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# LOOKOUT

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

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## TE MANA DEPARTS FOR HOME



Top: Kirsty Pelenur, Deputy Head of Mission; Captain(N) Mark O'Donohue, Deputy Commander Canadian Fleet Pacific; and Lieutenant-Colonel Scott Cordwell, New Zealand Defence Adviser to Canada bid farewell to HMNZS Te Mana as they depart Esquimalt Harbour on May 30.

Bottom: Crew members perform a traditional Maori Haka during the departure ceremony. Photos by: S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt

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## Electronics technician establishes digital library in the Congo



**Peter Mallett**  
Staff Writer

An electronics technician and inventor from Canadian Forces Base Esquimalt has accomplished his dream of establishing a digital library in the Democratic Republic of Congo.

Fleet Maintenance Facility Cape Breton employee Nzolantima Swasisa launched a GoFundMe campaign on Feb. 6 to establish the Bibliothèque Lokole Numérique Zero Mega (Zero Data Digital Lokole Library) in his former homeland. On May 15, Swasisa reported he had reached his fundraising goal of \$12,000.

"My reaction is happiness to the few people who believed in me and trusted me with their money," he says. "This enabled me to accomplish the vision of connecting the unconnected to the digital world in a sustainable and affordable way."

Of the raised money, \$9,420 came from the Cardano Catylist Network initiative. The remaining sum Swasisa received through GoFundMe. The not-for-profit blockchain platform uses cryptocurrency to fund new technology and cultural projects to make positive global change.

The digital library

employs Swasisa's high-tech invention called Lokole – a tiny black box of computer components that harnesses free satellite internet signals available in Africa. It can provide web and email access within a 25-metre radius for 100 users. Swasisa notes only 18 per cent of Congo's 90 million citizens have internet access.

"I have contributed my passion and knowledge to implement this digital library," Swasisa says. "Knowledge is the key for personal and community development, and today the internet holds tons of learning materials, which millions of people in the world cannot access because of poverty."

He thinks other digital libraries like Bibliothèque Lokole Numérique Zero Mega could help many other people. He hopes his success story will inspire others to consider donating to or launching their sustainable development projects for Africa.

The next big hurdle for the library to clear, says Swasisa, is establishing at least 300 registered users. Members will pay a small yearly registration fee and make the library financially self-sustainable.

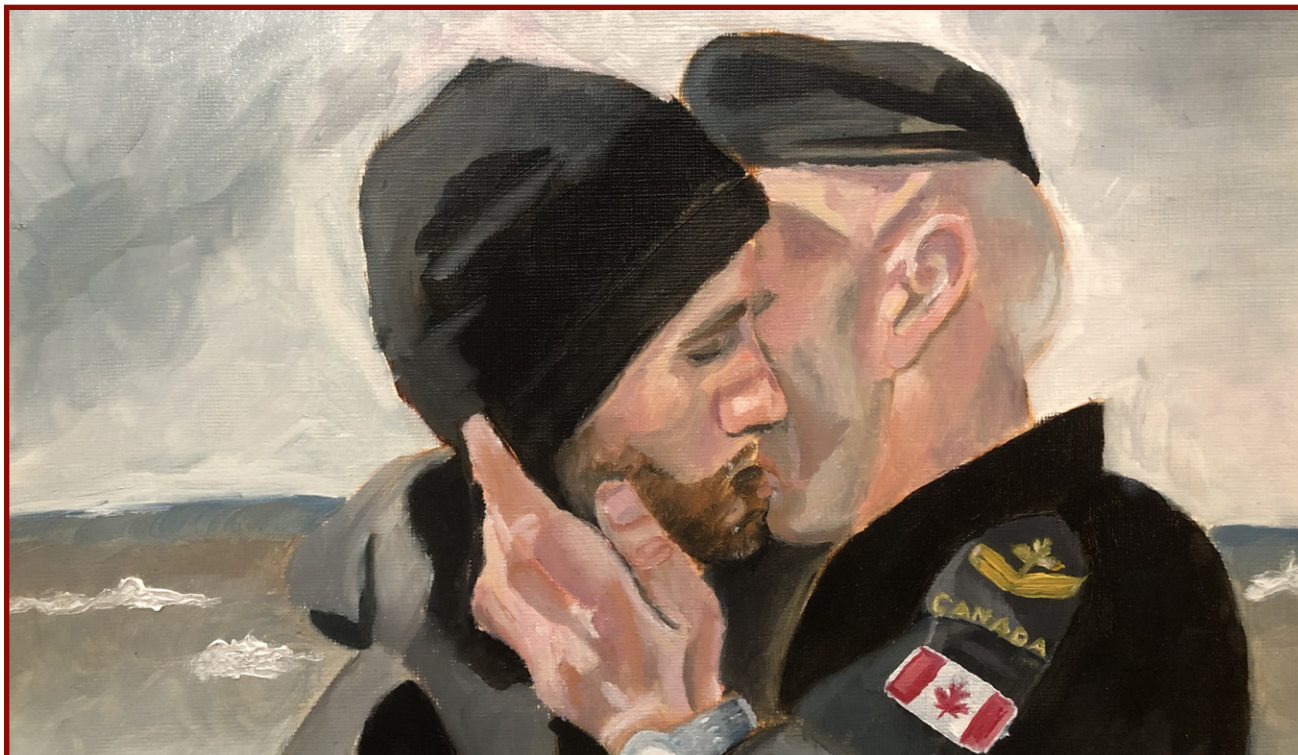


Nzolantima Swasisa's invention helped open a digital library in the Democratic Republic of Congo.

### Digital Library Features:

- Located in the Democratic Republic of Congo's capital city Kinshasa;
- The digital library recently opened its doors to registered users;
- Inside the facility are desks, Android tablets and books;
- A solar power system has been installed in the facility to contend with regular rolling blackouts in Kinshasa;
- The building was renovated on the inside;
- A large fan was added to cool the room from the stifling heat.





Artist Marc-Daniel Allan's painting "First Kiss" is one of three winning postcards chosen to promote the Maritime Museum of BC's exhibit, *Queer at Sea*. Allan says he was inspired to paint First Kiss after viewing the 2016 photograph by Image Tech MCpl (Ret'd) Brent Kenny.

## Art exhibit sealed with a Royal Canadian Navy **FIRST KISS**

**Peter Mallett**  
Staff Writer

When Master Sailor Francis Legare of HMCS *Winnipeg* returned to Victoria from a lengthy eight-month deployment in 2016, he did not anticipate becoming the subject of famous artwork.

Titled "First Kiss", a painting by Victoria painter Marc-Daniel Allan portrays MS Legare in an intimate moment with his partner Cory Vautour during the ship's traditional First Kiss ceremony. The moment made national and international headlines.

The First Kiss is a time-honoured tradition in the Royal Canadian Navy (RCN). It allows one lucky sailor at a ship's homecoming to be the first one for the long-awaited embrace with a loved one at the jetty.

The iconic "First Kiss" painting is part of a new

art exhibit at the Maritime Museum of B.C. It has been recreated on one of three winning postcards to promote the museum's *Queer at Sea: Tales from the 2SLGBTQ+ community* exhibit. The exhibit opened on May 17 and will close on Nov. 5. The postcards are available for purchase at the museum.

Marc-Daniel Allan is not an artist by trade but a singer working towards a degree in Philosophy at the University of Victoria. He says he has been painting since his youth, primarily for fun.

The idea to paint the first kiss came when Allan joined the Museum's Postcard contest for the *Queer at Sea* exhibit. He stumbled upon the first kiss imagery and instantly decided this was the image to paint.

"It was such a moving scene, I couldn't help but portray it for the postcard.

The First Kiss is such an iconic part of naval history," Allan says. "Being reunited with the person you love after months at sea is an emotional time and I felt this First Kiss truly has universal appeal."

Allan's artwork was painted in water-soluble oils. The actual kiss occurred on the jetty at Canadian Forces Base Esquimalt, but Allan's backdrop depicts a natural Victoria-area shoreline. He says this was an effort to bring the moment's intimacy and the two subjects to the forefront.

Museum's executive director Brittany Vis says the exhibit celebrates the role of Queer and trans communities in B.C.'s maritime history.

"The exhibit shares community members' stories in their own words," she says.



Painter Marc-Daniel Allan

"Their deeply personal reflections show how orientation and identity contributed to their life at sea."

Vis hopes Allan's painting and other similar works will demonstrate how times have changed and why further progress is still needed.

For more information about the Maritime Museum of BC visit their website:  
<https://mmbc.bc.ca>

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# VICE-ADMIRAL TOPSHEE READY AYE READY



Vice-Admiral Angus Topshee

I am proud to assume command of the Royal Canadian Navy. In this era of diminished trust in senior leadership, I recognize that I must earn your confidence. I promise the RCN will place as much importance on character as it does on competence and we will be fair, equitable, and transparent in facing the challenges that confront our navy today.

My main focus and top priority for the RCN is to attract, recruit, and train as many sailors as possible from the full spectrum of Canadians. This will take a collective effort across the entire institution. Success here will ease the burden on all those sailors who are working hard to overcome our present shortage of personnel.

We can only succeed if we create a welcoming, inclusive and enabling environment for our new sailors as well as everyone serving today. I am committed to ensuring that every member of the Navy team, military and civilian, part time and full time, is empowered to perform to their full potential and that they never doubt that we value and appreciate their hard work.

Finally, world events have made it clear that we must be a Navy that is Ready to Fight. I sincerely hope that we are never tested in combat but, should that come to pass, we must be ready as the lives of our sailors and shipmates depend upon it. That starts by being honest about how things are, not how we want them to be.



**Vice-Admiral Angus Topshee,**  
**38th Commander of the Royal Canadian Navy**



Vice-Admiral Angus Topshee (left) assumed leadership of the Royal Canadian Navy from Vice-Admiral Craig Baines (right), during the Commander Royal Canadian Navy Change of Command on May 30. Chief of the Defence Staff, General Wayne Eyre (centre), presided over the ceremony. Photos by Mona Ghiz, MARLANT Public Affairs



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# HMCS HURON'S LAST SURVIVING CREW MEMBER

## ✿ recalls his service days ✿

"I want people to know I am fortunate to be me, to have survived the war and did my little share to bring peace..."

Alex Polowin, HMCS Huron

**Peter Mallett**  
Staff Writer

One of Alex Polowin's favourite pastimes is telling school children the story of his military service.

Polowin turned 98 on April 15. He is the last surviving crew member of the Tribal-class destroyer HMCS Huron. He and his crewmates, who served during the Battle of the Atlantic, were in the thick of it during the Second World War. Some of their key contributions to the war effort included protecting convoys of cargo ships, supporting Operation Neptune, and D-Day landings at Normandy, along with the sinking of the mighty German battleship Scharnhorst.

For most of his talks to schools and community organizations, Polowin proudly displays his impressive rack of medals on his service jacket. They include the Atlantic Star, Diamond Jubilee, Arctic Star, Russian Peace Medal, Order of Ushakov, and The French Legion of Honour. There have also been other honours too.

In Sept. 2021, Alex Polowin was given a guided tour of HMCS Haida, now a Government of Canada historic site located in Hamilton, Ont. He says he was treated like royalty.

"Me, a former Able Seaman, they piped me onboard the ship and everyone on board saluted me," he recalls. "Wow, I thought, if my friends onboard the Huron could see me now."

The 98-year-old retired Ottawa resident has much to tell about his military days.

### THE HOLOCAUST

Alex Polowin is a former non-commissioned member, who hails from a family of immigrants. He was born in Lithuania in April 1924 and moved to Ottawa with family when he was three years old.

When not in school, he would often work with his father, who was a door-to-door salesman. He watched in horror

how the Holocaust unfolded during the war in Europe.

"I used to watch my mother cry when she would learn her brothers and sisters have been murdered," he said. "That's when I started thinking of ways I could help the war effort."

The decision, Polowin says, was an easy one. He was one of 17,000 Canadian Jews, who chose to enlist in the military. As a 17-year-old, he required his father's signature to enlist. He then completed his basic training in Halifax.

Polowin worked as a boatswain's mate, wheelsman and as part of crew manning the ship's guns. During the war he also served aboard the Flower-class corvette HMCS Pictou, and a River-class frigate HMCS Poundmaker, but most of his days he spent on Huron.

Polowin notes anti-Semitism was present not only in Europe. He shared his experiences of dealing with racism in the Royal Canadian Navy in historian Ellin Bessner's 2019 book *Double Threat: Canadian Jews, the Military and WWII*.

### BEATING THE NAZIS

On Dec. 26, 1943, Polowin was heading to the Soviet Union on HMCS Huron when Germany's battleship the Scharnhorst disrupted the convoy.

Huron, along with Royal Norwegian Navy destroyer HNoMS Stord and HMS Scorpion eventually sank Scharnhorst. Although it marked a turning point in Battle of the Atlantic, Polowin says there was little rejoicing after Scharnhorst went down.

"There was no cheer onboard Huron when we received news of her sinking, just happiness it was them rather than us," says Polowin. "But I realized there were nearly 2,000 crew members onboard, all sailors like us, and only 36 survived. Those killed weren't only German, there were 300 Polish men on board too."

He also played an important role in the



World War Two veteran Alex Polowin. Photo Supplied

D-Day Landings. The Huron was to patrol the English Channel and prevent attacks on the Allies landing crew. Polowin says he remains thankful he was not in the first wave of soldiers to land on the beach.

"I often thought of how the first guys who landed on the beaches of Normandy felt," he says. "Can you imagine the level of fear they must have felt?"

### BRINGING PEACE

Alex Polowin was just 20 when the war ended. He spent most of his post-war life working in sales and insurance. He was married twice and has three children. Polowin is a talented harmonica player and a lifelong fan of the Canadian Football League.

He also likes to get out into the community and tell people about the war. With assistance from Historica Canada's Memory Project, Polowin has given over 200 talks at schools, community centres and veterans homes. He says he has relished every moment of those talks.

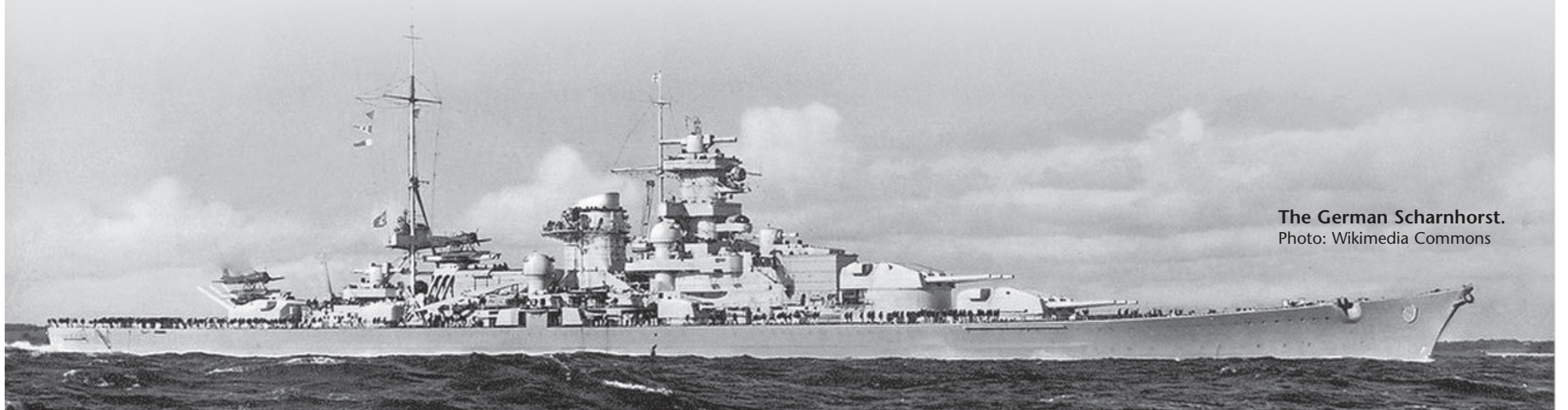
"If we are not around to tell them, how are they going to know, and who is going to tell them?" he says. "I want people to know I am fortunate to be me, to have survived the war and did my little share to bring peace and make Canada and the world a better place."

### Alex Polowin's honours:

**In 2021**, Polowin received Canada's Sovereign Medal for volunteerism for his talks to students and others;

**In 2017** the City of Ottawa named a street after him;

**In June 2019** he was invited as a VIP to the 75th Anniversary of the D-Day Landings at Juno Beach.



The German Scharnhorst.  
Photo: Wikimedia Commons



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Petty Officer First Class Cheyanne Delaronde is a Human Resources Administrator at Canadian Forces Base Halifax and member of the Atlantic Defence Aboriginal Advisory Group. Photo supplied

# CONNECTING to her Indigenous culture

"It will take us time to get to where we need to be, but the changes that are happening will benefit everyone."

*Petty Officer First Class Cheyanne Delaronde*

## Joanie Veitch, Trident Staff

Growing up without meaningful cultural conversations, Petty Officer First Class Cheyanne Delaronde made it her mission to support other Indigenous members of the Canadian Armed Forces (CAF) as they speak up to tell their stories.

As a Defence Aboriginal Advisory Group (DAAG) member, Petty Officer First Class Delaronde understands the importance of standing up for Indigenous members. She advocates for embracing their lived experiences because they shape CAF's Indigenous members' identities, she says.

PO1 Delaronde speaks from personal experience. Both her grandmothers attended residential schools,

and her mother was part of the Sixties Scoop.

"My parents were taught to be ashamed of being Indigenous," she says. "They experienced unthinkable trauma they did not want us to experience."

PO1 Delaronde first got involved with the DAAG when she met Master Warrant Officer Moogly Tetrault-Hamel, Aboriginal Advisor to the CAF Chaplain General.

"He would pass on teachings and always encouraged me to speak up. Meeting him was my first connection with the DAAG; it really helped open the door for me to be proud of my heritage," PO1 Delaronde says.

Being involved with the DAAG helps PO1 Delaronde address the disconnect with her own culture. She convinced her mother to move in with

the family to help raise three young daughters. Now her mother is teaching them Cree.

"It took a long time for my mom to accept that you can be proud of your Indigenous heritage, but she's proud of it now," she says.

The DAAG offers vital support for Indigenous military members by promoting positive culture change across the CAF, PO1 Delaronde adds.

"The military is very much a policy-based institution. The policies are changing to become more accommodating, but there is still much work to be done," she says.

PO1 Delaronde believes the changes will take time, but they will benefit everyone.



# Give Your Brain a BOOST



## With Exercise

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

As part of "self-care" efforts, many people have turned to regular exercise to help manage stress and stay in shape. What often goes unrecognized is that regular exercise is also very good for the brain.

Research consistently shows that regardless of age or fitness level, making the time to exercise regularly can be very beneficial for mental health.

The brain benefits from exercise faster than the rest of the body. It can take weeks or months of dedicated training to develop a more efficient heart or stronger core. And yet, mental health benefits such as improved mood can be seen almost immediately after exercising.

### The following is a list of some of the benefits of regular exercise:

- Improved mood
- Reduced fatigue
- Increased energy
- Enhanced learning capacity and some cognitive abilities
- Improved sleep quality
- Reduced stress
- Reduced anxiety
- Reduced depression
- Distraction from worries
- Better feeling of "in control"
- Improved quality of life
- Improved ability to manage pain

Exercise has also been shown to reduce the risk of diabetes, heart disease, stroke, and eight types of cancer, including colon and breast cancer. An active lifestyle can also help control blood pressure, decrease the risk of falls and fractures, and help maintain a healthy body weight. As a result, physically active people tend to live longer with better health even as they age.

These benefits become apparent from walking as little as 30 minutes a day, three times per week. You don't even have to do all 30 minutes at the same time either; you can break it up into three 10-minute walks.

Exercise truly is medicine.

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. He works on injury prevention and promoting active living as part of the Strengthening the Forces team.

Strengthening the Forces is Canadian Armed Forces/Department of National Defence healthy lifestyles promotion program which provides expert information, skills and tools for promoting and improving CAF members' health and well-being.

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# Candlelight Vigil Returns

## A Night of Remembrance

**Peter Mallett**  
Staff Writer

Thursday's rain could not extinguish the flames of support during this year's Candlelight Vigil at Veterans Cemetery (God's Acre) National Historic Site.

The vigil was cancelled for the past two years because of COVID-19, but returned on May 26 with 350 attendees. The yearly vigil commemorates past and present service personnel, with current members passing symbolic candles to the younger generation of Cadets, Girl Guides, and Scouts Canada. The youngsters then place the candles on the graves of the fallen.

"It is important to show our veterans they will be remembered," says Jennifer McFarlane, Chair of the Candlelight Vigil Committee.

McFarlane, an Administrative Officer with Canadian Forces National Investigation Services, has participated in the vigil since 2006. She is also the proud daughter of a former Search and Rescue Technician, Lieutenant-Colonel (retired) Allan Campbell.

"The event gives youth the opportunity to hear veterans' stories, but also allows the veterans to see their sacrifices will not be forgotten," she says.

Sergeant (retired) Jim Mac-Millan Murphy says he was glad to see the ceremony return this year.

"Being involved in this ceremony each year means so much to me," he says. "Hats off to the organizers and community for braving the terrible weather conditions and lighting their candles to remember our fallen soldiers."

The Canadian Scottish Regimental Association Pipe Band led a marching contingent and colour party. The vigil is managed by the Township of Esquimalt. The attendees this year included local author and historian Mark Zhuelke, Mayor of Esquimalt Barb Desjardins, and Lillian Lyuk, the daughter of Canada's last survivor from Dieppe.

McFarlane notes the cemetery is one of Victoria's "hidden gems". She hopes more people can visit the site and realize its beauty and historical legacy. The cemetery is a National Historic site and an honoured final resting place for those who served at sea since 1868. Its original tiny white chapel and gravestones are nestled in the middle of the Gorge Vale Golf Course.



Candlelight Vigil ceremony held at God's Acre Veteran's cemetery on May 26. Photos: S1 Kendric Grasby, Canadian Armed Forces Photo



# Two more ships named to honour Canadian naval heroes

**Joanie Veitch,**  
Trident Staff

The youngest niece of Lieutenant-Commander Margaret Brooke, Allyson, became the co-sponsor of HMCS *Margaret Brooke* and her older sister, Margaret Elizabeth Brooke.

Having toured both HMCS *Harry DeWolf* and *Margaret Brooke*, Allyson said she was awed by the ships' technology and the craftsmanship and said her aunt Margaret would be very proud to see it.

The official naming of HMCS *Margaret Brooke* and HMCS *Max Bernays*, two newest Arctic and Offshore Patrol Ships (AOPS), at a ceremony held at Irving Shipbuilding's Halifax Shipyard on May 30. Both ships belong to a fleet of six AOPS being delivered to the Royal Canadian Navy (RCN) as part of the National Shipbuilding Strategy.

Lieutenant-Commander Margaret Brooke was a nursing sister during the Second World War. Then a Sub-Lieutenant, she received a Member (Military Division) of the Order of the British Empire for her attempt to save nursing sister Agnes Wilkie after a German submarine torpedoed the steamship ferry they were on. LCdr Brooke pursued a second career in paleontology after retiring from the navy in 1962.

Shannon Bernays, the granddaughter of Max Bernays and sponsor of

the future HMCS *Max Bernays*, said her grandfather would have loved to know the third AOPS was being named in his honour.

"His heart would be bursting with pride and joy right now if he could see this," she said.

The ceremony opened with blessings from Captain Brenda Zwicker, Fleet Chaplain, and Anthony Thomas of the Mi'kmaw Native Friendship Centre. Vice-Admiral Craig Baines, Commander of the Royal Canadian Navy (RCN), made a few remarks.

HMCS *Margaret Brooke* and the future HMCS *Max Bernays* are the second and third ships in the Harry DeWolf-class Irving Shipbuilding is delivering to the RCN. The AOPS are designed for versatility and are capable of operating in Arctic waters and sea ice up to one metre thick. They can provide a variety of activities, including responding to search and rescue and humanitarian missions anywhere in the world.

Irving Shipbuilding delivered HMCS *Margaret Brooke* in July 2021. The ship recently returned to its homeport of Halifax from warm-weather trials, having conducted more than a month of cold-weather and ice trials in Canada's north earlier this year.

The future HMCS *Max Bernays* will be delivered to the RCN this fall and will be the first AOPV to be homeported in Esquimalt, B.C.



Allyson Brooke, co-sponsor of HMCS *Margaret Brooke*, along with LCdr Nicole Robichaud, present the framed paperwork giving the ship its official name.

Photos: Master Corporal Trevor Matheson



With HMCS *Max Bernays* in the background, Anthony Thomas of the Mi'kmaw Native Friendship Centre opened the ship naming ceremony at Irving Shipbuilding in Halifax on May 30

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# Canadian Rangers celebrate 75th Anniversary in Victoria



Guard of Honour Commander Lieutenant Colonel Jean-Pascal Roy, 4<sup>th</sup> Canadian Ranger Patrol Group Commanding Officer, calls out drill commands during the Canadian Ranger 75<sup>th</sup> Anniversary Ceremony held on May 23 in Victoria Photos: Corporal Jay Naples, MARPAC Imaging Services

## Tim Bryant Western Sentinel

The Canadian Rangers marked their 75<sup>th</sup> anniversary with an open air ceremony in Victoria, B.C. on May 23.

The ceremony was the culmination of four days of celebrations and collective training in honour of the Canadian Rangers, who were formally established on May 23, 1947, as descendants of the Second World War-era Pacific Coast Militia Rangers (PCMR).

"All of you have at least one thing in common – you have all chosen to serve," said Her Excellency the Right Honourable Mary Simon, Governor General and Commander in Chief of Canada. "You serve your country with pride and conduct yourselves with professionalism and care."

Governor General Simon was among several dignitaries in attendance, along with British Columbia Lieutenant Governor Janet Austin, Minister of National Defence Anita Anand, and Chief of the Defence Staff General Wayne Eyre.

The Canadian Rangers are a sub-component of the Canadian Army

Reserves, who live and work in remote, isolated and coastal regions of Canada. They serve as the "eyes and ears" of the Canadian Armed Forces (CAF), providing a military presence in regions where it would be difficult for a traditional CAF unit to be located. Today, there are approximately 5,000 Rangers in 194 patrols spread across more than 200 remote and coastal communities. Within the Rangers, 26 different languages are spoken.

As part of the ceremony, the Governor General and her fellow dignitaries took time to inspect the 100strong Guard of Honour of Canadian Rangers. Inspiration was the theme of several of the dignitaries' speeches during the ceremony, including that of Defence Minister Anita Anand.

"From coast to coast to coast, Canadian Rangers are a vital element of the Canadian Armed Forces and on this milestone anniversary we express our immense gratitude for all that you do and have done," Anand said.

General Eyre said while the Rangers have been Canada's guides in remote territories for threequarters

of a century, their importance was deeper than that.

"You don't just live in those places; you are of those places," Gen Eyre said, stressing that the Rangers know their communities' people, needs, wants and aspirations. "It's an intimate and profound situational awareness that no amount of training could replicate."

In the days leading up to the ceremony, five Canadian Ranger Patrol Groups participated in training exercises at the Rocky Point Training Area. This was the first time 50 Canadian Rangers and 10 Junior Canadian Rangers from across Canada had gathered in one place, providing an opportunity to share their best practices. The groups conducted a series of training exercises demonstrating four operations common to Rangers in B.C.: helicopter operations, ATV familiarization, boat familiarization and equine mobility. The choice of the four operations was made to demonstrate four of the many different vehicle types Rangers in B.C. often have to use in the performance of their duties.



Canadian Rangers practice hand signals during the ATV training held at Canadian Forces Base Esquimalt's Rocky Point Training Area in Metchosin, British Columbia.




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# Recruitment campaign underway for



## 'THE BEST JOB IN THE NAVY'

Divers say they want to raise awareness about their trade as a potential career move for all CAF members who are interested and up to the task. Photos submitted

**Joanie Veitch,**  
Trident Staff

When asked what he loves about his job, a clearance diver at Fleet Diving Unit (Atlantic) does not skip a beat.

"It's the best job in the Navy. Diving is just incredible," says Master Sailor (MS) Mark Littler. "It's a whole other world under there."

**"It's the best job in the Navy. Diving is just incredible."**

*Master Sailor Mark Littler*

MS Littler has worked as Royal Canadian Navy (RCN) Clearance Diver for ten years. He found his true calling in 2009 when he took his first dive course.

Now MS Littler is heading up a recruitment campaign to get more applications across the Canadian Armed Forces (CAF). Part of the decline in numbers, MS Littler says, is a lack of knowledge about the trade outside the navy. The application process is open to all regular and reserve force members, no matter their trade or experience. This is a change from past years when applicants had to be already certified as either a ship's diver or combat diver.

A highly-specialized and versatile trade, clearance divers handle mine detection and disposal, explosive ordnance disposal (including land-based bomb disposal and unexploded wartime military ordnance), underwater ship repair, and force protection support.

### Becoming a Clearance Diver

After the initial application and screening process, potential candidates undergo various mental and physical challenges to determine if they have the right skills and abilities.

Sailor First Class (S1) Claire Bortolotti, a clearance diver with Fleet Diving Unit (Pacific), says she knew she wanted to

be a clearance diver even before joining the military. Top physical condition is a must, so she worked out as much as possible.

"Working hard on the surface is one thing, but conducting exhaustive work underwater is another. Stamina and endurance are of the utmost importance," she says.

S1 Kyle Groinus, a clearance diver since 2014, says having "mental toughness" is also important.

"A lot of the time you're in a situation where you don't have outside resources available. You have to be able to manage yourself," he says.

After a successful selection process, clearance divers go through a rigorous year-long training program involving learning about diving and operating the various support equipment.

Both West and East Coast diving units maintain a high operational tempo, with divers typically working in small teams of two to ten people. Deployments usually align with exercises and operations, and take two to six weeks.

A Canada Forces General Message memo will be released in July with information on applying to be a clearance diver. For more information about the clearance diver trade, email: [GoClearanceDiver@forces.gc.ca](mailto:GoClearanceDiver@forces.gc.ca).





After working as a clearance diver for the past 10 years, Master Sailor Mark Littler is now helping to recruit new members to the trade.



Clearance Diver Sailor First Class Kyle Groinus (left) works with Petty Officer First Class Marcel Croteau. Originally from Beausejour, MB, S1 Groinus joined the Canadian Armed Forces as a reservist in 2008 and became a clearance diver in 2014.



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## Change of Command/Appointment Ceremony for: Commanding Officer Canadian Armed Forces Transition Unit BC and Unit Chief CAF Transition Unit BC

The ceremony took place May 18

Photos: Sailor 1st Class Sisi Xu



(Left) Incoming Commanding Officer: Commander Donna Crosman, (Centre) Deputy Commander Canadian Armed Forces Transition Group HQ: Col Marilyn Chenette, (Right) Outgoing Commanding Officer: Commander Colleen O'Brien.



(Left) Incoming Unit Chief: CPO1 Nelson Lemieux, (Centre) Commanding Officer Canadian Armed Forces Transition Unit BC: Commander Colleen O'Brien, (Right) Outgoing Unit Chief: Chief Petty Officer First Class Yvan Vallières.



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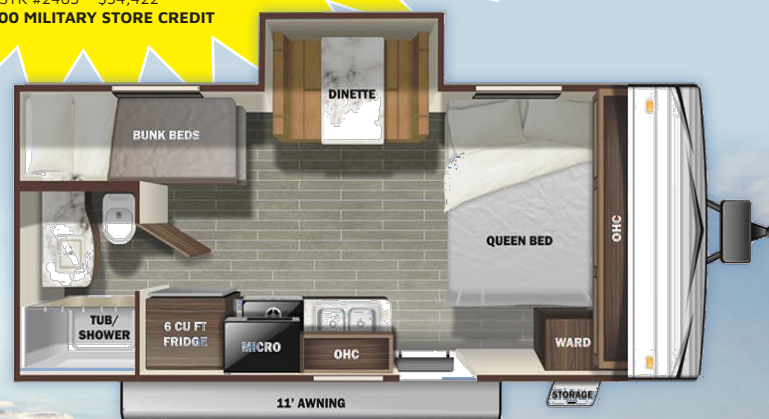


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