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Volume 66 Number 8 | March 1, 2021

# LOOKOUT

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## HMCS Calgary is off to the races

Last Friday, HMCS Calgary and crew departed for Asia and the Middle East on Operations Projection and Artemis. Joining them is DESIG ZULU BULLSEYE, the ship's new mascot - officially on the ship's duty watch rotation as Bullseye. To see more of what the ship is up to follow Calgary's Facebook, Twitter, and Instagram pages. Photo by Corporal Lynette Dang, HMCS Calgary



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# Veteran delighted by Commander's kindness

**Peter Mallett**  
Staff Writer

A kind act by a Royal Canadian Navy Commander has left a Second World War veteran grinning from ear-to-ear.

The source of jubilation for 102-year-old Hedley Lake was a hand-delivered card and a baseball cap embroidered with HMCS Margaret Brooke – a future Arctic and Offshore Patrol Vessel (AOPV). AOPVs are named after courageous Canadians.

Lake was on board passenger ferry SS Caribou with Margaret Brooke when it was torpedoed by a German U-Boat on Oct. 14, 1942, 75 kilometres off the coast of Newfoundland. They both survived, but 137 people did not. She was honoured for her courageous attempt to keep fellow nursing sister SLt Agnes Wilkie alive as they clung to the side of a capsized and partially destroyed lifeboat. SLt Wilkie eventually succumbed to hypothermia and was swept away by ocean currents never to be seen again.

"It's incredible to connect with someone who sailed with Margaret Brooke, who our new navy vessel is named for," says Cdr Michele Tessier, who sent the items. "It just seemed like the right thing to do and to be honest, I am really at a loss for words of the gratitude I feel to these great citizens of our country who served in the Second World War."

The gifts were delivered Jan. 28 to Lake's Grand Bank retirement home by Cdr Tessier's father Jim, and his close friend Carl Rose, with a note from the naval officer, who is also Commander of the future HMCS Margaret Brooke.

"I had heard of your story before and then we saw a story about you in the news that included a picture of you wearing an HMCS Montreal ball cap. On behalf of the crew of my ship HMCS Margaret Brooke, we'd like you to have one of our hats as well," the note read.

Cdr Tessier first heard about Lake a year ago during a meeting with students at her former high school in Grand Bank. While discussing the new AOPV Margaret

Brooke, a student revealed her great-grandfather was on SS Caribou when it sank.

"I immediately thought that since this man is from my neck of the woods in Newfoundland, he surely deserves to have a hat from the new vessel named after Margaret Brooke since they were both on the vessel and both served during the Second World War," says Cdr Tessier. "I wanted to let him know we are aware of his story and extremely grateful of his service."

The future HMCS Margaret Brooke is the second of four Harry DeWolf-class vessels and is expected to be delivered to the Royal Canadian Navy later this year. The 103-metre diesel-electric propulsion vessel will have a complement of 65 personnel.

Following an upcoming Change of Command ceremony, Cdr Nicole Robichaud will assume command of the ship from Cdr Tessier.

Margaret Brooke died Jan. 9, 2016, in Victoria, B.C. She was 100.



Howard Lake, 102, from Grand Bank, NFLD, reads a card sent to him by Cdr Michele Tessier while wearing his new HMCS Margaret Brooke baseball hat. Lake served in the Second World War and, along with nursing sister Margaret Brooke, survived a torpedo attack while transiting aboard passenger ferry SS Caribou from Nova Scotia to Newfoundland in 1942. Brooke was later honoured for her heroic effort to save a fellow nursing sister. The Arctic and Offshore Patrol Vessels are named for courageous Canadians such as Brooke.

Photo credit: Carl Rose

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This month's topic is making time for self-care.

**WED MAR 10  
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### Delicious Deployment Dinners

Share your tips and ideas.

**MON MAR 15  
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### Podcast Listening Party

This month's discussion topic is healthy nutrition.

**WED MAR 17  
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## BLACK CANADIANS IN UNIFORM

# Inspire new song

BY STADACONA BAND MEMBER

PO2 Nevawn Patrick, a member of the Stadacona Band, has written an original piece of music inspired by the story of the No.2 Construction Battalion. The piece was recently recorded by the band and released as part of a Black History Month Project.

Photo by LS Brad Upshall

**Ryan Melanson**  
Trident Newspaper

A longtime member of the Stadacona Band has written and recorded a piece of music inspired by some of the first Black Canadians to serve in military roles.

PO2 Nevawn Patrick's original composition started as a work-from-home project last year, and has since developed into a fully realized song that was recorded by the band in their Windsor Park studio.

The working title is *For My Country*, an ode to Dennis and Leslie McLaughlin's book of the same name that offers a his-

tory of Black military service in Canada. That book showcasing members of the trailblazing No.2 Construction Battalion gave PO2 Patrick the original spark.

"I used the story of the No. 2 Construction Battalion as a springboard for this project," he says.

While the all-Black First World War Battalion and the discrimination they faced in their service to Canada served as his inspiration, the piece is dedicated to all Black Canadian military members – past, present and future.

The score acknowledges that even today Black Canadian Armed Forces members may face discrimination, tokenism, or subtle biases in a way unique

from the experience of their non-Black colleagues.

"In writing this piece, I offer my humble attempt to honour those who paved the way for myself and generations of Black Canadians to proudly serve, and acknowledge our civilian brothers and sisters serving in the greater Defence Team," PO2 Patrick adds.

As a military musician for 25 years, he's performed around the world on his trombone and played countless iconic pieces of music, but writing music is a new venture. All musicians tinker in their free time, but when COVID-19 restrictions sent the band to work at home through the spring of 2020, there was a

chance to do more.

"We had to figure out what working from home meant as a musician. You can't just practice your instrument eight hours a day. I thought it might be a good opportunity for me to actually write something," he says.

Once he had a strong melody and the bones of a "pretty cool sounding tune," he turned to Stadacona Band member S1 Jack Brownell for advice and critique. With his colleagues' help, he was able to fine tune his idea and layer in the additional instruments, leading up to the recent recording of the finished piece.

The song has components that call back to the sorrowful spiritual songs sung by African

descendants during slavery in the United States, and changes throughout sections of the piece to symbolize a difficult journey, making way for a path forward to the future.

PO2 Patrick was able to spin a positive project out of the difficult pandemic period, adding another impressive footnote to his military career.

Despite the challenges that still exist for Black CAF members, he remains proud to follow in the footsteps of those who came before him, and to act as an ambassador for the CAF and its values.

Visit [Facebook.com/StadaconaBand](https://Facebook.com/StadaconaBand) to keep up with PO2 Patrick's project.

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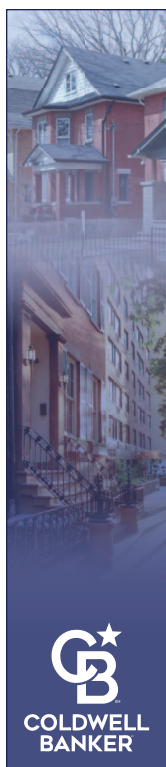


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# matters of OPINION

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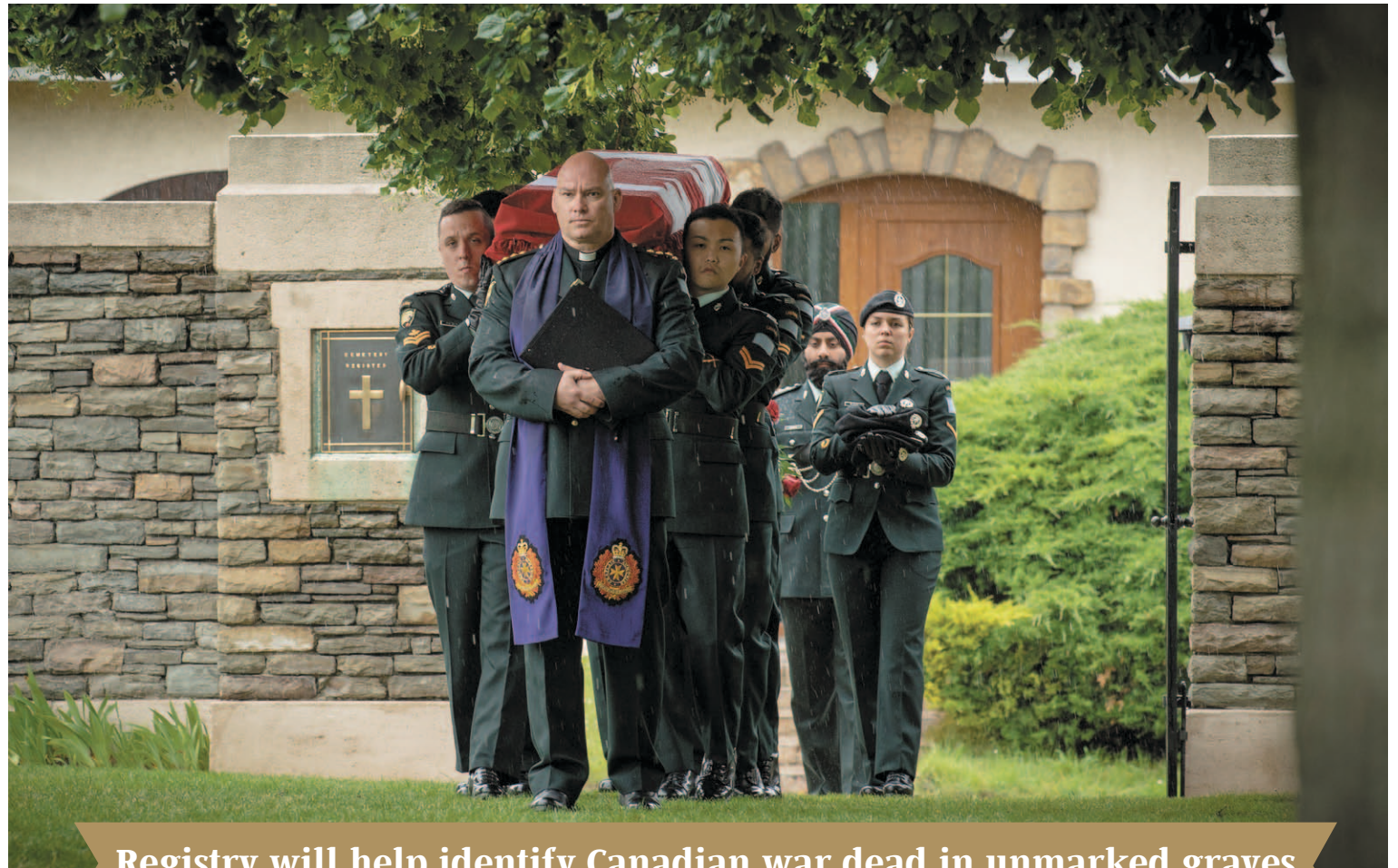
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## WHAT SAY YOU



### Registry will help identify Canadian war dead in unmarked graves

In the spirit of World Anthropology Day on Feb. 18, I wanted to share what I do as a forensic anthropologist. I am the Casualty Identification Coordinator for the Canadian Armed Forces.

I analyze newly discovered skeletal remains of Canadian service personnel who were killed in action during the First and Second World Wars, as well as the conflict in Korea, and who have no known grave.

The Casualty Identification Program aims to identify the remains of more than 27,000 Canadian war dead so they may be buried with their name, by their regiment, and in the presence of family.

Since 2007, the Program has successfully identified the human remains of 31 Canadian soldiers, while five sets of remains have been buried as unknown soldiers when identification was not possible.

People are often surprised that the remains of Canadian war dead continue to be discovered today. It is certainly not a daily occurrence; however, a number of new cases come to my desk every year.

My goal, as a forensic anthropologist, is to return the names and faces to those who

died in service to Canada, some of them more than 100 years ago.

The process is not as easy as what television shows such as "Bones" and "CSI" make it out to be. Due to a number of circumstances, it can take many years before we are able to identify remains. Some of the remains I continue to work on were discovered 10 years ago.

Why not use DNA? We do. DNA is a valuable tool that helps us identify unknown human remains; however, it is not as straightforward as many people think. Some types of DNA do not survive well, which can limit what we are able to obtain from the remains. If we do not have a sample from a family member, the DNA from the remains does not reveal much to help with identification.

Finding viable donors willing to donate their DNA can take a very long time. Over the years, I've had some interesting conversations on the phone with family members to reassure them that the Casualty Identification Program is legitimate, there is no cost to the families, and we will respect their private information. It is an unusual

request, after all.

Today, I am asking for your help in identifying Canada's war dead, including someone who may be from your family. The Casualty Identification Program has created an online registration form for the families of Canadian war dead who have no known grave. We ask for your contact information and information about the soldier who is a part of your family.

By registering with us, you can help accelerate the identification process. You can sign up here: <https://www.canada.ca/en/departement-national-defence/services/military-history/history-heritage/casualty-identification-military/register-missing-military-family.html>. And who knows, someday you may get a phone call from me.

For more information on the Casualty Identification Program, visit: <https://www.canada.ca/en/departement-national-defence/services/military-history/history-heritage/casualty-identification-military.html>.

*Dr. Sarah Lockyer is the Casualty Identification Coordinator and forensic anthropologist for the Canadian Armed Forces. She is based in Ottawa, Ont.*

Photo: Captain Sye VanMaanen, Padre, leads the burial party from The British Columbia Regiment on June 12, 2019, during the burial ceremony of First World War fallen soldier, Private George Alfred Newburn at the Commonwealth War Graves Commission's Loos British Cemetery outside Loos-en-Gohelle, France.

Photo by MCpl PJ Letourneau, Canadian Forces Combat Camera



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# March is Nutrition Month

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Keep the kitchen party going and join the virtual Nutrition Month celebration coast-to-coast. To get involved in online events happening across the country, check out the National Nutrition Month calendar:

<https://www.cafconnection.ca/National/Virtual-Services/Health-Promotion-Webinars/Nutrition-Month.aspx>

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#### DIETITIAN TIP

**Isabelle Niederer, RD**  
Dietitian with Dairy Farmers of Canada

This simple but tasty recipe packs a serious protein punch. Pair with a glass of milk and a hearty whole grain bun and you've got an easy, well balanced meal that will keep hunger at bay. Visit [whatyoueat.ca](http://whatyoueat.ca) to learn more about protein. Dairy Farmers of Canada is a sponsor of Nutrition Month 2021.



## Citrusy Chicken Salad with Feta

### Ingredients

- soybeans (edamame) shelled 1 1/2 cups (375 mL)
- cooked chicken shredded 2 cups (500 mL)
- sun-dried tomatoes minced 1/4 cup (60 mL)
- clementines peeled and separated into segments 2-3
- olive oil 2 tbsp (30 mL)
- orange juice 1/4 cup (60 mL)
- Canadian feta diced 1 cup (250 mL)
- freshly ground pepper
- assorted lettuce 5 cups (1.25 L)

### Directions

1. Cook soybeans according to instructions on packaging. Drain and cool under running water.
2. In a large bowl, mix together all ingredients except lettuce. Adjust seasoning.
3. Add lettuce, toss and serve immediately.

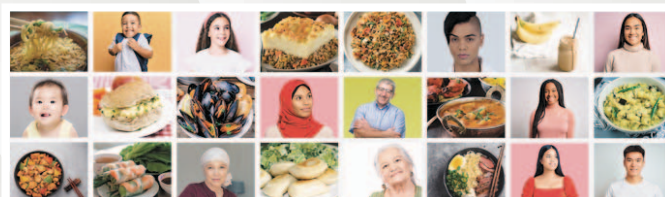
Recipe Provided By: Dairy Farmers of Canada  
Recipe Source: [NutritionMonth2021.ca](http://NutritionMonth2021.ca)



**Preparation Time:** 15 mins  
**Cook Time:** 3-4 mins  
**Serves:** 4-6

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# Virtual cooking is a tasty reward for volunteers

It's the way of the world these days, using a virtual platform to conduct business and entertainment.

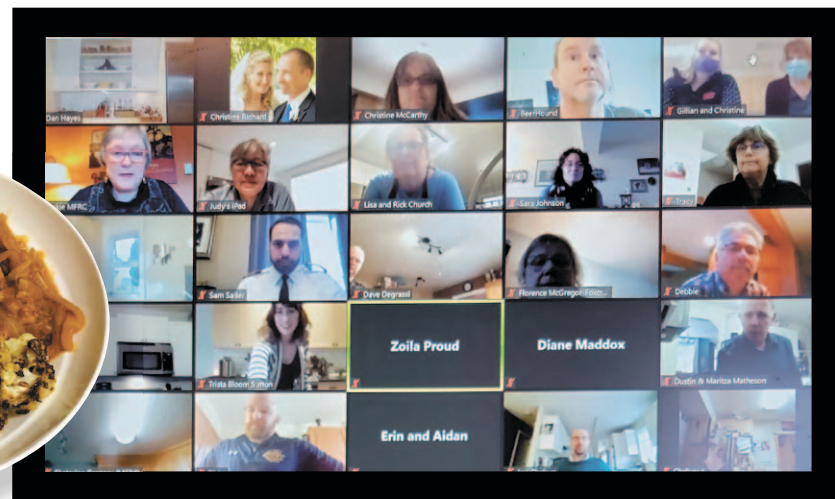
For 97 CFB Esquimalt volunteers and their guests, with laptops or computer monitors placed in their kitchens, they logged on to follow Chef Dan Hayes of The London Chef.

The Feb. 20 virtual cooking class – to make a Moroccan Chicken Tagine – was a thank you for their work supporting Personnel Support Programs, the CFB Esquimalt Naval and Military Museum, and the Esquimalt Military Family Resource Centre.

The event was sponsored by the CANEX Volunteers' Recognition Program.

Jackie Carlé, MFRC Executive Director, was the emcee and Base Commander, Captain(Navy) Sam Sader opened the event by thanking the volunteers for their efforts supporting base programs and events.

Participants also received the recipe and a video of Chef Dan's step-by-step instructions so they could recreate the meal.



## A few quotes from our volunteers about the event:

"The class was fun, interesting and tasty. Good plan."

**Mark MacFadyen,**  
Museum Volunteer

"I have cooked semi-professionally and learned a lot from the London Chefs. It was also good to see friends again."

**Florence McGregor-Foxcroft,**  
Museum Volunteer

"The event was a lot of fun and the finished meal was absolutely delicious!"

**Judy Taschereau,**  
MFRC Volunteer

"My wife and I really enjoyed the event and the tasty dinner."

**Dan Duguay,**  
PSP Volunteer

"It was super fun, and a really great way to 'get together!'"

**Trista Sutton,**  
MFRC Volunteer

"Thank you for organizing the event. Please do it again!"

**MCpl Leo Kwok,**  
MFRC Volunteer

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Photo by Corporal Lynette Dang, HMCS Calgary

## HMCS Calgary crew wear pink in support of anti-bullying

Prior to leaving last week for Operations Projection and Artemis, a few members of the crew donned pink shirts in support of anti-bullying, working together, and treating others with dignity and respect. Amongst the crew are members of the command team: Commanding Officer, Commander Mark O'Donohue wearing a pink polo and Stetson, in the middle; Executive Officer, Commander Meghan Coates (far left); and the Coxswain, Chief Petty Officer First Class Mark Chambers (far right).

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# SNMG1 PARTICIPATES IN NORWEGIAN EXERCISE TG 21-1



Royal Norwegian Navy Frigate HNoMS Fridtjof Nansen and HMCS Halifax conduct Replenishment-at-Sea (RAS) in the Norwegian Sea on Feb. 18, during Task Group 21-1.

Standing NATO Maritime Group One (SNMG1) recently took part in Task Group (TG) 21-1 from Feb. 8-19. It is an annual maritime exercise conducted by the Royal Norwegian Navy in the waters and fjords off the coast of Bergen, Norway.

TG 21-1 supported the training and qualification of NATO future submarine commanders, while enhancing the surface and under-water warfighting skills of 11 participating warships and submarines from six Allied nations: Canada, Denmark, France, Germany, the Netherlands, and Norway.

These vessels were joined by numerous smaller aircraft and helicopters, including the embarked maritime helicopter air detachments on board the SNMG1 flagship HMCS Halifax, and the Danish HDMS Hvidbjørnen.

These training exercises were designed to increase Allied readiness and interoperability, as well

as the capability to conduct various high-intensity operations in the challenging Norwegian littoral and Arctic environment, which consists of high mountains and narrow fjords.

"Our aim is to provide first-class training within Anti-Submarine Warfare (ASW), as well as realistic scenarios for submarines," said Rear Admiral Rune Andersen, Chief of the Royal Norwegian Navy. "It is vital that we develop and maintain our basic warfighting skills, and that we do it together. The participation of SNMG1 adds value and improves the quality of the training."

During TG 21-1, NATO was represented by *Halifax*, German Navy tanker *Spessart*, French Navy frigate *Latouche-Tréville*, and Royal Norwegian Navy frigate *Fridtjof Nansen*.

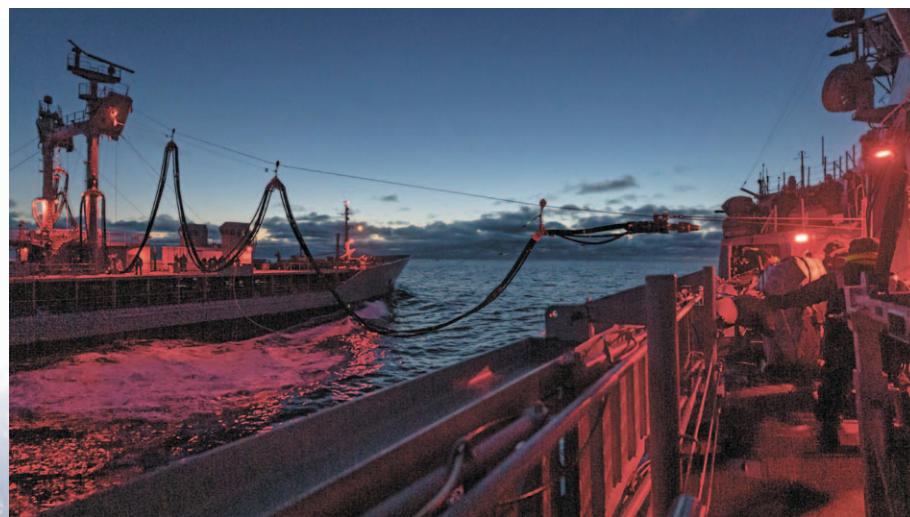
"TG 21-1 provided excellent and unique training opportunities for SNMG1, especially with respect to validating our ASW tac-

tics, techniques, and procedures," said Commodore Bradley Peats, Commander of SNMG1. "It was a privilege to have taken part in such a robust training exercise that is renowned as being among the very best in the world. These exercises clearly demonstrate NATO's collective capabilities and responsiveness to a continuously evolving security environment in the region."

As TG 21-1 was conducted during the ongoing COVID-19 pandemic, strictly enforced health protection measures and other mitigation protocols were put in place to reduce the risk of COVID-19 infection among participating vessels, and any resulting impacts on opera-

tions and training. This included hosting a virtual pre-sail conference and prohibiting non-essential physical interaction between foreign crews and local assets. When such interactions were deemed necessary, mask wearing, physical distancing, and other measures were employed to the fullest extent possible.

Following TG 21-1, SNMG1 will participate in the annual NATO exercise Dynamic Guard 21-1 that focuses on air defence and electronic warfare. Dynamic Guard 21-1 is a week-long exercise linked with TG 21-1 which began Feb. 22 in the coastal area north of Bergen around the Fedje island.



HMCS Halifax and German Navy Tanker FGS Spessart conduct a night time RAS in the Norwegian Sea on Feb. 11.

Royal Norwegian Navy Frigate HNoMS Fridtjof Nansen and Royal Norwegian Navy Submarine HNoMS Uredd "Fearless" participate in a submarine commanding officer qualifying course serial in the waters and fjords near Bergen, Norway, on Feb. 10.

Photos by S1 Bryan Underwood





## WITH LIEUTENANT-COMMANDER MAUDE OUELLET-SAVARD CAPTAIN ON BOARD HMCS BRANDON

**T**his Q&A features *HMCS Brandon's* Commanding Officer, Lieutenant-Commander Maude Ouellet-Savard. The ship is currently deployed on Operation Caribe. LCdr Ouellet-Savard assumed command of the ship in July 2019.

**Are you the first person in your family to be in the military?**

Yes, to the surprise of my family as they did not expect me to join. And I'm still in 20 years later because I love the sea!

**Where was your favourite place to sail in your career?**

Croatia and Thailand were two very different areas I sailed to, but very beautiful in their own ways. I had great experiences there in 2008. I had a chance to go back to Croatia two more times after that and it was still as amazing.

**What's your favourite smell on ship?**

When the cooks make fresh bread, it's a comfort smell that reminds me of home. And I can't say no to homemade bread!

**What's your favourite part about the job?**

There's something new every day, there's no monotony at sea. There are always new people, new challenges, new tasks. It's never boring.

**What is your favourite activity to do in free time while at sea?**

I like to be creative and do things that take my mind away from work. I've done painting, crocheting, and drawing, anything that allows me to disconnect and relax, but still allows me to answer the phone every few minutes.

**How did you get such an excellent crew on board?**

A bit of luck at the beginning, but really just great people attracting great people. I think we've gained a good reputation for having good morale on board by fostering a welcoming environment that people are attracted to.

**What motivates you to be the Captain of the ship?**

It's a goal that all Naval Warfare Officers look forward to: having a crew and executing a mission together; it is great motivation to keep going and keep pushing through the ups and downs of the job. It's a lot of responsibility as the team relies on me to make the best decisions for the ship and crew's well-being. On the other hand, the reward of seeing sailors grow, and the crew as a whole succeed, makes the challenge worth it!

**What was the hardest thing you've had to do in your career?**

As a Navigation Sea Trainer for Flag Officer Sea Training with the Royal Navy, I had to maintain situational awareness and navigation safety during various training scenarios when embarked on ships from all over Europe and beyond. In English speaking ships I could easily manage, but it became a lot more complicated when bridge teams spoke German, Dutch, Norwegian or Portuguese. Speaking French became very useful when training with the Belgian Navy.

**Why did you choose to join the Navy in particular?**

Because I fell in love with being at sea when I was on a boatswain course with sea cadets. I decided then to seek out navigation as a

career. My neighbours in Quebec City, a service couple, introduced me to the military and encouraged me to join. Opportunities for women in civilian shipping companies were limited at the time and I'd seen a few women go through military college already, so I was swayed towards that path. Being from Quebec City, with the base at Valcartier nearby, there was a strong military community. Sea Cadets were also a great launching platform to introduce me to basic naval skills that piqued my interest.

**What do you miss the most when you're at sea?**

My bed at home without the phone ringing!

**What's the first thing you do after a long sail?**

I grab a bowl of Island Poke and get a good night's sleep.

**What's one interesting thing about you that most people don't know?**

My first ship ever was *HMCS Brandon* during my Maritime Surface and Subsurface training. It was also the first time I sailed with my best friend Lieutenant-Commander Nadia Shields (current Commander *HMCS Saskatoon*). We met at Royal Military College and our careers have intersected ever since. It's amazing to be the Captain of the same ship where I first started sailing with the Navy and my best friend, and the fact that we're now both Captains on the same mission for Operation Caribe.

**Are the Maritime Coastal Defence Vessels safe to deploy on this operation?**

They definitely are. With all the training our crew has completed,

and the versatility of the platform, it's extremely well suited to conduct this type of mission.

**Why is this mission on Operation Caribe important?**

It's all about the way we can make a contribution to Canadians' and North Americans' safety and security by interrupting the flow of illicit trafficking in the region.

**How many seas have you sailed?**

Based on Greek literature I've travelled six of the seven seas, having missed the Caspian Sea. For Medieval Europe I've done all of them. Based on modern classification of the seas, I still have a lot of travelling to do! I've circumnavigated the world in the Northern Hemisphere, but the southern seas remain uncharted territory for me.

**What are the top highlights of your career in the Royal Canadian Navy?**

Circumnavigating the globe on *HMCS Calgary* in 2008. Navigating her Majesty the Queen for International Fleet Review on *HMCS St. John's* in 2010.

Taking command of *HMCS Brandon* in 2019 and the opportunity to deploy on Operation Caribe with my team.

**Were you ever in a situation of real danger on a ship?**

The biggest threat I've faced is weather was a super typhoon called Jangmi; it was a category five hurricane in Asia in 2008. Acting as navigator for the ship, we were transiting back from Operation Altair en route to Japan when Jangmi was making its way towards China. It was nerve wracking because I was



very junior and responsible for the ship's navigation. It was a great learning opportunity for me to push through those challenges and safely navigate the ship back to Victoria.

**How many times have you said "make it so"?**

Routinely as a junior officer while conducting colours and sunset ceremonies. If you ask me how many times I've said "yes please" that would be many times a day!

Operation Caribe is Canada's participation in U.S.-led enhanced counter-narcotics operations in the Caribbean Sea and the eastern Pacific Ocean. Under this operation, Canadian Armed Forces ships and aircraft deploy to the region on a rotational basis to support the U.S. mission to suppress trafficking in international waters and airspace. The operation has been ongoing since 2006 and has seen many successful drug interdictions.

*My favourite part about the job? There's something new every day, there's no monotony at sea. There are always new people, new challenges, new tasks. It's never boring."*

SISTER SHIP HMCS SASKATOON, SAILING WITH BRANDON ON OP CARIBBE



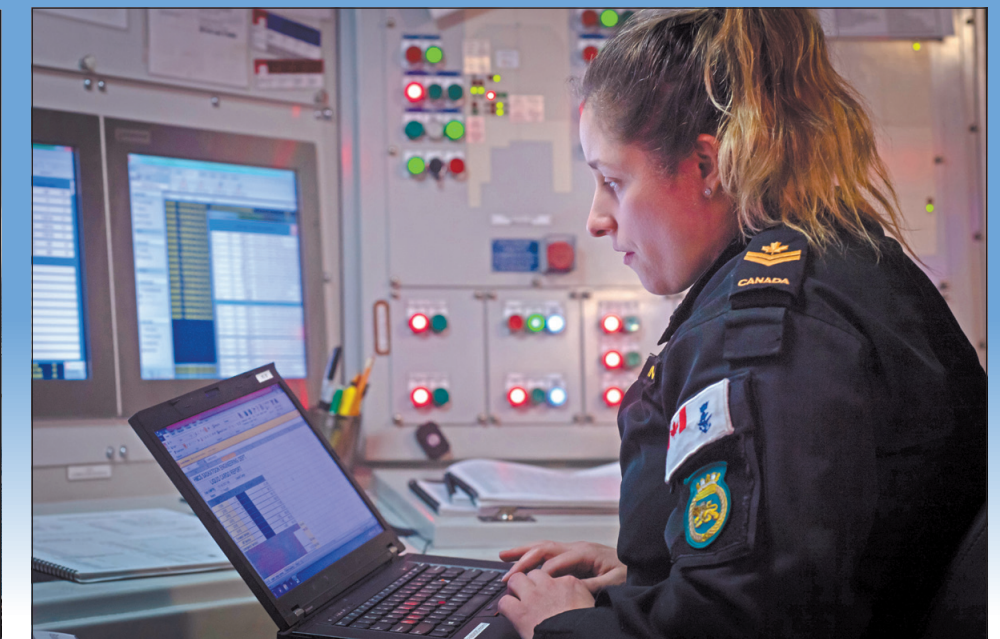
Lieutenant Commander Nadia Shields, Commanding Officer of HMCS Saskatoon, examines the sea state before departing on Operation Caribe with HMCS Brandon.



LCdr Shields prepares her ship for departure Feb. 18.



HMCS Saskatoon sailors wave farewell to those on shore.



A Marine Technician aboard HMCS Saskatoon creates a fueling report for the officer of the watch.

Photos by Op Caribe Imagery Technician, HMCS Saskatoon, Canadian Armed Forces



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Featuring musicians from Canada, Australia, and the United Kingdom, the concert will include the traditional hymn "The Crown that Fadeth Not", Meghan Trainor's "All About That Bass", and the "March of the Cobblers" by Bob Barratt.

Fourteen sea, army, and air cadets from B.C. will represent Canada in this unique concert that brings together young musicians from around the world. Join the watch party on the B.C. Cadets Facebook page, and check there for an access link after the event or type in <https://www.facebook.com/events/1040939569728283/>



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Sgt Phillip Safire, William Hall's great, great, great nephew addresses those present for the keel laying of the future HMCS William Hall.

Photo by  
Cpl Renzo  
Ruiz Haas,  
Canadian Armed  
Forces Imagery  
Technician



## Ceremony marks keel laying for future HMCS William Hall

**Ryan Melanson**  
Trident Newspaper

The fourth Arctic and Offshore Patrol Vessel (AOPV) being built for the Royal Canadian Navy (RCN) has now entered full production, marked by a keel-laying ceremony on Feb. 17 for the future HMCS William Hall.

Following public health directives, including respecting physical distancing and mask wearing, a small group of sailors, shipbuilders, and community members gathered at Irving Shipbuilding's Halifax Shipyard for the occasion, which had the added significance of taking place during Black History Month.

Petty Officer William Hall was the first Black person and the first Nova Scotian to be awarded the Victoria Cross. His heroic actions as a crewmember of the Royal Navy ship HMS Shannon during the 1857 Relief of Lucknow, India, are well documented. This led to his selection as one of six Canadian naval heroes to serve as namesakes for the navy's newest class of ships.

The shipbuilder invited representatives from the East Preston Empowerment Academy, a Halifax-area organization offering trade apprenticeship programs and other education opportunities in that predominantly African Nova Scotian community, to attend the keel laying. They were joined by Rear-Admiral (RAdm) Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic (MARLANT/JTFA), Irving Shipbuilding President Kevin

Mooney, and provincial African Nova Scotian Affairs Minister Tony Ince, along with small groups from the MARLANT and Irving teams.

The keel laying is a naval tradition that, in modern times, involves welding a coin into a large piece of the ship's frame – the gesture is meant to provide good luck and safety to the ship and those who will eventually crew it.

For the future HMCS William

Hall, responsibility for laying the coin was shared between RAdm Santarpia and shipbuilders Tyrell Young, a participant in the Pathways to Shipbuilding program for African Nova Scotians, and Macey Rolfe, who is enrolled in a similar program aimed at recruiting women to the trades.

The coin itself is a limited edition Silver Dollar from the Royal Canadian Mint, created to mark the 150th anniversary of the

Victoria Cross in 2006. A second coin of this mintage will eventually be presented to the Commanding Officer of the ship, to be displayed on board for the life of the future HMCS Williams Hall's service.

The coin was placed in a box, laid onto the ship by RAdm Santarpia, and each shipbuilder placed one tack weld to make it secure.

Mooney then declared the keel to be "well and truly laid."

The future HMCS William Hall will be the fourth ship in the Harry DeWolf class. Its sister ship HMCS Margaret Brooke is in the water alongside the shipyard ahead of builder's trials later this year, while the future HMCS Max Bernays is just a step behind, with two thirds of the ship assembled on the jetty outside the Irving facility.

The first ship in the class, HMCS Harry DeWolf, was handed over to the RCN in July 2020, and has been sailing and conducting trials at sea ahead of an official commissioning later this year. It's expected all six AOPS will be delivered to the navy by 2024.

The new class of vessel was designed specifically to operate in Canada's northernmost waters, better equipping the RCN to assert Canada's Arctic sovereignty for years to come, and is also versatile enough to contribute to a variety of international operations, including humanitarian and research missions.



**HARRY DEWOLF AT SEA**  
Civilian contractors conduct ice measurement operations alongside HMCS Harry DeWolf during cold weather trials near Frobisher Bay on Feb. 20.

Photo by Corporal David Veldman,  
Canadian Armed Forces



The keel laying is a naval tradition that, in modern times, involves welding a coin into a large piece of the ship's frame.

The coin was placed in a box, laid onto the ship by RAdm Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic.

Photo by Cpl Renzo Ruiz Haas, Canadian Armed Forces Imagery Technician





## A FOCUSED HOBBY

**Peter Mallett**  
Staff Writer

When Richard Paddle focuses his camera lens on Royal Canadian Navy warships and tugs, he sees majestic engineering marvels.

From the vantage of the shoreline, he captures them sailing to and from their home berth in Esquimalt Harbour.

The amateur photographer, 67, has even sailed aboard one - *HMCS Winnipeg* - for a day sail.

"I am a proud Canadian and love the work those men and women aboard our ships do to protect our country," he says. "I know they have demanding jobs and I respect the work they do."

Which is why he devotes a lot of time at Fort Rodd Hill, Esquimalt Lagoon, and Ogden Point in hopes of taking the perfect shot of their grey hulls with the recognizable Pacific Northwest landscape in the background.

One photo recently served as inspiration for marine artist Christina Morrison's painting of CFAV Tillicum.

"His shots of the tugboats and navy vessels are awesome, and he was more than willing to help me with my art project," says Morrison.

He's been at this hobby for 17 years, developing his skill and growing his equipment.

"I started with a little point and shoot then went to a Canon Rebel soon after. I now use four cameras: two Canon 7D Mark II, a Canon 5D Mark II and a Canon 50D. Each has its purpose, so I don't have to change lenses all the time. The 5D is set up now for astrophotography which I'm starting to play around with."

Over time, he has amassed over 200,000 images.

"I'd be lost without photography, it's my outlet in life. I love nature, the outdoors, and the spontaneous road trips where I just jump in the car and go."

On those trips he finds the beauty in inanimate objects such as abandoned trucks in overgrown fields, weathered metal and wood of unused trestles, covered bridges with their greying wood panels, and towering lighthouses overlooking the ocean.

Several of his photos featuring B.C.'s coastal beacons were featured in: *To The Lighthouse, An Explorer's Guide to The Lighthouses of Southwestern BC*.

He's taken the best of his photos and placed them on a website for all to enjoy. While he doesn't do photograph as a business, he is willing to share an image with an interested viewer.

For a close-up look at his photography visit paddle's website [www.richardpaddlephotography.com/](http://www.richardpaddlephotography.com/)



**Top Left:** Local photographer Richard Paddle aims his camera at Esquimalt Harbour. Over the years he has photographed dozens of navy vessels along with a wide range of other subjects.

**Top Right:** A photograph of Queen's Harbour Master tug boat CFAV Tillicum.

**Middle:** An image snapped of training vessel PCT Caribou.

**Bottom:** A Sea King helicopter prior to its retirement, nicknamed Lucky Louie flies over Fort Rodd Hill.





» PROFILE

## Robert Cook (CPO2 Retired) Personnel Administration Officer

### 2Lt Jamie Boparai Base Administration

Robert Cook has been serving his country from the day he was born.

The retired Chief Petty Officer Second Class (CPO2), who currently works as a Personnel Administration Officer in Base Administration, was born in West Germany into a military family.

"My father spent 27 years in the Royal Canadian Air Force. He was an Electronics Technician and served in France during the Second World War. I was born in West Germany in 1965 where my father was stationed at the time."

Three years later, his father was posted to Montreal and Canada became home. At 18, he felt the call to serve and joined the Canadian Armed Forces.

"My father always spoke fondly about the Air Force and all the good times he experienced. So, I found it quite funny that my two brothers and I joined the Royal

Canadian Navy."

He joined as a Radar Plotter, now known as Naval Combat Information Operator (NCIO), in 1983 and stayed within the trade until his retirement in 2021.

"I chose that trade because it looked interesting and challenging. I liked working in the Operations Room, the heart of the ship, that gathers information from several sources and puts together the tactical picture so Command can make life and death decisions."

It takes a certain type of person to be a successful NCIO, he says.

"Working with so many people in a small area on something so important. You need to be able to communicate clearly and effectively so you are understood. In the Operations Room, you need to be able to approach others and be approachable to get the job done."

Having a sense of humour is also a great asset, he adds.

"It is needed at times to break up the long chaotic hours we spend in

that close environment. The stress level can get pretty high and having a sense of humour helps bring those levels down so everyone can carry on with the job at hand."

After rising to the rank of CPO2 and being a member of the CAF for over 38 years, Cook decided to call it a career. But he wasn't done serving his country. In February 2021, he became a public servant, filling the new role of Base Administration's Personnel Administration Officer.

He supervises a mix of civilian and military personnel, and support staff – about 40 employees in total. His work includes assigning tasks, approving leave, verifying work, ensuring work standards are met, recommending training, coaching, monitoring, and assessing employees' performance.

"My short-term goals are to learn and understand my role and responsibilities and my long-term goal is to continue to make Base Administration a great place to work for all."

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## RQS3 Boatswain Graduation Ceremony

Certificates and awards were presented by Lieutenant-Commander Michael Erwin, Commander of Naval Fleet School (Pacific) Seamanship Division on Feb. 17.

Photos by Sailor First Class Sisi Xu, MARPAC Imaging Services, Esquimalt



Sailor Third Class Ben Wells receives the Top Student award.



Sailor Third Class Matt Lupul receives a Certificate of Military Achievement.



Sailor Third Class Jasper Sheridan receives a Certificate of Military Achievement.



Sailor Third Class Travis Coleman receives with a Certificate of Military Achievement.



Sailor Third Class Christopher Lefebvre receives a Certificate of Military Achievement.



Sailor Third Class Josephine Huberdeaur receives a Certificate of Military Achievement.



Sailor Third Class Tamara Statham receives a Certificate of Military Achievement.



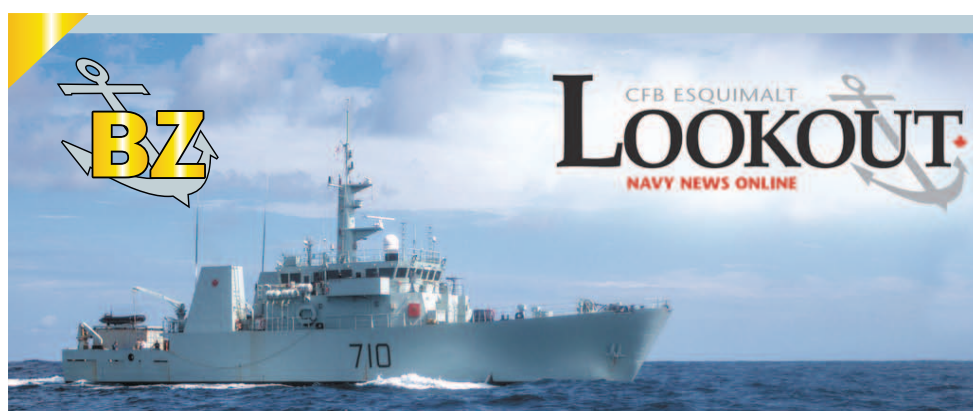
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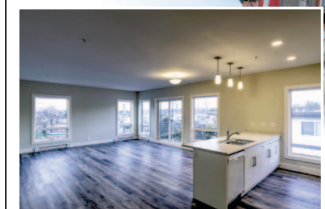
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