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DURING OPERATION CARIBBE

An HMCS Moncton sailor launches their PUMA unmanned aircraft system for a flight familiarization during Operation Caribbe in the Caribbean Sea, Feb. 2. The PUMA's primary mission will be surveillance and intelligence gathering. Moncton will conduct monitoring and detection duties in support of U.S.-led enhanced counternarcotics operations in the region.

Photo by Canadian Armed Forces



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A Change of Command AND AN ENDURING PARTNERSHIP



Operation Artemis resumes in Manama, Bahrain, under Canadian leadership

Lt(N) Melissa Kia Task Force PAO

Commodore (Cmdre) Dan Charlebois of the Royal Canadian Navy assumed command of Combined Task Force 150 (CTF 150) from Rear Admiral (RAdm) Sulieman Al Faqeeh of the Royal Saudi Navy. The change of command ceremony was held at Naval Support Activity, Bahrain, on Jan. 27.

CTF 150 is a naval task force conducting maritime security and counter-terrorism operations under Combined Maritime Forces, a multinational coalition of 33 nations. The CTF 150 area of operations includes the Gulf of Oman, Red Sea, Gulf of Aden and the Indian Ocean off the East Coast of Africa, which spans over two million square miles and includes some of the world's busiest shipping lanes. The Canadian Armed Forces (CAF) contributes to CTF 150 through Operation Artemis.

The change of command ceremony marked the first day of Canada's command, which it will maintain until July 2021.

The modest ceremony, which followed COVID-19 precautions, featured a

number of guests including the Commander of the Royal Saudi Navy, the Chief of Bahrain Naval Forces, several regional task force commanders, and senior naval representatives from several Combined Maritime Forces partner nations.

The outgoing and incoming Commanders of CTF 150 both stressed the importance of strong partnerships and the CTF 150 mission itself, which is to promote security, stability, and prosperity in an area that encompasses some of the world's most important shipping routes.

In his speech, RAdm Al-Faqeeh said he was honoured to have commanded CTF 150 and gave special thanks to the partner nations who supported his mission over the past seven months. RAdm Al-Faqeeh commended his team for the success of their operations, which led to a number of drug seizures that contributed to disrupting the financing of criminal and terrorist networks, and helped to ensure the continued free flow of legitimate commerce in the region.

VAdm Sam Paparo, Commander U.S. Naval Forces Central Fleet Command/U.S. Fleet who

presided over the change of command thanked RAdm Al-Faqeeh and praised the Royal Saudi Navy for the success of their mission under the challenging circumstances of the COVID-19 pandemic. He also stressed that the mission of CTF 150 helps to save lives by reducing the flow of narcotics to multiple nations, including those in North America.

VAdm Paparo welcomed Cmdre Charlebois as the new Commander of CTF 150 and thanked Canada for sending a robust contingent to take CTF 150 to the next level.

Cmdre Charlebois remarked that the CAF has a rich history with Combined Maritime Forces, and that Canada was happy to be back to command CTF 150 for the fifth time.

His priorities during his command will focus on engaging with coalition and regional partners to build and enhance relationships, and help advance other Combined Maritime Forces objectives.

Canada's presence, along with its allies and partners, plays an important role in demonstrating an enduring collaboration and maintaining regional stability.

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THE ROLE OF THE TASK GROUP COMMANDER

Lt(N) Jeff Klassen
Public Affairs

“I haven’t really had time to play video games since my kids were born,” said Captain(Navy) Scott Robinson while under strict quarantine at a local hotel last week. He was able to pass the time playing Red Dead Redemption 2 on his PlayStation 4.

This week he won’t be as relaxed as he takes charge of five Canadian ships, one Canadian submarine, aircraft from two Canadian air force squadrons, and several U.S. Navy and U.S. Coast Guard sea and air assets, all of them performing simultaneous complex maneuvers and exercises in a dynamic maritime environment.

Capt(N) Robinson, who is the Deputy Commander for Canadian Fleet Pacific, is the Task Group Commander for Task Group Exercise

(TGEX) 21-01, an exercise that runs from Feb. 8 to 19. It is largely focused on getting West Coast ships and crews ready for upcoming and future deployments.

HMCS Calgary is preparing for its upcoming Operation (Op) Artemis and Op Projection deployment to the Asia-Pacific region and Middle Eastern waters. HMC Ships Brandon and Saskatoon are preparing for their Op Carribe deployments in the eastern Pacific Ocean.

A naval task group is a grouping of maritime vessels and aircraft (ships, subs, helicopters, etcetera) working together towards a common objective. Canada, for example, sent a task group as part of its humanitarian relief after Hurricane Katrina in 2005 (for Op Unison) and as part of relief efforts after the 2010 earthquake in Haiti (for Op Hestia).

The Task Group

Commander is in charge of the entire task group. For Capt(N) Robinson, this means coordinating all the scenarios, boardings, and maneuvers during the exercise.

“While ships’ captains are responsible primarily for their own crews, the Task Group staff and I coordinate at the Fleet level to ensure everything is synchronized so we can meet our objectives. The Task Group staff have a critical role in keeping tabs on our ships’ systems, provisions, maintenance, the flying schedule, and liaising with the submarine. We basically make sure the day-to-day business of the fleet runs smoothly.”

TGEX 21-01 is taking place off the west coast of Vancouver Island, Constance Bank, and the Strait of Georgia. Capt(N) Robinson and his task group staff of around 20 people are embedded in HMCS Regina. This makes

for a tight squeeze as Regina, besides the regular crew, is also sailing with a sizeable training staff that are mentoring and evaluating the crew’s performance during the exercise.

The Task Group Commander’s staff imitate many of the functions of a single ship’s staff, but are more focused on integrating the various sea and air capabilities so the task group’s effect is greater than the sum of its individual parts.

Within his team are the Chief of Staff, the Battle Watch Team, Future Plans and Current Plans officers, two teams of communications specialists, and group-level Logistics, Technical, and Public Affairs Officers.

Among the exercise objectives, is an opportunity to further the submarine HMCS Victoria’s operational readiness program, and provide ships’ crews the chance to fire evolved sea sparrow missiles at

unmanned aerial targets.

The exercise is also about maintaining relations with U.S. partners.

“We love having them up here to work with. One thing I was always told is ‘you can’t surge trust’. You need to actually work with your partners often, get to know what each other’s capabilities and limitations are, and develop that relationship ahead of time. When an operational or wartime scenario occurs, you both need to have already built that knowledge and trust.”

As with all aspects of life right now, COVID-19 is having an impact. But because the fleet operates away from the general public this impact is manageable. Among the many precautions taken, all participating Canadian ships’ crews have undergone a quarantine period before sailing. This means, when the exercise is on, personnel can transfer between aircraft

and ships, such as in boarding party scenarios.

Unfortunately, any face-to-face interactions with U.S. partners cannot occur.

“Yes, we are losing out on the personal aspect of working together, but we’re still talking to our U.S. partners on radio and interacting with them by other methods. We experienced this during RIMPAC this summer. On that exercise, even when we went to Pearl Harbor, we had to stay on the ship or were isolated on the jetty – we couldn’t interact with people.”

He recognizes how difficult COVID-19 and quarantining can be on people.

During his quarantine, his family were only able to wave to him from 50 feet away while he stood on his hotel room balcony.

“Pre-sail quarantines are never easy, so reach out to your friends, family, and shipmates for support!” he recently tweeted.

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WHAT SAY YOU



Message from CRCN:

Command-Level Review and Administrative Review Process for the Mihajlovic case concludes

As The Director Military Careers and Administration's second Administrative Review (AR) concerning Sailor 1st Class Boris Mihajlovic has concluded, observing the principle of procedural fairness as well as all relevant policies and practices, with the determination that he be released from the Canadian Armed Forces (CAF), and those release proceedings are now complete.

This decision is the result of a process that began just over a year ago, when we were alerted to the admitted involvement with hate groups of Mr. Mihajlovic, who was a member of Her Majesty's Canadian Ship (HMCS) Tecumseh. In response to this, the member's unit initiated an AR which, in June 2020, rendered the decision to retain the member in service.

In July 2020, my predecessor ordered a Command-Level Review be conducted in order to address this case, and deliberately and comprehensively ensure that it had been handled appropriately, and in alignment with our policies.

During the conduct of this review, deficiencies were identified with respect to precision in the exchange of information between the member's unit, HMCS Tecumseh, and the Directorate of Military Careers Administration, which is the authority responsible for conducting Administrative Reviews, independent of a member's chain of command.

Tecumseh consequently initiated a second AR, while taking care to overcome the information exchange inconsistencies and lack of precision that impacted the initial AR, and with the recommendation that the member be released.

I want to assure you all that concrete measures are being implemented to ensure that the Royal Canadian Navy (RCN) has the ability to appropriately handle cases pertaining to hateful conduct in the future.

We are also cognizant that we need to do a better job of addressing issues of systemic racism more holistically as

an institution, and we are committed to doing so.

As this case has proceeded, the Canadian Forces Military Personnel Instruction 01/20 on Hateful Conduct was promulgated and clear statements were issued acknowledging and lamenting that racism exists in our ranks, our organization, and in our biases.

Throughout the summer, we moved to adopt more inclusive and gender-neutral English rank designations for our junior ranks – now Sailor 3rd Class, Sailor 2nd Class, Sailor 1st Class, and Master Sailor being the common usage titles, while we complete the months of work to have these designations formally endorsed and codified in orders and regulations.

And this necessarily unrelenting line of activity continued with the release of our Naval Order on Hateful Conduct response, NAVORD 1020-1, as well as with my recent CRCN37 Flag Hoist Signal, which was my personal signal directing all of our members to embrace the keystone virtue of respect. Respect for the RCN, respect for yourself, and most importantly, respect for your fellow shipmates. Our strength is in our diversity, and that strength hinges on greater inclusion.

In the past year, we also launched a series of engagements with mid-level leaders in our Navy – from Master Sailor to Chief and all Lieutenants(N) through Commanders – to prompt culture change in our organization. These engagements are intended to help us recognize that racism, anti-Semitism, misogyny and discrimination exist within our ranks and organization – despite the efforts of many to combat it and as much as it hurts to admit it.

We all need to acknowledge this and commit to fixing it. We must eliminate racism, anti-Semitism, misogyny and discrimination. We must be inclusive and diverse and create a sense of belonging for all who join and serve in our Navy.

I cannot state clearly enough that

the Canadian Armed Forces and Royal Canadian Navy have zero tolerance for racist and discriminatory behaviour in our ranks. Canada is an inclusive and diverse country, and we must strive to ensure that the Forces respect and reflect our nation and its values.

Respect for the dignity and worth of each individual and the equality of all people are profound principles that are critical requirements for the operational effectiveness of the Royal Canadian Navy and Canadian Armed Forces. These principles are enshrined in Canadian Law and are a fundamental part of what constitutes our modern Canadian society.

Any member who doesn't feel safe or has encountered any form of harassment is highly encouraged to report it to the chain of command. If that member is uncomfortable going to his or her chain of command, the CAF has a number of alternate systems to address the concerns of its members.

These include:

- The CAF Helpline 1-833-328-3351,
- The National Investigation Service, or
- The Ombudsman's Office.

Shipmates, in the RCN and in the CAF, we all have each other's backs. If you espouse hatred, racist or misogynistic views, then you have no place in our ranks.

We are dedicated to being a modern and forward-looking organization where people are welcomed, feel safe in their workplace, and are judged solely on their competence and contribution to Canada's defence goals. We will not tolerate any member of the RCN having membership in any group or organization connected with hateful criminal activities, or participating in any activity that promotes racism, violence, discrimination or harassment.

Yours aye,
Vice-Admiral Craig Baines
Commander Royal Canadian Navy

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HMCS NIPIGON LIVES ON THANKS TO FORMER HULL TECH'S HANDYWORK

Ryan Melanson
Trident Newspaper

When operational, HMCS Nipigon's duckboards helped keep sailors' feet dry.

Now, the teak slabs serve former members of the ship's company in different ways: as furniture in their homes or as a piece of nostalgia to be enjoyed in their local mess.

The boards, taken from Nipigon's pilotage position, had been in storage after the ship's decommissioning in 1998. They were given a second life by CPO1 (Retired) Jeff Morrison. As a hull tech, he was known for his exceptional carpentry skills.

"I've been a woodworker my whole career, so they were offered to me with the thought that I might be able to do something interesting with them, and that's what I tried to do."

The boards have been repurposed into a number of furniture projects. The Chiefs' and Petty Officers' Mess at Stadacona's Juno Tower houses a large piece with a binnacle in the centre. A table



made from the boards has also become a popular destination for sailors at the Mug and Anchor Pub in Mahone Bay. Morrison also built a custom side table for his former shipmate Cdr (Retired) Allen Munroe, with a collection of his naval challenge coins counter-sunk around the edges.

The tables have received a lot

of attention online where former Nipigon members stay connected.

"We're having a lot of people popping up, talking about their memories sailing in the ship, and saying they need to get out here and have lunch at the Nipigon table," Munroe said.

The ship was an Annapolis-

class destroyer commissioned in 1960, re-commissioned in 1990 following a refit, and then paid off in 1998. Morrison said he's thrilled to stay connected with his Nipigon colleagues and that his work is helping to preserve the ships' legacy.

"I'm one of those guys who just

really loved being in the navy, and I miss it terribly," he said, noting that he currently volunteers as the Chief Hull Technician aboard HMCS Sackville.

"This is a good navy story; it's a nice traditional thing and a way to keep that ship and some of the memories alive."



CPO1 (Retired) Jeff Morrison has a meal at the HMCS Nipigon table in the Mug and Anchor Pub, located in Mahone Bay, Nova Scotia. Left: This duckboard table, featuring naval challenge coins laid into the wood, was built for Cdr (Retired) Allen Munroe.

Photos submitted

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The HMCS Summerside team tasked with recovering a runaway buoy, from left: S1 Bruce, S1 Freeman, and S2 Hynes. Photos by S1 Pollitt, HMCS Summerside

Summerside reigns in RUNAWAY RIDER BUOY

Lt(N) Dan Bannerman
HMCS Summerside

HMCS Summerside was tasked Jan. 19 as Ready Duty Ship to recover a TRIAXYS directional wave buoy that had broken free of its mooring and was drifting at sea. The 500-lb buoy posed a threat to the safe of navigation of vessels off the coast of Nova Scotia and needed to be recovered quickly.

Summerside slipped its berth in HMC Dockyard at 8 p.m. and proceeded to sea, making way towards the buoy's last known location. The buoy was still functioning and sending regular updates, which made the task of finding it easier.

After a 14-hour overnight transit, Summerside located the buoy off the southeast coast of Nova Scotia. The ship's Rigid Hull Inflatable Boat (RHIB) was launched and the sweep deck was set up to recover the buoy. The RHIB crew – composed of S1 Bruce, S1 Freeman, and S2 Hynes – proceeded to the buoy and attached a bridle necessary for the crane to hook up in order to safely lift it on board. Thankfully, the seas were much calmer than some of the previous recorded heights the buoy had encountered through its days at sea.

The RHIB towed the buoy alongside Summerside and, using the ship's crane, brought it safely on board. The RHIB was then recovered and Summerside returned to operating areas near Halifax to conduct planned operations with HMCS Moncton.

The directional wave buoy is produced by AXYS Technologies, deployed and operated by Defence Research and Development Canada (DRDC), and was moored off the coast to collect wave statistics. This data includes wave height, period, acceleration and direction, and can be used for operational purposes, research and development initiatives, and climate studies. TRIAXYS buoys can store up to 32 gigabytes of data, which represent years of raw and processed information, inside a casing composed primarily of stainless steel alloy.

Under normal circumstances, these buoys are inspected every six months

to one year to confirm the integrity of the anchor fittings, but due to the ongoing COVID-19 pandemic, regular inspection had to be delayed in order to ensure safety of the inspecting team. This particular buoy had been deployed for 433 days, which is the longest DRDC has trialed. During that time, it had recorded an impressive 16.4 metre peak wave height during tropical storm Teddy on Sept. 22, 2020.

Once returned to the DRDC laboratories, they will review the buoy's information and the state it is in to learn how to improve for future deployments. One such improvement is the addition of an on-board Automatic Identification System beacon to more precisely alert shipping to the presence of the buoy.

Summerside returned to Dockyard on Jan. 22 and landed the wave buoy. This tasking was an opportunity for

Summerside to demonstrate its ability and readiness to rapidly deploy in the event of an emergency or urgent requirement.

Ready Duty Ship taskings are rare. However, the Royal Canadian Navy always maintains a Ready Duty Ship able to respond to a multitude of events, simple or complex, in order to support Canada's interests at home and abroad.



A bridle is attached to the buoy so the ship's crane can safely lift it on board.



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Heather Catte

Deputy Manager Personnel Support Programs (PSP)

2Lt Jamie Boparai Base Administration

When people join a large organization, most strive to work their way from the ground up. For Heather Catte, her bottom was the Naden swimming pool; her top so far, Deputy Manager, Esquimalt Personnel Support Programs (PSP).

"I joined as a lifeguard when I was in my early days of university," says Catte. "A friend of mine employed at a different facility mentioned that PSP was looking for swim instructors, so I joined the team."

Catte didn't spend her time in the water for too long. Before she knew it, she was the facilities clerk and then the facilities supervisor.

"I love the basis of the organization and that we get to be involved in serving military members and the community. I wasn't surprised that I loved it; I am surprised that what started as a flexible job to pay for school turned into a 15-year career."

Catte's love and commitment towards PSP, which falls under the Staff of Non Public Funds, is evident by her incredible speed of success. After standing tall during her tenor as the Facilities Supervisor, she moved into the role of the Lookout Office Account Supervisor position, and then Sports Coordinator, before finally landing as the Deputy Manager of PSP.

"I pursued my current position because I love working for this organization and it is one of the few jobs that is focused on my education background, which is Business Administration and Accounting. This role provides oversight of the public budget, as well as all the non-public budgets."

Her responsibilities as Deputy Manager include financial oversight over the morale and welfare programs, business and strategic planning, managing communications between the multiple PSP departments, and working to meet the goals of the Base Commander in terms of providing morale and welfare to the CAF community.

PSP is quite unique as it is placed within the Base Administration Unit. While the Senior Manager, PSP is responsive directly to the Base Commander, Base Administration provides PSP a home unit, joining the remaining personnel support service Divisions.

PSP employs around 150 to 175 employees, which enhances the job requirements for Catte's position. The job, she says, is for someone extremely organized, policy-driven, and has good time-management skills. No matter the job requirements, Catte recognizes the importance of her organization's role within the naval environment and is quick to place much of her success on her peers.

"I am lucky enough to work with a team that provides some incredible morale and welfare opportunities to CFB Esquimalt and the navy. Our main focus is on providing tools to help the CAF community become the best versions of themselves and promote wellness in a variety of ways."

For example, Catte and her team provide access to fitness, sports, reconditioning, health promotions, special events, messes, and the community newspaper Lookout, just to name a few.

"The fact that I get to be a part in logistically supporting all the PSP staff to provide these services is something I am proud of every day, and I would say it has a significant impact on CFB Esquimalt and the navy."

When asked if she would recommend that a young person join the Staff of Non-Public Funds with PSP, her answer was an absolute "yes." She says, "The organization offers lots of support to the staff and allows for some very exciting opportunities. Over the years, we have also had a large number of staff transition to the military once



they have spent time working in this environment."

In the end, it all comes down to leadership, and PSP and the Royal Canadian Navy are hand-in-hand in this category. "A good leader is someone who can listen to feedback, trust their staff, and assess what the impact of decisions made are to the team as a whole. A good leader is someone who practices what they preach and isn't afraid or unwilling to do the work they are asking others to do, while putting people first."

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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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HMCS Halifax, left, the Standing NATO Maritime Group One flagship, conducts task group manoeuvres and a replenishment-at-sea with German Navy warships FGS Spessart and FGS Baden-Württemberg during a Passing Exercise in the North Sea on Jan. 28. FGS Spessart is the German Tanker. Photos by S1 Bryan Underwood, Imagery Technician, Royal Canadian Navy

SNMG1 CONDUCTS PASSEX TRAINING WITH GERMAN NAVY

LCdr Mark Fifield
SNMG1 PAO

Standing NATO Maritime Group One (SNMG1) led by the SNMG1 Flagship HMCS Halifax conducted a series of passing training exercises with the German Navy in the North Sea from Jan. 26 to 29.

A PASSEX or "Passing Exercise" refers to training with the national navies of our NATO Allies and partners when passing through, or nearby their territorial waters. In this particular case, SNMG1 was transiting through German waters and had a scheduled port visit at the naval base in Wilhelmshaven, Germany.

Conducting frequent military-to-military inter-

actions and high-intensity training activities among naval forces increase common knowledge and familiarity of each other's maritime platforms, capabilities, tactics, techniques and procedures.

This PASSEX presented opportunities to enhance joint operational readiness and interoperability among participating naval forces for the mutual benefit of all involved.

These efforts pay future dividends by improving NATO's collective capability to respond in a timely and effective manner to threats to maritime security and commerce in the region and around the world across the full spectrum of operations.

"The multinational vessels that comprise SNMG1,

including their embarked air assets, have an intensive program of operational patrols and training exercises scheduled with various NATO Allies and partners in our designated Area of Operations," said Commodore Bradley Peats, Commander SNMG1. "This PASSEX was the first among many that will be conducted during this semester and was executed very well, providing us with a solid foundation to build upon in the coming months."

SNMG1 vessels Halifax and German tanker FGS Spessart, as well as German Navy frigates FGS Baden-Württemberg and FGS Bayern, participated in the exercise series. PASSEX highlights included Officer of the Watch manoeuvres, embarked helicopter cross

deck evolutions, a replenishment at sea, as well as other operational training serials.

"SNMG1 is one of four NATO Standing Naval Forces that provide the alliance with a continuous naval capability and presence which forms the core of the Very High Readiness Joint Task Force (Maritime)," explains Commodore Peats. "A task group's level of readiness to conduct high-intensity naval operations at sea is fundamentally a product of the state of personnel, materiel and collective team training resident within it. This PASSEX with our German Navy friends provided excellent high-intensity training and allowed us to enhance or otherwise maintain currency in a number of critical warfighting skill sets and capabilities."

Commander Chris Rochon, Commanding Officer HMCS Halifax; Commodore Bradley Peats, Commander Standing NATO Maritime Group One (SNMG1); and his staff observe task group manoeuvres with German Navy warship FGS Baden-Württemberg in the North Sea on Jan. 28.



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ASK THE EXPERT:

Make your whole day matter

Q As a Canadian Armed Forces (CAF) member, I maintain a routine where I do one hour of physical activity every morning before starting my work day sitting at my desk in front of my computer. A friend told me that there are new Canadian standards for physical activity aimed at maximizing your health. Could you tell me what these new standards are, and provide some important take-home messages?

A Your friend is right. There are new guidelines. These guidelines are the result of significant scientific research and are aimed at helping Canadians, including CAF members, use physical activity to maximize their health. So, congratulations on your commitment to daily physical activity! It goes a long way to helping you meet these new Canadian 24-Hour Movement Guidelines: <https://csepguidelines.ca/>

These new guidelines promote the importance of incorporating movement and activity into daily habits over a 24-hour period. Distributing light physical activity consistently throughout the day and having a good sleep routine are two new additions to the guidelines that you should consider to optimize your health.

The new guidelines are as follows:

- Maintain a minimum of 150 minutes per week of moderate-to-vigorous physical activity and do more if you can.
- Complete at least two sessions of muscle strengthening per week aimed at larger muscles.
- Add balance exercises that challenge you.
- Limit your sedentary time to eight hours or less per day.
- Aim for less than three hours of recreational screen time.
- Replace sedentary activities by introducing frequent light physical activities that are spread out over the day.
- Break up sitting periods by standing more, as often as possible.
- Adopt better sleep habits.
- Aim for seven to nine hours of sleep every night.
- Maintain consistent bedtimes and wake-up times.

The bottom line: These guidelines couldn't come at a better time as we continue to deal with the COVID-19 pandemic. Researchers have found that Canadians have done quite well at maintaining their moderate-to-vigorous physical activity levels, but they have

significantly reduced the amount of low-intensity physical activity they were doing prior to the pandemic. This loss of low-intensity activity adds up over time and can have a negative impact on many people's health.

Want to optimize your well-being? Examine if there are any gaps between your current lifestyle and these new guidelines. If there are, get moving! Even small activity changes will pay dividends to your health. If there are no gaps, keep up the good work and continue to make small activity changes to reap even more benefits. Moving more, sitting less and sleeping better will help to make your whole day matter.



LUCIE LAFERRIÈRE, PHYSIOTHERAPIST, M.H.A

Lucie Laferrière is the injury prevention specialist at the Directorate Forces Health Protection and she works with scientific evidence to provide advice. As part of the Strengthening the Forces team, she works on injury prevention and promoting active living.

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

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EXERCISE SEA DRAGON



Royal Canadian Air Force Public Affairs

A CP-140 Aurora aircraft and crew from 407 Long Range Patrol Squadron and support personnel from 19 Wing Comox took part in Exercise Sea Dragon, held at Andersen Air Base, Guam, from Jan. 12 to 28.

Hosted by the United States Navy's Seventh Fleet, Exercise Sea Dragon 21 was a premier multinational anti-submarine warfare exercise in the Pacific region. This year marked the first participation of the Royal Canadian Air Force (RCAF).

The RCAF's participation enabled substantial training opportunities for the long range patrol community working with allies and partners in the Pacific, including Australia, India, Japan, and the United States.

This training is critical to ensuring the RCAF's Aurora crews remain ready and able to conduct patrol mis-

sions at home and operate effectively with other nations, including those in the Indo-Pacific theatre.

The detachment's exercise was successful, culminating in an award given to them as the top performing crew on exercise with the most efficient tactics.

"Training alongside our allies and partners in the Indo-Pacific region is critical to maintaining an effective and interoperable RCAF long range patrol capability to meet our defence policy mandate," said Major General Eric Kenny, Commander, 1 Canadian Air Division. "I am very proud of our deployed members who demonstrated the professionalism, agility and mission-ready focus to take top prize during the exercise. I would like to thank the United States Navy for hosting this valuable and well-executed training opportunity."

While COVID-19 precluded many exercises in 2020, the RCAF is safely

and successfully engaging in training events at home and around the world through implementation of a number of safety measures, including pre- and post-exercise quarantines, separate accommodations, minimal physical contact with other exercise participants and locals, strict adherence to personal protective equipment use, and public health measures such as two-metre physical distancing throughout the exercise, both on and off duty.

The CP-140 Aurora is a long-range patrol aircraft used for multiple types of missions over land and water.

The Aurora supports a wide variety of roles, including operations management, maritime and overland intelligence, surveillance and reconnaissance, anti-submarine and anti-surface warfare, strike coordination, and search and rescue. It can also assist other government agencies to combat, illegal fishing, pollution, drug trafficking, and more.



Top: Members of 407 Squadron received the award for top crew efficiency.

Photo by Petty Officer 1st Class Glenn Slaughter, United States Navy

Right: An Airborne Electronic Sensor Operator with 407 Long Range Patrol Squadron takes an inventory of sonobuoys used to detect underwater sounds on board a CP-140 Aurora during Exercise Sea Dragon, held at Andersen Air Base, Guam. Photo Major Mathieu Kuhn

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PO2 Percy receives his Petty Officer Scroll from CPO1 Blonde.

Bravo Zulu

Base Administration Awards and Promotions

Presented Jan. 28.



Capt Lawson receives the Canadian Forces' Decoration (CD) from Cdr Barbagallo, Base Administration Officer. The CD is awarded to Officers and Non-Commissioned members who have completed 12 years of service. The decoration is awarded to all ranks, who have a good record of conduct.



SLt Millman receives the Canadian Forces' Decoration clasp from Cdr Barbagallo for 22 years of service.



SLt Millman receives her Commissioning Scroll from Cdr Barbagallo.



2Lt Winship receives his Commissioning Scroll from Cdr Barbagallo.



2Lt Boparai receives his Commissioning Scroll from Cdr Barbagallo.



2Lt Goldney receives his Commissioning Scroll from Cdr Barbagallo.



PO2 Percy is promoted to his current rank by Cdr Barbagallo.



SLt Millman receives the Certificate for Completion of the Personnel Selection-Occupational Qualification Course.

Bravo ZULU

Naval Fleet School Promotions

The promotion ceremony took place on Jan. 27 at NFS(P).

Photos by S1 Laffèche, NFS (P)



CPO1 Kelly with the newly promoted PO2s Bruce and Cayer with their certificates.



MS Andrew Bruce is promoted to PO2 by LCdr Vanderstelt and CPO2 Frerichs.



MS Damian Cayer is promoted to PO2 by his wife Jayna and CPO2 Trahan.



Chief Petty Officer First Class David Bisal, Assistant Judge Advocate General (Pacific) (AJAG(P)) Chief Petty Officer, is awarded a Chief of the Defence Staff Command Commendation by Commander Saloumeh Torani, Assistant Judge Advocate General - Pacific Region, on Feb. 1.

Photo by Sailor 1st Class Mike Goluboff, MARPAC Imaging Services



Captain Christopher Fukushima took his Barristers and Solicitors' Oath administered by Commander Saloumeh Torani, Assistant Judge Advocate General - Pacific Region accompanied by Lieutenant-Commander Magdalena Kwasniewska. The oath is in preparation for his call to the bar that will officially begin his career as a Barrister and Solicitor with the Law Society of British Columbia.

Photo by S1 Mike Goluboff, MARPAC Imaging Services



HMCS VANCOUVER

CHANGE OF COMMAND



Left to right: Lieutenant-Commander Matthew Arthur, Commodore Angus Topshee, Commander Kevin Whiteside, and Chief Petty Officer First Class Robert Ferguson stand at attention during the national anthem at the beginning of HMCS Vancouver's Change of Command Ceremony Jan. 31. The event was livestreamed from the ship.

Photos by Sailor 1st Class Victoria Loganov, MARPAC Imaging Services



Above: Reviewing Officer, Commodore Angus Topshee, Commander of Canadian Fleet Pacific, presents LCdr Arthur with a keepsake photo of appreciation.

HMCS Vancouver Outgoing Commanding Officer, Lieutenant-Commander Matthew Arthur gives a speech to the live stream audience.



Commander Kevin Whiteside, Commanding Officer HMCS Vancouver says a few words about his new command.



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