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# LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

## BMQ Firefighting Training

The ability to fight a fire successfully is just one of many life-saving skills required by a Royal Canadian Navy sailor. Two weeks ago, recruits in the Basic Military Qualification course started learning this skill at Work Point with a fire simulator on the Parade Square. Pictured here, Sailor Third Class Recruit Remi Borkowski learns how to use a fire extinguisher under the guidance of Sailor Second Class Jeremiah Smith.

Photo by Sailor First Class Victoria Loganov, MARPAC Imaging Services



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# 'ROCK'

## show must go on

**Peter Mallett**  
Staff Writer

Cpl Michael Smith is ready to rock 'n roll again to help children fighting cancer.

The 29-year-old, who works in the court section of Military Police Unit Esquimalt, is part this year's Tour de Rock cycling event.

He joins 19 first responders who will pedal a combined distance of 1,200 kilometres in 14 days. The journey begins Sept. 23 at the north end of Vancouver Island in Port Alice and concludes in Victoria on Oct. 2.

Since its founding in 1998, the Cops for Cancer Tour de Rock has raised approximately \$26 million for pediatric cancer research and support programs for children and their families through the Canadian Cancer Society. But it's more than that, says Cpl Smith.

"It's also the biggest community event on Vancouver Island, unifying every community from Victoria to Port Alice as we rally together to support children who

are battling cancer."

Instead of a fresh crop of recruits, this year's Tour de Rock team is comprised entirely of alumni riders. When Cpl Smith heard about the new format, he jumped at the chance to take part again.

"It was an absolute blessing to represent the Military Police as well as CFB Esquimalt last year and I'm humbled and proud to be able to do it again this year. It's such an amazing experience and I never thought I would have the opportunity to ride again."

The riding format will be different this year. Instead of riding the entire distance together as a team, the ride will be converted to a relay-style format. Cyclists will only ride in the region or geographical area they are from. As an alumni rider from the southern Vancouver Island and the Victoria region, Cpl Smith will ride approximately 150 km.

Training also moved from group to solo. Cpl Smith bikes to and from work, jogs, and takes long rides on the weekend to get his

body accustomed to the demands of being "in the saddle" for the long ride.

Tour stops to promote the fundraiser have been reduced and changed to outdoor venues where social distancing measures can be enforced.

To meet his fundraising goal, the Base Commander and all three messes – Pacific Fleet Club, Chief and Petty Officers' Mess, and the Wardroom, have committed their financial support.

"Because of the social distancing and health and safety precautions all of my fundraising must be done online, whereas in the past a good deal of it was done in person and public events," said Cpl Smith. "Although this year's ride may look different than in previous years, there are still children and families out there that need support during their fight against pediatric cancer."

To support Cpl Smith in his fundraising campaign, visit his Tour de Rock web page: [support.cancer.ca/](http://support.cancer.ca/) and click on Cops for Cancer.



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## National Defence Workplace Charitable Campaign

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# Ghost Gear in the Great Bear Rainforest



**MS Elijah Fraser and  
SLt Gomery**  
HMCS Whitehorse

While patrolling the northern Search and Rescue (SAR) Zone north of Vancouver Island along the coastline of British Columbia, *HMCS Whitehorse* came to anchor in Kitasu Bay in search of respite from a storm.

The picturesque bay is surrounded by the Great Bear Rainforest and some of the most remote areas of the North Pacific Coast.

A member of the ship's company had hoped to catch a glimpse of the elusive Kermode 'Spirit' Bear, along the shoreline through the ship's 'big eyes' binoculars. Unfortunately, what they did see was not a bear. It was large patches of ghost fishing gear polluting the waters and shorelines of the gorgeous bay.

According to the National Oceanic and Atmospheric Association, Derelict Fishing Gear (DFG), as it is more properly known, is a major maritime issue, impacting

marine environments across the planet. Studies have found that abandoned fishing gear constitutes up to 85 per cent of the Great Pacific Garbage patch and the majority of ocean plastics by weight. Not only does marine debris foul props and threaten navigational safety for vessels, but it also damages important living marine resources and their habitat. DFG continues to 'fish' indiscriminately. This is dangerous for marine environments, especially when it comes to commercially valuable, and endangered, species. Additionally, DFG is also known to break down under the ocean's corrosive conditions into micro plastics, which can affect every level of the marine food chain.

Five members of *Whitehorse's* crew and one embarked Canadian Coast Guard member volunteered the afternoon of their 'Sunday routine', as part of a cleanup party accompanied by *Whitehorse's* Executive Officer. Over a thousand pounds of line,

much of it still attached to buoys, floats, and tattered nets, were pulled from the rocky beaches of Kitasu Bay. In all, four full boat loads were carried and/or towed by the ship's Zodiac back to *Whitehorse*.

Once onboard, the piles of "gash" fishing gear were secured to the Sweep Deck for several days of the ship's ongoing SAR mission. The crew eventually managed to arrange for it to be landed at a Department of Fisheries and Oceans (DFO) jetty in Prince Rupert for proper and safe disposal. While transferring the gear, the DFO informed *Whitehorse* of the continual problem in the area. They also mentioned they were more than happy to take any DFG found in the future for proper disposal from Royal Canadian Navy ships.

In all, the process from retrieval to disposal of the ghost gear was a labour intensive evolution, which brings into context just how large a job is ahead of us as Canadians to keep our oceans and coastlines clean.





# matters of OPINION

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## WHAT SAY WE

### Defence Team,

Last Thursday officially marked the start of the National Defence Workplace Charitable Campaign (NDWCC), both at the Base and nationally.

Last year, your donations helped thousands of people locally by supporting programs that make a difference for those who need it most. I'm asking for your support once again as we launch the 2020 NDWCC with a focus on physical and mental wellness.

In recent months, the COVID-19 pandemic has highlighted the disparity that exists here in our region and the importance of community support programs for our most vulnerable, including families in need and isolated seniors and veterans. No doubt, this pandemic has created unexpected challenges for all of us, but as Defence Team members we are fortunate to have employment security. This is something that many in our community have lost during this uncertain and stressful time as they are now forced to navigate unprecedented challenges in a COVID-19 reality. Through the NDWCC, each of you has a chance to make a big difference in our community.

An online e-pledge system is now available to all Defence Team members. With the NDWCC you choose where you'd like to direct your funds – from DND charities such as the MFRC or Wounded Warriors, to any of the 86,500 registered Canadian charities. You can also use FlipGive, a team fundraising website and app, which allows you to donate a portion of your purchase from any of 300 participating retailers to NDWCC charities. If you are planning to give again as you did last year, please consider increasing your pledge amount by 10 per cent to make a bigger impact on more lives!

This campaign has always been a community effort and I'm looking forward to working closely with Defence Team members, Labour Leadership, HealthPartners, the United Way of Greater Victoria, and our friends and neighbours to make this year's NDWCC another great success.

To kick-off our campaign, I'm inviting you to join us on Sept. 17 for a traditional \$5 pancake breakfast at Nelles Galley from 0700-0930. Seating will be limited, but a take-away option will be available. Everyone is encouraged to attend and commuting attire is permitted. I hope to see you all there!

It's time to stand together – but physically distant – in support of our community.

Yours aye,

Captain (N)/ Capitaine de vaisseau Sam Sader, Base Commander



To make an EPledge:  
[bit.ly/ndwccepledge](https://bit.ly/ndwccepledge)

## New online donation system for NDWCC

**Peter Mallett**  
Staff Writer

This year's National Defence Workplace Charitable Campaign (NDWCC) has launched but not without substantial changes to how it collects donations.

With many staff still working from home, the campaign is turning to an online pledge system.

"This year's campaign comes with unprecedented changes and challenges due to the COVID-19 pandemic," said Margot Cutcher, CFB Esquimalt NDWCC Campaign Coordinator. "Social distancing and other health and safety precautions

have changed how we run this year's campaign including abiding by the Province of British Columbia's preventative health measures."

NDWCC is using ePledge available through the DWAN and the Internet. It allows for pay allotments and deductions or donations by credit card or PayPal.

"No donation is too small and every cent makes a real difference to Canadians in need, including our fellow Defence Team members, civilian employees, and their families," she said.

Proceeds from the fundraising go to fund programs of the United Way of Greater Victoria and HealthPartners, a

collaboration of 16 Canadian health charities, or a charitable organization of your choice such as the Esquimalt MFRC.

This year's campaign slogan: 'Apart but Together' at Heart reflects the reality of the unfolding COVID-19 health crisis in Canada. Now more than ever donations are needed to keep local charities operating as they are unable to fully fundraise this year, says Cutcher.

For more information about how to become involved in this year's campaign contact the CFB Esquimalt campaign positional mailbox at NDWCC@forces.gc.ca or directly to Margot.Cutcher@forces.gc.ca

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# DO YOUR PART AND DOWNLOAD THE COVID ALERT APP

## DND

The recently launched COVID Alert app, developed and built by the Government of Canada and available for iOS and Android, is an additional public health preventive tool for Canadians to use to help limit the spread of COVID-19 and prevent future outbreaks, as well as protect themselves.

As such, military and civilian members of the Defence Team, as well as their friends and families, are strongly encouraged to download and use the app on a voluntary basis.

COVID Alert should be installed on one device only, generally the one that you carry with you most frequently. For most members, this will be their personal device, but downloading it to Department of National Defence and Canadian Armed Forces issued smartphones is permitted.

COVID Alert complements existing public health preventive measures such as maintaining good hand and respiratory hygiene, respecting physical distancing, and wearing non-medical masks or face coverings when physical distancing is not possible.

By advising people of possible exposure to COVID-19, the COVID Alert app helps limit the spread of infection and prevent future outbreaks by prompting individuals to self-monitor for symptoms, perhaps get tested and, if they test positive, take measures to ensure they do not spread the virus further.

When a person is diagnosed with COVID-19, they are provided an activation key by a public health authority to enter into their app. This will allow the app to trigger a notification to all users of the app who could be high-risk close contacts of that person. This includes everyone who has been within two metres for more than 15 minutes of the positive case in the past two weeks.

If you are notified, this does not neces-

sarily mean you have COVID-19 or need to go into quarantine or isolation, but you should contact your local public health authority for guidance.

If you are not in a location where activation keys are provided, you will not be able to use the app to trigger notifications for others. However, no matter where you are, COVID Alert will still notify you if someone, for whom you were a potential high-risk contact, was diagnosed with COVID-19 and used an activation key themselves.

COVID Alert is built with strong privacy protection and uses Bluetooth to exchange random codes with nearby phones with the app installed. No personal identifying or location information is ever exchanged or made available to anyone. The app has no way of knowing a user's location, name or address, phone contacts or health information.

COVID Alert does not replace manual contact tracing by local public health authorities, nor medical advice. If you get sick, go home or stay home and contact your doctor or other health-care provider.

The COVID Alert web page provides detailed information on the app, as well as links to download it.

### For CAF members

If you are diagnosed with COVID-19, you will still need to be interviewed by a contact tracer to ensure that everyone who might be at risk is made aware.

Canadian Forces Health Services Group is currently working with the Canadian Digital Service, the federal government's app developer, to incorporate the issuing of activation keys with our COVID-19 diagnostic process. This process will be finalized in the near future and will be communicated accordingly. In the meantime, CAF members who receive COVID-19 test results from civilian provincial labs could receive activation keys when they are notified of their test result.



## Invictus Games - dreams on hold

### DND

This past May, Team Canada was scheduled to compete at the Invictus Games in The Hague, Netherlands, but due to COVID-19 they have had to put their dreams and training on hold until next year.

The postponement of the Invictus Games was no doubt a big disappointment for the competitors. To recognize their dedication and motivation, Veterans Affairs Canada collaborated with Soldier On to create a podcast series featuring members of Team Canada.

The word invictus means unconquered. It embodies the fighting spirit of ill and injured military personnel, and the idea that anything is possible. In the true spirit of the Invictus Games, the global pandemic shone a spotlight on the unconquerable character of Veterans.

Recently, the Invictus Foundation announced that the next Invictus Games would take place May 29 May to June 5, 2021.

Until we can cheer Team Canada in real time, help us encourage our athletes by listening to podcast episodes.

<https://www.veterans.gc.ca/eng/about-vac/news-media>

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# The Steel Spirit Gallery goes virtual

Zoe Côté, Borden Citizen Newspaper

The annual Steel Spirit Gallery, founded by Barbara Brown in 2017, showcases the unique artwork of military, police, firefighters, paramedics, hospital practitioners and other first responders.

Brown's inspiration initially came from her own ties to the military and its unique lifestyle; however, she quickly noticed an interconnectedness between the emotional

experiences of military members and first responders.

"Diverse backgrounds lead to diverse artwork," said Brown. "It is one of the things that makes this project so special."

For more information, visit [www.thesteelspirit.ca](http://www.thesteelspirit.ca). Steel Spirit Gallery is accepting artwork submissions by military and first responder services.

## Featured Artist: Shawn McCowell

*To get somewhere as the light fades one must negotiate the trip by sound and touch as much as by sight. The trick is to stay focused, remain calm, and keep paddling.*

Beginning in March, Staff Sergeant (Retired) Shawn McCowell created a dozen paintings capturing the emotions Canadians are experiencing during COVID-19, from apprehension to anxiety to outright fear. He entitled it the Pandemic Collection. In the Half-Light is one of the paintings from this series.

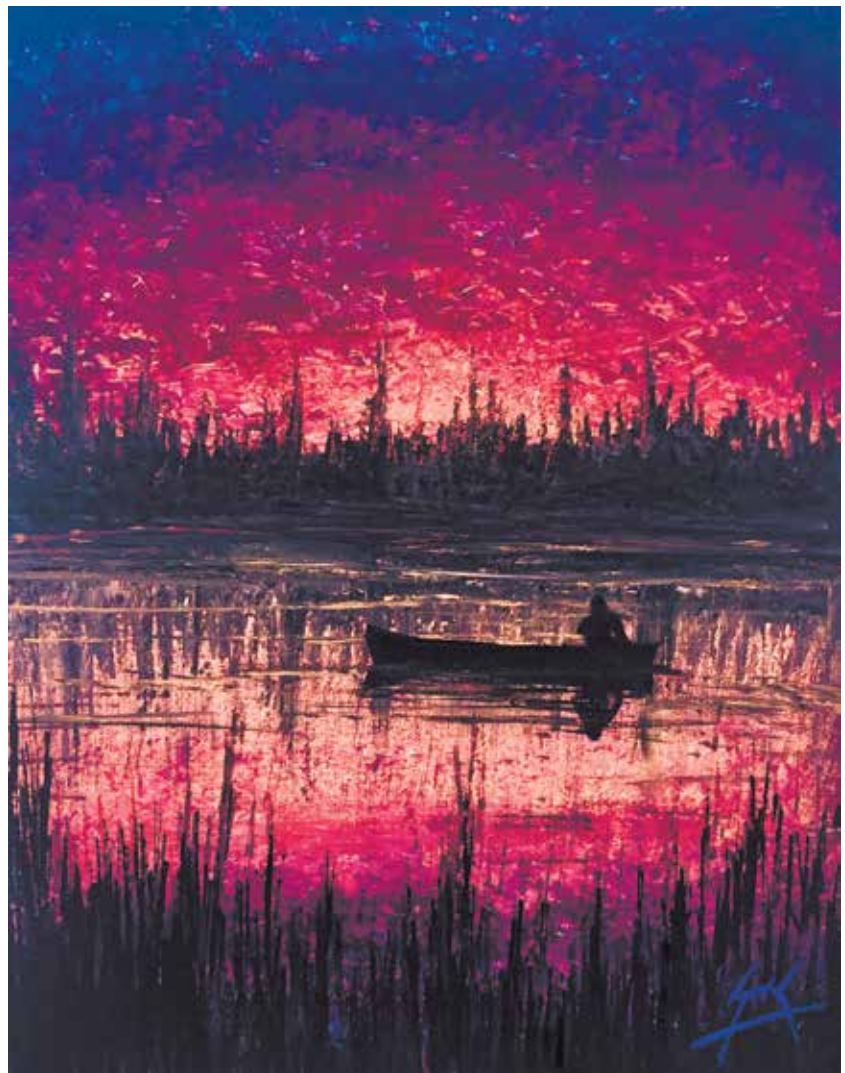
McCowell is a retired Peel Regional Police officer who uses art as a vehicle to rid himself of stress garnered from lived experience and in his role as a peer support consultant for first responders.

In addition, he is the founder of Police Artists of Peel, an organization that raises money and awareness for various charities.

He is self-taught and began painting while attending university. His medium is acrylics, clay, and wood. He focuses mainly on police-themed work, family settings, landscapes of all types, and as an Irishman, he says he is "forever drawn to painting darkened trees in brooding forests."

"As first responders we are often exposed to the harsher realities of life and the suffering of victims we are sworn to protect. Those experiences of critical incident stress, whether lived or learned vicariously from other First Responders, have for over 30 years been my duty to shoulder. I am fortunate however, that art has provided me with a creative outlet as well as a vehicle to transform the burden of carrying this responsibility to a most honorable and charitable end."

To view more of his art check out his Instagram: [art\\_of\\_shawn\\_mccowell](https://www.instagram.com/art_of_shawn_mccowell) or [www.twac.ca/portfolio-item/shawn-mccowell/](http://www.twac.ca/portfolio-item/shawn-mccowell/)



In Half Light



**Robin&AJ**  
Good morning. Good times.





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Naval Tactical Operations Group (NTOG) students conduct first aid on a simulated casualty during the final exercise of Tactical Combat Casualty Care training at Camp Albert Head on August 27.

Naval Tactical Operations Group (NTOG) is a full-time, dedicated unit within the Royal Canadian Navy that specializes in advanced boarding operations at sea. This includes intercepting suspect vessels in order to prevent the movement of illicit cargo and materiel at sea, called maritime interdiction operations, and protecting navy ships, infrastructure and personnel all over the world, known as force protection.

NTOG Headquarters is located at Canadian Forces Base Esquimalt - Albert Head - and reports directly to the Commander Canadian Fleet Pacific. The headquarters is augmented by the East Coast Detachment, located at Her Majesty's Canadian Dockyard Halifax. The unit consists of approximately 50 personnel, located on both coasts, and made up of sailors from both the Regular Force and Naval Reserve.

In late August, they practiced tactical combat casualty care training and evacuation.

# NTOG

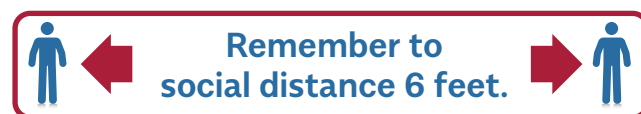
## TACTICAL TRAINING

Photos by Sailor First Class Victoria Loganov,  
MARPAK Imaging Services

NTOG students hold a security position while the CH148 Cyclone arrives for a simulated casualty air evacuation.







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# Input wanted for support programs from youth and parents

**Peter Mallett**  
Staff Writer

The Esquimalt Military Family Resource Centre (MFRC) needs your input as they build a new back-to-school support program for youth ages 12 to 19.

The MFRC's Family Wellness Counselling Team is currently planning events and workshops for middle school and high school aged students designed to ease the stress and anxiety related to the COVID-19 pandemic and ongoing social distancing measures.

"It's an effort to be supportive to the stress and anxiety many students and parents may be feeling these days as they head back to school in this time of uncertainty," said Hanna Law one of four members of the MFRC's Family Wellness and Counselling team. "We have people reaching out to us in recent weeks requesting to be connected with resources available through the MFRC and through local community services."

Currently, the MFRC provides individual counselling, family counselling, support navigating mental health systems, and referrals to other available community services and resources.

## Counselling Services

Law says her team is specifically trained to relate to the concerns of youth from military families through in-house counselling sessions. Those can come in the form of a one-on-one meeting at their Colwood (CPAC) office, a virtual appointment, or simply meeting up in the park to go for a walk and talk about their concerns.

She notes that the MFRC has also set up a closed Facebook Page specifically designed for parents of youth to discuss issues in a supportive group setting

with staff and encourages anyone interested to get involved.

## Free Tutoring

One other important program, says Law, comes in the form of educational support for students struggling in school. Until Dec. 31, the MFRC is offering specialized tutoring for Grades 6 to 12 students having issues with their studies and requiring extra one-on-one instruction. Families will be reimbursed for any costs for tutoring services through a grant currently available to the MFRC after enrolling in their program.

## Feedback Please

Law says she and her co-workers recognize that current supports are not enough during these extraordinary times that have led to increased stress and feelings of isolation. That's why she and her co-workers want to speak directly with parents and students about their back-to-school concerns in order to design programs that meets their needs.

"We want to hear from parents and students and have an open dialogue with them about their needs and what resources would be helpful for them moving forwards," said Law. "The staff at the MFRC are very approachable and work hard to ensure that anyone reaching out to us feels comfortable."

She advises anyone looking to provide input about future programming or who need to discuss any ongoing personal or family concerns to contact their Counselling Intake Line at 778-533-7736 or via email at [intake@emfrc.com](mailto:intake@emfrc.com)

For more information about supports currently available for youth visit the MFRC webpage at [esquimaltmfrc.com/parent-child/youth-programs/](http://esquimaltmfrc.com/parent-child/youth-programs/)



## Working for our community

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# Training starts at HMCS Malahat in changed environment

**SLt Donald Den**  
HMCS Malahat  
Public Affairs Officer

Last week, the ship's company of *HMCS Malahat*, Victoria's Naval Reserve Unit, marked the

start of their 2020 - 2021 training year. However, things look a bit different due to the changed COVID-19 health and safety atmosphere.

Throughout the summer months, the executive team at

*Malahat* designed a plan to keep the routine normal as possible so members could still come into the unit for training nights and conduct their duties while respecting federal, provincial, and Canadian Armed Forces health and safety regulations related to the new COVID-19 environment.

This was compounded by the fact that while COVID-19 regulations had limited the amount of personnel that could be in the unit over the summer, recruiting was still in full swing with individuals still being sworn as part of the Royal Canadian Naval Reserve.

"We actually saw a huge uptick in the number of people applying during COVID-19 as people looked for alternative

employment," said Petty Officer Second Class James Phillion, *Malahat's* recruiting officer. "It was definitely challenging figuring out how to do routine requirements like medicals and FORCE tests, so we had to get a bit creative there."

Now, in order to limit the amount of personnel in the unit at one time, a typical training week is broken into a Port and Starboard watches, with around 50 per cent of the ship's company assigned to each. For regular, larger meetings, there is a hybrid model in place with half the attendees being in the unit and half connecting virtually through their computers.

*Malahat* also looks a bit different on the inside as well with directional arrows on the decks and stairs, messes currently closed, and hand sanitizer stations throughout the unit. In addition, every member of the unit is wearing a mask

when moving about or conversing with others outside of their workstation in their department.

*Malahat* Public Affairs also prepared a COVID-19 health and safety training video that walks personnel through the changes made to keep members safe while still being able to perform their respective duties.

Going forward for the 2020-2021 training year, *Malahat* will continue to adapt as federal, provincial, and Canadian Armed Forces health and safety regulations are updated to reflect the changing COVID-19 environment.

"I have every confidence that members of *HMCS Malahat's* ship's company will be able to adapt to the changes that have been made, and I look forward to another great training year," said Commander Cameron Miller, *Malahat's* Commanding Officer.



Sailor Second Class Nick Reicker uses binoculars to scout for and identify nautical flags during a recent training exercise off the jetty of HMCS Malahat.

*"We actually saw a huge uptick in the number of people applying during COVID-19 as people looked for alternative employment. It was definitely challenging figuring out how to do routine requirements like medicals and FORCE tests, so we had to get a bit creative there."*

Petty Officer Second Class James Phillion

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Photos by Master Sailor Dan Bard, CAF Imagery Technician National Defence Image Library

## SAILOR PROFILE: Master Sailor Diyako Salehi

### DND

Master Sailor (MS) Diyako Salehi, a Weapons Engineering Maintainer – Fire Control aboard *HMCS Regina*, has lived in a number of countries under different regimes and governments, which has given him a unique perspective on life, relationships, and work.

He immigrated to Canada from Iran, and says he joined the Royal Canadian Navy to give back and serve the country that has given him the opportunity to flourish and achieve his goals.

"It also gave me the opportunity to work as an electronic technician, something that has always been an interest of mine."

He recently participated in Rim of the Pacific Exercise 2020 (RIMPAC), the world's largest maritime exercise, off the coast of the Hawaiian Islands. The exercise gave sailors the opportunity to see and learn how to organize and work in a multinational naval task force and explore the ways they can individually contribute.

"This has been my first time participating in RIMPAC on board a Canadian patrol frigate," said MS Salehi. "I participated in RIMPAC 2018 for three weeks aboard a Maritime Coastal Defence Vessel, which is quite different. It mostly consisted of mine sweeping operations around San Diego, California."

On board *HMCS Regina*, he participated in a training scenarios including multinational anti-submarine warfare exercises, maritime interdiction operations, and live-fire events.

"Despite limitations and changes due to COVID-19 during this year's RIMPAC, it still provided a wider perspective and understanding in what can be

involved in working in a multinational naval exercise," said MS Salehi. "It is pretty evident to me that the RCN is very capable of contributing and leading a multinational task force."

When asked what his favourite part of the exercise was, he said, "I find the manoeuvring of so many warships in such close proximity and in unison quite interesting."



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# Commissionaire Carol McRae, keeping the Wardroom safe and warm

**2Lt Jamie Boparai**  
Base Administration

Commissionaire Carol McRae does more than just ensure guest safety and the security of CFB Esquimalt's Wardroom. She is a helping hand when a guest is in dire need.

Before COVID-19 cleared the rooms of regular boarders, members of the New Zealand Navy were guests at the lodging. One day, a young New Zealand sailor hurt his back and McRae sought out an icepack to help ease the pain in the affected area. She gave a few comforting words to the sailor, who was far from home, before sending him to his room to rest.

"A little while later he came back," after speaking with his mother back home. "They came up with the nickname Canadian Mom."

Being extremely friendly and outgoing has earned her the recognition and respect of her peers and those she serves.

"I love to talk to people from all over Canada and other countries around the world."

She has worked at the Wardroom for about a year checking members in and out, answering their inquiries, and doing security rounds throughout the building.

"It takes a special type of person to be successful in this type of work. Being helpful and cheerful, being able to work as part of a team, and having the temperament to stay calm during very rarely seen uncooperative situations."

Many commissionaires have ties to the defence community having served in the Canadian Armed Forces prior to entering the commissionaire realm. For McRae, her connection is through her father, a Signaller in the British Navy during the last few years of the Second World War.

"I am so very proud of our veterans, they gave so much over the years. I am just grateful for all they have done for us," says McRae.

Like most employees on base, COVID-19 has altered

the way she does her work. The Wardroom has 137 rooms and on average hosts 40 in those rooms, with surges during courses and functions. However, at this time there are only a few members staying at the Wardroom. It is now the isolation center for the Pacific Fleet for military members coming and going on deployments. Unfortunately, they are deprived of enjoying the welcome atmosphere McRae brings as members must remain in their rooms with meals brought to them by designated staff.

She looks forward to the day things return to normal. "There is nothing that I don't like about it [her job]. I hope to be doing this long term and perhaps even until I am 85."



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# HMCS Calgary

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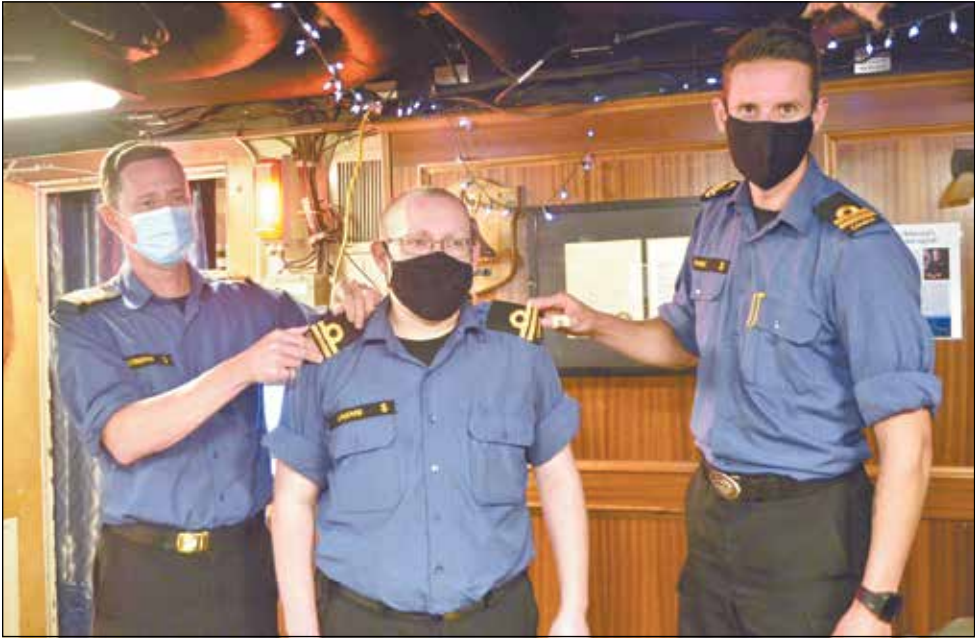
### Bravo Zulu



SLt Brace is presented with his Bridge Watchkeeping Certificate by Cdr O'Donohue, Commanding Officer of HMCS Calgary.



SLt Bowker is presented with his Bridge Watchkeeping Certificate by Cdr O'Donohue, Commanding Officer of HMCS Calgary.



Lt(N) Lingard is promoted to his current rank by Cdr O'Donohue, Commanding Officer of HMCS Calgary and Lt(N) Park, Navigating Officer.



Lt(N) Elliott is promoted to his current rank by Cdr O'Donohue, Commanding Officer of HMCS Calgary and Lt(N) Park, Navigating Officer.



Bravo  
ZULU

# HMCS Winnipeg

One of the most important steps in the career of a Naval Warfare Officer is gaining the confidence of command by earning a Bridge Watchkeeping certificate. On Sept.7 as the ship departed Pearl Harbor, Sub Lieutenants Phil Hopkins and Alex Castanga achieved this critical milestone.





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