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Volume 65 Number 5 | February 10, 2020

# LOOKOUT

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## HMCS Saskatoon REFIT COMPLETE

HMCS Saskatoon is slowly lowered into the water after being in refit at Point Hope shipyard. Saskatoon will cold move back to Y-Jetty in Esquimalt Harbour this week.

Photo: Leading Seaman  
Brendan Gibson,  
MARPA Imaging Services



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# Hoops WIN for Men's Tritons

Photos by MCpl Justin Ancelin, 17 OSS Imaging, Winnipeg



MS Simon Dakin poses with his trophy after the Triton's championship win.



2020 Canada West Men's Basketball champions, CFB Esquimalt Men's Tritons following the championship game Jan. 31 at 17 Wing in Winnipeg, MB.

**Peter Mallett**  
Staff Writer

A five-game unbeaten run propelled the CFB Esquimalt Mens Tritons to a gold medal victory at the Canada West Regional basketball tournament in Shilo, MB.

After a 68-56 tournament-opening round robin win against tournament host Shilo Stags on Jan. 27, the Tritons then scored a 28-point victory in their rematch five days later in the tourna-

ment championship game. Esquimalt was paced by 18 points from centre Master Seaman Simon Dakin in their game win.

MS Dakin earned overall tournament Most Valuable Player honours for his stellar play while also drawing praise from his teammates. Those include Tritons guard and team manager Lieutenant (Navy) Kevin Chung who noted that MS Dakin, a student with Naval Fleet School (Pacific), recorded multiple 20-point games along with

at least two double-doubles (when a player records more than 10 in two of five statistical categories: points, assists, rebounds, assists, steals or blocked shots).

"Simon is a talented and hard-working force on the court and excels in both basketball and volleyball at the national level in the CAF," said Lt(N) Chung. "He also brings veteran expertise and energy to the team whenever he suits up for us."

The Tritons were also propelled by some long-distance sharpshooting, including seven three-pointers in the gold medal game. Forward Lt(N) James Byun from HMCS Winnipeg recorded six three-pointers and 20 points in the semi-final victory. Lt(N) Chung noted that Esquimalt was also buoyed by the backcourt presence of veteran guard Brigadier General David Awalt of 3rd Canadian Division HQ.

"This year we were fortunate to have a well-rounded team with a great bench that allowed our starters to get some rest time and that was really our key to success," said Lt(N) Chung.

Over five games the Tritons outscored the opposition by an average of 22.8 points per game with their largest margin of victory a 38-point win over Moose Jaw. Their other results included round robin wins over Edmonton (60-51) and Cold Lake (63-36). In the semi-final they quickly dispatched their opponents from Saskatchewan with an 88-50 decision.

With the victory the Tritons qualified for the Canadian Armed Forces (CAF) Men's Basketball Championship, but they won't have to travel very far. This year's national championship is being held at CFB Comox, April 20 to 24.

-With files from  
Jules Xavier, Shilo Stag



Esquimalt and Shilo play in the finals.



The winning team of this month's Seamanship Olympics, the Temporary Holding Platoon. They are pictured here with the Seamanship Olympics Trophy presented by LCdr Chris Maier.

# Sailors succeed in Seamanship Olympics

**A/SLt Joshua Miszczak**  
Seamanship Olympics  
Coordinator

Those who come to Naval Fleet School (Pacific) are always eager to begin their careers with the Royal Canadian Navy and to experience the marine environment.

Many come out west directly from Canadian Forces Leadership and Recruit School, and some come with prior military experience in the Primary Reserve, or in another element.

That experience is always valuable but often doesn't cover the core skills needed to operate on the water. Chart work, boat handling, knots, rope work,

and basic rigging for sail are among the skills needed by the aspiring mariner.

To address this, Naval Fleet School (Pacific) has developed monthly Seamanship Olympics: a chance for novice sailors to learn and compete.

On Tuesday, Jan. 28, the school held the inaugural Olympics in building N50 by the small boat jetties. Four teams of sailors made up from Personnel Awaiting Training (PAT) Platoons and the Temporary Holding Platoon (THP) attended basic chart work lectures, were given a tour of Sail Training Vessel Tuna to get familiar with its lines, and practiced their knots and rope work.

The atmosphere was jovial as the

teams moved through their competition stands.

By 3 p.m. LCdr Chris Maier was ready to announce the winners.

Orca platoon took third place; they represented well but were unable to keep up with the Grizzly Platoon who came in second. However, neither team could catch THP. Their superior cohesion and morale led them to earn the Seamanship Trophy: a remounted pelorus, a worthy prize to inspire those sailors hoping to compete again in February.

Special thanks to A/SLt Ladouceur, A/SLt Zanko, A/SLt Gjos, A/SLt Young, and Lt (N) Brett for adjudicating the event.



A team of participants receive safety instructions before beginning the dinghy rowing challenge.

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# matters of OPINION

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Published each Monday, under the authority of Capt(N) Sam Sader, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Sam Sader, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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## WHAT SAY YOU

### People Talk

Lookout asked players participating in last week's Canada West Regional women's hockey tournament:

*What is the best aspect of your hockey skill set?*



Being a team player and being confident that I have my teammates to rely on too. Nobody can be successful in hockey without a team that is together. The important thing about hockey is everyone takes their individual skills and strengths, such as stick-handling, passing or shooting, and we put it together to find success on the ice.

**Cpl Taylor Corrigan,  
CFB Edmonton, Right Winger**



I'm 55 years old, so I would say it's my experience as an athlete in multiple sports over the years. This helps me in my role as team manager, passing on tips and advice to younger players on the team and contributing to the esprit de corps.

**CWO Darlene Donovan,  
CFB Cold Lake, Defenceman**



For me as goaltender it's about being there for your team and playing as quarterback, having that extra set of eyes to see the whole ice. As goaltender you pick up on things going on in the game that players in other positions can't see, and you can then relay that information to them.

**Capt Laura Elliott,  
19 Wing Comox, Goalie**



I'm an average player, but I always play with heart and try to bring that to every game and be at the right place at the right time for my teammates.

**Cpl Alex Cap, CFB Esquimalt  
(Sea Training Pacific),  
Defenceman**

## WHAT SAY WE

# February is Heart Health Month

### PSP Halifax Health Promotion Staff

It is easy to take our heart health for granted, until something goes wrong.

In Canada, nine in 10 people have at least one risk factor for heart disease, many of these risk factors being preventable lifestyle choices. In fact, almost eight in 10 cases of premature heart disease could have been prevented. The top lifestyle choices that increase risk for heart disease include smoking, low physical activity, and poor eating habits.

February is Heart Health Month, meaning there is no better time to better yourself and decrease risk for heart disease.

To start, why not try out some new healthy recipes?

Health Promotion Services has created a breakfast recipe guide, accessible from the CAFconnection Halifax website, to help you diversify the most important meal of the day. This recipe, adapted from SimpleGreenMoms.com, uses avocado to deliver nutrients proven to lower the risk of heart disease.



### Egg and Avocado Toast

Serves 1. Choose whole grain bread for a healthy boost.

#### Ingredients:

2 eggs (poached or sliced  
hardboiled)  
2 slices of bread, toasted  
1 small avocado  
1 teaspoon lime juice  
Sea salt and black pepper  
Optional: parsley for garnish

#### Instructions:

Prepare toast and eggs to personal preference.  
Peel and mash avocado with lime juice, salt, and pepper.  
Spread avocado evenly on each slice of toast, then top with an egg and additional seasonings of preference.

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# HOCKEY WIN OUT OF REACH FOR WOMEN'S TRITONS

**Peter Mallett**  
Staff Writer

CFB Edmonton Warriors captured the CAF Canada West Women's Regional Hockey title with a late comeback win over the Esquimalt Tritons on Feb. 7 at Wurtele Arena.

Tournament host Tritons had built a 2-0 lead early in the third period of the gold medal game, backed by the solid goaltending of Cpl Katie Sawatzky who thwarted two Edmonton break-aways in the second period to preserve the lead for the hosts.

But the visitors roared back with four unanswered goals in the final 13 minutes of the third period for a 4-2 victory over their familiar rivals.

This year's victory erases bad memories of defeats to the Tritons in previous tournaments, said Sgt Isabelle Langevin, CFB Edmonton Warrior's centre. She earned the Valuable Player Award after helping lead the comeback charge scoring the Warriors opening goal and then an empty netter in the final seconds of play.

"They are our rivals; the past two years we played Esquimalt in

the [Canada West] final and they beat us both times in overtime, so this win was true redemption for us," she added. "This win was even sweeter because we came back from a two-goal deficit to do it."

Major Anne Gray, a guest player from CFB Comox, opened the scoring for Esquimalt when she banged in a rebound from her own centering pass with 4:50 remaining in the first period. Capt Amanda Lauder gave Esquimalt a two-goal lead just 42 seconds into the third period after tipping a hard slap shot into the net.

But it wasn't to be for the Tritons as Edmonton struck for two quick goals just one minute apart. After Sgt Langevin opened the scoring, Cpl Taylor Corrigan tied the game three minutes into the third period. Cpl Laura Lighthall then scored for Edmonton with 3:53 remaining when she ripped a hard slap shot from the left faceoff circle past Cpl Sawatzky.

Sgt Langevin's empty netter came with 46 seconds

remaining to seal the game for Edmonton.

After the Tritons shook hands with their opponents and accepted their silver medals, Esquimalt coach PO1 Marc Lavoie says he and his players were disappointed with the end result but gave full marks to the Warriors for the victory.

"Nobody likes losing, but our opponents showed a lot of heart and I think this game and the championship game and the entire tournament was an excellent way to showcase the skill level of women's hockey in the Canadian Armed Forces," said PO1 Lavoie, who plays with the Tritons' Old Timers team.



Esquimalt Tritons' Cpl Sabrina Rodrigue accepts the Most Valuable Player award for the final game from Base Administration Officer, Cdr Cory Foreman. Edmonton Warriors' Sgt Isabelle Langevin won tournament MVP for eight goals and three assists in five games played.



Players from CFB Edmonton Warriors celebrate the taste of victory and bite down on their gold medals after their 4-2 win over CFB Esquimalt Tritons in the championship game of the CAF Canada West Women's Regional Hockey Championship at Wurtele Arena on Feb. 7.

Photos by Peter Mallett, Lookout



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Leading Seaman (Retired) Debbi Ferguson, owner of Delta Fox Trot Designs.



Photo by Genevieve Premeay

# COINING SUPPORT FOR VETERANS

**Peter Mallett**  
Staff Writer

A military veteran has created a collectable coin for the ill and injured to let them know they are not alone.

The Battle Buddy Challenge Coin, says creator Leading Seaman (Retired) Debbi Ferguson, is a symbol of hope and support.

Those who purchase them for themselves become part of the Battle Buddy family. Those who buy them as a gift become a Battle Buddy, demonstrating that no one gets left behind.

That idea is echoed in the design, with a soldier carrying an injured comrade to safety. On the flip side, two hands interlock in a firm grip, symbolic of reaching out for help, with a maple leaf in the back-

ground. The coin has a silver antique finish and comes with a registered number and certificate with the name of the recipient.

Ferguson has also turned the design into a Battle Buddy dog tag, as some people prefer to wear the art rather than carry a coin.

"The purchaser of the coin is saying to the recipient, I have your back and I am there for you in the darkest hour, and will be there to pick you up in your time of need. I will always have your six."

Ferguson created the coin and dog tag as part of her company Delta Fox Trot Designs, which she opened after leaving the military in 2008. She served for 14 years before a medical release.

She says the concept for the coin and terminology

was drawn from Second World War infantry, with each soldier on the battlefield assigned a battle buddy or foxhole buddy. This life-or-death pact required one soldier to keep an eye out for threats while their battle buddy focussed on the enemy.

Her artistry extends beyond the coins and into military themed drawings, paintings, and logo designs placed on t-shirts, ball caps, and stickers. Partial proceeds from sales go to veteran charities such as the Canadian Legacy Project and Homes for Heroes Canada.

Coin pricing ranges from \$19 to \$97, depending on the presentation package, personalization, and style of display case. While most sales are domestic, she has sold to the U.S. and to far-away places

such as Serbia, Australia, and New Zealand.

"This level of interest has truly made me realize I did the right thing when I created the coins because it helps bring our first line of defence people hope. It is saving lives," said Ferguson. "As veterans and first line of defence personnel, we all suffer from some sort of work-related injury, and we struggle when not in uniform anymore. Yet, we all understand each other's pain more than anyone else."

Delta Fox Trot Design will be at the Feb. 27 MARPAC Health and Wellness Expo in the Naden gym. Ferguson says she looks forward to meeting and hearing the stories of other veterans from Victoria and further afield. To learn more about the company go to [deltafoxtrot.ca](http://deltafoxtrot.ca)



Front and back view of the Battle Buddy coin.

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Good morning. Good times.



# War chest - a true treasure

**Peter Mallett**  
Staff Writer

**H**elen Edwards has transformed the contents of a family member's long-forgotten storage box of navy mementos into a newly released book.

Extensive journals and hundreds of photographs were amassed by the Victoria resident's father-in-law, Royal Canadian Navy Commodore John Crispo Inglis Edwards between 1916 and 1929. The treasure trove of historical items remained inside the plain wooden box for decades.

She knew the box resided in the family's basement but had no idea what was inside.

Seven years ago, she cracked it open.

"My jaw dropped when I realized the contents inside," said Edwards.

Below the jumbled clutter of paper clips, magazines and stationery, she found a large photo album containing over 100 carefully labelled photos mounted on black paper. Most important to the find were four diaries with extensive handwritten entries from his travels around the world.

The diaries were all different in size and colour, which leads Edwards to believe they were not navy issued stationery.

"The ink on the written passages was very well preserved and while some of the photos and the handwriting on them was a little faded, overall they are in good shape considering they are a century old," said Edwards.

Born in Londonderry, N.S., Edwards was the sixth child of Major Joseph Plimsoll Edwards, a noted Canadian historian, and Emily Susan Crispo. After attending the Royal Naval College of Canada in 1911, he graduated as part of the school's second class before embarking on a 39-year career in the newly formed RCN.

During the buildup to, during, and following the First World War, he served in eight Royal Navy warships and five RCN warships including HMCS Shearwater, HMCS Stadacona, HMCS Festubert and HMCS Champlain as commanding officer. Many of his postings as a senior officer towards the end of his career were on the west coast with units HMCS Naden and RCN Naval Barracks Esquimalt.

His travels around the world

included stops in the West Indies, where he was stationed for much of the First World War.

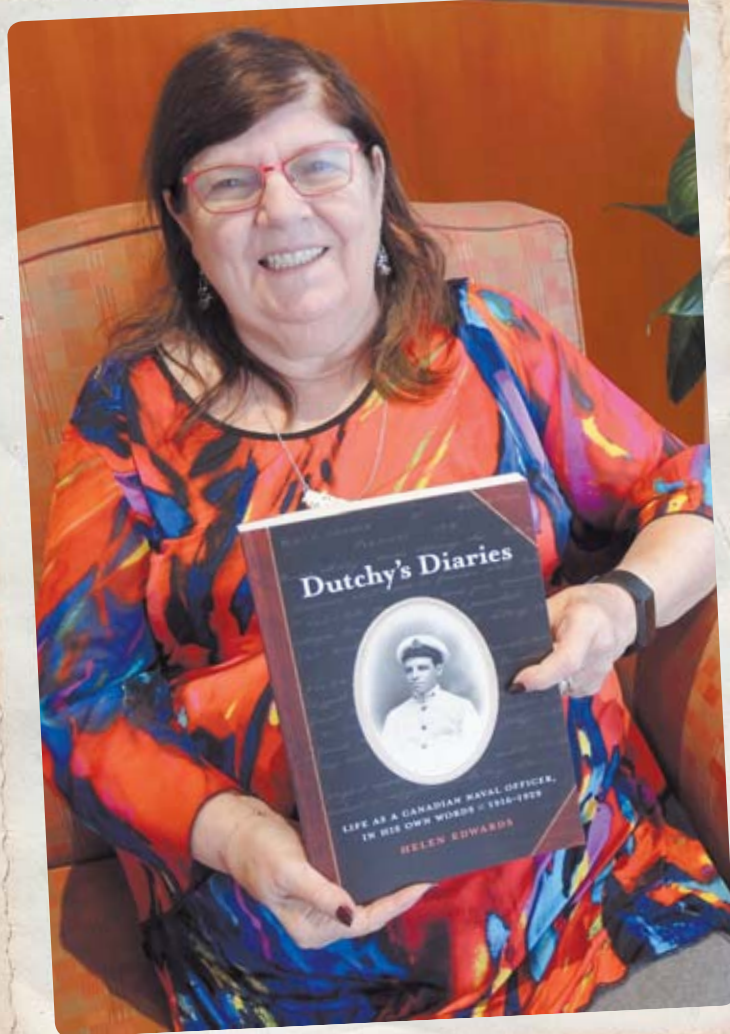
One of Edwards' favourite images from the photo collection is her father-in-law and two other sailors riding camels in front of the pyramids of Egypt.

"That the diaries had survived the myriad of moves a naval family makes is a minor miracle. Doubly amazing is the fact we also found photographs that enhanced his story."

The Wardroom will host Edwards' book launch on Feb. 18 from 5 to 7 p.m. During the launch she will present highlights of the more intriguing content in her self-published book entitled *Dutchy's Diaries, Life as a Canadian Naval Officer in his own words, 1916-1929*.

Dutchy, says Edwards, was her father-in-law's nickname during his sailing days and is derived from his reputation as a penny pincher.

"Transcribing and researching his journals has been some of the most thought-provoking work of my life," says Edwards. "Each day brings new discoveries, but none can top the day I found these journals."



Author Helen Edwards poses with a copy of her book *Dutchy's Diaries*. The book focuses on the life and times of her father-in-law Commodore John Crispo Inglis Edwards of the Royal Canadian Navy and his travels from 1916 to 1929. Edwards will hold her book launch at the Wardroom on Feb. 18.

Photo by Peter Mallett, Lookout

## Journal entry, Jan 24, 1918

"Jan. 24th Hostile aircraft dropped bomb not far from us at Kastro. Relieved from patrol & proceeded to Mudros. Rec'd. part of our six weeks mail. I was awfully relieved to hear from Mother saying that they were all uninjured at home, after the recent Halifax explosion. Rec'd. numerous letters & Xmas parcels & a whole bag of official correspondence. Heard that the Louvain has been torpedoed quite close to Mudros, with quite a large loss of life. Also most of our Xmas parcels. The "Colne" is pretty sure she got the Fritz who loosed off a mouldy54 & only missed by three feet. The latter streamed up the track of torpedo & dropped depth charges. It is fine getting some of our mail although I think that a lot of my parcels have gone down."



Commodore John Crispo Inglis Edwards along with two navy colleagues tour the pyramids and Sphinx in Egypt.

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## Why the big rush?

**Dr. Darrell Menard**  
CMP

As a sports doctor, I have seen military personnel injure themselves in many unusual ways. This includes running into a barbed wire fence, dislocating a shoulder while having a seizure, and having a cornea peeled off by a line drive in baseball.

These types of injuries are impressive, but they aren't very common.

What is extremely common are the injuries that come from making the mistake of training too hard, too often, and too soon.

A classic example of this is the flight engineer that hasn't swam in 10 years, who one day decides to do 60 lengths of front crawl just to see if he or she can still do it. This type of workout is absolutely no fun and often ends with the person injured or so sore they never want to swim again.

Excessive training occurs at every level of fitness, including Olympic hopefuls and local fun run participants. In every case, people simply don't allow their body enough time to adapt before increasing their workload. This mistake is most

made by people who are just beginning their training program. These people are excited to get started and remember how fit they used to be, but they don't realize how much physical fitness they have lost. So driven by enthusiasm, they often start their fitness program at a level that is way too demanding for their deconditioned body.

It is important to recognize it takes time for the body to adapt to the stresses of training and this process can't be accelerated by taking dietary supplements, wearing a magnetic bracelet, or volunteering for hypnosis.

The bottom line: regardless of your fitness level, you need to progress your fitness program slowly and carefully. No two people adapt at the same rate, so it's impossible to design an exercise prescription that works for you.

As a rule, if you haven't done a fitness activity for a long time, try doing it at a lower level for several months to give your body the chance to get used to exercising again. For example, try brisk walking for six to eight weeks before slowly and carefully trying

to get back into running. You may also find it very helpful to alternate high-impact activities, such as running, with low-impact activities, such as swimming or cycling. Make sure you take at least one day of rest per week and never increase your training load by more than five to 10 per cent a week. Following these basic injury prevention strategies will help you spend more time exercising and less time with your physiotherapist. Train smart and remember that exercise is medicine!

It takes time for your body to adapt to training and no amount of motivation, dedication or hard work will change this situation.

*Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.*

*Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.*

You may find it helpful to alternate high-impact activities such as running with low-impact activities such as swimming or cycling.



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*"I had to face a lot of prejudice. I have friends to this day that still don't believe in depression."*



Comedian and entertainer Jessica Holmes filled the room in Tribute Tower as she mixed in plenty of comedy while sharing her story of struggling with depression. Photo by Ryan Melanson, Trident Newspaper

## Former Air Farce star shares mental health story

**Ryan Melanson**  
Trident Newspaper

Jessica Holmes says she's always wanted to perform her brand of high-energy comedy in front of a Canadian Armed Forces audience. When she finally got that chance on Jan. 29, she was able to bring not just her comedic talents, but also a story of mental health struggles.

Holmes, known best for her five-year run on the CBC sketch

show *Royal Canadian Air Farce*, visited CFB Halifax on Bell Let's Talk Day, as one of the celebrity ambassadors tied to the annual day. It focuses on raising money for mental health initiatives and reducing societal stigmas that surround mental health problems and diagnoses.

She spoke to a packed room of Defence Team members at Mr. Mac's in Tribute Tower, where she opened with musical numbers and a medley of her well-known characters and imperson-

ations from TV, before diving into her years-long battle with depression.

"I felt like I was buried in cement, like a cartoon elephant was standing on my chest and wouldn't get off. That's how debilitating it was for a time, when I wasn't able to get out of bed," Holmes said.

Her struggles began with postpartum depression after the birth of her two children, and though she recovered with help from her doctor, she described a dark

cloud that came back over her years later.

Her second bout with depression lasted more than two years, impacted her ability to work, and put a strain on her marriage, she said.

It took help from medical professionals, trying multiple different strategies, and getting support from her family to eventually break through. Now that she is in remission, she's sharing her story in hopes of helping people and keeping others from facing some

of the same challenges she did.

"I had to face a lot of prejudice. I have friends to this day that still don't believe in depression. They couldn't understand how this could happen while my life looked so good on paper," she said.

Holmes added that her familiarity with the Bell Let's Talk Day campaign helped her become more comfortable with her own diagnosis, and eventually led to her joining up with the organization as an ambassador.

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HMCS Fredericton sails away from the Jetty in Halifax along with its embarked CH-148 Cyclone helicopter.



# HMCS Fredericton deploys

**Ryan Melanson**  
Trident Newspaper

The next chapter in the Royal Canadian Navy's (RCN) ongoing commitment to Operation Reassurance got started Jan. 20 with *HMCS Fredericton* departing Halifax for a six-month deployment to the Mediterranean.

*Fredericton's* deployment marks the 13th time a Canadian vessel has sailed to the region since the RCN began supporting the mission in 2014. The ship and its crew will join Standing NATO Maritime Group Two (SNMG2), which is in place to reinforce NATO's collective defence and assure Central and Eastern European allies of their security and stability in the face of Russian aggression and other regional threats.

Family, friends, and colleagues gathered at Jetty NB in the morning to say goodbye to crew and see the ship off, with dignitaries including local MPs and The Honourable Arthur J. LeBlanc,

Lieutenant Governor of Nova Scotia, and Her Honour Patsy LeBlanc.

Cmdre Richard Feltham, Commander of Canadian Fleet Atlantic, expressed pride in both the ship's crew, who have had a long road of training and readiness work-ups to prepare for the deployment, as well as military and civilian shore staff who supported them along the way.

"Fleet Maintenance Facility, as always, has performed miracles in getting the ship set and ready on time, and the Sea Training Group has done their part getting the best out of this crew, who have all performed admirably through the process," he said.

The large departure and homecoming ceremonies held for these extended deployments tend to focus on family, who often provide crucial support to deployed sailors, taking on extra burdens to allow them to focus on the tasks at sea rather than worrying about day-to-day troubles back home.

"The love and support of all the family members gathered here today is incredibly important. I want to give a personal thank-you to every one of them," said Cdr Blair Brown, *Fredericton's* Commanding Officer.

"There's a lot of excitement on board, and we know we'll face challenges that are lying ahead, but we have a fantastic crew and it's an honour and a privilege to serve alongside these sailors."

Cdr Brown also thanked the Halifax and Region MFRC for their support to sailors and families leading up to the mission, and the continued support and resources they'll provide to their families in the months ahead.

*Fredericton* is now expected to join NATO partners with SNMG2 in the Mediterranean in the coming weeks, beginning a program of patrols, interoperability exercises, and port visits, all designed to strengthen Canada's relationships with allies while strengthening NATO's maritime presence.



There were plenty of heartfelt goodbyes as sailors spent a final few moments with loved ones before heading out on the six-month mission.

Photos by Mona Ghiz, MARLANT PA



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## MARPAC Honours and Awards Ceremony

Presented by Rear-Admiral Bob Auchterlonie, Commander Maritime Forces Pacific,  
at the Chiefs' and Petty Officers' Mess on Jan. 24.

Photos by Leading Seaman Valerie LeClair, MARPAC Imaging Services



Nicole Schaaf receives a Public Service Award for Excellence.



Commander Ryan Saltel receives a Chief of Defence Staff Commendation.



Leading Seaman Alexander Bujold-Foisy receives a Chief of Defence Staff Commendation.



Leading Seaman Hubert Desbiens receives a Chief of Defence Staff Commendation.



Leading Seaman Christopher Hachez receives a Chief of Defence Staff Commendation.



Master Seaman Derek Wilkinson receives a Commander Royal Canadian Navy Commendation.



Commander Christopher Holland receives a Commander Royal Canadian Navy Commendation.



Commander Landon Creasy receives a Commander Royal Canadian Navy Commendation.



Commander Annick Fortin receives a Commander Royal Canadian Navy Commendation.




Lieutenant-Commander Sean Kelly receives a Commander Royal Canadian Navy Commendation.



Lieutenant-Commander Brain Peskett receives a Commander Royal Canadian Navy Commendation.



Chief Petty Officer First Class Andrew Moulton receives a Commander Royal Canadian Navy Commendation.



# MARPAC Honours and Awards Ceremony

## Continued

Presented by Rear-Admiral Bob Auchterlonie, Commander Maritime Forces Pacific, at the Chiefs' and Petty Officers' Mess on Jan. 24.

Photos by Leading Seaman Valerie LeClair, MARPAC Imaging Services



Chief Petty Officer Second Class (Retired) Luc Perron receives a Commander Royal Canadian Navy Commendation.



Chief Petty Officer First Class Sylvain Jaquemot, Fleet Chief Pacific, receives the Canadian Forces' Decoration clasp.



Leading Seaman Brittany Oliver receives a Commander Royal Canadian Navy Commendation.



Sgt Stephen Ethier receives a Canadian Special Operations Forces Command Commendation.



Lieutenant(N) Thomas Eagle receives a Canadian Joint Operations Command Commendation.



Chief Petty Officer Second Class John Wood receives a Canadian Joint Operations Command Commendation.



Lieutenant-Commander Mark Papineau receives a Canadian Joint Operations Command Commendation.



Petty Officer Second Class Adrian Jack receives a Canadian Joint Operations Command Commendation.



Corporal Scott Hennessey receives Canadian Joint Operations Command Commendation.



Petty Officer First Class David Seymour receives a Canadian Joint Operations Command Commendation.



**Bravo ZULU**

LCdr Melissa Fudge was presented her Special Service Medal-Expedition by RAdm J.R. Auchterlonie, Commander Maritime Forces Pacific, on Jan. 24.



## HMCS Victoria Awards and Presentations



AB Patterson is promoted to his current rank by LCdr Isabelle, Commanding Officer HMCS Victoria, and PO2 Mihalcheon.



Captain Charette is presented the Second Clasp of his Canadian Forces' Decoration by LCdr Isabelle, Commanding Officer HMCS Victoria, and Lt(N) Hendry, Executive Officer.



LCdr Bell is presented his Submarine Qualification Certificate by Captain (N) J.S. Ouellet, Commander Canadian Submarine Force.



LS Santisteban Bazan is promoted to his current rank by LCdr Isabelle, Commanding Officer HMCS Victoria, and PO2 Mihalcheon.



PO2 Beaton is presented a Nijmegen March certificate by Captain (N) J.S. Ouellet, Commander Canadian Submarine Force.



PO2 Evans is presented the First Clasp for his Canadian Forces' Decoration by LCdr Isabelle, Commanding Officer HMCS Victoria.



## Bravo Zulu

Commodore (Retired) Sean N. Cantelon, Chief Executive Officer of Canadian Forces Morale and Welfare Services (CFMWS), presented Commander Cory Foreman, Base Administration Officer, with a Certificate of Appreciation during a CFMWS town hall at the Wardroom on Feb. 6. The certificate recognizes Cdr Foreman for his outstanding leadership, tireless dedication, and teamwork approach to maintaining a successful morale and welfare program at CFB Esquimalt.

Photo by Peter Mallett, Lookout

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