

Volume 67 Number 20 | May 24, 2022

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MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

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Maritime Forces Pacific


Rear-Admiral Christopher Robinson Takes Command

Full story on
Page 8 and 9

Left to right: Vice-Admiral Angus Topshee, Vice-Admiral Bob Auchterlonie, Vice-Admiral Craig Baines, and Rear-Admiral Christopher Robinson sign the Change of Command certificates for Maritime Forces Pacific at Duntze Head in HMC Dockyard on May 16. Photo by S1 Kendric C.W. Grasby, MARPAC Imaging Services.



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Two warships come home from Operation Caribbe



A long exposure of HMCS Yellowknife while the ship was deployed on Operation Caribbe.
Photo: MARPAC Imaging Services



Capt(N) Timothy Blois
Operation Caribbe Public Affairs Officer

After travelling 33,874 nautical miles, *HMC Ships Saskatoon* and *Yellowknife* returned to their home port in Esquimalt last Thursday after a combined 147 days at sea.

Both ships participated in Operation Caribbe, a U.S.-led enhanced counternarcotic operation in the Eastern Pacific Ocean. Their arrival home was marked with the hallmarks of naval tradition: the Naden

Band of the Royal Canadian Navy performing while sailors' loved ones waited on Y jetty.

While away, each ship worked different areas of the Eastern Pacific Ocean. Their efforts saw them seize and destroy about 872 kilograms of cocaine, and obtain valuable intelligence into smuggling networks. The ships went as far south as Ecuador, stopping in the USA, Mexico, and Panama for fuel and provisions.

Canada has been contributing to Operation Caribbe since 2006, which led to the seizure of more than 112 tons of cocaine.

New leader at the helm of HMCS Saskatoon

Capt(N) Timothy Blois
Operation Caribbe Public Affairs Officer

A change of command ceremony for *HMCS Saskatoon* took place Friday, May 20 at Y jetty between out-going ship commander Lieutenant-Commander (LCdr) Nadia Shields and in-coming commander LCdr Michael Vanderveer. Overseeing the ceremony was Commander S. G. Kelly, Commander Coastal Division (Pacific).

The ceremony marked two years since LCdr Shields took command of *Saskatoon*. During her command, she deployed twice on Operation Caribbe, contributing to the seizure and destruction of over 5,000 kilograms of cocaine and preventing them from potentially hitting the streets of Canada. Highlights of

her time in command also included circumnavigating Vancouver Island and being the first Commanding Officer of a *Kingston*-class vessel to use demolitions in a theatre of operations. LCdr Shields will now become the Officer-In-Charge of Patrol Vessels Sea Training (Pacific).

"I went through the achievements of *Saskatoon* and I realized it wasn't the miles steamed, time away from family, or our mission accomplishments that made this an amazing time for me as a Commanding Officer. It was that if I was given the opportunity to take command again, I would choose this crew every single time," she says.

LCdr Michael Vanderveer has a wealth of experience, including operational tours with *HMCS Regina* on Operations Artemis and Reassurance. He has been a bridge watchkeeper, instructor for the Fleet

Navigation Course, Operations Officer, Weapons Officer, and Executive Assistant to the Commander Maritime Forces Pacific.

In looking forward to his command, LCdr Vanderveer remarks he is excited to have this opportunity.

"Coming down to Y jetty and working with a small but capable team is one of the greatest experiences to have in the navy," he says. "At all ranks and in all positions, the opportunities and responsibilities sailors receive here is beyond compare, and it's a remarkable way to build a more capable and empowered force."

HMCS Saskatoon is set to spend time at home for planned maintenance before attending the Seattle Sea Fair in August and September. Then the ship will head out for a six-week search and rescue zone patrol north of Vancouver.



Vice Admiral Angus Topshee: *Farewell Message*

To the thousands of great Canadians, sailors, soldiers, aviators, and operators in uniform, as well as the civilian public servants and contractors who enable and support them within Maritime Forces Pacific (MARPAF) and Joint Task Force Pacific (JTF(P)):

I want to start by acknowledging that much of what MARPAF does takes place on the traditional lands of the lək'əŋən-speaking people and specifically the Esquimalt and Songhees nations. As I prepare to leave these lands to head to Ottawa, I want to thank all of the indigenous people I've met in the course of my duties for sharing their lands and knowledge with me. I promise to continue to work on the difficult, but essential task of reconciliation in my next assignment.

When I took command last May, I asked all of the military personnel in MARPAF and JTF(P) to commit to duty. To serve Canada and Canadians loyally, to put that service before ourselves and to be ready to help, ready to lead, and ready to fight while respecting the rights and dignity of every person. I asked all of the public servants to commit to stewardship and innovation to make best use of the resources assigned to us. I also asked all of us, military and civilian alike, to serve with integrity and empathy. The task I set was to understand and acknowledge the needs, goals, and desires of every person we work with inside or outside of the defence team. To respect their dignity and strive to build an inclusive and welcoming workplace that maximizes the potential of every individual. While we still have work to do, we have made progress thanks to initiatives like CODE training, critical conversations with affected persons, trauma informed first aid training, and a renewed focus on the divisional system. This progress must continue, as creating an equitable, diverse, inclusive, and empowering culture is the only way we will be able to meet the challenges we face today.

There is a lot of different units and people I wish to thank, but it would be impossible to write them all down. Every organization has faced its challenges as we cope with the pandemic and personnel shortages. As I reflect upon my 367 days in command of MARPAF and JTF(P), I am struck by an overwhelming sense of gratitude – it takes a collective effort to succeed, and the work of everyone working in the formation matters immensely. Thank you to each and every one of you. Merci à chacun d'entre vous.

I would like to take this opportunity to thank my family. My career has asked a lot of them, with moves every second or third year, and they've been amazing in picking up and starting over in a host of new places. This has been a particularly tough year for us, but I couldn't imagine confronting it with anyone other than my wife Audrey who has always been the anchor holding our family together. To my daughters Amy, Zoe, Charlotte, and Iris: you inspire me with your energy, your passion, your courage, and your resilience. You ground me by reminding me, quite regularly, of my flaws and failings. I could not do this without you. Thanks also to my mother, Daintry, who has always been there whenever I've needed her – and never more so than this year.

In closing, it has been an honour and a privilege to command MARPAF and JTF(P). Thank you all for the hard work and outstanding support over these past 367 days.

Vice Admiral Angus Topshee



Vice-Admiral Angus Topshee participates in the tree planting tradition at the Admiral's House on May 16 with his family.

Photo: S1 Kendric C.W. Grasby, MARPAF Imaging Services

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

Le LOOKOUT est publié tous les lundis, 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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COVID-19 Circulation - 2,200
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Victoria, BC V9A 7N2

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Canadian Mail Product Sales Agreement 40063331



Steven (Sonny) Peter Robak

February 25, 1970 – May 11, 2022

With heavy hearts, we mourn the loss of our beloved Steven (Sonny) Peter Robak, who passed away unexpectedly on May 11, 2022. Born February 25, 1970, in Edmonton, Alberta to Willma and Steve Robak, Sonny grew up in Yellowknife, Northwest Territories. Along with his sisters Gwen and Jen, he was raised by their mother and learned the value of sacrifice and loyalty to family. In his later years, Sonny fondly recounted stories of his childhood in the North, where he made lifelong friends, excelled at hockey, and stirred up some trouble along the way.

In 1991, Steve joined the Royal Canadian Navy (RCN) and proudly served our country for 21 years as a Marine Engineer. He sailed the world, made his home in Victoria, British Columbia, and later settled in Ottawa, Ontario. Petty Officer First Class Robak retired from the RCN and continued his career in a civilian capacity for the Department of National Defence.

Sonny's true passion was a life centered around family, friends, and tradition. Happiest when spending time on family adventures, he exemplified the best in a father: loving, present, generous, dependable, involved. Larger than life, his warm laughter would often be the loudest in a room – everyone felt at ease in Sonny's welcoming presence. Hockey, cycling, craft beer, garlic and barbecuing year-round all brought Sonny extreme joy. Coach Steve devoted many years to minor hockey in Kanata, and was an impeccable manager of multiple Fantasy Hockey teams.

Sonny leaves behind his deeply loved wife of 20 years, Angela, and their two sons Alexander (21) and Spencer (17), who made him proud every day. He also fiercely loved his mother, Willma; sisters Gwen Robak, Jennifer Babits (Christopher) and nephews Jozsef, Laszlo and Oscar. He was devoted to his extended Robak family in Edmonton, Alberta.

Gone far too soon, never to be forgotten. Fair winds and following seas...

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Family parking spaces in the works

Peter Mallett
Staff Writer

The task of finding a parking spot at the base will get a little easier for expecting mothers and those with infants in tow.

The Family Parking Initiative will see the creation of 25 family parking spots in high traffic locations at the base in the coming weeks. The initiative is intended to ease the burden on military parents, says Acting Sub-Lieutenant Brennen McNamara, who is overseeing the project.

"We are trying to help out expecting mothers and parents with newborns to make sure their needs are better accommodated," he says. "After conducting several studies of locations and traffic flow, and considering input from the chain of command, we have identified 25 locations, which are a good starting point."

Parking spots will be marked with signage and painted asphalt near the main entrances at each of the messes, Base Orderly Room, dockyard gym, and post office. Other locations will also be evaluated, says A/SLt McNamara.

CFB Esquimalt Base Commander, Captain (Navy) Jeff Hutchinson, says he and senior leadership at the base have been listening to the concerns of members.

"We have heard from our members about the challenges they face when coming to the base with young children or while pregnant. They've shared that these types of parking spaces are lacking, while noting that they're prevalent elsewhere in the community," Capt(N) Hutchinson said. "Making convenient parking available to families is an example of us working to address the needs and concerns of our Defence Team."

Special parking passes will be

required for all family parking spaces in dockyard and can be obtained through registration with the Parking Control Office. All other locations will be on the honour system, says A/SLt McNamara.

As per parking enforcement regulations BSO 1004-2, any person parked in a location without the proper registration is subject to warnings, towing, and loss of parking on DND property for a period of up to 12 months.

Family parking spaces are designed for three-hour visits or less. Personnel who require day-to-day accommodations will need to seek an Alternate Parking Pass through their Parking Coordinator.

In the coming weeks, Real Property Operations Section (RPOps) Esquimalt will install the signs and line striping the tarmac.



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"Making convenient parking available to families is an example of us working to address the needs and concerns of our Defence Team."

—Capt(N) Jeff Hutchinson, Base Commander

Healing injured members at 10,000 feet

Peter Mallett
Staff Writer

Operation Pegasus Jump is not a typical military mission, but a skydiving camp designed to help injured military members heal by letting go of their fears.

This summer on Vancouver Island, groups of veterans, current serving military members, and first responders will make their jumps from a Cessna 182 Jump plane at heights ranging between 3,500 and 10,000 feet.

Operation Pegasus Jump is organized by Campbell River Skydive Centre owners, former Canadian Airborne Regiment member Sergeant (Retired) Rob McNeill and former Search and Rescue Technician Master Warrant Officer (Retired) Bob Verret. The two men are the operators of the only veteran-owned drop zone in Canada.

The skydiving camp is a therapeutic team-building exercise for men and women living with PTSD and other occupational mental illnesses, says McNeill.

"I know from personal experience parachuting is the

best therapy for injured airborne members," he says. "It's all about taking service members and first responders out of their comfort zone and presenting them with a challenge."

The camp is an extension of McNeill and Verret's company Us For Each Other (U4EO). The pair operates five parachuting businesses and education programs in Campbell River.

Finding bliss

After completing a First Jump Course, which offers four to five hours of instruction, participants will make their first jump from 3,500 feet. They will then have the option to continue to make jumps or make a tandem skydive from 10,000 feet while attached to an experienced instructor. Other activities at the camp include a first-day meet-and-greet barbecue, golf day, flyboarding, and helicopter tours.

Master Sailor Jennifer MacKinnon, a skydiving volunteer coach and instructor with the Campbell River Skydiving Centre, says she thoroughly enjoys the experi-

ence of instructing first-timers who have never jumped before.

"I love the passion people bring to this sport and how they feel after their first few jumps," she says. "There is really no feeling like watching their utter fear become complete bliss."

MS MacKinnon is a former Canadian Armed Forces Skyhawk member. She fell in love with the sport almost instantly after making her first jump in 2016.

"If you can find the strength to push through that fear the moment when the airplane door opens, what you experience on the other side and the excitement is truly incredible," says MS MacKinnon.

There are still openings available for participants in the three separate camps running July 8 to 17. The First Jump Course costs \$290 plus tax. Each additional jump is \$125 plus tax. Discounted hotel room rates are being offered to participants through the Comfort Inn, and free camping spots are available at the skydiving centre's drop zone.



For more information and how to register visit:
capitalcityskydiving.ca/events/operation-pegasus

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Royal Canadian Navy Great Lakes Tour 2022

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If you want to learn more about the navy, you'll have a great opportunity this summer, if you're out East.

The Great Lakes Deployment 2022 is underway, with visits to communities along the St. Lawrence Seaway and the Great Lakes. This year's ambassadors are *HMCS Oriole* and *HMCS Glace Bay*, touring the region from May 14 to Aug. 31, and June 24 to July 29 respectively.

The deployment provides Canadians with a unique opportunity to tour one of Canada's naval ships and learn about life in the navy directly from the sailors. Canadians will be encouraged to speak to them and ask about their experiences on domestic and international operations.

The deployment also provides a learning opportunity about the different trades available in the navy.

All Great Lakes Deployment activities will strictly follow COVID-19 protocols and public health guidelines.

Quick Facts

HMCS Oriole is the Royal Canadian Navy's sail training and public outreach vessel and longest-serving commissioned ship, celebrating 101 years in service this

- Visit *HMCS Glace Bay* in the following cities*:
- Hamilton, ON
June 24–29
 - Toronto, ON
June 29–July 10
 - Oshawa, ON
July 10–12
 - Kingston, ON
July 12–14
 - Montreal, QC
July 15–20
 - Quebec City, QC
July 21–24
 - Rimouski, QC
July 25–29

- Visit *HMCS Oriole*, the Royal Canadian Navy's longest-serving vessel, in the following cities*:
- Charlottetown, PEI
May 14–15
 - Tadoussac, QC May 19
 - Quebec City, QC May 22–23
 - Montreal, QC May 25
 - Brockville, ON May 28–29
 - Kingston, ON May 31–June 1
 - Hamilton, ON June 9
 - Toronto, ON June 11–12
 - Niagara-on-the-Lake, ON
June 18–19
 - Sarnia, ON June 25–26
 - Sault Ste Marie, ON July 1–3
 - Thessalon, ON July 5
 - Little Current, ON July 7
 - Parry Sound, ON July 10
 - Collingwood, ON July 16–17
 - Tobermory, ON July 20
 - Midland Tall Ships Festival
July 23–24
 - Port Colborne, ON
July 30 – Aug 1
 - Kingston, ON August 8–12
 - Oshawa, ON August 18
 - Queenston, ON August 20
 - Charlottetown, PEI
August 30–31

Note: *Port dates and locations subject to change

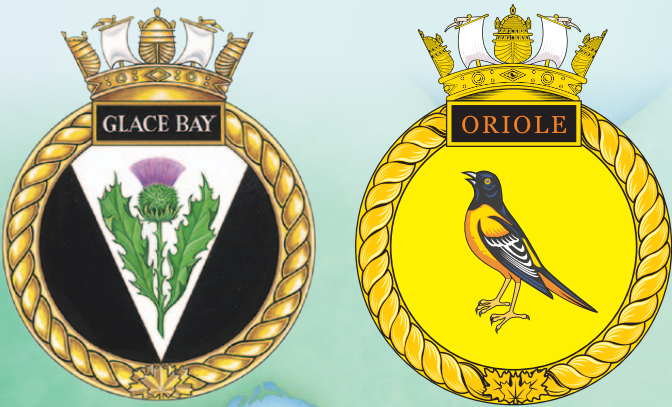
year. The ship was launched in 1921 and sailed in private ownership until it was loaned to the navy during the Second World War, and later commissioned into the service in 1954.

HMCS Glace Bay is a Kingston

Class Maritime Coastal Defence Vessel used to conduct coastal surveillance and patrol including general naval operations and exercises, search and rescue, law enforcement, resource protection and fisheries patrol.



HMCS Oriole



Great Lakes Tour 2022

Leadership Command Change

Peter Mallett
Staff Writer

The winds of change swept through Esquimalt's dockyard last week as the reins of command for the Maritime Forces Pacific (MARPAF) passed from one leader to the next.

Newly promoted Vice-Admiral (VAdm) Angus Topshee handed over command of MARPAF and Joint Task Force Pacific (JTF(P)) to Rear-Admiral (RAdm) Christopher Robinson at Duntze Head on May 16.

Holding the in-person event was a major change from the past two years. Last year's MARPAF Change of Command Ceremony, which saw RAdm Topshee replace VAdm Bob Auchterlonie, was held virtually due to health and safety regulations surrounding COVID-19. This year's event saw the return of the traditional naval pageantry, usually reserved for such ceremonies.

VAdm Topshee saluted *HMCS Brandon* and three Patrol Craft Training Vessels during the ceremonial sail past, as well as a fly-past from a CH-148 Cyclone helicopter.

Florence Dick and Christine Sam from the Songhees Nation conducted a First Nations blessing, and the Lieutenant Governor of British Columbia, the Honourable Janet Austin attended the event.

Saying Goodbye

After a little more than one year in command of MARPAF, Vice-Admiral (VAdm) Topshee moves on to Ottawa to his new job as Commander of the Royal Canadian Navy.

He, along with other speakers, noted many challenges the formation has dealt with over the past year, including a global pandemic and the ongoing climate change. More locally, MARPAF dealt with environmental disasters such as forest fires, floods, and personnel shortages. Despite all the pressing

issues, VAdm Topshee said the fleet and the formation did well in challenging times.

Before signing the Change of Command documents and hauling down his pennant, VAdm Topshee sent a heart-felt thank you to military personnel and civilian employees for their diligence over the past year.

"It has been an honour and a privilege to command this great formation," he said. "Thank you for all the hard work and outstanding support over these past 367 days."

He then turned to VAdm Craig Baines, outgoing Commander of the Royal Canadian Navy.

"I stand relieved. NAVCOMS [Naval Communicators], haul down my flag."

VAdm Topshee joined the Canadian Armed Forces in 1990. He has held several other prominent positions throughout his career, including Director of Afghanistan National Police Training Operations in 2010, Commander of

Canadian Forces Base Halifax (2012-2015), and Deputy Director of the Strategy, Policy and Plans Directorate North American Aerospace Defense Command (NORAD). He assumed command of Canadian Fleet Pacific in 2018, and in May 2021 assumed command of Maritime Forces Pacific and Joint Task Force Pacific.

VAdm Topshee will replace VAdm Craig Baines, who will then retire.

A New Commander

Rear-Admiral (RAdm) Christopher Robinson's new role as head of MARPAF comes with great responsibility, noted Vice-Admiral (VAdm) Craig Baines, who presided over the ceremony.

"It should be highlighted that this formation is one of the most unique and challenging formations in the Canadian Armed Forces and it is a lot to put on one's plate," VAdm Baines said.

He noted that, aside from his leader-

ship role for MARPAF and JTF(P), RAdm Robinson will also oversee the Canadian Submarine Force, Naval Reserves, search and rescue (SAR) operations for the West Coast, as well as the naval training system.

VAdm Auchterlonie, who has assumed leadership of the Canadian Joint Operations Command after leading MARPAF, also addressed the gathering. He noted RAdm Robinson as someone with "phenomenal" qualities and a wealth of command experience.

"The Royal Canadian Navy is going to be well served by his passion and leadership at a critical time, and I couldn't be more pleased," VAdm Auchterlonie said.

RAdm Robinson began his military career in the Canadian Army Reserves as a Combat Engineer with the 3rd Field Engineer Regiment in Montréal. He subsequently joined the Royal Canadian Navy and underwent Naval Warfare Officer training aboard patrol

craft, mine-sweepers, and destroyers before volunteering for the silent service of submarines. In 2017, he was appointed Commander Canadian Submarine Force and Commander 4th Maritime Operations Group, and was also appointed Commander Canadian Fleet Atlantic between 2021 and 2022.

As winds began to diminish at Duntze Head, RAdm Christopher Robinson took to the podium for the final address of the day.

"It's an immense privilege for me to follow in the footsteps of such great leaders and have the opportunity to enable the success of the west coast team. We all have much work to do and I am looking forward to building on the work done by VAdm Topshee, by engaging with all the members of the formation to continue to make MARPAF a respectful and great place to work."

“

“It has been an honour and a privilege to command this great formation, Thank you for all the hard work and outstanding support ... I stand relieved ... haul down my flag.”

—VAdm Angus Topshee



VAdm Angus Topshee, outgoing commander Maritime Forces Pacific (MARPAF) and Joint Task Force Pacific (JTF(P)), addresses the crowd during the Change of Command ceremony at Duntze Head on May 16. Inset: RAdm Christopher Robinson signs his name to the certificate Change of Command.

Photos: Sailor First Class Kendric Grasby, Maritime Forces Pacific Imagery Services



New Royal Canadian Navy pin marks steps toward command



Vice-Admiral Craig Baines, outgoing Commander of the Royal Canadian Navy, presents Commander Éric Isabelle with the gold level of the new naval warfare officers' pin. Photo: Ed Dixon, MARPAF Imaging Services

SLt Wilson Ho
MARPAF Public Affairs

Royal Canadian Navy (RCN) naval warfare officers are now eligible for a new pin that marks their progress toward command of a warship.

The new pins were officially unveiled on May 16 at Maritime Forces Pacific.

This initiative builds upon similar RCN specialty skill badges that recognize unique qualifications. As an occupation, RCN naval warfare officers train to one day command a warship or submarine.

"This new naval warfare officer badge recognizes the significant effort required to reach key career milestones within this occupation," says Commander Amber Comisso, Director Personnel Policy 2 at RCN. "Naval Warfare Officers are encouraged to apply for their pins and to wear them with pride, as they are visual indicators of their progression towards command."

The badge recognizes sea-going service and progression towards command based upon successful completion of specific qualifications and positions held within Her Majesty's Canadian ships and submarines.

During the unveiling ceremony on the West Coast, 30 recipients received the bronze level, 14 recipients received the silver level, and six recipients received the gold level pins. Maritime Forces Atlantic in Halifax and the naval staff in Ottawa also presented badges to their first recipients the same day.

In order to qualify for the badge, a candidate must be a currently serving RCN member who is either a current or former naval warfare officer. Personnel can apply for the badges through their divisional system.



THREE TIERS OF THE BADGE:

Bronze: Given when a candidate receives a bridge watch keeping certificate on board a commissioned warship

Silver: Given to Regular Force members who are operations room officer qualified (with command development course completion), to submariners who have received their equivalent operations room officer qualification, or to Primary Reservists who are Orca-class officer-in-charge qualified

Gold: Given for command of a commissioned warship.

Cpl Jay Naples, MARPAF Imaging Services



Exercise COUGAR GAUNTLET



Department of National Defence Canadian Armed Forces

The 39 Canadian Brigade Group training event named Exercise Cougar Gauntlet brought together approximately 350 land, maritime, and air personnel and equipment to the Comox area. Most of the training occurred in and around Canadian Forces Base Comox from May 6 to 13.

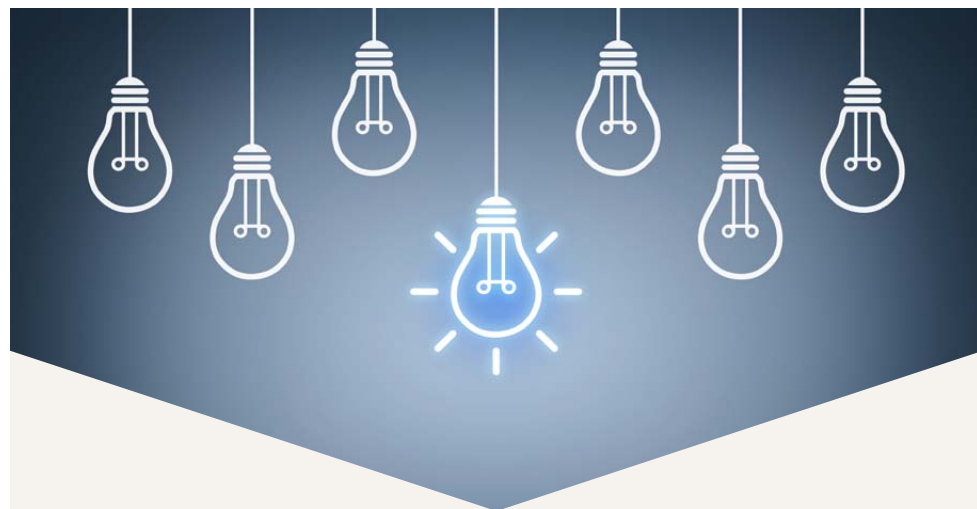
Comox and Courtenay residents saw hundreds of military personnel and dozens of water vessels training on local beaches. Activities happened day and night, culminating in beach assaults on the mornings of May 11 and 12 on Air Force Beach.

The activities were intended to practice littoral operations and familiarize army personnel with select navy and air force capabilities to improve future cooperation. Some of the exercises included naval transport, beach landings, platoon raids, and withdrawal by small boats.

Canadian Army Reserve participants consisted primarily of infantry, combat engineer, and reconnaissance detachments from British Columbia, and were supported by Royal Canadian Navy warships and Royal Canadian Air Force aviation assets.

As members of the Army Reserve in British Columbia, soldiers trained during evenings and weekends while serving as a part-time component of the Canadian Armed Forces. Health protection measures were enforced at all times.





Royal Canadian Navy launches Mentorship Program

Royal Canadian Navy (RCN) sailors at all ranks and civilian employees at all levels have a mentorship program to call their own.

Personnel are invited to attend the program's first session, which will take place on May 26 from noon to 1:15 p.m. EST (sign-in begins at 11:30), and will be available Canada-wide on Microsoft Teams, or dial in at 343-803-5382, phone conference ID: 692 197 804#.

In the first session, titled "Why Mentorship?", RCN members will share their thoughts on why mentorship is important. The session will feature the following speakers:

- Chief Petty Officer First Class (CPO1) Alena Mondelli, Halifax Base Chief Petty Officer;
- Formation Master Sailor Kevin Dave from Maritime Forces Atlantic;
- Command Master Sailor Maude Lauzon;
- Formation Master Sailor Stephanie MacAndrew from the Naval Reserve;
- Lieutenant-Commander Calley Gray;
- Sailor First Class Ella York; and
- Rear-Admiral Casper Donovan, Acting Deputy Commander RCN.

"The program is designed to create a space where individuals, regardless of their rank or experience, can share their knowledge and expertise with others who want to learn and grow in a personal and professional capacity," says program director Dennis Witzke.

The program will consist of group sessions led by a subject matter expert. These sessions will be available to all on MS Teams. The group sessions will be held monthly and everyone is encouraged to actively participate, share their insights, and ask questions.

Although this program was developed with RCN military and civilian personnel in mind, it is open to all Canadian Armed Forces members and Department of National Defence employees at all ranks and levels.

"It is important to facilitate the transfer of knowledge between Defence Team members to prepare them for the complex roles they'll be expected to perform as their careers progress," says CPO1 Tara White, the navy's occupation manager for boatswains and clearance divers, and member of the program development team. "This way we can ensure important lessons and skills that have been learned are passed on and support the development and preparation of sailors and officers for future challenges, as well as our civilian colleagues."

More information can also be found here:

INTRANET: rcn-mrc.mil.ca/ene/mentorship.page

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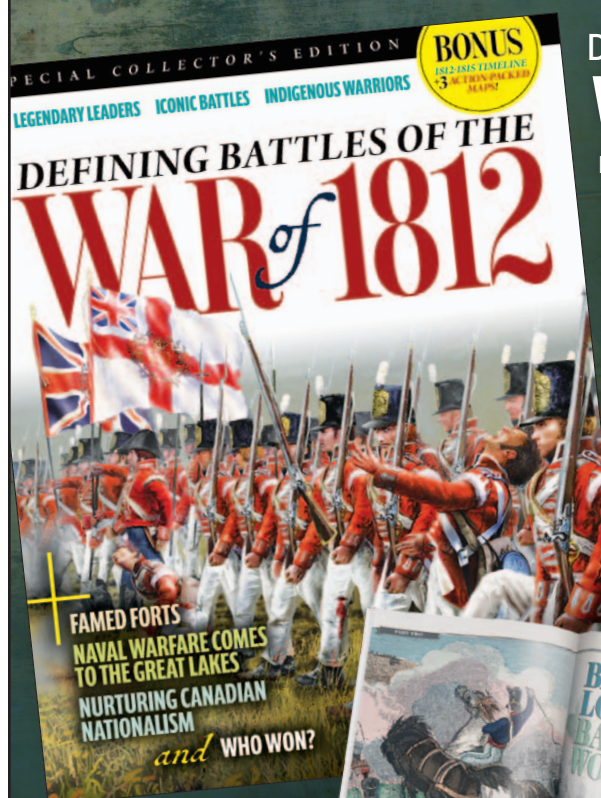
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Change of Command for Canadian Submarine Force



Photo by Cpl Jay Naples,
MARPA Imaging Services

Left to right: Incoming Commander Canadian Submarine Force, Capt(N) Alex Kooiman; Reviewing Officer, Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific; and Outgoing Commander Canadian Submarine Force, Capt(N) Jean Ouellet sign the command change certificates in D85 May 19.



Attn: Transitioning Military
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MARPAC HONOURS AND RECOGNITION CEREMONY

Presented by Rear-Admiral (now Vice-Admiral) Angus Topshee

Photos by Sailor First Class Valerie LeClair, MARPAC Imaging Services

COMMANDER ROYAL CANADIAN NAVY COMMENDATION



Lieutenant (N) Alexander Inglis receives a Commander RCN Commendation. From September 2020 to February 2021, he demonstrated exceptional leadership and a high level of performance when he led the system authority section, within Assistant Deputy Minister (Materiel), responsible for the salt water and damage control systems onboard ships, submarines, and naval training facilities. Despite significant unexpected vacancies, his leadership and technical acumen ensured continued, uninterrupted sustainment of these critical systems, allowing the Royal Canadian Navy to continue to conduct realistic training and provide operational support around the globe.



Captain Stephanie Olivia Shaw receives a Commander RCN Commendation. As the Physician's Assistant on board HMCS Regina during Operation Laser in March 2020 to the culmination of operations in July 2021, Captain Shaw demonstrated unwavering leadership and exceptional professionalism through her commitment to the physical and mental health of the entire crew. Her efforts spearheaded COVID pre-embarkation protocols that were eventually adopted across all Royal Canadian Navy vessels and directly contributed to force health protection throughout the pandemic.

CANADIAN JOINT OPERATIONS COMMAND COMMENDATION



Petty Officer Second Class Robin Moncrief receives a Canadian Joint Operations Command Commendation. PO2 Moncrief deployed to the Eastern Pacific from February to May 2021 aboard HMCS Brandon. As the Senior Naval Combat Operator during Operation Caribe, her leadership and expertise were instrumental in preparing the task force for operations, building a cohesive and highly effective team with international partners, and overcoming technical obstacles throughout the mission. PO2 Moncrief's tireless dedication, work ethic, and professionalism directly contributed to the ship's operational success, thereby bringing great credit to herself and the Canadian Joint Operations Command.



Master Sailor Frederick Villena receives a Canadian Joint Operations Command Commendation. MS Villena deployed to the Eastern Pacific from February to May 2021 aboard HMCS Saskatoon, where his performance as Chief Quartermaster and demolition team leader was instrumental to the ship's success during Operation Caribe. Moreover, as the primary boat's coxswain, his expert seamanship and boat handling skills were critical to the success of boarding operations, supporting Saskatoon through seven law enforcement events, and the seizure of 4,991 kilograms of cocaine and 100 pounds of marijuana. MS Villena's extraordinary performance, while deployed, ensured mission success, bringing great credit to himself and the Canadian Joint Operations Command.

BRAVO



ZULU



BASE LOGISTICS PROMOTIONS AND AWARDS

Presented by Commander Jonathan Audy, Base Logistics Commanding Officer

Photos by S1 Lafèche, NFS(P)



Captain Robert Serre receives his Canadian Forces' Decoration First Clasp.



Corporal Trevor Leslie receives his Canadian Forces' Decoration.



Corporal Trevor Leslie receives his Base Logistics Unit Certificate of Recognition and a gift.



Alex Desbien receives his Canadian Forces' Decoration.



Master Corporal Pierre-Luc Breton is promoted to his current rank.



Corporal Keenan Jones-Allen is promoted to his current rank.



Master Corporal Matthew Peeters receives his Base Logistics Unit Certificate of Recognition and gift.



Allan Berger receives his 35-year Certificate of Dedicated Service to Government of Canada and a gift.

BASE LOGISTICS



Master Corporal Eve Cousineau is promoted to her current rank.



Master Sailor Jeffrey Boismier is promoted to his current rank

MARPAC HQ PROMOTION



Lieutenant Commander Jonathan Day is promoted to his current rank by Commander Jason Barbagallo and Capt(N) Ryan Saltel from MARPAC HQ.



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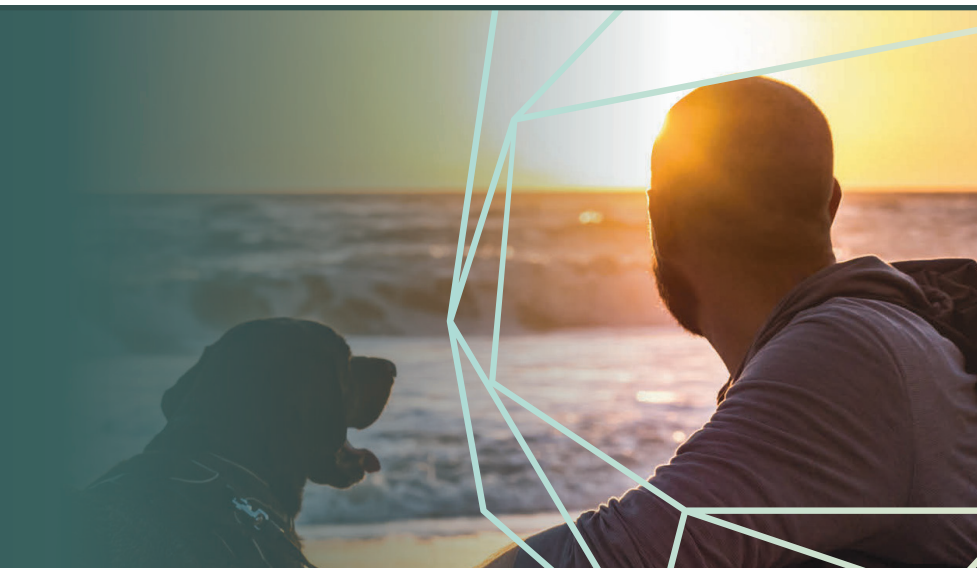
Attendees must undergo a health check and vaccine screening.
Attendees must observe physical distancing of six feet.

Pour information contactez christine.farrington@forces.gc.ca

Les spectateurs doivent se soumettre à un examen de l'état de santé et du statut vaccinal.
Les spectateurs doivent respecter un éloignement physique de six pieds.



VETERAN AND VETERAN FAMILY MENTAL HEALTH REMAINS UNCHARTED TERRITORY



“Most Canadians don’t know what it’s like for a lot of Veterans just to try and function through a day.”

– Warrant Officer (Ret’d) Brian McKenna, National Strategic Advisor with the Atlas Institute for Veterans and Families

For decades, Veterans, and their Families have voiced concerns about how hard it can be to find support services that reflect their military experiences and provide real ways to help. Finding the right services in the right place and at the right time is not always easy. Additionally, civilians are often unaware of the physical, emotional, and mental stressors that Veterans, and their Families experience, leading to feelings of isolation and loneliness. Enter the Atlas Institute for Veterans and Families. We were named in 2017 as the Centre of Excellence on PTSD, to increase awareness of Veteran and Family mental health needs, and to improve the quality and availability of trauma-informed care and supports that will make daily life a little easier.

Nothing about us without us

Our work is guided by the expertise of those with lived experience. Our four lived experience advisors—two CAF Veterans and two CAF Family members—build trusted relationships with Veterans and Families to ensure the information we develop and share is tailored to their needs. Across our various projects, we also engage with communities, receiving and sharing information that will improve supports and services for mental health and wellbeing.

“We embed lived expertise in our staff and into our processes. We regularly engage with Veterans and Families, former RCMP members, researchers and service providers, to ensure that our work is guided by and reflective of—the people we serve. It’s also important for RCMP Veterans and their Families to know they are part of our remit, that we are here to respond to their needs, too,” says Laryssa Lamrock, National Strategic Advisor, Families with the Atlas Institute.

Our goal, says Fardous Hosseiny, President and CEO of the Atlas Institute, is to ensure that Veterans and their Families have access to the best possible supports and care. “While we do not offer direct services, we aim to identify the best mental health treatment approaches,” says Hosseiny. “Veterans and Families have dedicated their lives to serving Canada. Now, it’s our time to give back.”

Mental health challenges are common

Roughly one in four Veterans experiences mental health problems. Many of these problems are hard for service providers to understand and treat, due to lack of clinical research.

“It can be challenging to find up-to-date research on Veterans and their Families,” Hosseiny says. “One of our goals is to use new and existing research to inform treatment options and policies that support improvements in trauma-related mental health care,” he adds, referring to the Atlas Institute’s research work with both Canadian and international partners. He also points out that sharing research is key to getting current and relevant knowledge into the hands of service providers and Veterans and Families alike.

We have your backs

We listen to Veterans and Family members. We hear them when they talk about their experiences at home and abroad, the challenges of returning from deployment, the strain of being away from Family and friends, how hard it is to transition to post-service life. We recognize the impacts that trauma has on the individual and on the Family. We know that finding supports and services to help manage the impacts of trauma can be incredibly hard and frustrating. And, that’s why we are here. We are here to help fix a system that isn’t working as well as it should for you and your Family. We have your backs.

Learn more at

ATLASVETERANS.CA

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