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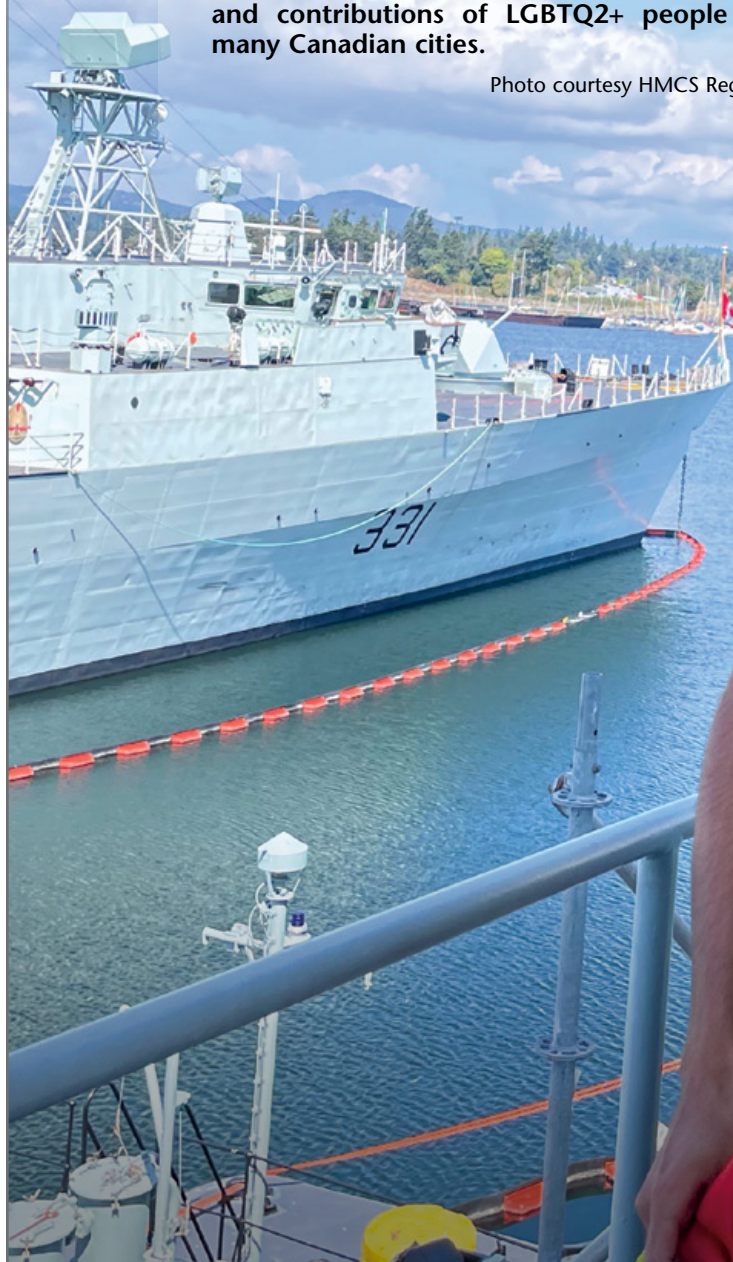
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REGINA PRIDE

S3 Kian Kamyabi Pour raised the LGBTQ2+ Pride flag on board HMCS Regina for National Public Service Pride Week. Pride events span the course of several months. Pride Season is a unifying term that refers to the period between June and September when LGBTQ2+ communities and allies come together at different times throughout the summer to spotlight the resilience, talent, and contributions of LGBTQ2+ people in many Canadian cities.

Photo courtesy HMCS Regina



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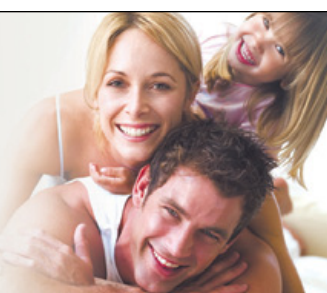
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NEWFOUNDLAND WRECKS CLEARED OF **EXPLOSIVES**

Peter Mallett
Staff Writer

Beneath the icy blue water off Belle Island, Newfoundland, are the remnants of naval wartime history – sunken ships.

It's a favourite spot for recreational divers, but with any sunken warship, there are dangers associated with unexploded ordnance and ammunition.

In July, a team of clearance divers from Fleet Diving Unit Pacific and Atlantic, and Combat Divers from 4 Combat Engineer Support Regiment spent three weeks finishing the removal of these items, which began in 2019.

Clearing the site of hazards will allow the Government of Canada to declare the shipwrecks a national historic site.

The sunken relics are freighters SS Saganaga, SS Lord Strathcona, SS Rose Castle, and Paris-Lyons-Méditerranée 27. In the Second World War, they were equipped with weaponry and explosives for protection against German U-Boat attacks during the Battle of the Atlantic. They were tasked with carrying iron ore from Belle Island's mine to steel mills in Nova Scotia as part of the war effort. Over 60 sailors died when German submarines sunk them.

Military divers were tasked with removing the final 60 pieces of 4.75-inch deck gun rounds and small arms from the hulls of the four sunken freighters. A similar operation by clearance divers in 2019 removed and destroyed 140 pieces of ordnance.

With this mission, divers operated from the deck of HMCS Moncton, with support personnel from Naval Reserve Unit HMCS Cabot in St. John's, Nfld.

"Visibility underwater on most days was near perfect, and from a sightseeing angle it is easy to see why the site is such a popu-

lar tourist attraction; the colours and sea life around the wrecks is spectacular," says MS Joseph Falletta, Mine Countermeasure Maintenance Supervisor with FDU(P), one of four divers from Maritime Forces Pacific who took part in the mission.

Sea life encountered ranged from cod fish to a family of Minke whales.

"We believe the whales are residents of the area and kept an eye on us throughout the deployment," he adds.

Before starting their mission, divers were uncertain if they would be handling live ammunition designed to cause maximum damage to enemy warships and submarines. Thankfully, says MS Falletta, none of the ordnance removed was fused. They were still in their original shipping containers located in ammunition lockers underneath the gun decks, notably on the SS Lord Strathcona.

"Once inside the ammo lockers, we encountered very poor visibility due to the rust and debris being stirred up and falling from the deckheads when our [air] bubbles would hit it," says MS Falletta, adding they used the Ultra Lightweight Diving System.

To get the ordnance out, divers attached them to lift bags and floated them to the surface. They were then transferred to Moncton.

Since the ordnance was required to be disposed of the same day, gun rounds and ammunition were taken to a quarry in Holyrood, with assistance from the RCMP and Royal Newfoundland Constabulary. They were destroyed by FDU (A) Explosive Ordnance Disposal Technicians.

"All four wrecks have been rendered safe from explosives and are now safe for civilian diving," says MS Falletta. "For me, this mission was a career high. I got to do something really neat and challenging while ensuring our sovereign waters were made safe for people to enjoy."



Photos by Corporal Braden Trudeau,
Canadian Armed Forces Imagery Technician

All four wrecks have been rendered safe from explosives and are now safe for civilian diving"

– MS Joseph Falletta, Mine Countermeasure Maintenance Supervisor with FDU(P)



Sailor Third Class Daniel Heath, a new HMCS Malahat recruit, practices throwing a line as part of summer training at the naval reserve unit.

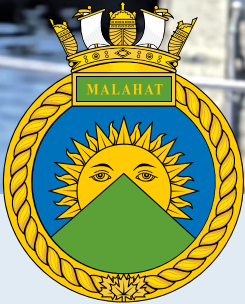
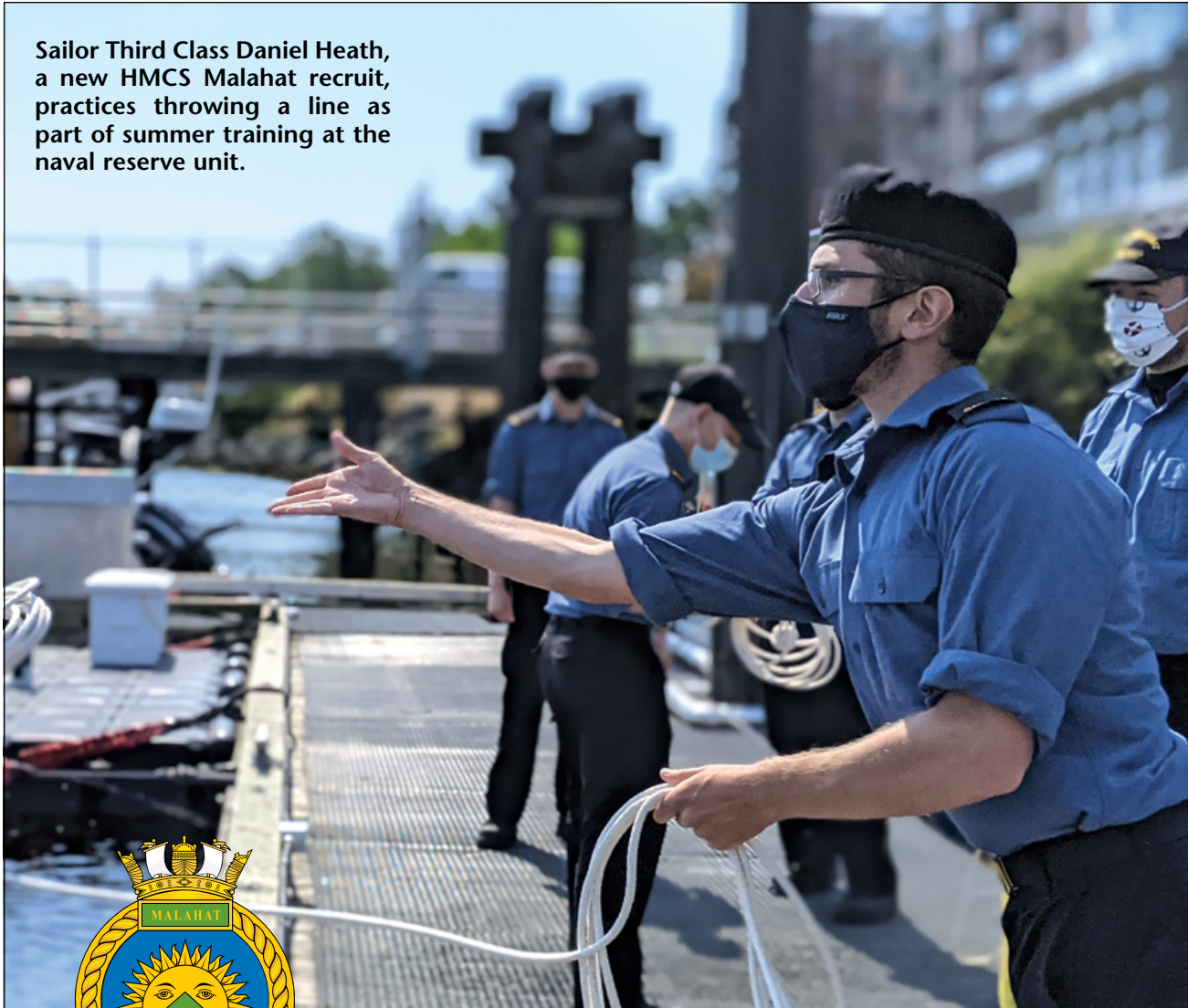


Photo by S2 Emma Stewart

HMCS Malahat's Newest Recruits Get Competitive During Summer Training

SLt Donald Den
HMCS Malahat

Throughout July, HMCS Malahat's new recruits have been undergoing summer training at Victoria's Naval Reserve Division, following all COVID-19 health and safety protocols.

This latest batch of Naval Reserve recruits are currently under contract at Malahat through the Guaranteed Employment Offer (GEO) as outlined in Canada's Defence Policy *Strong, Secure, Engaged*, which offers summer employment for Reservists.

The main focus for the summer has been learning the basics of the sea, and giving recruits their first navy on-the-water experiences. This is something they will be immersed in throughout their navy career.

"Allowing new sailors the opportunity to experience life in the navy is essential, not only for their training but for unit cohesion and morale as well," says Sub-Lieutenant Eric Jakubowski, GEO Coordinator. "Having recruits go through activities based on the fundamentals of sailorship gives them something to look forward to in their future career as Naval Reservists."

Some navy duties recruits have been undertaking include knot-tying, person-overboard training, kisbee

(life/buoy) ring tossing, nautical flag recognition, and, being able to drive a Rigid Hull Inflatable Boat (RHIB) outside of Victoria's Inner Harbour.

"The idea in taking recruits out and letting them drive the boats is to get them familiar with how the throttle feels, how the boat goes, and what it is like to operate in a sea-based environment," explains Sailor Second Class Emma Stewart, Acting Chief Boatswain Mate.

Training culminated in Malahat's first-ever Boatswain's Olympics. Recruits competed in events based on their training, including flag recognition, seamanship trivia, and a kisbee ring toss, with both the recruits and current Malahat members of taking part.

"The recruits were learning pretty quickly, and we can be pretty competitive, so it was a great opportunity and a fun contest," says S2 Stewart.

For those new members of Malahat, the summer training period has been filled with both new experiences and challenges.

"The opportunity to learn about the day-to-day duties of a Naval Reservist has been great, and being able to go out on the boats and learn some maneuvers has helped make the summer more enjoyable," says Sailor Third Class Claire Jackson, a new Malahat member.

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Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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FALL PROTECTION

Chinenye Ewelike Formation Safety Programs Officer

Often times in the workplace, and at home, people perform tasks that require them to either work at heights or be exposed to situations where there could fall through an unprotected hole on the ground.

Occupational health and safety professionals state that falls are the leading cause of serious work-related injuries and deaths.

In fact, statistics show that 60 per cent of falls happen on the same level, and the remaining 40 per cent are falls from heights.

As with all work-related accidents and incidents, falls from heights are preventable with adequate planning and implementation.

A fall protection plan with detailed processes, procedures, and activities is put in place to ensure personnel who work at heights return to their families each day. An effective plan requires management commitment and input from individuals with direct experience and whose work will be most impacted; this would also include supervisors and workers whose jobs involve fall hazards.

An aspect to consider when conducting a hazard assessment for a fall protection plan is looking for all areas or situations where there is a risk of falling before any work begins. Other things to consider are:

- Are there any areas where people may fall during tasks they are expected to do? Examples include from a height of 2.4 meters, into operating machinery, into water or other liquid, into or onto a hazardous substance or object, and through an opening in a work surface.
- Are there controls in place to eliminate or reduce the likelihood of falls?
- Are workers trained to recognize new or previously unrecognized fall hazards and report them immediately?
- Do workers understand the protective measures taken to reduce falls (e.g., guardrails, safety nets, etc.)?
- Is all equipment used by workers stable and in good repair, including guardrails, ladders and scaffolding?
- Are floors in work areas in a clean and, so far as possible, dry?
- Are workers educated and trained to understand how and when to use protective equipment safely?
- Is personal protective equipment prescribed, available, maintained in good condition, and used as instructed?

Additionally, all fall protection equipment shall be CSA approved. Every fall arrest equipment wearer should thoroughly inspect their equipment before use. All faulty components should be removed from service immediately even if the component is still within the manufacturer's shelf life.

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Patrol Pathfinder candidates on a Black Mamba inflatable boat.

Photos by SLt Wilson Ho



A JOINT OPERATION

TRAINING PATROL PATHFINDER CANDIDATES

SLt Wilson Ho
HMCS Vancouver

For two days in August, 24 Patrol Pathfinder candidates rehearsed their beach assault skills on the shores of Vancouver Island during the maritime phase of their course, run by the Canadian Advanced Army Warfare Centre.

Over three grueling months, candidates are exposed to a variety of insertion and extraction techniques by air, land and sea.

To become a Patrol Pathfinder, one must be in top physical and mental form as members are expected to withstand the hardships of long-range patrolling and working long hours with minimal rest.

Once qualified, these Patrol Pathfinders will be the ones establishing drop zones, landing zones, beach sites, and tactical air-strips, securing them for follow-on forces to arrive.

From Aug. 24 to 27, the Patrol Pathfinder candidates practiced helicopter casting, which entailed being dropped out of, and being recovered by, a CH-148 Cyclone.

Additionally, candidates planned and prepared their missions on board Grizzly 60, an Orca-class Patrol Craft Training vessel, before jumping off and securing a nearby beachhead. This is one of the many joint operations the Canadian Army, the Royal Canadian Air Force, and the Royal Canadian Navy regularly conduct together.

"The ability to conduct joint operations is a critical skill for a Patrol Pathfinder, as it enables them to lead the way for their army formation," says Captain Dufour, Officer in Charge of the Patrol Pathfinder course. "We are very thankful for the support the program has been receiving from MARPAC units over the years."

Once these candidates complete the maritime component of the course, they will move on to Quebec for their final phase of training, which includes time spent at CFB Valcartier and around Quebec City.

Upon completion of the final exercise, successful graduates will conduct a torch ceremony at the Citadel in Quebec City and receive the coveted Patrol Pathfinder Badge.



Helocasting a Patrol Pathfinder candidate with a CH-148 Cyclone.



The coveted Patrol Pathfinder Badge – below the jump wings.



Sailor of the Year, S1 Marianne Mojica also paints and recently adorned the walls of HMCS Regina's junior ranks galley with skylines of cities the ship has visited in recent years. At right: An art piece by S1 Mojica.



Devoted WENGTECH crowned *Sailor of the Year*



S1 Marianne Mojica

Peter Mallett
Staff Writer

An HMCS Regina sailor says her passion for life and career is the reason behind her recent Maritime Forces Pacific (MARPAF) Sailor of the Year award.

S1 Marianne Mojica, a Weapons Engineering Technician, said the award came as a complete surprise, partially because she joined the navy less than three years ago, and because she has yet to be deployed.

It was presented by Cdr Landon Creasy, Regina's Commanding Officer, and Geraldine Hinton of the British Columbia Government House Foundation on June 21. Also in attendance was CPO1 Carl Dixon, Regina's Coxswain.

"S1 Mojica is one of the hardest working people I have ever met; she does her work with devotion and eagerness," says CPO1 Dixon.

The 27-year-old sailor joined the Canadian Armed Forces in January 2019. She was already technically adept with a background in electro-mechanical and mechanical engineering, and had previously worked at Chrysler's casting plant near her hometown of Toronto, as well as Weston Foods, Magna Corporation, and Toyota/Lexus motors. But, she says, the work wasn't fulfilling.

"I think at a certain point in everyone's life, you want a refreshing change and this was my ticket to a new adventure and new chapter in my life," she says.

After joining the navy she began work in

Regina's Combat Systems Engineering department, just the change she was looking for.

"I truly do enjoy it. The test of life is to adapt, to overcome, and expect the unexpected," she says.

Besides her regular job, she is the editor of the ship's newsletter, the Canteen manager, the Junior Ranks Mess Coordinator, and a bartender. She is also the ship's representative for the National Defence Workplace Charitable Campaign and participated in fundraising for Operation Freedom Paws Canada.

If that wasn't enough, S1 Mojica is also a talented tenor saxophonist and member of the ship's unofficial three-person band. She, along with baritone saxophonist MS Justin Grant and violinist S2 Bellosillo, make up the 3 Deck Band and entertain their shipmates with musical serenades at special events or in the junior ranks mess.

S1 Mojica also paints and recently adorned the walls of the junior ranks' galley with skylines of cities the ship has visited in recent years.

Sailor of the Year is chosen by Pacific Fleet leadership based on job performance, community service, dress, and deportment.

Along with her award, S1 Mojica received a promotion, a certificate, a commendation pin, \$200 cash, a clock with a Sailor of the Year engraved plaque, and a parking space in dockyard.

"The best award you can receive or give is fulfilling a life of purpose," she says. "Don't strive to just exist and survive, live the life that makes you truly happy."

Corporal Francis Ross, an aircraft structures technician in Greenwood, spent his off hours during the pandemic building to scale a A10 Warthog from scratch.

Photos by Sara White, Aurora Newspaper



Stick by stick

Pandemic project an exercise in patience, precision

Sara White
Aurora Newspaper

When 2020 brought about a lockdown, it also brought about plenty of spare time, which meant people rediscovering unfinished projects.

For Corporal Francis Ross, he always wanted to build a model of an A10 Warthog, his favourite aircraft, but he knew it would take a massive amount of time.

"And it was," he admits. "Right at the start of the pandemic in March 2020, I dragged my piece of plastic up on the kitchen table, with all the little squares marked on it for scale, and started. It was on the kitchen table for months. It sat on the table, then on a stand. I'd work on it for 15 minutes and then leave it to let the glue dry."

Cpl Ross spent 13 years at 14 Wing Greenwood as an aircraft structures technician. As the pandemic took hold, he was working at 14 Air Maintenance Squadron. He spent a few initial days of the first lockdown at home, and then worked all the way through 2020's upheaval. He was even a member of the wing's Operation Laser team, one of several dozen personnel tasked to train and be on call in case of need anywhere across Canada. He most recently transferred to 405 (Long Range Patrol) Squadron.

His model A10 Warthog was built with hundreds of Popsicle sticks, white glue, bits of wood and toothpicks, and even the springs from inside ballpoint pens to act as wheel shocks. Total cost, \$100.

There are moving parts – the wheels, the engine compression blade, a chute pack compartment at the plane's tail end, and hatches where you can peek in and see the engine parts he crafted.

"I have it all in proportion, except, if you really look at it, the wing span is a bit too wide. I had to add the wing tips, and it would have been too much to get that length back and the wood all tapered. These are just some of the things I've noticed; it's as accurate as I could make it with wood. And really it's still not done. I'm thinking of weapons systems, making bombs and missiles for it so it's fully loaded. And then maybe I'll hang it from the garage ceiling when it's done."

Cpl Ross grew up in West Gore, Nova Scotia, and spent time as a kid attending every air show possible at the small Stanley airport or in Greenwood. He's got all kinds of aviation books and aircraft specification guides.

"I grew up loving this plane, the Warthog. It was specifically designed for air support for ground troops. It's not a multi-purpose aircraft. It just had one job."



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Panoramic aerial landscape taken on Aug. 11 of the Tremont Creek Wildfire in Kamloops, B.C.
Photo by Lieutenant-Commander Tony Wright, MARPAC/JTFP

OPERATION LENTUS

MILITARY ON THE GROUND, IN THE AIR, IN SUPPORT OF WILDFIRE FIREFIGHTING

This summer, the wildfire situation in British Columbia escalated to extreme levels due to unseasonably dry conditions, lightning strikes, and weather patterns unusual for the season.

So far this fire season, more than 861,523 hectares have burned. To date, there is about 240 fires still burning.

Headed by Joint Task Force Pacific (JTFF), Canadian Army and Royal Canadian Air Force personnel and equipment are supporting the BC Wildfire Service in suppressing the fires in British Columbia's interior.

Three Requests for Federal Assistance from the Province of British Columbia were made throughout July, which resulted in an Air Task Force of two CH-147 Chinook and two CH-146 Griffon helicopters headquartered in Kamloops. A CC-130 Hercules tactical airlift fixed wing aircraft based out of 19 Wing Comox, also a part of the Air Task Force. Plus a Land Task Force of over 300 soldiers headquartered in Vernon.

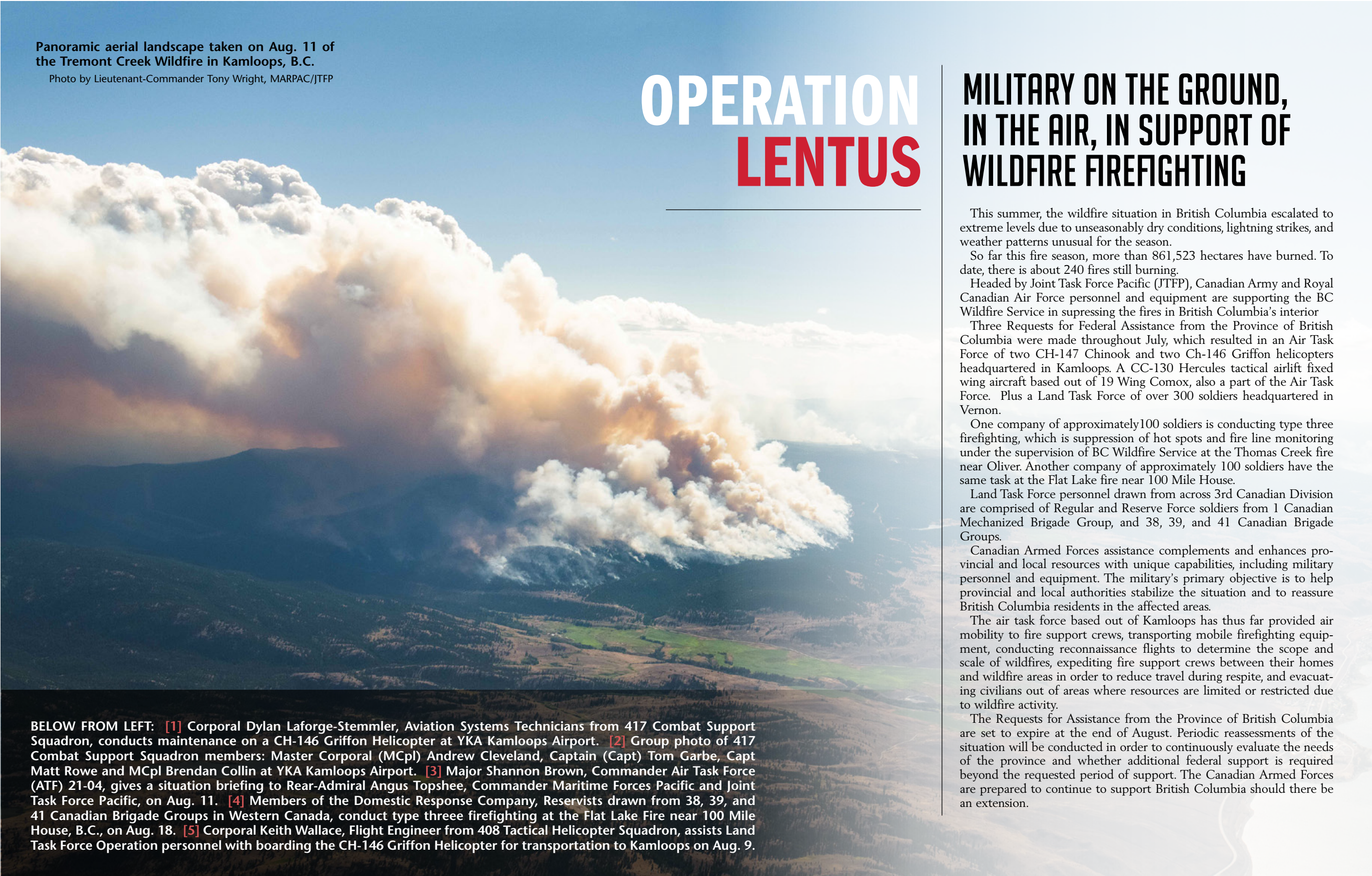
One company of approximately 100 soldiers is conducting type three firefighting, which is suppression of hot spots and fire line monitoring under the supervision of BC Wildfire Service at the Thomas Creek fire near Oliver. Another company of approximately 100 soldiers have the same task at the Flat Lake fire near 100 Mile House.

Land Task Force personnel drawn from across 3rd Canadian Division are comprised of Regular and Reserve Force soldiers from 1 Canadian Mechanized Brigade Group, and 38, 39, and 41 Canadian Brigade Groups.

Canadian Armed Forces assistance complements and enhances provincial and local resources with unique capabilities, including military personnel and equipment. The military's primary objective is to help provincial and local authorities stabilize the situation and to reassure British Columbia residents in the affected areas.

The air task force based out of Kamloops has thus far provided air mobility to fire support crews, transporting mobile firefighting equipment, conducting reconnaissance flights to determine the scope and scale of wildfires, expediting fire support crews between their homes and wildfire areas in order to reduce travel during respite, and evacuating civilians out of areas where resources are limited or restricted due to wildfire activity.

The Requests for Assistance from the Province of British Columbia are set to expire at the end of August. Periodic reassessments of the situation will be conducted in order to continuously evaluate the needs of the province and whether additional federal support is required beyond the requested period of support. The Canadian Armed Forces are prepared to continue to support British Columbia should there be an extension.



Photos by Sailor 1st Class Victoria Loganov, MARPAC Imaging Services



Photo by Lieutenant-Commander Tony Wright, MARPAC/JTFP





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At the world level, the mental game is huge. You have to know what you're dealing with."

— Lt(N) Will Sarty

ARM WRESTLING CHAMPION PULLING FOR WORLD TITLE

Joanie Veitch

Trident Newspaper

Despite physical setbacks, Lt(N) Will Sarty is going to the World Arm Wrestling Championships in Orlando, Florida, next month, representing Team Canada for the fifth time.

He is a top medal-winning athlete at the regional, national, and international level and has his sights on winning again.

"I'm going to the podium this year. I feel super healthy and confident going in," he says. "I'm feeling strong and I'm just getting stronger every day."

The championships usually draws between 2,500 to 3,000 athletes, competing in many weight classes, but due to COVID-19 restrictions participation numbers are down this year. He will be one of about 40 athletes representing Team Canada in both right and left arm matches.

He has come a long way since 2015, when he attended the World Arm Wrestling Championships in Malaysia. He placed fourth, but an injury from the 2013 world championships in Poland was still giving him trouble.

He underwent physiotherapy and the Personnel Support Programs' (PSP) reconditioning program, and recovered enough to win gold at both regional and national championships in 2014 and 2015.

He took another gold at the regional level in 2016, but knew he wasn't anywhere near full recovery as his pain was getting worse.

He had a UCL tear, and years of arm wrestling had left him with osteoarthritis from shoulder to fingers, along with bicep tendonitis, both radial and carpal tunnel syndrome, and bone spurs.

"I knew I had to retire from the sport but it was devastating for me. It took me two days to write my retirement message and it took another week for me to be able to hit send. It had a huge emotional impact."

Not one to give up, he made some big changes. He began intensive rehabilitation with PSP and at home began practicing yoga for at least half an hour every day to improve blood flow throughout his body.

Over time, the new regime paid off. As the pain diminished and he began to regain his strength; so he took up rock climbing, a sport that, like arm wrestling, relies on a weight-to-strength ratio.

He began arm wrestling again, feeling strong enough to start a club and get back into doing regular matches. After returning from the Baltic in February - where he was deployed in 2020 - he went back to his arm wrestling club in Lower Sackville to train with Team Nova Scotia.

"Going to the worlds this year is a fantastic opportunity — it's very nostalgic — but am I going to compete every year at the worlds? Nope, probably not," he says. "I know my body and I know I can't train as hard as I used to, and I'm not willing to hurt myself just to win. I don't need that."

Lt(N) Sarty began arm wrestling in high school after a plumber doing work on his family's property gave him some pointers.

"He was a multi-time national arm wrestler. He pulled me aside and asked if I wanted to learn."

A natural at the sport, Lt(N) Sarty began training and came home with a bronze from his first provincial tournament on July 26, 2000, adding two more bronze wins at nationals in Manitoba later that same year.

Now known as "Armbender" in arm wrestling circles, he has won 22 national medals, including 15 consecutive golds. A qualified coach and trainer, Lt(N) Sarty has also written a manual on arm wrestling.

In preparation for the world championship, he studies video matches of his potential competitors and compiles profile sheets to review with his training team at the Nova Scotia Arm Wrestling Association.

"At the world level, the mental game is huge. You have to know what you're dealing with."

2021

COREY HIRSCH

Former NHL goaltender and Olympic Silver Medallist and NOW Public Speaker and Advocate for Mental Health.



Join the MARPAC Health & Wellness Strategy as we recognize

World Suicide Prevention Day

**10:00 – 11:30 AM
ON ZOOM**

**FRIDAY
SEPTEMBER 10**

LIVE LINK:

<https://cfmws.zoom.us/j/93228414104?pwd=TC1tSmJqVmwwOWUpBcDVkc0NQNOp6Zz09>

Meeting ID: 932 2841 4104
Passcode: MHWS

Registration is not required.
Simply connect to link provided to log in to the presentation.

A former NHL goaltender, NHL goaltending coach, and Olympic silver Medallist, Corey Hirsch was featured in an article in the Players Tribune opening up about his struggle with Obsessive Compulsive Disorder while on the rise to a promising career in the NHL. He has since dedicated himself to ending the stigma of mental health and becoming the National Youth Ambassador for the Center for Addiction and Mental Health. Hirsch helped to create and put together the program CAMH program Gamechangers, geared to get mental health info into the hands of our youth.

Born in Medicine Hat, Alberta and raised in Calgary, Alberta, Corey was drafted in 1991 by the New York Rangers. He spent three years of his early career with New York where he was an active roster member when the team won the 1994 Stanley Cup. In April of 1995 he was traded to the Vancouver Canucks where he played the majority of his NHL games all while hiding and battling a mental illness.

After retiring from active play, Hirsch became an NHL goaltending coach for elite NHL goaltenders and prospects



for another six seasons with the Toronto Maple Leafs and St Louis Blues. Corey has since transitioned from NHL coach to broadcaster where he currently works for Sportsnet650 as the radio colour analyst covering the Vancouver Canucks.

Join the MARPAC Health & Wellness Strategy as we raise awareness on World Suicide Prevention Day. Join us online and listen to Hirsch's compelling and compassionate story about his own struggle with thoughts of suicide until he finally learned his condition had a name: Obsessive Compulsive Disorder, a highly treatable mental illness.





SHIPBOURNE AIR CONTROLLERS

In accordance with a recent navy initiative approved by D MIL C (supporting references include CFAO 49-4), all Shipbourne Air Controller (SAC) billets in HMC ships were up-ranked to MS. As part of this initiative all S1 sailors currently posted to SAC positions in sea-going HMC ships were promoted to Acting MS (not substantive). Below: Commodore David Mazur, Commander Canadian Fleet Pacific, and Chief Petty Officer Second Class Warren Beattie presented these promotions on board HMCS Winnipeg on Aug. 16.

Photos by S1 Mike Goluboff,
MARPAAC Imaging Services, Esquimalt



Acting Lacking Master Sailor Shelby Andrews (centre) is promoted to her current rank.



Acting Master Sailor Venkarlo Cornes (centre) is promoted to his current rank.



Acting Master Sailor Nicholas Sanders (centre) is promoted to his current rank.



MARPAC



WO Pawel Pankowski is promoted to his current rank by LCdr Clayton Cochrane, Officer in charge of RJOC, and WO Amanda Pond, METOC supervisor at MARPACHQ.



Acting MS Nelson Holland, Shipbourne Air Controller, is promoted to his current rank on board HMCS Vancouver by Cdr Kevin Whiteside, Commanding Officer, and CPO1 Andrew Ferguson, Coxswain.



CANADIAN SUBMARINE FORCE



PO2 Douglas James Mack is promoted with the help of his son S3 Kaleb Vivier and Capt(N) Jean Ouellet, Commander Canadian Submarine Force.

NAVCOM RQ-S3

Lieutenant (Navy) Tristan Robertson, Operations Division Commander, Naval Fleet School Pacific, presented Certificates of Military Achievement during the Naval Communicator RQ-S3 Course Session 0006 graduation ceremony on Aug. 23.

Photos by S1 Kendric Grasby,
Canadian Armed Forces Photo



Sailor Third Class (S3) Jacob Blais receives a Certificate of Military Achievement.



S3 Katie Dalla Pozza receives a Certificate of Military Achievement.



S3 Jay Danser receives a Certificate of Military Achievement.



S3 Daniel Desroches receives a Certificate of Military Achievement.



S3 Sabrina Diertens receives a Certificate of Military Achievement.



S3 Ismael Durocher-Bergeron receives a Certificate of Military Achievement.



S3 Ryan Novak receives a Certificate of Military Achievement.



S3 Jordyn Redvers receives a Certificate of Military Achievement.



S3 Alex Reed (Top Student) receives a Certificate of Military Achievement.



S3 Zarifeh Syeda receives a Certificate of Military Achievement.



S3 Julian Walsh receives a Certificate of Military Achievement.



S3 Jerad Zitman receives a Certificate of Military Achievement.

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ROOM FOR RENT AVAILABLE SEPT. 1

Bedroom available to rent in a semi-attached duplex in Belmont Park. Available September 15th, \$553.64 a month (utility prices not included), WiFi already installed and washing machine on site. Free parking. Must be a fellow service member as well. Prefer to be contacted by email, loriliehulan@gmail.com

3 BEDROOM UPPER SUITE IN VIEW ROYAL - AVAILABLE NOW

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Gorgeous, very spacious and newly renovated 1 bedroom suite with 8 ft ceilings in a quiet residential area three minutes from the naval base and the E&N trail. It comes with hydro and hot water, a functioning woodstove, gas furnace, new kitchen including dishwasher, and additional storage. Laundry is shared with owner living above. Garage use and driveway parking are not included. Street parking is widely available. No pets but there is a friendly dog living on the property. Bus stop is directly in front of the house. Cable and internet not included. \$2,000/month; term is 12 months. 778-866-4390. elena.buscher@gmail.com

PLAN AHEAD LARGE 1 BEDROOM 2 BATHROOM

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EMPLOYMENT

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