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CALGARY AT SEA



S2 Michael Moores conducts a refueling at sea with Her Majesty's Australian Ship Sirius in the Indian Ocean during Operation Projection on April 8.

Photo by Captain Jeffery Klassen, HMCS Calgary, Public Affairs Officer

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HMCS OTTAWA IN HOME STRETCH OF REFIT

Peter Mallett
Staff Writer

The youngest frigate of the Royal Canadian Navy, *HMCS Ottawa*, is nearing the final months of its extended refit.

The work period began in March 2020 when the ship was handed over to Seaspan Victoria Shipyards through the Government of Canada's Assistant Deputy Minister (Materiel).

Ottawa is expected to return to the Dockyard side of the harbour in September with assistance from Queen's Harbour Master tugs. Following some final installs by Fleet Maintenance Facility Cape Breton, the ship will then rejoin the fleet.

"Presently *Calgary*, *Winnipeg* and *Regina* are doing much of the heavy lifting while *Ottawa* is in refit," says Cdr Samuel Patchell, *Ottawa's* Commanding Officer. "When *Ottawa* returns to the fleet this fall, we will need to assume the reigns as the high-readi-

ness operational [vessel] so that *Regina* and *Calgary* can go into refit."

Some of the work focuses on the preservation of the hull and engineering systems.

"As *Ottawa* is the youngest of the frigates, it did not require the extensive amount of hull plating replacements as was the case for *Vancouver* in its recent refit," said CPO1 Allen Hamilton, *Ottawa's* Coxswain.

Beyond some hull and deck plate inserts installed throughout the ship, the ventilation systems will be cleaned and inspected, and the HVAC upgraded. The ship will also receive the new Naval Remote Weapons System, a remotely-operated weaponized system that eliminates the need for an operator to be on the upper deck if the ship comes under attack.

Also, the vessel will be equipped with new Caterpillar Diesel Generators, a new chilled water system, and an updated ship's Integrated Platform Management System.

Some of the work performed by Fleet Maintenance Facility Cape Breton will

include the install and reactivation of weapon systems, the install of previously removed equipment from the ship, and the load testing on hard points and lifting appliances.

In May 2022, *Ottawa* is expected to enter single-ship readiness training with potential for deployment in early 2023.

CPO1 Hamilton lauded his charges for getting *Ottawa* ready for the handover in a timely manner and in unprecedented circumstances with the onset of the pandemic last spring.

"*Ottawa's* crew were able to completely de-store and perform a thorough cleaning of the ship with a minimum of support and then hand the ship over on April 27 of last year," he said.

With the absence of a ship, the crew has been busy supporting the fleet with a myriad of tasks: serving as Force Protection jetty sentries, sailing Patrol Craft Training Unit Orca's, and making up personnel shortages throughout the fleet.

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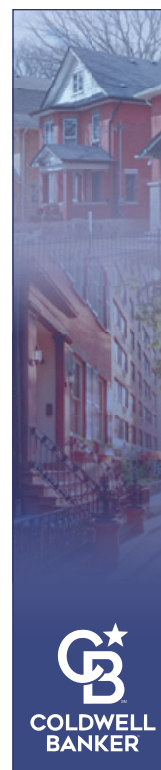
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HMCS CALGARY CONDUCTS PORT VISITS ON OPERATION PROJECTION ASIA-PACIFIC

**National Defence /
Canadian Armed Forces**

HMCS *Calgary* recently completed the first part of its Operation Projection deployment to the Asia-Pacific region to conduct forward naval presence operations.

During this deployment, and in full respect of COVID-19 restrictions, *Calgary* conducted a number of port visits, including Brunei, Vietnam, and Singapore. These visits reflect the importance of bilateral relationships with members of the Association of Southeast Asian Nations. It also shows the enduring commitment to strengthening defence and security partnerships in Southeast Asia and



to working together to uphold the rules-based international order.

Calgary is now in the Middle East to participate in Operation Artemis, the Canadian Armed Force's contribution to Combined Task Force 150 (CTF 150). CTF 150, a multinational task force conducting maritime security and counter-terrorism operations in Middle Eastern waters, has been under Canadian leadership since January 2021.

Later this year, on its return to Canada, *Calgary* will transit back through the Asia-Pacific region and conduct additional port visits, as well as training, exercises and engagements with allied and partner navies.

SAILORS CLIP FOR CHARITY

DND / RCN

The Royal Canadian Navy crews of HMCS *Calgary* and Combined Task Force-150 on Operation Artemis have joined forces in support of the *Calgary's* namesake charity, the Calgary Foothills Burn Unit.

Calgary and crew are presently operating in the Arabian Sea with the Royal Canadian Navy-led CTF-150. The two teams comprise Operation Artemis, which is Canada's contribution to security in the Middle East. Through maritime security operations, regional engagements, and capacity building, CTF-150 and *Calgary* will work together to disrupt terrorist and criminal organizations' use of the high seas to smuggle weapons, illicit cargo, and narcotics, which they use to directly fund their activities. Their maritime operations take place in a region that has access to some of the busiest shipping lanes in the world.

When the two teams aren't busy busting smugglers on the Arabian high-seas, they will be auctioning off their beards, hair, and in the case of one submariner, a back-wax, in support of *Calgary's* namesake charity.

Although they are far from home, the combined crews want to make someone's day just a bit brighter back in Canada, even if it's just to laugh at their new not-so navy fashions.

To support the campaign, go to:
www.gofundme.com/hmcs-calgary-ctf-150-charity-campaign



LCdr Curtis MacAulay is pledging his beard.



LCdr Rob Harkins will also go clean shaven.



CPO1 Edward James will grow his hair.



Lt(N) Devin Matthews has pledged a back wax.



Maj Angela Orme will cut her curls.

"The burn care team is grateful for the collaboration with HMCS Calgary. We are truly thankful for the sailors' dedication to protecting everyone around the world. We are appreciative of their long-standing partnership with the Calgary Burn Unit."

— Tanya Miller, Manager
Foothills Medical Center

matters of OPINION

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WHAT SAY YOU



CANEX

Gives Back Volunteer Recognition Program

CFMWS

The National Volunteer Week theme for 2021, *The Value of One, The Power of Many*, reflects on the awe-inspiring acts of kindness by millions of individuals and the magic that happens when people work together towards a common purpose.

Since 2005, CANEX has supported volunteering in the military community through its Volunteers' Recognition Program, working with Military Family Services, the Military Family Resource Centre and, if requested, Personnel Support Program.

New this year, CANEX has created an opportunity to highlight the work of volunteers on bases across Canada on a national scale. People can nominate a volunteer to be featured in a monthly profile that will showcase their efforts, and the program they serve.

Nominations can be submitted at www.CAFconnection.ca/CANEXvolunteers

"CANEX understands this commitment and the time, talent, experience, effort and care that each volunteer has devoted to improving the lives and well-being of those who

serve," says Frank Rocchetti, Senior Vice President, CANEX/NATEX. "By funding the CANEX Gives Back Volunteer Recognition Program, CANEX will continue to fulfill its mission to improve the lives of military families, a mission that we share as a division of Canadian Forces Morale and Welfare Services and as a part of our military community."



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A PIECE OF NAVY HISTORY

HMCS Sackville model presented to NFS(A)

Joanie Veitch
Trident Newspaper

As the hull painting of HMCS Sackville neared completion in the submarine shed at HMC Dockyard in Halifax, a replica of the navy's memorial ship was being presented to Naval Fleet School (Atlantic). It is now showcased in a display cabinet in the foyer of the building, along with other naval artifacts.

"To have Sackville displayed here is fitting," said Cmdre (Retired) Bill Woodburn, Chairman of the Board of the Canadian Naval Memorial Trust, as he presented the replica to Cdr David Roberge, NFS(A) Commanding Officer, on April 1. "This ship represents so much to our navy. What we're trying to do is make Sackville a living memorial, not only to those who perished at sea in the past but to every sailor that serves today."

The model was built and gifted to the Canadian Naval Memorial Trust by LCdr (Retired) Darrell Kays, a retired submariner who was not at the event. Woodburn described him as having "an undying passion for submarines and the navy."

Woodburn touched on both the ship's history as a Flower-class corvette and its role escorting convoys of merchant ships safely during the Battle of the Atlantic.



Left to right: Cdr David Roberge, Commandant of Naval Fleet School (Atlantic), Capt(N) Sean Williams, Base Commander CFB Halifax, and William Woodburn, Chairman of the Board of Directors, Canadian Naval Memorial Trust, receive the replica of HMCS Sackville.

He also noted how Sackville and the corvettes contributed to Canadian shipbuilding during and after the war, creating a greater sense of identity for the Royal Canadian Navy as a whole.

"This ship represents the shipbuilding industry in Canada. Sackville and the corvettes were small ships that could be built at shipyards across the country and

that's what happened. A lot of us feel that it was with these ships that our navy began," said Woodburn.

Unlike other Flower-class corvettes, which were mostly scrapped following the end of the war, Sackville was converted into an oceanographic research vessel in the 1950s and remained in service until 1982. In 1983, the newly

formed not-for-profit Canadian Naval Memorial Trust took over guardianship of the ship and worked to restore it to its original design.

Today, the Canadian Naval Memorial Trust has about 1,000 members worldwide, mostly in Canada, the United Kingdom, and the U.S.

Since September of last year, Sackville has been in the submarine shed at Fleet Maintenance Facility Cape Scott for much-needed maintenance and repair, most notably cladding the rusted and thinning hull with quarter-inch steel plates up to one foot above the water line, work that began in 2018 and was completed this past winter.

Cdr (Retired) Gary Reddy, the ship's current Commanding Officer, said the final paintwork is nearing completion and Sackville will soon be ready to come out of dry dock and go back to its berth as a museum ship on the Halifax waterfront near the Maritime Museum of the Atlantic.

"Sackville is the last remaining ship of her kind. Just to be able to walk on the decks and touch the bulkheads, it's a physical piece of history. Everyone who visits or works on the ship feels that, and feels a sense of emotional attachment to her."

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Centenarian celebrates family reunion on birthday

Peter Mallett
Staff Writer

A Second World War veteran who was once part of a top secret code-breaking project recently celebrated her 100th birthday with a pair of parties.

Veterans Memorial Lodge resident Olive Bailey became a centenarian on April 10 and the celebration included gifts of cake, flowers, and a small bottle of sparkling wine. During the first birthday celebration of the day, a steady stream of well-wishers paid window visits to her outside the Saanich long-term care home's common room.

There was more than just her birthday to celebrate. She made a long-awaited trip to her son's home in Oak Bay for a small, socially distanced gathering with six close family members. It was the first time she had ventured away from her residence to be with family since the COVID-19 pandemic lockdowns began in March 2020.

"We thought the moment of having a real visit with my mother outside of the care home was never going to happen again, so it was truly wonderful," said her son Roger Bailey.

Several other family members connected to the party via Zoom to wish her a happy birthday.

Olive was vaccinated earlier this year. New provincial COVID-19 guidelines allow vaccinated residents to make brief trips outside the care home while under close supervision.

"It was a lovely visit, a quiet moment to spend some time with my family, but really not a party," she said.

Bailey has lived through many uncertain times where a normal way of life was curtailed. At the beginning of the Second World War, she worked in a factory making engines for Halifax bombers while studying mathematics at the University of London. She survived a direct hit on the factory, and had to be dug out from the rubble.

Then, in 1942, she was called up by M16, the British secret service, and began working at Bletchley Park as a code breaker. She was a member of a top-secret team assigned to break the German Enigma. She worked under legendary mathematician and computer science pioneer Alan Turing.

"He had a lovely sense of humour and we got along well," remembers Bailey.



Second World War veteran Olive Bailey celebrates her 100th birthday in the Oak Bay home of her son Roger Bailey on April 10.

Photos Courtesy Roger Bailey

Enigma was used to encode over 84,000 strategic messages sent to U-boats during the Battle of the Atlantic. Bailey worked on Turing's massive computer system, which eventually cracked the German's code. The breakthrough eventually turned the tide of war, giving the Allies the upper hand at sea and eventually on land. For decades Bailey kept secret her work and the pivotal role she played in bringing the war to an end.

Olive received the Bletchley Park medal for her service and more recently was awarded The Queen's Medal in recognition of her work.

"All of our calculations were done by hand," she said. "It was

really interesting work and it was all women doing it because the men had been called up [for service]."

It's no wonder birthday greetings came from far and wide. Some of them included hand-signed letters from Queen Elizabeth and the office of Canada's Governor General.

She met her husband Norman, a medical doctor of the Royal Air Force after the war in 1946 and moved to Moose Jaw with him after the war. The couple were married for 75 years and lived together at Veterans Memorial Lodge before Norman's death in September 2020.

Recently, she has been diagnosed with dementia, but she still likes

to paint and putter in a resident's garden at the Lodge. When asked about her big secret to longevity she was quick to respond.

"The secret is to be positive, make sure you write that one down," she said.

Bailey added that being among the first members of Veterans Memorial Lodge to be vaccinated was cause for the most celebration of all and helped extend her life.

"Getting vaccinated was the sensible thing to do and I look forward to the day I can visit all of my friends and family in person again."

Read more about other veterans living at Veterans Memorial Lodge at www.broadmeadcare.com/veterans-at-broadmead-care.



Olive Bailey reviews birthday greetings from her friends and family on the video communications app Zoom.



A young Olive Bailey in her birthplace of Berwick-upon-Tweed.



Olive and her late husband Norman Bailey. Norman worked as a doctor for the Royal Air Force when the two met in 1946.

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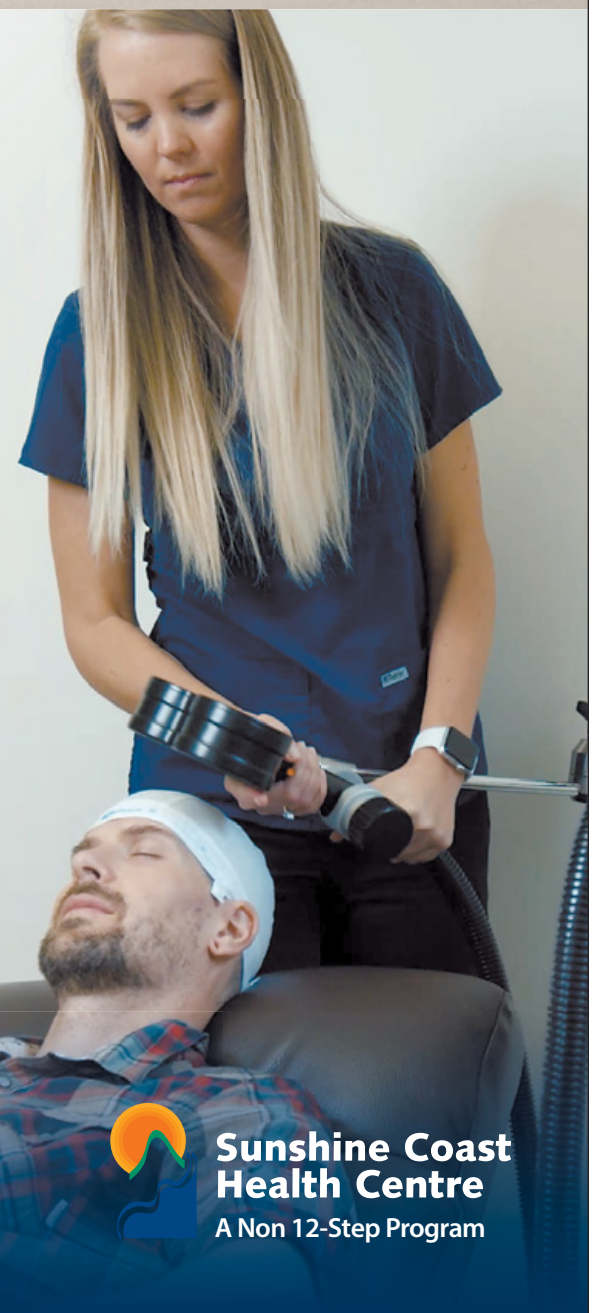
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OPERATION CARIBBE

ROYAL CANADIAN NAVY SHIPS SEIZE NEARLY USD \$44M IN ILLICIT DRUGS IN SUPPORT OF THE U.S. COAST GUARD

All Photos courtesy Operation Caribe Public Affairs



HMCS Saskatoon and the U.S. Coast Guard Southeast Law Enforcement Detachment prepare to intercept a target of interest on March 14.

HMCS SASKATOON’S SUCCESSFUL INTERCEPT

Just two days later, on March 23, the Senior NCIOP on board *HMCS Saskatoon*, a Master Sailor, logged a target report in the operations room.

“We took immediate action to inform all key players: the Law Enforcement Detachment (LEDET) Chief, the Operations Officer, and the Officer of the Watch. The ship took a new course to steer us in the direction of the target, as we simultaneously readied the boat’s crews and the LEDET 108 for the boarding.”

The target was initially reported by a USN P-3 Orion maritime patrol aircraft operating in the area. *Saskatoon’s* two RHIBs sped through the waters to intercept the suspected smugglers and the LEDET 108 conducted a Right of Visit boarding. Four suspected smugglers were found on board with contraband that later tested positive for cocaine and marijuana. In total, 250 kg of cocaine and approximately 45 kg of mari-

juana were seized, valued at nearly USD \$11M.

“In all aspects, this success can be credited to each and every member on board *Saskatoon*. From the communication between the operations room and the key players, the training of the boatswains and LEDET boarding team, to the cooks preparing meals – perseverance and professionalism were displayed throughout the entire evolution, making it a significant, safe and successful mission,” said the Senior NCIOP on board *Saskatoon*.

The USCG Cutter was then sent to rendezvous with *Saskatoon’s* location on March 24 to seize the contraband and detain the suspected smugglers. After the suspected smugglers and contraband were removed, their vessel was deemed to be a hazard-to-navigation.

All Royal Canadian Navy ships uphold the international maritime standard to keep the seas safe and are

required to destroy any hazard-to-navigation in order to protect mariners worldwide.

The vessel became a hazard-to-navigation and *Saskatoon’s* Commanding Officer ordered the use of C4 explosives to successfully conduct the first *Kingston-class* operational demolition, destroying the suspect vessel.

“I am very proud of the crew of *Saskatoon*, including USCG Law Enforcement Detachment 108, for their tireless efforts throughout Operation Caribe,” said LCdr Nadia Shields, Commanding Officer of *Saskatoon*. “It is because of their diligence and professionalism that we have been successful in demonstrating Canada’s interoperability and strong relationships with partner nations. Disrupting the flow of illicit narcotics destined for North America is one way that the Royal Canadian Navy supports Canadians at home.”

Captain Sarah Harasymchuk Operation Caribe PAO

It was Sunday, March 21 at approximately 2:30 p.m. (Central Time). It was quiet on the bridge. The ship was gently making waves, patrolling its assigned area of operations in the eastern Pacific. Suddenly, the radio crackled.

It was a U.S. Navy (USN) P-3 Orion maritime patrol aircraft reporting in. A suspicious “go-fast” vessel was in the area. *HMCS Brandon*, deployed on Operation Caribe, was well positioned to make an intercept.

The Officer of the Watch, a Lieutenant (Navy) Naval Warfare Officer immediately took action on the Commanding Officer’s orders to alter course and increase the ship’s speed to intercept the target.

“After I made the pipe to bring the ship to action, all the different parts of the ship’s company instantly came together to close-up on their respective stations,” said the Naval Warfare Officer. “Our success on this

interdiction is the result of the expertise and training of the team coming together seamlessly with both Canadian and international partners.”

Brandon quickly launched its two rigid hull inflatable boats (RHIBs) with members of the embarked U.S. Coast Guard (USCG) Law Enforcement Detachment (LEDET) 103, to conduct a Right of Visit boarding.

The Naval Combat Information Operators (NCIOPs) have an important role in the mission, monitoring radio traffic and passing on critical information to the Officer of the Watch on the bridge and the LEDET.

The on-watch NCIOP, a Sailor First Class, describes what happened.

“I started copying the information and confirming the details from the maritime patrol aircraft. As an NCIOP, I am the conduit for all the information coming in and passing it to the key players on the ship. I plotted the latitude and longitude to determine the position of the vessel. Being in the moment was phenomenal and super

exciting, to see what actually happens in real-time. I realized this was happening out of nowhere, but I knew what to do because all of my training kicked in.”

When the suspected smugglers detected the approaching law enforcement units, they began jettisoning what appeared to be multiple bales of contraband that were recovered by one of *Brandon’s* RHIBs. Meanwhile, the second RHIB intercepted the vessel with assistance from USCG Cutter Forward’s helicopter.

The USCG helicopter employed Airborne Use of Force on the non-compliant vessel. Warning shots were fired, followed by disabling fire to incapacitate the motors of the vessel and prevent it from fleeing the scene.

The USCG Cutter took custody of three suspected smugglers and 870 kilograms of cocaine, with a street value of approximately USD \$33M. The case has now been turned over to the USCG for further action and prosecution by U.S. authorities.

“The ship’s company of *Brandon* is proud to see mission success on Operation

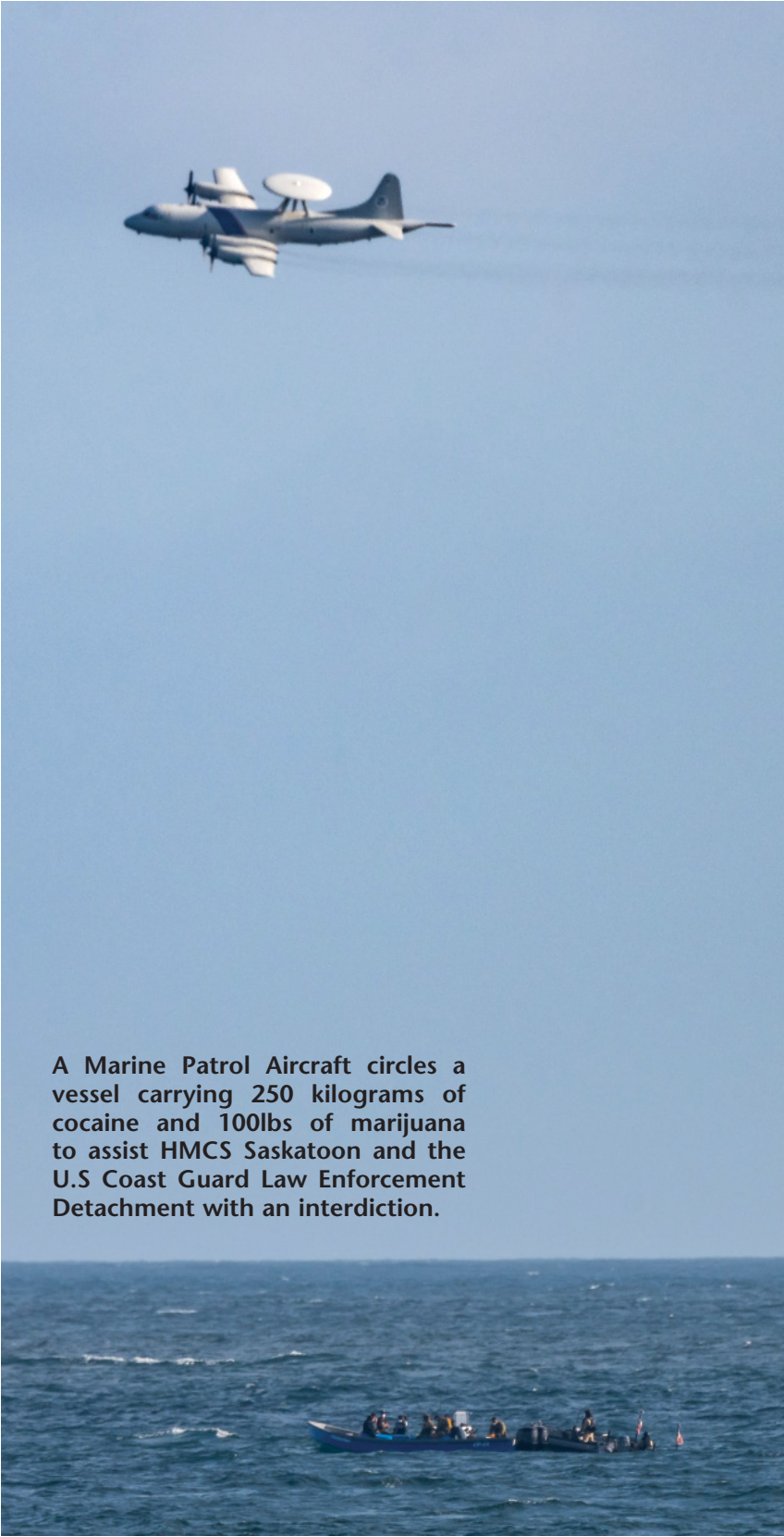
Caribbe in support of our allies, USCG Law Enforcement Detachment 103,” said Lieutenant-Commander Maude Ouellet-Savard, Commanding Officer of *Brandon*. “This is an example of what the Navy can do for Canada. It’s a mission that demonstrates the Navy’s capability in a tangible way and creates real results that we can all be proud of.”

HMC Ships Brandon and *Saskatoon* are currently patrolling in the eastern Pacific Ocean on Operation Caribe to support Joint Interagency Task Force South, which is responsible for the detection and monitoring of illicit trafficking in the eastern Pacific and Caribbean regions.

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 help disrupt illicit trafficking in international waters and airspace.



After securing the vessel carrying 250 kilograms of cocaine and 100lbs of marijuana, a member from HMCS Saskatoon prepares to perform a demolition of the hazard to navigation.



A Marine Patrol Aircraft circles a vessel carrying 250 kilograms of cocaine and 100lbs of marijuana to assist HMCS Saskatoon and the U.S Coast Guard Law Enforcement Detachment with an interdiction.



The Officer of the Watch on the bridge of HMCS Brandon tracks incoming radio reports from a maritime patrol aircraft during a drug interdiction on March 21. Photo has been digitally altered for operational security.



HMCS Brandon, in partnership with embarked U.S. Coast Guard Law Enforcement Detachment 103, seized 870 kilograms of cocaine in the eastern Pacific Ocean on March 21.

HMCS ESQUIMALT ANNIVERSARY

A/SLt Ty Pellerin
Base PA Office

SLt Michael Kazakoff woke up in his cabin at 6:30 a.m. as a torpedo from a German U-boat exploded.

He was one of the 71 crewmembers on board HMCS Esquimalt that had set out to conduct anti-submarine sweeps outside Halifax harbour on April 16, 1945.

"All I could see was a twisted mess of steel, with some glimmers of daylight shining through," said SLt Kazakoff in a report.

The U-Boat hit Esquimalt on the starboard side, and the ensuing explosion ripped a gaping hole in the starboard quarter, disabling the ship's power, and preventing a distress call.

As the Bangor-class minesweeper took on water, SLt Kazakoff removed his lifejacket to avoid getting caught in the jagged metal and began to crawl to safety.

He didn't have much time to get out; it took less than four minutes for Esquimalt to sink. It was the last Canadian ship lost during the Battle of the Atlantic in the Second World War. Forty-four crew members perished in the attack.

"It is difficult to imagine the horrors the crew of HMCS Esquimalt faced that day," says Capt(N) Sam Sader, CFB Esquimalt Base Commander. "Honouring the courage and sacrifice of those that served before us, especially on anniversaries such as this, is extremely important to our military community. By finding ways to remember in a safe and physically distanced way, we can keep their memory alive while acknowledging our responsibility to preserve the peace and freedom they fought to achieve."

Last Friday marked the 76th anniversary of the sinking of HMCS Esquimalt. Each year a ceremony is held in the Township of Esquimalt's Memorial Park. Due to the pandemic, the ceremony could not take place in its traditional form, but Capt(N) Sader, and CPO1 Al Darragh, Base Chief Petty Officer, laid a wreath at the cenotaph. Esquimalt Mayor Barb Desjardins, also laid a wreath at the cenotaph separately to mark the day.

"This is a very important event in our community, and we always

want to recognize it in whatever way possible," said Mayor Desjardins. "We want to acknowledge the family of the survivors, but also to acknowledge all the people in our community past and present that have served our country."

For the survivors of the initial torpedo attack, such as SLt Kazakoff, their ordeal had only begun.

When attempting to abandon the ship, the heavy list to starboard submerged the lifeboat before it could be released. The crew managed to release four Carley floats – an inflatable raft

common on warships at the time.

The remaining crew was stranded floating in sight of Halifax. The lack of any distress signals forced the crew to brave the cold waters for nearly six hours.

At 10:02 a.m. the ship was suspected of being sunk by a torpedo, and a search began. A crew of six members including SLt Kazakoff eventually signaled down a vessel sailing nearby, as well as HMCS Sarnia. Searching aircraft were able to relay the location of the remaining crew.

While many succumbed to the environment and injuries, 27 sailors were rescued.

The sinking of HMCS Esquimalt marked an end to the Battle of the Atlantic for Canada, the longest military campaign in the Second World War.



Captain (Navy) Sam Sader, Commander, CFB Esquimalt, and Chief Petty Officer First Class Al Darragh, Base Chief Petty Officer, lay a wreath at the HMCS Esquimalt memorial cairn on Friday to mark the 76th anniversary of the ship's sinking.

Photo: CFB Esquimalt Base Public Affairs

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PROFILE

SLt Denis Charlebois BTL/SUTL Officer Assistant

A/SLt Wen Guo
Base Administration

When SLt Denis Charlebois assumed the role of helping new junior personnel to navigate the basic training list, from their initial intake through completing all military and occupational qualifications, he enthusiastically embraced a role focusing on the needs of others and their personal administration.

With a background in the Army Reserve and then a Naval Warfare Officer, SLt Charlebois had to focus his mindset from operational to Human Resources as the Base Administration Basic Training List (BTL)/Subsidized University Training List Officer (SUTL) Assistant.

"It was challenging at first as I came from a combat and operation role as an Infanter and Naval Warfare Officer. I am used to being aggressive and assertive as I needed to command troops' attention during exercises or maneuvers. However, I must now be able to provide logistical support and help them wherever they need help."

In his new job, he draws on his years of military experience to ease the nerves of junior personnel, and educates them in military customs.

"I often explain to university students who are at various degrees of initial officer training how to manage their admin, to comprehend their roles and expectations as up and coming officers within the Canadian Armed Forces (CAF). For some, I

am their first point of contact in the military and how supportive I am to them reflects on how well the CAF cares for their members."

SLt Charlebois currently supports 125 BTL/SUTL military members, helping them achieve their training objectives and academic goals.

"I assist the BTL/SUTL Officer to manage members' tasking and training schedules. My job mostly involves passing critical information within the least possible amount of time to members that are currently under training or in a subsidized education plan. I help to educate SUTL students to adjust from being accustomed to civilian life to a military life."

His journey to Base Administration began in 1992 when he joined the Army Reserves (Lake Superior Scottish Regiment) as an infantry soldier. While he enjoyed the camaraderie of being an infantry soldier in the field and the military tactics, he needed to focus more on his growing family.

In 1994, he decided to release from the Army Reserves but the military stayed with him.

"After years of a 9 to 5 job, I found my self missing the pride I took in doing something special for Canada, and the comradery I developed in the Army. I decided to re-enroll in 2012."

This time, he joined the navy as a Naval Warfare Officer, inspired by his grandfather's work as a gunnery Petty Officer on a destroyer during the Battle of the Atlantic.



SLt Denis Charlebois

SLt Charlebois' most memorable experience as a Naval Warfare Officer was taking the ship's team diver's course and challenging his fear of sharks.

"The course is challenging and physical, but it was worth it to experience the ocean depths at 30 metres and gain another skill to help out on the ship."

COVID-19 has created some minor challenges for SLt Charlebois as he is limited to working with members via written correspondence vice face-to-face. It has provided an opportunity to improve his written communication skills and phone etiquette.

His adjustment from the hard sea and army trades has been successful according to one member - A/SLt Chris Kimmerly.

"He is always professional and yet approachable; he is great at helping me secure potential taskings that can grow my career as a logistician."

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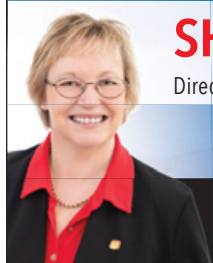


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HMCS Queen Charlotte fitness challenges keep reservists in ship shape

Joanie Veitch
 Trident Newspaper

Naval reservists at *HMCS Queen Charlotte* are getting more active, with some unit members lacing up their running shoes for road races or riding fat bikes in the snow this past winter.

The Naval Reserve unit is also planning a multi-day bike ride across the province in the coming months.

It's all part of a health and fitness initiative led by the unit's administrative officer, Lt(N) Michael Bergeron, well known to many for his juggling ability such as juggling while running, a talent that earned him a Guinness World Record.

A natural and enthusiastic athlete, Lt(N) Bergeron began thinking about what he could do to boost health and fitness levels at *Queen Charlotte* shortly after he arrived in July 2019.

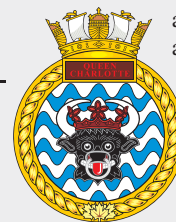
"On PEI, compared to every other province in Canada, we don't have PSP (Personnel Support Programs) so we don't have a gym here. When I was in Halifax I used to run a running clinic through the gym there, so when I moved here I was thinking about that and other ideas to increase overall fitness," he said.

Lt(N) Bergeron began a fitness challenge with participants receiving a set amount of points for different activities, such as running, cycling, rowing, or walking. With 25 points equalling a ballot, the more points collected, the better the chances to win a gift card in a monthly draw.

The challenge began in January 2020 before the COVID-19 pandemic hit and provincial public health restrictions shut down all group activity in the province, including for the Naval Reserve.

Lt(N) Bergeron restarted the initiative in October and said he's pleased to see an uptick in reservists getting involved.

"We're trying to reach those people who don't exercise regularly, the ones who do better with a challenge and when there's competition and some peer pressure. It's been good, we're seeing people getting out and being



active, and they are saying they're enjoying it and feeling better," said Lt(N) Bergeron.

An avid runner, Lt(N) Bergeron is on the board of the PEI Roadrunners Club and has been closely involved with planning and getting approval from Public Health to hold running events on the Island. This year the club staged their Freeze Your Gizzard run in February, with distances ranging from five kilometres to a half marathon, as well as a St. Patrick's Day run in March and Bunny Hop run over the Easter weekend.

Wearing both his Naval Reserve officer hat and Roadrunner president hat, Lt(N) Bergeron organized a contingent of reservists at each of the running events, all wearing blue shirts with the *Queen Charlotte* logo and name.

LCdr John MacDonald, Commanding Officer at *Queen Charlotte*, said the increase in activity has had a positive effect on the unit beyond the fitness benefit, especially this past winter, given the COVID situation.

"When winter hit this year, we all felt it, I think. I guess you'd call it the winter blues. But getting out and getting active, it really helped. Unit members are putting forward ideas now for other activities we could do. I think we're really moving in the right direction," he said. "It has really increased morale and given the unit a greater sense of cohesion, especially during a time when people have been more isolated and have had to stay inside more due to the pandemic."

Looking forward to the Navy Bike Ride, which is being held virtually this year from June 12 to Aug. 29, Lt(N) Bergeron and others from the unit are planning a multi-day "tip-to-tip" bike ride across PEI, totalling about 270 kilometres. Ten unit members have already signed up; Lt(N) Bergeron said, and he's hoping that number will continue to grow.

A contingent of naval reservists from HMCS Queen Charlotte took part in the Bunny Hop Run, organized by the PEI Roadrunners Club in April. The reserve unit has been promoting health and fitness activities through a fitness challenge for points and prizes.



RQPO2 Boatswain Graduation Ceremony

Lieutenant (Navy) Konnor Brett, Training Officer of Naval Fleet School (Pacific) Seamanship Division, presents certificates and awards during the RQ PO2 0004 Boatswain Graduation Ceremony on April 9.

Photos by S1 Sisi Xu, MARPAC Imaging Services, Esquimalt



Master Sailor Colleen Chartrand receives a Certificate of Military Achievement.



Master Sailor Joseph Darbison receives a Certificate of Military Achievement.



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Sailor First Class Brendan Gibson, from Maritime Forces Pacific Imaging Services, is awarded the Special Service Medal - Expedition for the 2017 Operation Projection deployment in HMCS Winnipeg. He received the medal at Duntze Head April 6 from Cdr Ellen Mariano, Commanding Officer Maritime Forces Pacific headquarters.

Photo by: Sailor First Class Victoria Ioganov, MARPAC Imaging Services.



CPO2 Richard Swann is awarded the Canadian Forces' Decoration level 2, for 32 years of services in the Canadian Armed Forces by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W).



Sailor Third Class Nicholas Tavenor is promoted to the rank of Sailor Second Class by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W).

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