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CLEARANCE DIVER OPERATIONS

Commodore (Cmdre) David Mazur, Commander of Canadian Fleet Pacific, and Sailor Second Class (S2) Sam Phillips prepare to conduct diving operations from Yard Dive Tender (YDT) 11 during the Surface Supplied Breathing Apparatus (SSBA) phase of the Clearance Diver course in Maple Bay, B.C. on Aug. 25.

Photo: Sailor First Class Valerie LeClair, MARPAC Imaging Services



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A Mawashi Science and Technology team member checks the fit of one of the exoskeletons on an FMF Cape Breton workforce member.



Sub-Lieutenant Caycedo Buitrago tries on the Mawashi exoskeleton.



Mawashi team members attach the legs of the exoskeletons to an FMF Cape Breton workforce member.

Fleet Maintenance Facility Cape Breton introduces exoskeletons

Ashley Evans

FMF Cape Breton/Cape Scott PAO

Earlier this year, Fleet Maintenance Facility (FMF) Cape Breton took part in a fitting of exoskeletons for trial use. With the potential to improve safety and efficiency for workers at FMF, Jeff Hawthorne discussed the trial at the Research and Development Center:

What are the exoskeletons, why were they made, and what are they used for?

The exoskeletons are full-body, non-powered (passive), wearable technology designed to benefit users engaged in various logistical tasks.

The technology uses adjustable tensioned straps and bands, and biomechanical design to provide mechanical advantage to the back, shoulders, elbows, and knees. It can redirect the force of a load being carried or physical task being completed, lessening the short and long-term impact on the human body. Each area can be easily engaged or

disengaged, depending on the task.

The key advantages to these exoskeletons include:

- Three areas with passive mechanical systems: the shoulders, back, and knees – no batteries to charge, no motors that could fail.
- Modular and tunable assistance: you can mix the torso, arms, and back component sizes to fit your body and then easily fine-tune that fit to prevent any rubbing or pinching.

How did the Research and Development Division start working on this project?

The exoskeletons we're using for testing are an innovative product made in Canada by Mawashi Science and Technology. This partnership came about thanks to the Innovative Solutions Canada - Testing Stream (ISC-TS) delivered by Innovation,

Science & Economic Development's (ISED) Innovation Canada Sector.

Under the ISC-TS, innovators are matched with a federal government department to participate in innovation testing. It provides funding support for selected Innovator costs associated with the testing done by a federal testing department (in this case, Research and Development, HMCS Venture, Naval Personnel and Training Group).

What are they made of?

The exoskeletons consist of aluminum and titanium parts, straps, cables, elastomeric bands, 3D-printed parts, and a few machined components.

How many have been purchased?

We have purchased 30 units in a wide range of sizes for our testing, which allows users of all shapes and sizes to participate.

What did the testing entail, and why is it important?

We had one week of testing where groups from Urban Search and Rescue (USAR) and FMF were fitted. They then used the suits in a wide range of scenarios. There will also be a week of more rigorous quantitative testing to scientifically measure the metabolic cost and muscle fatigue with and without the exoskeleton.

We decided to hold testing at the USAR training grounds in Esquimalt because it simulated real-world conditions as much as possible. Both groups reported the exoskeletons provided an advantage in all the tasks we tested.

If it is deemed the exoskeletons would be beneficial for use at FMF, when would they be available?

There should be a very short timeline between the conclusion of the quantitative testing and our ability to turn some of the exoskeletons to FMF for use.



What has been the most rewarding part of this project?

These exoskeletons could help reduce the risk of injury for users doing their day-to-day tasks.

If they enable someone to do their job with less effort, less wear and tear on their bodies, and more excellent safety, that's a massive win for the CAF.

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HMCS Yellowknife Rigid Hull Inflatable Boat (RHIB) (call name 'Raven') heads towards Tongue Point.

HMCS Yellowknife rescues stranded hiker

Peter Mallett
Staff Writer

The crew of HMCS *Yellowknife* rescued an injured hiker stranded on a remote island off Western Vancouver Island on Aug. 15.

The Kingston-class vessel was conducting Search and Rescue (SAR) Zone patrol with the Canadian Coast Guard (CCG) when a call came for help about a male hiker in his 20s at 6 p.m.

at Tongue Point, Nootka Island, in a radio transmission from a Joint Rescue Coordination Centre (JRCC) of Victoria.

Sub-Lieutenant (SLt) Martin Hagen, Naval Warfare Officer in HMCS *Yellowknife*, said the hiker was not local and unfamiliar with the tides and dangers of the area.

"The hiker ultimately decided to hail the Canadian Coast Guard rather than risk warding off wolves and other wild ani-

mals while waiting for the next sea taxi to arrive in three days," SLt Hagen said.

According to him, the hiker was unable to reach the last ferry sailings off the island. Given the hiker's original plans, he was not equipped for staying in the cool and wet weather conditions, and lacked the necessary equipment to make a safe shelter for the night.

Yellowknife dispatched a Zodiac inflatable rescue boat

with Petty Officer Second Class Andrew Astles, Sailor First Class Kyle Morgan, and Stephanie Rose, CCG Rescue Specialist. The hiker was contacted via handheld VHF radio, located above the drying shoreline, and quickly extracted.

The hiker was suffering from a hand injury and mild hypothermia. He was treated and then transported to a CCG Rescue Boat, which took him to Gold River for the trip home.

Lieutenant (Navy) Ben Scott, *Yellowknife's* Executive Officer, said the hiker faced a predicament that many newcomers who hike Vancouver Island's rugged West Coast Trail face.

"Many people who hike the West Coast Trail are overcome by events and do not prepare adequately," Lt(N) Scott said. "HMC ships regularly patrol SAR zones and are more likely to respond to these sorts of rescue calls."

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ALL GATE AND GAITERS, AND A PIG ON THE KNEE

"To thousands of Naval Reservists, the word Gate has only one meaning... as a nickname for their former training vessels."

—Mark Nelson, Chief Petty Officer First Class (Retired)

Mark Nelson Contributor

Gaiters are traditionally white or khaki leggings, worn to wrap around the ankle and fasten with buckles. The name is derived from the French guêtre, traditionally translated as 'a leather cover for the ankle'. Gaiters were once worn as a normal accoutrement to the square-rigged uniform. Today, they are most often worn with a web belt by ceremonial guard or brow staff members. Sometimes sailors refer to gaiters as *war spats*, but *webbing* is used as the collective term for gaiters and a web belt, a pairing that is showy but marginally functional.

The term *all gate and gaiters* can be used to describe someone, or something, that is all show and lacking genuine substance, i.e., 'That new ship announcement was all gate and gaiters'. In this way, *gate* means big talk, bragging, or even mouthing off, i.e., 'Bloggins was gating off at the Boatswains'. In the same vein, *gate* can be used to refer to the mouth, as in, 'Shut your gate'.

To thousands of Naval Reservists, the word *Gate* has only one meaning... as a nickname for their former training vessels. More formally known as the *Porte Class*, operating from the early 1950s to the 1990s, *gate vessels* were originally built to open and close submarine gates. They were later converted to function as training vessels. Their sailors happily referred to them as *pig boats*, probably derived from the clumsiness of the short-hulled single-screw vessels. An unofficial badge suggested the acronym, 'Pride, Integrity, Guts'.

To sailors, a *pig* can be a figure of reverence

and might appear in places other than the breakfast table. HMCS *Winnipeg* is fondly referred to as *Winter Pig*. The recently paid-off Iroquois-class destroyers, also known as the 280 class, were often referred to as *war pigs* because of their age, size, and lack of fuel economy. Older sailors may have known these ships as the *Sisters of the Space Age*, a nickname based on the title of a 1970s promotional film made about this class. *Sisters of the Stone Age* was a tongue-in-cheek reversion of

this nickname applied to the aforementioned *Porte-class* training vessels.

The pig is an important animal in naval folklore and is featured in popular tattoo combinations with the rooster. Tattoos of *roosters and pigs* on the ankles will supposedly prevent a sailor from drowning. The folklore holds that crates containing roosters and pigs always seemed to wash ashore when a ship sank, making these animals the only souls to survive the wreck. A *tattoo of a pig on the left knee* is considered a symbol of safety, as in the adage, 'Pig on the knee, safety at sea'. A *tattoo of a rooster on the right foot* means the sailor never loses a fight, as in another adage, 'Rooster on the right, never lose a fight'. Finally, pig and rooster tattoos are considered symbols of prosperity since the animals were aboard to ensure the sailors always had ham and eggs and never went hungry. Unfairly, when it comes to eggs, the hen does all the hard work but gets little credit regarding skin art.

You will find over 4,000 examples of *Jackspeak* in my book *Jackspeak of the Royal Canadian Navy* (2nd ed.).

The author of *Jackspeak of the Royal Canadian Navy and Whiskey 601*, Mark Nelson developed a love of the Navy's language and lifestyle over his 26-year career in the service. After retiring as a Chief Petty Officer Second Class, he now works as a library systems specialist at Red River College Polytechnic in Winnipeg, Man.

Follow Mark on Twitter @4marknelson



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THIRD NEW ARCTIC AND OFFSHORE PATROL SHIP DELIVERED

National Defence / Canadian Armed Forces

The Royal Canadian Navy (RCN) reached another milestone in renewing the fleet.

Irving Shipbuilding Inc. of Halifax, N. S., delivered the third Arctic and Offshore Patrol Ship (AOPS), Her Majesty's Canadian Ship (HMCS) *Max Bernays*.

"Each of the AOPS represents a new and important capability for the Navy, and we are excited this ship will soon be officially welcomed into the RCN Fleet," said Vice-Admiral (VAdm) Angus Topshee, Commander RCN.

VAdm Topshee said the delivery of *Max Bernays* brings the RCN one step closer to a full fleet of six modern, ice-capable ships.

HMCS *Max Bernays* was delivered through the National Shipbuilding Strategy. It launched into the water on Oct. 23, 2021, and a naming ceremony for the ship was conducted on May 29, 2022. The ship was named in honour of Chief Petty Officer *Max Bernays*, a Canadian naval hero who served as the Coxswain of HMCS Assiniboine during the Second World War's Battle of the Atlantic.

Despite *Max Bernays* being built during the height of the pandemic, Dirk Lesko, President of Irving

Shipbuilding, said the ship is being delivered faster, with 8 per cent fewer production hours compared to the previous ship, HMCS *Margaret Brooke*.

Designed with a thick and robust hull, the AOPS significantly enhances the Canadian Armed Forces (CAF) capabilities and presence in the Arctic, enabling the RCN to assert and uphold Arctic sovereignty. With their considerable space to transport cargo and the capacity to embark a Cyclone helicopter, small vehicles, and deployable boats, the AOPS has the versatility to support a full range of CAF operations at home and contribute to global peace and security in coordination with allies and partners.

The ship will remain at the Her Majesty's Canadian Dockyard Halifax while post-acceptance and final ship preparation work are completed. The ship will be transferred to the West Coast in 2023 to CFB Esquimalt as its designated homeport.

AOPS four, five and six are currently in various stages of production, with the planned delivery of one new ship every year until 2025.

"The delivery of HMCS *Max Bernays* is a proud and important milestone for our team of over 2,000 skilled shipbuilders," Lesko said. "We wish the crew of this fine ship fair winds, following seas, and a safe return home from every mission."

HMCS *Max Bernays* returns to port after completing sea trials in Halifax, Nova Scotia.



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STALKER 822 CREW REMEMBERED

AT SECOND ANNUAL MEMORIAL GOLF TOURNAMENT

Master Corporal Tom Cuming (drums) and Warrant Officer Scott Pollon (bagpipes) play a tribute to the six crewmembers of Stalker 822 who died while on deployment with HMCS Fredericton on April 29, 2020.

Inset: Sailor First Class Shane Cowbrough, the organizer of the Second Annual Stalker 822 Memorial Golf Tournament, gives instructions to golfers at Hartlen Point Forces Golf Club on Aug. 22 before they head out on the course.

Photos: Joanie Veitch, Trident Staff



Joanie Veitch Trident Staff

Families and friends came together for the Second Annual Stalker 822 Memorial Golf Tournament to reconnect and honour the memory of loved ones.

The tournament, held at Hartlen Point Forces Golf Club on Aug. 22, honoured the memory of the six Canadian Armed Forces (CAF) members who died when a CH-148 Cyclone helicopter Stalker 822 crashed off the coast of Greece during Operation Reassurance on April 29, 2020.

Sailor First Class (S1) Shane Cowbrough, the event organizer, said the tournament offered a way for people to support the friends and family of the six crew members.

"We want this to be something where we come together to talk and share some memories, and — most importantly — have fun," he said.

S1 Cowbrough's daughter, Sub-Lieutenant (SLt) Abigail Cowbrough, a Marine Systems Engineering Officer, was one of the six on Stalker 822, along with Master Corporal Matthew Cousins, an Airborne Electronic Sensor Operator; Captain (Capt) Kevin Hagen, a pilot; Capt Maxime Miron-Morin, an Air Combat Systems Officer; Capt Brenden MacDonald, a pilot; and SLt Matthew Pyke, a Naval Warfare Officer.

Despite being the main organizer, S1 Cowbrough said mounting an annual golf tournament was a collective effort.



"It has definitely been a big learning curve over the past two years. It takes a village, like the popular saying goes. There is no way I could do this without support from the amazing volunteers," he said.

Expressing his thanks to the manager and staff of the golf club, S1 Cowbrough said several local veterans' organizations provided significant support. The Eastern Region Veterans UN-NATO Canada and the Eastern Passage branch of the Royal Canadian Legion donated a wreath for the memorial

hole, where photos of the crew are placed. The Veteran Farm Project provided fresh flowers from their memorial garden, planted in 2021 in honour of SLt Cowbrough.

Before the golfers headed out for the day, two members of 12 Wing Pipes and Drums played a solemn tribute to the crew. SLt Cowbrough had been a member of the band.

As with its inaugural year, proceeds from donations, ticket sales, and other sponsorship money went to Soldier On, a CAF program that supports the recovery and rehabilitation of military members and veterans struggling with physical and mental injuries through sports and recreational activities.

While the goal is to bring people together in memory of the Stalker 822 crew, S1 Cowbrough said he hopes to continue increasing military and corporate support for the event in future years.

"It's good for us to get together, it's important that we do this," he said.

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It is 1942, and the U-boat war that has been raging in the North Atlantic spills into the Gulf of St. Lawrence and onto the river itself. For three years, submarines dispatched by German Admiral Karl Dönitz have been attacking the high-seas convoys that are the lifeline of the war effort overseas.

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CANADIANS REMEMBER

the Dieppe Raid

Peter Mallett
Staff Writer

The words inscribed at the Square du Canada in Dieppe, France, grimly recount the bloodiest day of the Second World War for Canada.

"The beaches of Dieppe are marked with the blood of Canadians, the road to our final liberation foretelling of their victorious return," reads the commemorative plaque.

On Aug. 19, an official Government of Canada delegation made up of veterans, young Canadians, and government officials gathered there with the people of France to commemorate the 80th-anniversary raid on Dieppe.

The sacrifice of the 5,000 Canadian soldiers who landed on the beach that day with impossible odds of success was remembered through speeches, presentations, wreath-laying ceremonies, and a moment of silence. Of those 5,000 soldiers, 3,350 were casualties, 1,950 were captured as German Prisoners of

War, and 916 were Canadians who died.

Code-named Operation Jubilee, the Dieppe Raid was the first significant action seen by Canadian soldiers in Europe during the Second World War.

The Canadian soldiers came ashore from their landing craft, ready to fight their way into Dieppe quickly. They had been told the assault on Germany's Western Front would be a piece of cake, noted Ginette Petitpas Taylor, Minister of Official Languages and Minister Responsible for Atlantic Canada Opportunities Agency, during her address.

"Of course, it turned out to be anything but," Taylor said. "They landed under heavy fire, up against a fierce and well dug-in enemy that would not easily give ground, and, in the end, they had no chance."

Lieutenant (Navy) (Retired) John Nosotti of Vancouver

was part of the delegation travelling to France. Nosotti, 78, served 45 years in the Canadian Armed Forces as a reservist.

His military service began in 1960 and included eight years with his hometown Essex and Kent Scottish Regiment of Windsor, Ont., where he served as a Section Commander, Platoon Sergeant, and Company Quartermaster. His Regiment played a key part in the Dieppe Raids, and only 51 of the 553 members survived it.

Nosotti says he did not find out he had been selected until a few weeks in advance but was honoured and enlightened by what he learned in Dieppe.

"You get a true sense of the seriousness and business of war when you stare out at the rows upon rows of graves at the war cemetery in Dieppe; the infantry, airmen, and sailors who would never return home," he said.

Nosotti and members of the delegation got a chance to walk in the same steps as the

soldiers from the shoreline of the rocky beach at Dieppe. They quickly understood why it was such a 'death trap', he said.

"Walking up the beach was a real eye-opener for me about what these soldiers faced while being fired at," said Nosotti. "If you have ever tried to walk up a steep hill that is only loose rocks, you lose your balance and can't get any traction. It was a terrible place for our soldiers to land and, combined with the German positions, was a 'death trap'."

The delegation to Dieppe also included three Second World War veterans. Among them was 101-year-old Gordon Howard Fennell, who took part in the Dieppe Raid as a member of the 14th Army Tank Regiment of Calgary.

When speaking with Nosotti and others in the delegation, Fennell described the raid as 'horrible', noting more than half of the Canadian soldiers who took part in the raid became casualties. Fennell avoided being taken prisoner

by choosing to be towed back to England in a leaking boat. Fennell's brother, George, also a 'Calgary Tanks' member, lost his life during the raid.

Fennell helped deliver the Act of Remembrance during the ceremony at the Square du Canada. He stressed the importance of remembering the Dieppe Raid.

"I would like to thank all of those people [of France] who have been so kind to us visitors and would like to remark on how pleased I am to see all of the groups here today remembering that terrible day," Fennell said. "It means an awful lot to me, and is important to see this good work being done."

Also attending the ceremony were General Wayne Eyre, Chief of Defence Staff; Darrell Samson, Parliamentary Secretary to the Minister of Veterans Affairs; and Associated Minister of National Defence representatives from France, including Patricia Mirallès, Secretary of State to Veterans and Remembrance.



Government of Canada Ceremony at the Square du Canada in Dieppe, France.

Photo credit: Julien Faure

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Undefeated TRITONS

FALL ON PENALTY KICKS



(Left) Sailor Third Class Matthew Thomson of the Esquimalt Tritons goes up for a header against two Edmonton players during Canada West Regional Soccer action in Edmonton.

Credit: Lieutenant (Navy) Courtney Looye-Pohoney



Peter Mallett Staff Writer

Esquimalt Tritons were edged by Edmonton Warriors on penalty kicks in the final game of the Men's Western Regional Soccer Championship on Aug. 19.

"This was a very young and talented team we brought to Edmonton, and we gained respect and admiration from our opponents because of our solid performances throughout the competition," said Petty Officer First Class (PO1) Carlos Cea.

PO1 Cea assumed player-coaching duties of the Tritons for their regular skipper Chief Petty Officer Second Class (CPO2) Pat Robbins, who could not attend due to work commitments at the Patrol Vessel Sea Training Division Pacific.

PO1 Cea said the Tritons quickly established themselves as a 'top dog' at the tournament right from the opening kickoff.

The Tritons were undefeated over five matches heading into the championship match against tournament hosts. The competition began on Aug. 15 and served as a qualifier for next month's CAF Championship in Kingston, Ont., from Sept 26 to 30. After ending regulation time in deadlock at one goal apiece, the Tritons fell to Edmonton on

penalty kicks and failed to qualify for the CAF nationals.

Corporal (Cpl) Justin Harris had opened the scoring for Esquimalt in the second half before Edmonton equalized from the penalty spot. A late game clearance by Sailor Third Class (S3) Liam Harrington prevented Edmonton from a regulation-time game-winner and sent the match into extra time.

The Tritons began to play on Aug. 15 with a penalty kick victory over Edmonton. That was followed by a 3-1 win over 19 Wing Comox, with goals coming from S3 Kellar Livingston, S3 Matt Thompson, and S3 Josh Charles. In their third game on Aug. 16, Esquimalt shut out 17 Wing Winnipeg with a 2-0 win on an own goal and another from S3 Livingston. CFB Moose Jaw was forced to forfeit the final game of the opening round on Aug. 17 due to injuries.

One day later, Esquimalt defeated the same Moose Jaw side in the semi-finals, with S3 Thompson and S3 Mark Cortrell scoring goals in a 2-1 victory.

Even though the Tritons failed to qualify for the Canadian Armed Forces (CAF) finals tournament, CPO2 Robbins said he could not be more proud of his team.

"I truly believe the respect the other players displayed to my team in Edmonton speaks to their character and the program we

are running in Esquimalt," CPO2 Robbins said.

Tritons central defenders S3 Peter Iporoo, S3 Cortrell, and S3 Harrington received the 'Man of the Match MVP' awards and were selected by CFB Edmonton to participate with their team in the CAF finals.

Also travelling to Edmonton from the Base were ten players taking part in a Western Region Women's Selection Camp. Six female players from Esquimalt were selected to represent the Canada West Women's Soccer Team in this year's CAF finals, held concurrently in Kingston.

The players selected are:

- Master Corporal Holly Dronyk from Regional Cadet Support Unit (Pacific)
- Master Sailor Kailyn Swinton from Naval Fleet School (Pacific)
- Master Sailor Veronica Leslie and Aviator Ashley Lelievre from HMCS Ottawa
- Sailor First Class Stephanie Virbet from HMCS Malahat
- Sailor First Class Valerie Leclair from Maritime Forces Pacific HQ

Lieutenant (Navy) Courtney Looye-Pohoney from the Regional Cadet Support Unit (Pacific) received the 'Most Improved Player' recognition at the selection camp and was selected for the team's standby list.

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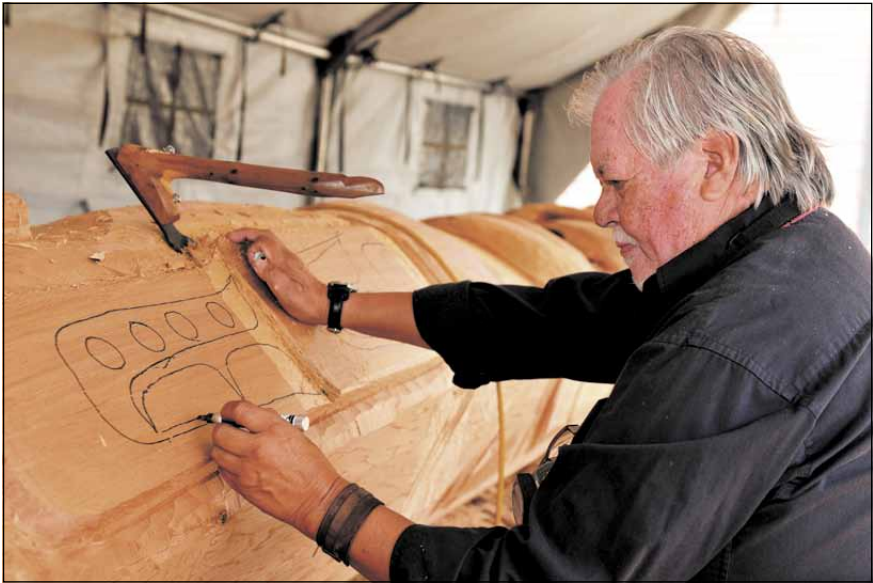


Photo: Lookout

PHOTO GALLERY FROM 2012 HOSAQAMI RAISING

In celebration of Her Majesty Queen Elizabeth II's Diamond Jubilee in 2012, then-Lieutenant Governor Stephen Point and the Government House Foundation commissioned Chief Tony Hunt (bottom right) to carve a replacement for Hosaqami. The original totem was carved by Chief Hunt and his grandfather Chief Mungo Martin (top left). Above: Guests assist with the raising of the Pole Hosaqami at the front of the Government House.

Museum curator reunites Indigenous veteran with artwork 62 years later

THE HOSAQAMI CONNECTION

Peter Mallett
Staff Writer

A recent presentation at CFB Esquimalt Naval and Military Museum led to the return of an item to the hands of its crafter 62 years later.

Following Lieutenant-Commander (Retired) Bill Shead's presentation on Hosaqami, a historic 24-foot totem pole, Tatiana Robinson, Museum Curator, brought his attention to one of the Museum's artifacts.

"What a delight it was to see it and hold it again after 12 years of not knowing its final disposition," Shead, 83, said after confirming a lance Robinson pointed out was indeed the one he carved so many years ago. "It was quite a surprise to learn the lance was in good hands of a museum curator after all this time."

Shead, an Indigenous veteran, visited CFB Esquimalt on Aug. 29 to speak about the intriguing story of Hosaqami. This totem pole was given to the Royal Navy in 1960, and Shead was on the voyage to England as one of the Special Escort of the Hosaqami delivery on HMCS St. Croix. On his journey, he and his mates carved and decorated mop handles to create lances for the ceremonial presentation on arrival in England.

Robinson was equally surprised about the discovery.

"His life's story as a sailor and connection to Hosaqami is very intriguing," Robinson said. "At how many points in his life was he connected and reconnected with Hosaqami and how unusual is that."

During his presentation, Shead spoke about his connection with Hosaqami.

"At the outset, no one really had

any inkling of what role the escort would or should play in the ceremony," he said. "The members of the escort, including myself, came from several different Indigenous and cultural language groups across Canada, and no one was from the Indigenous peoples of the Pacific Northwest with their rich traditions relating to the totem pole carving and ceremony."

"We drew mop handles from the ship's stores to carve into lances," Shead said. "We then painted them and decorated them with feathers, dropped by birds on the deck of the ship."

During a ceremony in 2012 to honour the Queen's Diamond Jubilee, the Royal Canadian Navy gifted a replica of the original Hosaqami to the Crown and the Lieutenant Governor of British Columbia. Shead and two other fellow escort members from 1960

were there to participate in the new dedication and presented the lances Shead had made aboard St. Croix all those years ago to Admiral Trulove.

"I indicated to him I had missed returning the mop handle on my charge to ship's stores and perhaps he would see it was returned to its proper place," Shead said.

Shead served 36 years in the Royal Canadian Navy and is a proud member of the Peguis First Nation (in Manitoba), a community leader, former mayor of Selkirk, Man., and Regional Director General for Veterans Affairs Canada. While visiting Victoria, Shead made his presentation on Hosaqami as a volunteer speaker on behalf of Historica Canada's Memory Project.

"The Hosaqami is a connection between the Navy and Indigenous community that is historically lasting," Shead said during his visit.

In the Kwakiutl tongue, the name of Hosaqami means 'he who owns this pole is a man of integrity in society'.



The tools originally used on the first Hosaqami.

Commander (Cdr) Scott McVicar, Commodore Keith Coffen, and Cdr Craig Piccolo sign papers at the Change of Command Ceremony for the Canadian Forces Maritime Experimental and Test Ranges in Nanoose Bay on Aug. 12.

NEW COMMANDER AT NANOOSE BAY RANGE

CFMETR

The Canadian Forces Maritime Experimental and Test Ranges (CFMETR) in Nanoose Bay held a Change of Command ceremony on Aug. 12.

Commander (Cdr) Scott McVicar relinquished command of CFMETR to Cdr Craig Piccolo. Commodore Keith Coffen, Director General Maritime Equipment Program Management (DGMEPM), presided over the ceremony.

Cdr McVicar had held command of CFMETR for five years and will be retiring in September after 41 years of dedicated service.

Cdr Piccolo is a Naval Engineer. He joins CFMETR as Director of Maritime Equipment Program Management (Submarines) DMEPM(SM).

Welcome back to the West Coast, Cdr Piccolo! Formally established in 1963, CFMETR is located on the north side of Nanoose Bay, Vancouver Island,

across from the Strait of Georgia. CFMETR provides world-class test and evaluation capability to the Canadian Armed Forces, United States Navy (USN), and other Allied nations. The Range is operated under an international agreement between Canada and the USN for staffing, funding, and technology implementation. The 54-square mile Joint Underwater Test Range is an instrumented range that tracks air, surface, and subsurface contacts.



MASTER SAILOR VEN CORNES

- Joined the CAF in August 2015
- Did QL3 NCI Op (Naval Combat Information Operator) course Dec. 2015 - Apr. 2016
- Did QL5 or S1 course in 2019, followed by SAC course, which he completed in Dec. 2019
- Currently a Bravo Level SAC
- Posted to HMCS *Winnipeg* in 2019, sailed on Op Projection in 2020, 2021, and 2022

MASTER SAILOR NICHOLAS SANDERS

- Joined CAF July 2017
- QL3 NCI Op course in 2018
- Completed QL5 or S1 course in October 2019
- Completed SAC course in June 2020
- Upon recommendation from the CO, he will be a Charlie Level SAC
- He deployed on HMCS *Winnipeg* on Op Projection in 2021, and again in 2022

SACs receive their badges

Commander Annick Fortin, Commanding Officer of HMCS *Winnipeg*, and Captain Giovan Arzoz, the Air Detachment Officer, presented Master Sailor Ven Cornes and Master Sailor Nicholas Sanders with the Shipborne Air Controller (SAC) pin onboard the Royal Canadian Navy frigate HMCS *Winnipeg* (FFH 338) during Operation Projection while sailing in the Pacific Ocean on Thursday, Aug. 18.

Photo: Sailor First Class Melissa Gonzalez, Canadian Armed Forces Imagery Technician

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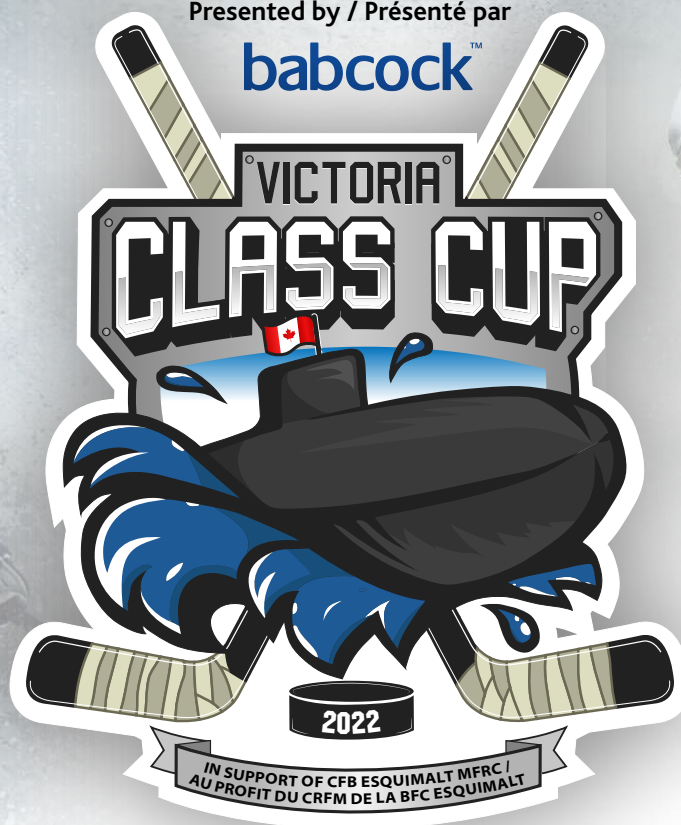
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CLASSE VICTORIA ET LE TROPHÉE
POUR L'ESPRIT SPORTIF ROB SNEATH**

In Depth: Spotlight on Clearance Divers

Sam Phillips

Sam Phillips was born in October 2001 in Marlow, England. He was raised in the United Kingdom until he was 7 when he moved with his parents and younger sister to Halifax, N.S., in 2009.



Growing up, Phillips played many sports, including soccer, hockey, and rugby. Playing these sports put him in a team environment, so he tried to find a career that gave him the same. Phillips joined the Canadian Armed Forces in 2018 at 16 as a Port Inspection Diver (PID) in the Naval Reserves.

He did not come from a swimming background and had never done any scuba diving until 2019, when he began his PID course. He instantly fell in love with diving and being in the water. After the course, he got employment at Fleet Diving Unit (Atlantic) in Shearwater, N. S., where he worked alongside the Clearance Divers at the Unit. He witnessed the close bond between Clearance Divers, how they performed various jobs in small teams, and became interested in joining.

He challenged the Clearance Diving Assessment Centre (CDAC) in 2021 and completed the 6-day selection on the 2021-2022 Clearance Diver course. Over the 11 and a half months, the course challenged him in various ways, both physically and mentally, and has given him training like no other. Phillips's favourite part of the course was the Underwater Demolition phase, where the Divers used explosive methods to destroy underwater targets.

Phillips looks forward to a career as a Clearance Diver. He wants to pass on his knowledge by teaching others to dive and having the opportunity to travel the world.

Morgun Knutson

Richard 'Morgun' Knutson was born on June 10, 1994, in High Prairie, Alta., and grew up on the West Coast in Sechelt, B.C.



Before joining the Canadian Armed Forces in 2015 as a Combat Engineer, Knutson worked in various labour intensive positions, most extensively as a Reinforcing Ironworker installing rebar in the Vancouver area.

After his initial training, Knutson was posted to 1 Combat Engineer Regiment within the Field Troop in Edmonton, Alta. After a year of training, he was selected to attend the Army Dive Center's Combat Diver Course. There, Knutson enjoyed working with the Dive Team and participating in other events, exercises, and courses, such as the Mountain Man race, the Hercule's Ram competition, and the Basic Mountain Operations course.

In 2019, Knutson decided to submit a Component Transfer to the Reserve Force. Using his diving experience with the Army, he seamlessly switched occupations to the Port Inspection Diver trade. This continued his diving career and allowed him to move back to the West Coast.

In February 2021, Knutson decided to attend the Clearance Diving Assessment Centre to pursue his diving aspirations, which resulted in his selection to the Clearance Diving course.

After completing the Clearance Diving course, Knutson is eager to begin the next career course in Florida on the Explosive Ordnance Disposal. In his time off, he looks forward to enjoying Victoria through hiking, kayaking, and lounging with friends on one of the city's many patios.

Evan Patterson

Evan Patterson was born in Mississauga, Ont. on July 29, 1996, and was raised in Burlington, Ont. with two brothers.



Growing up, Patterson played hockey and soccer, and enjoyed playing video games. After completing high school, he applied to college and the military. The military responded first, and in 2016, he joined the Combat Engineers.

In 2018, Patterson completed the Combat Diver preliminary and was loaded onto the subsequent course, which showed him how fun diving is.

In March 2019, Patterson was deployed to the Arctic with Fleet Diving Unit (Atlantic). There, he was introduced to the Clearance Diving trade, and after three weeks of working with the Clearance Divers, he knew it was what he wanted to do. He submitted his application to switch trades and completed CDAC in February 2021. The course left him with many memories and nine more brothers.

In his free time, Patterson likes playing sports, mountain biking, hiking, and fishing. He looks forward to travelling the world by going on as many operations and exercises as possible as a Clearance Diver.



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HMCS OTTAWA

HMCS Ottawa held a Hands Fall In for Promotions and Awards on Aug. 23 as the ship paused to fuel alongside. Congratulations to the following members on their promotions and awards:

- Petty Officer First Class Craig Shillington
- Sailor First Class Alexander Baker (NES Op)
- Sailor First Class Brian Smith
- Sailor First Class Vann Koopmans
- Sailor First Class Frederic Pauze
- Sailor Second Class Alicia Giapoutzian
- Sailor Second Class Noah Desmond
- Sailor Second Class Ryan Grzech
- Sailor Second Class Michael Wedsworth
- Sailor Second Class Derick Menchavez
- Sailor Second Class Rhys Mazurenko
- Sailor Second Class Tyson Scott
- Sailor Second Class William Ponce
- Petty Officer First Class Shawn Mann received Silver Sea Service Insignia
- Sailor First Class Robert Sutton received Roundsperson Qualification

The ship will say goodbye to Petty Officer First Class Craig Shillington as he leaves for a posting ashore.



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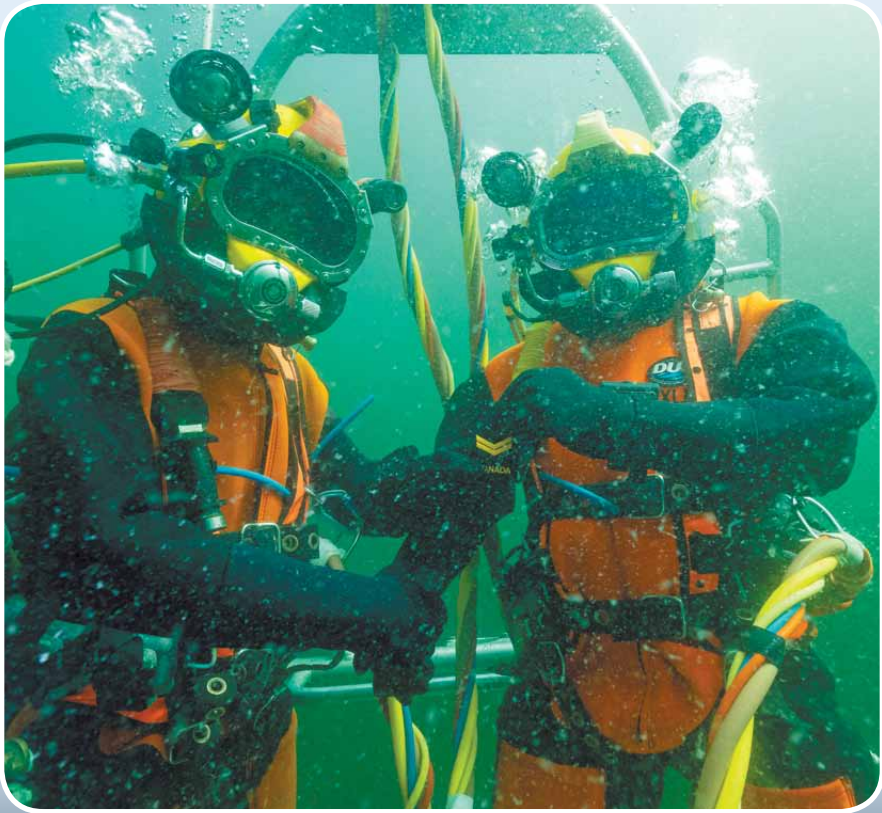
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CLEARANCE DIVERS



While under water, Commodore Mazur, Commander of Canadian Fleet Pacific, advance promoted Sailor Second Class Sam Phillips to Sailor First Class during diving operations from Yard Dive Tender (YDT) 11 during the Surface Supplied Breathing Apparatus (SSBA) phase of the Clearance Diver course in Maple Bay, B. C. on Aug. 25

Photo: Sailor First Class Valerie LeClair, MARPAC Imaging Services

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COMMANDING OFFICER TAKES FLIGHT FOR

Operation Pegasus Jump

Cdr Cameron Miller,
CO, HMCS Malahat
MS Jennifer MacKinnon,
Recruiter, HMCS Malahat

Fitted with jumpsuits and safety gear, members of HMCS Malahat, Victoria's Naval Reserve Division, plunged 3,500 feet from a Cessna 182 aircraft during a summer skydiving camp.

Commander (Cdr) Cameron Miller, Malahat's Commanding Officer, said the experience provided opportunities for participants to share more about themselves in a safe environment.

"It was this feeling of safety that allowed some people to begin to open up and unpack some of the things they may have been holding inside," he said.

Known as Operation Pegasus Jump, the skydiving camp is designed to create an environment where injured military members and First Responders have the opportunity to build strong relationships with each other and challenging them to let go of their fears through skydiving.

Run out of the only veteran-owned drop zone in Canada, Campbell River Skydive Centre in Campbell River, B.C., the program is hosted by Sergeant (Retired) Rob McNeill, a former Canadian Airborne Regiment member, and Master Warrant Officer (Retired) Bob Verret, a former Search and Rescue Technician.

"I think we can all agree there are many ways 'we' as a collective CAF family can assist those who need to take a knee and unpack things they are holding in from serving, sometimes unknowingly," Cdr Miller said.



Master Sailor Jennifer MacKinnon demonstrates to Commander Cameron Miller, Commanding Officer of HMCS Malahat, the proper climb out procedure at the Campbell River Skydiving Centre during Operation Pegasus Jump.

Photo supplied

Master Sailor (MS) Jennifer MacKinnon, another Malahat member and one of the volunteers for the Centre, who is also a certified Jumpmaster, described the environment as non-judgmental.

"I was thrilled by how many people opened up, not only to myself and to other staff, but to fellow jumpers," MS MacKinnon said.

Whether through providence or coincidence, MS MacKinnon was assigned as Cdr Miller's Jumpmaster, leading MS MacKinnon to jokingly recall her thoughts, as she was 'looking forward to throwing the CO out of the plane'.

Once they reached the jumping altitude, Cdr. Miller recalls the difficult moment of realizing he was about to jump out of a plane.

"Seeing someone fly by the window of a plane is simply not normal," he said.

Cdr Miller was part of three groups of 95 jumpers.

"I executed a textbook launch from the plane, but quickly ended up on my back in the air," he said. "But I went through my drills, straightening up, and eventually floating down after the parachute opened."

Sergeant (Retired) Rob McNeill found himself visibly moved by the 10-day event.

"Operation Pegasus Jump exceeded all expectations we had. Seeing people move forward and open up was very rewarding... it means so much to me and Bob (Verret) to be able to help our fellow CAF veterans."

Cdr Miller and all the participants wish to extend a big thanks to the staff and volunteers at Campbell River Skydive Centre for all they did to arrange this, especially the owners - Nicole, Rob, and Bob. The team at the Centre plans to review the overall event and build on its success, looking to rerun it next summer.

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- Immigration-related issues
- Federal COVID-19 benefits
for individuals, businesses,
non-profits.



Laurel Collins MP for Victoria

Laurel.Collins@parl.gc.ca
250-363-3600

/CollinsLaurel
 @Laurel_BC
 @laurelndp

FREE
ENTRY TO EVENT

CFB ESQUIMALT

FORMATION FUN DAY

SEPTEMBER 10, 2022 NOON-4PM @ NADEN

FUN FOR EVERYONE!

OPEN TO CAF MEMBERS, BASE EMPLOYEES, VETERANS AND FAMILIES

**ALL
AGES**



ALL AGES FUN!

RHIB Rides! (height restrictions in place)

Face Painting

Enter to Win Contests and Giveaways

sponsored by BMO

Hand Drum Rhythms Sessions

Free Giveaways and info

at the MFRC booth

Laser Tag

The Swing Ride

Climbing wall

EuroBungee

Battle Archery

Bouncy Castle

Military Police Obstacle Course

Police Vehicles on Display

Lego and model railway displays

Base Fire – Fire truck and Games

Complimentary professional photos

sponsored at the Babcock Canada booth

Enter to win gift cards

sponsored by Seaspan ULC and Victoria

Shipyards Co. Ltd.

SPECIAL GUESTS:

Vikes Thunder

Victoria Royals Hockey Club

501 Garrison Storm Troopers

The Balloon Guy

Victoria Search and Rescue

(with puppies and dogs!)

SHOP AT THE MARKETPLACE!

Custom-Cookies by Heather

Crafty Phases

Sarah Staples Premium

Preserves

Island Relaxation

Made By Kharla Co.

Oh Snap Trio

Sweetlegs Langford with

Karla

Pots & Knots

Risen Home Décor

Exclusive Brazil

Thread & Pepper

Mary Kay Cosmetics

Shop.com

Do Terra

Trail To The Beach

Picture it in Paper

Empire Athletics

SNACKS!

MFRC BBQ

Hotdogs by donation

FREE:

Ice-cream sponsored by BMO

Donuts

Coffee & Tea

Bottled water

Popcorn & Chips



QUESTIONS?

For More Information Contact Christine at christine.farrington@forces.gc.ca

BMO



Brought to you by CFB Esquimalt and the Bank of Montreal, your Canadian Defence Community Banking partner.

babcock

seaspan
VICTORIA SHIPYARDS



Funded By
CFB Esquimalt's
Base Fund



Get up to
\$479¹
in annual savings

Plus,
up to \$80,000
in cash prizes
to be won.²

The Canadian Defence Community summer contest is back!

Save up to **\$479 per year¹** in banking fees with the Performance Plan Chequing Account, and between June 13 and September 30, 2022, you will automatically be entered into our customer appreciation contest for a chance to win a grand prize of **\$20,000 cash** or one of **12 prizes of \$5,000 cash.²**



Save **\$203¹** per
year with no
monthly fee
banking



Get unlimited
transactions and
Interac^{®†}
e-transfers

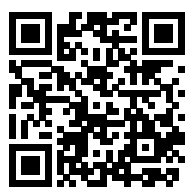


Save \$156¹ per year with
a **complimentary**
OnGuard[®] Identity Theft
protection service



Save up to \$120¹
per year with
5 free non-BMO ATM
withdrawals per month

Spread the word. Share the savings. Sign up to win.



Already a BMO CDCB customer?

Don't miss out on your chance to win. Sign up for the contest today!
Visit **bmo.com/summercontest** or any BMO branch across Canada.



Official bank of the
Canadian Defence Community

¹The Savings of up to \$479 is based on the following savings in a year: (i) \$203.40 for the Performance Plan Monthly Fee of \$16.95 per month for 12 months; (ii) \$155.88 for the retail value of OnGuard[®] charged at \$12.99 per month; (iii) \$120 for the value of 5 debit transactions (\$2/each) per month using non-BMO ATMs on the Cirrus Network. [†]Interac e-Transfer is a registered trademark of Interac Inc. Used under license. ²No purchase necessary. The 2022 CDCB Customer Appreciation Contest (the "Contest") begins on June 13, 2022, at 12:00:01 a.m. Eastern Time and ends on September 30, 2022, at 11:59:59 p.m. Eastern Time (the "Contest Period"). There are thirteen (13) prizes in total (each a "Prize"), with total prizes valued at \$80,000 available to be won. There will be one (1) Grand Prize of \$20,000 cash and an additional twelve (12) prizes of \$5,000 cash. Odds of winning depend on the number of eligible entries received. Before being declared a winner, a correctly answered mathematical question is required. Full contest details are available at **bmo.com/summercontest**. [®]Registered trademark of Bank of Montreal.