the Nov. 11 service. But to hundreds of military members like CPO1 Dautre, it was a marker of time served in a long-ago war.

"It was certainly a proud moment for all Persian Gulf veterans and me, and without a doubt it was also therapeutic," said CPO1 Dautre. "We had a lot of good folks over there who sacrificed so much; attending this ceremony gave us a chance to remember this and create awareness for the rest of Canada about what we did in the gulf war."

Today, CPO1 Dautre, 50, works as Division Chief for the Director General of Maritime Equipment and Program Management in Gatineau, Que. He is also a member of the Persian Gulf Veterans of Canada.

Almost three decades ago, as a young Leading Seaman, he deployed to the Persian Gulf as a Naval Electronic Sensor Operator on board HMCS Athabaskan. The Iroquois-class destroyer was the command and control vessel for the three-ship

Canadian Task Group, with their efforts largely focussed on resupplying Allied ships fighting in the war.

He vividly remembers the black, acrid smoke clouding the sky over Kuwait from oil wells set on fire by Iraqi troops, and when Athabaskan was called on to escort guided missile cruiser USS Princeton and USN tugboat after Princeton was severely damaged on Feb. 18, 1991, by two bottom-mounted influence mines.

"As far as facing danger during operational deployment, it was definitely up there because we didn't really know what to expect and had to negotiate through an area of underwater mines when we were escorting," said CPO1 Dautre. "The interesting thing about the gulf war was even though the war itself lasted just 49 days, we were stationed there for much longer and didn't know when we would be coming back home."

The Persian Gulf Veterans of Canada is an advocacy, social and support association for Persian Gulf Veterans and their families. They work to increase awareness of Canada's contributions in the Persian Gulf War to the Canadian public. For more information on membership and ways to support their efforts visit their website at <http://persiangulfveteranscanada.ca>

Michael McGlennon, Vice President of Persian Gulf Veterans of Canada (left), and CPO1 Gerald Dautre attend the Remembrance Day ceremony at the National War Memorial in Ottawa to lay a wreath on behalf of the Persian Gulf Veterans of Canada.

Photo credit PGVC

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**HALIFAX NEWS**

LS (Retired) Allan "Dinger" Bell shows off this year's special Mooseheads jersey design honouring HMCS Kootenay.

Photo by Cpl David Veldman, FIS Halifax

## Mooseheads honour HMCS Kootenay survivors

**Ryan Melanson**  
Trident Newspaper

The Halifax Mooseheads weren't able to get a win over the Drummondville Voltigeurs, but they still put on a great show in front of a military-heavy audience on Nov. 8 for the team's 16th annual DND Appreciation Night.

This year's game took place in front of over 7,000 fans at the Scotiabank Centre, with the Mooseheads wearing special jerseys to recognize the 50th anniversary of the HMCS Kootenay explosion and those who died.

Along with the Maritime Forces Atlantic (MARLANT) flag party, the team welcomed Kootenay survivor LS (Retired) Allan "Dinger" Bell and Rear Admiral Craig Baines, Commander MARLANT, on the ice prior to the game for the ceremonial puck drop.

RAdm Baines thanked the team and the fans for their continued support over the years, as well as for putting the Kootenay explosion front and centre as the Royal Canadian Navy com-

munity continues to recognize that tragedy at sea 50 years ago.

"I'm honoured to be standing here in front of you alongside Dinger Bell," RAdm Baines said to the crowd.

He added the annual Mooseheads game serves as a reminder of the close ties between the Canadian Armed Forces in Halifax and the wider community.

"It's one of the reasons that Halifax is the place in Canada to wear a uniform," he said.

The Kootenay crew were also recognized during the regular Canadian Forces Family of the Game segment, with the focus being put on the entirety of the ship's company and their family members.

"We honour them for their bravery in the face of a tragedy that claimed the lives of nine Kootenay member, and forever changed the lives of the survivors and their families," said Mooseheads announcer Scott MacIntosh.

As always, DND Appreciation Night was held as a fundraiser for Camp Hill Veteran's

Memorial Building with all proceeds going toward maintenance and upgrades for the facility's popular Memorial Garden. The partnership between the Mooseheads and DND has brought in more than \$200,000 for Camp Hill since its inception, and has been the single largest source of funding for the Memorial Garden.

"To be able to honour and thank the men and women of our Canadian Armed Forces while raffling off our jerseys in support of Camp Hill, is truly special," said Mooseheads President, Brian Urquhart, adding that everyone in the organization, including the athletes, look forward to the occasion each year.

As for the game, the Mooseheads fell 4-1 to the Voltigeurs, contributing to an unfortunate losing streak for the team. The Mooseheads only offence came from the single goal by Maxim Trepanier, who scored on a deflection in front of the net. Goalie Alex Gravel made 18 saves and took his eighth loss of the season so far.

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# HMCS Ottawa awards, promotions and medals

Presented by Cdr Alex Barlow, Commanding Officer HMCS Ottawa.

Photos by Leading Seaman Victoria Loganov



Sub-Lieutenant Jong Hahm is presented his Gun Metal Sea Service Insignia by Cdr Barlow.



SLt Jeff Niedzielski is presented his Gun Metal Sea Service Insignia by Cdr Barlow.



Sub-Lieutenant Dan Kupchack is presented his Gun Metal Sea Service Insignia by Cdr Barlow.



Leading Seaman Samuel Coyne is presented his Gun Metal Sea Service Insignia by Cdr Barlow.



Petty Officer Second Class Michael Stone is presented his Bronze Sea Service Insignia by Cdr Barlow.



Leading Seaman Aaron Guest is presented his Bronze Sea Service Insignia by Cdr Barlow.



Master Seaman Giovanni Onucky is presented his Bronze Sea Service Insignia by Cdr Barlow.



SLt Ben Antworth is presented his bridge watch-keeping certificate by Cdr Barlow.



Chief Petty Officer Second Class Robb Franklin is presented his Silver Sea Service Insignia by Cdr Barlow.



Petty Officer First Class William Rath is presented his Silver Sea Service Insignia by Cdr Barlow.



Leading Seaman Jonathan Lafleur-Blais is presented his Engineering WatchKeepers Certificate by Cdr Barlow.



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# Bravo Zulu

## HMCS Ottawa awards, promotions and medals

Continued



Able Seaman Matt Trybuch is presented his Weapons Engineering On Job Training Certificate by Cdr Barlow.



Lieutenant Commander Colin Dudeck is promoted to his current rank by Cdr Barlow and Lieutenant Commander Tyson Bergmann.



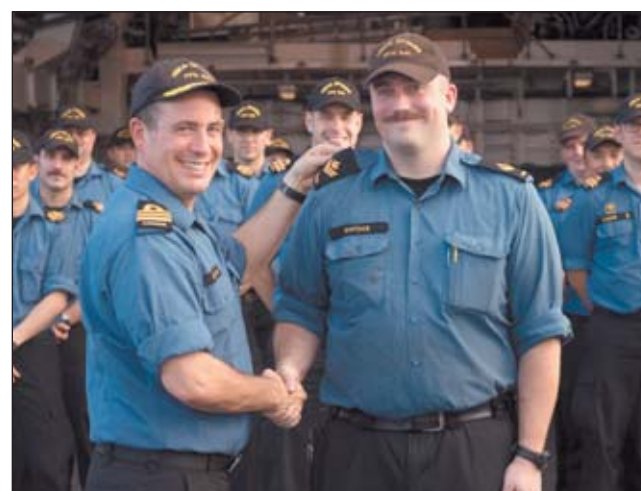
Lieutenant Commander William Chong is promoted to his current rank by Cdr Barlow and sibling Sub-Lieutenant Andrew Chong.



Sub-Lieutenant Andrew Chong is promoted to Lieutenant (N) by Cdr Barlow and sibling Lieutenant Commander William Chong.



Master Seaman Cody Tyhurst is promoted to Petty Officer Second Class by Cdr Barlow and Petty Officer First Class Jeffery Carter.



Leading Seaman Thomas Eustace is promoted to Master Seaman by Cdr Barlow.



Leading Seaman Jed Garcia is promoted to Master Seaman by Cdr Barlow.



### Bravo Zulu

## HMCS Chicoutimi Promotion

Able Seaman Makohin is promoted to his current rank by LCdr Classen, and CPO2 Niezen.



PO1 Brown is promoted to CPO2 by Cdr Robert D'Eon, at the Project Management Office, Joint Support Ship Detachment in Vancouver.



PO1 Dill is promoted to CPO2 by Cdr Robert D'Eon, at the Project Management Office, Joint Support Ship Detachment in Vancouver.



Lt(N) Brent Fisher was presented the Special Service Medal (NATO Bar) by Cdr Dale Turetski, PCC(P) Commanding Officer.



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If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

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MORE INFORMATION  
<https://www.un.org/development/desa/disabilities/international-day-of-persons-with-disabilities-3-december/idd2016.html>



**3 December 2019**

**Naden Athletic Centre**  
 Lower Gym | 1130-1330

**20<sup>th</sup> annual**

**Township & CUPE employees Christmas food drive**

**SUPPORTING ESQUIMALT NEIGHBOURHOOD HOUSE**



**Drop it off!**  
 Food donations will also be accepted **November 27 to December 18** at Township of Esquimalt municipal facilities.

**We'll pick it up!**  
 On select garbage pickup days, place non-perishable food items in bags labelled "food drive."

A separate vehicle will pick up your donation. Find out your schedule at [Esquimalt.ca](http://Esquimalt.ca)

Township of  
**ESQUIMALT**



**FLEET DIVING UNIT**



**10th Annual**

**TURKEY RUN**

**Saturday 07 December**  
 Race starts at 0900

**FDU(P) is hosting a charity 5km trail run!**  
 As part of their annual NDWCC campaign, ALL PROCEEDS are going towards the Goldstream Food Bank. The goal is to raise enough money to feed over 700 needy families in the community this holiday season.

**Thetis Lake Regional Park**  
 Main Beach

**REGISTER TODAY!**  
 Participants can register at this link:  
<https://ultrasignup.com/register.aspx?eid=8301>  
 No age limits, race fee is \$20

**Who can run?... Anyone can!**  
 This race is to raise money for a good cause, we encourage all members of the community to come out and enjoy a great race with good company. This year we are introducing the fleet challenge, presented to the unit with the most participation.

**First 80 people to sign up get a free T-shirt!**  
 Raffle Tickets for draw prizes.

Be a star in someone's life. Support your GCWCC.  
 Soyez l'étoile dans une vie. Appuyez votre CMTCG.  
[www.gcwcc.org](http://www.gcwcc.org) | [www.cmctgc.org](http://www.cmctgc.org)



Any questions, contact [matt.walsh@forces.gc.ca](mailto:matt.walsh@forces.gc.ca)

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