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## REFRESHING TRAINING



Sailor First Class Thomas Dalziel, a Port Inspection Diver at Fleet Diving Unit (Pacific) conducts firefighting refresher training at the Damage Control School in Colwood as part of the Naval Environmental Training Program.

Photo: Fleet Diving Unit (Pacific)



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# PRIDE JUNE 2023



Pride Flags and Canadian Flags flutter in the wind beside English Bay in Vancouver's West End Neighbourhood. Stock photo

## DND assigns Canada Pride Citation

### National Defence

National Defence / Canadian Armed Forces

The Department of National Defence (DND) and the Canadian Armed Forces (CAF) paid tribute to the LGBT Purge survivors by hosting Canada Pride Citation ceremonies across Canada.

In April, the DND and the CAF began holding regional ceremonies to present the Canada Pride Citation to eligible current and former military members, as defined in the Ross, Roy, Satalic Class Action Final Settlement Agreement, also known as the LGBT Purge Class Action.

"Survivors of the LGBT Purge and our families have pursued justice for a long time. The ceremonies for the Canada Pride Citations have been important and helpful in our healing journeys," said Michelle Douglas, LGBT Purge Fund Executive Director and Purge survivor. "We will wear our citations with pride as we move forward."

A total of 19 ceremonies were held in 12 cities across the country. The first ceremony was held in Ottawa on April 3;

the final ceremony was held in Quebec City on May 18. To receive the Canada Pride Citation, an individual must be a class member as defined in the Ross, Roy, Satalic Class Action Final Settlement Agreement, also known as the LGBT Purge Class Action.

The Canada Pride Citation certificate of award is signed by the Chief of the Defence Staff, the Commissioner of the Royal Canadian Mounted Police, or the Clerk of the Privy Council.

"Although we can never undo the pain caused by the LGBT Purge, the Canada Pride Citation is an opportunity to recognize the harm experienced by current and former Canadian Armed Forces members," said General (Gen) Wayne Eyre, Chief of the Defence Staff. "You have paved the way for a new generation, and in doing so, you have exemplified service to your country."

Efforts were made to contact everyone who requested an in-person presentation ceremony. Those who requested to receive their Canada Pride Citation in person received an insignia, a lapel pin, and a certificate of award signed by

the Chief of the Defence Staff. Due to delays brought on by the COVID-19 pandemic, a Canada Pride Citation certificate was mailed in 2020 to each eligible recipient, including those who requested to attend an in-person ceremony, to ensure they could receive their insignia, lapel pin, and citation as soon as possible. If anyone feels they were missed, they are encouraged to contact the Department of National Defence.

"It remains our solemn duty to ensure your experiences, and the history of the LGBT Purge, will be remembered by all, and it's of the utmost importance that we promote healing and reconciliation where we can," Gen Eyre said.

The Canada Pride Citation is one way the Government of Canada has taken action to address the historical injustices experienced by LGBT military members, Royal Canadian Mounted Police (RCMP), and federal public servants. It represents an individual reconciliation and recognition measure, as well as a meaningful step in Canada's journey of collective understanding and remembrance.



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# HMCS Edmonton combines business with fun during Operation Caribbe

## Lookout for HEROES

Capt Chelsea Dubeau  
MARPAO PAO

HMCS *Edmonton* conducted multi-day maritime exercises while deployed on Operation (Op) *Caribbe* in March as part of the North American Maritime Security Initiative (NAMSI).

The exercises included a coordinated interdiction exercise involving ships, aircraft and personnel from the Royal Canadian Navy (RCN), Mexican Navy, United States Navy and United States Coast Guard.

"It's an opportunity to meet with other navies and build trust," said Lieutenant-Commander (LCdr) Tyler Smith, *Edmonton's* Commanding Officer. "You realize how much we can offer in terms of teamwork, cooperation, and mutual learning."

NAMSI is a multi-national effort between Canada, the United States and México to strengthen their security relationship.

The initiative kicked off with *Edmonton* participating in México at an opening ceremony on the Manzanillo Naval Base's parade square on Mar. 28. Following a

coordination meeting between stakeholders, HMCS *Edmonton* conducted tactical manoeuvres off the coast of Manzanillo with embarked U.S. Coast Guard Law Enforcement Detachment, U.S. Coast Guard Cutter *Active*, and Armada de México (ARM) *Hidalgo* with its embarked Eurocopter AS565 *Panther*. The ships were joined by USS *Savannah* for overnight patrols in the area, successfully proving interoperability amongst four separate services.

But it wasn't all business.

Under a blazing afternoon sun following the exercises, *Edmonton* sailors extended a challenge to sailors from the Mexican Navy for a friendly game of soccer, which members of ARM *Juarez* agreed to.

"We lost terribly," laughed LCdr Smith. "The Mexican Navy decided to mix up the teams halfway through to keep it a friendly game. It was a great opportunity for the sailors to meet. Certainly a highlight."

At the closing ceremonies on Mar. 30 at La Fregata Naval Club, captains exchanged commemorative challenge coins while sailors furiously traded mission/morale patches.

"It's funny, you go anywhere in the world and sailors are sailors," said LCdr Smith. "You have a common language, common interests."



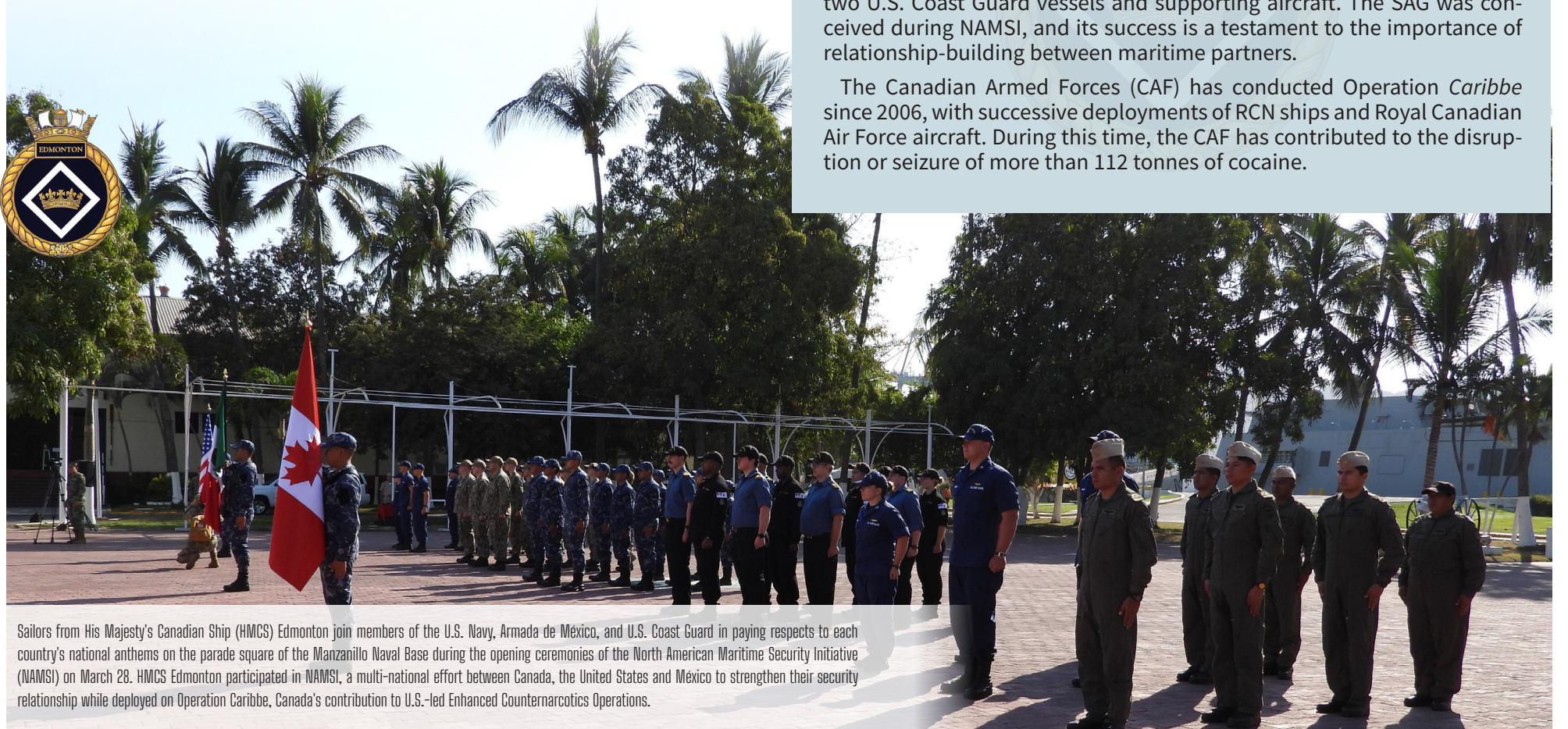
Petty Officer Second Class Kyle Medwid and Sailor First Class Sarah Sundac, members of HMCS Edmonton, salute while Canada's national anthem plays.

## OPERATION CARIBBE

HMCS *Edmonton* left its home port of Esquimalt, B.C., on Feb. 13 to deploy on Operation *Caribbe*, Canada's contribution to U.S.-led Enhanced Counternarcotics Operations. While deployed, the ship patrolled the eastern Pacific Ocean in support of Joint Interagency Task Force South, which is responsible for detecting and monitoring illicit narcotics trafficking in the eastern Pacific and Caribbean regions.

On Apr. 8, HMCS *Edmonton* contributed to the successful interdiction of 755 kilograms of cocaine – worth an estimated street value of CAD 49.5 million – while patrolling as part of a Surface Action Group that included two U.S. Coast Guard vessels and supporting aircraft. The SAG was conceived during NAMSI, and its success is a testament to the importance of relationship-building between maritime partners.

The Canadian Armed Forces (CAF) has conducted Operation *Caribbe* since 2006, with successive deployments of RCN ships and Royal Canadian Air Force aircraft. During this time, the CAF has contributed to the disruption or seizure of more than 112 tonnes of cocaine.



Sailors from His Majesty's Canadian Ship (HMCS) Edmonton join members of the U.S. Navy, Armada de México, and U.S. Coast Guard in paying respects to each country's national anthems on the parade square of the Manzanillo Naval Base during the opening ceremonies of the North American Maritime Security Initiative (NAMSI) on March 28. HMCS *Edmonton* participated in NAMSI, a multi-national effort between Canada, the United States and Mexico to strengthen their security relationship while deployed on Operation *Caribbe*, Canada's contribution to U.S.-led Enhanced Counternarcotics Operations.

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# The Counselling Fork in the Road



**Thomas Goenczi**

Lookout contributor

You've been to counselling for about five sessions now.

At this point, you've hopefully unpacked your pressing issues to a reasonable degree. Moreover, depending on the severity of your chief complaint and the dynamics between you and your counsellor, you've more than likely started to see some benefit from counselling.

At this point, you may arrive at the proverbial fork in the road with your counselling journey, which may be invoked when you reflect on the progress you've made.

Generally, mental health practitioners use 'massing' at the outset of counselling. Massing suggests to the client or patient to come to counselling once or twice weekly. This is similar to when a doctor prescribes you a particular medication or supplement that requires a loading dose, which requires taking a higher dosage to knock back the presenting symptoms. What differs with counselling is that you have the autonomy to decide the dosage you need. This can be empowering to some, or anxiety-inducing to others, and it usually varies depending on the individual's current disposition in making decisions for themselves.

So, more often than not, after a few sessions, people's psychological vehicle starts to get back to some form of working condition. However, this shift in psychological and emotional well-being often can drive them to that fork in their therapeutic journey. Two common questions present themselves at this intersection of mental health:

1. How much longer will I need to continue coming to counselling; and
2. How frequently should I continue to go?

Reflect on your intention with counselling when deciding how you would like to move forward. Why did you choose to come to counselling initially, and has that changed since reaching the fork in the road?

For example, you chose counselling to work on your issues with ADHD, but throughout the initial few sessions, you discovered your social anxiety and how it relates to your relationships contributes to your ADHD. The evolution of an issue is very common in one's therapeutic voyage and directly impacts the above questions.

Beyond reflecting on the evolution of counselling, you must evaluate your ability to withstand the work being done. This dilemma of knowing how much you can take must be undertaken in earnest. You could become overwhelmed with the process if it is too soon, which indicates that more work must be done. Once there is intuitive reflection, you can rationally and pragmatically deliberate what is best suited for you.

There is a myriad of outcomes at the described fork in the road.

Some people may come to the juncture and decide they have done all they can at this point and close their sessions. Others continue the work, intensely entrenching themselves in weekly therapy, while others see their counsellor monthly and use it as more of a psychic hygiene practice.

There is no wrong turn at this fork in the road. If you can tap into the fluidity and rhythm of your therapeutic journey, it becomes more of an immersive experience. By reflecting on what you need at that moment, whether it's more frequent sessions or a break, and by having compassion for what you can endure, you set yourself up for a holistic and nourishing counselling experience.

Thomas Goenczi is an RCN Veteran and MA Clinical Counsellor with Private Practice: Well Then Therapy.

The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions regarding your condition.

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Chief Petty Officer Second Class Jennifer Hunter

## RCN Digital Leadership: CPO2 Jennifer Hunter

In this series, we showcase digital leadership across the Royal Canadian Navy (RCN) to illustrate how our enterprise solutions are successfully leveraged for the benefit of our teams.

### Lookout for TECH

Elizabeth Wolfe

Business Analyst/Technical Advisor, Naval Personnel and Training Group

Chief Petty Officer Second Class (CPO2) Jennifer Hunter, a Victoria resident of 30 years, is HMCS Vancouver's Operations Chief. She joined the RCN at 19, released in 2000, but rejoined in 2004, regretting never being on an overseas deployment and finding she missed the people.

CPO2 Hunter is a Naval Combat Information Operator (NCIOP) and is a genuinely homegrown technologist; she has never had any technical training outside of her Canadian Armed Forces service. She first used a computer in the Navy, learning the basics at the Naval fleet school. As a hesitant user, she slowly became proficient. During her initial trades course, she was part of the first cohort trained on the new combat system for the Halifax-class ships and, to her surprise, became a Subject Matter Expert for her supervisors. Since then, she's moved with technology as it has evolved, relying strongly on the underlying military principle of adaptability.

As an Operations Chief, one of her primary duties is tracking ship-wide training and helping departments ensure the right qualifications are in the right seats. Monitor Mass (MM) is one of the most instrumen-

tal tools for looking after the entire ship, especially since every member is at a different point in their career and training. MM helps her collect the data and create unique products such as weekly reports provided to Command.

In mid-August, HMCS Vancouver will deploy for four months, relying on a core crew of 176 members. This crew will stay for the duration of the entire deployment and, therefore, will need to be turned into the A-Team via Intermediate Multi-Ship Readiness Training exercises. Technology will be vital in managing so many people and confirming their personal and professional readiness to operate in a theatre environment.

Aside from training the core crew, the goal is to fill every bunk (up to 243 sailors), partly by liaising with Personnel Coordination Centers via MM to integrate replacement personnel during the deployment.

For those seeking to improve their technical proficiency within the RCN, CPO2 Hunter recommends:

- Be continuously curious;
- Dig into the available technical resources;
- Ask the 'why' regarding system functionality and specific features;
- Don't be afraid of trial and error;
- Try new methods and techniques; and
- Be adaptable.

She encourages you to network with those around you to learn about specific technologies, perhaps even the wonders of ChatGPT!

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# Happy landings for drone show

## Lookout for TECH

**Peter Mallett**  
 Staff Writer

The Chief and Petty Officers' Mess was abuzz with the sounds of drones on May 12.

"Events such as this one help us network with like-minded individuals, agencies and military units that are exploring or expanding capabilities with drone systems to fill growing needs within the defense and public safety community," said Sergeant (Sgt) Malcolm Byers, MARPAC Imaging Services Supervisor. "Seeing new and upcoming technology allows us to better position our services in the future."

MARPAC Imaging hosted one of four stops on the Rocky Mountain Unmanned Systems (RMUS) Canada's Western

Canada Road Show, showcasing various aerial, land and underwater drone platforms to industry professionals. Based in Mississauga, Ont., RMUS is the largest remotely piloted aircraft systems (RPAS) vendor in North America.

Sgt Byers was the local organizer of the event and said it delivered important information for everyone attending, including military personnel, Canadian Coast Guard, Royal Canadian Mounted Police, and Advanced RPAS operators.

The event included speakers, static displays, and networking opportunities during the morning hours. The afternoon saw the operator's flying take to the skies for flight demonstrations of various air systems. Flights launched from a viewing area near the Rainbow Room.

The RMUS tour also made stops in Vancouver, Calgary, and Edmonton.



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Photo credit: John's Photography, Sooke, BC



# HMCS Regina's WENGTECH named Sailor of the Quarter



## Lookout for HEROES

Peter Mallett  
Staff Writer

When Sailor First Class (S1) Nahom Beyene took on several additional tasks and responsibilities outside of those assigned to him in HMCS Regina, he did not expect to receive the Maritime Forces Pacific Sailor of the Quarter award.

"I am completely surprised and humbled to receive this award," said S1 Beyene. "I'm most grateful and appreciative to my department because I couldn't have achieved this award without their consistent support."

S1 Beyene is a Weapons Engineering Technician (WENGTECH) in HMCS Regina. He was bestowed with the award on Apr. 27 at Regina's Shore Office by Captain (Navy) Mark O'Donohue, Canadian Fleet Pacific Deputy Commander, and Chief Petty Officer First Class (CPO1) Matthew Goodwin, Canadian Fleet Pacific Coxswain.

S1 Beyene is a Fire Control Technician and was acting section head when preparing his ship's sec-

tion for reactivation, typically the responsibility of a Petty Officer Second Class, according to his supervisor.

An internal Royal Canadian Navy (RCN) memo stated S1 Beyene received recognition for his due diligence and leadership skills because he "exemplified the qualities of a leader [while also] displaying values that subordinates look up to".

Chief Petty Officer Second Class (CPO2) Trevor Moore, WENGTECH Chief Petty Officer, says S1 Beyene rightfully captured the award.

"S1 Beyene sets the example with his dress and deportment, always maintains his boots blackened and promotes fitness within the department," he said, adding that S1 Beyene used his time on the job for professional development and completed the Unit Harassment Advisor Course and Assisting Military Member Grievance course, as well as submitted pre-instructional package for the Naval Boarding Party Course.

His worthiness of recognition also goes further, explains CPO2 Moore.

"He helped strengthen ties within our community, leading to an improved relationship with the RCN and Greater Victoria," CPO2 Moore said.

With guidance and assistance from Master Sailor Russell Blackburn, S1 Beyene helped raise funds for the Victoria General Hospital Children's Life Department during the 2022 Dave Barber Memorial golf tournament. Ahead of the winter holidays, he and Regina's crew members donated \$3,600 worth of presents and gift cards at the pediatric ward.

S1 Beyene chalks up his success at organizing the tournament and the recognition to having strong people skills.

"It truly is an important skill, because nothing in the RCN can be achieved with individuality," he said. "You need to have people skills to connect with others and collaborate, and I don't really think I could have completed any of these tasks without other people pitching in and going that extra mile to assist me as well."

For winning the award, S1 Beyene was presented with a certificate, a Sailor of the Quarter coin, and a parking spot at MARPAC HQ. S1 Beyene noted that since he rides his bicycle to work all year long, he is working on a plan to donate the parking spot to charity.

## Employee recognition matters

### Submit your nominations for the Celebrating Excellence Awards!

DND

The Department of National Defence (DND) and Canadian Armed Forces (CAF) is filled with extraordinary employees who deserve to be recognized! Being the highest expression of recognition within the department, the Celebrating Excellence Awards (CEA) is the perfect way to show your employees appreciation and to highlight and showcase their accomplishments.

Take your chance to nominate individuals or teams for the CEAs by completing and submitting your nomination forms to your L1 Awards and Recognition Coordinator by June 9.

All DND/CAF employees and personnel are eligible to be nominated and able to nominate individuals and/or teams for the following awards:

- DM Award of Distinction;
- DM John Forster Collaboration Award;
- DM/CDS Regional Achievement Award;

- DM/CDS Organizational Culture Award;
- DM/CDS Excellence in Defence Award;
- DM/CDS Transformation Award;
- DM/CDS Team Impact Award.

Find more detailed information on awards and nominations on the Celebrating Excellence Awards intranet page:

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For tips on how to write your nominations, check out the Nomination Tools. For more information or assistance with the CEA nominations, please get in touch with the Corporate Awards and Recognition Secretariat: [Awards-Recompenses@forces.gc.ca](mailto:Awards-Recompenses@forces.gc.ca).

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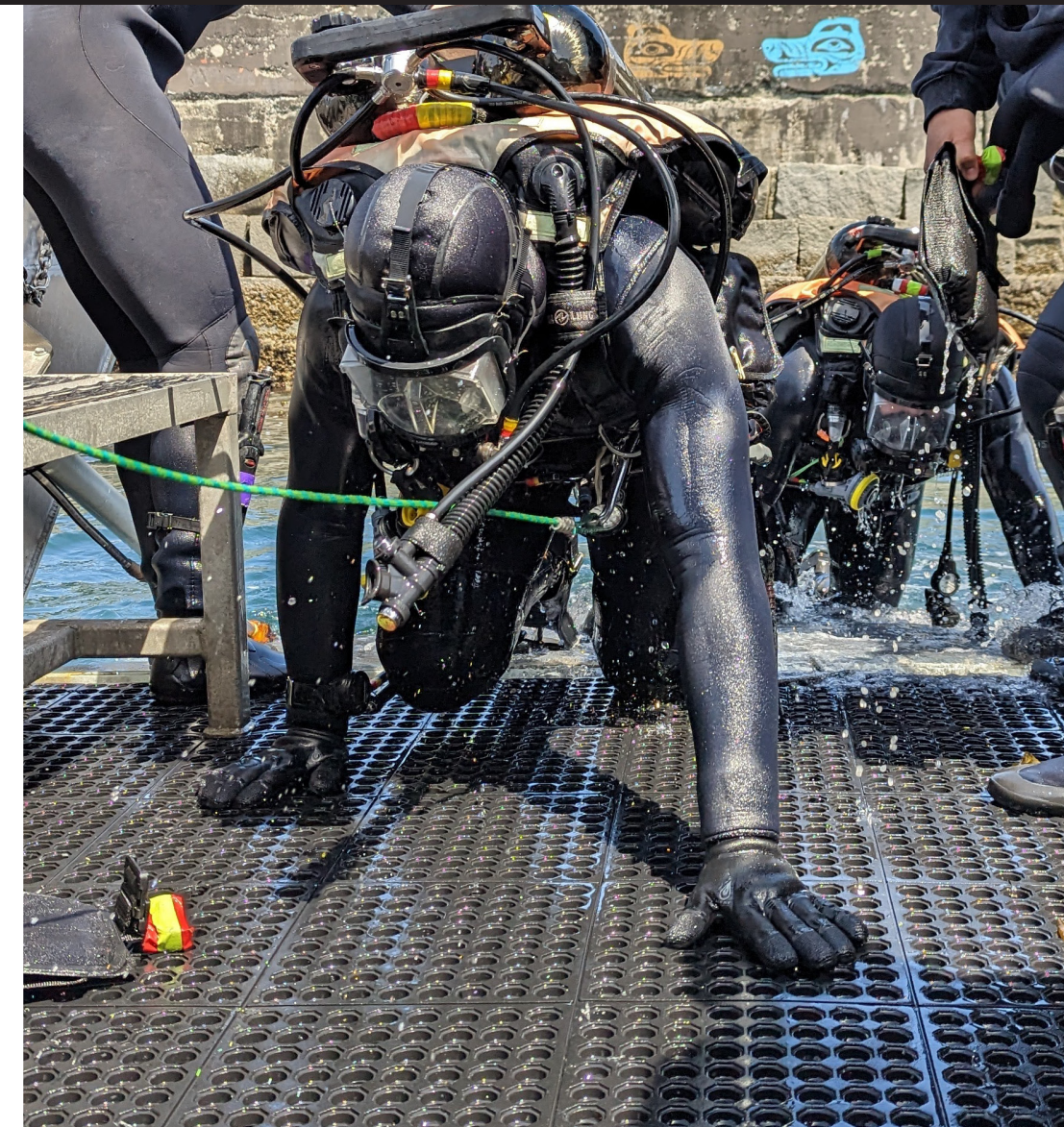
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# DIVING COURSE AND GRADUATION DAY





# 19 Wing Comox completes Exercise Totem Platinum



Totem Times

Exercise Totem Platinum, a large emergency response exercise simulating an air incident with multiple casualties, took place at Air Force Beach in Comox on May 17.

"19 Wing Comox and civilian emergency response agencies must work together in this type of response," explains Captain Eric Germain, exercise organizer, from 19 Operation Support Squadron. "This exercise involved local firefighting, paramedics, and frontline healthcare staff at the North Island Hospital alongside their military counterparts."

Totem Platinum was the culmination of months of preparation by a dedicated group of individuals who all played an integral role in coordinating a simulated crash and liaising with all emergency responders in the extended area surrounding 19 Wing.

"It was an early start to ensure all 55 volunteers were in full casualty simulation makeup (moulage) before 8 a.m.," explains Cari McIntyre, Emergency Planning Coordinator, Comox Valley Emergency Program. "Credit to the moulage team and actors - their commitment to their craft and roles made the air disaster and Comox Valley Hospital Code Orange exercise experience feel real."

Lisa Vicars, a first-time volunteer casualty, found it fascinating to take part.

"The amount of planning and preparation, the extent and intricacy of the work by the military, first responders, healthcare staff, municipal staff, and other emergency response organizations - it was a lot of fun to make a tiny contribution to a very worthwhile project," Vicars said.

Second Lieutenant (2Lt) Matt Rowe, a volunteer casualty who works with the public affairs office and Totem Times for on-the-job experience, played a character who could walk and was not gravely injured.

"I stumbled out of the wreckage, seeing blue sky, water, a green field, and fire. I walked as far from the flames as possible

before laying down in the field. A firefighter soon appeared, asking about my injuries," he said. "I was directed to a triage area and was met by Canadian Armed Forces members, some in green and others in orange. I was among the injured who were transported to the simulated ER to be seen by Comox Valley Hospital staff. I was well cared for and left the hospital with minor injuries."

"Thank you to all the volunteers who participated in this impressive event," says Colonel JP Gagnon, 19 Wing Commander. "The realism of the exercise was certainly enhanced by the artistic talent of the moulage team who prepared the casualties to have injuries that were difficult to discern from real ones and gave first responders an immersive simulation."

Comox Valley Emergency Program was the lead civilian agency, with emergency and fire services including the Courtenay RCMP Victim Services and Dispatch Centre, Courtenay Fire Rescue, Comox Fire Rescue, North Island 911, Campbell River Fire Dispatch, and Royal Canadian Marine Search and Rescue Station 60.

Comox Valley Airport Commission and BC Transit were integral transportation partners, and the health services teams included Comox Valley Hospital, Island Health, Health Emergency Management BC, BC Ambulance Service, St. John Ambulance First Aid, Elevated First Aid and Casualty Simulation, and Disaster First Aid Stations.



Volunteers play casualties during a simulated air disaster exercise in Comox. Photos: Dylan Thiessen Photography

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# Outgoing DWAO Co-Chair recognized

Admiral's Office  
Royal Canadian Navy

The Defence Women's Advisory Organization (DWAO) visited Commander Maritime Forces Pacific (MARPAF) on May 24. Rear-Admiral (RAdm) Christopher Robinson took this opportunity to thank Kahla Lichti for their dedication in their advisory role as Civilian Co-chair for the last two years and present them with a Certificate of Appreciation.

Also present at the meeting was Vanessa Nicholson, the new Civilian Co-chair, who joins the team consisting of Captain Patricia Laing, Military Co-chair, and Captain (Navy) Peter Sproule, DWAO Champion.

The DWAO is working on raising awareness of their advisory group as well as the other Defence Advisory Groups within MARPAF and hopes to build on the great work of predecessors by providing grassroots insight, advice, and recommendations to the Commander.

**THE DWAO IS ALWAYS LOOKING FOR VOLUNTEERS. WANT TO JOIN AND CONTRIBUTE TO THE TEAM? FEEL FREE TO CONTACT:**

Vanessa Nicholson: [vanessa.nicholson@forces.gc.ca](mailto:vanessa.nicholson@forces.gc.ca), 250-363-7864;  
Captain Patricia Laing: [patricia.laing@forces.gc.ca](mailto:patricia.laing@forces.gc.ca), 250-363-4681;  
Captain (Navy) Peter Sproule: [peter.sproule@forces.gc.ca](mailto:peter.sproule@forces.gc.ca), 250-363-5898.



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# Candlelight Tribute at God's Acre Veterans' Cemetery

May 25, 2023 | Lest We Forget

The ceremony, which included many organisations, observed candles which burned until midnight in silent tribute to our Canadian Service Men and Women, past and present. Photos: MCpl Andre Maillet, MAPRAC Imaging Services



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# Using Exercise as Medicine: PO2 Zachary Leger's fitness journey



Now a Ship's Team Diver, PO2 Zac Leger dove on the hull of HMCS Fredericton after the ship sustained damage crossing the Atlantic.

## Lookout for HEALTH

Trident Staff

When Petty Officer Second Class (PO2) Zac Leger deployed to Operation *Reassurance* with HMCS *Charlottetown* in 2017, he had a plan to stay in shape over the six months at sea – he would use the equipment available on the ship and take advantage of any spare time he had.

"I even thought I would set goals to lose weight and better myself," he said.

But once the working, eating, and sleeping patterns set in, reality turned out to be different.

He needed help to keep up with his fitness plan and developed a diet that leaned on deep-fried takeout-style food over healthy meals. By the end of the deployment, he had gained over 65 pounds.

Once a high-level basketball player, PO2 Leger said he was struck by his inability to keep up with his peers on the Stadacona basketball team.

"Something needed to change," he said.

Since then, PO2 Leger has embarked on a health and exercise journey that has allowed him to surpass previous fitness goals and take on new opportunities as a sailor. He's also used his influence to help promote the benefits of a healthy and active lifestyle to his Royal Canadian Navy (RCN) colleagues and specifically to his students in his role as an instructor at Naval Fleet School (Atlantic).

He started hitting the gym five times a week following his 2017 deployment, and while he had some success initially, a referral from his doctor led to a helpful meeting with a base dietician. He realized that even with regular exercise, he consumed more food than his body needed.

"Once I had straightened my diet out, I began to see the results I was looking for," he said.

The progress encouraged PO2 Leger to challenge himself physically, which he did after being posted to HMCS *Harry*

*DeWolf's* shore office in 2018. With the encouragement of his ship's Diving Officer, he overcame previous hesitation regarding the RCN's Ship's Team Diver course, signing up and completing the gruelling six-week program.

"Post-dive course I had exceeded my original weight loss goal. I was 185lbs, and felt I could focus more on physical goals like strength training and improving my cardio capacity," he said.

He was also hooked on diving and gained the confidence to take his new skills even further, completing the difficult Clearance Diver Assessment conducted at Fleet Diving Unit (Pacific) in Esquimalt in early 2020. While he ultimately wasn't selected to become a full-time diver, the personal achievement was significant and highlighted the importance of the changes he made to his lifestyle. PO2 Leger is now trying to pass those lessons on to others.

"I attempt to incorporate various forms of physical training for my students to promote a healthy and active lifestyle," he said, adding he's received positive feedback from students and even notices a change in attitude and attentiveness following PT sessions.

"Exercise is an excellent form of medicine for all members serving the Canadian Armed Forces (CAF). This experience in my life enabled me to realize that I could set goals and be successful through hard work and determination. It gave me a purpose to continuously improve my physical fitness and explore options in my career that I had initially thought impossible," he said.

The Personal Support Programs (PSP) Reconditioning program is a fitness regime designed to meet the demands of serving CAF members dealing with injury and illness. For more information, speak to your doctor or contact the Esquimalt reconditioning contact Lyndal.Greig@forces.gc.ca. Reconditioning deals with ill and injured members, trying to get back to health, and is part of the Esquimalt Fitness and Sport department. Clients have to be referred through base hospital/base physio to land in the reconditioning program.



PO2 Zac Leger is seen in his HMCS Harry DeWolf jersey while running in the Tely 10 Mile Road Race in St. John's, Newfoundland in 2019.



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## BASE LOGISTICS

Commander Audy, Base Logistics (BLog) Commanding Officer, presented promotions and awards to BLog members in May.



Sergeant Steven Snyder receives the General Service Medal for his work during Operation Impact in the fall of 2022.



Corporal Evelyn Welsh receives their Special Service Medal.



Chief Petty Officer Second Class Al Billings is promoted to their current rank.



Sailor First Class Ronald Filazek is promoted to their current rank.



Ken Hall receives the BLOG Unit Level 5 Award.



Rick Taylor receives the BLOG Unit Level 5 Award.



Sergeant Dave Newman receives the BLOG Unit Level 5 Award.



John Fitzner receives the BLOG Unit Level 6 Award.



Corporal Frederic Lapierre receives their Canadian Forces' Decoration.



Petty Officer Second Class Joey Espineli receives their Canadian Forces' Decoration 1.



Chris Shipway receives the Long Service Award for 15 years of dedicated service to Canada.



Steve Portlock receives the Long Service Award for 15 years of dedicated service to Canada.





# CANADIAN SUBMARINE FORCE

Commander Éric Isabelle,  
Commanding Officer of HMCS Corner Brook, presented promotions and awards to CANSUBFOR members in May.



Master Sailor Eric Maciuk of HMCS Victoria receives a Canadian Forces' Decoration.



Sailor First Class Ethan Hynes of HMCS Victoria is promoted to current rank.



Sailor First Class Kyle Beecker of HMCS Corner Brook is promoted to current rank.



Sailor Second Class Gabriel Thibodeau of HMCS Corner Brook is promoted to current rank.



Lieutenant-Commander Paul LePrieur, Commanding Officer of Damage Control Training Facility Galiano, receives surprise birthday card.  
Happy Birthday!





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