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Volume 61 Number 29 | July 18, 2016

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Photo courtesy of CFB Esquimalt Naval and Military Museum  
 Members of the Victoria Esquimalt Military Reenactors Association pose at the entrance to the CFB Esquimalt Naval and Military Museum during the annual open house on July 9 that brought over 300 visitors to the museum.



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# Leading Seaman wins gold at annual grappling championship

**Sonya Chwyl**  
MARPAC Public Affairs

When Leading Seaman Lee Thibault learned that no one from the Pacific Navy had ever competed in the Canadian Armed Forces' only grappling tournament, he knew he needed to represent the West Coast.

With seventeen years of wrestling experience, LS Thibault is no stranger to combat sports and always tries to maintain a competitive level of fitness. At sea, he runs fitness classes on the flight deck of the ship; on land, he coaches and trains at his local gym, Crusher Combat Sports, and competes in a variety of local amateur tournaments.

He first heard about the Garrison Petawawa Combatives Grappling Championships through a colleague, Petty Officer Second Class Timothy Rose, who also trains at Crusher Combat Sports and was interested in getting a team together to compete.

The tournament takes place every year in Petawawa, Ontario, and is open to members of the CAF actively serving in the Regular or Reserve Force. All money raised by the competition goes to Soldier On, a program that helps serving CAF members and veterans over-

come physical or mental health illness or injury through physical activity and sport. This year, the tournament raised nearly \$2,500.

Grappling is a form of submission wrestling that involves holds and take-downs, but no striking. That makes it a great sport for CAF members, says LS Thibault, because there's less danger of injury than with other combat sports.

Most teams competing in the championship come from the army or air force, and because the tournament was mostly unknown in the navy, LS Thibault and PO2 Rose had a hard time forming a team in time for registration. Still, they were determined to participate in the competition.

"We were going to get permission to go and represent ourselves, just the two of us," says LS Thibault. "Then PO2 Rose got injured, and I was posted ashore to the Naval Personnel and Training Group in Esquimalt."

Despite the setbacks, LS Thibault says his new unit did everything they could to help him compete.

"I was blown away by how much support everyone gave me," says LS Thibault. "They managed to push through a memorandum and an official request, and with less than two weeks to go until the

tournament my plane tickets were booked and I was registered as captain of a one-man navy team."

When the day of the competition arrived, it was hard for LS Thibault not to feel a little bit anxious. He had been training since the fall with the help of his brother and his friends at Crusher Combat Sports, and while he was confident in his abilities, he says it was daunting to be competing without the support of a team.

"I was nervous when I got to the tournament and saw all the different army and air force teams warm up in their matching attire, knowing that they had trained intensely together for the last couple of months."

LS Thibault competed as an Advanced Heavyweight (221 lbs and up), the highest of seven divisions for male competitors.

After defeating his first three opponents, he won the gold medal in his division, qualifying him to compete against other divisional champions for "absolute" gold – the highest award in the tournament. He won his first match in the absolute division, but lost the next to a "very well-executed arm bar," which forced him to tap out.

Nonetheless, he walked away from the experience as a divisional champion, and he says he's

thrilled to have had the chance to get other RCN members excited about the competition. Next year, he hopes to compete again – but this time as part of a team.

"At the end of the day, it wasn't about being number one, or think-

ing of it as navy versus army versus air force," says LS Thibault. "I want to be a team captain next year and share this sport with people on the West Coast. By bringing the gold home to Victoria, I know I've made a statement."



Photo courtesy of LS Thibault

LS Thibault poses with Major Steve Burgess, Senior Combatives Instructor/Tournament Director, at the Garrison Petawawa Combatives Grappling Championships which raised \$2,500 to date for the Soldier On program.



Rachel Lallouz, Lookout

CFOne members enjoy freshly made burgers at the appreciation event on July 13.

## CANEX CFOne Member Appreciation Day thanks CF members!

**Rachel Lallouz**  
Staff Writer

Canadian Forces One (CFOne) members were treated to breakfast treats and a barbecue lunch at the CANEX on July 13, in support of their ongoing service to the Canadian Military.

"We appreciate all that CFOne members do for us," says Celene Hobson, CANEX Store Supervisor. "This is about celebrating

those members and giving them a special thank you."

As part of the event, CFOne members, including reserve members, DND employees, RCMP officers and retired CF members were welcomed to visit CANEX and take advantage of special sales on that day.

Some of the discounted items included an LG home theatre system, regularly priced at \$1,599 and on sale that day for \$499,

and \$70 off an Acer smartphone. Other sale items included a professional barbecue, bar fridge and headphones.

The CFOne Card enables card holders to gain 50 points for every ten dollars spent at the CANEX, with points equating savings and deals in-store. The card also allows holders to get discounts at select Victoria businesses, hotels, and with the Princess cruise ship line.



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# RANGER PATROL

**Peter Mallett**  
Staff Writer

They are the eyes and ears of remote Canada and a vital part of the Canadian Armed Forces' (CAF) domestic operations, but most people still don't know they exist.

With that in mind, the newly appointed commanding officer of the 4<sup>th</sup> Canadian Ranger Patrol Group (4 CRPG), Lt.-Col Russ Meades, says one of his key focuses will be educating both military personnel and the public about the approximately 5,000 part-time Canadian Rangers across our country who provide patrols for national-security and public-safety missions in difficult to access, sparsely settled regions as members of the Canadian Army Reserve.

Lt.-Col Meades is now the man in charge of the 1,000 Canadian Rangers in the four western provinces and their immense area of 2.71-million square kilometers of rugged terrain and coastline in B.C., Alberta, Saskatchewan and Manitoba with 43 locations between the Pacific Coast and the Ontario border.

"Part of my personal quest during my tenure will be to dispel some of the myths and standardize and build on our message of who we are and what we are about so we can garner greater public understanding," said Lt.-Col Meades. "To command 4 CRPG is a great honour and a privilege and also a massive undertaking and responsibility, but above and beyond that it's a wonderful opportunity."

After the Change of Command Ceremony held at Camp Albert Head on June 26, Lt.-Col Meades was quick to point out that his predecessor, outgoing commanding officer Lt.-Col Tim Byers, did "stellar work" in overseeing the transition of the unit after control of the Canadian Rangers was transferred from the Vice Chief of the Defence Staff to the Canadian Army nine years ago. With the transformation complete, the 4 CRPG ranks have swelled from 600 in 2007 to its present-day level of approximately 1,000 Rangers, plus over 800 Junior Canadian Rangers, all overseen by 65 full-time staff.

He notes how 4 CRPG, a unit of the 3<sup>rd</sup> Canadian Division which is headquartered in Edmonton, has become a go-to organization for both Joint Task Force West and Joint Task Force Pacific.

"The Canadian Rangers have gone from being a pre-2007 military backwater, a program with very limited funding and resources, to a robust organization that is a very capable and a reliable resource for Division and Joint Task Force commanders," said Lt.-Col Meades.

As the native of Berkshire, England, speaks from his office at 4 CRPG Headquarters in Colwood's Belmont Park, he is not shy to admit his passion for both his adopted



**Above:** Canadian Ranger Master Corporal Adam Glover, of Gillam Patrol in Manitoba, pulls back on the bolt of his Lee Enfield .303 rifle during marksman training at Heals Range in Victoria, BC.

Canadian Rangers from across Western Canada practice their parade skills at Work Point.

Photos by Capt Chris Poulton, Public Affairs

**They [Canadian Rangers] are the eyes and ears of the Divisional and Joint Task Force commanders in Canada's remote regions...**

Lt.-Col Russ Meades  
CO 4th Canadian Ranger Patrol Group

country and the Canadian Rangers. Lt.-Col Meades joined the British Army in 1981 and made his way to Canada, being assigned to teach climbing courses to British Army units in Jasper in the late 1980s. He eventually joined the Canadian Army Reserve (The Calgary Highlanders) in January 1991 as a Warrant Officer and was Regimental Sergeant Major of that unit before being commissioned in 2000 and eventually transferring to 4 CRPG as the Operations Officer in 2007. His teaching continues to this day, educating Canadians about the importance of the Canadian Rangers, enhancing public awareness, opinion, and support for this unique Canadian Army entity.

Lt.-Col Meades noted another key focus will be to firmly entrench 4 CRPG customs and traditions through what he describes as other layers of "institutional robustness" such as acknowledging the unit's history and culture, including perpetuating the Pacific Coast Militia Rangers (PCMR) of World War II.

With 2017 seeing both the 75<sup>th</sup> anniversary of the PCMR and 70<sup>th</sup> Anniversary of the Canadian Rangers, Lt.-Col Meades understands the strategic potential in leveraging these important milestones as

springboards into future successes.

"I'm not suggesting that my ideas are the be-all and end-all, but I just want to put them on the table and effect positive change internally, and if that contributes to change at a national level, it will give me a great deal of satisfaction."

The 5000 men and women of the five Canadian Ranger Patrol Groups represent extreme diversity across Quebec, Newfoundland and Labrador, Ontario, the Northwest Territories and the Yukon, and of course 4 CRPG in the west. They come from over 200 communities and between them represent 26 dialects and languages, many of them Aboriginal.

The Canadian Rangers frequently work in concert with other branches of the federal government including the Canadian Coast Guard and RCMP, as well as provincial entities such as the Manitoba Fire Commission and the various provincial fish and wildlife organizations. Typical Canadian Ranger tasks include conducting and supporting sovereignty operations north of the 60<sup>th</sup> parallel, conducting search and rescue operations, providing humanitarian support for natural and man-made disasters, patrolling, reporting suspicious or unusual activities, collecting data of military significance, conducting training operations, and providing assistance to federal, provincial, territorial and municipal authorities.

The Canadian Rangers' remote community-based patrols, which are all around a platoon size, are expected to maintain an intimate knowledge of the land within a radius of 150 kilometres from their communities. That's because one of their biggest challenges is being able to deploy quickly and traverse the rugged territory in which they operate.

"If there is a major air disaster for instance, our Rangers need to know how to get there and have that knowledge of their area so they can access, respond and report," said Lt.-Col Meades.

He adds that the Canadian Rangers are vastly different than other military units. Canadian Rangers cannot be deployed outside of Canada for operations, albeit 4 CRPG's Rangers have close ties with the Australian Defence Force's Northwest Mobile Force and train with them regularly.

"That's why 80 percent of our training is mobility training. It's about getting the Rangers where they need to go quickly and the remainder of it is what the rest of the army would recognize as soldier skills," said Lt.-Col Meades.

Although the Rangers are equipped with rifles and are trained to use them, they will never be asked to engage a human enemy and their firearms are used for self-preservation and predator control. They are financially compensated with part-time wages along with daily rates paid for the use of their personal vehicles which can include everything from planes and helicopters to ATVs, SUV's, horses, boats and sled-dog teams. The unique nature of the Canadian Rangers and their inherent diversity are their main strengths, said Lt.-Col Meades.

"They are not soldiers; they don't think like soldiers and we shouldn't expect them to," said Lt.-Col Meades. "They are in the military, but are a unique and different breed and if we fail to recognize that we do them and us a disservice. They might work quite differently than the rest of the Army, but they are the eyes and ears of the Divisional and Joint Task Force commanders in Canada's remote regions and are the only force that can perform this vital role."

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Published each Monday, under the authority of  
Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis,  
sous l'égide du Capt(N) Steve Waddell,  
Commandant de la Base.

The editor reserves the right to edit, abridge  
or reject copy or advertising to adhere to  
policy as outlined in PSP Policy Manual. Views  
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Circulation - 3,800  
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One year subscription - \$66.<sup>94</sup>

Six month subscription - \$33.<sup>47</sup>

Prices include tax.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
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## Seven Kiwi Sailors and a Canadian warship named Calgary

On a brisk, cold January 20, myself and six other sailors representing the Royal New Zealand Navy (RNZN), arrived in Victoria, B.C. We travelled from Her Majesty's New Zealand Ship (HMNZS) *Philomel*, our "stone frigate," as part of a Naval Exchange Program between the RNZN and the RCN. As we received our orders to join *HMCS Calgary*, our eagerness to work with Canadian sailors in order to begin completing our Task Books grew. Now, six months later, I reflect on my time here as I sail onward towards home aboard *HMCS Calgary*.

A Task Book is a training package that is issued to each sailor. Inside the task book is a list of jobs and skills that a sailor needs to complete as part of our training. Once we have learned the new skill and a task has been completed (such as drawing a technical schematic of the ship's low pressure air system) our supervisor will sign off that particular task in our books. Once we have all the required signatures and we have completed our books, we are entitled to promotion to Able Marine Technician (AMT).

My time with *HMCS Calgary* had all the elements of a good story. With an abundance of excitement, emotions, adventure and relationships, both new and old, wrenches were turned and good times were had.

The exchange started with a bang. Our first night in Victoria we went for supper at a local joint called The Sticky Wicket.

While enjoying a beverage before our meals arrived, a car came hurtling into the side of the restaurant, blowing fixtures off the wall and missing us by mere inches.

A few days later I found myself aboard *HMCS Calgary*. The ship is the flagship of the fleet and, in my opinion, they have a crew that fits the title. Everyone was welcoming and eager to get us involved in the Canadian way of life. From the very beginning,

### One of my fondest memories of Canada will be the Sooke Pot Holes.

AMT Quaid Hunwick  
Royal New Zealand Navy

I was made to feel part of the crew. One of my fondest memories of Canada will be the Sooke Pot Holes. I visited twice, both times with exceptional company, snacks, and swimming.

At sea, we were employed in the engineering department so that we could earn our way to becoming engineering roundsmen. Our task was to constantly walk around machinery spaces and engine rooms to monitor running machinery. Roundsmen operate and start any equipment that cannot be controlled remotely (such as manually opening and closing valves). Roundsmen serve as the eyes

and ears of senior engineering personnel, and are usually the first people to notice if equipment is not working the way it is supposed to. If we ever see, hear, or smell anything out of the ordinary, we report it to senior members of the engineering department, who will in turn investigate the issue. If the issue is a minor problem, the senior member of the engineering department will typically direct the roundsman on how to fix the issue. Getting "rounds qualified" is the first milestone in a junior engineer's career. In order to get this qualification, we must tour a senior member of the department around the machinery spaces and answer questions. If the senior member is satisfied, he or she will qualify us to be a roundsman.

But, before we set sail, we had a grand adventure in Whistler, BC. It was Easter weekend, myself and a bunch of fellow Kiwis travelled to Whistler, with our sights set on a long weekend on the slopes. We bought all the kit and gizmos we could before we set off one day after work. Unfortunately I had come down with food poisoning the day before so travelling was a dangerous endeavour. However, through it all, I prevailed and I will always remember stepping off the bus, soaking in the view and yelling "What-up Whistler!"

Fun and games aside, my Mom always told me, "If you cannot stand the heat, then stay out of the kitchen," or in this case... the engine spaces. We were put to work endorsing

our prior learning and gaining new knowledge day by day, as we had to gather more understanding of the systems and equipment. As filthy of a job as it was, I enjoyed repairing the broken puck maker with my buddy McArthur. The "Puck Maker" is a device we use on ship to melt and reform plastic. Because there is limited space onboard, and we aren't able to throw plastic overboard for environmental reasons, we melt all recycled plastic and reform the melted plastic into large discs, or pucks. By melting the plastic down and reshaping it, we are able to store more plastic onboard prior to recycling it once we return to harbour. It was a job we were able to take ownership of and call our own. In my humble opinion, we rocked it!

While on board I completed my first task book which was the purpose of my visit and lead to my promotion to Able Marine Technician. I became rounds qualified and was able to make a quality contribution to the running of the ship. I survived the challenges of work ups and answered the call of the ocean. The friendships that have been forged I hope are everlasting and that maybe one day I can share a piece of my homeland with them.

Unfortunately, all good things must come to an end, but I will always have my 335 wear to feel like a *Calgary* sailor once again.

AMT Quaid Hunwick  
Royal New Zealand Navy



The New Zealand sailors sailed with *HMCS Calgary* to Hawaii, as the ship transited to RIMPAC 2016. They were not slated to participate in RIMPAC during their time onboard *Calgary*. Four of the sailors (including AMT Hunwick) flew directly back to New Zealand, while the other three joined HMNZS *Te Kaha* in Pearl Harbor. HMNZS *Te Kaha*, joins *HMCS Calgary* as one of 45 surface ships from 26 RIMPAC participating nations. RIMPAC is the world's largest maritime exercise aimed at fostering and enhancing military-to-military relationships and interoperability in the Asia-Pacific Region.

# Cadet takes on role of Coxswain at HMCS Quadra



CPO1 Mikaela MacMullin, HMCS Quadra

**Rachel Lallouz**  
Staff Writer

Eighteen-year-old Chief Petty Officer First Class Mikaela MacMullin will have more responsibility than most teenagers this summer as the newly-appointed Coxswain of HMCS Quadra, Cadet Training Centre, based in Comox.

From June 29 until August 22, CPO1 MacMullin will oversee eight chiefs assisting her to manage 158 staff cadets and 855 course cadets being trained at HMCS Quadra in courses spanning rifle drill, marching and sailing.

"Finding out I'd be Coxswain was a great blessing and amazing opportunity for me," says CPO1 MacMullin, who was notified just prior to the beginning of summer. "I really enjoy watching the younger cadets grow and I love seeing them learn new skills, and then teach other cadets the new skills they've just learned."

Six years ago, CPO1 MacMullin joined Cadets in Edmonton, Alberta, when she was in Grade 7. She explains that she enjoyed learning how to march on her first night, and kept going back.

"Since then, I've been attending HMCS Quadra every summer, where I trained as a Drill and Ceremonial Instructor and then eventually worked my way up to Senior Petty Officer for a drill course," she says. "Last year I was Chief of Land Operations."

She says it was her early years in the Cadet Training Program where she learned the leadership skills so crucial to her current role: leading divisions and parades, learning how to teach activities and grow the skills of others and learning how to be the best possible team mate.

"Apart from the skills I developed, I'm really patient, outgoing and I tell the truth – plus I try to be funny," she laughs. "I try to promote the fun aspect of what



Photos by Rachel Lallouz, Lookout

CPO1 MacMullin records details during a meeting at HMCS Quadra.

we are doing while maintaining the professionalism of a training centre."

For the duration of her time as Coxswain, CPO1 MacMullin will oversee three separate intakes of hundreds of cadets. On a typical day, she conducts the daily morning parade, ensures that course cadets are being provided the right material and delegates information and duties given to her by her higher-ranking officers.

"When I first joined, I really looked up to my officers and senior cadets who taught me, and the first summer I stepped on board HMCS Quadra, I strived to be one of them," she says. "Every year I tried my hardest to advance in the ranks, and that's why I'm so grateful and happy to be Coxswain this summer."

As for CPO1 MacMullin's future, she says that come September, she will be attending Trinity Western University in preparation to join their nursing program.

"Once I become a nurse, I plan to join the Royal Canadian Navy as a nursing officer," she says.



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# HMCS Fredericton completes successful deployment

Royal Canadian Navy News

The crew of *HMCS Fredericton* arrived home in Halifax on July 5, reuniting with family and friends after a six-month deployment to the Mediterranean and Black Seas on Operation Reassurance.

"Her Majesty's Canadian Ship *Fredericton* has completed an outstanding NATO-led maritime Reassurance mission far from home and to the highest traditions of the Royal Canadian Navy,"

said Commodore Craig Baines, Commander Canadian Fleet Atlantic. "The ship's company and embarked helicopter air detachment achieved excellence in operations in all regards, highlighting their unity as a fighting force and ability to overcome serious obstacles and unforeseen circumstances. We are all very proud of our colleagues on *HMCS Fredericton*: they have earned a brief repose from the busy tempo of military duty and have earned some well-deserved

time to enjoy a gorgeous Nova Scotia summer with their friends and family."

*HMCS Fredericton* deployed as the Maritime Component of Operation Reassurance, the Canadian Armed Forces contribution to support NATO assurance measures in Central and Eastern Europe.

The ship departed Halifax on January 5 and began Operation Reassurance duties on January 8. It served with Standing NATO

Maritime Group Two (SNMG2), which engaged in maritime situational awareness operations to detect, deter and disrupt terrorism in the Mediterranean Sea. Standing NATO Maritime Groups are multinational, integrated maritime forces made up of vessels from various allied countries. SNMG2 units worked with Greek, Turkish and other authorities to monitor the migrant crisis in the Aegean Sea and report on smuggling activities.

In total, *HMCS Fredericton* was deployed for a period of six months, spending 125 days at sea and travelling 20,770 nautical miles (38,500 kilometres). It led SNMG 2 Task Unit 02 in the Black Sea in April, conducting exercises with Bulgarian, Romanian and Turkish navies to enhance maritime cooperation.

*HMCS Fredericton* conducted 400 hauls of vessel traffic in the Mediterranean as part of Operation Reassurance, more than any previous Canadian ship deployed on this mission. Its CH-124 Sea King helicopter logged over 427 flying hours while flying 162 sorties.

The ship also employed the RCN's Enhanced Naval Boarding Party in an operational theatre. The team spent approximately one-and-a-half months on board the ship and conducted exercises with other navies.

During the deployment, *HMCS Fredericton* and its crew operated with 12 NATO navies and conducted 14 visits to foreign ports in 10 different countries, including eight NATO nations, reaching out to like-minded nations and partners to promote security, stability and prosperity. The following countries were visited: Spain, Italy, Turkey, Greece, Bulgaria, Romania, France, Morocco, Portugal and Ireland.

"After a demanding 12 months involving a challenging compressed readiness program and an extremely successful deployment in support of Operation Reassurance, the ship's company of *HMCS Fredericton* could not be happier to once again have Canadian shores in sight knowing that family is waiting," said Commander Trevor MacLean, Commanding Officer of *HMCS Fredericton*. "This group of Canadians were the most impressive I have ever worked alongside. Their families, and all Canadians, should be as proud of them as I am for what they have accomplished while so remarkably representing Canada in a complex and dynamic part of the world."

*HMCS Fredericton's* deployment is the third time a modernized Halifax-class frigate has deployed overseas in support of Operation Reassurance.



Photo by DND

HMCS Fredericton arrives home in Halifax on July 5 after a six-month deployment on Operation Reassurance.

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The camp leaders get ready to head up a summer of Fun Seekers Summer Camps at Colwood Pacific Activity Centre.

## Recreation camps empower children

**OS Jazz Campbell**  
Contributor

When your children walk into the Colwood Pacific Activity Centre (CPAC) for camp, they will find a sense of home and acceptance.

The summer camps that CPAC offers are called The Fun Seekers. These camps teach children the principles of safe play, physical literacy, and friendship making.

Sandy Ferrin, the Community Recreation Coordinator at CPAC, says the key to the success can be accredited to the High Five program.

"High Five is a quality assurance program that promotes five principles of healthy child development. They are: a Caring Adult; Friends; Participation; Play, and Mastery," Ferrin explains.

According to the website (highfive.org) this initiative has been in place for fifteen years. It was founded in 1994 by a group of unnamed visionaries who recognized there should be a standard to measure against for the safety and happiness of a child. Research has shown

that sports and recreation programs have a life-long impact on growing minds. Having positive experiences while participating in these programs helps children become more confident and more likely to remain physically active throughout their lives.

One of the five principles that CPAC focuses on is mastery. The definition of this, according to the High Five program, is to provide kids with activities and tasks that leave them feeling special and successful. Ferrin says this principal encourages kids to try new things.

For example, some of the kids enjoyed a day at 'Wild Play Elements Park' for the first time. Others splashed around the pool for the day, interacting and trying out new things."

She adds that mental health is an indicator of how a child is feeling. There may be underlying frustration coming from deployment or relocation of the family. We try to provide emotional safety and a positive environment for the kids.

When Ferrin interviews

her potential camp leaders each summer, she looks for an array of different personality traits. Hiring is based upon more than just credentials and certifications.

"As far as the camp leaders go, we try to hire a balance of different personality types to help better relate to the kids in the camp setting."

As Ferrin stands in the gym and smiles at her team she says, "I think the key to success is our caring staff. We want kids to feel safe and able to make new friends."

This is especially true for military families who often face relocation which makes it difficult for the children to foster long-lasting friendships. Camp leaders work to help these kids cultivate new friendships and create fun experiences.

The Fun Seeker summer camps are for school aged children ages five to 12 and run for nine weeks from July 4 to Sept. 1. For more information regarding camps and other events organized by the Colwood Pacific Activity Centre call (250) 363-1009.



Photos by OS Jazz Campbell

Camp leaders engage with children while playing a game.

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# RAVEN program's Culture Camp brings together First Nations youth



Photos by Rachel Lallouz

RAVEN program participants complete push ups at Culture Camp.

**Rachel Lallouz**  
Staff Writer

The RAVEN program's Culture Camp Opening Ceremony took place on June 11 in Nanoose Bay, B.C., to mark the beginning of a three-and-a-half-day camp where the 29 RAVEN participants learned about a variety of Aboriginal spiritual practices and beliefs in a military-structured setting.

The students gathered in a semi-circle in a field while Brent Edwards, Chief of the Nanoose First Nations, was gifted with sweet grass and flint by Ed Neveau, RAVEN Culture Camp coordinator from Wanipigow, Manitoba, and his wife Madelain Hardisty-Neveau.

"I think Canada has diversified now and we've seen many First Nations with a rich history of serving in armed forces," said Chief Edwards. "Culture Camp brings together youth from different backgrounds to learn from each other."

Culture Camp marks the initial portion of the six-week RAVEN program, in which Aboriginal youth are selected from Canadian Armed Forces (CAF) recruiting centres to complete basic military qualification at CFB Esquimalt before graduating in late August.

"When the kids come here, whether from a reserve or the city, some have limited cultural knowledge,"

explains Ed. "We will incorporate Aboriginal culture through the entire camp and all events here."

The students, ages 16 to 24, come from a wide range of Aboriginal nations across Canada, including Mohawk, Cree, Ojibwe, Metis and Inuit.

"It's been fast paced and I love the culture aspect of it so far," says Julia Jacobs, a 24-year-old Mohawk youth from Montreal. She says that when the program has completed, she'll begin studies at Concordia University in First People's Studies, and also plans to join the Reserve Force at the same time.

During the course of the Culture Camp, participants

awoke at 4 a.m. and spent their days participating in Aboriginal ceremonies, bonding exercises, sports games, and listening to presentations on colonialism and Metis and Inuit culture. Nights were spent in army tents that students learned to set up on the first day.

"They were also responsible for watching the ceremonial fire, too," says Ed, who explained that the fire was kept burning at the edge of a field of Culture Camp for the entirety of the three and a half days.

Supporting the youth's participation in activities were retired military members and Aboriginal counselors Margaret Bauereiss and Joe Thorne.



Participants set up cots and military tents as part of RAVEN Culture Camp.



Students enjoy lunch at Raven Culture Camp in Nanoose Bay.

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# An inside look at Quality Engineering Test Establishment

DND

The Quality Engineering Test Establishment (QETE) ensures the materials and equipment provided to the Canadian Armed Forces (CAF) meets the stringent requirements needed to meet the demands of the operational environment.

Accident and failure investigation, test and evaluation, acting as the program and technical authority for the CAF calibration, Emission Security and Radio Frequency Safety programs are just a few of the unique services provided by QETE.

QETE's recent open house was an opportunity for their partners such as the National Research Council, Defence Research Department Canada, the Canadian Coast Guard, and the University of Ottawa, to observe the capabilities of the QETE labs and their personnel.

"Our biggest strength is our people, by far. Their passion and their commitment for serving the men and women of the CAF are remarkable," says Serge Carignan, QETE Superintendent.

One of the more interesting partners is the Museum



Photo by DND

**Dan Ouellette, group leader of Quality Engineering Test Establishment, Measurement Sciences in Ottawa, demonstrates the movement of an articulating arm Coordinate Measurement Machine, which is used for both contact (tactile probing/scanning with a stylus), and non-contact scanning using a laser accessory at the recent Open House.**

tinely deals with real-time and real-life test and evaluation tasks that are linked to the CAF's ability to acquire new equipment through mitigating procurement risks.

QETE deals with real-time, real-life situations such as aircraft incidents and crashes, fuel contamination issues, studying UAVs, and helping the Department

facilities. Each lab within QETE is deployable when needed, with some project platforms being too large to be brought to their building. For example, if an aircraft had an electro-optics or part failure, a QETE team would be sent to the field to do the analysis and investigation. This work is carried out by the 248 personnel in 40 separate laboratories, all of whom are specialized in fields such as failure and accident investigations, testing and evaluation of equipment, and technical advice. With 350 projects a year, QETE staff is kept busy, but manages to deliver most projects with a one- to two-week turn around.

Who are QETE's clients? QETE is a tri-service organization and its clients are drawn from all elements of the CAF including Canadian Special Operations Forces Command (CANSOFCOM). The Canadian Army or the Director General Land Equipment Program Management accounts for approximately 40 per cent of QETE's workload; the Royal Canadian Air Force, whether it is the Director General Aerospace Equipment Program Management, the Director of Flight Safety, or 1 Canadian Air Division, represents a further 40 per cent of the tasks or projects performed by QETE. Projects relating to the Royal Canadian Navy constitute the final 20 per cent of the workload.

The challenges facing QETE are finding the specialized personnel. "My unit is challenged in

finding and then training new employees because of the specialized multi-disciplinary nature of the work performed at QETE," said Carignan. "It takes approximately five years before an engineer or technologist is fully productive in performing specialized test and evaluation; so we have to develop a knowledge transfer plan, and try to have the new person in place six months to a year before the other employee retires."

Each month QETE experiences the loss of highly qualified and experienced professionals. Recruiting and retaining personnel with the right skill sets is the biggest challenge to continue providing the breadth of services. With such a large number of multi-disciplinary specialized positions, finding the right people to do the job can be tough.

What has surprised Carignan most about QETE when he assumed the appointment as Superintendent three-and-a-half years ago was the passion and dedication of the people in his organization.

"Their passion and their commitment for serving the men and women of the CAF are remarkable. Unlike some organizations in the military or DND, our employees may develop their special skills over a career of 20, 30, or 40 years. They elect to remain at QETE because there is little that is routine about their work and the challenges they encounter. It is always exciting, and we are continually upgrading their skills so they can challenge themselves."

**QETE is a tri-service organization and its clients are drawn from all elements of the CAF including CANSOFCOM.**

of Nature, brought in recently to help with a project on the lethality of range on a new rifle that had to be able to kill a polar bear with one shot. By studying the skeleton of a polar bear, QETE personnel were able to simulate the hide, tissue and bone in a test environment to scientifically determine the lethality of various weapons and ammunition calibre.

"This is an example of QETE's science and engineering department reaching out to any type of organization to get the answers they need," said Carignan.

Performing accident and failure investigations is one of QETE's most important roles. He emphasized that it is often critical for the CAF to determine the cause of a failure so an aircraft or vehicle fleet can be returned to operational status as quickly as possible.

Carignan further explained that QETE rou-

understand and deal with the challenges presented by emerging technologies.

QETE studies how the CAF can resolve these challenges, and contribute to save lives and mitigate the potential hazards to CAF assets.

QETE has a number of specialized sections to carry out analyses, investigations, programs, and research to deliver the services it offers. These include the mechanical and materials engineering section, the applied science section, the electrical engineering section, and the measurement science and imagery sections all located in the National Printing Bureau in Gatineau, Que., as well as a Munitions Experimental Test Centre (METC) detachment in Valcartier, Que.

What makes QETE unique is their delivery of specialized engineering services in a laboratory, in the field, or at some other

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# Vice-Admiral Miller elected Chair

Canadian Corps of Commissionaires

The Canadian Corps of Commissionaires announced that Vice-Admiral (Ret'd) Duncan (Dusty) Miller, was elected Chair of the National Board of Directors, Canadian Corps of Commissionaires following the June 18 National Board meeting.

"I am very proud and humbled to be elected Chair of Commissionaires National Board. Following on the outstanding work of my predecessor, Bill Sutherland, I intend to do my best to serve this exceptional organization and to highlight the superb work we do providing meaningful employment for our Canadian Armed Forces and RCMP veterans across the country," said VAdm (Ret'd) Miller.

He joined Commissionaires Nova Scotia in 2004, where he served as a Governor for 12 years, the last two as Chair.

His military career started in 1965 joining the Royal Canadian Navy while attending Bishop's University in Lennoxville,

QC, graduating in 1968. He served in uniform for 38 years, retiring in 2003.

During his naval career, VAdm (Ret'd) Miller's extensive operational experience included command of two warships, the Bay-class minesweeper HMCS Cowichan and the Annapolis-class destroyer HMCS Nipigon. He also served as the Commander of the First Canadian Destroyer Squadron.

During the 1990 Gulf War Vice-Admiral Miller was the Canadian Naval Task Group Commander and the Commander of the Combined Allied Combat Logistics Force, the only non-U.S. officer to hold a major command appointment during that conflict. He was awarded the Meritorious Service Cross and subsequently co-authored a book with Sharon Hobson of Jane's Defence Weekly, The Persian Excursion, about the Canadian Navy's contribution to the war.

Major command and staff appointments ashore included Commandant of the Maritime Warfare Centre, Defence Adviser in the Privy Council Office, Commander of the



**Vice-Admiral (Ret'd) Duncan (Dusty) Miller**

Canadian Defence Liaison Staff in London, UK and the Commander of Maritime Forces Atlantic.

Miller's last posting in uniform was as Chief of Staff and Acting Deputy Supreme Allied Commander Atlantic for the NATO Headquarters in Norfolk, Virginia, tasked with the security of the Atlantic sea lanes.

He commanded the NATO AWACS air surveillance over North America post 9/11, which included the responsibility for the protection of Air Force One. He was awarded the United States Legion of Merit as a Commander.

In December 2015 he was appointed Honorary Colonel of the RCAF's 406 Maritime Operational Training Squadron based in Shearwater, Nova Scotia.

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# Statue of First Nations WWI Hero unveiled

**Capt Jonathan Link**  
4th Canadian Division  
Public Affairs

One hundred years after earning his first of three medals in the Great War, a life-sized bronze statue of Company Sergeant-Major (CSM) Francis Pegahmagabow was unveiled at a ceremony in Parry Sound, Ontario, on June 21st, 2016, National Aboriginal Day.

The event, attended by Lieutenant-General Marquis Hainse, Commander of the Canadian Army, representatives of the Government, First Nations, the Canadian Military as well as other dignitaries, honoured the incredible life of CSM Pegahmagabow both on and off the battlefields of France and Flanders.

"Company Sergeant-Major (CSM) Francis Pegahmagabow is one among many indigenous people who chose to proudly serve their country.

I was delighted to attend the unveiling and recognize such an important military and historical figure," said LGen Hainse in a prepared statement for National Aboriginal Day.

The monument was commissioned by the Ontario Native Education Counselling Association, which raised half of the \$169,000 needed to realize it. The remaining half was provided by the Department of Canadian Heritage.

Standing approximately three metres or 10 feet tall, the monument depicts CSM Pegahmagabow in his wartime uniform with an eagle above and a caribou at his side. The eagle represents the connection to the Creator while the caribou represents the Pegahmagabow family clan.

"He stands for something more than just who he was," said Tyler Fauvelle the Sudbury-based sculptor of the statue, noting CSM Pegahmagabow's life as a warrior in peace and war.

"His fight, both here for Native rights and on the Western Front, resonates with all Canadians."

It is difficult to overstate CSM Pegahmagabow's accomplishments. When war broke out in 1914, Pegahmagabow, then a 24-year-old orphaned member of the Wasauksing First Nation, joined the Army to do his part to defend Canada. Four months later, he found himself in the trenches where he became a scout, messenger and a sniper of unequalled skill. During the course of the war, CSM Pegahmagabow was gassed, wounded twice requiring hospitalization and won the Military Medal three times for bravery in the face of the enemy.

Although he was hailed as a great Canadian hero during the Great War, when it was over, CSM Pegahmagabow's struggles did not end. Upon returning from the war where their skills were treated with great respect and Aboriginal members

enjoyed the comradery of their peers, Aboriginal veterans found that they returned to a Canada that had not changed with respect to the treatment of their culture.

"It's disheartening that the equality of the battlefield left so quickly. It was taken from him," said Fauvelle. "But that experience gave him the strength and the courage to fight for Native rights for the rest of his life – and his starting call has brought us to where we are today."

CSM Pegahmagabow is the most decorated Aboriginal soldier in Canadian history and is still today the 11th most effective sniper of all time. For a quarter century however, CSM Pegahmagabow was the deadliest sniper alive, achieving 378 confirmed kills. In addition to many noted acts of bravery during the Great War, he is also credited with capturing over 300 prisoners.

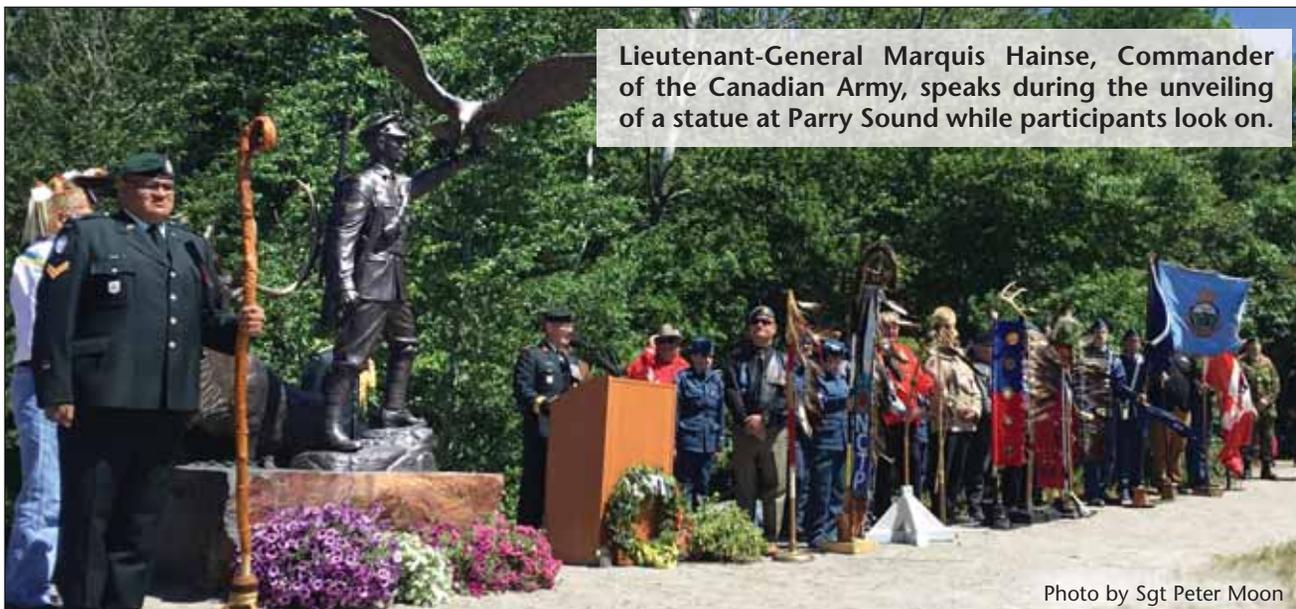
After the war, he remained active in Canada's Militia,

eventually becoming Company Sergeant Major. He twice served as Chief of Wasauksing First Nation and pushed the Native rights movement forward until his death in 1952.

"[The Statue] represents a positive and long overdue recognition," said Dr. Brian McInnes, great grandson of CSM Pegahmagabow, Assistant Professor of Education at the University of Minnesota-Duluth and the writer of *Sounding Thunder: The Stories of Francis Pegahmagabow*. "I'd

like to think this is a part of the truth and reconciliation process but we don't know that it is yet. Will this just be a statue or will meaningful and measured action go with this act? That is the hope."

CSM Francis Pegahmagabow is buried in a military marked grave on Parry Island, Ontario. His medals honouring his personal achievements are on display at the Canadian War Museum in Ottawa.



Lieutenant-General Marquis Hainse, Commander of the Canadian Army, speaks during the unveiling of a statue at Parry Sound while participants look on.

Photo by Sgt Peter Moon



Photo by MCpl Precious Carandang

Detail of the statue unveiled to commemorate Company Sergeant-Major Francis Pegahmagabow's contribution to the Canadian Armed Forces.



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# Bravo Zulu

## HMCS Ottawa Divisions

Cdr Sylvain Belair, Commanding Officer of HMCS Ottawa, presented awards and promotions during Divisions held aboard HMCS Ottawa at CFB Esquimalt on June 29.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



MS Deschamps receives his promotion to his current rank.



MCpl Mosher receives his promotion to his current rank.



MS Helpard receives his promotion to his current rank.



AB Burke receives his promotion to his current rank.



AB Schouten receives his promotion to his current rank.



AB Gallant receives his promotion to his current rank.



PO2 Miller receives his Article 5 NATO Medal – Operation Active Endeavour.



PO2 Fenwick-Wilson receives her Article 5 NATO Medal – Operation Active Endeavour.



LS Bellemare receives his Article 5 NATO Medal – Operation Active Endeavour.



OS Caddell receives his Operation Service Medal – Expedition.



CPO2 Bouchard receives his Canadian Forces Decoration First Clasp.



CPO2 Kranz receives his Canadian Forces Decoration First Clasp.



MS Morris receives his Canadian Forces Decoration.



MS Beck receives his Canadian Forces Decoration.



LS Polkinghorne receives his Canadian Forces Decoration.



LS Littlejohn receives the United States Navy – Navy Meritorious Unit Commendation Ribbon.



LS Jaques receives his Auxiliary Machinery Operator Certificate.



Ncdt Niedzielski receives his Naval Environmental Training Package Certificate.



AB Halliwell receives her Naval Environmental Training Package Certificate.



OS Burke receives his Naval Environmental Training Package Certificate.



Ncdt Niedzielski receives his commission and promotion to his current rank.



PO2 Cea receives his promotion to his current rank.

# Bravo Zulu

## Base Logistics Awards and Presentations

Commander Jeffrey Watkins, Base Logistics Officer, presented awards and promotions during the BLOG Awards and Presentation Ceremony held at CFB Esquimalt on June 29.

Photos by LS Ogle Henry, MARPAC Imaging Services



Cpl Raimond Domino receives his Article 5 NATO Medal.



Cpl Pierre Drouin receives his Canadian Forces Decoration 1st Clasp.



LS Daniel Gendron receives his Canadian Forces Decoration.



Rosie Carter receives her 25 Years of Service Certificate.



MWO Michael Galichan receives his Third Division Commander's Commendation.



LS Patrick Ambroziak receives his promotion to his current rank.



LS Vincent Wachter receives his promotion to his current rank.



MCpl Alexandre Boileau receives his promotion to his current rank.



MS Jeffrey Hebert receives his promotion to his current rank.



MCpl Ben McLachlan receives his promotion to his current rank.



MCpl Jean-Sebastian Roy receives his promotion to his current rank.



Sgt Anita Kwasnicki receives her promotion to her current rank.



WO Brian Pappas receives his promotion to his current rank.



CPO2 Robert Bates receives his promotion to his current rank.



MWO Jim Rodrigue receives his promotion to his current rank.



## HMCS Victoria Awards and Presentations

**Right:** PO2 Stephanie Wheaton received the Meritorious Unit Commendation Ribbon from Cdr Ouellet, Commanding Officer of HMCS Victoria for Meritorious service onboard HMCS Toronto.

**Left:** LS Jesse Dupuis received his submariner dolphins from Cdr Jean Ouellet, Commanding Officer of HMCS Victoria, after successfully challenging the Submarine AILS Board.



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## CF Maritime Experimental and Test Ranges

Cpl Greg Klimek received his Canadian Forces Decoration First Clasp from Cdr Darren Rich, Commanding Officer of Canadian Forces Maritime Experimental and Test Ranges in Nanoose Bay.

Photo: (Left to right) Mike Marshall, Ralph Burgess, Lt (N) Francis Morgan, Phil Ross, Bill Loren, Cdr Darren Rich, Bill Cooper, Owen Taylor, Cpl Greg Klimek, Kelly Maude, Ian Ferguson, Randy Alvarez, Joe King, Terry Berkley, Linden Querengesser and David Hildebrand.

# Bravo ZULU

## Base Information Services Awards and Promotions

Cdr Byron Derby, Commanding Officer Base Information Services, CPO2 Mark Chambers, Operations Chief Base Information Services, and MWO Peter Neilsen, ISSO Base Information Services presented awards and promotions.



MCpl Derek Hitchens receives his promotion to his current rank.



MCpl David Angelini receives his promotion to his current rank.



PO1 Gioacchino Di Martino receives his promotion to his current rank.



PO1 Sean Fallon receives his promotion to his current rank.



PO1 Nicolas Major receives his Canadian Forces Decoration First Clasp.



LS Duane Cutrell receives his Canadian Forces Decoration First Clasp.

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ADVICE TO TRAVELLERS  
**RETURNING FROM  
ZIKA-AFFECTED  
COUNTRIES**

**ZIKA VIRUS**

IS MAINLY SPREAD TO PEOPLE THROUGH THE BITE OF  
**INFECTED MOSQUITOES**



**IF YOU ARE A:**

**WOMAN WISHING TO BECOME PREGNANT –**

wait at least two months after your return before trying to conceive.

**MAN –**

use condoms for **six** months after your return with a partner who could become pregnant and use condoms for **the duration** of the pregnancy with a partner who is pregnant.

**BLOOD DONOR –**

wait at least 21 days after your return to donate blood.

Zika virus infection in a **PREGNANT WOMAN** could be **TRANSMITTED TO HER DEVELOPING BABY.**

On rare occasions, **IT HAS ALSO BEEN REPORTED TO BE TRANSMITTED THROUGH:**

- Sexual contact with semen from an infected man
- Blood transfusions from infected donors



If you get sick while travelling or within 14 days after your return, see a health care provider and tell them where you have been travelling or living.