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Master Sailor Ryan Acreman, HMCS Halifax's barber, cuts a patron's hair while on Operation Reassurance Jan. 15.

Photo by Sailor First Class Bryan Underwood, Canadian Armed Forces

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A TRIBUTE TO
MASTER SAILOR
DUANE EARLE
PAGE 2

IN MEMORY OF MASTER SAILOR DUANE EARLE

Friends, family and all those in the military community,

Few words feel worthy or sufficient in paying tribute to Master Sailor Duane Earle, yet we will try.

Duane was a rock for his family, friends and shipmates alike. The vastness of the loss now felt is only comparable to the magnitude of the positive impact Duane made in his time with us.

He taught those fortunate enough to know him the value of compassion, loyalty and patience. His example has instilled both a kindness and a strength in so many, which will never be lost and continue to serve others.

Duane had a love for adventure, and it often lead him to the sea. From sailing the seas while serving his country, to diving and kiteboarding in his freetime, he even dreamt of continuing to sail the world with his family by his side.

Duane was a devoted family man, and had built a family with the love of his life, Tracy, her daughter and his sons. His love for his boys and his desire to show them they could chart their own paths in life was immeasurable, and they simply adored him. He loved and honoured his children for who they were, not who

anyone else thought they should be. Even when distanced by miles, his sister and brother-in-law were always close at heart. He adored his niece and nephews, and was filled with pride from their accomplishments.

Duane and his family cherished their movie nights, weekend pancakes, bike rides, nerf gun fights, Disneyland and all things Star Wars. His fondness for popcorn, Haribo gummy bears, Tim Horton's coffee and Dark Matter beer was unmatched, and always paired well with his love for movies and history.

Duane's devotion to others also extended to his community, volunteering with the 501st Legion.

His family expresses immense gratitude and love for the overwhelming response received from all during these trying times. Your acts of kindness have been touching, your support has been invaluable in allowing them to grieve, and your love and prayers are sincerely felt.

They would also like to share a heartfelt thank you to the crew of *HMCS Winnipeg* and their families, as well as the other agencies that tirelessly searched for Duane. Your courage and tenacity in the face of this heartbreaking tragedy, during

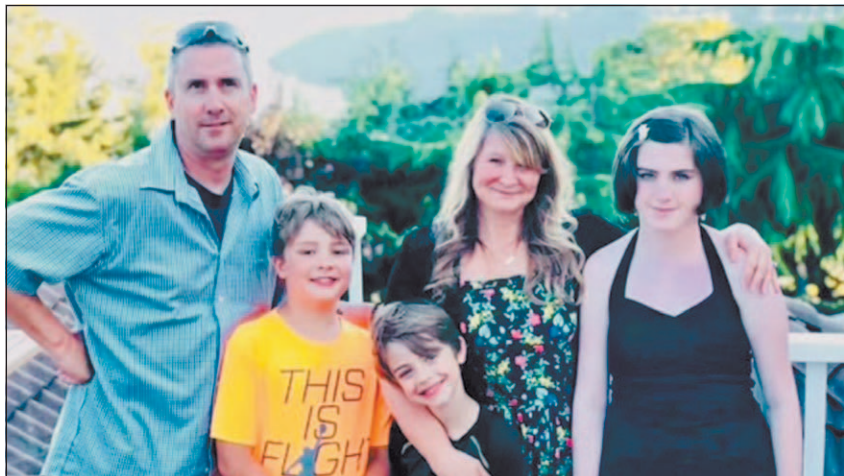
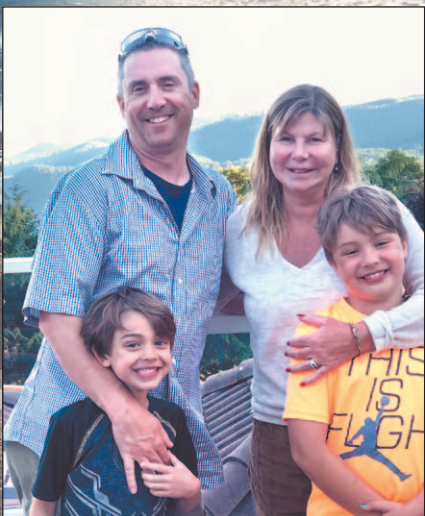
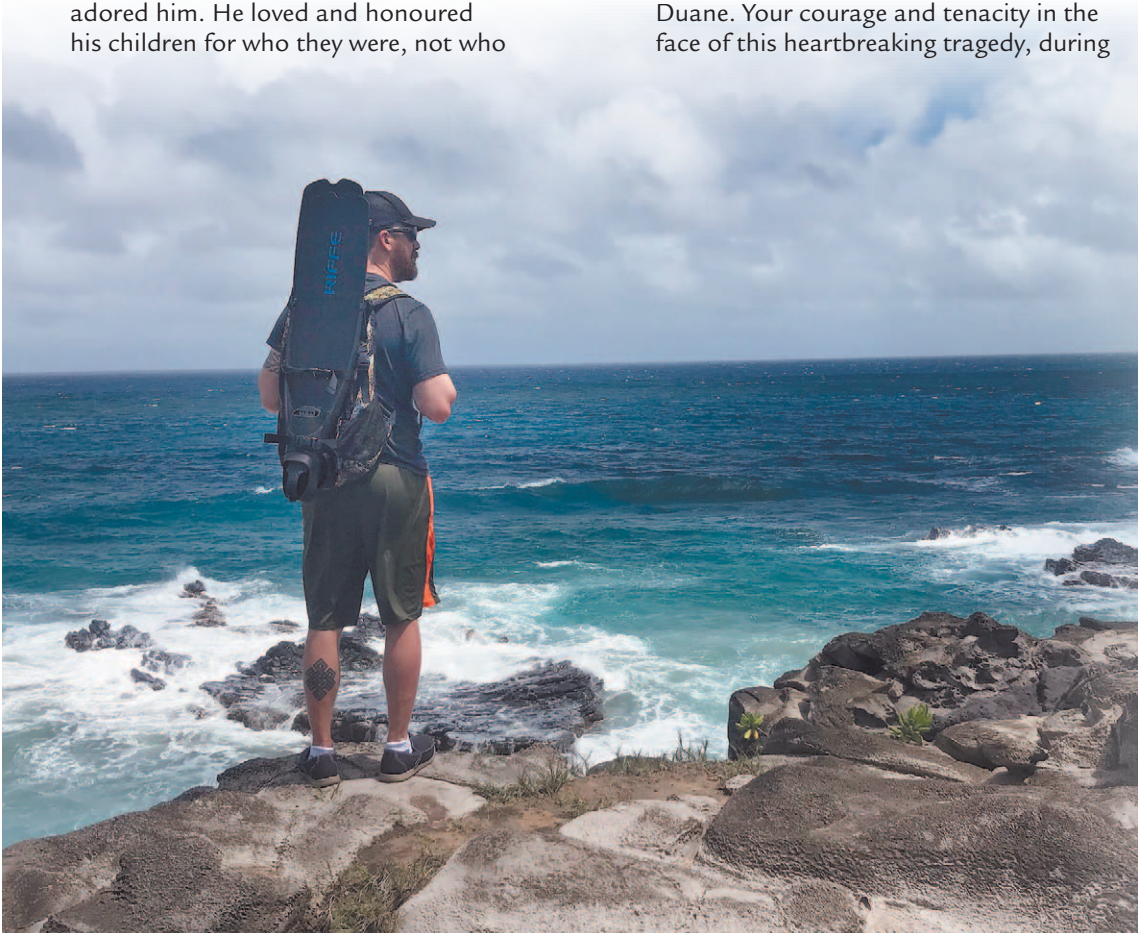


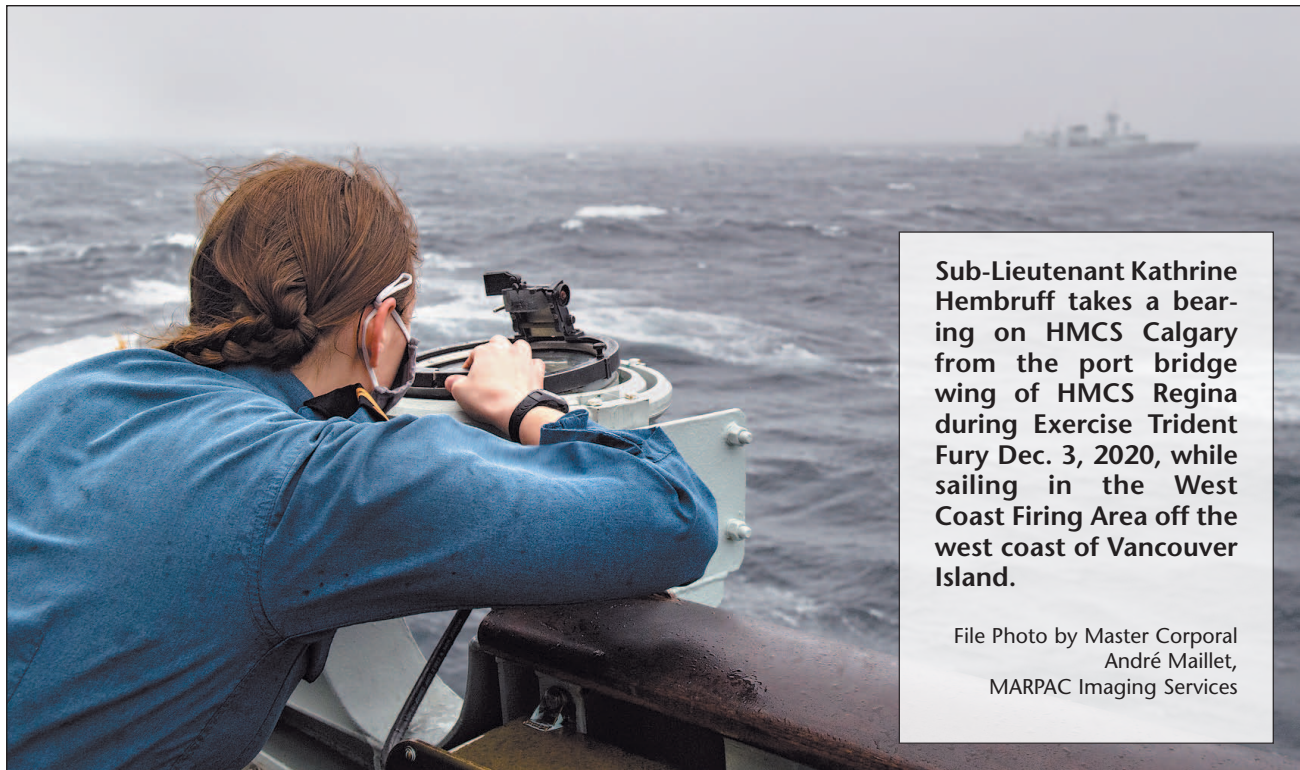
already challenging times and a difficult deployment, is appreciated beyond words. You will not soon be forgotten.

Just as Duane loved his family, loved the sea and loved being a sailor, he will always be deeply loved, and painfully missed.

To our sailor, father, spouse, friend and family member, Duane Earle, we love you and may the force be with you.

From the family of
Master Sailor Duane Earle





Sub-Lieutenant Kathrine Hembruff takes a bearing on HMCS Calgary from the port bridge wing of HMCS Regina during Exercise Trident Fury Dec. 3, 2020, while sailing in the West Coast Firing Area off the west coast of Vancouver Island.

File Photo by Master Corporal André Maillet, MARPAC Imaging Services

Want to know what your Base Commander is up to?

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PACIFIC FLEET READIES FOR LARGE-SCALE TRAINING EXERCISE

Peter Mallett
Staff Writer

Hundreds of sailors from five Royal Canadian Navy warships are quarantining in Victoria hotels this week in preparation for Task Group Exercise (TGEX) 21-01.

The training exercise takes place Feb. 8 to 19 off Vancouver Island and is being hosted by the Royal Canadian Navy.

TGEX 21-01 will involve approximately 800 personnel from the Canadian Armed Forces, United States Navy (USN), and United States Coast Guard (USCG).

Approximately 225 personnel from Halifax-class frigate *HMCS Regina* are at sea after completing a mandatory isolation early in the new year. Meanwhile, crews from *HMC Ships Calgary* and *Whitehorse* and submarine *HMCS Victoria* are currently isolating, with *HMC Ships Brandon* and *Saskatoon* set to quarantine next week to minimize the risk of a COVID-19 outbreak at sea.

Capt(N) Scott Robinson, Deputy Commander of Canadian Fleet Pacific, will command the exercise from *Regina*.

"Through a combination of regular COVID-19 testing, daily check-ins, quarantine, and guidance from the Fleet Surgeon and Defence Research scientists, our objective is to reduce the likelihood of a missed infection by as much as possible," said Capt(N) Robinson.

The exercise will take place in the Strait of Juan de Fuca, the Georgia Strait, and off the west coast of Vancouver Island.

TGEX 21-01 will also involve air detachments from 443 Maritime Helicopter Squadron and two CH-148 Cyclone helicopters. One Cyclone and its crew will integrate with *Regina* for a period of the exercise, while the second will embark in *Calgary*.

A CP-140 Aurora maritime patrol aircraft and crew from 407 Long Range Patrol Squadron will partake in the exercises. In addition, a naval boarding party from the Naval Tactical Operations Group, currently in quarantine, will integrate with *Calgary* for TGEX and follow-on deployment on Operations Artemis and Projection.

The exercise will also include aircraft from the U.S. Navy and U.S. Coast Guard, as well as U.S. Coast Guard Patrol Vessels.

A major component of the exercise will be supporting *Victoria's* Basic Single Submarine Readiness Training that signals the completion of its transition from extended to normal readiness, which began in September 2020.

Another key part of TGEX are anti-aircraft warfare exercises, says Capt(N) Robinson. This portion of the exercise involves a Vindicator Drone launched from *Regina*. The two Halifax-class frigates will attack the drone through the firing of four

evolved sea sparrow missiles.

The overall goal of TGEX 21-01 is to maintain proficiency at sea in seamanship, warfare, and working with allies and partners, while preparing Canadian warships for deployment, says Capt(N) Robinson. The exercise, he adds, is a perfect fit for both of the RCN's domestic and international roles.

"At home, maritime defence and security is the navy's first priority, helping ensure Canada's maritime approaches are effectively monitored and protected," said Capt(N) Robinson. "TGEX 21-01 is two-pronged in that it contributes to the RCN's mission of supporting defence at home while preparing for our international operations."

Following the completion of TGEX 21-01, *Calgary*, its boarding party, and embarked Cyclone will begin their transit to the Indian Ocean and the Arabian Sea for participation in Operation Artemis, a multi-national anti-terrorism operation. *Calgary* will also participate in Operation Projection, which demonstrates Canada's ongoing commitment to peace and security around the world.

In mid-February, *Brandon* and *Saskatoon* will begin their deployment to the Eastern Pacific for Operation Caribbe, the Canadian Armed Forces contribution to an ongoing multi-national effort focused on the elimination of illegal drug trafficking.



Victoria Class Submarine HMCS Victoria departs C-Jetty at Canadian Forces Base Esquimalt on Dec. 16.
Photo by Sailor First Class (S1) Kendric Grasby, MARPAC Imaging Services

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WHAT SAY YOU

DND/CAF Ombudsman - there to support you



It is easy to see the vital role the Canadian Armed Forces (CAF) play in keeping Canada safe and secure. Families are a major source of support and strength to CAF personnel and integral to military success.

They also face challenges and make sacrifices; it's not just the member who enrolls and serves.

Families act as a support system for members as they deal with the unique challenges of military life. My office is the only formal recourse mechanism for issues related to the Department of National Defence (DND) and CAF available to them; a role we take seriously.

We address military family concerns through a variety of means, including answering calls through our toll free number and investigating complex issues. We can help get processes back on track and ensure family members are treated fairly by the DND and CAF.

We help connect military families with resources to address their concerns, as well as regularly update information on our website and social media channels to help them navigate the complex DND/CAF system. We hope this helps them better understand their eligibility for services and benefits.

When issues arise that appear to be more systemic in nature, we consider an inves-

tigation to dive deeper into the issues. We produce public reports with recommendations to the Minister of National Defence, as necessary, and follow up with progress reports on our website. The recommendations made in our reports are intended to bring long-lasting positive change to the Defence community.

In 2013, we released our first report on families, *On the Homefront: Assessing the Well-being of Canada's Military Families in the New Millennium*. This report focused on the vital role played by military families. We made 18 recommendations to address issues such as continuous employment for military spouses, access to housing and health care, and long- and short term financial wellbeing.

Over the years, we have worked closely with the DND and the CAF to implement these recommendations. Our progress report is available on our website.

Last year, we looked at issues affecting Defence team personnel and their families posted outside Canada (OUTCAN). All postings, whether within Canada or international, can disrupt and put strains on military families, triggering many challenges when they must relocate.

An OUTCAN posting allows participants to develop unique skills, knowledge, and expertise. It also provides personnel and their families with the opportunity to live

in a foreign country. However, there can be some issues that are unique to the OUTCAN experience for which they were not prepared. We look forward to a formal response from the DND/CAF to our 13 recommendations.

In the coming year, we will begin our next systemic investigation that will look into compassionate postings. CAF Members and their families experience unique challenges resulting from frequent relocations, which are part of the military lifestyle. They must remain mobile and able to deploy at all times. Exceptions may arise that temporarily limit a family's ability to move. In these often challenging personal circumstances, special consideration may be granted following a specific administrative approval process. It is important that the policy and process in place to support members during these challenging times does so to the fullest extent possible.

We all have an interest in a happy and healthy Defence community and part of that is a well-supported family. If you feel you have been unfairly treated or have questions on any of our reports, more information on our office is available at www.ombuds.ca.

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Gregory A. Lick, National Defence and Canadian Armed Forces Ombudsman

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ASSUMPTION OF COMMAND



Photos by Corporal (Cpl) Jay Naples, MARPAC Imaging Services, Esquimalt



Commander Lawrence Moraal (left), Commander of Maritime Operations Group 4, and Lieutenant Commander Justin Wong, Incoming Commanding Officer of Fleet Diving Unit Pacific, sign the command scrolls during the Assumption of Command ceremony held at Building C56, Canadian Forces Base Esquimalt Jan. 22.



Group photo of Cdr Moraal (center left), Commander of Maritime Operations Group 4; LCdr Wong (center right); incoming Commanding Officer of Fleet Diving Unit Pacific (FDU(P); Lieutenant (Navy) Kevin Darling (far left), Executive Officer of FDU(P); and Chief Petty Officer First Class Alexander MacNeish, Coxswain FDU(P), taken during the Assumption of Command ceremony.



Commander Lawrence Moraal, Commander of Maritime Operations Group 4, addresses virtual attendees and participants.



Lieutenant Commander Justin Wong, Incoming Commanding Officer of Fleet Diving Unit Pacific, addresses virtual attendees and participants.

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Sgt Allison Geddes hugs TV personality Rick Mercer in Afghanistan where she was part of the Mission Closure Unit.

Photo submitted

It's all in the planning for Sgt Geddes

The hustle and bustle of travel and changing surroundings has always been a central theme to Allison Geddes' life.

The 36-year-old Sergeant grew up in a military family that made many moves, and that continued when she joined the Canadian Army in 2001 as a reservist with the Canadian Scottish Regiment in Victoria, B.C. A year later she switched to 741 Communications Squadron and while attached posted to 1 Canadian Mechanized Brigade Group Headquarters and Singal Squadron she completed a tour to Afghanistan in 2006 before joining the Regular Forces as a Traffic Technician in 2007.

In 2019, she moved back to Victoria from CFB Petawawa to take

on a new position as J4 Movements Supervisor with the Regional Cadet Support Unit (Pacific).

Traffic Technician's plan, execute, and manage movement of Canadian Armed Forces equipment and personnel. They use all modes of transport from any local, regional, national, or international location in support of Canadian Armed Forces exercises and operations.

Her current job as J4 Movements Supervisor with the RSCU(P) had her creating intricate travel itineraries for cadets and military personnel, that is until COVID-19 halted all travel.

"What I learned from a young age about travel, logistics, and planning is that in order to make a smooth transition from one place to another, you need

to have a plan."

Working for the cadets is like going back to where her career started.

She was a member of the Royal Canadian Air Cadets for four years while her family lived in Kingston, ON - joining at the encouragement of her mother, MCpl (Retired) Joanne Geddes.

Before the pandemic hit, her days were filled booking travel for B.C. cadets locally and across Canada for summer and weekend training at cadet training centres and various athletic competitions. Now, she is preparing for the eventual return to normal.

"Being proactive, we have been able to solidify Standard Operating Procedures for movements as well as brainstorm solutions we may encounter moving forward

in the post-COVID working atmosphere," she said.

Early on in her posting she got a first-hand look at the importance of her work. That's when she travelled to Vernon, B.C., for a cadet graduation ceremony and saw their parade.

"I hadn't seen a parade of that scale in a long time and that's when I truly realized how important this program is for the CAF. When I got on the bus with the cadets for their trip home, I got to see the impact my work has on their experience and that was a really proud moment for me."

However, her opportunity to see something like that again is ending. She recently received word she will be transferring to a new job this summer, a move she is already planning.

Sgt Geddes' mother, MCpl Joanne Geddes, shown wearing a U.N. hat on her tour in Rwanda. Her mother was the biggest influence in her decision to join both the cadet program and the CAF.



Sgt Allison Geddes building an igloo while on an Arctic Survival Course.



Allison Geddes as an air cadet with 58 RCACS in Kingston, ON.

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SPECIAL PRESENTATION:

Helping Our Children Be Their Best Selves

Jon Chabun
MFRC

When Theoren Fleury did a presentation for CFB Esquimalt in February 2020, it was captivating. In his talk, the former hockey player repeatedly referenced an occupational therapist and the co-author of one of his books Kim Barthel.

On Feb. 11, the military community will get to hear from whom Fleury calls "the Wayne Gretzky of therapy."

Barthel, in partnership with the Esquimalt Military Family Resource Centre (MFRC), will present on how we can help our children be their best selves.

Kelly Aucoin, children services coordinator at the MFRC, vividly remembered Fleury

referencing Barthel every few minutes. "It was amazing," said Aucoin of Fleury's powerful presentation. "He referenced her so much. He had a brutally honest storytelling style that had an impact on everyone who attended."

The MFRC took the hint. First, they contracted Barthel to do workshops for staff and now she will do a presentation for military connected parents.

"Everybody could use new strategies when it comes to parenting," said Dana Rogers, a MFRC social worker who has seen parents struggling over the past year. "She gives people 'a-ha' moments. Kim is a world-renowned speaker with such a wealth of knowledge. She is also very relatable. She comes from a place of curiosity, not judgment.

She makes it very comfortable."

In addition to being a sought-after speaker, Barthel's expertise includes trauma-informed practice, attachment theory, neurobiology and mental health. In May of 2019, the Canadian Association of Occupational Therapists honoured her with the Award of Merit. As an author, Barthel co-authored Canadian National Best-Seller *Conversations with a Rattlesnake: Raw and Honest Reflections on Healing and Trauma* with Theoren Fleury in 2014.

Helping Our Children Be Their Best Selves with Kim Barthel takes place online via Zoom Thursday Feb. 11 from 7 to 8:30 p.m. To register for the session, visit the MFRC website at www.esquimaltmfrc.com.

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**Thursday, February 11, 2021
7-8:30pm, Online**

Kim Barthel is an award-winning occupational therapist, multi-disciplinary teacher and best-selling author who is active in supporting people in many cultures, literally all over the world. A pioneer in reinforcing the importance of relationship, the hot topics she wakes up thinking about are understanding complex behaviour, neurobiology, trauma-informed practice, sensory processing, movement, attachment theory, mental health, and anything that will support people in being their best selves.

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Register online at
esquimaltmfrc.com

The naval boarding party of HMCS Regina prepares to board a dhow during routine Operation Artemis, maritime security and counter-terrorism operations, off the coast of Africa in March 2014.

File photo by Cpl Michael Bastien, MARPAC Imaging Services



Canada takes Command of Multinational Counter-Terrorism Naval Task Force

DND - CAF

Commodore Dan Charlebois of the Royal Canadian Navy assumed command of Combined Task Force 150 (CTF 150) during a change of command ceremony held at Naval Support Activity, Bahrain. Commodore Charlebois assumed command from Rear Admiral Sulieman Al Fageeh of the Royal Saudi Navy.

"I am honoured to have the opportunity to lead this dedicated group of joint Canadian-Australian professionals who comprise CTF 150," said Cmdr Charlebois. "Together, in support of our coalition goals, we will strive to continue to ensure the protection and security of Middle Eastern waters. My team will continue to strengthen our relationships

with our maritime partners, to progress our interoperability, and to provide a robust security presence to some of the world's most challenging and important international waters."

Operation Artemis is the Canadian Armed Forces (CAF) contribution to CTF 150, a multinational task force conducting maritime security and counter-terrorism operations in Middle Eastern waters.

Canada has deployed 31 CAF personnel and one Department of National Defence civilian employee to the Combined Maritime Forces Headquarters in Bahrain to lead CTF 150 until July 2021.

HMCS *Calgary* is expected to join this Operation Artemis deployment in spring 2021.



Raising holiday spirits through the gift of giving

HMCS Ottawa

The Royal Canadian Navy and the members within it are no strangers to giving; specifically, when it is one of their own in need.

In collaboration with the Esquimalt Military Family Resource Center (MFRC), HMCS *Ottawa* and its team of "elves" worked tirelessly to support a military family during the holiday season. From toys and gift cards, to treats for their furry loved ones, *Ottawa's* ship's company left no request unanswered.

"When it comes to giving, we often look outside our lines; however, sometimes our own need a helping hand, so we were happy help," said Cdr Patchell, *Ottawa's* commanding officer.



From left to right: Holly Flower, from the Esquimalt MFRC; Lt(N) Marjorie Gaulin-Riffou, HMCS *Ottawa* Executive Officer; Cdr Samuel Patchell, Commanding Officer; and CPO1 Allen Hamilton, Coxswain; prepare to deliver presents to a family in need.



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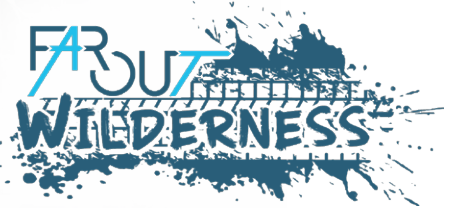
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AN INTRODUCTION

Mindfulness Presentation and Guided Meditation

with Dr. Chris Goto-Jones

Professor in Philosophy at the University of Victoria

Wednesday
February 10, 2021
7:30-9:00pm
Online



The presentation will include a military lifestyle component and will talk about how mindfulness can be used to manage the stressors of the lifestyle.

Register online at
esquimaltmfrc.com

MFRC
ESQUIMALT



PROFILE: BASE ADMINISTRATION'S

A/SLt Seamus Maguire PREPARES FOR HIS NAVY CAREER

2Lt Jamie Boparai
Base Administration

People take the oath of allegiance when joining the Canadian Armed Forces (CAF) for many reasons. Acting Sub-Lieutenant Seamus Maguire did so while pursuing his dream and coolly calculating his future.

"I was playing Junior A hockey for the Crunch in Cochrane, AB, and I was being recruited to play hockey for universities in the United States. My goal was to continue my hockey career while attending a good school, hopefully with a scholarship attached."

However, as fate would have it, near the end of

his 2016 season, A/SLt Maguire was approached by a hockey scout from the Royal Military College (RMC) in Kingston, ON. While a formal hockey scholarship was not technically offered, the result of accepting his offer to play hockey at RMC would have similar outcomes with the added benefit of walking into a proud professional career upon completion of his schooling. This was enough to convince A/SLt Maguire that joining the CAF through the Regular Officer Training Plan (ROTP) would afford him to play at a higher-calibre of hockey while having his education paid.

"I ended up weighing my

options with other schools that had an interest in me at the time and RMC seemed like a great opportunity to develop myself as a person and find a fulfilling and rewarding career path. I am really happy with this decision and it ended up working out so well that I don't think much about what life might have been like chasing a professional hockey career."

A/SLt Maguire attended RMC for four years, playing hockey and earning his Bachelor's Degree in Business Administration. Unfortunately, his final year was interrupted by COVID-19. RMC shut down in March 2020 and he was sent home to Victoria to com-

plete the remainder of his studies and final exams through distance learning.

"It was a really different experience and a little disappointing, to be honest. I was looking forward to the graduation ball and having all my family be there to watch me graduate."

After graduating via video conference, A/SLt Maguire was posted to Canadian Forces Base Esquimalt as a Naval Logistics Officer. Being from Victoria, he was excited about going back to the coast and having the unique opportunity to serve in his home city.

"I look forward to sailing and deploying with the navy out of Esquimalt. I would even relish the opportunity for an attach-posting tour with the submarines."

Before A/SLt Maguire has a chance to chase his deployment goals, he will first have to complete his trades training. The train-

ing behind naval logistics is focused on two specialties - supply and finance. These courses historically have taken place in their entirety at CFB Borden; however, training protocols have been rapidly changing.

The CAF strives to keep its members and their families safe by fully abiding all safety protocols set in place by provincial governments. They also continue to find ways to force generate members to ensure training continues. Many courses and

training are being moved online via distance learning, and smaller class sizes are implemented for areas that require in-person learning.

A/SLt Maguire has been resilient throughout the last year and his optimistic outlook of the future is inspiring to

others. He is continuously learning his new workplace, the Royal Canadian Navy (RCN) environment, while developing as an officer.

In-between courses he has been employed as one of the Base Administration Branch Chief's assistants. He has a wide range of duties such as auditing and writing internal documents and arranging honours and awards ceremonies.

"I'd say the military is an unbelievable opportunity that really gives you a lot of options if you make the most of it. The military can provide you with the opportunity to receive an excellent education and put you on the path of a rewarding career. It can also allow you the chance to do and see things that no one else out there is doing. I am looking forward to sail down to Hawaii for a RIMPAC, as well as working with other nations in a defence environment."



"I'd say the military is an unbelievable opportunity that really gives you a lot of options if you make the most of it."

— A/SLt Seamus Maguire

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Vice-Admiral Mark Norman Leadership Award presented to HMCS Queen Charlotte sailor

**Sub-Lieutenant Spencer Lee
and Acting Sub-Lieutenant Scott Ferris**
HMCS Queen Charlotte

It's not often one gets to be the first-ever recipient of a military recognition award, but on Jan. 13 that was the case for a naval reserve sailor from *HMCS Queen Charlotte*.

Master Sailor Rachel McCarthy was the first recipient of the Vice-Admiral Mark Norman Leadership Award.

VAdm (Retired) Mark Norman presented the award bearing his name to MS McCarthy on behalf of the Royal Canadian Naval Benevolent Fund (RCNBF).

The award recognizes a serving shipmate of the Royal Canadian Navy (RCN) whose outstanding efforts have made a significant contribution to the overall quality of life and well-being within the broader naval community.

MS McCarthy's contributions were noted for selfless dedication towards bettering the quality of life and service within the navy, outstanding contributions to the overall well-being of the broader naval community, and advocacy for physical fitness and mental health.

In presenting the award during an Honours and Award Ceremony held at *HMCS Queen Charlotte*, VAdm (Ret'd) Norman said, "It's most often the case these awards are

named for individuals who are no longer with us. I, for one, am really glad that's not the case with this one."

He added he was grateful to the RCNBF for the opportunity to collaborate with the organization and continue its remarkable legacy of supporting navy members and families.

The ceremony was attended by Vice-Admiral Craig Baines, Commander of the Royal Canadian Navy; Commodore Michael Hopper, Commander of the Naval Reserve; and other provincial and federal dignitaries who took part in the ceremony virtually.

"I am very proud of Master Sailor McCarthy," said Lieutenant-Commander John W. MacDonald, Commanding Officer of *HMCS Queen Charlotte*. "This current award continues to show the calibre of sailors

within our unit, and we will continue to mentor and guide them to meet their potential."

MS McCarthy joined the navy as a Reservist in 2005 and recently celebrated the birth of a fifth child.

"The doors of opportunity continue to open ever since I joined in 2005," says MS McCarthy. "To know that everything you do in your career is not just a benefit to you but the Canadian public as well is meaningful to me."

MS McCarthy serves multiple roles at the unit, such as the primary contact for the unit kit shop, President of the Mess Committee of the Junior Ranks Mess, and the Regulating Petty Officer, in addition to being a Naval Communicator.

From 2006 to 2011, MS McCarthy travelled the globe as part of the Conseil International du Sport Militaire (CISM) Soccer Team, an experience that provided a common ground for meeting people.

"I love working with and meeting people who are both skilled and unique," says MS Rachel McCarthy.

The Vice-Admiral Mark Norman Leadership Award, created by the RCNBF, provides an annual cash award of \$5,000 to the successful nominee each May to coincide with the commemoration of the Battle of the Atlantic. The funds are to be used by the recipient for

a Canadian experience that supports awareness of the RCN and RCNBF, contributions to a family member(s) RESP, or for a charitable donation of the recipient's choice to an organization that, in turn, supports activities related to the well-being of veterans, serving members, and/or military families.

MS McCarthy intends to support family members' education.

"The award has enabled 13 children in my extended family to either jump start or add to their RESPs. Vice-Admiral Norman and the members of the RCNBF, you've provided the ultimate opportunity for positive possibility through future education for little Canadian leaders to be," said MS McCarthy.



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HMCS HALIFAX OPERATION REASSURANCE

Photos by Sailor First Class Bryan Underwood, Imagery Technician, Royal Canadian Navy



Sailor First Class Edward MacDonald, a marine technician, establishes communications with the Machinery Control Room from an engine space aboard HMCS Halifax during Operation Reassurance on Jan. 2.

Top: Kingfisher, the embarked CH-148 Cyclone helicopter on board the Standing NATO Maritime Group One flagship HMCS Halifax, conducts flight deck hoist training in the English Channel on Jan. 20. This capability is used in response to search and rescue missions.

Second from top: The ship's company of HMCS Halifax fight a simulated fire during a routine weekly high readiness training exercise at sea on Jan. 14. Standing NATO Maritime Group One units such as HMCS Halifax continuously train to be able to respond quickly and effectively to a variety of operational contingencies.



Commodore Bradley Peats, Commander Standing NATO Maritime Group One, meets with Captain Andreas Seidl, German Navy 2nd Flotilla Deputy Commander, during a port visit in Wilhelmshaven, Germany, on Jan. 25.



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Photos by PO1 S. Parsons



With his wife and daughter by his side, Chief Petty Officer Second Class Mitchell Milligan is promoted to his current rank.



Master Corporal Aaron Hallett-Mattice is promoted to his current rank.



Petty Officer Second Class Samantha Szeto receives the Special Service Medal – Expedition for Operation Poseidon Cutlass 2017.



Captain (Navy) Scott Robinson receives the Canadian Forces' Decoration First Clasp.



Lieutenant Commander Cynthia Foley receives the Special Service Medal – Expedition for Operation Projection 2018.



Chief Petty Officer Second Class Christopher Fraser receives the CAF Physical Fitness Award of Aerobic Excellence – Scroll V Seals Blue and Bronze.

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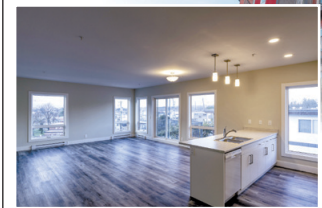
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