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Volume 66 Number 24 | June 21, 2021

# LOOKOUT



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## SNOWBIRDS **INSPIRE**

As the summer gets underway, the Canadian Forces Snowbirds are now actively flying under Operation Inspiration, attending airshows and conducting flybys across Canada and the United States. They are joined by the CF-18 Demonstration team. This photo is a tribute to Pride Month celebrated in June. It is a time when Canadians celebrate diversity and LGBTQ2+ communities, acknowledge their history, the hardships they have endured, and the progress that has been made.

Photo by Derek Heyes, RCAF historian

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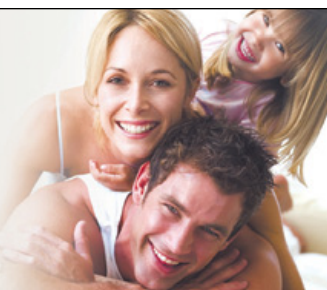
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Members of HMCS Calgary's embarked air detachment and flying stations firefighters stand together with the ship's embarked CH-148 Cyclone on June 15 in the Indian Ocean during Operation Projection.



## CYCLONE DECKED OUT WITH NEW DECAL



Photos by Cpl Lynette Ai Dang, Imagery Technician

Master Corporal Andrew Finnigan, an Aviation Systems Technician, and Corporal Brendan Wales, an Aircraft Structures Technician, apply the detachment's operational decal to the CH-148 Cyclone.

**Peter Mallett**  
Staff Writer



Team work and cooperation are the main themes of a new decal now affixed next to the pilot's window on *HMCS Calgary's* embarked CH-148 Cyclone.

Last week, the Polyvinyl Chloride decal, designed by MCpl Andrew Finnigan, was affixed to the metallic grey airframe.

The art embraces the many facets of Greek mythology and astrology, says MCpl Finnigan. The golden outer ring represents the Golden Shellback milestone of a person crossing the equator and dateline simultaneously. The second ring in Prussian blue represents the original colour of the Royal Canadian Air Force. Within that circle, the white lettering *HMCS Calgary HELAIRDET* and CH-148 Cyclone, with the pop of a red maple leaf. In the centre circle, a line art depiction of the winged horse Pegasus and the bow and arrow wielding Artemis. A crescent moon and a sprinkling of stars round out the image.

"Pegasus, her [Artemis] brother Apollo, and his horses pulled the sun across the sky and brought light to the world and this represents the aircraft and the contributions the RCAF brings to the RCN," explains MCpl Finnigan.

The mythical icons celebrate the common goal of the navy and air force as they work on Operation Artemis, now completed, and

Operation Projection in the Indo-Asia Pacific and Middle East region.

The same art is on the morale patch worn by the 21 members of the detachment.

Helicopter Detachment Commander, Maj Robert McMullen says getting the morale patches affixed to their uniforms wasn't unique but their appearance on the new helicopter is unexpected and a throwback to a bygone era.

"Affixing morale patches is something that we used to do when we took the Sea King [helicopter] on deployment. But honestly, I never thought we'd see a custom decal on the new helicopter," he says, but adds *HMCS Halifax's* air detachment has also designed their own morale patch and decal.

MCpl Finnigan began sketching the morale patch in 2020 during his downtime on Rim of the Pacific.

"I started making the design and coming up with ideas in my spare time while deployed on RIMPAC," he said. "I didn't think it was any good and was surprised people liked it; they kept pressing me to go forward and submit it."

So far, the reaction to the morale patch and decal is all positive, says Maj McMullen.

"The crew loves the decal and we've been receiving compliments on it from the ship's company all day. I really like the layers of symbolism that MCpl Finnigan integrated into the design."



Photo by Cpl Jay Naples, MARPAC Imaging Services, Esquimalt

Major Roland Russell (left), Commanding Officer of Military Police Unit Esquimalt, and Chief Petty Officer Second Class Dean MacKinnon (left), MPU Esquimalt Unit Seargent Major, present Corporal Michael Smith (center) with the Vice Chief of the Defence Staff Commendation for selflessness and steadfast dedication during the 2019 Cops for Cancer Tour de Rock.

## Tour de Rock MP recognized for efforts

**Peter Mallett**  
Staff Writer

Once again, Cpl Michael Smith has cleaned and lubed his bike chain, flossed between the cogs to remove any black grease, adjusted the brakes, and tightened every bolt in preparation for his third Cops for Cancer ride around Vancouver Island this fall.

The Military Police member, a seasoned Tour de Rock alumnus, was asked to saddle up because COVID-19 put the brakes on the recruitment drive for new riders, once again. In 2020, organizers leaned on veteran riders to help with the children's cancer fundraiser by doing individual regional rides rather than the cross-island trek by one team of dedicated police and first responder cyclists.

This year, Cpl Smith will ride the Campbell River, Courtenay, and Comox regions between Sept. 22 and 23.

He was recently recognized for his dedication to the charity with a Vice Chief of the Defence Staff Commendation, delivered to him by Major Roland Russell.

"I was so surprised to receive this commendation as it was completely unexpected," says Smith. "Tour de Rock has been a life-changing event for me and being able to positively affect people's lives over the past three years has been an amazing experience."

His commendation included a certificate and a pin to be worn on his uniform. The citation noted Cpl Smith demonstrated "selflessness, leadership, and steadfast dedication" to the charity.

"By investing countless hours of fundraising, rigorous training, awareness activities, and altruism, you



Corporal Michael Smith

cast a favourable image of the Military Police and the Canadian Armed Forces" the award citation went on to say.

The 30-year-old joined the law enforcement branch of the Canadian Armed Forces four years ago. He says he has become a better person by donating his spare time to the charity and learning about the positive impact the event has on children and families going through pediatric cancer.

Cpl Smith already started his fundraising campaign for this year's Tour de Rock. To pledge your support, visit his web page <http://bit.ly/CopsForCancer27810>

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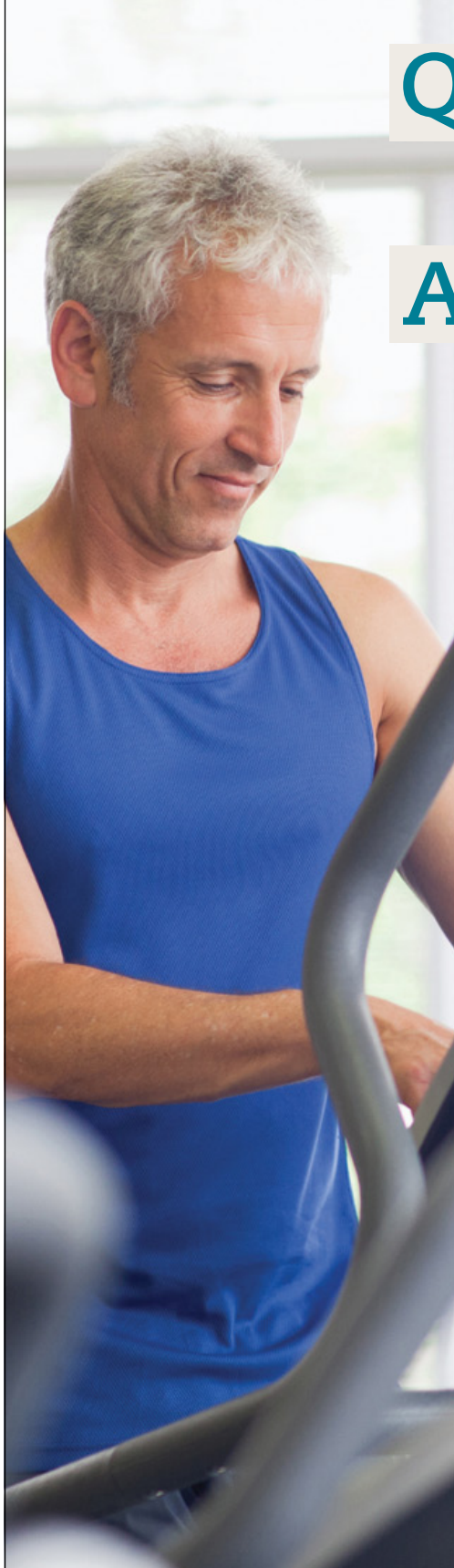
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## Ask the Expert: Take your prostate to the gym



Q

*I am 46 and during a recent medical examination, my physician told me my prostate gland is enlarged. While I am not experiencing any prostate symptoms, I am concerned because my father died of prostatic cancer at the age of 57. I am not as physically active as I should be and I wonder if exercise has any role to play in the health of my prostate gland.*

A

Great question. The prostate is a walnut-sized male reproductive gland that sits just below the bladder and produces a fluid that nourishes and protects sperm. Despite its small size, the prostate can be a source of troubling things such as: painful infections, inflammation (prostatitis), benign prostatic hypertrophy (enlargement), and cancer.

Prostatic cancer is one of the most common cancers affecting men. All prostatic problems can significantly reduce the quality of a man's life. The good news is regular exercise is one of the best things you can do for the health of your prostate.

A Harvard University study found the more physically active men were, the less likely they were to experience prostate gland enlargement. This was true for regular exercisers and also for men who worked in physically demanding jobs. Even men who did regular low intensity exercise such as easy walking also benefitted.

So you don't have to train like an Olympian to experience these benefits. Other research has shown men with early stage prostate cancer who walked briskly at least three hours/week were 57% less likely to have their cancer progress than men who walked less vigorously and less often.

Researchers in Italy also found men with chronic prostatitis who did regular exercise had less pain, had reduced anxiety/depression, and enjoyed a higher quality of life. We aren't exactly sure how regular physical activity improves

prostatic health, but the following are some possibilities:

- By producing anti-inflammatory substances that can reduce prostate tissue damage.
- By influencing the production of hormones that play a role in the development and progression of prostatic cancer.
- By activating tumour suppressing genes and genes that help to repair DNA.
- By helping with weight management. Obesity has been linked to more aggressive types of prostate cancer.

Regardless of the mechanism, research has shown being physically active is important for prostate health, and vigorous exercise appears to be the most beneficial. If you have prostate problems, your choice of exercise can be important. For example, cycling is a great form of exercise, but spending several hours on a hard seat may aggravate an already painful prostate. A prostate-friendly bicycle seat or a recumbent bike may help with this problem.

Any activity that is heart healthy will be prostate healthy. Staying physically active offers men numerous health benefits including reducing their risk of having prostate problems. For men who already have prostate problems, regular physical activity coupled with a healthy diet can help reduce their symptoms and in the case of prostatic cancer, it may reduce the risk of disease progression. Exercise truly is medicine.

### Dr. Darrell Menard OMM MD, Dip Sport Med

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he 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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# Words from *the cat lady*

**Peter Mallett**  
Staff Writer

A military spouse and mother from Bedford, N.S., hopes she's captured the spirit of her beloved cat with her self-published children's book.

*George: a Memoir* by Joanne Kimm chronicles the family's time with the tabby cat before he succumbed to stomach cancer.

"My way to honour him and the love he gave us was to write about him," she says.

It wasn't originally her intent to publish George's story. Writing about him was therapy.

"Saying goodbye to George was one of the hardest days of my life," she says.

The end result is a 34-page book with pictures of George. The ultimate goal is to help children understand the positive effect pets have on humans and to help them deal with their death.

"I had children in mind when I wrote the book, but I have a lot of adults who tell me they enjoyed it, including a neighbour who dealt with the passing of their cat and told me the book helped them grieve."

Her book was released in 2019 with a French version released in 2020.

"I think my writing ability is a God-given gift. When I am able to pull an emotional response from someone who reads about George, I know I have done my job correctly."

Kimm's husband Jack retired from the navy in 2011 after a 22-year career as a Stoker. Her eldest son, S1 Douglas Kimm, is a sailor in *HMCS Regina*.

"It's hard to explain to others, but growing up in a military family, you develop some special skills that take you through life: endurance, compassion, empathy, love of travel and culture, to name a few. It's a spe-

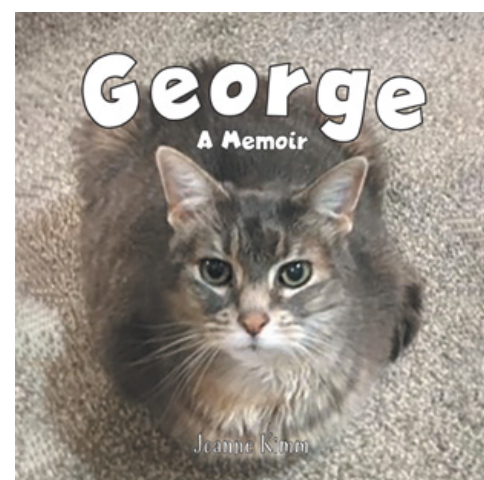
cial family being military, and I'm proud to have been a military brat, military spouse, and mother to a serving member."

Kimm worked as a DND civilian employee at CFB Chilliwack in the 1980s, 18 years for the B.C. Provincial Government, and six years at School District 62 in Langford before moving East.

She has also been acting since the early 1990s for film and television productions serving as an extra, some speaking roles, in television shows *Creepy Canada* (2002), *Terminal City* (2005), *Pictures Of Hollis Woods* (2007), *Notes From the Heart Healer* (2012), *Love in Store* (2020) and *Brahms: The Boy II* (2020).

Sales of her book are steady. From the sales, she has donated \$700 to animal rescue non-profit Broken Promises Rescue.

She is currently working on her second children's book in honour of her current feline entitled *Along Came Felix* and has finished her novel *The Enforcer's Tale*.



Author Joanne Kimm with her book *George: A Memoir*.

For more about Kimm and to buy her book, visit [www.exclusivelyjk.com](http://www.exclusivelyjk.com)

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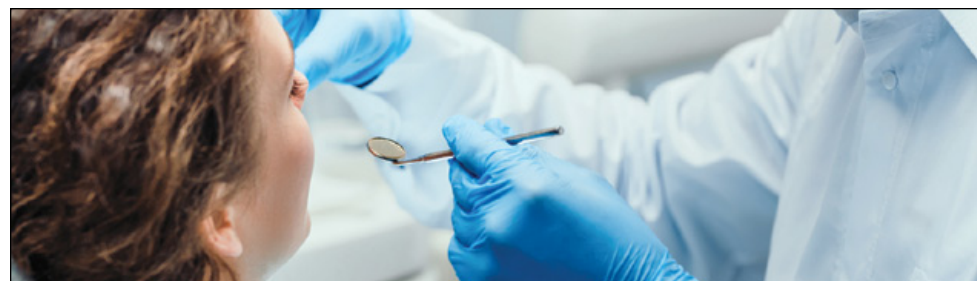
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## Prosthodontist to bolster 1 Dental Unit Detachment

**Peter Mallett**  
Staff Writer

A dental specialist is being added to the 1 Dental Unit Detachment Esquimalt team.

In August, Major Peter Walker, a prosthodontist, will make the move from 1 Dental Unit Detachment in Halifax to Esquimalt.

He specializes in treating complex dental and facial matters, including the restoration and replacement of missing or damaged teeth to improve function and aesthetics. He is also highly trained in dental implants, crowns, fixed partial dentures (bridges), dentures, and jaw disorders.

"A prosthodontist provides specialist care to manage more complicated or difficult cases that are beyond the scope of a general dentist," says LCol Deidra McLean, Dental Detachment Commander. "The prosthodontist can

also help with training and development of general dentists and expand the scope of care they are capable of providing."

The unit now includes a periodontist, a prosthodontist, two comprehensive dentists, eight general military dentists, two civilian general dentists, six hygienists, and 23 dental assistants, plus reception and administrative staff.

Having a full complement of specialists is a first for the clinic. Due to the nature of the Canadian Armed Forces posting, the limited number of specialists available in the military, releases, and retirements, most Dental Specialty Care Clinics are usually not fully staffed, says LCol McLean.

In the past, when there was not a prosthodontist or dental specialist posted to the detachment, patients requiring specialty care were referred to civilian specialists, but come August that will no longer be the case.



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# The debilitating illness of ME

**Peter Mallett**  
Staff Writer

Being so tired he had to sleep half the day was Wade Walters first inkling something was wrong.

The former Esquimalt SISIP manager says symptoms were slight and not concerning in 2000, but as time progressed so did the debilitating symptoms.

"I was saving all my energy for work and gradually becoming more and more tired," he says. "All I could do in the day was go to work, and then go home and lay down, get up the next day, and repeat."

On top of his inability to feel refreshed after a long sleep, he had headaches, muscle aches, short-term memory loss, sensitivity to bright lights and loud sounds, bladder dysfunction, night sweats, a chronic sore throat, and a sensitivity to certain foods.

It took a barrage of tests and back and forth doctor visits, but he finally was given an answer: Myalgic Encephalomyelitis, known as ME to those who have it, and formerly known as chronic fatigue syndrome.

Stats Canada estimates there are over

580,000 Canadians, including 77,000 British Columbians, diagnosed with ME.

"I used to have a very active life, now I don't even have the energy to take care of myself or my home properly," he says. "This is like a life sentence."

In August 2018, the illness forced him to resign his position and go on long-term disability. There are few treatment options for ME, which affects many body systems including thinking and concentrating, and there is no cure. Walters has been seeking help from his doctor and through the Complex Chronic Disease Clinic of B.C. Prescription pain medication has provided some relief but reducing stress through meditation and mindfulness training have been more beneficial, especially to help him cope.

As COVID-19 winds through the world population, research is showing many people who contract the virus and have long-term residual effects are also getting ME.

"I know there are people out there in our community who have contracted COVID-19, think they have overcome the symptoms but can't figure out why



**Wade Walters, former Esquimalt SISIP Manager, is home battling ME.**

they are so tired. It's important to get an early diagnosis and not fall into the trap of pushing themselves to their limit."

For Walters, he is hopeful a cure will be found, and that his energy and mental acuity returns to normal. Until then,

the 62-year-old will continue to manage the crippling fatigue where every day feels like a flu day.

For more information about Myalgic Encephalomyelitis go to [mefm.bc.ca/about-me](http://mefm.bc.ca/about-me)

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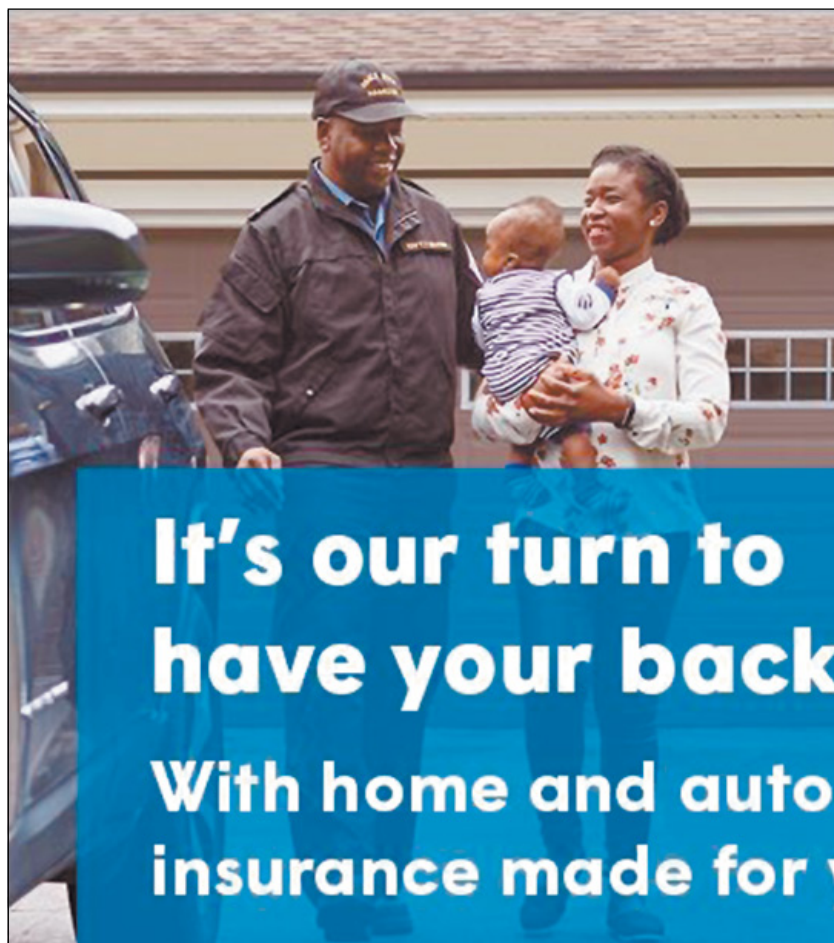


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# VETERAN, ARTIST BLURS THE LINES BETWEEN ART AND REALITY



*I really enjoy my involvement with the Steel Spirit because it has connected me to so many fellow artists who are also former military, medical workers, or emergency services. For me, keeping that connection to the military community is vitally important."*

Veteran and artist Cpl (Retired) Mary Fielder

**Peter Mallett**  
Staff Writer

When people see Cpl (Retired) Mary Fielder's art, they can't tell if it's a photograph or painting. The former army medic's goal is to make her work as realistic as possible while capturing the wishes of her client.

Her subject matter is unusual but familiar to those in the military - the iconic symbols of medals, trade badges, unit crests, awards, dog tags, decorations, photos, and other military mementos.

"It's all about the detail," she says.

Her work is often commissioned by military members and veterans to create a piece similar to a shadow box of their memorabilia. After an in-depth one-on-one meeting, she sketches out their medals, badges, and name tags in pencil at her in-home art studio in Bowmanville, Ont. Once the sketch is approved, she spends about 60 hours completing the 11" x 17" piece.

"When I sit down and draw and then look at the finished product I get an endorphin release and sense of pride. The end reward is really when I get the messages from people who tell me how happy my artwork has made them; that's what makes me the most happy."

The other reward is staying connected to Canada's military community.

She joined the army at age 17 in 1991; her parents had to sign the forms because she was so young, she says. During her career she was deployed with 2 Canadian Mechanized Brigade Group to Bosnia as part of Operation Palladium in 2003 and 2004. She spent time at 22 Wing North Bay, Canadian Forces Station Alert Nunavut, and Canadian Forces Health Services Centre 8 Wing Trenton. But her career - 30 years in the army - ended after falling

both at home and in the workplace. After a thorough physical and tests, she was diagnosed with Ehlers-Danlos Syndrome. Ehlers-Danlos Syndrome is a group of inherited disorders that affect a person's connective tissues, primarily skin, blood vessel walls, or in Fielder's case, joints.

While her condition cut short her military career, it opened the world of art. She says it's been good medicine.

"For me, art is probably one of the most therapeutic things I have found in life," she says, adding, "As for how I became an artist, I like to tell people I was born with a paintbrush in my hand. I'm self-taught, and have been creating art using various mediums for as long as I can remember."

Her first iconography art project that involved medals was personal. It depicted the military career of MCpl Paul Franklin, a friend and fellow army medic who lost both legs in a suicide bombing in Afghanistan.

"Heartbreaking. I will never forget the day it happened."

Not all her pieces are done in shadow box style. She also does custom artwork.

For *Reunited*, she worked with an HMCS Fredericton sailor returning from Operation Reassurance after the fatal CH-148 Cyclone helicopter crash that killed the six crewmembers in April 2020.

The painting is of her hugging her two children upon returning to Halifax. There is a white discoloration on one the children's calves.

"As I was painting, I got emotional and cried, imagining being separated for seven months from my children. One of my tears landed on the painting. At first I was panicking because I thought I had destroyed my work but when I contacted the sailor to tell her what happened she said the tear drop made it even more special."

Inset photo above: Cpl (Retired) Mary Fielder.

## Virtual art gallery

Cpl (Retired) Mary Fielder is a member of the Steel Spirit Art Gallery. The gallery was founded by former paramedic Barbara Brown in 2017. It showcases the unique artwork of military, police, firefighters, paramedics, hospital practitioners, and other first responders.

To see more of her artwork visit her website [www.armytoartist.ca](http://www.armytoartist.ca)  
For more on the Steel Spirit Gallery visit their website [www.thesteelspirit.ca](http://www.thesteelspirit.ca)





## » PROFILE

# CPO1 Timothy King

## BADM Unit CPO

**A/SLt Wen Guo**  
Base Administration

Incoming Base Administration (BADM) Unit Chief Petty Officer – CPO1 Timothy King's goal is to be a good command team partner, assisting the Base Administration Commanding Officer in his day-to-day operation.

"I would like to provide our Commanding Officer with a realistic, no-nonsense opinion regarding the health, welfare, morale, and climate of the sailors and public servants with whom I will be working with. People first and mission always; if we can take care of our people, we take care of our mission. I am extremely humbled and proud to be offered the opportunity to be the Base Administration Unit CPO and will do my absolute best to represent the unit well."

Born in Ottawa, CPO1 King moved to B.C. as a young boy. He was inspired to join the military by his family's legacy of service. His father, stepfather,

and brothers all held various positions within the Canadian Armed Forces. That legacy now extends to his son, a Marine Technician who will be posted to HMCS Whitehorse in mid-June.

CPO1 King draws inspiration from his wife Deanna who has supported him despite her own adversity.

"She is my foundation and inspires my strength and tenacity. She has taught me the meaning of perseverance by living through her multiple sclerosis condition."

His career started 29 years ago as an Infantry Reservist. In 2001, he re-enlisted in the Regular Force as a Naval Electronic Sensor Operator. Over the years, CPO1 King assumed numerous roles with many significant moments. The most impactful moment was during his time serving with HMCS Protecteur when a major fire broke out in the engine room Feb. 27, 2014.

"The event stroke fear from within and my experience was traumatic. The crew on HMCS Protecteur were the

bravest, most resourceful, dedicated, selfless people I have known and we got ourselves through the event. Under the command team, Capt(N) J. Elbourne and CPO1 A. Aubry's leadership, I was able to reaffirm my love for the CAF. I found new purpose for being part of such a diverse skilled and honorable organization despite the setback from the engine fire."

With decades of military service, CPO1 King has the experience to offer sage career advice to the younger generation.

"If I have one specific advice on career advancement within the CAF it is to take initiative to plan out where you want to be. You are your best career manager; you can take control of what you want to learn, how you want to grow, and then have an open communication with your chain of command. They will help to guide you towards the right direction. Most importantly is have some fun along the journey and that makes it a satisfying career."



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# 26 years of promoting the value of Reserve Service

Miller Ayre is the recipient of the Canadian Forces Medallion for Distinguished Service.

In a presentation modified for COVID-19 restrictions, Miller Ayre was presented the Canadian Forces Medallion for over 25 years of distinguished service and contributions towards the Canadian Forces Reserves. It was presented at the Crow's Nest Officer's Club near his home of St. John's, Newfoundland on May 6. He was joined virtually by his son Andrew in California, and daughter Deidre in Prince Edward Island. With his wife by his side, Ayre was presented the medallion by the local Reserve Force Command Teams from HMCS Cabot and the Royal Newfoundland Regiment, and virtually by Chief of Reserves and Employer Support, MGen Rob Roy MacKenzie, and Director Employer Support Programs, Ray Coutu.

The citation reads: "Since joining the Canadian Forces Liaison Council (CFLC) in 1994, Mr. Ayre has demonstrated tireless dedication towards reservists across Canada. Upon taking the helm of the CFLC Honours



Miller Ayre receives the Canadian Forces Medallion for Distinguished Service, presented by Cdr Allan Brown and CPO2 Allison Tilley at the Crow's Nest Officer's Club, St. John's, Newfoundland.

and Awards Program in 2011, he used his extensive professional and personal network to revitalize and restructure the program, this enhancing the number of award nominations. Mr. Ayre's professionalism and leadership have contributed to the phenomenal success of the program, which benefitted thousands of reservists."

Ayre is a fitting recipient for this award having applied his industry experience and insights

into the changing Canadian landscape to help promote the value of Reserve service, not only in his home of Newfoundland and Labrador, but across the country. His legacy lives on in the form of renewed recognition programs that recognize the efforts of employers and educators who go the extra mile in facilitating both reserve training and deployments on operations.

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## BASE INFORMATION SERVICES (BIS)



PO1 Robinson is presented with the Special Service Medal – Expedition Bar by Commander Nicholas Manley, Base Information Services Officer.



PO2 Gingras is presented with the Special Service Medal - Expedition and the Operational Service Medal – Expedition by Major Hu, Operations Officer.



MS Christian is presented with the Canadian Forces' Decoration by Commander Nicholas Manley, Base Information Services Officer.



MCpl Cyrenne is presented with the Canadian Forces' Decoration by Commander Nicholas Manley, Base Information Services Officer.



MS Mike Gelowsky receives his CAF Certificate of Service for 11 years and a retirement gift from Commander Nicholas Manley, Base Information Services Officer.



S1 Fleet is presented with the Operational Service Medal - Expedition by Commander Nicholas Manley, Base Information Services Officer.



S1 Powell-Duvall is presented with the Special Service Medal – Expedition Bar by Commander Nicholas Manley, Base Information Services Officer.



S1 Timewell is presented with the Special Service Medal - Expedition and the Operational Service Medal - Expedition by Commander Nicholas Manley, Base Information Services Officer.



S1 Turner is presented with Operational Service Medal – Expedition by Commander Nicholas Manley, Base Information Services Officer.



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S1 Derewicz is presented with the Special Service Medal - Expedition by Major Hu, BIS Operations Officer.



## PERSONNEL COORDINATION CENTRE PACIFIC

Cdr Benjamin Seaby, Commanding Officer of Personnel Coordination Centre Pacific, presented awards and promotions to members of the unit.



CPO2 Jaime Fraser was promoted to her current by Cdr Benjamin Seaby, Commanding Officer of PCC(P), and her husband, PO1 Peter Fraser.



LCdr Millman received his Canadian Forces' Decoration from Cdr Benjamin Seaby, Commanding Officer of PCC(P).



PO1 Sylvain Trudel was presented with his Special Service Medal – Expedition Bar for Operation Projection 2020 aboard HMCS Winnipeg by Cdr Benjamin Seaby, Commanding Office of PCC(P).



MS Joshua Joyce was presented with his Canadian Forces' Decoration by Cdr Benjamin Seaby, Commanding Officer of PCC(P).



## CAF TU BC

BGen Dyrld Cross, Commander Canadian Armed Forces Transition Group, presided virtually over a Commander Military Personnel Command commendation ceremony on June 8.



Michelle Payne, a retired Operational Stress Injury Social Support B.C. family support coordinator, receives a CMPC Commendation presented on behalf of BGen Cross by LCol Mark Beare, Commanding Officer CAF Transition Unit Alberta, and MWO Kevin Heselton, CAF TU BC Sergeant-Major.



WO Daniel Bodden receives a CMPC Commendation presented on behalf of BGen Cross by Cdr Colleen O'Brien, Commanding Officer CAF TU BC.



Jennifer Hardy receives a Commander CAF Transition Group coin from Cdr Colleen O'Brien, Commanding Officer CAF TU BC.



LCdr Judith Harlock, previous CAF TU BC CO, receives a CMPC Commendation presented on behalf of BGen Cross by Cdr Colleen O'Brien, Commanding Officer CAF TU BC.

 **HMCS OTTAWA**

Cdr Sam Patchell, HMCS Ottawa Commanding Officer, along with Lt(N) David Pittis and CPO2 Mike Charland, promoted members of his crew at the HMCS Ottawa shore office on June 10.



S2 Bishop was promoted to his current rank.



S2 Emmerson was promoted to his current rank.



MS Shi was promoted to his current rank.

 **NAVAL FLEET SCHOOL (PACIFIC)**

Lt(N) Kupchak, Deputy Engineering Division Commander of Naval Fleet School Pacific, presented the certificate of completion during the Marine Technician course ceremony on June 7.



S1 St-John receives a Certificate of Completion.



S2 Baillie receives a Certificate of Completion



S2 Diaz receives a Certificate of Completion.



S1 Tamayo receives a Certificate of Completion.



S2 Greenwood receives a Certificate of Completion.



S2 Luo receives a Certificate of Completion.



S1 Gagnon receives a Certificate of Completion.



S2 Choi receives a Certificate of Completion.



S2 Choi receives a the Top Student Award.

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### HOUSE SWAP

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