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HMCS CALGARY RESCUES TURTLE

Sailor First Class Michael Sladic, a Boatswain aboard HMCS Calgary, returns to the ship after untangling a sea turtle caught in fishing nets in the Arabian Sea during Operation Artemis. Read the full story on page 3.

Photo by Cpl Lynette Ai Dang, Imagery Technician

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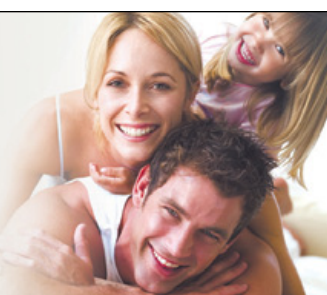
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MARPAC Change of Command Ceremony

SLt Joshua Ehnisz
MARPAC PA

The highest rank change of command for Maritime Forces Pacific took place on Friday, albeit a smaller affair than is the usual custom for such a prestigious occasion.

With many watching virtually, Vice-Admiral Bob Auchterlonie handed over command of Maritime Forces Pacific/Joint Task Force Pacific to Rear-Admiral Angus Topshee.

Overseeing the event virtually was Vice-Admiral Craig Baines from his Commander Royal Canadian Navy office in Ottawa.

VAdm Auchterlonie opened the ceremony by focusing on the challenges the Canadian Armed Forces are facing.

"In the midst of dynamic social and institutional change here in Canada and our armed forces, the trust and confidence

in leadership has been shaken," he said. "It all starts with respect, ensuring that we respect the dignity of our colleagues and our shipmates. As leaders, we are responsible and accountable to our shipmates for the environment they work in, and we must set the conditions for them to succeed and thrive. We talk all too often in a world where responsibility and accountability have become diffuse, sort of meaningless platitudes. We must bear responsibility for our institution at all costs."

VAdm Baines also weighed in, congratulating the Admiral for his work over the past few years.

"Maritime Pacific command is one of the most unique and challenging formation commands in the Canadian Armed Forces," he said, and then he went on to praise the leadership of Vice-Admiral Auchterlonie in generating countless ships for deployment and implementing positive change for the naval training system



Photos by S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt



Rear-Admiral Angus Topshee, Incoming Commander of Maritime Forces Pacific / Joint Task Force (Pacific) (MARPAC/JTF (P)), assumes command from Vice-Admiral Bob Auchterlonie, Outgoing Commander, during the Change of Command ceremony for MARPAC/JTF (P) on May 14.

and the Naval Reserve force. In addition, he acknowledged VAdm Auchterlonie's work managing the complex Submarine Force.

Vice Admiral Baines concluded by addressing Rear-Admiral Topshee.

"Angus, you are the right officer at the right time in the right place to bring meaningful change to our beloved Royal Canadian Navy...We cannot wait for change. The time is now, the moment is here."

Rear-Admiral Topshee thanked both officers for their kind words as he took command and remarked about the future.

"We are facing a climate crisis, a return to great power competition while emerging from a global pandemic. Trust in senior leadership is rightfully at the lowest it has been

since the height of the Somalia scandal in the 1990s; we have a lot of work to do to earn that trust back."

He summed up his vision moving forward in his new job.

"Let me give you a proactive vision of what we are trying to achieve. One that starts with our values for the military - that is to commit to duty, to serve Canada and Canadians. To put that service before ourselves, and be ready to help, ready to lead, and ready to fight while respecting the rights and dignity of every person. If you do not meet that test, you have no place in the Canadian Armed Forces."

He ended the ceremony with a final thought.

"I am confident we are up to the challenge."

With that, he took the watch and another great Navy Day was set into history.

VAdm Auchterlonie is moving to Ottawa for his next post as Commander of Canadian Joint Operations Command.

New tree planted

There is a beautiful new addition to the Admiral's Residence these days.

To commemorate a successful tenure as Commander MARPAC, and to thank the community and base for their hospitality, Vice-Admiral Bob Auchterlonie, his wife Tammy, and son Fraser (supported by personnel from Real Property Operations) planted a Dogwood tree (also known as BC's Flower). The Dogwood was selected to best represent the Admiral's roots in the Comox region.

It was also an opportunity to scatter the ashes of Abby, the Admiral's former Golden Retriever. Daisy was also in attendance to make sure everything went smoothly.

A number of past MARPAC Admirals have left their mark as well. Rear-Admiral Couturier planted a Sugar-Maple and Vice-Admiral Macdonald planted a Macintosh Apple. The trees and their commemorative plaques have created a living history throughout the grounds of the Admiral's Residence.



S1 Michael Sladic, a Boatswain aboard HMCS Calgary, untangles a sea turtle caught in fishing nets and garbage.



S1 Corey Ranville, Lt(N) Evan Park, and S1 Michael Sladic after rescuing the turtle.



HMCS Calgary saves sea turtle

Capt Jeff Klassen
HMCS Calgary PAO

Sailors from *HMCS Calgary* rescued a sea turtle in distress while on counter-smuggling patrols off the coast of Oman May 4.

The turtle was spotted by the ship's Navigating Officer, Lieutenant (Navy) Evan Park, struggling helplessly in netting and other debris.

He sought approval from Commander Mark O'Donohue, ship's commanding officer, to dispatch a small boat team.

"It's unfortunate, but we often see debris of this type at sea. I have made it a habit when on watch to take a closer inspection to see if sea life is in danger, when it's safe for the ship to do so," said Lt(N) Park.

Two boatswains from the small boat team spent 15 minutes delicately cutting the tangled

mess of lines that had wrapped around the sea turtle's body. Once freed, the turtle swam off to join other sea turtles that were circling the floating debris along with a large school of yellow tuna.

"It must have been out there for days. The nets had wrapped around it in many different places and had made little impressions in its skin," said Sailor First Class (S1) Michael Sladic, who, along with S1 Corey Ranville, set the turtle free.

Saving sea creatures in distress is not a mandate of Canadian warships but it is sometimes done.

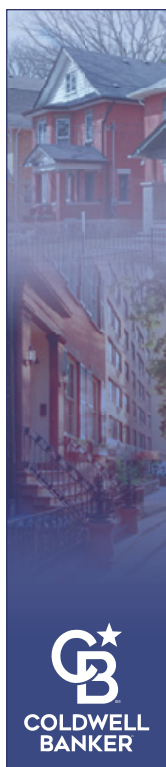
Calgary is currently deployed on Operation Artemis, patrolling Middle Eastern waters in order to conduct counter-smuggling operations. The purpose of the mission is to seize narcotics and other illicit goods that are used to fund regional terrorist and criminal organizations.

This work is done as part of Combined Task Force 150, a subsection of the multinational Combined Maritime Forces. *Calgary* has had several busts on its current operation, including the seizure of 1,286 kg of heroin – the largest heroin bust in Combined Maritime Forces history.

"In the navy, I'm driven towards the operational side of things, and the counter-smuggling work we are doing out here is awesome. That said, saving the sea turtle was something special. It was great seeing the crew get passionate about this, to see everyone rush to the upper decks. It's a career highlight for sure," said Lt(N) Park.

Calgary is deployed on Operation Artemis from April 15 until mid-June. On completion, it will sail to Australia and participate in Exercise Talisman-Sabre 21 with the United States, Australia, and other partners.

Photos by Cpl Lynette Ai Dang, Imagery Technician



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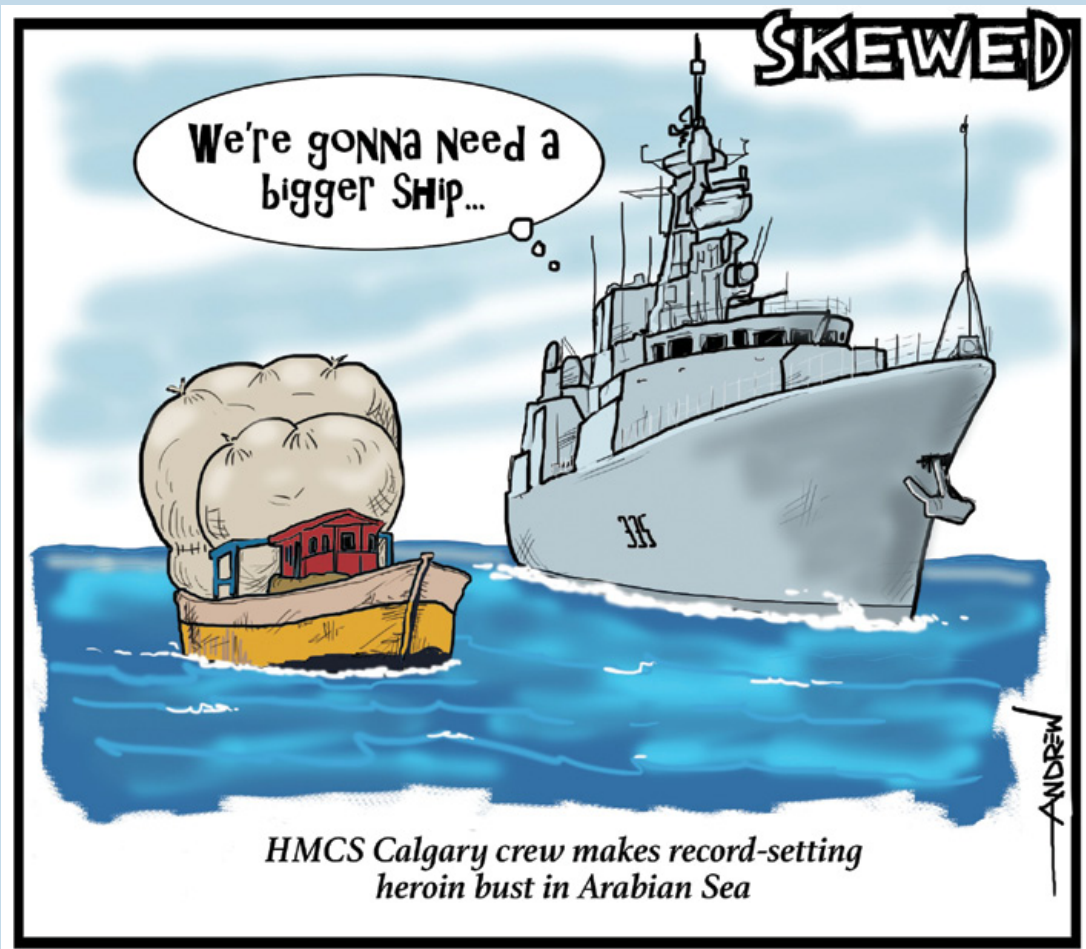
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WHAT SAY YOU



Lockheed Martin Canada Supports Military Family Mental Health

In recognition of Mental Health Week, led by the Canadian Mental Health Association, Lockheed Martin Canada has supported a variety of initiatives that celebrate, protect, and promote mental health.

Single Largest Philanthropic Donation

The past year was especially challenging for Canadian military families coping with the impact of the COVID-19 global pandemic. In response, Lockheed Martin Canada's single largest philanthropic contribution to date, \$300,000, was donated to programs supporting the mental health of over 500 youth (and counting) from military families across Canada.

Lockheed partnered with Canadian Forces Morale and Welfare Services (CFMWS), and local Military Family Resource Centres (MFRCs) in British Columbia, Alberta, Ontario, Quebec, and Nova Scotia, to support initiatives providing military families with tangible relief during a very challenging period.

"We are grateful to Lockheed Martin Canada for their unwavering support of military families in Canada," said Sean

Cantelon, CEO CFMWS. "These new programs and services go a long way in providing vital support for children and youth helping to ensure their resiliency."

Programs receiving support are:

National CAF Kids Crisis Text Line is dedicated to ensuring children, youth, and young adults from military families have free access to mental health and wellbeing support in both English and French. Powered by Kids Help Phone, kids text the keyword CAFKIDS to 686868 for mental health support.

Tranquility Online, a program partnered with the Halifax MFRC to teach life-long skills to military family members, helping parents and youth manage mental health during stressful or difficult situations.

Peer Support Network for Adolescent Girls is delivered fully online by Region of Montreal MFRC. The interactive information sessions and discussion groups cover a wide variety of topics like children's mental health in the context of the COVID-19 pandemic.

Imagination Library delivered by the

Esquimalt MFRC is a monthly book-sharing program, providing children ages 0-5 with a different book each month, in collaboration with Dolly Parton's Imagination Library - an international non-for-profit working to support enhanced education outcomes for children.

Imagination Library delivered by the Calgary MFRC provides a book-sharing program as well as counselling services for children and youth struggling with complex mental health challenges and tutoring for those with academic difficulties.



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Guest speaker to address military family relationships in a virtual seminar

Peter Mallett
Staff Writer

Spaces are filling up fast for the free presentation by renowned childhood development counsellor and author Deborah MacNamara.

She will deliver her online presentation May 27 at 7 p.m. The event is being hosted by the Esquimalt Military Family Resource Centre and will focus on relationships in a military family.

MacNamara is a best-selling author and director of the "Kids Best Bet" counselling centre. The centre provides educational training to adults involved with children and youth based on Dr. Gordon Neufeld's attachment-based, developmental model.

MacNamara focuses much of her work on how the desire for connections is a person's greatest need, and on the importance of adult relationships for children and teens, and how to protect these relationships.

Kelly Aucoin, Esquimalt MFRC Children's Services Coordinator, says MacNamara's offer to present is a coup for the base, military families, and educators within the community. She previously attended a presentation by the lecturer at a confer-

ence hosted by the Neufeld Institute and described it as an "ah-ha" moment.

"For me, her message on attachment and its connection to brain development was so powerful I felt compelled to have her speak to us on behalf of military families," said Aucoin. "She explains neuroscience and attachment in a way every parent can understand with some funny, relatable, real life stories. You will see your children in a whole different way after you hear her speak."

MacNamara has authored books on childhood development including *Rest, Play and Grow: Making Sense of Preschoolers (or anyone who acts like one)*, a best-selling book that has been translated into nine languages. The book explains young children through developmental science and the concept of "what every child wished adults understood about them." Her first children's picture book entitled *The Sorry Plane* focuses on respecting the feelings of children and supporting their emotional development.

For more information and to register visit the MFRC webpage:

<https://esquimaltmfrc.com/event/relationship-matters-building-strong-connections-with-kids/>



Deborah MacNamara



The MFRC recently hired a nameless, furry new employee. This teddy bear loves military families and desperately needs a name.

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Capt(N) Robinson ready aye ready to lead

SLt Joshua Ehnisz
Public Affairs Officer, MARPAC

Captain (Navy) Scott Robinson assumed command of the Royal Canadian Navy's Pacific surface fleet on May 8 as Rear-Admiral Angus Topshee was relieved.

The change of command ceremony took place on D-Jetty and was limited



Capt(N) Scott Robinson addresses those attendance.

to a small procession of guests in accordance with public health orders.

Vice-Admiral Bob Auchterlonie presided over the ceremony.

"It is a special moment for these two officers. A change of command ceremony is a time honoured event that is used to recognize the lawful exchange of command," he said. "These are challenging and difficult times for the Canadian Armed Forces. In the midst of dynamic social change, leaders need to lead, listen, empathize and act. Our challenges are great but you two are the right people to do this."

Rear-Admiral Topshee noted that during his time in command, his focus was readiness, risk, and resilience, and that fleet members had demonstrated skill, determination, and leadership.

The Pacific fleet, he said, has persevered deploying almost all its ships, and supporting operations globally throughout his tenure as commander. Only *HMCS Vancouver*, which returned from deployment weeks before he assumed command, did not deploy while he was in charge.

He welcomed Capt(N) Robinson into the post saying that being commander of the fleet is like being the manager for a Formula 1 team, not the driver.

"There are times when events trans-



piring on the track are out of your hands and that you will need to be reactive to the challenges present themselves."

Capt(N) Robinson, who is an avid Formula 1 fan, appreciated the reference and commenced his speech by mentioning he is only in the position of

commander of the fleet as an interim placeholder, "until further notice."

But, he looks forward to the challenges that await and reaffirmed he will keep the fleet ready to help, ready to lead, and ready to fight as he took the watch.

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ADMIRAL TOPSHEE - A PATH TO LEADERSHIP

S1 Charmaine Davison-Peer

Before taking Command of Maritime Forces Pacific last Friday, May 14, Rear-Admiral Angus Topshee reflected on the highs and lows of his 30-plus year career and how it was leading the Pacific Fleet amid a Global Pandemic.

Before his promotion to Rear-Admiral, then Commodore Angus Topshee sat at his sprawling desk at the Canadian Fleet Pacific Headquarters surrounded by memorabilia from his three-decade naval career.

He recounted his career with wit and honesty, bypassing the pat answers given by most.

Joining the Canadian Armed Forces in 1990 satisfied an itch to attend the Royal Military College of Canada (RMC), he said.

"I got it in my head that I wanted to go to RMC, not sure where I got that idea from. My parents were not particularly enthusiastic about me joining the military until they learned that RMC paid for your education and gave you a salary on top of it."

He joined as a pilot in the Air Force, but after 17 hours flying time in a Beechcraft Musketeer in his first summer of training, he was turned down. The suggestion, perhaps he should try something else.

That something else was a Training Development Officer at the height of the Force Reduction Program. To develop training, he says, he needed to experience training.

Army training in Gagetown was not available, so he was sent to Victoria to learn what MARS II (Naval Warfare Officer) training entailed.

"Next thing I know I am still in an Air Force uniform because I am an Air Force Training Development Officer and I show up to do MARS II, which confuses everybody, not least of which was the Commandant of the school who tore a strip off of my course training officer for not having me in the right uniform."

Navy training went well, so the young Topshee took a voluntary occupational transfer.

"On my third try, I got my third choice. It's worked out fairly well," he said, even though his heart was set on being a pilot.

"Not everything is going to happen, and when it comes down to aptitude, you either

have it or you don't. You can get upset about it, but you can learn from it."

In 1997, he joined his first ship, HMCS Winnipeg.

It was an incredibly formative experience, he said. He learned what a commanding officer is supposed to be, and to this day he is still shaped by that first Commanding Officer, Cdr Dave Hudock.

"I joined on a Thursday in February of 1997. We sailed for a NATO deployment the following Tuesday and we were gone for six months."

About six ships made up the NATO Task Force. To hone their skills, ship's crews did boarding exercises off the Strait of Gibraltar. NATO hired four merchant ships for them to find. The buzz of activity was all new to Topshee.

"I remember we were on the bridge as the second officer of the watch had us charging the wrong way up the traffic lanes at 25 knots, shining the xenon death ray at different ships and hailing them asking if they were our boats."

As a new sailor, he thought this was normal; it was not until he sailed in Winnipeg for a routine Task Group exercise after the deployment that he discovered it was not.

In 2003, he experienced the worst possible warship scenario while serving in HMCS Ottawa - a major engine fire.

The ship's emergency pipe woke him up. Thinking it was a planned man overboard exercise that had been piped incorrectly, he stormed on to the bridge.

"I put the headset on and the first report that came in was the Engineering Officer, calmest person in the world, and he simply said, 'Command HQ1 we have a major fire in the forward engine room, fitted system has been activated to no effect. Fire is out of control. I have two casualties in the MCR...'. And I'm like okay, so this is not a man overboard. I should really not be mad at the XO anymore."

He chuckled while he reminisced about those early formative years in his career. But he became solemn when asked about the hard times.

Losing a member of his crew in 2006 when he was executive officer in HMCS St. John's, he said.

"Losing a sailor as a member of the command team is one of the hardest things I experienced in my career. That's just not something you ever want to go through."

Silence ensued as he considered the weight of that moment, and then he turned the page to a highlight - 2007 in HMCS Toronto.

While Executive Officer on deployment, the ship rescued a Yemeni soldier struggling in the water. After they got him aboard, they learned he had spent more than 20 hours swimming, trying to avoid the eruption of a volcano on a nearby island where the Yemeni military was stationed.

From there, he bounced from posting to posting enhancing his skills and knowledge: Special Project Officer at NDHQ; Chief of the Maritime Staff Directorate of Maritime Strategy; Commanding Officer of HMCS Algonquin; partook in Joint Task Force Afghanistan as Director of Afghan National Police Training Operations for NATO; and Base Commander of CFB Halifax. After which he served in NORAD-NORTHCOM Deputy Director Strategy, Policy and Plans in Colorado Springs in 2016, and in 2018 as the Commander Canadian Fleet Pacific.

When asked how it had been leading an entire fleet during a pandemic, he recounted the beginning, in which he and the Admiral put the fleet to sea for 50 days. He spent a lot of time trying to figure out when it would be safe to bring people back alongside, as people just wanted to be with their families.

The two senior leaders talked about what "People First, Mission Always" really means, and how to find the balance between the two.

"We looked at what happened on the Theodore Roosevelt, and what happened on USS Kid where the coronavirus got on board and it had a real impact on that ship's company. We were worried about COVID-19 getting onto a ship."

"I can't simply say, you know what, the navy isn't in business anymore because of a pandemic. We still have a role; we still must be out there. We still have a mission to protect Canada, to generate forces, and to serve Canadian interests overseas."

Those who work closest to the Commodore, describe him as an empathetic and dynamic leader with a remarkable ability to empower his subordinate commanders.

"He is an extremely proud, joyful, energetic man who works tirelessly and sets the example for others," says Chief Petty Officer First Class Sylvain Jaquemot, who has since retired. "He is very well informed, researched, and his knowledge is always factual and truly inspiring. His calm demeanor and sense of humor are re-assuring to others, even through difficult times."

All of this will serve him well in his next position as Commander of Maritime Forces Pacific.



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Dr. Deborah MacNamara is a Clinical Counsellor and Developmentalist, on Faculty at the Neufeld Institute and Director of Kid's Best Bet, a counselling centre for families. She is author of the best-selling book *Rest, Play, Grow: Making Sense of Preschoolers* (or anyone who acts like one).

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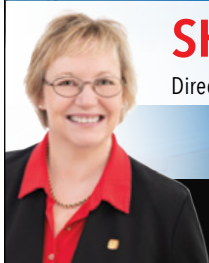
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Name the bear mascot contest launched

Peter Mallett
 Staff Writer

Esquimalt's Military Family Resource Centre (MFRC) has just enlisted a giant furry teddy bear to its ranks.

The new employee is described by MFRC staff as friendly and fuzzy with a gigantic head, belly and glasses, but sadly the bear doesn't yet have a name. To solve that problem a 'Name the MFRC Bear Contest' was launched May 10 and will conclude on May 31.

The winning entry will be determined by a panel of judges and will receive a package of gifts from the MFRC's Gifts From Afar program for military families.

"Most everyone has loved a teddy bear at some

point in their life," says Lisa Church, MFRC Community Engagement Manager. "A teddy bear is there for good times and when we need some comfort. The intention is to bring happiness, laughter, enjoyment, and comfort to our military families."

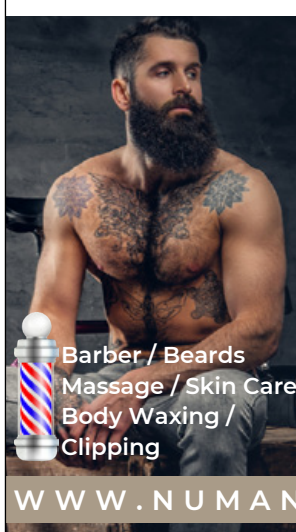
When health and safety protocols allow, the mascot will become a friendly face to greet children at special events.

The custom-made teddy bear was created by Sugars Mascots of Toronto. The bear measures a whopping 193 cm (6'4") in height with a massive belly and head that measure 190 cm (75 inches) and 157 cm (5'2") respectively.

Entries can be submitted between May 10 to 31 to contest@emfrc.com with the subject line: "Mascot Name."



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THE OLDEST AND THE YOUNGEST:

Colombian-born dad's dream leads him sailing with his daughter

S1 Ivan Vanegas Lopez, a Marine Technician aboard HMCS Calgary, stands with his daughter, S1 Susana Vanegas Tobon, a Human Resources Administrator aboard the ship.

Photo by Cpl Lynette Ai Dang, Imagery Technician

Capt Jeff Klassen HMCS Calgary PAO

It took seven years for Sailor First Class (S1) Ivan Dario Vanegas Lopez and his family to become Canadian citizens. Learning the language, job hunting, and trying to make friends were all the hardships the new immigrant family went through.

Finally, the Vanegas family walked out of their long-awaited citizenship ceremony in Montreal, Quebec, as full Canadian citizens. They were ecstatic and headed off to a restaurant to celebrate. But they didn't go straight there.

On the way, they stopped at a Canadian Armed Forces recruiting centre where mom and the kids sat in the waiting room as dad applied to join the Royal Canadian Navy (RCN). It was his lifelong dream, and it became an experience that inspired his daughter to join.

Another seven years have passed, and now Sailor First Class (S1) Ivan Dario Vanegas Lopez, 53, and his daughter S1 Susana Vanegas Tobon, 20, are serving together in the same Canadian warship - HMCS Calgary. It's rare for families to sail together in the same ship and it makes this deployment very special for the two of them.

The ship is currently sailing throughout Middle Eastern waters as part of the multinational Combined Task Force 150, combatting smuggling that is used to fund terrorism.

As a child in Medellin, Colombia, Ivan wanted to join the Colombian National Navy as an officer but his financial circumstances after high school led him to become an electrician. Over the years he married, had three children, and in 2007 they immigrated to Montreal. During his first months in the country, he attended

a job fair and saw that, if he became a Canadian citizen, he would be able to join the Royal Canadian Navy and fulfill his childhood dream.

While awaiting his citizenship, he continued working as an electrician, and when he applied to join the navy, it was as an electrical technician.

In 2016, at 49 years old, he was the oldest person out of all the platoons that year to graduate after basic training. Susana saw her dad's successes and was inspired to join the navy as a human resources administrator with the Montreal-based Naval Reserve Division HMCS Donnacona. When she graduated basic training in 2018, at 17 years old, she was the youngest person out of all the platoons that year.

When the chance to deploy with HMCS Calgary came up, she put her name in immediately and now father and daughter are sailing together during the ship's current seven-month deployment.

The two are happy to have each other for support, especially after the recent death of Susana's grandmother on her mother's side.

"I'm just so grateful to be able to be here for my daughter after the death of her grandmother. If she were alone during this time, it would be very difficult," said Ivan.

In 2021, one of the sons in the family, Acting Sub Lieutenant Sebastián Vanegas Pizarro, began his Basic Military Officer Qualification Course to become a Naval Warfare Officer. Mother Jenny Alexandra Tobon Alvarez is also considering joining the military.

"I feel that - for my family - it started off as my dad's dream and then it became every one of our dreams. If it wasn't for him, I wouldn't have joined. He inspired us all," said Susana.



Photo by Captain Jeffery Klassen, HMCS Calgary

S1 Susana Vanegas Tobon is a Human Resources Administrator aboard HMCS Calgary, helping members with pay and personnel support services.



Photo by Cpl Lynette Ai Dang, Imagery Technician

S1 Ivan Vanegas Lopez and S1 Jung Hwang, both Marine Technicians aboard HMCS Calgary, put away a fire hose after conducting firefighting response layout training during Operation Artemis.

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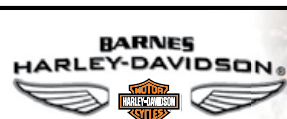
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Photo: CFB Halifax Formation Imaging Services

From left: Cdr Michelle Tessier, Cmdre Richard Feltham, and Cdr Nicole Robichaud sign documents marking the Change of Command for the future HMCS Margaret Brooke on April 30.

New commanding officer for future HMCS Margaret Brooke

Joanie Veitch

Trident Newspaper

Cdr Nicole Robichaud assumed command of the future HMCS Margaret Brooke on April 30, in a Change of Command ceremony presided over by Cmdre Richard Feltham, Commander Canadian Fleet Atlantic.

Cdr Robichaud, who is originally from Red Deer, Alberta, was Commanding Officer of *HMCS Moncton* in 2016 and Executive Officer with *HMCS Fredericton* from 2018 to 2020. She takes over leadership from Cdr Michele Tessier, who grew up in Grand Bank, Newfoundland and Labrador, and was given command of the future Arctic and Offshore Patrol Ship (AOPS) in 2017.

Cdr Tessier is retiring from the Royal Canadian Navy.

"It is quite unfortunate that you are not able to be the first Commanding Officer to take Margaret Brooke to sea after the four years you have dedicated to both the ship and crew," Cdr Robichaud said, directing her remarks to Cdr Tessier. "I will continue to forge ahead and build on the culture that you have created within Margaret Brooke, one of inclusivity, of positive space, of welcoming arms, and a place where people are happy and want to come into work."

In her farewell address, Cdr Tessier said she will watch the launch of the future HMCS Margaret Brooke "with a little jealousy and a ton of joy", adding that Cdr Robichaud is "exactly what this team needs, and I know I am leaving them in good hands."

Cdr Tessier also thanked the ship's company of HMCS Harry DeWolf, the first of the AOPS to launch, for welcoming her to their shore office

when she first arrived in Halifax in 2018, where she joked that she assumed "squatter's rights" while she tried to figure out what "the Pink Palace" meant.

"Through the past couple of years as Margaret Brooke's team has come together, you have been integral to our success in preparing for the delivery of the second AOPS, sharing lessons learned, providing tours and training, and taking our sailors to sea to earn the platform. Thank you so much," she said.

Cdr Tessier also received a Gold Service Insignia from Cmdre Feltham at the ceremony, in honour of the more than 1,460 days she has spent at sea during her 25-year career in the navy.

In an earlier ceremony — held before the latest round of restrictions were put in place in the province, with limited in-person attendance and livestreamed online — CPO1 Steve Clark took over the Coxswain position for the future HMCS Margaret Brooke from outgoing CPO1 Yves Dumont, who retired from the navy in January.

In his address to the audience, CPO1 Clark said becoming Coxswain of a ship has been a goal since he was a young sailor and first joined the navy, noting that he always looked up to his navy father, also CPO1 Clark or "Knobby Senior" who was Coxswain of HMCS Athabaskan before he retired.

Although the future HMCS Margaret Brooke and crew have faced setbacks that have caused delays to the ship's schedule over the past few years — including the ongoing Covid pandemic — CPO1 Clark said his words of advice to the crew are to continue to respect one another and to always take a positive view.

"You can look for negatives, but why?" he said. "Don't sweat the stuff you can't control."





MEET HMCS SASKATOON'S EXECUTIVE OFFICER DEPLOYED ON OPERATION CARIBBE

Captain Sarah Harasymchuk Operation Caribe PAO

Lieutenant (Navy) Blake Zazula is currently deployed on Operation Caribe as the Executive Officer on board *HMCS Saskatoon*. His role is to advise the Commanding Officer, oversee training on board, and ensure the morale and welfare of the crew.

Operation Caribe is Canada's participation in the U.S.-led enhanced counter-narcotics operations in the Caribbean Sea and the eastern Pacific Ocean. Naval warships and aircraft deploy to the

region on a rotational basis to support the American-led multinational mission to suppress trafficking in international waters and airspace.

Where was your favourite place to sail in your career?

Valparaiso, Chile. I had a chance to bring my road bike on our deployment and cycle around some of the cities that we visited. The historical downtown is beautiful, and the people were extremely welcoming, and I had awesome shipmates to tour around with me; it was a blast.

Would you rather be able to control the winds or the tides at sea?

Winds, no more tricky alongside. Wind can add a lot of complexity to an otherwise easy alongside.

What's your favourite smell on ship?

It's a tie between coffee and barbecue. We had a banyan (a barbecue on a ship), and I was drinking my coffee and helping the cooks with dinner, preparing burgers over a charcoal fire, that was a good smell day.

How did you get such an excellent crew on board?

We encourage all our leadership to actively get to know and care for their departments. Pandemics suck, and those gestures and words build understanding, which creates a positive culture. That really carried on after we started to sail again, it set the tone and made everyone feel welcome. To keep what we have going we need to talk. We encourage candor and honest feedback with positive intent on board, which keeps dialogue open and improves how we operate.

Why did you choose to join the navy in particular?

I had a mentor as a sailing instructor who was in the navy who sold me on the idea. I liked the ocean, I liked ships, I heard there would be lots of opportunity to travel so it seemed right up my alley. So far, so good; I would recommend it to a friend.

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

My wife and kids. My family brings me so much joy; that is by far the thing I miss most when I am at sea.

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

I am cooking dinner! I do the majority of the cooking when I am home and my wife, Liz, is very much happy to give up that responsibility.

What's your favourite part about your job?

I like fixing problems. Maritime Coastal Defence Vessels (MCDVs) have small crews that need to create a ton of capability for mission success, which means the little things matter as they can become big problems later. The Coxswain and I do our best to identify the small things before they become big things.

Are the MCDVs safe to deploy on this operation?

Absolutely! This operation works well for this platform. My biggest worries aren't platform based but based on the health and wellbeing of the ship's company; things like heat exhaustion and fatigue need to be managed all of the time.

Why is this mission on Operation Caribe important?

Every year partner nations intercept and seize millions of dollars of illicit substances. Disrupting trans-national drug organizations that have contributed to so much harm both at home and abroad is a critical part of the operation.



Lieutenant (Navy) Blake Zazula

HMCS Victoria Awards and Promotion

Bravo Zulu



S2 Nathan Bisson is promoted to his current rank by PO2 Naomi Mihalcheon (left) and LCdr Eric Isabelle, Commanding Officer HMCS Victoria.



PO2 Stephen Mahabir and S3 Kevin Ranger are awarded their Submarine Dolphins by LCdr Eric Isabelle, Commanding Officer HMCS Victoria.

Base Administration Promotion and Commissions



A/SLt Seung Jae Oh receives his commissioning scroll from Cdr Jason Barbagallo, Base Administration Officer.



2Lt Dominic Plante is promoted to his current rank by Cdr Barbagallo.



A/SLt JiHo Yun receives her commissioning scroll from Cdr Barbagallo.

Base Information Services Award and Promotion



CPO2 Mark Johnston is presented with the Canadian Forces' Decoration Second Clasp by Commander Nicholas Manley, Base Information Services Officer.



S1 Mila Prutovkyh is promoted to her current rank by Commander Nicholas Manley, Base Information Services Officer.

Bravo Zulu

MARPAC Promotions

Photos by S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt



Lieutenant Kathleen North (right) is promoted to her current rank by Captain (Navy) Julian Elbourne, Chief of Staff Operations Maritime Forces Pacific / Joint Task Force Pacific / Maritime Coordination Element (West), on April 30.



Petty Officer Second Class Jeff McConnell (center) is promoted to his current rank by Captain (Navy) Julian Elbourne, Chief of Staff Operations Maritime Forces Pacific / Joint Task Force Pacific / Maritime Coordination Element (West) (left), and Chief Petty Officer First Class Tim Blonde, Formation Chief Petty Officer (right) on April 30.

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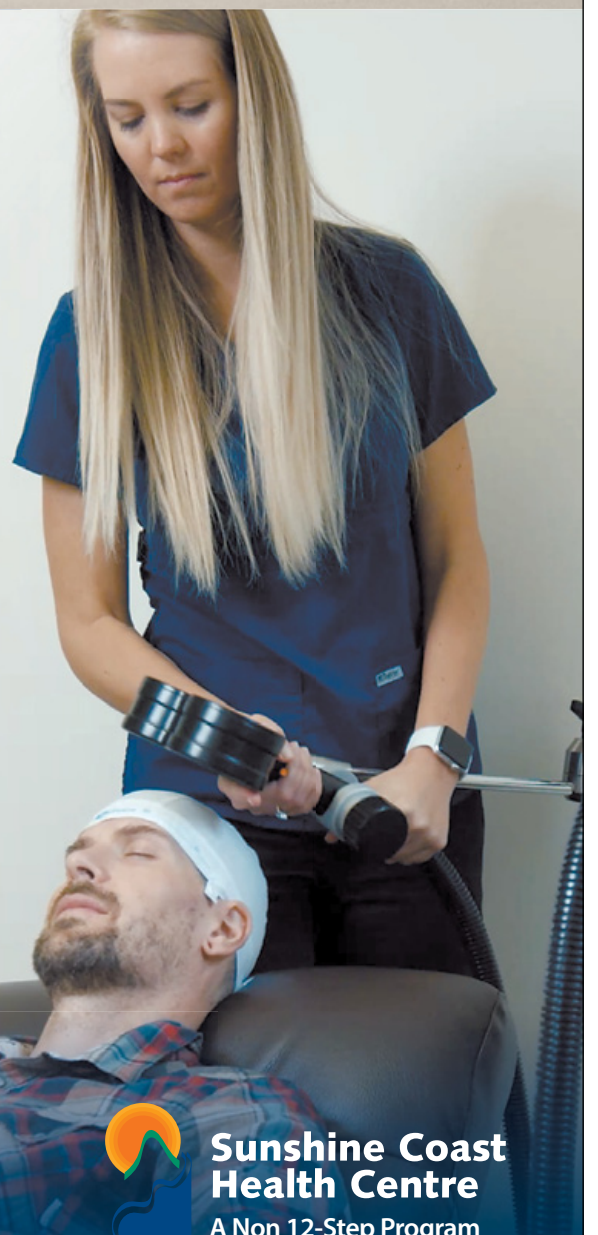
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