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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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HMCS CORNER BROOK UNDOCKS



Read the full story on page 3.

Photo credit: James Charsley,
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NATIONAL PUBLIC SERVICE WEEK



#NPSW



**CURTIS
HAMILTON**

Service Desk Officer,
Base Information Services,
Client Services

How long have you been working as a public servant?
16 years

What's the best part of your job?
Being able to resolve members' IT issues.

What does being a public servant mean to you?
It means I am proud to be a Computer Systems group member. I can see the results of my actions albeit small in the overall mission or operation at hand.

How do you think public servants contribute to the work that the Defense Team does?
We allow military members to serve all Canadians.

"I am proud to be a Computer Systems group member. I can see the results of my actions, albeit small, in the overall mission or operation at hand."



**ROD
WOOD**

Main Warehouse Manager
(Naval Supply Depot),
Base Logistics, Colwood

How long have you been working as a public servant?
I started June 20, 2000 as an STS 3 Term employee.

What's the best part of your job?
Working with people from all over the country.

What does being a public servant mean to you?
It is an opportunity to give back to my country.

How do you think public servants contribute to the work that the Defense Team does?

We are equal partners with the CAF. We are here all the time and provide continuity in many day-to-day as well as strategic areas. The CAF brings the most up-to-date training and ideas, together we form a cohesive team.

"We are equal partners with the CAF, we are here all the time and provide continuity in many day-to-day as well as strategic areas. The CAF brings the most up-to-date training and ideas, together we form a cohesive team."



**MIKE
MCLEAN**

Chief Fire Prevention
Officer,
CFB Esquimalt Fire Rescue

How long have you been working as a public servant?
13 years

What's the best part of your job?
I enjoy being part of all the different construction projects, large and small, watching our Base infrastructure grow and develop while improving our community's quality of life.

What does being a public servant mean to you?
Being part of a larger team that not only serves CFB Esquimalt, but makes positive contributions to our country.

How do you think public servants contribute to the work that the Defense Team does?

I think the contributions we make are vital to our CAF, so they and their families will always feel safe while on operations, within CFB Esquimalt or at home.

"I enjoy being part of all the different construction projects, large and small, watching our Base infrastructure grow and develop while improving our community's quality of life."



**BRIAN
RAPANOS**

Service Desk Analyst,
Base Information
Services

How long have you been working as a public servant?
I have accumulated 7 years of work experience in the public service in my time with the DND, Correctional Services Canada, and the B.C. government.

What's the best part of your job?
The best part of my job is having the chance to help and support the thousands of CAF members who tirelessly risk their lives to protect our country and keep us all safe so we can continue to live peacefully here in Canada.

What does being a public servant mean to you?
To me, being a public servant means being part of the operations and functions of Canada. It means working with the utmost integrity and professionalism as representatives of our nation and helping to ensure the country runs smoothly and that all citizens of Canada have access and are supported by the services that the Government of Canada provides. I am truly honored to have the chance to work in my capacity with the public and my colleagues.

How do you think public servants contribute to the work that the Defense Team does?

At BIS, public servants are critical to the operations of computer systems, communication systems, and security infrastructure. We hold operational roles such as desktop support technicians, software programmers, server and network administrators, security analysts, and mobile device administrators. There are many complex facets to IT and the public servants here at the Base take on these roles and manage the entire IT infrastructure so that our CAF members can focus on their operational duties.

"To me, being a public servant means to be a part of the operations and functions of Canada. It means working with the utmost integrity and professionalism as representatives of our nation...I am truly honoured to have the chance to work in my capacity with the public and my colleagues."



**BRENDAN
CARVER**

Procurement Manager,
Base Logistic Procurement
and Contracting Division

What is Base Logistic Procurement and Contracting?
We are the user driven procurement cell for MARPAC and its lodger units.

How long have you been working as a public servant?
I have been a public servant since Jan 2019, having served 7.5 years as a CAF Member prior to that.

What's the best part of your job?
The best part of my job is the consummate team of professionals that I am privileged to lead every day. Our team has been working non-stop since COVID-19 to provide goods and services to MARPAC and their lodger units. The team is always eager to take on challenges, as well as learning and growing together. It truly makes the work personally worthwhile.

What does being a public servant mean to you?
Being a Public Servant gives us the ability to contribute to our amazing Canadian Society through our careers and professions. Having a business background, my education was based around profitability of a corporation. In the Public Service, we aren't there to make a profit, but to deliver programs in the interests of all Canadians. To me, applying my skills to public service is about way more than profit, it is about doing a job that other Canadians would be proud of. We are part of something bigger than a stock price or a quarterly dividend cheque.

How do you think public servants contribute to the work that the Defense Team does?

Public Servants within DND provide the ability for many important functions to have continuity and stability, so that the military members can focus on their operational goals. Just look around the base at all of the functions we have; Base Logistics with their massive materiel management operation, FMF with all of the skilled trades, robust administrative support – all of this work is completed so that the Navy can do their job and contribute to Canadian National Defence. It is truly an honour to deliver the professional services we perform as public servants, so that the Pacific Fleet can do their business of providing Canada with National Security.

"Being a Public Servant gives us the ability to contribute to our amazing Canadian society through our careers and professions... To me, applying my skills to public service is about doing a job that other Canadians would be proud of."



**JENNIFER
BUCK**

Budget Resource
Officer,
Base Logistics

How long have you been working as a public servant?
I started in November 2015, so almost 6 years.

What's the best part of your job?
The people, I have had an amazing amount of support when it comes to my career aspirations, even when I was unsure what those would be. I have met some wonderful people in my time working here and formed some great friendships as a result.

What does being a public servant mean to you?
Especially over this past year, the job security that we as public servants have had and the support to balance many aspects of our lives that were affected through the pandemic. We were able to do our jobs with little interruption, which enabled the CAF to continue their operations in supporting our country when we needed it the most.

How do you think public servants contribute to the work that the Defense Team does?

I think public servants contribute to the CAF in the continuity they offer to the positions they hold. There is an exceptional amount of corporate knowledge held by many Public Servants that help to support the CAF and keep the day-to-day operations continuing, especially during posting season and Changes of Command.

"I have had an amazing amount of support when it comes to my career aspirations, even when I was unsure what those would be. I have met some wonderful people in my time working here and formed some great friendships as a result."



Canada's most modern submarine returns to the water

RCN/DND

When *Her Majesty's Canadian Submarine (HMCS) Corner Brook* began its undocking on June 13, it became the most modern submarine in the Royal Canadian Navy (RCN).

This undocking marked the return of *Corner Brook* to Vancouver Island waters for the first time in almost a decade. It is also the first in a series of milestones required for returning the submarine to operational service alongside *HMC Submarines Victoria* and *Windsor*.

Corner Brook was in an Extended Docking Work Period (EDWP) since 2015 in Esquimalt. Repairs included damage caused by a grounding in 2011 along with other more intrusive maintenance routines that can only be conducted in a long maintenance period in dry dock.

The EDWP also included several notable upgrades such as a new communication mast called the Universal Modular Mast, which allows high-speed, highly-secure, jam-resistant satellite communications with shore. It also received the BQQ-10 sonar suite. The difference between the BQQ-10 and the previous 2040 sonar suite range from a significant increase in the amount of processing that occurs after data is received from a Victoria-class submarine sonar systems to how that information is displayed to the operators.

Corner Brook is now able to fire the Mk48 7AT torpedoes, a significant upgrade

to the current weapon, the Mk48 4M.

In addition to these upgrades, and separate from the work conducted on *Corner Brook* during this period, is the Victoria-class Modernization (VCM) effort, which aims to ensure the submarines remain operationally relevant until the mid-to-late 2030s. This series of projects, as part of VCM, will provide improved habitability and deployment conditions for submariners and enhanced capabilities to support continued contributions to Canadian Armed Forces joint operations as well as improving survivability against current and evolving threats in an increasingly complex and changing battle space.

The Royal Canadian Navy's four Victoria-class submarines – *Victoria*, *Corner Brook*, *Chicoutimi* and *Windsor* – are some of the most strategic assets within the Canadian Armed Forces. The wide-reaching capabilities provided by the submarines are critical for supporting sovereignty and continental defence operations, and ensuring the navy has the necessary fleet mix and capacity to support operations at home and abroad.

Despite their age, the strategic impact of those modernized submarines is impressive.

"The Victoria-class submarine is still a very combat-capable platform," says Capt (N) Jean Stéphane Ouellet, Commander Canadian Submarine Force. "With

the current and planned upgrades to the boats and a highly trained crew, I would take that platform into battle anytime."

Canada's submarines are highly effective weapons of strategic deterrence. These modernized vessels are a critical platform in the RCN fleet, which allow Canada to increase its presence and influence abroad and contribute to maritime security and stability, alone, or in cooperation with our allies.

In addition, Capt(N) Ouellet says the modernized submarines, which possess formidable surveillance and intelligence gathering

capabilities, allow Canada the capacity to defend North American waters and maritime approaches, and control or deny access to a substantial ocean or littoral area.

"Submarines enjoy an unparalleled freedom of action and independence," he says. "As a result of their unrivalled stealth, persistence, and lethality, the mere possibility that a submarine is operating undetected can alter the entire nature of the theater of operations. If required, that lethality can contribute decisively to combat operations," he says.

Submarines are some of the most complex pieces of machinery in the world and operate in environments where they experience tremendous pressure from operations at depth, extreme weather conditions, and the corrosive effects of seawater. These environments require a strict in-service maintenance schedule to ensure the safety of the crew and mission success.

Under the current maintenance model, one of Canada's four submarine is always in a deep maintenance period known as an Extended Docking Work Period. These long, multi-

year work periods ensure the submarines remain safe, functional, and operationally capable.

Following *HMCS Corner Brook's* undocking, the alongside, in-water testing portion of the EDWP will start, culminating in a camber dive, which is a static dive alongside to prove systems in a dived configuration. It is anticipated the camber dive and sea acceptance trials will begin in the latter part of 2021, with a return to full service in 2022. Eventually, *Corner Brook* will be transferred to the East Coast fleet based in Halifax.



Current status of Canada's other three submarines:

HMCS Victoria

- Home port: Esquimalt
- Completed a repair work period and returned to sea in September 2020.
- Recently completed required training for independent submarine operations at sea.
- Regular patrol schedule, interceded with maintenance periods, continues including trials and training.
- *Victoria* provides a submarine presence in our western coastal waters and maritime approaches to Canada.
- First round of habitability upgrades on *HMCS Victoria* are expected to begin in July 2022, during the platform scheduled EDWP.



HMCS Windsor

- Home port: Halifax
- Completed a transitional docking work period and returned to sea in March 2021.
- Equipment was installed to allow the sub to fire the Mk48 7AT torpedoes.
- Scheduled to conduct first-of-class firings for the introduction into the RCN of these modern, highly sophisticated torpedoes in 2022.
- Recently completed required training for independent submarine operations at sea.
- Upcoming: *Windsor* will continue a regular patrol schedule, including trials and training.
- *Windsor* will provide a consistent submarine presence in our eastern coastal waters and maritime approaches to Canada.



HMCS Chicoutimi

- Home port: Esquimalt
- Currently docked at Esquimalt Graving Dock, *Chicoutimi* has started a similar transitional docking work period to that which *Windsor* just completed.
- On completion of that work period in late-2022, *Chicoutimi* will also be fitted with the new sonar and be capable of firing the Mk48 7AT torpedo.
- *Chicoutimi* will provide a consistent submarine presence in our western coastal waters and maritime approaches to Canada.



matters of OPINION

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Q: Over the winter, I kept myself physically active by cross-country skiing and maintaining an at-home strengthening exercise program. So far this spring, I have been cycling but I also want to get back to running again. My goal is to be able to run 25 minutes, twice a week by the end of this summer. However, in the past, I have developed pain in my feet, right hip, and knee when I run. Presently, I don't have any joint pain and would like to keep it this way. Could you provide me some advice on a progressive running program that could help me achieve this goal and keep me pain free?

A: The investment you put into your winter and spring fitness provides an excellent base to support your running objective for this summer. Keeping your body free of pain while you train is also a great approach towards achieving and maintaining your fitness goals.

Numerous running strategies exist in guiding runners at all levels to successfully build their running abilities, while assisting them to stay injury or pain free. The Dutch Athletics Federation's Dutch Start to Run program is a great example of assisting inactive individuals to achieve a running distance of five kilometres in six weeks. This program had low dropout rates, no injuries, and participants maintained an average of 150 minutes of vigorous exercise per week months after they finished the program.

Start to Run uses the following recognized running strategies:

- Resisting the temptation to progress too fast. This is the biggest and most common mistake made by many who start out and are motivated. Remember, it is ok not to have pain or feel tired after a running session. Your goal is to feel more energized after a run because that is a good sign you are allowing your body to adjust adequately to something new.
- Running on alternating days. This gives your legs, joints, bones and muscles 48 hours to rest and recover from the new stress running applies to them.
- Limiting your running session to 30 minutes.
- Limiting running sessions to two to three times per week. Running can place a lot

of strain on your legs and back. Research shows that running more than three times per week automatically exposes an individual to a higher risk of injury. Participating in less pounding types of fitness activities in between your runs is encouraged. Consider strengthening exercises, walking without any added weight, bicycling or swimming for your non-running days.

- Taking 10 to 15 minutes to actively warm-up before your run such as walking while gradually increasing your speed, or do hopping exercises. This prepares your muscles, tendons, and joints and reduces the chance of injury.
- Using walk - run sequences in each training session. Planning low intensity periods of walking between your run sequences offers small recovery periods for your muscles and joints. This training method is not only for beginners, it is also used by competitive runners.
- Gradually increasing your running time over a minimum of six weeks.
- Gradually incorporating more demanding intensity periods in your running session such as running faster or going up and down a small hill, followed by short recovery periods. This is often referred to as high-intensity interval training (known as HIIT) and is particularly convenient to optimize fitness and performance

progression within your 30 min training sessions.

Bottom line: running is a wonderful form of physical activity for your heart, muscles, and bones. Research confirms a well-balanced running program can also prevent osteoarthritis and osteoporosis, which is good news for your feet, knees and hips. However, if you begin experiencing pain that does not resolve with rest, you should consider seeking professional assistance from a physiotherapist or a health care provider to identify and treat the reason for the pain. By addressing this pain early on, you will increase your chance of being successful in maintaining and completing your running objectives.

Overall, adopting the Dutch Start to Run Program or another similar progressive program should support you with running pain free.



Lucie Laferrière, physiotherapist, M.H.A

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

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

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Cards of love in time for Father's Day



Sailor First Class Elizabeth Fox.

Photo by Corporal Lynette Ai Dang, HMCS Calgary, Imagery Technician

Capt Jeff Klassen HMCS Calgary

Sailor First Class (S1) Elizabeth Fox has kept every greeting card she's ever gotten for at least 10 years. Cards are kind of her thing.

As a Royal Canadian Navy sailor deployed with HMCS Calgary, she's using her love of greeting cards to help the ship's company stay connected with family back home this Father's Day.

She actually starting doing this last month for Mother's Day.

"I knew that my mom would love to have a Mother's Day card sent from the middle of the ocean and I thought that other people's moms would also like something tangible from their loved ones. Everyone likes mail," she says.

So she put a call out on the ship. It wasn't long before she was mak-



ing and mailing out personalized Mother's Day cards for the ship's company - around 100 cards in total. In the process, she raised over \$500 in donations for the ship's charity, The Firefighter Burn Treatment Society out of Calgary, Alberta.

After her success with Mother's Day cards, both in raising funds and spreading joy on the ship and back home, she continued making cards for Father's Day.


"I know how hard it is to stay engaged with your family because I've lived away from my family for so long. It's not always easy. Not everyone's good at thinking about all this stuff, but I am. Cards and thoughtful gestures like that are my thing. It was something simple I could offer others," she said. "Besides, don't all our supportive parents deserve nice things?"



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BC/Yukon Legion to receive \$1.5M in COVID-19 relief

Peter Mallett
Staff Writer

The Province of B.C. will provide \$1.5 million in financial relief to The Royal Canadian Legion BC/Yukon Command.

The one-time support package was announced June 2 and is part of ongoing efforts by the provincial government to help offset the impacts of the COVID-19 pandemic and its own circuit-breaker restrictions as well as public health orders to stop the spread of COVID-19.

B.C. Premier John Horgan says the funding was necessary to ensure legions continue to provide essential community services to its 47,000 members at 145 branches in B.C., including veterans and their families.

"Legions play an important role in our communities, caring for the people who served our nation," said Premier John Horgan. "Our government is committed to finding a solution, and we're delivering support to ensure legions can keep serving veterans, their families, and communities."

Legions generate a significant por-

tion of revenue to fund their services through food and beverage services, which were disrupted by public health orders preventing people from gathering indoors, Horgan noted.

The province says the \$1.5 million mirrors the average grant provided to businesses under the Circuit Breaker Business Relief Grant and aligns with support provided by the federal government.

A statement by the BC/Yukon Command of the Royal Canadian Legion noted the updated public order for Food and Liquor Serving

Premises released on April 21, 2021, directly affected legions, but they did not receive access to Government Aid provided to the industry through the Circuit Breaker Business Relief Grant because of their non-profit status.

The funds will be received by the BC/Yukon Command of the Royal Canadian Legion and be distributed based on need.

For more information about the BC/Yukon Command of the Royal Canadian Legion, visit <http://www.legionbc yukon.ca>

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Esquimalt Harbour cleanup for World Ocean's Day



Lorraine Crinkley

Branch Environment Officer, Port Operations and Emergency Services Branch

To celebrate World Ocean's Day on June 8, CFB Esquimalt's Port Operations and Emergency Services Branch (POESB) organized a half day ocean and beach clean-up in and around Esquimalt harbour.

POESB was joined by both the Esquimalt Graving Dock and Victoria Shipyards – Seaspan, who also occupy the harbour.

World Ocean's Day recognizes the impact of human activity on oceans and mobilizes and unites the world's population to practice sustainable management of these bodies of water.

Debris was collected from the Esquimalt harbour, with a focus on the jetties and compression fenders where waste tends to collect, and from various pocket beaches.

Collectively, POESB, Esquimalt Graving Dock and Victoria Shipyards – Seaspan removed approximately 109 pounds of waste. The predominant types of waste were plastics, Styrofoam, and rope. Other types of waste included cigarette butts, protective ear buds, medical masks, and treated wood.

The most challenging type of waste is by far Styrofoam (expanded polystyrene), most of which has fragmented into small bead-like pieces. Not only do these small pieces collect in hard to reach areas, such as between compression fenders, but they also readily stick to almost anything due to

their electrostatic attraction to other objects. The fragmented Styrofoam pieces adhere to infrastructure and biological material making them extremely difficult and tedious to recover. These pieces pose a threat to the environment due to their inability to biodegrade, the petroleum-based composition, and the health impacts to the wildlife that ingest them.

Here are a few things people can do to help reduce the amount of Styrofoam in our environment:

- Educate yourself and others on the impacts of Styrofoam on the environment;
- Use re-usable cups for your daily coffee;
- Use your purchasing power. When grocery shopping or getting take out only purchase products that are packaged in non-polystyrene materials; and
- Help remove Styrofoam from your local beaches and waters through organized clean-ups or on your own.

If you are interested in participating in one of POESB's ocean or beach clean-ups, or you would like help organizing one within your own unit, reach out to the POESB Environment Officer Lorraine Crinkley at lorraine.crinkley@forces.gc.ca.

Everyone together post cleanup, from left to right: Alanna Morbin, Esquimalt Graving Dock (EGD), Melissa Piasta (EGD), Karlee Munro (in front, EGD), Lorraine Crinkley (front, POESB), Chris Gates (EGD), Chief CPO2 Howie Manderson (POESB), Dylan Goddard, Victoria Shipyards (VSL), Peter Mitchell (VSL), Greg Longbottom (EGD), and Lee Park (EGD).

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PHYSICIAN ASSISTANT HONoured FOR COVID-19 PLAN

Peter Mallett
Staff Writer

It was early in the pandemic when Lt(N) Amanda Jane Prosper was called upon to go to Camp Adazi in Latvia and lead the set up of a 130-bed multinational isolation ward.

The 52-year-old Physician Assistant spent six months in the Baltic region of Northern Europe – January to August 2020, with the second month transforming the army barracks into a safe place to treat potential patients. At that time there was little official guidance available for COVID-19 policy and protocol, so her team had to create their own plan.

"At that time, a global pandemic had not yet been declared by the World Health Organization, but the virus was rapidly evolving," she says.

Camp Adazi is the home base for Canadian soldiers deployed to Latvia on Operation Reassurance.

Her team established three separate self-contained sections on each of the barrack's three floors. One floor was reserved for soldiers self-isolating for 14 days, another floor was for symptomatic patients who had not tested positive for COVID-19. A third floor was reserved as a retreat and common area for medical staff and other soldiers working and living in the building.

Medical staff included Lt(N) Prosper, two medical doctors, a mental health nurse, a pharmacist, a physiotherapist, a dentist, and Medical Technicians.

"At the time, we feared that COVID-19 would very well overwhelm our system," says Lt(N) Prosper.

Especially since they only had two ventilators for the entire base and their supply of oxygen and Personal Protective Equipment was low at the start of the pandemic.

"Overall, the plan was a success, but we were very lucky. We acted quickly and got buy in from all nations on our plan. No COVID-19 was detected in any of our deployed

members during my deployment."

She recently received a Chief of the Defence Staff commendation for her "exceptional leadership" in Latvia.

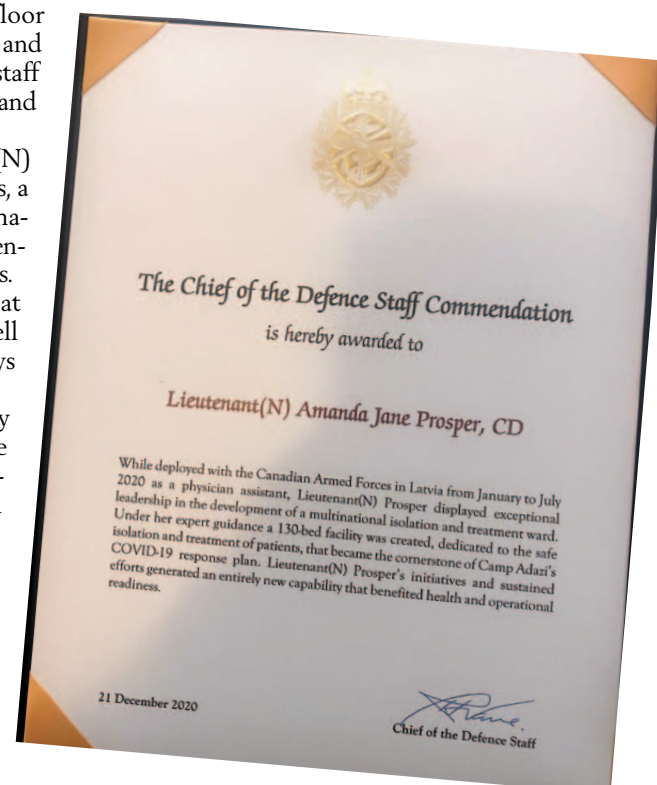
"Under her guidance, the facility was created, dedicated to the safe isolation and treatment of patients that became the cornerstone of Camp Adazi's COVID-19 response plan," the commendation reads. "Lieutenant (N) Prosper's initiatives and sustained efforts generated an entirely new capability that benefited health and operational readiness."

Along with a citation, she received a medal (pin) to be worn on her uniform.

"I was very honoured to receive this award, but I was part of a bigger team who also deserve credit. You could never do something like this completely by yourself and there are so many other people whose efforts were vital to this being a success."

She points to Cpl Sarah Hamilton of the Canadian Army and reservist Cpl Michelle Hiebert for their work implementing the plan, and all the staff who worked long hours to make it happen during a time of uncertainty.

Lt(N) Prosper currently works at Canadian Forces Health Services (Pacific).



FIGHTING TERROR FROM DESERT TO OCEAN:

HMCS Calgary's Sailor First Class Cindy Veilleux



Above: Sailor First Class Cindy Veilleux on the forecandle of HMCS Calgary as it sails into Muara, Brunei, during Operation Projection.

Photo by Captain Jeffery Klassen,
HMCS Calgary Public Affairs Officer

Left: S1 Veilleux verifies inventory as part of her job as a Materials Management Technician aboard HMCS Calgary.

Photo by Corporal Lynette Ai Dang,
HMCS Calgary, Imagery Technician

Capt Jeff Klassen HMCS Calgary

After a career fighting insurgents as a Combat Engineer with the Canadian Army in Afghanistan, Sailor First Class Cindy Veilleux is back.

This time she is fighting terrorism with HMCS Calgary as it sails the Middle East on counter-smuggling operations.

S1 Veilleux grew up in Saint-Georges, QC, and attended Polyvalente De Saint-Georges before moving to Sherbrooke and attending Polyvalente Le Phare. In 2006, at 20 years old, she joined the Canadian Armed Forces (CAF) as a Combat Engineer, following the choice of a close friend.

"He talked to me about the teamwork and the close bonds you make in the Canadian Armed Forces. Also, the science and technical aspects of Combat Engineering really appealed to me. He also told me all about being a Combat Engineer and all the science and technical knowledge; that really appealed to me. That, and working with explosives," said S1 Veilleux.

She served in Afghanistan for seven months patrolling with an infantry unit. Her job was to search for improvised explosive devices (IEDs) and help breach entrances into buildings. She was frequently the only woman working in her camp. In Afghanistan, her unit found that local women would be very hesitant to speak with men, especially men who were sol-

diers. Because of these particular cultural sensitivities, S1 Veilleux would frequently interact with local women on behalf of the team.

"It happened a few times that there was a group of women in a room and they literally grabbed me because they were so curious. They wanted to know about my tattoos and why a woman was marching with these men," she said. "My time in Afghanistan changed my perception of life. I'm very grateful to be born in Canada."

She left the CAF in 2013 to work in the railway industry but re-enlisted in 2018 – this time as a Material Management Technician in the Royal Canadian Navy.

"In the civilian world I discovered that I really like to

do paperwork. Also, I thought as a Combat Engineer I was wasting my biggest skill which is to be social. As a Material Management Technician I get to deal with everyone. It's a great fit for me," she said.

S1 Veilleux's job includes storing and distributing items ranging from critical parts for multi-million dollar weapons systems to Calgary-branded ball caps.

"What I really like about the navy is the opportunity to travel to so many different places, and you have a warm meal and bed every night as well. A lot of people don't realize this, but in addition to our main trade in the navy we also learn a lot of general seamanship and that is incredibly rewarding."

Calgary is having great success on its current deploy-

ment, Operation Artemis, which is a counter-smuggling and counter-terrorism operation in the Middle Eastern sea. It's working with the multinational Combined Task Force 150, which operates under the 34-nation coalition known as Combined Maritime Forces.

Within days of beginning the operation in April, the ship made a record-breaking heroin bust, the biggest in the history of Combined Maritime Forces. In June, the ship set another record for most individual seizures by any ship on an operational rotation. The intention of the drug seizures is to dismantle the revenue streams of regional terrorists and criminal organizations.

"It's great to be out here making a difference again," said S1 Veilleux.

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The MH-60 Seahawk Maritime Helicopter from HDMS Absalon conducts cross deck training with HMCS Halifax on June 8.
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Annual multinational training exercise underway in northern Europe

Joanie Veitch
Trident Newspaper

Three Royal Canadian Navy (RCN) ships are in the Baltic Sea region of northern Europe for the annual Baltic Operations exercise (BALTOPS). It's the premier maritime-focused defence training event in the region, now in its 50th year, taking place June 6 to 18.

Her Majesty's Canadian (HMC) Ships *Kingston*, *Summerside* and *Halifax* have joined 4,000 naval and air force personnel from 18 NATO allies and partner nations, with an estimated 40 ships and submarines, and 60 aircraft taking part. Training scheduled for the 12 days includes air defence, anti-submarine warfare, maritime interdiction, and mine countermeasure operations.

"The exercise aims to deliver high-end training across the entire spectrum of naval warfare," says LCdr Greg Zuliani, Commanding Officer of *Kingston*. "This has been a highly antici-

pated event for the RCN, as we get to work with so many different international partners and allies."

BALTOPS 50 is divided into three training phases: a virtual pre-sail event, followed by a combat enhancement training (CET)/force integration training (FIT) portion, and then the final tactical phase of the exercise.

During the CET/FIT phase, which took place June 6 to 12 in the Danish Straits, ships and aircraft participated in scripted training events before moving further east and shifting into the free-play portion of the exercise. That exercise was fictional but with realistic situations where commanders were given more freedom to run their own tactical programs, according to Naval Striking and Support Forces NATO, the unit in charge of BALTOPS 50 command and control from its headquarters in Oeiras, Portugal.

Teams from Fleet Diving Unit Atlantic (FDU(A)), embarked in both *Kingston*

and *Summerside*, joined a NATO task group to conduct Naval Mine Counter Measures. Using REMUS, an autonomous underwater vehicle, and other specialized tools, the Seabed Intervention Systems sub-team from FDU(A) practiced locating and identifying mine-like contacts in their area of operations. Six members of the embarked dive team with *Summerside* investigated potential mine contacts and conducted clearance operations.

It's a challenging exercise in a challenging environment, carried out in a time-constrained scenario, says A/SLt David Lindsay. "BALTOPS is designed to improve flexibility and interoperability among allies and partners. This particular exercise allows *Summerside* and *Kingston* to train in operating with allies while honing our skills in mine warfare."

The BALTOPS exercise is a new experience for many of the sailors, and an opportunity to learn and share knowledge and skills.

"Operating in a true multinational and multi-ship environment is invaluable training for all members of the crews, particularly the junior sailors who have not had this opportunity before BALTOPS," says LCdr Zuliani. "We also get the chance to demonstrate to our partners and allies that we bring valuable skills to the table."

In a separate task group, *HMCS Halifax* - currently deployed as Flagger with Standing NATO Maritime Group 1 as part of Operation Reassurance - joined BALTOPS on the heels of two other joint multinational defence exercises: Exercise Joint Warrior off the U.K. coast and Exercise Steadfast Defender off the coast of Portugal.

All members of the ships' companies followed strict COVID-19 protocols prior to leaving Halifax. Although COVID-19 restrictions are easing in much of Europe, precautions are still in place for RCN personnel to limit any exposure to the virus, says LCdr Zuliani.



HMCS Halifax sails alongside HNoMS Storm and RFA Mounts Bay during a BALTOPS photo exercise on June 6.

US Navy

Bravo Zulu

Base Administration Awards and Presentations



MS Buckell is promoted to her current rank by Cdr Jason Barbagallo.



Lt(N) Winkler receives his Canadian Forces' Decoration clasp (CD2) from Cdr Jason Barbagallo.



MS Davis is promoted to her current rank by Cdr Jason Barbagallo.



Pte(T) Holloway is promoted to his current rank by Cdr Jason Barbagallo.



PO2 Lafeber is promoted to her current rank by Cdr Jason Barbagallo.



PO2 Lafeber receives her PO2 Scroll from Base Chief CPO1 Darragh.



WO Cameron receives his Canadian Forces' Decoration clasp (CD2) from Cdr Jason Barbagallo, Base Administration Officer.



LCdr Leslie receives his Canadian Forces' Decoration clasp (CD2) from Cdr Jason Barbagallo, Base Administration Officer.

Canadian Fleet Pacific Headquarters Promotions

On June 7, Canadian Fleet Pacific Headquarters held promotions for three deserving service members. Promotions were made by LCdr Judith Harlock.



A/SLt Hunter was promoted to her current rank by her Aunt Sheila Hunter and LCdr Harlock.



MS Fortier was promoted to her current rank by LCdr Harlock and Lt(N) Robert Newton.



S1 Oulton was promoted to her current rank by LCdr Harlock and Lt(N) Robert Newton.

Bravo Zulu

Promotions



Sailor Second Class Kevin Ranger was promoted to his current rank by LCdr Dave Hendry and Petty Officer Second Class Willy Bull outside D85 submarine building on June 3



PO1 Jonathan Lacasse was promoted to his current rank by Lt(N) Clark Hubbard, HMCS Victoria Operations Officer, and LCdr Eric Isabelle, HMCS Victoria Commanding Officer.



Captain (Navy) Cynthia Smith, Commanding Officer of Base Logistics, was promoted to her current rank by Rear Admiral Angus Topshee and members of her family on June 4.

Photo by S1 Mike Goluboff, MARPAC Imaging Services

Bravo Zulu

Change of Commands / Appointments



MARPAC HQ Change of Appointment

Commander Ellen Mariano, Commanding Officer of Maritime Forces Pacific Headquarters, presents Chief Petty Officer First Class Rene Tremblay, Outgoing MARPAC HQ Unit Chief, with a going away gift during the Change of Appointment ceremony held at Duntze Head May 31. Left: The incoming Unit Chief, CPO1 Susan Frisby.

Photo by S1 Mike Goluboff, MARPAC Imaging Services



Naval Personnel and Training Group Change of Command

From left to right, Captain (Navy) Jason Boyd, outgoing commanding officer; Rear-Admiral Angus Topshee, reviewing officer; and Capt (N) Matthew Coates, incoming commanding officer, sign the formal Change of Command certificates during the NPTG Change of Command ceremony on June 4.

Photo by Sailor 1st Class Sisi Xu, MARPAC Imaging Services

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