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LOOKOUT

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PRODUCTION SEWED UP

OS Absukh Jhand stitches a non-surgical face mask at the Seamanship Training Centre on Aug. 14. OS Jhand is part of a team that have made more than 11,000 non-medical masks for students, instructors and staff at Naval Fleet School Pacific. Read the full story on page 8.

Photo by Peter Mallett, Lookout

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Fallen Peacekeepers remembered

Peter Mallett
Staff Writer

Veterans and currently serving military members gathered Sunday Aug. 9 at the B.C. Legislature cenotaph to mark National Peacekeepers' Day.

A flyover by a CC-115 Buffalo plane from CFB Comox added a poignant moment for the men and women in blue berets. In 1974, nine Canadian peacekeepers aboard a Buffalo transport plane were shot down by Syrian missiles during operations supporting the United Nations mission in the Golan Heights.

"It was an important day of healing and recognition for so many veterans and current-serving military members in attendance and the Buffalo flyover was just a fantastic moment for everyone who attended," said Jim MacMillan-Murphy, 63, founder of the Canadian Peacekeeping Veteran's Association and president of its B.C. Chapter. "It was the first time it had ever made an appearance at our ceremony."

National Peacekeepers' Day was established in 2008. It is a sombre memorial for the 130 Canadians killed in the line of duty in the past 75 years.

MacMillan-Murphy served five decades ago with Princess Patricia's Canadian Light Infantry (PPCLI) as part of Canada's United Nations Peace Keeping mission in Cyprus in the mid 1970s. He was also involved in the Golan Heights conflict between Syria and Israel in 1980.

As a transport sergeant, it was often his responsibility to collect the personal effects

of deceased service members and inform their loved ones of their deaths.

He remembers the Buffalo tragedy vividly and every Aug. 9 he cries when thinking back to that day and the many others that claimed the lives of Canadian Armed Forces members.

"We had been injected into terrible situations to put our bodies on the line against warring factions with the intent to do something good for the world and that is why we wear the blue berets with pride," said MacMillan-Murphy.

The proceedings on the legislature grounds were led by former Canadian Citizenship Judge Gerry Pash, emcee for the event. Attendees included Base Commander, Capt(N) Sam Sader, Esquimalt-Saanich-Sooke MP Randall Garrison, and Esquimalt Metchosin MLA Mitzy Dean.

"We were so happy to have such proactive leadership from CFB Esquimalt and its members, it means so much to me and everyone who attended," said MacMillan-Murphy.

Also in attendance were two silver cross recipients, Sheila Fynes and Lynn Hagen and their husbands. Fynes is the mother of Cpl Stuart Langridge, who committed suicide at CFB Edmonton in 2008 after serving in the war in Afghanistan. Hagen is the mother of Captain Kevin Hagen, one of five Canadian Armed Forces members who died earlier this year when the CH-148 Cyclone helicopter they were riding in crashed into the Ionian Sea off the coast of Greece.

"Being able to support both families was huge for us," said MacMillan-Murphy. "I could clearly see that by the end of the cer-

emony the Fynes had made a huge impact on the Hagen's family, who by that time felt comfortable to mix and intermingle with everyone in the crowd because they knew they fit in."

The act of Remembrance was recited by two former service men who were in theatre when the 1974 United Nations Flight 51 was destroyed. Retired Lieutenant Colonel Paul Paone, who loaded the aircraft on the fateful day and later was part of the recovery team, and retired Chief Petty Officer Second Class Chris Preston who received the first report of the tragedy at UN Headquarters in Ismailia.

Commemorative events were also observed in major cities across the country including Ottawa. In an Aug. 9 statement Minister of National Defence Harjit S. Sajjan acknowledged the sacrifices made by Canadian service members, RCMP, and civilians over the years.

"Their bravery continues to be reflected in the selfless work of peacekeepers around the world," said Minister Sajjan. "We remain steadfast in our pledge to advance and support global peace and security in the face of evolving challenges."

CAF members continue to assist in peacekeeping missions around the world with operations ongoing in South Sudan, Uganda, Democratic Republic of Congo, Cyprus, the Middle East and Mali and other countries.

For more information about National Peacekeepers' Day visit the webpage: www.veterans.gc.ca/eng/remembrance/history/canadian-armed-forces/peacekeeping



WO (Retired) Ed Widenmaier lays a poppy.



Capt(N) Sam Sader, Base Commander, presents flowers to Mrs. Hagen, mother of Captain Kevin Hagen, who was killed in the crash of Stalker 822.

Photos by Leading Seaman Brendan Gibson, MARPAC Imaging Services, and John's Photography.

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Tugs focus of artist's work

Peter Mallett
Staff Writer

A Seaspan Victoria Shipyards employee has launched an ambitious art project: to paint all the tugboats on the west coast of British Columbia.

Christina Morrison is a local artist who confesses she has a quirky, life-long passion for tugboats. She estimates there are approximately 400 tugs in B.C. and that her project may take 15 years or longer to complete, but she is determined to make it happen.

"We live on an island and these boats are essential to our existence," she says. "I think tugboats are an important part of our maritime community and shipping industry. The scope of businesses and harbour operations they support is truly remarkable."

Since May, Morrison has been reaching out to the maritime community for photographs of tugs to use as reference material for her paintings, which she does in acrylic on gallery wrapped canvass.

"A lot of the owners think it's really cool that I want to paint their tugs. Moving the project forward is really about getting connected with everyone in the maritime community and tugboat owners."

She completed her first painting in May of local

tugboat Esquimalt II and has since painted 10 more tugs. Four of the paintings, including the Esquimalt II, have sold but are on hold until her art show next summer. The asking price is affordable for original artwork - between \$500 and \$900.

She prides herself on her attention to detail.

"People in the maritime community are very passionate about their boats and complete accuracy in my paintings is a must."

In her queue are the 10 vessels of Queen's Harbour Master. She has collected images of Canadian Forces Auxiliary Vessels (CFAV) Tillicum (YTM 555), Glendyne (YTB 640) and Glendale (YTB641); although she is looking for better quality images so she can capture their true beauty.

The 43-year-old works as a Production Clerk at Seaspan's Admiral's Road location. She has been around the sea most of her life, growing up in Sooke.

"When I look out over the water and see a tugboat it's heart-wrenching in a good way and puts me in a state of wonder. Tugboats make me happy. When I was younger looking out over Sooke Harbour at the tugboats at work, they brought me such peace and calm, and it remains the same today."

She has been drawing and sketching since "the age I could hold a pencil." Seven years ago, when she decided to put her fascination with tugs on canvas, she took classes at Victoria's Coast Collective Art Centre. Her first eight charcoal sketches of old wooden boats were displayed at the centre's art gallery. She was pleasantly surprised they were accepted.

To meet her goal of painting every west coast tug, she needs people in the marine world to send her images and a brief description of the tug.

"Boat owners are not required to buy my paintings. Although many of them are so enthralled with my project they become interested in my art and end up buying my paintings," she says.

Tugboat owners can review her work at www.christinamorrisonart.com; to send images, her contact information is also on her website.



matters of OPINION

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When is the right time to invest?

Shannon Childs
SISIP Financial Esquimalt

Over the last few months, a common question I am asked is, "Should I invest now or wait until the market recovers?"

When finances get tight or the market faces uncertainty, we tend to put the brakes on our contributions. Apprehension takes hold of our decision-making, preventing us from moving forward. These days, market volatility is certainly a valid reason, or so we think.

We know from experience, and from the teams that have guided us through market downturns in the past, that ensuring your portfolio is diversified with strong funds and defined strategies can mitigate future risk.

Therefore, provided there is available cash flow, the best time to invest is now.

Investing your funds will allow for growth, more so when taking advantage of the power of compounding interest. This is interest earned on interest you have previously invested. For example, if you earn \$30 in interest, those funds will be reinvested into your portfolio.

Following a consistent strategy will ensure you meet your financial goals.

Automatic contributions over time provide the benefit of dollar cost averaging, the practice of investing a fixed dollar amount, at regular, pre-determined intervals. Since the amount is fixed, you are buying fewer mutual fund units when the prices are higher and more of the units when prices decrease. Think of the investment as a sale on a brand new TV. Buying low means purchasing units while they are on sale.

Redirecting certain payments, implementing budgeting strategies, or decreasing contributions for a determined period, can also help keep you on track to achieving your goals.

Many of us felt the brunt of March 2020 and saw dips in our investment, but having regular savings and time on your side already puts you on the right track.

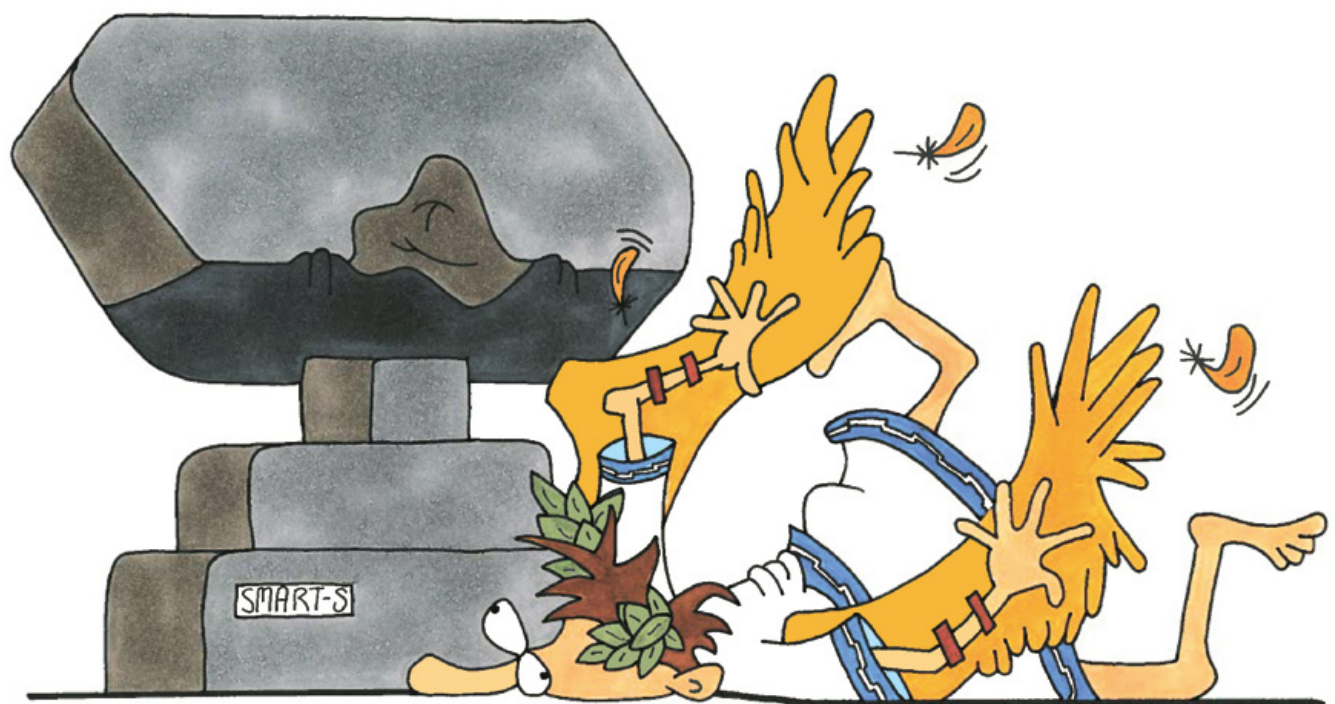
Working with your SISIP Financial Advisor will ensure you continue with your strategy, help you through the volatile times, and provide clarity on all your investment options, whether the markets are up, or down.

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SUNDOWNERS



Another failed attempt by Icarus to fly "Under the Radar".

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Photo credit: Nelson Museum, Nelson BC

Sixth ship named after aviation war hero

National Defence / Canadian Armed Forces

The Royal Canadian Navy's sixth Arctic and Offshore Patrol Ship (AOPS) will be named in honour of Lieutenant Robert Hampton Gray, a Canadian naval hero of the Second World War.

Lt Gray joined the Royal Canadian Naval Volunteer Reserve in 1940, and served as a pilot in the Royal Navy Fleet Air Arm. He embarked on HMS Formidable with 1841 Squadron, which joined the war in the Pacific as part of Operation Iceberg in April 1945.

He was awarded the Victoria Cross posthumously, for courage and determination in carrying out daring air strikes on the Japanese destroyer HIJMS Amakusa. On Aug. 9, 1945, he led two flights of Corsair aircraft to attack naval vessels in Onagawa Bay. He opened the attack run flying straight into concentrated anti-aircraft fire, and was hit almost immediately. With his aircraft on fire, and one bomb lost, he continued the attack and released his

remaining bomb on the escort vessel HIJMS Amakusa, causing the ship to capsize and sink. His aircraft then crashed into the sea, and his body was never recovered.

"Lieutenant Gray was known to his fellow military members as a courageous leader, with a brilliant flying spirit, who continued to inspire and motivate his crew after his unfortunate passing," said Vice-Admiral Art McDonald, Commander Royal Canadian Navy. "By naming the sixth Arctic and Offshore Patrol Ship after Lt Gray, we honour him as a Canadian naval hero, and celebrate his outstanding leadership and heroism."

The other five AOPS are named Harry DeWolf, Margaret Brooke, Max Bernays, William Hall, and Frédéric Rolette.

The Harry DeWolf-class will be capable of armed sea-borne surveillance of Canada's waters, providing government situational awareness of activities and events in these regions, and cooperating with partners to assert and enforce Canadian sovereignty.

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Reservist nurse aids seniors

Peter Mallett
Staff Writer

A naval reservist who returned in June from her work at a long-term care home in Quebec has one small request of Canadians: Wear a mask and follow the guidelines of health experts.

"It's vitally important that all people in all parts of the country follow the rules because it will save countless lives as this global pandemic unfolds," says OS Eloise Lavoie, a registered nurse. "Even if you live in a region of the country with a low number of reported cases, wearing a mask, washing your hands, and social distancing is not that hard to do and is the easiest way to reduce the spread of COVID-19."

The 22 year old is a member of Montreal-based reserve unit *NCSM/HMCS Donnacona*. She was one of approximately 1,500 military members deployed to 54 long-term care facilities in Quebec and Ontario in April, May, and June as part of Operation Laser.

OS Lavoie and other members from *Donnacona* were deployed to a seniors residence in Manoir Verdun, a suburban neighborhood of Montreal, in April. Before their arrival, many residents at the nursing home had become infected with COVID-19, with eight dying from it.

Military members were tasked by the government to help as approximately 1,200 staff at long term care facilities in Quebec had not shown up to work due to illness, as a precaution, or out of fear of being infected.

"Many residents in the Verdun nursing home simply couldn't get their regular daily care and were left on their own for hours at a time because they were so short of staff," said OS Lavoie.

When the request came from her unit for volunteers she was one of the first to step forward.

"I called my supervisor and said I want to do this. I thought to myself, I am young, healthy, and have the nursing skills that I could put into helping people who need our assistance immediately."

She spent most of her time working on a quarantined floor of the nursing home designated for approximately 20 people who had tested positive for COVID-19. Her role was categorized as non-medical but the duties she performed were essential to the patients.

She helped residents in every facet of their daily routine, from getting in and out of their bed, getting to the bathroom, bathing, getting dressed, eating and exercising. An added hurdle was many of the residents suffer from Dementia.

She worked eight hour shifts from 3 p.m. to 11 p.m., with few days off. She was housed in a nearby hotel with other members of her unit.

Since they could not attend restaurants because they were self-isolating, a catering company provided their daily meals. The support was greatly appreciated, she said.

OS Lavoie says sometimes the Personal Protection Equipment they wore irked residents. Every day she donned a surgical mask, face shield, protective yellow medical gown covering their entire body, and gloves.

"It was hard for many of the residents to completely grasp or understand what was going on and



OS Eloise Lavoie

they were a little bit anxious when they saw someone arrive in their room with all that gear."

In an effort to put them at ease, military members and staff wrote their names on their protective shields which immediately reduced the level of anxiety, she says.

"We were able to speak to them and they could also see the expression in our eyes which was very important because happiness and other emotions can be conveyed through the eyes."

After returning home last month and reflecting on her experience, she says the big payoff was being able to help make a desperate situation better.

"To be able to help these people, to make them smile, to ease their concerns, to let them know things were going to be okay, and knowing that they trusted you and looked forward to seeing you was the greatest reward I could have had."

While the long-term care facilities phase of Operation Laser is currently in a draw down state, a contingency task force of 10 civilian care teams remain at the ready. They will be on call to respond to any COVID-19 outbreaks that overwhelm staff and provincial response capabilities.

A few weeks ago in Montreal, OS Lavoie was rewarded for her work at Manoir Verdun by the Montreal Battalion Group Task Force East 2.1. Her commendation was presented by LCol Alain Cohen, Task Force Commanding Officer, for her exemplary work, enthusiasm, devotion, and leadership during the operation.



Remember to social distance.



6 FEET





Members of HMCS Winnipeg wave goodbye as the ship departs Esquimalt Harbour Aug. 1. For the first several days at sea, sailors wore non-medical masks as a precautionary measure against COVID-19. Due to the global pandemic, Winnipeg sailors will not be exploring foreign ports during their deployment on RIMPAC and Operation Projection/Neon, which will see the ship return in December 2020.

Photo by Leading Seaman Valerie LeClair, MARPAC Imaging Services



Fundraising while deployed

SLt Phil Hopkins

HMCS Winnipeg Charity Officer

For the most part, sailors join the Royal Canadian Navy (RCN) to sail and see the world. During these trying times, however, sailors on board *HMCS Winnipeg* will continue to sail but won't have the ability to explore foreign ports due to COVID-19 precautions.

Nevertheless, and with high spirits, enthusiasm, and the willingness to "adapt and overcome," *Winnipeg's* charity team has created esprit de corps and morale events such as the "Run to Winnipeg and Back" challenge. The idea is for the crew to run to *Winnipeg* and back virtually, via treadmills and the flight deck, while deployed.

With health and fitness in mind, and to promote this event, *Winnipeg's* charity team has worked tirelessly to pursue opportunities to collaborate with veteran-owned and local businesses for prizes and items to support this cause. Donated items will be raffled off during the deployment with the profits going to the Manitoba Firefighters Burn Fund, *Winnipeg's* chosen charity.

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Members of Naval Fleet School Pacific gather for a group photograph in celebration of their 11,000 non-medical mask milestone on Aug. 14 at the Seamanship Training Centre.

Photo by Peter Mallett, Lookout

Mask making challenge sewed up

Peter Mallett
Staff Writer

Like elves at Santa's workshop, sailors within the Naval Fleet School (Pacific) (NFS(P)) have cut and stitched over 10,000 non-medical masks at a make-shift assembly line set up in the Seamanship Training Centre (STC).

The masks have been created and distributed to the 1,100 Esquimalt-based students, instructors, and staff that could be required to wear Personal Protective Equipment (PPE) to mitigate the spread of COVID-19.

"Using their inherent 'bos'n' trade skills, members applied themselves to setting up and honing the entire production process, from ordering raw materials to marking, cutting, sewing and final assembly," said LCdr Michael Erwin, NFS(P) Seamanship Division Commander. "The result has been an amazing organization that has optimized productivity while contributing significantly to their shipmates in the Formation."

Mask production began May 7 with a Joint Task Force Pacific Task Order that was part of the Canadian Armed Forces response to the pandemic.

Initially, PO1 Scott Colburn coordinated NFS(P)'s mask production. Then, PO2 Brett Spelliscy oversaw the production team consisting of two dozen boatswains, who were conducting training, and members from within Seamanship Division. They used electronic cutters and 16 in-house sewing machines to speed up the mask-making process. They performed their "magic" and quickly transformed large bolts of fabric purchased from area retailers into masks, says PO2 Spelliscy.

"Learning how to use a sewing machine is part of the normal training for boatswains and as per their jack-of-all trades job description, they are required to have these skills among many others when they arrive on ship," he adds.

On average, from the start to the end of production, STC made 760 masks a week, each one taking about 10 to 15 minutes to produce.



OS Absukh Jhand (front) and OS Mathew Brooks, OS Mat Lupul (left wall) and OS Andree-Anne Dion-Tessier sew the final batch of masks at the Seamanship Training Centre.

"They came in everyday with enthusiasm to get the job done in what can easily be seen as a monotonous task making these masks over and over again," he said. "To show that level of dedication is worthy to take note of as a good number of them are still awaiting their boatswain training. I have nothing but praise for the level of effort put forth by the men and woman who have been a part of this project at STC."

Keeping up the production pace has become a challenge in recent weeks with the ramping up of courses

at NFS(P) as part of a phased approach to training resumption.



More than 40 per cent of non-medical masks supplied to Base Logistics have been manufactured by STC and these are being stored at a Base Logistics storage facility in Dockyard to be distributed when needed.


Last week marked the end of mask production with the cancellation of Task Order 007. In the count held within Seamanship Training Centre of the number of masks made, their total stands at an impressive 11,000.




HMCS WINNIPEG

AT WORK

EN ROUTE TO RIMPAC 2020







Above: Members of HMCS Winnipeg participate in a Boarding Exercise while transiting to the Hawaiian Islands to participate in RIMPAC. At Right from top: A member of the air detachment on board HMCS Winnipeg conducts maintenance on the CH-148 Cyclone helicopter. A member of HMCS Winnipeg dons bunker gear to fight a fire during a fire exercise as part of the ship's Intermediate Multi-ship Readiness Training program. A member of HMCS Winnipeg participates in a Boarding Exercise Aug. 9.



Captain Christopher Willis, Padre on board HMCS Winnipeg, serves breakfast to crew on Aug. 8.



Master Corporal Erin Crawford cuts the hair of colleague Corporal Jeff Coffey on Aug. 9.

Release Section - helping ease the exit process

2Lt Justin Leong
Base Administration

When it is time to leave the military, Canadian Armed Forces members at CFB Esquimalt must visit the Release Section located in Naden 30 - Base Orderly Room.

Greeting them are Rachel Labute and her staff of seven who work with members to ensure their smooth transition out of the profession of arms.

While it is a process, with lots of paperwork, the real skill lies in managing the emotions that come at the end of a career.

"Everyone deals with their release differently," says Labute. "Some members are ready to release and are super happy and excited for the process and what the future has to offer. Some members are upset and anxious because they have spent their whole career in the military and it is hard to think of a life outside of that. Some members are dissatisfied with how their career in the military transpired and are ready to start a new career."

As the person in charge of the Release Section, Labute's responsibility is to manage the section, train new employees, review and approve their pay, and meet with releasing members.

Releasing members come in for an initial interview, followed by paperwork that includes their out routine, security clearance cancellation form, and Statement of Understanding. They also review the forms to request a Certificate of Service, Prime Minister Letter if a member has more than 20 years, Member's Personnel Record Resume, member's Release Notification Message, and their Declaration of Intended Place of Residence.

The member's pension package is reviewed in a second meeting.

"Forms are completed and photocopies are made so the member can send in their pension package right away," explains Labute.

The third appointment is when the member signs all final documents, along with their security caution and document return certificate. This is where the member acknowledges they have returned all documentation belonging to the Department of National Defence.

Finally, the member's record of employment is created and uploaded to Service Canada. Photocopies are made of all the documents signed and the member is provided with the email address for Release Benefit Administration, who are the final entity for the member's file post release. They complete the final audits to ensure a member's file is accurate, provide severance pay if entitled, and then send the file to archive. They also deal with pay questions and T4 requests, as well as any general inquiries.

"I believe my job has a big impact on CFB Esquimalt

as a whole, as we are the main contact for all releasing members," says Labute. "We have approximately 300 to 400 files per year. Each file takes us about 14 to 16 hours depending on the complexity of the file."

The Release Section also provides members who are thinking about releasing with guidance and instruction on policy, release items, and useful information to make their transition out of the military as seamless as possible. They ensure members are making an informative decision for their future and the future of their families.

Guidance and instructions on policies include the Queens Regulations and Orders, Leave Policy Manual, Compensation and Benefit Instructions, and Defense Administrative Orders and Directives. Release items vary with the different types of release, such as medical releases, immediate annuity, completion of contracts, and unsatisfactory service. The Release Section also provides members with information for Second Career Assistance Network seminars.

"I have always worked in customer service and have a passion for helping people. These members serve our country and put their lives at risk for our freedom, they make sacrifices in their own lives and sacrifice for their family. I believe their service should be acknowledged and have a smooth transition to civilian life."

The COVID-19 pandemic has created challenges for the section. Most staff are working from home and conducting release interviews remotely. However, a big hurdle is creating and printing protected documents.

"Due to protected information, we are not able to print documents from home. We had to create documents, scan, and email them to members for signature, and then print them in the workplace once received. Due to only being able to have 50 staff in the office, we can only come in two days a week."

Labute is proud and thankful for her staff in the Release Section, who, she says, have been diligently working to make releases happen seamlessly given all the obstacles surrounding them.



I have always worked in customer service and have a passion for helping people. These members serve our country and put their lives at risk for our freedom, they make sacrifices in their own lives and sacrifice for their family. I believe their service should be acknowledged and have a smooth transition to civilian life.

— Rachel Labute, Base Orderly Room



Robin&AJ
Good morning. Good times.



Wanted: rising stars

Do you know any young, rising stars who've already made their mark on the Defence Team? If so, here's your chance to nominate them for the Youth/Student Award as part of the re-launched DM Commendations Program.

The Youth/Student Award is open to young leaders (ages 18 – 25) who have inspired their peers and the Defence Team while embracing the values of Strong, Secure, Engaged.

Here's a list that can help identify a potential nominee:

Young leaders who:

- Demonstrate integrity and break down barriers;
- Strive for excellence despite any drawbacks;
- Do not let obstacles impede their success; and/or
- Have high ambition and a continuous desire to self-improve.

The individuals, or teams must also demonstrate:

- Character and an ability to overcome adversity;
- A positive attitude;
- The ability to support, and respect others with honour and dignity; and/or
- The ability to inspire and motivate others through actions and solutions.

So if you know a young leader, or a team of young leaders (maximum 10 individuals), who meets that criteria, nominate them today!

The nomination deadline for this quarter is September 30, 2020. Recipients will be invited to the Deputy Minister's office to receive their award in October 2020.

How to receive a nomination form

National Defence Network: The DM Commendation page: <http://hrciv-rhciv.mil.ca/en/awards-dm-commendations.page>

Off the network, send an email to: Awards-Recompenses@forces.gc.ca

For additional resources regarding the DM Commendations Program, please visit the DM Commendation page (accessible only on the National Defence network) or HR Go RH app.

All questions can be sent to the Corporate Awards and Recognition Secretariat.

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Chief Petty Officer First Class Alden Darragh, left, presents the promotion certificate to Petty Officer Second Class Gilles Saucier.

Changing messes through promotion

2Lt Justin Leong
Base Administration

When a member of the Royal Canadian Navy is promoted to Petty Officer Second Class (PO2), it is the only time a member is promoted from the Junior Ranks mess to the Chiefs' and Petty Officers' mess.

On Aug. 6, a ceremony took place in the dining area of Nelles Block Galley to welcome PO2 Gilles Saucier into the Chiefs' and Petty Officers' mess. The attendance of the Base Administration Commanding Officer, Base Administration Base Chief Petty Officer, and Department Chiefs represented the significance of this event.

Chief Petty Officers and Petty Officers are not promoted to these ranks solely because of seniority and qualifications. Captains and Officers look to these ranks for professionalism and support in improving the Royal Canadian Navy and junior sailors look to them for direction and assistance. It is the duty of Chief Petty Officers and Petty Officers to preserve order among sailors and instill the institutions' core values of duty, integrity, loyalty, and courage within the next generation.



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HMCS Edmonton Change of Appointment

Incoming Coxswain, Petty Officer First Class (PO1) Clayton MacKay, and Reviewing Officer, Commander Jeffrey Hopkins, Deputy Commander Canadian Fleet Pacific, complete the signing of the Change of Appointment certificate on July 20.

Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services



Personnel Coordination Centre Change of Command



Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services

Personnel Coordination Center (Pacific) (PCC(P)) Change of Command certificates are signed by, right to left: Incoming PCC(P) Commanding Officer, Commander (Cdr) Ben G. Seaby; Presiding Officer, Commander of Canadian Fleet Pacific, Commodore Angus I. Topshee; and the Outgoing PCC(P) Commanding Officer, Cdr Dale F. Turetski, during the ceremony on Aug. 7.

Regional Cadet Support Unit Change of Command



Commander Brad Henderson relinquished command of the Regional Cadet Support Unit (Pacific) to Commander Stephan Gresmak during a virtual ceremony, which was presided over by Brigadier General Dave Cochrane, Commander of the National Cadet and Junior Canadian Rangers Support Group. The ceremony was live-streamed and can be viewed on the Cadets Canada Youtube Page.

Bravo Zulu



HMCS Winnipeg

Capt Chelsea Dubeau is promoted to her current rank aboard HMCS Winnipeg by Cdr Michael Stefanson, ship's commanding officer, and LCdr Amber Comisso, ship's executive officer.

Photo by PO1 Sylvain Trudel

Base Administration



Danielle Yole, Personnel Support Programs fitness trainer, received a Base Administration Officer's Coin for her efforts supporting Base Administration from Commander J.E.P. Barbagallo, Base Administration Officer.

HMCS Malahat



AB Britney L'Heureux is promoted to the rank of Leading Seaman by the Cdr Cameron Miller, Commanding Officer of HMCS Malahat, and SLt Kurtis Doerksen, former AdminO of HMCS Malahat.

HMCS Ottawa Promotions



AB Morgan-Rae Sinclair is promoted to her current rank by Cdr Samuel Patchell, Commanding Officer of HMCS Ottawa.



Cpl Crook-Nault is promoted to her current rank by Cdr Samuel Patchell, Commanding Officer of HMCS Ottawa.



LS Meghan Crouchman is promoted to her current rank by Cdr Samuel Patchell, Commanding Officer of HMCS Ottawa.

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