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LOOKOUT

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

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HMCS WINNIPEG

Sailor First Class (S1) Hubert Desbiens conducts routine maintenance on the Close in Weapon System (CWS - which everyone pronounces See-Whiz). S1 Desbiens is a Weapons Engineer in the Combat Systems Engineering department. Here, he is conducting pre-firing checks: daily System Operability Test to ensure everything is in working order before it is fired. Photo: Sailor First Class Melissa Gonzalez

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Esquimalt's Search and Rescue team

CONDUCTS TRAINING

Sub-Lieutenant Wilson Ho
MARPAC Public Affairs
Urban Search and Rescue Team

Commander Maritime Forces Pacific, Rear-Admiral Christopher Robinson, signed a Maritime Forces Pacific Order (MARPACORD) in June of this year, officially establishing the Canadian Forces Base (CFB) Esquimalt's Urban Search and Rescue (USAR) Team as a unit at CFB Esquimalt.

"The signing of the MARPACORD last month is a great step forward for the team," said Glenn Cooper, the CFB Esquimalt USAR Team Commander. "The team has been operational for over 22 years and we're looking forward to seeing how they continue to grow and develop, and become a mainstay for the base, the Canadian Armed Forces, and the general public."

The USAR Team has been an integral part of CFB Esquimalt for years before the MARPACORD took effect.

The Team conducted its monthly training on June 29 at the USAR Compound near Naval Officer Training Centre Venture in Esquimalt. The training allows team members to practice search and rescue skills and techniques in a variety of complex scenarios.

The team was split into two with the objective to conduct a 30-ton heavy lift from one area to another, and conduct a patient package and vertical lift extrac-

tion, where a member is hoisted down, packs up a patient in a stretcher, and then is extracted back up together with the patient. These types of scenarios allow the USAR Team to train in a realistic and challenging environment. All USAR members get trained in hazard and structural assessments, structural collapse rescue, confined space rescue and low/high angle rope rescues.

The Team was conceived after CFB Esquimalt found a critical need for self-recovery capability in the event of an earthquake on the West Coast. While USAR supports the Joint Task Force (Pacific) (JTF(P)) operations, their primary responsibility is to conduct rescue operations for CFB Esquimalt in the event of a structural collapse.

In order to meet the MARPACORD, more JTF(P) personnel is needed to meet the standards of Canadian and International Search and Rescue Advisory Group (INSARAG) Medium Urban Search and Rescue (MUSAR). The CFB Esquimalt USAR Team is actively recruiting for more CAF members to join its ranks. The USAR Team trains 20 days a year, on the last Wednesday of every month except in December, and two week-long exercises each year. No prior qualifications or experiences are required to join.

Interested CAF members are asked to go to the CFB Esquimalt USAR Recruiting website on the DWAN (collaboration-navy.forces.mil.ca/sites/ESQ_USAR/SitePages/Home.aspx), and submit their applications (with Chain of Command authorization) via email to the indicated personnel on the webpage, or to glenn.cooper@forces.gc.ca.



A USAR member is hoisted down during a vertical lift exercise while other members of the USAR Team observe. Photos: Sub-Lieutenant Wilson Ho – USAR Team Member



USAR team members work together to conduct a 30-ton heavy lift and move exercise.

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Frigate, Patrol Craft Units hold Force Generation sail



Kateryna Bandura
Editor

Junior Officers and junior sailors in between formal courses at Canadian Forces Base (CFB) Esquimalt completed On the Job training packages in an initiative between a frigate and three ORCA vessels.

"Because ORCA ships are smaller and less complex to operate, they help better focus on developing the basic skills in a safe environment, and training can occur at a reasonable speed to allow proper absorption," said Lieutenant-Commander (LCdr) Louis-Phillippe Trudel, the Officer in Tactical Command of the three ORCA vessels, and for Officers in Charge (OIC) training development on PCTU Cougar.

The Force Generation sail, organized by *HMCS Calgary* and ORCA ships *Cougar*, *Grizzly*, and

Raven, prepared 72 participants, including four in Navigation training, three in OIC training, and 20 for basic Naval Warfare Officer training. This is a first in a long time the fleet employed the ORCA vessels for Force Generation training. LCdr Trudel said normally ORCAs are used by the Naval Officer Training Centre Venture and by Naval Reserves on weekends.

The idea behind the initiative was to allow junior officers to progress their training, to mentor future navigators and OICs, and to support the training of junior sailors at sea.

"The program offered training to junior members in a safe and practical environment, while allowing qualified personnel to build their skills and progress to the next levels of their careers," LCdr Trudel said.

The ships trained over



three weeks from June 13-30 in the Gulf Islands, Strait of Georgia, and Puget Sound.

A navigator in *HMCS Calgary* and the project's architect, Lieutenant (Navy) Taylor Workman said training such as this could take two to three times longer on ships whose mission is not solely Force Generation. Sometimes Force Generation sails can

be extremely challenging, but Lt(N) Workman said at least four people asked if there would be another similar sail.

"We got to show junior sailors they could have fun while doing the business at sea," he said. "I personally haven't seen too many circumstances where sailors were asking to stay at sea after three weeks away from home."

THE TRAINING

The participants performed the duties they usually would in a larger ship under favourable training circumstances. The ships were crewed with qualified officers working towards their next milestone, as well as sailors building experience in their specific fields.

The sail offered a lot of hands-on training to help develop navigation skills: the training challenged bridge watch keepers to build navigation passages while at sea.

The Officers in Charge (OIC) training included ship handling, emergency responses, and leadership at the captain level. It is the required qualification to be in charge of an ORCA vessel, LCdr Trudel said, adding that gaining additional qualified OICs will improve the fleet's capacity.

The project also optimized concurrent activities to help junior sailors work on their qualifications. These included small boats training, radar operation training, and general seamanship to develop new sailors.

LCdr Trudel believes the Force Generation sail was a successful endeavor, with tangible benefits to the Royal Canadian Navy.

"One-on-one mentorship of the more senior participants allowed them to improve their mariner and leadership skills. The junior officers aboard will continue their training towards becoming qualified Naval Warfare Officers, and all will return to the fleet with more experience," he said.

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SUSPENSION OF PROOF OF VACCINATION AT CFB ESQUIMALT FACILITIES

Valued Defence Team members,

With the recent changes to the Federal Government's stance on mandatory vaccination for Federal Employees, you likely have questions about what things will look like at the Base moving forward.

Effective immediately, proof of vaccination is no longer required to access certain DND facilities (e.g. gyms and Messes).

At this time, however, CFB Esquimalt will continue to require that masks are worn within all DND establishments, as previously directed by the CDS/DM.

If you have any concerns or questions, please speak with your chain of command. As always, the health and safety of our Defence Team is our top priority.

On behalf of CFB Esquimalt Base Commander

REGARDING NEW REGULATIONS FOR MILITARY DRESS

Many may be aware (it was all over social media and the news) that the Canadian Armed Forces recently released information on the upcoming changes to Dress Instructions, our authoritative manual that governs not only uniforms, but also appearance. These changes are intended to promote diversity and inclusion by removing barriers and opening up choices that allow personnel to express themselves through appearance while still wearing the uniform. Change can always be shocking, but I really think we should embrace these new regulations because they are good for our members and show that we are a strong, diverse, and modern military.

It has been a long road that has got us to this point, and, as the MARPAC representative on the Naval Dress Committee, I was able to watch these regulations develop, and even provide feedback to those drafting them. The upcoming changes started as a project a few years ago to remove gender bias in the dress regulations but, when we started doing that, it quickly became apparent that other cultural aspects were only being captured through 'religious accommodation' on a case-by-case basis, demonstrating a need to fix the entire manual. The process included extensive consultation between the Defence Advisory Groups, the National Defence Clothing and Dress Committee, and others across the CAF – a lot of people had input.

While we wait for these changes to come out, here's a look at what you can expect.

The uniform will still be 'uniform' and the changes still ensure each member remains safe and effective in the types of difficult environments that we operate in, only now there is more freedom of self-expression and less unnecessary restriction. Gender will no longer be an issue in terms of the Distinctive Environmental Uniform (DEU). You will be able to order any items from both gender lists from the online catalogue and wear them intermixed. There will continue to be greater restrictions for parade or ceremonial occasions, but gender-specific rules will also be removed for these as well.

Hair, jewelry, nails, and tattoo restrictions have also been changed. Beards and hairstyles; the colour, style, and length allowances will be more relaxed, with restrictions only in place to ensure safety and operational effectiveness. At times, you may have to shave or change the colour of your hair for operations, but for the most part you will be free to choose the style you like. Facial hair will be of any symmetrical style with no minimum or maximum length (when you can have it), and it will have to be neatly groomed. Long nails with brighter coloured polish and fake eyelashes will also be allowed. Multiple ear piercings and styles including hoops, chains, and plugs will be authorised. Some jewelry restrictions will be applied for ceremonial reasons.

The uniform and visual appearance of our members remains the Canadian Armed Forces' outward symbol, and these changes will further demonstrate our strength in diversity. There will be varying opinions about these changes and some people will not be happy, but by making these changes, we become stronger and better representative of all the cultures and beliefs that make up Canada.

Because I am on the Naval Dress Committee, feel free to send me your ideas. Our committee routinely discusses items that need to be corrected or included to help bring about changes, and your ideas about dress are what ensures we get it right and make the changes needed. Pass your ideas up to me through your Chain of Command so they can be discussed and become part of the solution.

Chief Petty Officer First Class Al Darragh
Base Chief CFB Esquimalt

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LOCAL HEROES



Suicide awareness workshop helps save person in distress on a bridge

Victoria Police Department Deputy Chief Colin Watson presents a Civic Award to (left) Kate Roland and Alison Perry-Davies during a June 23 ceremony at Police Headquarters.

Photo: Victoria Police Department

Peter Mallett Staff Writer

A Victoria-based author attributes a suicide awareness workshop for helping her save a person in distress on a bridge in Victoria.

"I am crying when I think about this incident and how I managed to save a life that day," said Alison Perry-Davies. "I am still amazed I was at the right place in the right moment."

Perry-Davies, 62, is a former Disability Case Manager for the BC Aboriginal Network. She is also an author of three books.

Being a military spouse, Perry-Davies heard about the Mental Fitness and Suicide Awareness workshop offered by PSP Health

Promotions. What she learned in the workshop was crucial that day, she said.

According to the Victoria Police Department spokesperson Bowen Osoko, Alison Perry-Davies and Kate Roland were crossing a local bridge when they encountered a person in distress. They both approached the person, and, relying in part on previous training and experience, were able to help de-escalate the situation and then provide care and comfort until officers arrived and brought the person to medical care, said Osoko.

Following the incident, the Victoria Police Department recognized Perry-Davies and

Roland with a Civic Service Award in a ceremony at police headquarters on June 23. The award recognizes outstanding service to the communities of Esquimalt and Victoria. The award and the commemorative plaque were presented to Perry-Davies and Roland by Deputy Chief Colin Watson.

LIFE-SAVING SKILLS

PSP Health Promotion Manager Maryse Neilson said the Mental Fitness and Suicide Awareness workshop is a suicide first aid course.

"It is incredibly heart-warming to learn Alison valued the workshop so much and used the skills she learned," Neilson said. "I

am so grateful she happened to be on that bridge."

The course teaches participants about the Mental Health Continuum; how to look and listen for signs of suicide; how to ask the person at risk if they are thinking of suicide; and how to escort them to safety. Students then practise their skills in role-plays.

Perry-Davies' role-play involved an individual on a bridge.

"This course really works," she said. "They will go a long way to identify the warning signs and defuse situations for people who are looking to end their lives."

Perry-Davies encourages others to take the course as well, saying it made all the difference that day.

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NEW EDUCATIONAL OPPORTUNITIES WITH EDUCATIONAL EXPENSE REIMBURSEMENT

Major André F. Berdais
Public Affairs Officer
Canadian Defence Academy

A new educational expense reimbursement (EER) program went live in August 2021, reopening opportunities and funding to Canadian Armed Forces (CAF) – Regular Force and Primary Reserve members.

The new CAF Self-Development Program (MILPERS Instruction 01/21) allows CAF members to submit new applications in the Self Development Reimbursement Education Expense Reimbursement software (SDPEER.)

Previously approved Individual Learning Plans (ILP) in the electronic ILP system will continue to be managed and funded until the end of Fiscal Year 2022/23, at which time they will be formally cancelled in accordance with CANFORGEN 96/22. Members with these old ILPs will have to transition their ILPs to the new program, should they wish to continue to seek reimbursement under

the new policy. During the transition, members with older ILPs will need to submit a SDP into the new SDPEER system in accordance with the new Canadian Forces Military Personnel Instruction 01/21.

This new CF Mil Pers Inst 01/21 also outlines the process of supporting Ill and Injured Regular Force members as they consider their transition options.

Primary Reservists will continue to be entitled to educational reimbursement and will be required to submit their ILP and Self-Development Plan within the year that they are seeking reimbursement. As with Regular Force members, it is necessary for reservists to adhere to policy timelines to claim any entitled funds.

The new CAF Self-Development Program represents a modernization of the current CF Mil Pers Instr 17/04 program, and is designed to offer self-development educational expense reimbursement programs to a larger number of CAF members. The new program will also ensure that Canadian Defence Academy (CDA) funding is provided

within defined funding envelopes, yet is agile enough to respond to increases in funding, if those opportunities arise. This will permit a more equitable distribution of educational opportunities to all CAF members. The funding model will be based on a "course-by-course" approval process, using a prioritization matrix published on the SDPEER website (SDPEER-PARFS). Members without or with limited DWAN access can apply through the Help Desk: SDPEER-PARFS@forces.gc.ca.

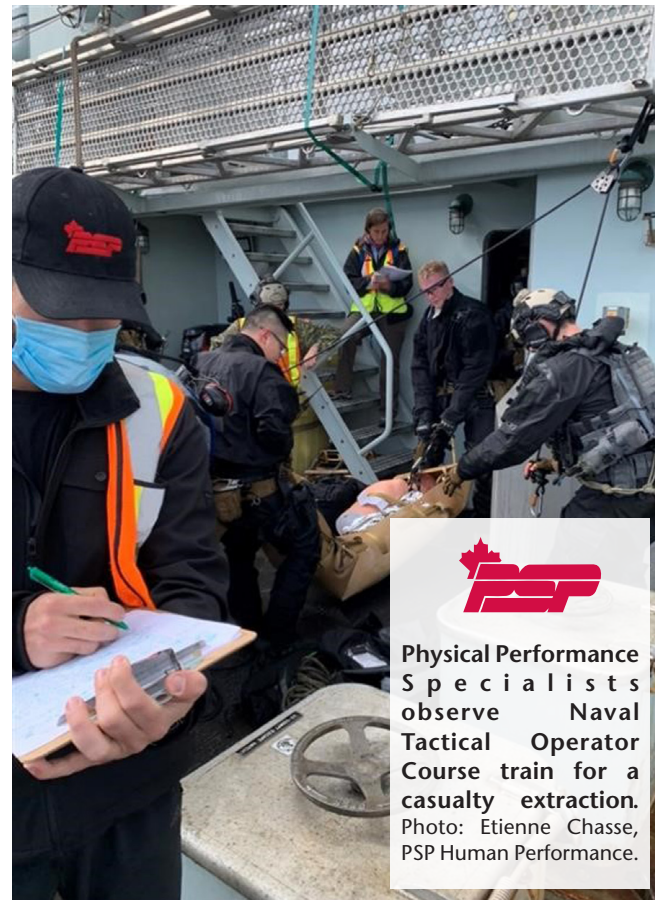
Professional development and academic advancement of military members provide important value to the CAF, as they bring the fresh ideas, critical thinking, and deeper outlooks required by modern and effective professional armed forces. The new CAF Self-Development Program ensures that military members' educational pursuits are supported within available financial allocations.

The application and approval process takes about one week to complete. However, funding for a course must be sub-

mitted two months prior to the month in which the course will start and therefore CAF members are encouraged to submit their application and courses as early as possible.

Note that the program for EER is for a maximum of four funded courses per fiscal year. Each course start date must be during a different month, e.g. CAF members cannot be reimbursed for two classes starting in September. This seemingly bureaucratic limitation is based on providing a responsive, more equitable, and better-managed education reimbursement program to be available to all CAF members within the allotted budget. The policy instrument and program will be regularly reviewed to make any required improvements.

The new CAF Self-Development Program is ready to receive new requests from CAF members. To apply for a new Self-Development Program, all applications must be submitted through the new SDPEER application at: <https://sdpeer-parfs.forces.mil.ca/> (accessible only on the Defence Intranet).



Physical Performance Specialists observe Naval Tactical Operator Course train for a casualty extraction.
Photo: Etienne Chasse, PSP Human Performance.

For more information, visit contact Military Personnel Command's Administrative Response Centre (ARC) website at <http://cmp.mil.ca/en/support/military-personnel/administrative-response-centre.page> or by email and phone at CMPPARC.CRACPM@FORCES.GC.CA and 1-833-445-1182.

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TRITONS GRAPPLING TEAM HOSTS FIRST ROYAL CANADIAN NAVY TOURNAMENT

Peter Mallett
Staff Writer

For the first time in history, the Royal Canadian Navy (RCN) hosted a Military Combatives Tournament. Combatives is a hand-to-hand training mixed with grappling techniques.

The June 25 tournament saw 25 grapplers from Canadian Forces Bases Esquimalt and Edmonton at the Naden Athletic Centre. Petty Officer Second Class (PO2) Lee Thibault, Organizer and Tritons team captain, said the event was well-received by all participants.

"This event gave them a chance to develop their grappling skills and gain some valuable competitive experience while also making a little bit of sports history," he said.

Grappling is a form of submission wrestling involving holds and takedowns without striking or punches. Every takedown is achieved by controlling the partner into submission to score points. The Personnel Support Programs (PSP) did not officially sanction the sport until 2019, after which the Tritons Grappling Team was formed. Other grappling teams have also been

formed in CFB Edmonton, CFB Gagetown and 12 Wing Shearwater.

PO2 Thibault is a small Arms Instructor at Naval Fleet School Pacific and is a life-long mixed martial arts enthusiast. He says the sport of grappling is relatively new to the navy.

As a five-time Canadian Armed Forces Combatives champion, he says he lets his actions promote the sport. During his latest competition in Esquimalt he claimed the tournament's heavyweight and overall titles.

He says having his teammates crowded around his wrestling mat was a pure thrill.

"I could care less about the medals and titles. The biggest thing for me is to lead by example, teaching these guys all the finer points and techniques of grappling," he said. "I am hoping my mission success will inspire my team for future success."

He says the Tritons have a grand learning journey ahead of them. The team holds practices three times per week at the Naden Athletic Centre. For more information about the sport and how to join the Tritons Grappling Team, contact PO2 Thibault at lee.thibault753@gmail.com

Top: the Royal Canadian Navy's grappling team from Canadian Forces Bases Esquimalt and Edmonton poses for a photo after the June 25 tournament at the Naden Athletic Centre. Photo supplied

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BOXING CLASSES

one way for sailors stay fit while deployed

Kateryna Bandura
Editor

Nothing beats boxing under infinite sky at sea – that’s according to one Marine Technician aboard *HMCS Winnipeg*.

Finding time to exercise on a deployed ship can be challenging, Sailor First Class (S1) Adrian Cordari says, so a solid fitness routine during a deployment is a must.

“A Marine Technician’s job onboard a ship is very demanding,” he says. “Eating healthy on ship can be occasionally challenging but the cooks are very accommodating; you are more than capable of limiting your duff intake.”

HMCS Winnipeg is currently deployed on the Rim of the Pacific 2022 exercise with *HMCS Vancouver*. This is S1 Cordari’s first deployment after two years.

S1 Cordari grew up learning karate and jujitsu in southern Ontario, but found his way towards boxing

when he moved to Victoria. He says hearing about and seeing sparring clubs on ships encouraged him to join up with other sailors to start boxing classes during this deployment.

Various *HMCS Winnipeg* sailors attend boxing classes every second morning at 8 a.m. to beat the day’s heat. A typical session consists of 20-30 minutes of skill development geared towards each participant’s capabilities, followed by sparring for those who wish to practice more.

The movement of the ship at sea poses an additional challenge and requires another level of awareness, said Captain Christine MacNeil, Public Affairs Officer aboard *HMCS Winnipeg*.

“Understanding the strengths and weaknesses of those participating is important. We want people to be challenged and to learn, but not be overwhelmed,” she says. “It’s important to find an activity you enjoy so you are more likely to keep at it.”

Capt MacNeil said extracurricular activities like boxing spring up because someone has a passion to

share it with others.

“Everyone on board is a sailor first, meaning anyone can be called upon to haul a rope or fight a fire,” she said. “Being fit, being strong, is an important factor in doing those jobs well.”

S1 Cordari encourages sailors to make fitness a priority, and stay hydrated and motivated during a deployment.

“Do something every day, no matter what it is. Even if it doesn’t feel like enough, it all adds up to a healthier life,” S1 Cordari says.

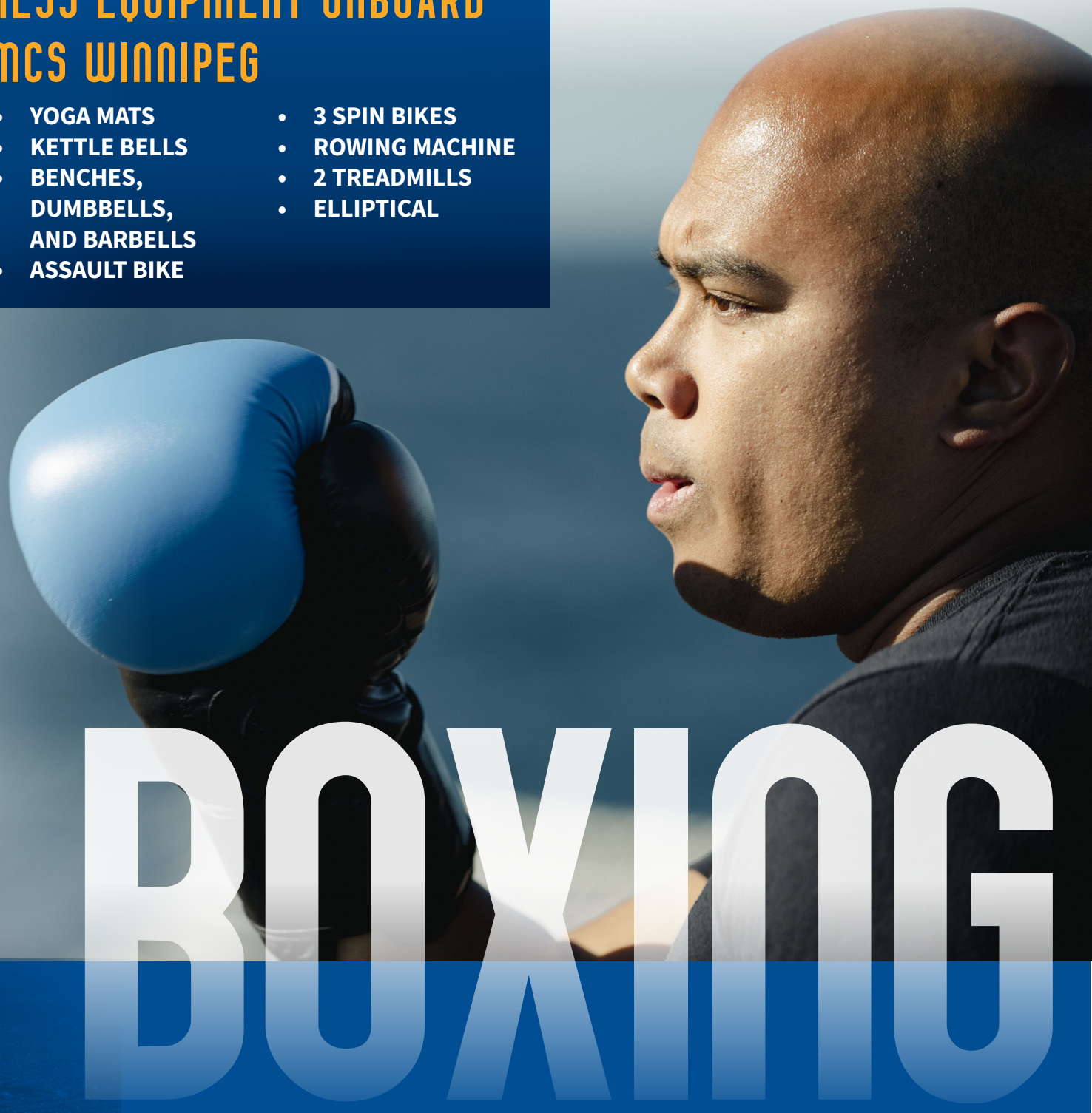


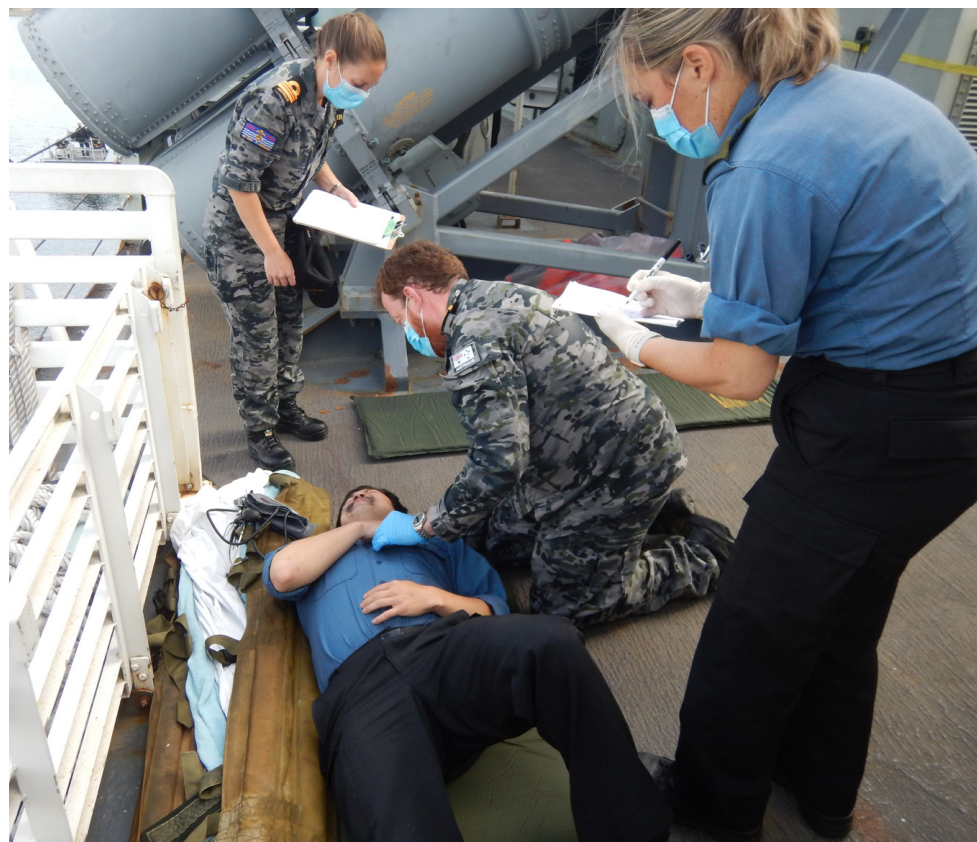
A few members from the HMCS Winnipeg crew practise their boxing skills on the flight deck for physical training.
Photos: Sailor First Class Melissa Gonzalez



PHYSICAL FITNESS EQUIPMENT ONBOARD HMCS WINNIPEG

- 3 FULL-BODY CABLE MACHINES
- SMITH MACHINE
- 2 LEG PRESSES
- PULL UP BAR
- MEDICINE BALLS
- YOGA MATS
- KETTLE BELLS
- BENCHES, DUMBBELLS, AND BARBELLS
- ASSAULT BIKE
- 3 SPIN BIKES
- ROWING MACHINE
- 2 TREADMILLS
- ELLIPTICAL





SUBMARINE MEDICINE TRAINING *brings global allies to CFB Esquimalt*

Hadley Parsons
Public Affairs Office

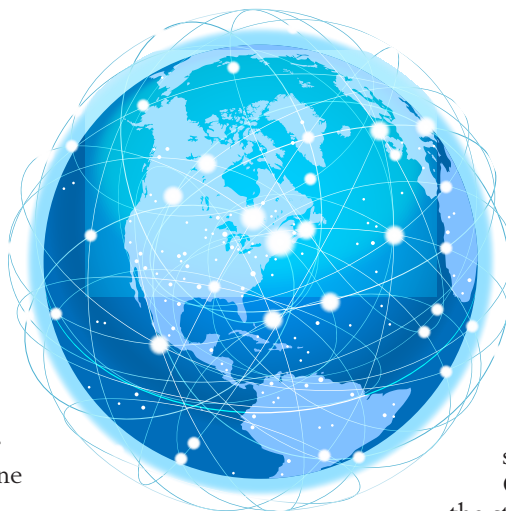
Physicians and Physician Assistants from the Royal Canadian Navy and several allied nations came together for a Submarine Medicine course at Canadian Forces Base (CFB) Esquimalt last month.

"The international community of medical personnel with these skill sets is small, but the training is very important to ensure navies can meet the demands of underwater operations," said Lieutenant-Commander (LCdr) Kaighley Brett, the Assistant Course Director and Head of the Canadian Forces Environmental Medicine Establishment School of Operational Medicine.

The Submarine Medicine course is normally held once a year but, due to the COVID pandemic, this was the first one since 2019.

The course allowed military members from Canada, Australia, Israel, the Netherlands and Singapore to study the challenges of practicing medicine in the confined and pressurized spaces of submarines.

During the submarine Search, Escape and Rescue Exercise (SMASHEX), Canadian Armed Forces sailors simulated submariners escaping a distressed



submarine, while the students ran them through triage and simulated treatment techniques learned on the course. The SMASHEX also provided an opportunity to coordinate with and learn from non-medical personnel, like submariners and divers, who will be critical in submarine emergency situations.

On the course, students learned how physicians, physician assistants, and divers can work together to recompress escapees of distressed submarines using recompression chambers, also known as hyperbaric chambers. These chambers recreate high-pressure environments normally experienced at deep sea and are used for treating submariners with decompression sickness.

On top of learning submarine medicine, the course taught the students about international naval vessels and operating procedures, helping prepare for future potential multi-national submarine rescues, in conjunction with the International Submarine Escape and Rescue Liaison Office (ISMERLO). ISMERLO is an international organization specifically designed to facilitate multinational rescues to distressed submarines.

"When international military members come together on a course like this, we see a unique opportunity for them to share specific knowledge and training from their home countries," said LCdr Brett.

Left: Lieutenant Commander Michael Halpin (Royal Australian Navy) and Lieutenant (Navy) Irene Doucette (Royal Canadian Navy), under the guidance of Directing Staff Lieutenant Commander Rebecca Ainsworth (Royal Australian Navy), provide triage to a simulated casualty during a CFB Esquimalt-held Submarine Medicine Course's final Submarine Search, Escape and Rescue Exercise (SMASHEX) in June 2022.

Right: Physician Assistants Captain Michael Jerrott (Canadian Armed Forces) and Lieutenant Patrick Owens (Royal Australian Navy) provide medical care to a simulated casualty during a CFB Esquimalt-held Submarine Medicine Course's final Submarine Search, Escape and Rescue Exercise (SMASHEX) in June 2022. Photos supplied

LOOKOUT

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VENDORS WANTED

Vendor opportunity! Formation Fun Day Marketplace is looking for vendors for Saturday, September 10, 12-4pm, Naden Base. Marketplace will be located indoors. One 6'x2.5' table and chairs provided at \$26.25 GST Inc. Electricity (15 amp household) upon request. Contact Christine.farrington@forces.gc.ca for details and registration.

CARRIERS WANTED

The Lookout is looking for individuals in the Belmont area who like to go for walks and get a little extra cash for delivering papers. Please contact Trina.Winters@forces.gc.ca if you're interested.

Email your Free Word Classified to
Trina.Winters@forces.gc.ca



#LookoutNavyNews





Karen Hough, former musician with the Naden Band, plays Last Post at Beaumont-Hamel.

Photo supplied.

Battlefield Bike Ride returns to action

Peter Mallett
Staff Writer

After a three-year hiatus, the wheels of Wounded Warriors Canada's Battlefield Bike Ride rolled into motion again.

From June 13 to 17, a team of 50 cyclists from Canada embarked on a nearly 400-kilometre cycling journey in France. Their mission: to visit some of the most famous battle sites, monuments, and cemeteries commemorating the final 100 days of the First World War on the Western Front.

"Visiting those memorials and seeing rows upon rows of headstones was incredibly moving. I had the honour to play Last Post on my post horn while we remembered these young men who made the ultimate sacrifice," says a former musician with the Naden Band and current performer with the Vancouver Island Symphony Ordinary Seaman (Retired) Karen Hough.

The annual Battlefield Bike Ride combines cycling with Canadian military history under the mantra 'Honour the Fallen and Help the Living'. Over 750 cyclists have participated in Battle Field Bike Ride since

2014. The event has fundraised over \$3 million in support of the charity's national mental health programs benefiting injured and ill veterans, and first responders and their families.

This was Hough's third Battlefield Bike Ride. She previously participated in Battlefield Bike Rides in 2018 in Bosnia and Croatia and 2019 in France for the 75th Anniversary of Juno Beach and D-Day.

She says the most significant experience during the ride was seeing the many military cemeteries where Canadian soldiers were laid to rest. Her grandfather, Private John William Hough, enlisted in the Canadian Field Ambulance in Victoria in 1916 and served at Vimy Ridge.

"Of the inscriptions on their gravestones that got to me the most were the anonymous ones engraved: 'A soldier of the Great War, known unto God'," Hough says.

This year's Battlefield Bike Ride covered distances from 50 to 90 kilometres each day. The battlefields and monuments the riders visited marked a milestone in the Canadian Corps historic progress from Amiens, France, to Mons, Belgium from Aug. 8-Nov. 11, 1918.

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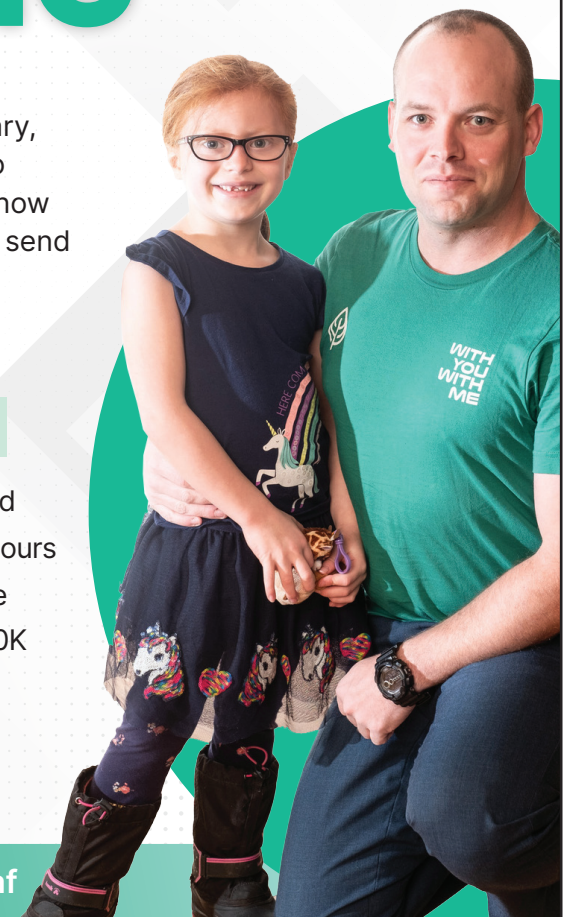
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New Brunswick Naval Memorial unveiled after years of work



From left, Petty Officer First Class Eric Anderson, the Coxswain of HMCS Brunswick, with Vice-Admiral Angus Topshee, Commander Royal Canadian Navy, and Commander Tom Watts, Commanding Officer of HMCS Brunswick.

Lieutenant-Commander Paul Pendergast

The New Brunswick Naval Memorial was officially unveiled in Saint John, N.B., on June 24, causing a loud cheer to erupt from the crowd, who had waited a long time for this moment.

"We wish to honour the courage and sacrifice of New Brunswick mariners and maritime aviators who paid the ultimate price in the service of our great nation," said Captain (Navy) (Retired) Paul Dempsey, Chair of the New Brunswick Naval Memorial Committee.

HMCS Brunswick, the Naval Reserve

Division in Saint John, initiated the project in 2017. They reached out to the Royal United Services Institute (RUSI) of New Brunswick to provide oversight and help with fundraising for the project.

In 2019, a Naval Memorial Committee requested the City of Saint John Common Council grant a licence to land along the city's Harbour passage. The request and project were enthusiastically supported by the Mayor and Council.

While the pandemic slowed memorial's progress, the committee successfully garnered support from all levels of government, raised significant capital, and received backing from New Brunswick

Legions and local industries.

A sod-turning ceremony was held on Nov. 11, 2021, with construction taking place during May and June 2022. The design is modelled after the bow section of HMCS Saint John, a River-class frigate that served with the RCN during the Second World War.

The unveiling capped a busy week for HMCS Brunswick, who played a supporting role in the Memorial Cup, the national championship of the Canadian Hockey League, held in Saint John this year. The 103-year-old trophy was established by Captain James T. Sutherland to honour those who died in service during the First World War. It was then rededicated in 2010

to honour all those who died fighting for Canada in any conflict.

The trophy was lowered from a helicopter to a Coast Guard vessel, then brought to the waterfront and handed to two sailors from HMCS Brunswick, who carried the trophy in a parade to the tournament opening ceremony. Sailor 1st Class Robert Boulanger and Chief Petty Officer 2nd Class Judy Dietrich were given this honour. In the opening game of the tournament, the Saint John Sea Dogs wore a commemorative jersey featuring the HMCS Brunswick crest. The Sea Dogs won the game, and went on to win the tournament, hoisting the Memorial Cup as Canadian Hockey League champions.

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SHIP'S DIVER TEAM COURSE GRADUATION

JUNE 30

Presented by Lieutenant-Commander J. L. S. Wong and Chief Petty Officer First Class A. S. Macneish.

Photos by Sailor First Class Sisi Xu, MARPAC Imaging Services



Naval Cadet Charles-Olivier Andre receives Certificate of Military Achievement.



Naval Cadet Felix Bilodeau receives Certificate of Military Achievement.



Sailor Third Class Joshua Chambers receives Certificate of Military Achievement.



Naval Cadet Samuel Frenette receives Certificate of Military Achievement.



Acting Sub-Lieutenant William Fyfe receives Certificate of Military Achievement.



Sub-Lieutenant Eugene Jung receives Certificate of Military Achievement.



Sub-Lieutenant Mackenzie Kenney receives Certificate of Military Achievement.



Naval Cadet Gabriel Maltoni receives Certificate of Military Achievement.



Sub-Lieutenant Michael Mitchell receives Certificate of Military Achievement.



Lieutenant-Commander J. L. S. Wong (left), the Reviewing Officer presents Naval Cadet Felix-Antoine Morin (right) with the Ship's Diver Top Student Award.



SHIP'S DIVER TEAM COURSE GRADUATION JUNE 30

Presented by Lieutenant-Commander J. L. S. Wong and Chief Petty Officer First Class A.S. Macneish.

Photos by Sailor First Class Sisi Xu,
MARPA Imaging Services



Naval Cadet Felix-Antoine Morin receives Certificate of Military Achievement.



Naval Cadet Joshua Neary receives Certificate of Military Achievement.



Naval Cadet Arianne Saucier receives Certificate of Military Achievement.

Students and instructors of the Ship's Diver Team Course SD0018 gather for a group photo at the end of their graduation ceremony at Fleet Diving Unit (Pacific).





BASE LOGISTICS PROMOTIONS

Presented by Commander Jonathan Audy, Base Logistics Commanding Officer

Photos by Sailor First Class Sisi Xu,
MARPA Imaging Services



Sailor First Class Robert Gaumond-Harriet, accompanied by his girlfriend Morgan-Rae Sinclair, promoted to Master Sailor by Commander Jonathan Audy, Base Logistics Commanding Officer, on June 20.



Sailor First Class Cindy Veilleux promoted to Master Sailor by Commander Jonathan Audy, Base Logistics Commanding Officer, on June 29.

IT'S DRIVE-IN MOVIE NIGHT AT CFB ESQUIMALT!
C'EST LA SOIRÉE CINÉ DRIVE-IN AU BFC ESQUIMALT !

SPACE JAM: A NEW LEGACY

DATE:

Saturday, July 23 2022

START TIME:

About 9:30 (dusk)
Line up starting at 8:45 pm

LOCATION:

Large Canteen parking lot
between Esquimalt and Lyall Roads
*(Attendees will be emailed
directions and a map)*

COST:

\$3 per carload or \$5 with a snack
(1 drink, 1 candy and 1 chips per person)

DATE :

Samedi 23 juillet 2022

HEURE DE DÉBUT :

Environ 9 h 30 (crépuscule)
Mise en ligne à partir de 20h45

LIEU :

Grand stationnement de la cantine
entre les chemins Esquimalt et Lyall
*(Les participants recevront par courriel les
indications et une carte)*

COÛT :

3 \$ par voiture ou 5 \$ avec une collation
(1 boisson, 1 bonbon et 1 croustille par personne)



Questions contact / Contact pour les questions :
Christine.farrington@forces.gc.ca

Registration open June 30 to July 22 / Les inscriptions sont ouvertes du 30 juin au 22 juillet.

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