

THE COMMODORE'S COIN



A CATARAQUI 2010 NAVAL CENTENNIAL PROJECT

The Commodore's Coin is a 2010 Naval Centennial project for and by the members of the Ship's Company of HMCS CATARAQUI. The purpose of the project was to record the events of the Centennial Year through pictures and text, illustrate the activities of the unit and present the members of the ship- who they are and why they serve in the Naval Reserves of CANADA.

I have been amazed by the uniqueness and diversity of the people who make up the Ship's Company, for me this project has been a very interesting and rewarding experience. I am struck by the things that I have learned about my shipmates and most especially their uniqueness despite our shared calling. I am pleased with the results; although I had a vision and a goal going into the project, what has come together far exceeds my initial hope. Although this has been my project, I have been helped by many in many ways - from words of encouragement to support from unexpected quarters, from sailors acting as messengers and couriers, to having help with tedious graphics. Personally, it has been very gratifying to assemble our 2010 story for us and perhaps for those to come. These pages contain the pictures and stories of who we are and records the events of the Centennial Year at CANADA's best naval reserve division.



CPO2 Peter Clarabut
Coxswain
HMCS CATARAQUI



Commanding Officer's Message

Welcome to a year in the life of HMCS CATARAQUI! Throughout this Naval Centennial year, this digital scrapbook provides a glimpse into the myriad of activities undertaken by CATARAQUI sailors - at work, at play, in their communities and across the country. You will see us in everyday training and working environments - the more adventurous moments such as supporting the Olympics or duty at sea, practicing the ceremonial customs and traditions of the Navy, as well as the extra-curricular activities that engage the Ship's Company of HMCS CATARAQUI.

Each page will feature some of our sailors, and the "Commodore's Coin", a coin specially produced for the Naval Centennial and given to CATARAQUI by Commodore J.J. Bennett, the Commander of the Naval Reserve. Within the context of the centennial we have done our part to "Bring the Navy to Canadians" with activities all year and via this medium, it's hoped we can bring the Navy to many more in the future. Enjoy the following pages and share my pride in the sailors of HMCS CATARAQUI, part of your Navy.



Editor's Note: This page was never intended to be permanent; it was created to demonstrate to contributors what their page would look like and give a sample biography. I decided to leave it because of the positive comments about Lt Frosty and the fact the some have referenced him in their stories.



The Commodores Coin

About the e-Book

Hi, I am Lt Frosty and the Coxswain has asked me tell you about the CATARAQUI 2010 e-Book. As you know the book is intended to portray the members of the Ship's Company through photographs and text - describe who we are, what we do and what is important to us. The two objectives of the book are: to create a yearbook that everyone can participate in and to record our moment in the history of CATARAQUI, the Naval Reserves and our Navy. Below you will find my Bio, you can use it as a template for yours. For other examples and to see the e-Book go to:

www.army.forces.gc.ca/asu_kingston/hmcscat/default.aspx

Lt Jack Frosty: I never intended to join the Navy, I sort of landed in it. I was born up north, my family traveled around a lot when I was small. At school I was very interested in Meteorology and my interests sort of snowballed from there. I have always been interested in the sea, I feel a certain kinship there and so I was in my element when I found myself in the Navy. In my brief career I have spent most of my time on YAGS (picture above) and now Orcas. As a reservist I am only available for training several months each year, usually in January and February. I had hoped to be selected as a participant in the PS boats section for the games in Vancouver but it is not looking good. In civilian life I enjoy outdoor sports and activities like skiing and hockey. I am proud of my contributions to the Navy and I have a sense that what I do does matter and that reservists everywhere can and do contribute to our nations well being. One day I hope to settle down somewhere, perhaps up north. I know that when I leave the Navy I will miss it and the people who have helped me, molded me into who I am today and who shared with me the work, comradeship and laughter of this great adventure.

New Century - New Sailors



The First New Members of CATARAQUI in 2010

OS Andrew Hawkins and OS Dominic Valade (L-R) are pictured here just after being sworn in by the Commanding Officer



6

The new year begins with the appointment of three new Master Seaman



Master Seaman Hawkins, Reid (nee Ferguson) and Harris (L-R)





A/SLt Mary Dahl with her family at the fundraising event for Haiti. Pictured are Dominick (16), Mary, Christian (12), and her husband, LS Stephane Lacroix (L-R)



A/SLt Mary Dahl: I've always had a sense of adventure and I crave challenge, so entering the Forces at the age of 40 was perfectly in line with my lifestyle. I joined at the encouragement of my husband, LS Lacroix - pictured here- as he felt, and I agreed my Degrees could be put to much better use in the Forces. He comes from a family of 12 children (6 boys and 6 girls) where all 6 boys and one of his sister's served. Both my grandfathers served in the Armed Forces - one Army and one Air Force - and I love the idea of serving my country, being part of HMCS CATARAQUI and being involved in events much bigger than myself. It teaches my children that it is not too late to do what we dream and that hard work and dedication pay off. My long term goal is to join the regular force.



AB Van Blyderveen, a MESO, stops by the unit on her way to the east coast to join her ship. She recently completed her first trade level course and OJT and is now 'A' Ticket qualified.



A few minutes of "down time" enabled the Command team of LCdr John Leighton (XO), LCdr Susan Long-Poucher (CO) and CPO2 Pete Clarabut (Coxswain) to pose in front of the model U-boat



Newly commissioned, A/SLt Han is on his way to Venture on the west coast. Although not a member of the ship he has spent the last six months working at CAT while he completed his degree at Queen's

A/SLt Han Han: It was an honour working with fellow sailors at HMCS CATARAQUI during the last few months of my degree at Queen's. By the way, my first name is Han as well, hence some call me Han Han. I knew absolutely nothing about the naval traditions before I landed at the unit, but over the few months I took in a lot of information that's getting me started at Venture. I was born in China; I came to Canada in 2001 at the age of 13. High school was a blast, I studied more than the rest of the kids while playing rugby in my senior years. My initiative got me into Queen's University without a sweat. My original plan was to go to RMC, but I couldn't refuse an 8000 dollar grant to enter one of the most prestigious schools in Canada. Queens. Med School was a goal pushed on me by my family, but my competitors studied 4 extra hours than I did each day and they sort of didn't have a life. This made me a mediocre student in my program. Well, I was working a lot to pay for groceries. Maybe I should've gotten a bigger loan. Anyhow, I signed my life away at the end of my 2nd year. I don't think I chose MARS as my trade of choice, but the recruiter convinced me as well as doing some research that got me excited about the sort of challenges that I will face. Venture has started, I will be doing my sea phase on HMCS WINNIPEG and a port visit in Seattle. In my class of 20 for NETP-O, 15 are MSE/CSE, leaving us MARS guys in a minority. Maybe if we work our magic, we could convert them all. In fact we have a reservist MARS officer from HMCS SCOTIAN on the course. Still yet to find Lt Bell's picture on the navigator's wall of fame.

LS Chris Carroll: I have been in the Naval Reserves for 7 years. I joined the Naval Reserves at HMCS STAR in Hamilton in 2003. I graduated highschool and continued my post-secondary education by attending Humber College in Toronto for a few semesters. Because of the education I have received from the Navy Reserves, I've been able and privileged to experience working in various locations such as Hamilton (HMCS STAR), CFB Borden (Naval Reserve Training Division), CFB Kingston (HMCS CATARAQUI) and Afghanistan (Kandahar Air Field). I'm a supply technician by trade in the military. I maintain a warehouse at my home unit which looks after operational clothing for our members as well as maintaining training aids and equipment to offer a higher standard for our personnel. I love playing sports especially hockey and soccer, taking it easy by putting puzzles together, and woodworking. I'm looking at extending my knowledge in the military by taking more courses which in turn will give me the opportunity to advance through the ranks. I'm looking at making a career as a full-time reservist in the Navy Reserves. I'm proud to be in the Navy.



LS Carroll takes a moment from his duties as the units full time storesman to have his picture taken in the unit stores office. LS Carroll recently returned from PLQ (primary leadership course) which he attended in Halifax. Chris was selected by other members of the course to receive the Formation CPO's Award for his contribution to the course and fellow classmates. Pictured above with CPO2 Colley, Cox'n HMCS SUMMERSIDE.



POSTCARD FROM THE OLYMPIC CITY
- VANCOUVER, BRITISH COLUMBIA -





MS Teresa Hawkins at the Pacific Coliseum

My Olympic experience: I departed Cataraqui for Vancouver with expectations of my role in OP Podium to be a part of the Ceremonial Honour Guard and escort medal winners to the podium. Little did I know our responsibilities would have us trekking from Coquitlam to Whistler by cargo van, fully loaded SUV's, sky train, shuttles, on foot, and how can I forget the bus that maxed at 40 km's. Our ceremonial tasks were distributed throughout the 61 person contingent. Six of us were also extremely fortunate to be tasked to transport VIP's for Opening and Closing ceremonies. All of our VANOC supervisors were phenomenal; their enthusiasm was infectious almost to the point of nausea! It was a learning curve on both sides; when asked which of us would like the next tasking there was a moment of silence until a Corporal piped up with "We're military, you get to task us." And task us they did. The VANOC supervisors quickly realized that we were definitively going to meet all timings and complete assignments. Gas station maps, Google, GPS and Iphones were our new tools of the trade. We were fortunate to be able to have an accredi-

tation (ID) pass that provided us with access to standing room at events that we were working. The athletes and VIP's that we transported required "escort" to and from areas that most volunteers couldn't enter. The people that we drove, famous or soon to be, were gracious, respectful, sullen, hostile, thankful, prima Dona's, and jovial. The Olympics offered a range of human emotions that can't be televised or photographed. The rewards of hearing the VIP in the backseat give accolades to our fellow troops in Afghanistan and on Operations overseas; their respect for the CF was not what we were expecting. For the Para Olympic Opening Ceremonies we were a part of the 30 member Honour Guard. The feel of the Paralympics was so uplifting that it will not soon be forgotten. Many tears of joy and respect were shed for the athletes perseverance. It's humbling to watch these men and women compete, the biathlon was simply amazing. The coaches, attachés and athletes were so gracious; absolutely excited to be competing in sport on the world stage. Yet the camaraderie between athletes of all countries and experience level was unparalleled. It was enlightening working in a fully tri-service environment. Understanding the differences between how the elements operate, communicate, lead, and task is much more appreciated now, the memories and moments we shared were phenomenal. I gained a better understanding of people and their values, whether a Para-Olympian, a civilian, VIP, internationally famous athlete, or fellow CF members, it was an exceptional experience. A once in a lifetime ride!

Master Seaman Andria Coward: My OP Podium Story

When I first heard about Operation Podium, I knew immediately that I wanted to be a part of it. During the year leading up to OP Podium, I was in Vancouver or Victoria on several occasions, completing four training modules that were required of all security personnel. The training included hand to hand and small arms combat, rifle and pistol refreshers, boat handling skills, and the running of an Operations Centre. This training was extremely valuable for me as a Naval Communicator, because under normal circumstances, I wouldn't experience the majority of it, as it's not called for in my trade. But there I was, shooting pistols, driving RHIB's, and using hand to hand combat techniques, all for the first time. As a result of this training, I went into OP Podium in January of this year feeling very prepared and confident. We arrived in Vancouver 3 weeks prior to the opening ceremonies, in order to establish routines and become familiar with the watch rotations. The anticipation in downtown Vancouver was like nothing I've ever experienced, and it was contagious. On my days off, I'd go downtown and soak in the atmosphere, which was cheerful and excited, even in the days before any of the athletes had arrived. Luckily, I had the foresight to get all of my souvenir shopping taken care of early on! In the final days leading up to the opening ceremonies, the PSU (Port Security Unit) ran several practice scenarios from HMCS Discovery to double-check that nothing was overlooked in our security detail. As the ORS (Operations Room Supervisor) for one of the three watch rotations, it was my responsibility to ensure that all the communication networks were working between the Ops Room and the RHIB's, boatshed, force protection, Vancouver traffic and the RCMP. It was very important to be able to hear what was going on both on land and on the water. With the assistance of the plotter, I was also responsible for monitoring several screens in the Ops Room, including the new ACT (Asset Control & Tracking) system that allowed us to see the boats on the water, and also gave us a secure texting system with them in the harbour. Finally the day that everyone had been preparing for arrived, and when the opening ceremonies took place, we listened outside HMCS Discovery, to the continuous cheering coming from downtown Vancouver. When the torch was lit that night, and for the duration of the Olympics, we had a clear view of the flame burning brightly across the harbour . an inspiration to everyone, and a reminder every time we came on watch of just what a significant event we were a part of. All too soon the Olympics were over, but the fact that it went so smoothly from our perspective demonstrated the high level of professionalism that everyone had brought to the operation. I left Vancouver at the beginning of March with an overwhelming sense of pride and gratitude, for being able to play a small yet important role in an occasion that will be remembered for a lifetime.





Member's of the ship's company participate in a charity event to raise money and awareness about the earthquake in Haiti. The event was held at Cloverleaf Bowling and raised over \$7000 for the "Help Tammy Help Haitia" charity which is a local charity organization.



Tammy Babcock (left) visits the ship and participates in the Navy 5K run



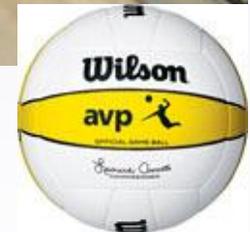
LCdr Richard Moller, just returned from Afghanistan, is pictured outside the Kingston airport terminal. Richard is the 7th reservist from CAT to have served in Afghanistan.



LCdr Richard Moller: It was a long journey from when I joined the naval family to when these pictures were taken on my return from Afghanistan. I was born in Montreal, but my family soon moved to Ottawa, and then to a farm near Almonte. My neighbour on the farms was joining Sea Cadets in Carleton Place and I went along for the ride. It was quite by chance that in 1979 I joined the Naval Family through RCSCC 211 Lanark. This chance encounter became a life-long association when on 1 December 1985 Cdr Alan Walker swore me in to the Naval Reserve at HMCS Catarauqui. My service with the Navy has taken me to places I never expected to see. No matter if it was Kingston, Australia (Tasmania) or Kingston, New Zealand or Kabul I always looked forward to coming home to Kingston and Catarauqui. The Catarauqui officers and senior NCM's I served with early in my career instilled in me the traditional dedication to duty that has been part of the naval service for over 600 years. While this year our Canadian Navy celebrates 100 years of service we should remember that our naval traditions and history are shared with all Commonwealth navies and stretch back as far as King Henry VIII and Queen Elizabeth I. I know that unlike Drake, Nelson, Cook, Bligh, Vancouver, or Nelles it is unlikely my name will echo in future centuries of naval history, but I know that my, and all of our service is no less important. Future Canadians may not remember our names, but if we keep our commitment to our duty, they will remember the effect we had on Canadian and, world history. The world has changed considerably but human nature and the need for our Navy is much the same at this moment, as it was some six hundred years ago when Henry VIII created the first naval board. Whether we are in this world as a state of probation for another, or whether we cease altogether when we exhale our last breath, I believe we have duties to perform; duties to our fellow humans, to our country, to our navy, to our community, to our friends, and even to ourselves. As I strive to fulfill my various duties, I cannot help but think about those who have gone before. After six months in Kabul and attending too many services to commemorate those who died on the same mission, I faced a sense of great loss, but I also came to learn that remembering is not just about loss. It is also about recalling courage, and endurance, and duty, and love of country, and comradeship, and good humour, and the survival of a sense of individual identity and decency in the face of great ordeals and challenges. I am proud and honoured to call you shipmates and to know that we are part of a long line of naval family members who through our combined wisdom, eloquence, courage, and strength of personality continue to give Canada, and the world, a large measure of the liberties they possess.



NCdt Kelsey Chang, OS Brienne Baum and OS Nora Collins (L-R); members of the RMC Varsity Volley Ball team pose with the coin prior to their game against Queens University on February 10th.





OS Durette stands beside the binnacle at the Brow. OS Durette, a boatswain, will leave shortly for Halifax to begin his QL1 Bos'n course.

OS Dustyn Durette: I was born and raised in Kingston. I joined the Canadian Forces because it is an organization I believe in and I am proud to wear this uniform. It also provides for more opportunities than many other jobs or careers that I could find anywhere else. I joined HMCS Cataraqi as a Bos'n in 2009 at the age of 22. I have completed one career course so far and am about to leave for my second. Seeing both of Canada's coasts within 4 months has been a treat. I plan to serve with the reserve forces full time for the next couple of years before returning to school. One of my long term goals is to someday become a Master Seaman and return to CFB Borden as a recruit instructor. In civilian life I am pursuing a career as a police officer and hope to remain in Kingston where I have lived for the majority of my life.





LCdr Long-Poucher presents Mr. Bill Cullen with a book on Flower Class Corvettes. Bill is the creator of the finely crafted U-boat on permanent display in the unit. He is also the stepfather of PO2 Roy Adamson (now of STAR) a former member of the ships company. Mr. Cullen is now working on a Corvette to complete the exhibit.



MS Darryl Steacy begins the New Year as a Petty Officer 2nd Class. PO2 Steacy is an instructor at Fleet School Quebec.



PO2 Darryl Steacy:

I was raised in Kingston from the age of 5. At the age of 9, I decided I wanted to join the military and from then started working towards my career. I attended both Navy League Cadets and the Sea Cadets until I was the ripe old age of 16 when I decided to join the Naval Reserves in 1993. After completing my PBRT at Cataraqui, I was sent to complete basic at Cornwallis, NS in the early summer of

94. I then continued with OSUT training back at Cataraqui receiving my first promotion to AB 6 months later. I completed both QL1 and QL2 bosun training at CFB Esquimalt and sailed on both the pig boats (gate vessels) and MCDV's on the west coast. I received my next promotion to LS in the summer of 98 when I was also blessed with the birth of my little girl Shawna. Since then I have participated in various Harbour Defence/Port Security exercises, both domestic and within the US, such as Sea Hawk and Northern Edge. I was also a RHIB Cox'n for the Swiss Air Disaster in Sept of 98. I have been employed with FGF/ FPU as sentry and shift supervisor, boat shed instructor, sailed on most of the MCDV's and the Athabaskan. After completing my PLQ and QL3, I was appointed MS and acting CBM on HMCS Glace Bay. In 2008 I was posted to the Fleet School in Quebec city as a 40mm Sea Survival Instructor and taught BOC for junior officers, and was then promoted to PO2 Dec of 09. My next tasking will be as CBM of the Moncton in May 2010 and after I hope to either teach BRT in Borden, or maybe something in Kingston if available. When I'm not being a sailor I love to spend time with my family who for the most part reside in Kingston, both my parents and daughter, go camping, reading, writing music and my favourite pass time, playing poker.

Catching Up With CATS



LCdr Julie Bennett is pictured here outside her office at the Canadian Defence Academy. LCdr Bennett is a former Commanding Officer of CATARAQUI.



OS Jon Wilson (now Officer Cadet) served briefly at CATARAQUI before becoming a Cadet at RMC. OCdt Wilson is a member of the RMC Varsity Basketball team.



OS Zakrzewski is a Naval Communicator (NavCom) at CATARAQUI. When she isn't practicing flashing light she can often be found in the pool swimming lengths. Nia swims competitively with the Kingston Blue Marlins Swim Team.



OS Nia Zakrzewski: I've lived in Kingston all my life. When I was 16 I figured out that I wanted to be in the Navy. So in 2008 I joined HMCS Cataraqui and went on to complete my basic training in Borden that summer. In 2009 I graduated from Regiopolis Notre Dame high school. I have not yet gone on to do any more training because I'm a swimmer and most of the competitions happen from the months of May-July. I have been a competitive swimmer with the Kingston Blue Marlins since I was nine years old. In high school I swam for my school in grades nine and ten but I was never interested in any other sports competitively. However when the weather is nice you can find my friends and me playing Frisbee outside. Next September I'll be off to university where I hope to go into Criminology, and in the summers I'll want to continue with my trades courses.



PORTA LACUUM, PORTUS CLASSIS

GATE OF THE LAKES, PORT OF THE FLEET



Fort Cataraqui and later the Naval Reserve Unit HMCS CATARAQUI are situated at the intersection of Lake Ontario, the St. Lawrence River and the Cataraqui River, Kingston has for hundreds of years controlled marine traffic into the heart of the North American continent. Fort Cataraqui (later Fort Frontenac) was established by LaSalle on behalf of the governor of New France in 1673 and was a focal point for trade, exploration and a meeting place for the French and the Iroquois Nation. During the Seven Years War the Fort was captured and destroyed and later rebuilt by the British. During the American War of Independence this area became a receiving centre for Empire Loyalists fleeing north.

During the War of 1812, Kingston became the base for the Lake Ontario division of the Great Lakes British naval fleet, which engaged in a vigorous arms race with the American fleet, based at Sackett's Harbor, New York for control of Lake Ontario. Kingston was the site of the final skirmish between HMS ROYAL GEORGE and an American force of 5 warships, the ROYAL GEORGE evaded defeat by entering Kingston Harbour and gaining the additional support of land based batteries. Some 24 ships were constructed in Kingston from 1792 until 1864.

After the war, Britain built Fort Henry and a series of distinctive Martello towers to guard the entrance to the Rideau Canal. After canal construction was completed in 1832, Kingston's location made it the primary military and economic centre of Upper Canada. During the late nineteenth and early twentieth centuries, Kingston was an important Great Lakes port and a center for shipbuilding and locomotive fabrication which was the largest locomotive works in the British Empire (the Canadian Locomotive Company - later Fairbanks-Morse). During the Second World War the Kingston Shipbuilding Company built 14 warships for service in the North Atlantic.

At the out break of hostilities with Germany in 1939, a naval reserve division was stood up and its first Commanding Officer was Lt Bill Rigney. RCNVR Kingston and later HMCS CATARAQUI has for over 70 years recruited and trained men and women from the Kingston area to serve in the Regular and Reserve Navy of Canada during war and peace.



Lt Shari Pilson sets the books aside for a moment to have her picture taken in the NPF (Non-Public Funds) Office. Lt Pilson wears two hats in the Kingston Naval world, in addition to being CATS NPFO she is also active as a COATS officer, most recently as the Training Officer at HMCS ONTARIO during the summer of 2009.

Lt Shari Pilson: My love of the water started in Cornwall, Ontario at the age of 5; my family were avid pleasure craft boaters (the safe ones, with charts aboard!). In 1986 HMCS NIPIGON was on a great lakes tour and stopped in Cornwall. My Uncle was Chief of Sick Bay, so we toured the Ship, had my first taste of duff (chocolate chip cookies, which could have made excellent weapons-yet tasty just the same!), and sat in the cockpit of the Sea King, I was hooked! Driving big boats was all I wanted to do! That November I joined RCSCC STORMONT, and over the next five

years, I became a bandsman, whaler coxswain, member of the swim team, member of the drill teams, and Captain of the First Aid team. We travelled from coast to coast and everywhere in between! Not bad for a girl who would have preferred to stand in the corner and blush rather than speak to anyone. Thanks to the help of Lt Rob Tucker, I enrolled in the CIC in 1995. In 1997, I started school at Georgian College in the Marine Navigation Technology Trade, but I always made my way back to the Navy vs. the merchant fleet. I was very fortunate to have been provided with so many opportunities within the CF. There have been many firsts in my career such as being the first female Tender OC at HMCS ONTARIO, the first female Commanding Officer of RCSCC ST. LAWRENCE, and the first female Officer Commanding #10 Sail Centre. I have also had the good fortune of working at a HMCS ONTARIO as: Divisional Officer, OpsO and Chief Training Officer. I have worked at Headquarters (we're here to help!) as Acting Regional Sea Training Officer for Central Region, Regional Cadet Instructor School, and my latest endeavour of having the honour of working with some excellent people at HMCS CATARAQUI in NPF. The best part of what I have been able to do is learn new skills and be able to pass them on to the people around me. The officers and NCO's I served with throughout my career have instilled a true sense of dedication to duty that has become a part of who I am and have made my career a truly enjoyable one!

● Where Has The Coin Been?



From Coast to Coast to Coast and in many places in between



Leading Seaman Taylor, a cook at CATARAQUI has good reason to smile, he has just accepted a transfer to the regular force. LS Taylor will leave for Halifax in a few months.

LS Daniel Taylor: I was born and raised in Welland, Ontario. My love of the sea started very young, I had been fascinated with the story of the Titanic since elementary school and anything that rode the waves. Near the end of my elementary school career the local Sea Cadet Corp RCSCC Bellerophon visited my school and I decided to join the sea cadets. During my 3 years in the sea cadets I became part of the last group to stay on the HMCS HAIDA for a training weekend of 2 days and learned how to toss a line and use a bos'n's chair. I did summer training twice with HMCS ONTARIO at RMC for General Training and Sail Trade Group 1 and earned my White Sail III and have loved sailing ever since. My best adventure with the sea cadet movement was in 2003 when I participated in a trip of a lifetime to the Yukon Territory to Whitehorse. I was one of 12 cadets and a few officers. We visited 2 local Museums, the RCMP M Division HQ, Takhini hot springs, a fish farm that grew Artic Char, and dog sledding on a frozen lake. On May 31 2005 I was sworn into the Naval Reserves at HMCS STAR by LCdr Bell. In the summer of 2006 I passed my BMQ and paraded at HMCS STAR from September 2005 to January 2008. In 2007 I completed my NETP in Halifax and participated in West Sentry Port security in Vancouver at HMCS DISCOVERY before doing my Cook QL3 training that summer. In 2008 I landed at CFB Kingston to work on my OJT Package and learned many skills that will help me in my future cooking endeavors. Late in 2008 I moved in with a friend I had made and planted my feet in Kingston for a while. In spring 2009 when my contract finished at CFB Kingston I transferred to HMCS Cataraqui. Since my arrival at CAT I have made new friends and become better acquainted with some old faces. Now a new page is being turned I am leaving HMCS CATARAQUI to pursue a career in the regular forces and my first stop in this journey is CFB Halifax. I wish the best of luck to all those I am leaving behind. I hope this helps you all to remember my smiling face and my dedication in years to come. I thank all of you and will remember my time CAT fondly.



Mr. Bob Chamberlain, CD RCHA, presented the Wardroom with a hand crafted table including a naval compass inlay and a book about naval guns.



Gold medal game for the gold medal country! **NCdt Lang** waits for the 3rd period of the Women's Gold Medal game to get underway against team USA. Canada won 2-0!

NCdt Janet Lang: I was born in Montreal and moved to Ontario with my family at the age of 15. I obtained my undergraduate degree at the University of Waterloo and married an RMC graduate the week after my convocation. Joining the military at that point in my life was not an option for a variety of reasons . career choices were limited in the 80s and I had no interest in being a gunner. Prior to arriving in Kingston, we were posted to Germany, Vancouver and New Brunswick and during that time I had two children and completed my MA at the University of New Brunswick. Circumstances have changed and now that my girls are teenagers, I have been able to pursue my dream of enrolling in the CF. I have worked for DND for the past 10 years as a civilian, I am responsible for equivalency and accreditation programs and policies in the CF. Many of the people that I have worked with are members of the ship's company and it was due to their encouragement that I took the plunge. I am active in the sports programs at CFB Kingston . you can find me at the rink playing hockey with the guys, golf in the summer or playing in charity hockey tournaments for the CDA HQ team. I also enjoy photography (if you want, I will show you all 1000 pictures that I took at the Olympics in Vancouver). I am eager to embark on my journey as a member of the Naval Reserve at HMCS CATARAQUI and look forward to the adventures to come.

AB Hall sits at her desk at LFDTs where she works as a RMS clerk. Despite working in an Army environment she does her best to stay nautical with the help of Sailor Pig, her work space mascot.



AB Debbie Hall: I joined the Navy in June of 2009. I had many different jobs prior to finding the Navy, including flight attendant, radio news anchor, and owner of several businesses. Being a single mother is challenging enough, but I have always wanted to continually learn and grow. Shortly after my separation, with two little boys to support, I returned to college and graduated with honours in Radio Broadcasting. Then never one to sit back and wait for life to happen, hitting forty, I decided to try out the Navy. I was more than twice the age of most of the other recruits and the oldest in my platoon at basic training. It was one of the most difficult experiences I have ever had, but what a feeling of accomplishment on graduation day. The two biggest lessons I came away with were, keep putting one foot in front of the other, and never give up- even if you have to crawl to the finish line. One of the best moments of my life was looking out from our graduation parade to see my proud teenage sons watching their mom from the bleachers.



Padre Swayze, Captain Zuliani (L-R) and CPO2 Arsenault (R) arrive onboard for a visit on February 24th 2010. Captain Zuliani and CPO2 Arsenault are the central region advisors. Padre Swayze is the central region Chaplin advisor.



On the 3rd of January 2009, the community of Olimai, Uganda formally launched its first project. The Akol family donated a parcel of land and put up a medical clinic that has a consultation room, pharmacy, laboratory, land an injection room. It also has an adjacent staff quarters.



PO2 Felix Akol: I was born into the Akol family in a remote location in Uganda. Having immigrated to Canada for a chance at a better future like may newcomers, I attended Queen's University and later St. Lawrence College Graduating in 1995, 1998 respectively. I joined the Naval family in the summer of 1993 undertaking Basic Military Training at CFB Cornwallis, and have since held numerous appointments and naval employments. Over the years, I have held the roles of Chief Cook, Regulating Petty Officer, Pre-BMQ/BOMQ instructor, and Training Chief at HMCS CATARAQUI. In civilian life, I am a public servant working with DND as a Network Administrator at CFB Kingston. I have been heavily involved in my community since arriving in Canada. Currently I am the Co-chair of the Kingston African Caribbean Collective (KACC). I volunteer my time to work with the Sea Cadets and Navy League Cadets where my son Chris found camaraderie over the years. I am deeply involved in third world development issues, focusing on my country of origin where my family setup a clinic in memory of my departed Father. I have been fortunate to participate three times (2005 - 2007) in the annual Nijmegen Military March held in Holland; this by far has been the highlight of my military career.



MWO Randy Cousineau: I come from a very small community located on the shores of Georgian Bay called Honey Harbour. I joined the CF in 1972 as a RadOp. My first posting was with the 1st Canadian Signals Regiment in Kingston. During my tour I did a number of field exercises from Petawawa to Valcartier. My final exercise was the summer Olympics in Montreal in 76 where I worked as the radio operator with 10 Tactical Air Group and spent most of my time in the back of a Kiawah helicopter working air to ground communications. Following the Olympics I re-mustered to PERI (physical education and recreation instructor). I was posted to CFB Kingston from 78 to 80 as the 1CSR PERI. In the summer of 80 I was posted to CFB Baden Germany and spent the next 5 years managing the Arena and Sports Programs. In Aug 85 I was posted to CFB Calgary to the LDSH (RC) regiment. I was fortunate enough to also be the Adventure Training Coordinator and canoed many wild rivers. I then came to RMC first as an instructor and varsity badminton coach for 3 years. During this time the team had many successes and was voted the Canadian College Coach of the year. During this time I was promoted to WO and did the Varsity Coordinator job. In 95 I was promoted to MWO and was posted to CFSU Ottawa as the Senior PERI and then the Fitness and Sports Director. In 97 after the PERI trade was disbanded I returned to Kingston as the RMC Facility Manager. I was on the design team for the Arena renovations, new field house and pool. In 2002 I was given the opportunity to be the Facility Manager for the KMCSC and RMC. In 2007 I retired from PSP and was fortunate enough to be given the chance to be part of the Navy. During the past few years I have been learning. Not just the vernacular of the Navy but also the history and trade qualifications. It has thus far been a very exciting and wonderful time. I am very grateful to have had this chance to be a part of this professional group and look forward to many more years in the Navy.



Above: MWO Cousineau at the pistol range

Below: Randy and Monica entertain in the mess during the C&PO Caliegh



CPO2 Martin is a naval weapons technician by trade. He has been volunteering at CAT for the past year when not involved in developing leadership information resources at CDA. Chief Martin has taken on the task of teaching and mentoring junior officers and introducing them to the Divisional System.



CPO2 Ricky Martin: I was born in Middleton, Nova Scotia. The son of a military man, I was introduced to the military at an early age and got to travel around the globe to such wonder places as France, Germany, CFB Chatham, CFB Goose Bay and finally ending up in CFB Cornwallis in 1976. I applied for the armed forces in 1982 and was accepted into the Naval Weapons Tech occupation in January 1984. I participated in numerous Eastlant and NATO exercises off Europe, the Mediterranean and East Coast of North America. I served on several ships, including HMCS IROQUOIS, NIPIGON, AND PRESERVER. In 2005, I had the good fortune to be posted as a recruiter to CFRC Corner Brook, NF for two years. I enjoyed watching the number of young people that showed a desire and passion to join the Navy. On return to Halifax, I sailed on several more ships before I was introduced to MCDV's in 2006, where I was the trials coordinator for the 40mm Mk NC1 gun functioning trials at sea. Sailing on an MCDV gave me a newfound respect for all those sailors who braved the Atlantic. In the summer of 2009, I was posted to CDA in Kinston and was proud to be given the opportunity to volunteer my services at HMCS CATARAQUI. I believe I have salt water coursing through my veins, so I do not like to be too far from the water. I enjoy working at CAT as it is a perfect place to keep in touch with the Navy. It also gives me an opportunity to pass on my experiences, knowledge and Naval Traditions to younger sailors and I am looking forward to my continued work there. One of my future goals is to be a leader/mentor to those who work for me until I retire from the Navy (sometime in the next decade) and then I would like to spend time travelling across our beautiful country with my wife. We would like to see some of the land locked areas of Canada that most sailors and their families never get to see. If it is not on the coast, we have probably not seen it, and we would like to change that!





Former members of the Women Royal Canadian Naval Service or WRENS gather for their monthly meeting in the C&POs mess on 10 Feb 2010. Pictured are (L-R): Betty Schieck, Anne Bryden, Catherine Guscott, Evelyn Millward, Margaret Gibson, Pam Parsons, Daisy Clements, Christina Usher, Bea Corbett, Primula Bull, Betty James, Catherine Michalski, Pat Steer, Doris Kandler, Eileen Kemp, Heli Maki, Doris Macknight, Barbara Carson, and Heather Hawkes.

LS Andrew Cloutier: My story begins in northern Quebec in 1985. I was born to two proud totally French Canadians, who a year after my birth decided to relocate the family to Kingston to give my sister and I more opportunities in life. I grew up a pretty normal young lad, going to French school, playing sports, causing a little mayhem now and then. After bugging my parents to learn karate, in large part due to the influence of the Teenage Mutant Ninja Turtles, at the tender age of 8, I started my studies in the world of Martial Arts. Four years and many hours of hard training later I was one of the select few to be granted a 1st degree black belt. During high school I continued with Karate but also got interested in body building and shot put. I went to the University of Ottawa to study Human Kinetics in 2003. November of 2005 was quite the momentous month for me; I enrolled in the Naval Reserves at HMCS CARLETON, and also competed in my first bodybuilding competition in the %under 21 category+and won the Eastern Ontario championship. After the school year of 2006 I returned to Kingston, transferred to HMCS CATARAQUI, and went on my Boatswain QL1 course in B.C. Upon return I joined the Regular Force as a Combat Engineer and left for CFB Gagetown, New Brunswick. My stay in Gagetown was short; my father suffered a heart attack and other medical complications, and help was needed at home. I left the regular force, and made my way back to CAT, but this time as a Supply technician. I worked diligently at learning my new trade and completed my Supply Technician QL3 in Borden in the summer of 2009. In November of 2009 I was promoted to Leading Seaman. Enjoying Christmas with my shipmates and the Stokers Open, I didn't know it would be my last at CAT; in March of 2010 I got an offer to return to the Regular Force. In the future I hope to compete in bodybuilding and possibly other athletics, I'm training conscientiously towards that goal. Also I plan to finish up the last year of my degree, during my time in the Regular Force.



LS Cloutier is seen here amidst the clutter of a busy supply section,; this picture was taken two months before his departure to CFB Petawawa.



Seven new sailors join the ships company at the largest enrollment ceremony held at CATARAQUI in some time. Pictured above are: Lt Melanson, NCdt Laver, OS Clarke, LCdr Long-Poucher, OS Turner, OS Irwin, OS Palmer and NCdt Asselin (L-R)



Teri Jones, KEDCO's project manager for family physician recruitment and retention, at Innovation Park in front of a couple of posters extolling the virtues of Kingston



LS Teri Jones: I was born and raised in Sandyville, Newfoundland . a small fishing community of 300 people and obtained my BSc at Dalhousie University in Halifax, Nova Scotia. Police Academy 1 was my inspiration to join to the military as boot camp seemed challenging and fun. With 15 years as a Port Inspection Diver, I have never once regretted my choice to serve my country. My husband is also in the military . full time. We have moved around a lot and in the past 10 years. I've had 5 homes and lived in Kingston, Ottawa, Belleville, Petawawa, Pembroke, and full circle to Kingston again. I've spent most of my civilian life employed by Nortel Networks in Ottawa , various Hospitals throughout Ontario and raising my two very energetic little girls (Ages 5 & 7). My pastimes include working out, running, snowboarding, yoga and will soon include driving my new Harley 883 Sportster! Fun times.



Commodore Bennett and LCdr Long-Poucher are present for the Women in Defence conference held at CATARAQUI on March 10th. The Commodore and CO visit one of the WRCNS display that featured women who have served at HMCS CATARAQUI.



A/SLt Alex Brown: Like many others at CATARAQUI I joined the Navy as an Ordinary Seaman. I had just graduated from 126 Niagara Falls Optimist Air Cadet Squadron as the band Warrant Officer the previous year and couldn't stand the thought of not having a parade square to march on or boots to polish. My first summer in the Navy was spent at NRTD Borden, after which I returned to work for PO Rideout at CAT. In the summer of 2006, my second in the Navy, I was issued my sea boots and competed NETP in Halifax and Boatswain QL1 in Esquimalt. That summer I learned that being in the Navy was much more than parades and polish, but rather learning a role in a unique group of people with very specialized skills who keep an extremely complex machine running in a dangerous environment, often with no thought to the adversity of conditions they serve under. In 2007 promoted to AB, I was able to get to my first ship, HMCS BRANDON. I was quickly schooled in the "ship way" of doing things that I had learned on course. I was also taught that going from being in a deep sleep to being in a zodiac over the side of the ship, elbow deep in cold salt water rescuing Oscar within a six minute window was something to be very proud of, not irritated by. In the January of 2008 I graduated from Queen's and began "perma-shad career" In addition to getting on one of the last YAG sails I was able to get posted to HMCS YELLOWKNIFE. On that sail I was able to extend my northern sailing range as far as Skagway Alaska and upon returning to CATARAQUI I was promoted Leading Seaman. In November of 2008 I completed Boatswains QL2 in Halifax and was posted (with out even a travel day between!) to Port Security Section Esquimalt as a RHIB coxswain. At PSS I was commissioned to A/SLt and sent to VENTURE in April 2009 for BMOQ, again learning to march around a parade square and polish shoes. Since BMOQ I've been between CAT and VENTURE completing NETPO and MARS III. With luck I will be back at VENTURE this summer for MARS IV and again with luck, back to a billet on the MCDV's. Beyond that: we'll see where my "any position, any location" AVREP takes me.

Catching Up With CATS



LS Burnett has been away most of the year beginning with his participation with the boat section during OP PODIUM. Currently LS Burnett is on the west coast on HMCS BRANDON.



LCdr Marie Cotter: "I was honoured to have begun my naval reserve career at CATARAQUI. While Ottawa is now home, CATARAQUI still feels like home".

MS Norbert Breuvar: I joined HMCS Catarauqui in November 2004 as a supply technician. I am now part of the training team and my responsibility is to make sure that the Pre-BMQ's and BMOQ's have all their requisite lectures and training done before they go on basic training. The Navy has always been my element, during my Regular Force career I was firstly a naval weapons tech on the East Coast and then a Physical Education and Recreation Instructor until the closure of the trade. In my civilian life, I am a phys-ed teacher and the Aquatic Coordinator for RMC. I really enjoy my job and I am happy to bring some of my experience to our Unit. I have been living in Kingston since 1995 and will probably retire here. My hobbies are windsurfing and kite surfing in the summer, and squash and swimming in the winter. My goal as a member of HMCS Catarauqui is to become a Senior NCO in the near future.

My motto in life is *"Sail fast, live slow"*



Master Seaman Breuvar puts the unit through the aquatic obstacle course. Despite the thumbs up the two hours of water time proved to be very exhausting.





Members of the ships company pose with the coin after completing a water safety and sea survival brief. This activity, in addition to other briefs, was held on the last training Saturday of the 2009-2010 training year.

SLt Grime stands with the coin in the Mess Flats. SLt Grime will leave shortly for the west coast on a Class B contract.



SLt Jeff Grime: I was born in Kingston, but moved away to south-western Ontario when I was young. I returned in 2006 not long before I joined HMCS CATARQUI. In the time "in between" living in Kingston, I grew up in Dundas, Ontario, and studied history and political science at Wilfred Laurier University in Waterloo. After graduating university I left Canada to travel, work and study in Britain and attended the University of Durham where I achieved a Master's Degree in history. I joined the naval reserves at HMCS CATARQUI in October 2006. I have been a recreational sailor all my life and was a sea cadet in my teenage years. Joining the navy gave me an opportunity to work in a marine environment. In the summer of 2007 I completed my BOTC and NETPO courses at NOTC Venture. This was followed by my NCAGS and BIOC courses at the CF Fleet School in Quebec City. I have spent the majority of my time in the naval reserve away from Kingston either on course or working on Class B. I have worked class B contracts both coasts in Victoria and Halifax and I am currently working in Victoria BC. The navy has given me the chance to make a lot of new friends, plus work and live in great cities such as Quebec City, Victoria and Halifax. Working on the coast (east or west) has also given me the opportunity to take up a new water-sport as I have recently taken up surfing.



The Officers of HMCS CATARAQUI - Winter 2010

(Back Row) Lt Shepherd, Lt Marriott, Lt Brunner, SLt Helwer, Lt Card, NCdt Wonnacott, NCdt Elston, SLt Rivera,
LCdr Leighton, NCdt MacLellan, NCdt Flemming, SLt Curtis, NCdt Chang, Lt Tucker, NCdt Marr

(Front Row left to right) Lt Wordley, NCdt Vanderveer, Lt El-Beltagy, SLt Pacheco, NCdt Marson, A/SLt Dahl, A/SLt Brown, NCdt Lang



Lt Robert Brunner: Being born and raised in a town steeped in maritime history such as Kingston, I always had a fascination for the water. In 1985 the tall ship festival came to Kingston and I was hooked. In my final year of high school, my band teacher asked what I was doing that summer and suggested joining the Naval Reserve. He happened to be CPO2 Goodfellow, the bandmaster of CAT's band. So, while my friends working in factories or corner stores, I joined the Naval Reserve. When I returned to CAT that next fall I found myself in the Unit's band. I went to Queen's University to study Mechanical Engineering. The Maritime Engineering Officer (MARE) profession opened in the Naval Reserve and I took my commission. However, in 1998 the MARE profession was cancelled I had to re-muster as a MARS officer and have enjoyed it ever since with deployments as Watch Officer for PSS, Navigator on BRANDON and OpsO on NANAIMO. I've been full time Class B since 2000 when my civilian employer, Bombardier, took a sudden downturn. I've worked mostly for the Army here in Kingston and the Navy out on the coast, trying to keep a balance of Operational and Staff experience. From Dec 08 to Jun 09 I deployed to Afghanistan as part of CIMIC (Civil Military Cooperation) in KANDAHAR, an amazing opportunity for a member of the Navy. The Naval Reserve has allowed me to do many odd things in my 23 years of service. Amongst them, I've been a member of the Navy Small Arms team, competing national and internationally and I've been part of the Band of the Naval Reserve for the Halifax Tattoo. I've rescued tired sailors in a Great Lakes squall and traveled by Blackhawk helicopter across the Red desert. I have a loving wife, Erica (also a Kingston native) and two wonderful boys, Jack (2 yrs) and Alexander (born this year), who have both been baptized using the Ship's bell and will probably have a "V" put next to their names when they come of age. When I've been asked why I joined the Navy I always answer "For the Stories". Each summer I would return to school with more crazy and exciting stories of what I did on the coast. Life in the Navy is never boring. If it is, you haven't taken advantage of the opportunities available. CATARAQUI has been my home since 1987, I leave quite often but always come back.



Participants of the Coleman Trophy Shoot gather with the coin at the range of CFB Kingston. Some of the participants in this event included; NCdt Harris, LS Carroll, AB Hewitt, LCdr Henderson, PO2 Turner, PO2 Kennedy, NCdt Marr, OS Cox, MWO Cousineau, OS Lacey, NCdt Vander Veer, and Lt Brunner (L-R).

HMCS CATARAQUI

RESULTS - ADVANCED C7 TRAINING

20 March

Name		Rank
Brunner	53	1
Wordley	49	2
Cousineau	46	3
Vanderveer	45	4
Helwer	41	5
Burnnet	41	5
Kennedy	39	7
Marr	37	8
Turner	37	8
Lacy	33	10
Cox	29	11
Chamberlan	28	12
Beattie	25	13
Lessard	21	14

OS Nicola Campbell has good reason to smile, she has just completed her BMQ in St Jean and is CATARAQUI's newest BMQ Grad and the first in 2010. She is looking forward to a couple of weeks of relaxation and recuperation before she begins her QL1 Boson training.



OS Nicola Campbell: I joined the Navy in 2007. I was born in Montreal, as a middle child with one sister and three brothers. I have always loved the water growing up. In fact, my mother used to call me her little fish, because I would never get out of the water. I lived in Montreal until the age of ten, when my family moved to Ontario. In 2002 I moved to Ottawa to attend College. After college, I moved to Kingston where I worked at a before and after school program. It was there that I met PO Northcott who encouraged me to come down and see what the Navy is all about. It certainly didn't take me long to sign up and become a proud member of the Canadian Forces! In the past three years, I have done a lot of work for HMCS Cataraqui. I have worked in the ship office, General duties, functions, and I was also lucky enough to have a contract with 1 Wing HQ. In the civilian world, I work full time at the Kingston Wal-Mart. I also enjoy going for walks outdoors with my dog and with my family, biking, playing basketball, camping and going out with my friends. In the winter I also enjoy skiing. Throughout my life, I have enjoyed tremendous support from my Mother and grandparents. They have always taught me that attitude and believing in yourself is everything and that you cannot get what you want without it. I have certainly had to remember this valuable lesson over the past few years as I have struggled to reach my goals and complete my BMQ.

HMCS CATARAQUI'S Synchronized Swim Team

- Looking Good -- Getting Ready -

Inspired by CANADA's success in Vancouver, HMCS CATARAQUI's Synchronized swim team pulls out all the stops in their bid to represent CANADA in London in 2012.

Pictured below at a recent practice our mixed gender Synchronized swim team is seen forming one the Olympic Rings as part of their routine.

Team Captain and spokesman, Master Seaman Bert Breuvart, when asked why the team doesn't use the traditional nose plugs replied, "Nose plugs, we don't need no stinking nose plugs".

If the teams ability to float, seemingly effortlessly, for long periods of time is any indication of future success then this team is well on its way.

There is still room on the teams roster for any member of the Ship's Company with the "Right Stuff".

The next practice is Thursday April 1st.

See you at the pool !



Cox'ns April fools joke for 2010, some fell for it!

MS Heather Bardell: I joined the Naval Reserves through the NRSSTP (Naval Reserve Summer Student Training Plan) in Ottawa in 1983. I'd always had a thought to join and there was some advertising for it in the guidance department at my school so I figured I'd give it a try. There were 90 of us in the program that summer, and after the end of it, 30 of us joined the unit. After one year at HMCS Carleton, I transferred to HMCS Cataraqui. I enjoyed the feeling of the unit. After 4 years of Queen's I was back in Ottawa for 2 years and I've been back ever since. I've been a supply tech, then a medical assistant and then back to the supply trade after the dismantling of the medical branch within the Naval Reserves. I have been deeply involved in first aid training for many years, first as an instructor and now as an instructor of first aid instructors, and of first aid instructor trainers. I have really enjoyed my years in the Naval Reserves and have learned much throughout the somewhat startling number of years that I've been a Reservist. And it all started with a summer job in high school!



MS Heather Bardell is truly in her element when instructing First Aid. Over the years she has taught thousands the basics of First Aid at CATARAQUI, at CFB Kingston and to many others at other NRDs.





March 29th saw the enrollment of ten new OS and NCdts at CATARAQUI. With these new members CAT has enrolled 19 since the beginning of the year. Pictured: LCdr Long-Poucher, NCdt Larose, OS Lovelace, NCdt Whitehead, NCdt McGivallary, NCdt Maidany, OS Shreuder, OS Porter, NCdt Chirnside and OS Payette (L-R)

OS Jessica Hewitt: I joined the Navy at CATARAQUI in 2007. I was born in Petawawa, the second of three children. My dad was in the army and as a result we moved a lot when I was a kid. I was lucky in some ways because I had a chance to see many different places growing up like; Lahr, Germany. I finished high school at General Panet High in Petawawa. After high school I worked for awhile in Petawawa where I met my now husband, Pete. He is a MCpl Int Op and it was due to my background and his influence that I became interested in the Naval Reserves. I was enrolled as a diver but I have not had the opportunity to complete the course. Because of this I have spent a lot of time doing what I can to help out in the Ships Office. When I decided to join the regular force earlier this year becoming an RMS clerk was an obvious choice for me. As I look back on the few years I have been at CAT the two things that stand out as activities that I really enjoyed and will always remember were the boats Regatta in 2008 and my NETP. Perhaps if we are still in the area when my kids grow up they will become members of the ship, it was a good choice for me. Having a part time exposure to the Military was enough to convince me that this is the life for me. When I am not at CAT or chasing two young children around the house I enjoy Kayaking and more recently I have taken an interest in the Martial Arts.





The Salty Lieutenant's Club

Lieutenant's Brunner, Bell and Tucker are present for the Wardroom Centennial Mess Dinner



Lt Brunner holds his new commemorative Centennial mug, this occasion was the first time he used it "officially"

OS Larose welcomes his father to HMCS CATARAQUI. NCdt Larose has followed in his son's footsteps to join the ship and begin his second military career.



NCdt Paul Larose: 2010 was a great year to join again, just as the Navy Centennial was kicking off. In my previous life with the CF I was in the Airforce, and swore I'd never go on a 'boat'. I know they're called ships, I just liked razzing the Navy guys back then. Yet here I am, following in my son's footsteps. He joined the Naval Reserve at Cataraqui as a cook the year before and is still with the ship's company. I originally joined in 1982 as a technician and spent 4 years

servicing Radar equipment before they retired the bulk of our sites. I re-mustered to Avionics where I spent the remainder of my career... until they retired the aircraft I was working on and closed down my squadron. The last 2 or so years I spent instructing apprentice technicians. After almost 10 years in the CF I released under a Forces Reduction Program and migrated to Australia. We went there as a young family of 3 and brought back another 2. Johanne (my wife of 27 years) and I spent 13 years there falling in love with the beach and the sea, and I guess this has changed our hearts. We miss it, especially anytime the temperature drops below 20 degrees here. We repatriated in 2005 to be with my Mother who became gravely ill, unfortunately passing not long after we settled. We remain as our lives have taken root again in Kingston and with HMCS Cat. We really like the camaraderie and fellowship that we've found with Cataraqui and continue to look for ways to get more involved as a family. Our youngest is now 13 and joined the Sea Cadets a couple of years ago. My dreams include becoming a fully qualified MARS Officer and sailing on the West Coast and around the Whitsundays off the eastern coast of Australia.

Catching Up With CATS



CPO2 Joy Gillis visits CAT during the Annual Awards Night. Chief Gillis, a cook by trade, is now a member of HMCS CARLETON and has been Cox'n of both CATARAQUI and CARLETON.



PO2 Rick Poulin returns for a visit, the PO now works at NAVRESHQ in Quebec City.





AB Kate Stewart: I am originally from Halifax, but came to Kingston to go to school while my boyfriend was here on course. I had a hard time deciding what trade to do at first (my original application was for infantry), but after taking some civilian scuba diving courses and becoming an avid diver, I decided to be a Port Inspection Diver instead. I was excited by the idea of getting to dive in different locations all across Canada and diving for a specific task, something which I had not done before. I was sworn in on June 4th, 2008 and quickly got organized before reporting to BMQ on June 30th. This past summer I completed my Ship's Team Diver course in Victoria, BC. I also participated in the National Divex which was held in Kingston this past October. I am currently trying to accumulate 25 hours of dive time so I can complete QL2 this fall. In my spare time I enjoy fitness, reading, and diving. My future plans are to complete a degree in Military and Strategic Studies at RMC (I am currently taking part time courses), and to transfer to Regular force.



Former Commanding Officers: LCdr Vince K. Bambury (Jul 2000 - Jun 2003); Capt John B. Plant (Apr 1975 - Sep 1984); and Cdr Ron N. Paquin (Jul 1991 - Jun 1995) attend a Centennial Mess Dinner in April (L-R).



Distinguished Guests Visit The Ship

Senator William Rompkey, LCdr Long-Poucher, and Senator and Honourary Captain Hugh Segal



Naval Officers' Spring Mess Dinner: The Wardroom hosted a Naval Centennial Mess Dinner, with guests ranging from a retired Admiral, to recently enrolled Naval Cadets and many serving Naval Officers from the Kingston area. Special guests were Honourary Captain Hugh Segal and Senator Bill Rompkey who was also the After Dinner speaker. He enlightened and entertained the guests with his accounts of life in St John's during the Battle of the Atlantic, and for many adding a visit to Newfiejohn to their list of essential places to visit to learn Canada's military history.



Leading Seaman Stephen Goodman: I am a Marine Engineering Systems Operator at HMCS CATARAQUI. This is my fourth year at the Unit and my eighth in the Navy (I joined at CABOT). I am originally from St. John's, Newfoundland, but I've spent some time living across the country and in Europe. In Kingston, I am pursuing graduate studies in German literature at Queen's University, where I am currently instructing an introductory German course. At CATARAQUI, I am taking a distance learning course for my QL3, the first stage of my "B"-Ticket training, while I also assist the MESO Divisional Petty Officer and discharge secondary departmental duties. After my post-secondary studies, I am thinking of full-time work with the CF.

Catching Up With CATS



Lt Janice Kirk joined CAT in the 1980s as an Ordinary Seaman, she also served with HMCS SCOTIAN before joining the regular force as a training development officer.



AB Angie Collins is a Regular Force RMS Clerk, CATARAQUI was her first posting. She now works at CFB Greenwood. The coin caught up with her in April during the CF Women's conference in Halifax





Lt Stéphanie Bélanger: I enrolled in the Naval Reserve as a Logistics Officer in 2004. This year, I am the coordinator of the Navy 2010 Committee at CATARAQUI, it keeps me happy busy! I am also an Assistant Professor in the Department of French Studies at the Royal Military College of Canada. I have (co) organized and presented a few conferences; the latest was called "Staking Our Claim: The Legacy of Women and Leadership in the Canadian Navy". As you can obviously see from the picture, it seems that even though the topic was inspiring and empowering, I could not help but come back to my good old research subject: masculinity... (I did enroll in the Navy to follow the steps of my favorite hero, Capitaine Haddock...). Talking of which, my three males keep me even more busy and even more happy than RMC and Navy 2010 does - thanks to my 2 adorable kids and a very handsome hubby, they keep me (kind of) saine d'esprit. I did have a life once upon a time, I did like all sorts of sports and movies. I now barely find the time to train for the CF EXPRES and I do appreciate the wardroom as being as entertaining as cinema :) One of my dearest dreams right now is to find an occasion to serve aboard a warship and to get to sail up north, to share a (couple) tot with my dearest Frosty.

Awards Night 2010



Hall Trophy - OS Campbell
Chown Trophy - PO2 Cashman
Coleman Trophy - Lt Brunner
Skelton Trophy - Sgt Lessard
Fulford Trophy - A/SLt Brown
Pokotylo Trophy - Lt Bell
Newman Award - SLt Rivera
Henderson/Powel - MS Ferguson
(clockwise from top left)





Captain McDonald is the Reviewing Officer for CATARAQUI's Annual Awards Night on April 7th 2010



LS Tara Lowes: I was born in Sarnia, ON and moved to Omeme when I was 2 yrs old where I grew up. Although I have moved away for quite a few years now, I still enjoy going home to see family and friends as well as to marvel at the beauty of country living and just being home. I have 2 older brothers and an older sister. I also have 3 nieces and a nephew. When I was growing up, I never imagined I would be in the Navy, and had big dreams of being a doctor or a nurse. After 2 ½ years of a Registered Nursing Program, I took a year off to think about what I wanted to do. I ended up traveling across Canada to visit family and friends and to see what the country had to offer. I decided that traveling was for me and enrolled in Tourism and Travel. After all, why not travel and get paid for it? After my first year of College, although unsure about sailing, I found myself on a 7 night Cruise with my classmates and had a blast. I graduated the following year with high honours and quickly found employment for the next 5 years in the travel industry working for a Tour Operator as well as for an airline. Once again, I had the opportunity to travel to fascinating new places including Walt Disney World, Hawaii, and several places in the Caribbean. I still had a keen interest in the medical field so I decided to return to school and completed my first year of a Bachelor of Science. I completed my first year and in April 2007, I was enrolled as a Resource Management Support (RMS) Clerk in the Naval Reserves at HMCS YORK in Toronto. I wrote my last exam in the morning and was off to Basic Training in the afternoon. I had no idea what to expect or if I would even like it, but when I stood at attention for our National Anthem for the first time, I was overwhelmed and was never so proud to be a Canadian. It was a moment I will never forget. Once again, my traveling bug took over and I was on the road, seeing new places and meeting some great people.. In January 2008, I transferred to HMCS CATARAQUI in Kingston, where I was lucky enough to work full time for the next 2 years as an RMS Clerk. I have made so many great friends and gained so much experience in my trade. In my civilian life I enjoy playing ringuette, hockey, and several outdoor sports including rollerblading, camping, and marksmanship. I have recently bought a house with my spouse who is also in the Canadian Forces. I am hoping that one day I will find myself traveling again, perhaps just on vacation to see the rest of the world or on my first deployment. Looking back over the past 3 ½ yrs, I have done so many new things and gained so much experience. What a whirl wind but I have not looked back with any regrets and I have enjoyed every minute of it. I can't wait to see what the future has in store for me next.



LS Lowes at CATARAQUI days before she began her new Class B employment at the Joint Signals Regiment (JSR)



AFCAN - 2010 Navy Team

“We didn’t win the tournament but at least we were the best dressed and best looking”

Catching Up With CATS



AB Hirman carries the Naval Jack for the 1st AFCAN Hockey Tournament

AB Hirman explores Hebron Labrador, AB Hirman is currently a member of HMCS GLACE BAY on its deployment to the far north .



Mr. Steve Dunlevy: Although not a member of the Naval Reserve Steve is very much a member of the Ships Company. Since coming to CAT as our cleaning services custodian he has embraced the unit as demonstrated by his extra efforts, care and involvement . He has also become a great friend to the WRENS who meet at CATARAQUI once a month.



LCdr John Leighton: As a teenager I was a keen fan of science fiction and a particular author seemed to answer all my many concernsō Robert Heinlen wrote a large number of excellent works of fiction. For me the most poignant was "Starship Trooper"(no the movie doesn't even come close). I then told my Dad that I wanted to emulate the hero from that work of fiction and join the Navy as a Sailor and work my way up to command! My Dad, a veteran with 36 years in the Navy laughed at my idealistic and simplistic view of the world and convinced me to go to RMC. Thirty five years later I can't say he was wrong! I served in the Canadian Navy on both coasts and on many ships as a MARS officer for the latter days of the Cold War. I don't think in reflection, that we viewed our time at sea as a type of conflict, as academics now discuss it, but certainly we faced the Soviet Navy eye-ball to eye-ball any number of times and we always knew that if "*the balloon went up*"the life expectancy of a 35 year old DDH like *MARGAREE* was measured in minutes! Still, we went to sea, often averaging over 250 days away from home in a given year. During my 12 years at sea, I have been to many ports in North America, South America and Europe. As you may notice from the photo I have also served behind a desk on occasion, but I must say that I saw more of the world on Navy business from behind those desks than I ever saw from the bridge of a ship (flying is so much more efficient at getting to the next port!). About three years after I retired LCdr Long-Poucher offered me the opportunity to work at *HMCS CATARAQUI* as a class A reservist. What a great ride! I think on reflection that the highlight of my naval career has been talking to new recruits at their swearing in and having the opportunity to let them know that they are embarking on the adventure of a life time. Remember its not a job it's an **ADVENTURE!**



CATS and former CATS attend the WOMEN LEADING IN DEFENCE 2010 Conference in Halifax
 Lt S. Belanger (conference co-chair), Lt J. Kirk (CFB Shearwater), LS C. Murphy, A/SLt M. Moore (presenter),
 AB A. Collins (CFB Greenwood), LCdr S. Long-Poucher (presenter) and CPO2 P. Clarabut (L-R)

**“Staking Our Claim!”
 The Legacy of Women and Leadership in the Canadian Navy, 1910-2010**





Helping Adi making play dough cookies at CATARAQUI's Family Christmas Party

A/SLt Moore: I am an intelligence officer in the Naval Reserves, enrolled 2005, and spent my 2010 year working full time at CATARAQUI as the Command Executive Assistant, as a member of Kingston's Navy 2010 Coordinating Team, as well as a Research Assistant and Masters Student at RMC. I am a proud mother of my wonderful little girl, Adriana, and am happily married to an electrician, Jason. We love spending our free time at the park, in the pool, playing music, doing crafts, or out on the lake. Having completed my Intelligence qualifications course in July at CFFS (Quebec), I am enjoying my time back in class in the War Studies program. My research focuses on peacekeeping and social perceptions of the military culture, and how this compares to the reality of theatre operations. I am also exploring the psychological impact of these differing perspectives on the soldiers returning home from deployment. I enjoy all forms of research, problem solving, and analysis; and thus am eager to commence my future career in the Intelligence Branch.



The Junior Ranks of HMCS CATARAQUI

- (6th Row) OS Lacasse, OS Hartnett, OS Valade, OS Black, OS Baum, OS Collins, OS Hawkins, OS Langlais, OS Plourde
 (5th Row) MS Harris, OS Zakrzewski, OS Beuman, OS Lynch, OS LeBlanc
 (4th Row) LS Murphy, LS Snudden, MS Breuvar, OS Durette, OS Larose, LS Cloutier, AB G. Blaker
 (3rd Row) LS Moufid, OS Moufid, OS Sayeau, OS Cadotte, LS MacDonald, LS McDonald, LS Goodman, LS Kirkland
 (2nd Row) OS Lalonde, MS Bardell, LS Lowes, LS Caraiscos, AB Stewart, LS Walsh, LS Chamberlain, OS Boesveld, OS Carriere
 (1st Row left to right) LS Carroll, LS Taylor, LS Eagles, LS Cyr, OS Dionne, MS Archibald



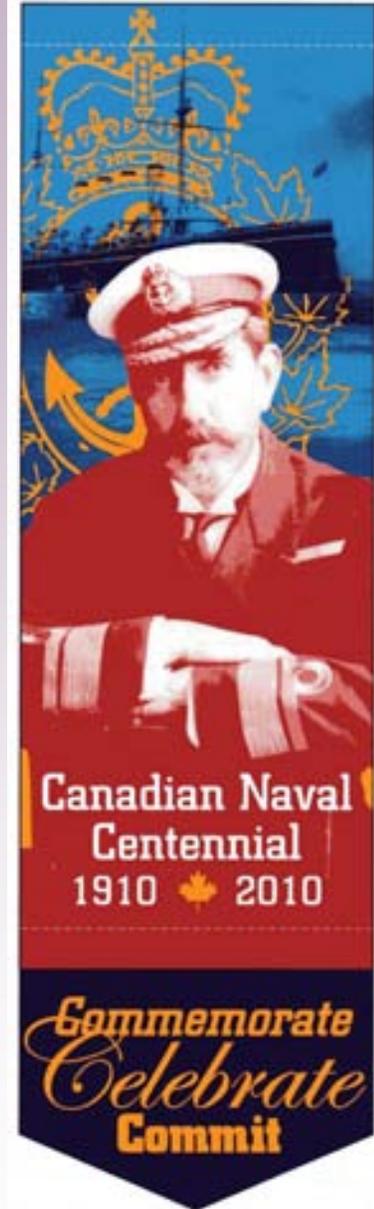
AB Carrie Szabo: I was born and raised here in beautiful Kingston Ontario. After graduating from the Toronto School of Business with a diploma in Accounting, I worked for a large hotel as the Director of Catering. Seven years later it was time for a change and I moved to Sodexo Marriott at Queen's University where I took on the challenge of Banquet Manager. There, I enjoyed planning and organizing large events and working with clients such as Speaker of the House of Commons, Peter Milliken; former Premier of Alberta, Peter Lougheed; and Canadian Astronaut Julie Payette. Following the birth of my twin boys in March of 2000, I decided it was time to put my career on hold in order to raise my four children. Now, 10 years later, it is time once again for me to focus on my career. I joined the Naval Reserves and was sworn in on April 8, 2010. I left for basic training on April 24, 2010 and then on to my QL3's as an RMS Clerk. I returned from Borden on August 31, 2010 with numerous friends and countless great memories. Being a Reservist at HMCS Cataraqui has given me the opportunity to experience the military life. Who knows what's next? I only wish I had thought of it 20 years ago.

OS James Sayeau: I was born and raised in the Kingston area, Ardoch Algonquin First Nations, I've been with CATARAQUI since 2007. I joined as a cook and now I am working in the Ship's Office. In civilian life I work with Ardoch Algonquin First Nations council and the Katarokwi community as Traditional Helper (Oshkwaabewis) I have been appointed as a Sacred Fire Keeper, Spiritual Official, and a Eagle Staff Carrier by my community. I am interested in grass-roots politics and social advocacy. In my spare time I'm an artist and struggling musician.





Former Coxswains PO1 Brian Brooks (retired) and CPO2 Joy Gillis (now of HMCS CARLETON) attend the CATARAQUI Awards Night on April 7th.



PO2 Ted Kennedy: Born, raised and educated in the Kingston area. Under the tutelage of one Chief Petty Officer Edward "Ted" Green, I enlisted in the summer of 1982. Master Seaman Wayne Mackenzie and the Chief basically took this nautical debutante under their wings, and here he is now celebrating the 100th as a proverbial "Ancien Sel". Married to his childhood sweetheart (though they didn't meet until he was 27) the longtime, longsuffering Bride Barbara Ellen since 1995, he is the proud father of Edward and Estella. I have sailed aboard HMCS Ottawa and Preserver and the Pig Boats, and other reserve vessels. Fond memories include sailing aboard the Detector to New York City, Cox'n on the Rally, recruit training and holding Lt Rob Marriott's legs whilst he came up one sit up short at the expres test, debates in the mess and the camaraderie of shipmates found nowhere else in society. His only real regret with the Navy -

E x p r e s T e s t i n g .

Life Motto "Faith, Family and Honour"



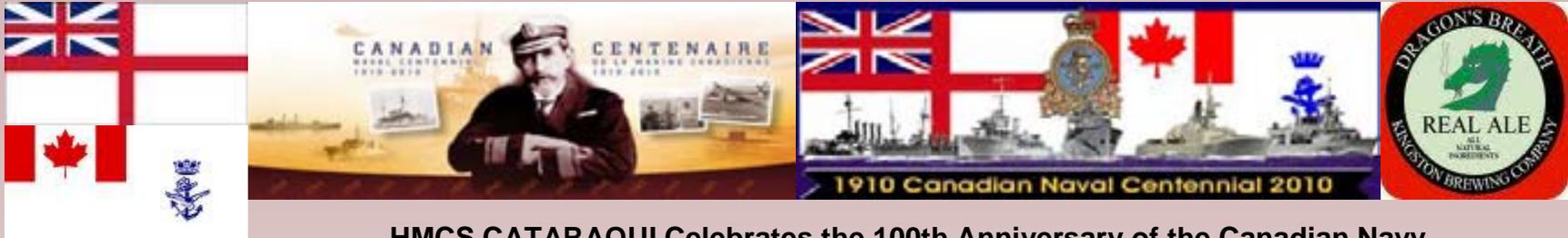


On Your Mark, Get Set, Think!

CATARAQUI hosts the 2010 Eastern Ontario Math and Chess Tournament on April 11th



PO2 Maxime Deslauriers: I was promoted to Petty Officer Second Class on May 04, 2010, the naval centennial. I joined the military when I was 17 years old, right after I graduated from high school. I started basic training on July 14, 2000. Ten weeks later I was on a plane to Esquimalt B.C to begin my NAVCOMM QL3. The thing that scared me the most at the time was that I did not speak a word of English. On completion of the course, I was posted to HMCS FREDERICTON with a few friends from the course and we all decided to drive across Canada. It was during our trip that the events of September 11th happened and we had to meet our units earlier than expected. On arrival, three ships were looking for Naval Communicators to be deployed over six months in the Gulf to assist the United States. I volunteered, and three weeks later I was sailing to Gibraltar onboard HMCS CHARLOTTETOWN. I spent six years onboard the HMCS CHARLOTTETOWN doing many trips such as Fishery Patrols, Coalition Forces Operations, and many port visits around the world. I was then appointed to Master Seaman and received my first shore posting to NRS Halifax. Upon completion of PLQ training, I got transferred inland to HMCS CATARAQUI, Kingston's reserve unit. This was a big learning experience for me as I had never worked with reservists and was unsure of what to expect. I am glad that I came here to Cataraqui, where I met invaluable friends and shared new life experiences. It's now time for me to move on and I will be pursuing my career back at sea as a new training Petty Officer onboard HMCS St. John's.



HMCS CATARAQUI Celebrates the 100th Anniversary of the Canadian Navy

On May 4th 2010, when the Navy across CANADA marched in parades, dressed ship and attended formal events with ministers and mayors, many of the ships company attended a quiet celebration at the Kingston Brewing Company (aka Brew Pub). The late afternoon event was spent in quiet celebration and comradeship as we toasted our past, present and future. It was a rare occasion in a year of celebration where we could relax and enjoy the moment. It was also an opportunity to promote a very deserving Master Seaman on a day of great import. Our sailors were delighted to sample the Brew Pubs specially prepared Crown and Anchor Beer, the Pubs nod to the Canadian Navy. The Kingston Brew Pub has long been a welcoming place for Sailors, both local and those far away from home.



PO Turner congratulates his new Messmate, PO Max Deslauriers

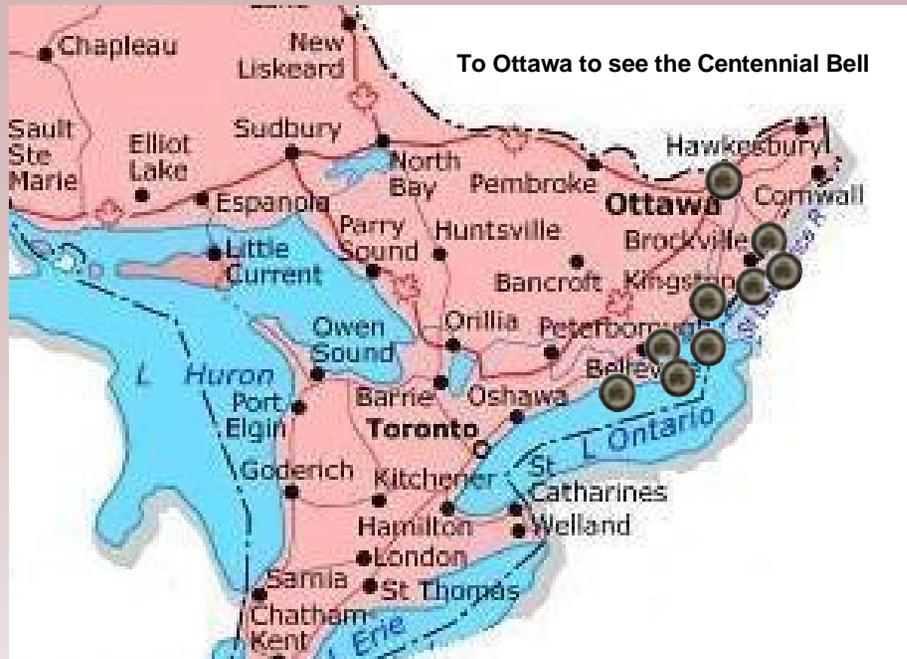


NCdt Marr and Lt Pacheco share a pint and a memory

CPO2 Fred Dainard: As I reflect back on my 35 year career in the Navy and the Naval Reserve in this our Centennial year, I am immediately struck with the realization that I have been a part of that history for more than a third of the Navies existence. In the seventies and early eighties the Navy was Canada's vanguard during the Cold War between the former Soviet Union and NATO allies. In 1980 while deployed in HMCS Fraser attached to SNFL (Standing Naval Force Atlantic) we had completed 5 months exercising with the SNFL fleet in European waters. Our last port-of-call was Rotterdam and we expected to proceed home to spend Christmas with our loved ones. We departed Rotterdam on the morning of 3 December 1980, expecting to proceed to Halifax. Once we cleared the harbour the CO came on the blower to inform the ships company that we would not be proceeding home. Instead he explained that we would be proceeding to the Baltic in consort with the rest of the SNFL fleet as a show of force. The Soviet Union had massed their forces along the Polish border and it was widely expected that they would invade Poland. Poland had been experiencing a great deal of unrest with the rise of the labour unions and the Soviets were expected to take this action to maintain control. We proceeded to the Baltic and were immediately shadowed by a fleet of Soviet ships and over flown by numerous bear aircraft. This was a very tense time for all involved. After a number of days patrolling in the Baltic the SNFL fleet was directed to proceed to Portsmouth, England and remain on standby to deploy. The Soviets eventually withdrew their military and the expected invasion was avoided. When we arrived in Portsmouth we were informed of the top news item of the time, John Lennon had been shot and killed in New York City. England was in mourning. We remained in Portsmouth over Christmas/New years of 1980 hosted by HMS Sheffield (lost 2 years later in the Falklands war). These were only two highlights in my time at sea. I also remember the arctic sovereignty patrols, fishery patrols, and numerous multi-national exercises from the stormy north sea, north Atlantic to the Caribbean, South Pacific and waters off the east coast of South America. Experiences I only dreamed about growing up in the sleepy little village of Brighton, ON. In 1999, I transferred to the Naval Reserve and joined HMCS Catarauqui. I have had the pleasure to work in training, recruiting and served as the NRD Coxswain from 2003-2005. I served in NRTD Borden as the Chief of Standards conducting BMQ training and currently serve as the Leadership Division Chief in Fleet School Quebec. My latest appointment as Central Region Chief as part of the FCPO counsel, will give me an opportunity to continue to contribute and be part of the Canadian Navy. I am in the twilight of my career and long association with the Navy, I am proud of the young sailors I talk to and feel that the Navy is in safe, professional hands moving into its second century.



CPO2 Fred Dainard a former Coxswain and now Leadership Division Chief in Quebec City enjoys some refreshments in the C&POs Mess after the Battle of the Atlantic parade on May 2nd.



Name Sake Presentations: Over the centennial year CATARAQUI made presentations to communities who had been honoured by having a ship named after them. These communities included, Port Hope, Cobourg, Peterborough, Quinte West (TRENTONIAN, QUINTE I and II), Belleville, Napanee, Brockville, Prescott, Picton (for HMC Ships HALLOWELL), Gananoque and Kingston (for HMCS FRONTENAC and KINGSTON). In every case members of the ship were warmly received, made welcome and treated as honoured guests. A/SLt Dahl, who attended many of these presentations remarked "I came to understand after visiting a few cities and meeting the people who attended the presentations that CATARAQUI is more than a NRD in Kingston, it is the Navy and the Naval presence in Eastern Ontario". The opportunity to connect and reconnect with area communities will have positive effects for the Navy in the years to come. Certainly this project went a long way to complete our mission for 2010 - to Commemorate, Celebrate and Commit, to bring the Navy of CANADA to Canadians.



The namesake presentations for Cobourg and Port Hope were done on the same day and although this made for a larger event it was much like the warm reception CAT personnel received everywhere they went. On hand for the presentations were leaders of the municipal government, Cadet Corps, Veterans, and friends of the Navy. During the presentation LCdr Leighton explained that the link between Cities and Ships went far beyond a common name; during the war communities all over Canada rallied to support sailors far from home with care packages of comfort items.

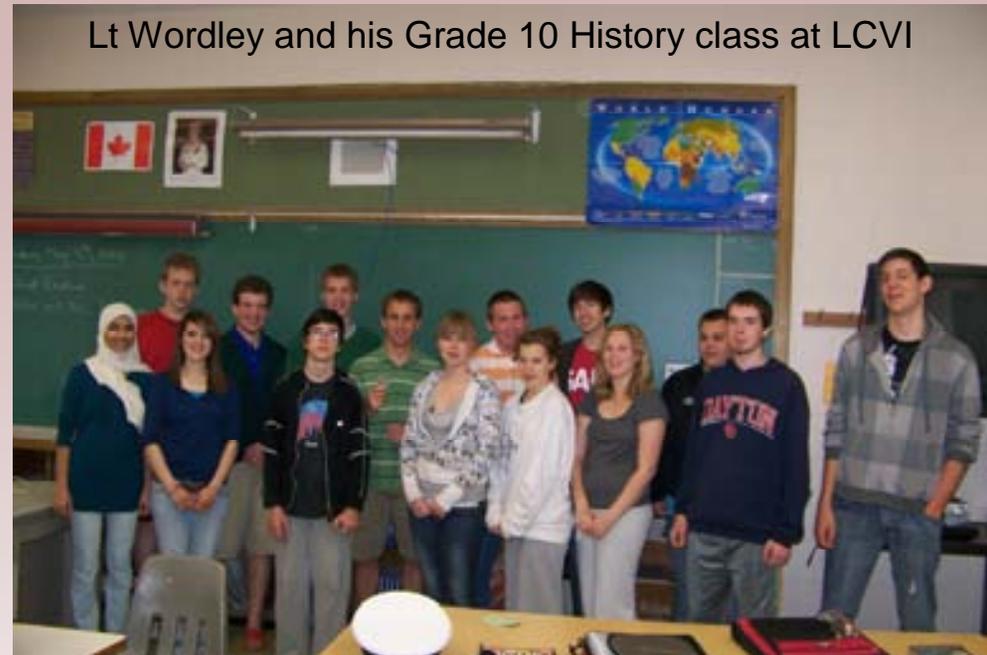




The XO stands with the Mayor of Cobourg, Mayor Peter Delanty and Mayor Linda Thompson of Port Hope after the Ship namesake presentation.



Old Salts form the Honour Guard complete with Lee Enfield rifles and webbing.



Lt Wordley and his Grade 10 History class at LCVI

Lt Alex Wordley: I have been a member of the Reserves since 2000. As a MARS officer I perform the role of an Officer of the Watch at Sea. This is a very rewarding and at times, a very challenging position. Officer of the Watch Manoeuvres, Pilotage Navigation, Communications, Engineering and Safety drills-it keeps you busy. At CATARAQUI I am the Divisional Officer of the Engineering department. I have gotten to know the sailors in the department and feel lucky that I have inherited such a capable department . I joined the Reserves at HMCS YORK in my first year of a Kinesiology at York University. After 4 years at York and 3 full Navy summers I came to Kingston to attend teachers college at Queen's. As a teacher I am constantly telling students about the benefits of being a member of the Navy. Adventure, lifelong friends, physical fitness and travel. I also tell them about how I finished 5 years of post-secondary studies, living away from home the entire time, paid for completely by me and with no debt. Lastly, on a personal note, I am a proud new father! My son Jack was born at the end of April and has about 15 ½ years to go until he is eligible to join the reserves and start saving for his own post-secondary adventures, whatever they may be.

Naval Veterans



Mr Norm Wilde is a War Veteran and a former PO who served at CAT in the 1940-50s.



LCdr Burgham stands beneath a painting that captures his experience as a pilot during the Pacific campaign. LCdr (P) Burgham was the CO of the Naval Air Training Squadron VC 921, that was part of CATA-RAQUI in the 1950s.



LS Walsh participates in diving operations at CFS ALERT

Leading Seaman Matthew Walsh:

I was born in Toronto Ontario in September. In 1989 my

parents now having 3 young kids and did not feel comfortable about the area we were living in, so my dad decided to move us to Kingston. When arriving in Kingston we had RCMP officers living on both sides of us.

From then on that's what I thought I wanted to be, a cop who was kicking ass and taking names. In High school my dream of being a police officer was kept going. I made sure to keep active playing at high levels of competitive sports including mixed martial arts, team Ontario rugby and OFSAA football. As well I enrolled in the police foundation focus program at Bayridge Secondary School. In 2002 I was accepted into Police Foundations at St. Lawrence College in Kingston Ontario. I was on my way to being a cop, now the only trouble was how do I pay for this? A friend of mine told me to try the Naval Reserve; they gave up to 2000 dollars a year in tuition reimbursement and a summer well-paying. I thought "hey why not give this a chance"... If I can tone down my temper and take some orders for the summer I got a good paying summer job. In summer 2003 I completed my basic training and enrolled in the Naval Reserves as a Naval Communicator. After being in for a year or two I learned about the trade Port Inspection Diver (PID), my focus was now starting to drift from police foundations to being just like Cuba Gooding Jr. in the movie "men of honor". In 2007 I finally got my re-muster to the PID trade. I did my first dive course in Oct of 2007 and have yet to look back. Since then I have taken QL2 (deep dive course), I have been to Alert to fix their water filtration system, and done countless ice dives and dive exercises. Next year I hope to do my Clearance diver Pre-lim and go Reg force. The Navy Diver is not a fighting man, he is a salvage expert. If it is lost underwater, he finds it. If it's sunk, he brings it up. If it's in the way, he moves it. If he's lucky, he will die young, 200-feet beneath the waves, for that is the closest he'll ever get to being a hero.





Battle of the Atlantic
Weekend Vignettes
May 1st and 2nd 2010





Battle of the Atlantic
Dinner and Cruise
Vignettes
May 1st and 2nd 2010



A/SLt Peter Elston: I joined HMCS CATARAQUI as a Logistics Officer in 2009. In my present employment capacity, I am the Assistant Administration Officer for the unit, as well as the Chairman for the Stocktaking Board. As of late 2010, I am halfway to completing my trade qualifications at Canadian Forces Fleet School, Quebec City.

In my civilian life, I am a student at Queen's University, in the process of completing my Honours degree in Philosophy. I am also an active member of the Judicial Committee within the Queen's student government, which is the body that administers the student discipline system. Equally, I am an artist, and have contributed to the collection of works around the ship. Most of my medium is acrylic on canvas, and has been featured in a number of galleries in Southern Ontario. I will endeavor to use both my military and civilian student experiences to develop a career as a lawyer.





Seven members of the unit travel to Ottawa to see the 2010 Naval Centennial Bell and visit with the Speaker of the House, Peter Milliken





CPO2 Dainard and the Cox'n join with other Boatswains and the Deck Officer, for a Battle of the Atlantic Sunday photo opportunity. Pictured are: LCdr Henderson, OS Leblanc, MS Hawkins, LS Jamieson, MS Montgomery, LS Howie, OS Campbell, CPO2 Dainard, AB Durette, CPO2 Clarabut (L-R).



Lt Guillermo Rivera: I joined the Naval Reserve at HMCS PREVOST in London, Ontario, which is the city where my family and I moved to from El Salvador. I learned at an early age how to fight for what one wants and how to work together. As the second youngest of 9 children I also learned to be a follower. There are moments in life when we are leaders and when we need to be followers as well. The best part of it is that it does not matter the role that we have to play, the important thing is to play to the best of our abilities and in unison to be able to accomplish an objective. All these lessons learned early on in my life have been fundamental in my educative formation as well as in my short career in the military. Family is very important to me, either biological family or the working-environment family, because we share common things and also because we agree and learn to work with each other. I obtained an Honours Bachelor in Science from the University of Western Ontario. While being a full time student in London, I also worked as a Laboratory Technician and Library Research Assistant. Furthermore, I have also worked as a Support Services Coordinator for people with special needs. Towards the end of my undergrad education, I realized that the human sciences were great to know but it was not for me to pursue a further education in it; therefore, I decided to update my accounting and business background in order to continue with what it seems to be a family tradition. Been influenced by relatives, parents and older siblings who have followed a business

administration and accounting profession, I decided to move to Kingston, Ontario to start my education in business administration. Two and a half years later I obtained my MBA from the Royal Military College of Canada. With the Navy I have worked as the budget manager, recruiter, Adjutant, administrator in London, Ontario, Quebec City, Esquimalt and Kingston and would like to continue my professional development in either of the Coasts or Ottawa. In the Forces I have also volunteered for a few things as well. I believe that volunteers make a significant impact in our society and that the volunteer experience provides opportunities for professional and emotional growth. Therefore I am always looking for opportunities to grow and share my experiences and expertise. For the past two years I have been privileged to be the military co-chair of the Kingston Diversity Advisory Group. I am also actively involved with the Kingston Latin American Association and Kingston Community Living. At work, I can't help but to think on the relationships I had with my siblings: where there was a common goal and how we worked together to obtain that goal and how many times we would disagree and very passionately defend our point of views and opinions but at the end we concentrate of what the main goal was and compromised to obtain our objective.

The Cox'n Participates in the Unveiling of a Commemorative Plaque for Admiral Kingsmill

Admiral Sir Charles Edmund Kingsmill was born in Guelph in 1855 and had a distinguished career in Britain's Royal Navy long before he was appointed the director of the Marine Service in Canada's Department of Marine and Fisheries in 1908. Eventually promoted to full admiral in 1917, Kingsmill served as director of the Navy for 11 years, guiding it through its first decade. Kingsmill, born in what was then known as "Canada West," was only 14 years old when he went to England to join the training ship HMS Britannia as a naval cadet. As a young officer Kingsmill qualified as a torpedo specialist and



served for a few months in the royal yacht HMS Victoria and Albert. His career pattern was fairly typical of other naval officers of his generation, but unlike most of his contemporaries, Kingsmill also completed two advanced courses at the Royal Naval College. The birth of the Royal Canadian Navy was an important step in the development of Canada's national identity, pride and independence. But in the first few years of the 20th century, disinterest or lack of knowledge about navies and what they could do almost prevented Canada's Navy from every coming into existence at all. In 1910, Laurier's government introduced the Naval Service Bill. The bill received royal assent on May 4, 1910, and became the Naval Service Act. Kingsmill set to work transforming the armed vessels of Canada's Marine Service into a formal navy, to which were added to ageing Royal Navy cruisers, HMCS RAINBOW, and HMCS NIOBE. As the prospect of war with Germany drew nearer, Kingsmill began a long and frustrating campaign to convince a reluctant government to build the Navy and in particular to acquire the destroyer-class vessels which he was convinced offered the most effective solution to Canada's needs. When war finally came in 1914, that navy had not yet taken shape. With just 379 officers and men, the Royal Canadian Navy, despite Kingsmill's tireless work, hardly existed at all. Some 9,500 Canadians and Newfoundlanders would eventually serve in the RCN during World War I, and the East Coast force grew to almost 100 vessels. Kingsmill died in 1935 and was buried in the Emmanuel Anglican Church Cemetery just outside Portland on Highway 15. It would take many years for Charles Kingsmill's vision to become a reality, he had established the foundations of professional administration and leadership for the future Navy. Although hardly a household name today, Kingsmill was truly the father of Canada's Navy.

Catching Up With CATS



Royal Military College and former CATARAQUI members NCdt Chamberlain, NCdt Gammeljord, and NCdt Dupuis (L-R in photo on left) attend a reception at HMCS CATARAQUI after the Battle of Atlantic Sunday parade.





Captain Megan Cromarty: I joined the military in the summer of 1999 after graduating from high school because I wanted a challenge. I definitely found a challenge and have been living an exciting life ever since! I studied at the Royal Military College and obtained a degree in Mechanical Engineering. My summers were spent training to become an Electrical and Mechanical Engineering Officer. Upon graduation in 2003, I was posted to Cold Lake, Alberta as the Workshop Support Officer and then the 4 Wing EME Officer. I was fortunate to be given the opportunity to deploy to Afghanistan in 2006 as a Duty Officer in the Logistical Operations Cell of the National Support Element. Upon my return from tour, I was posted back to RMC as a Squadron Commander. After releasing from the Regular Force in 2009 to further pursue my education, I joined the Naval Reserves to appreciate another element of the Canadian Forces. I worked at 4 Wing Cold Lake for three years and gained an appreciation for Air Operations. Now attached to HMCS CATARAQUI, I'm looking forward to learning about Naval traditions and operations.

CATARAQUI CANTEEN

These items can be found at the CAT Canteen.

Cataraqui White T-Shirt

\$6.50/ea

Navy 2010 Water Bottles /

Mugs \$10.00/ea

Cataraqui Grey T-shirt with Embroidered Crest

\$9.50/ea

Cataraqui Navy Blue Ball Cap

\$10.00/ea

Centennial Navy 2010 Ball

Caps \$18.00/ea

Cataraqui Pins \$4.50/ea

Cataraqui Ships Crest Stickers

\$3.00/ea

Chocolate Bars \$1.00/ea

Popcorn, salted Peanuts

\$1.00/ea

Apple Juice \$1.00/ea

Bottled Water (500ml)

\$1.00/ea

Large Bottled Water (710ml)

\$1.25/ea

Can Pop \$1.00/ea



**OS Hewitt LS Carroll LS Caraiscos
(L-R back), LS Morris**



- The Cakes of 2010 -
The coin has a sweet tooth



OS Lynch: I joined the CF when I was sixteen. I'm going to turn eighteen in a few months. After announcing that I was planning to Voluntary Release a few people told me I would regret it in the future. I have no regrets of ever joining the CF and that's because it has taught me lessons I know I wouldn't learn for years to come if I was to learn them ever. The CF has taught me that I have to work with undeniable, sustained confidence among many other things and I will always remember this. This is why I know I won't have any regrets in the future. I would never have gained such confidence if I had never joined the CF and I know it will help me make more decisions in the future.



OS Lynch at the cooks school in CFB Borden with classmates OS Moufid (L) and OS Larose (R)



The Chief and Petty Officers of HMCS CATARAQUI - Winter 2010

Back Row: PO2 Akol, PO2 Goedman, CPO2 Martin,, PO2 Gagnon, PO2 Reid, WO Nangle (L-R)

Front Row: PO2 Turner, PO2 Northcott, CPO2 Clarabut, PO2 Kennedy, Sgt Lessard, MWO Cousineau (L-R)



PO2 Ken Turner (centre) bids farewell to his friends and co-workers from the training department. Lt Bell (Training Officer) is leaving to join HMCS Glace Bay and PO2 Deslauriers (Yeoman) is off to his new ship, HMCS St John's. Having their cake and eating it too has not always been possible for this very busy trio, their absence will be felt.



MS Teresa Hawkins

At work and at play.

In addition to her job at CDA MS Hawkins is also the Chief Boatswain's Mate at CATA-RAQUI



MS Teresa Hawkins: I joined HMCS Cataraqui in March of 1994, while still attending high school. A pivotal point in my career was returning to CAT, after serving at 2 other Naval Reserve Divisions for 11 years. Returning after gaining a broad spectrum of experiences including Recruiting, Port Security, and sailing on Reg Force "heavies", I was unsure how I would be received at my "new" unit. I have encountered endless support and respect from my supervisors, peers and subordinates. In the fall of 2008 I was fortunate to work with the CF Military Law Centre on the Operational Law field exercise. While keeping generators fuelled, erecting modular tentage, and camp husbandry aren't traditionally Boatswain duties, the tasking has evolved into a 3 year contract working with the CF Military

Law Centre. The operational experiences the Legal Officers share reminds me of the global importance the CF plays. A reminder that while on deployment sailors, soldiers and the air force personnel are faced with hours of tedium disrupted with the necessity to make difficult decisions. In my "spare" time I enjoy waterskiing with our 8 year old son Jack, and taking 4 year old Luke tubing along the Rideau Canal.



OS Szabo's Advice on How to Survive Basic Recruit Training

My advice is: 1) prepare yourself for a challenge; 2) expect to run everywhere; 3) learn to shower and dress in less than 7 minutes; 4) Do LOTS of push-ups, squats, lunges and running because it will be very beneficial to you come field time; 5) be prepared to get yelled at and don't take it personally; 6) be prepared to clean - a lot; 7) most importantly be prepared to work as a team (without teamwork you won't survive); and 8) come with an open mind. This course is hard but not impossible... I did it!).

Get Phase 3 done before you get here or you will be sitting in a classroom from 8 - 4pm Saturday and Sunday of weekend # 6 while your platoon mates are in Barrie enjoying their weekend off.



Sage advice from OS Szabo (left); she and fellow classmates OS Beuman and OS Plourde (L-R) graduated from Basic Recruit Training in June at NRTD Borden

The Coin travels to the Panama Canal



PANAMAX is an annual exercise led by Panamanian Navy and the US SOUTHCOM to maintain the security of the Panama Canal and ensure the freedom of commercial shipping. Working out of either Panama City or Mayport, Florida, home of the US Second Fleet, Canada contributed MARS, Logistics and Intelligence personnel to work in the Exercise Control Staff, the Maritime Component Commanders Staff, and at a Shipping Cooperation Point.





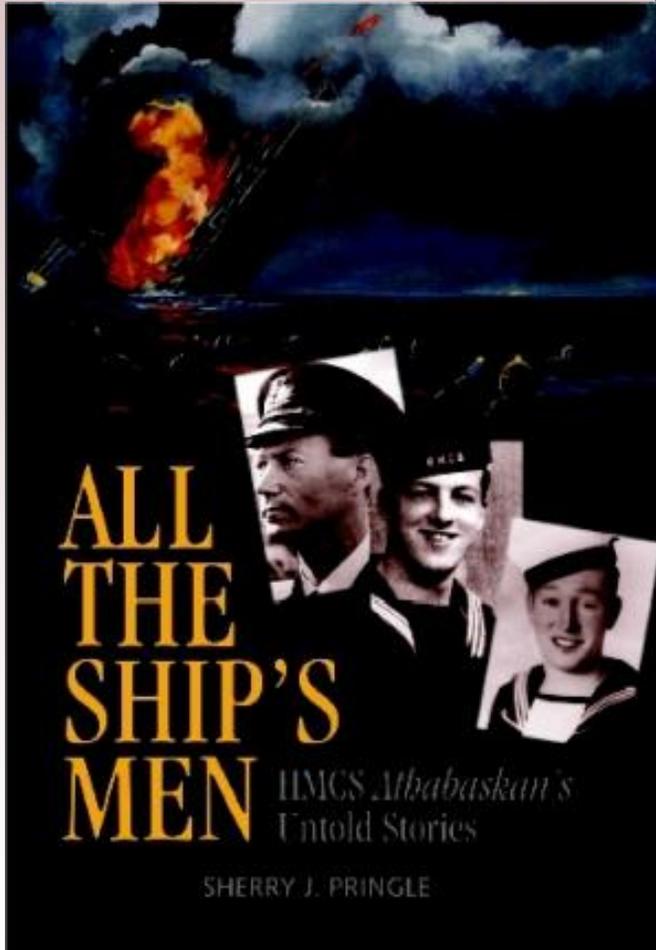
SLt Gregory Curtis: I joined the Reserves when I was working as a freelance writer out of my home with little human contact. I began looking for a hobby that would allow me to meet new people, learn new things, and challenge myself. I stumbled across the Navy, and instantly recognized my attraction to the sea. Within a few months I was off to St. Jean for BOTC, and soon found I was the only Naval reservist and the oldest in my platoon. Doing this in winter in 3 feet of snow was certainly unpleasant, but I managed to get through. Less than a week later, I began a 12-week NOPME course, and I feel very privileged to have been part of this as it was the only time it was offered as an instructor-led course and not distance learning. Since transferring from YORK to CATARAQUI I have seen a lot of changes in my personal life: I bought my first home (endless renovation project), got married (waiting until older in life makes it all the more special), and had a wonderful daughter, Madeline (pictured with me by the Marine Museum of the Great Lakes).



A combined CATARAQUI - RMC - Wilfred Laurier military history symposium was held during the Doors Open event on June 19th.



A Book Signing During the Doors Open Kingston Event at CATARAQUI



Sherry Pringle's book *All the Ship's Men* chronicles the lives lived and lost in the sinking of HMCS ATHABASKAN in 1944. The book begins with the story of her uncle and CATARAQUI's own Maurice Waitson who was lost with his ship. Through her research she found many other stories of Canadian sailors who were lost, rescued or interned as POWs, and she completes the book with their wartime stories.

Lt Robert J.S. Marriott: I was born in Kingston, Ontario and joined the Naval Reserve in April of 1993 as an Ordinary Seaman Naval Communicator. It's hard to believe that I have served 17 years with the Navy as of 2010! Today, I am a Maritime Surface (MARS) Officer and have accumulated more than ten years of actual days served since 1993. This has included serving in the following ships, units and organizations: HMCS *Thunder*, HMCS *Porte de la Reine*, HMCS *Goose Bay*, Royal Military College, Canadian Defence Academy, Chief of Military Personnel, Directorate of Army Doctrine, Directorate of Land Concepts and Designs and of course HMCS CATARAQUI. In my civilian career, I am a Human Resources Officer with the Department of National Defence so I have the pleasure of working for Her Majesty twice!!! To make 2010 extra special, my wife and I were blessed with the arrival of our first child Lillian (Lily). For those who don't know, CATARAQUI has an unofficial motto. In Latin: "Et recta via, et prava via, atque CATARAQUI" roughly translated: "There's the right way, the wrong way, and the CATARAQUI".



It's A Girl!



Strategic Planning Session July 2010

Senior members of the Ship's Company gather together to discuss the way ahead for the coming training year



MS Phil Cyr: My full name, Philippe Joseph Alexandre Andre Cyrõ but most people call me Phil or Disco (because I dance like it was 1980). I was born in April 1984. Growing up was a challenge, as most military families know. No sooner had I made some good friends, adapted to my new school and learned how to navigate my new neighbourhood on my bicycle, I had to leave all behind and start over again in a new town. Luckily enough, my brother, sister and I were the best of friends in our growing years. We spent most of our free time in the forest as there always seemed to be one nearby, thank you Canada! Winter was definitely always my favourite time of the year, where I would spend hours with my brother and friends building massive snow forts, mazes of tunnels in our backyard and playing hours upon hours of pond hockey. But soon enough, it was time to grow up. My teenage years were all spent in the picturesque and historic town of Kingston. I went to a little hidden French high school, off of the Highway, called Marie-Rivier. Here, I developed my athletic skills, even winning my school's athlete of the year award in both grade 12 and 13. I joined HMCS CATARAQUI in grade 12, and spent every summer thereafter on either coast, training as a Port Inspection Diver. I participated in many exercises and operations, including Op Nanook and Pacific Guardian. CAT is also where I met my wife, LS Melanie Cyr. We got married two years later, in 2008 in the warm tropics of the Dominican Republic, and spent our honeymoon traveling Europe. Whilst concurrently being in the navy, I attended Queen's University pursuing my passion for numbers, majoring in Mathematics. After graduating with honours, I began my Master's in Economics. However, half way through my Master's, a great opportunity in the Navy came my way which I could not refuse. My brother, MS Cyr, offered me a long-term Class C contract in the best position in the Navy: a diver on the Opera-

tional dive team at FDU(P)! I was recently promoted to MS, in December 2010. My wife and I currently reside in Victoria, and we have begun venturing into real estate, buying houses and condos to renovate and rent, then sell. We aren't too sure what the future holds for us or where we will be in the next decade, but we can be rest assured that we will be here for at least another couple years!

THE CAP TALLY



Before integration of the CF in 1968 sailors caps were adorned with a cap tally with the name of the sailors ship. In war time the ships name was replaced by more generic cap tallies like the one in the poster. The RNCVVR cap tally above was worn by Canadian Sailors who volunteered to serve with the Canadian or British Navy, this reserve service pre-dates the establishment of the RCNR in 1923. The RCNVR Kingston cap tally was worn by sailors who joined and trained in Kingston and would be replaced with RCNVR (a "hostilities only" cap tally) when they left the Kingston area. The time period during which this cap tally was worn predates the establishment of HMCS CATARAQUI, to the best of my knowledge the RCNVR Kingston tally is the only one that still exists. From 1946 until 1968-70 sailors from CAT would have worn the HMCS CATARAQUI cap tally.



MS David Archibald: I've been in the Naval Reserve for 12 years now and have experienced a great deal in that time. After joining as a Naval Combat Information Operator at HMCS Cataraqi, I was able to pay my way through school at the University of Ottawa. Upon graduation I spent time sailing on both the east and west coast of Canada, visiting many ports, meeting several great friends and enjoying unique experiences, all of which were made possible by the Naval Reserve. Whether serving on the Maritime Coastal Defence Vessels manned mainly by reservists, the Frigates and Tankers manned mostly by Regular Force members, ashore in an operations center with the RCMP in St. Catharine's or at the Service Desk here at CFB Kingston, I've been exposed to many different backgrounds and ways of doing things, each of which has shaped who I am today. Throughout all of my travels, I have maintained ties with HMCS Cataraqi, the Naval Reserve Division where my military career began. Over the years I have been a student, a tutor, a divisional petty officer, a distance learning coordinator, the yeoman, the secondary ISSO, the bar manager and the president of the Master Seamen and Below Mess. I've seen people come and go, but what stands out to me as a constant is the way that everybody looks out for one another and works as a team. This is something that every sailor from HMCS Cataraqi can bring with them throughout their training and when they sail. As everyone who has sailed knows, the most important part of getting the job done and enjoying yourself is the crew that you're with, and sailors from HMCS Cataraqi have a well deserved reputation for being among the best people to sail with. After 12 years in the Naval Reserve, I will be transferring over to the Regular Force to carry on with my career, but I will bring all that I have learned throughout my time as a reservist at HMCS Cataraqi and feel that I am well prepared for the challenges that lie ahead.

Catching Up With CATS



LS Karen Baker is a RMS clerk and former member of CAT. The coin caught up with her during her participation at the AFCAN hockey tournament.



OS Vander Linden joined at CAT, following in his sisters footsteps, he participated briefly at the unit before BMQ and has now transferred to HMCS YORK .



OS Mary-Elizabeth Irwin:

I hail from Halifax, Nova Scotia with a Navy dad and an Army brother. I've spent the better part of my close to 40 years of life raising four daughters with my Navy husband Troy, a full time padre, and running my own business. When one daughter asked me what I wanted to be when I grew it got me thinking and moving! 2010 became an exciting year of change. With full family support I completed my



BMQ in August and can now be found running up and down the stairs in supply. My free time is filled with part time university courses from which I hope to graduate before my children arrive there. I love to run and find new things to conquer. I'm very proud to be part of the Navy and hopefully have set a good example for my daughters that goals can be realized at any age. Go ahead, pick one and work to make it happen. Maybe follow mom into the Navy girls! HMCS Catarauqui is a good home.



Baby Everest



Baby Alex



Baby Lily



Baby Jack

Baby Album Page

MS Frank Cyr: I was born in Ottawa in 1982. As my sister alluded we moved many times. Since she went into the mumbo-jumbo of our childhoods I will mention a few things about my adulthood. I am now 28 years old and married. Sorry ladies! Her name is Stephanie and she an East Coaster from Halifax. I managed to drag her to the West Coast with me after being offered a contract as a Lead Diver for the Port Inspection Team. I have been taking long-term Class C contracts as a Diver/Instructor since 2005. I enjoy what I do with the Navy and especially love the experiences it gives me. My wife, Stephanie, quickly got a job as a Sales professional for K'Prime, a molecular Biology and genetics company based out of Calgary when we arrived in Victoria. We got married just one week before my sister and Ryan in Halifax in August, 2010. We made a huge announcement about the little baby growing in her tummy

on that day. The baby is doing very well; it is a little baby boy. The expected due date is March 24th, 2011 and we cannot wait to have this little bundle of joy! Out here, we enjoy walking our two boxers, and caring for our cat and rabbit and fish; I never was an animal person but they all came with the girl! Both Stephanie and I love to work on our house doing renovations, such as completing the basement and installing a chimney for our woodstove. I work hard to balance my social life, work life and passion as a bodybuilder. I have been training for 4-5 years in order to become a larger-than-life human being. I am currently sitting at 275 lbs and will be competing in the BC provincial Bodybuilding Championship which I had to qualify for. I was awarded a 2nd place finish in the heavyweight division in the 2009 Sandra Wickham Fall Classic. I hope to someday make it to the Canadian Championship and possibly as an IFBB Pro. Party hard but be safe!!



Catching Up With CATS



The CO (and the Coin) catch up with her sailor son LS Jason Poucher who is now a member of HMCS CABOT



Lt Carruth is a Padre and former CAT, now a member of HMCS CARLETON





CPO2 Wayne MacKenzie: I joined the Naval Reserves way back in March 1974. My initial trade was a Boatswain, if you wanted to be a diver you had to be a Bos'n first. From there I obtained a Ship's Divers course and went on to become a Reserve Diver, then a Reserve Clearance Diver and now a Port Inspection Diver. I have had a long career in the Reserves - a lot of good times and

some times when I wonder why I still do it. I have been as far north as Anchorage, Alaska and Yellowknife and as far south as Puerto Rico, and of course everywhere in between from east to west coast. I have met a lot of people over the years, some who I would call work mates and others who I call friends. The Reserves for me was and is a fantastic social network where you could spend weeks on course with someone and stay in touch for the rest of your life. 2010 was not only a great year for the Reserves/Navy but a good one for me as well. I became engaged early in the year and was married by the end of it. Her name is Lizbeth and she is seen in the picture with me at the Battle of the Atlantic dinner and cruise back in May. I have less than two years left in the Reserves before I hit that magic age of 55 when I retire and look back at all of the years, the friends made and what I have accomplished.



PO2 Akol and his last recruits of 2010 get their picture taken with the CO and the coin prior to heading off to CFB Borden and a summer of adventure.

OS Marlee Palmer: I am coming up on the end of my first year in the Navy Reserves and I love it! I completed my BMQ this past summer in Borden, and had a blast while doing so. I am looking forward to taking other courses and employment opportunities. I am currently at the University of Waterloo in the program of Recreation and Leisure Studies, as well as being on the Varsity Swim Team.



OS Palmer is sworn in by her mother; Captain Kenda Palmer

OS Palmer and her family are reunited after her BMQ graduation at NRTD Borden



On Jan 14th 2010, the Canadian Mint issued a Canadian Navy Centennial Dollar. The commemorative coin features HMCS Sackville . this legendary ship is the last surviving corvette and a living memorial to the Canadian Navy and it's war-time sailors. The pennant number (K-181) is clearly visible on its hull, and the our motto, Ready Aye Ready, is in Morse code surrounds the design.



LCdr Long-Poucher presents Mr. Robert Rittwidge of the KATAROKWI Native Friendship Centre with a book; Aboriginal Peoples and the Canadian Military, during the annual Pow Wow at the Memorial Centre. Also pictured are OS James Sayeau and CPO2 Clarabut



OS Galahad Payette: I was born in South-western Ontario and have always had a love of water. Anything to do with boats, lakes, oceans, I've always been riveted by these. I joined the NAVY to pursue that passion and to serve my country. I first joined in 2006 but had to leave due to family reasons, I re-enlisted in 2010 as a Reservist with the intention to be a full time reservist and make a home for my family on the East Coast. In civilian life I enjoy spending my time with my wife and four children. My greatest interest and hobbies involve but are not limited to the great outdoors, especially hiking, camping, canoeing, road trips, and enjoying life. I greatly appreciate my career in the navy and look forward to all the exciting adventures that await me in this endeavour.



Cataraqui Divers have a 2010 message for you . Go



CPO2 Wayne Mackenzie suits up to join other divers participating in the Shore Line Clean-up





Ordinary Seaman Dominic Valade: I have lived in Kingston Ontario since my birth. I joined the Navy in January of 2010 during the Centennial year. I hope on pursuing a career in military because it's been a family tradition. My life long goal would be to go up in rank in attempt to reach the rank of Commander.

Lt Doriann Pacheco: Born and raised in Kingston, I joined HMCS CATARAQUI because I needed a summer job and I had heard that it was a lot of fun. The year was 1992 and it was the first summer where basic training was being held at Cornwallis in awhile. Needless to say, it wasn't as much fun as I had heard but it was the first step of my career in the Naval Reserves. 18 years later, I have had the opportunity and experience of belonging to every mess at Cat. I started in the JR's mess, promoted to PO2 and earned my way to the CPO's mess and finally took my commission in 2008 and entered the Wardroom. I consider Cat my second family as I have had many good memories and good friends from the unit.



SLt now LT Pacheco is all smiles as the XO and Lt Belanger add her half stripe; owing to the magnitude of the occasion for Lt Pacheco the Cox'n furnished her with a complimentary box of tissues.

Monument Unveiled

A limestone memorial was unveiled in Navy Park, next to the Marine Museum, marking the 100th year of the senior service and Kingston's contribution to it. At the same ceremony, the local branch of the Women's Royal Canadian Naval Service Association turned the park back over to the city after owning it for seven years, saying there were too few of them and they were too old to continue looking after it.

All female guard and band contingent from HMCS ONTARIO parade to honour the WRCNS. (below)





Senator Hugh Segal provided the address to the gather crowd on the occasion of the unveiling of a memorial to mark the Navy's Centennial in Navy Memorial.





Proud father welcomes his second son into the Canadian Forces

OS Anthony Dionne: I was born in Greenfield Parc, Quebec. Following in my family's footsteps I joined the navy and finished my BMQ in the summer of 2010. My brother, NCdt Andrew Dionne, was born in Quebec City, Quebec. He finished his BMQ in the summer of 2009 and is now attending the University of Ottawa studying in psychology. My father, Captain Alain Dionne, is one of the people who have influenced me in joining the CF. He belongs to the Royal 22e Regiment. My mother, Retired Corporal Rosemary Ouellet, is the other person in my life who has greatly influenced me in pursuing the military as a career.



The Stamps that never were

These two block sets of stamps were proposed to acknowledge the Naval Centennial however they were never adopted for issue.





Mr. Chris Varley

Chris is a former member of Cataraqui and a naval historian. Since the opening of the current home of CAT Chris has planned, prepared and presented displays of Naval interest to the ship and the greater Kingston area. His latest display *The naval Service of CANADA* is his latest and the largest exhibit thus far.

Sgt Lessard is presented with the Skelton Trophy, awarded to the best Senior NCO at the Annual Awards Night



Sgt Alain Lessard: Je suis né en 1962 à Jonquière, Québec. En Octobre 1979, j'ai rentré dans la Réserve Canadienne avec le Régiment de Saguenay. En 1982, j'ai décidé de rentrer dans les Forces Canadienne régulières avec le troisième bataillon du 22e Régiment Royale à Val cartier, Québec. En Avril 1988, je suis devenu un employé au bureau des finances. Durant mon emploi avec les Forces Canadienne, j'ai fait beaucoup de tours, y compris Cyprès (1984), CFS Alerte (1992) et Aviano Italie (1998). Après 25 ans de service, j'ai pris ma retraite des Forces Canadiennes. Ma femme, Sylvie et nos trois enfants; Josiane, Karolane et Yoan et moi on a tellement aimé notre séjour à Kingston que nous avons décidé de rester après ma retraite. Ma femme travaille à Ecole Remi-Gaulin ou elle est une surveillante ainsi que professeure à temps partiel. Je travaille maintenant au Collège Militaire Royale comme surveillant de bureau au COR. Ma femme et moi adore faire du camping et si vous voyez notre roulotte, vous êtes les bienvenue.

Sgt Alain Lessard: I was born in 1962 in Jonquière Quebec. I joined the reserves in October 1979 with the Regiment of Saguenay. In 1982 I decided to join the Regular Forces with the 3rd battalion of the Royal 22nd Regiment in Valcartier. In April 1988 I re-mustered to finance clerk. During my time in the CF I have had many tours including; Cyprus (1984), CFS Alert (1992) and Aviano Italy (1998). After 25 years of service I released from the CF. My wife, Sylvie and our three children; Josiane, Karolane and Yoan enjoyed our time in Kingston so much we decided to remain after my release. My wife is with employed at Remi Gaulin school and works as a supervisor and temporary professor. I now work at RMC as an office supervisor in the COR. My wife and I love to camp and if you ever see our camper you are most welcome to come for a visit.



Catching Up With CATS



Commander Alan Walker (retired)

Alan is a former Commanding Officer of CATARAQUI, a graduate of RMC and a faithful friend to the ship.



Commander John G Chance (retired)

John Chance stands beside his picture during a recent visit, he was the CO of CAT from Aug 1955 until Jan 1960. During his time as CO he was on hand to kick off the 50th CANADIAN Naval Anniversary and the 20th anniversary of CATARAQUI. (He still has his CAT tie)

Jessika and her new friend Max (who has never been so clean) pose with the coin.



LS Jessika Blaker: I have been in the Navy since April 2005. I joined because of the persistence of my parents and an older sister; who is also in the navy. It turned out to be one of the better decisions of my life. I have had a blast on the coasts and in many other provinces during summer training, making lifelong friends and sharing in experiences I will never forget. I am currently going through the release process because I have started my own business and no longer have the time to be in the navy. I am now a dog groomer, working in my own shop. I love my job, and hope my new business becomes a successful one. Once I have that all sorted I hope to buy my own home, with a small hobby farm far in the country away from city life.

Note to the Commodore:

Perhaps LS Blakersqnew dog grooming business could assist with the maintenance of a Navy Mascot with a propensity to play in the rain.

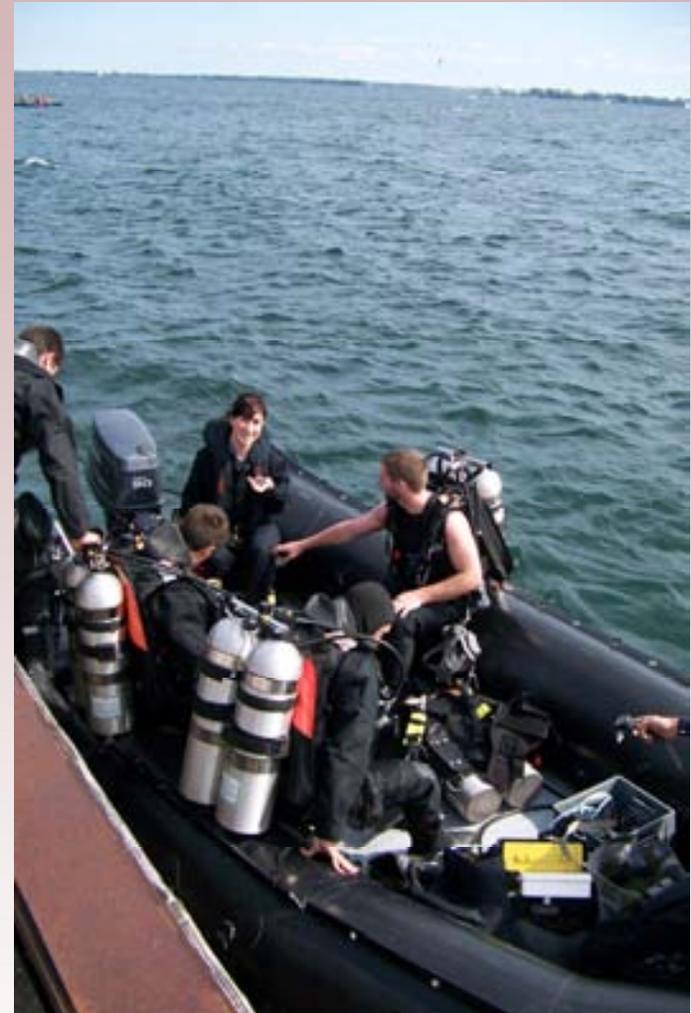
SONAR warms up in preparation for the NAVY 5K run in November.



AB Jaime Sim: I was born and raised in Victoria BC but I moved to Kingston to attend Queen's University in 2007. I am currently in my fourth year of Life Sciences and in the process of applying to medical school. I've really enjoyed my time in Kingston, despite the fact that I was completely unprepared for winters with temperatures below minus five and more than an inch of snow. Both my parents were in the military, my father served in the infantry and my mother was a reserve medic at HMCS Cataraqui. I joined the forces in 2008 because I wanted to gain experience in an area completely different from my academic life as well as serve my country; it



has definitely been one of the best decisions of my life so far. I am grateful to work with a very dedicated group of individuals and I look forward to pursuing a full time career in the military as a medical officer.



AB Sim is the boat Coxswain for CAT divers



No Coin- No problem

Not having the coin available necessitated some improvisation for a few members of the unit during their visit to Canada's Wonderland

OS Katherine (Katie) Porter: I am a member of HMCS Cataraqi as an NCI Op. I have always been physically oriented and enjoy competitive sports. I learned to compete through the sport of fencing. Since the age of 11 I have fenced Sabre and have competed with Queen's University, at the 2007 Canada Winter Games in Whitehorse YT, and with the RMC team. I was actually introduced to the military through my involvement with fencing at RMC. My family history includes 2 older cousins who were in the ground forces and my grandfather worked in Dartmouth during WW II repairing Canso and Catalina aircraft. Also, my great-great uncle landed at Juno Beach during World War II, fought, and survived, and my other great-great uncle was a sailor in the Royal Canadian Navy. I began my military career by joining the Navy reserve roughly a year ago, and attended BMQ at base Borden this past summer. Personally, I thought BMQ was awesome, and an outstanding challenge. I learned many valuable things, including the confirmation that a military career is where I need to be. I am very proud to begin my military career as a member of HMCS Cataraqi in the Canadian Navy centennial year.





NLCC CATARAQUI is a Ship's sponsored youth group that parades at HMCS CATARAQUI and is part of the naval family and naval presence in Kingston

LCdr Long-Poucher visits with the Officers of NLCC CATARAQUI. Pictured are; Midshipman (NL) Jennifer Montgomery (Training Officer), Joy Henderson (Kingston Navy League Branch NLCC chairperson), Midshipman (NL) Janice Valiquette (Supply Officer), SLt (NL) Tim Bramham (Commanding Officer) and A/SLt (NL) George Michaud (Executive Officer) (pictured left to right). Missing from the photo is Civilian Instructor (CI) Dugald Henderson (Instructor).



PO Reid stands beside the "NAVY" bus that was on hand for the Naval Tattoo held at Fort Henry in July. PO Reid is a Class B reservist who splits his time between CFRC Kingston and CATARAQUI.

PO2 Jamie Reid: I grew up in Guelph, Ontario, with a dream to live out West. While attending Sheridan College, a classmate introduced me to the Naval Reserves. After many discussions, I decided to apply as a Nav Comm because their first course was in BC. As my dream was achieved, I moved to BC for 8 years. While employed as a Naval Reservist, I was able to see the West Coast from San Diego, California to Anchorage, Alaska. The next time I travel, I hope to be doing it with my new son, Everest.



The mess presented PO Reid with gifts for the new born including a mountain of diapers.



Five members of CATARAQUI graduate from PLQ in Halifax. Pictured are LS Murphy, Lt Tucker, LS Hollington (front row L - R), LS Goedman, LS Moufid and LS Kirkland. In 2010 a total of 7 CAT members completed the Primary Leadership Course a prerequisite for promotion to Master Seaman.

Cpl Ryan Boehme: I was born in Kingston, ON and have lived here ever since. That's right . quite the contrast to my wife, Jacqueline (LS Cyr), 28 years in the same city. Best city in Canada. I grew up in the countryside of Yarker/Odessa, before moving to Amherstview around the age of 10. I am the youngest of three; I have an older brother and sister. After graduating from High School and doing a stint of student jobs, I attended St. Lawrence College and received a diploma in Instrumentation Engineering. I joined the Army Reserve in 2000 with Res EW following in my brother's footsteps. While attending college in the same program he was in, I took a Leave of Absence from the military only to rejoin in 2007 after meeting Jacqueline. I decided to come to a Naval Reserve unit because I intend to re-muster to Diver. As far as employment goes, after searching for my calling and travelling to such places as Ottawa, Burlington, Smiths Falls, and even as far as Belgium. I landed the incredible job I have with Utilities Kingston (UK) as a Metering Journey Person. My interests lie with history, politics, sports, reading, and hunting. I am currently completing a Bachelor's degree in Political Science at RMC part-time and through correspondence. I hope to someday become more involved with our country's political system. During the fall 2010 elections, I ran as district counsellor in my area. My aim was to get my name out to ensure I would be recognizable in later years. Now that the elections are over, I hope to join some city committees and get involved as much as I can. Perhaps someday you'll refer to me as Prime Minister Boehme! In the meantime, I will continue to further my education and receive my degree while working my way up at UK, and of course hopefully we will have kids in the near future that we can focus our time and efforts on.



Catching Up With CATS



LS Field is a cook aboard HMCS SHAWINIGAN based in Halifax



PO2 Jones now with HMCS York paraded with CAT during his studies at Queens. PO Jones and the Naval Reserve Band performed during the Naval Tattoo at Fort Henry in August.





Lt Tucker, AB Hirman and Lt Bell (L-R) aboard HMCS GLACE BAY in the high Arctic in August. This picture was taken in Scott Inlet, Baffin Island.



Lt Bell (right) tours the deserted community of Heberon NFLD during NORPLOY 2010.



Lt Ryan Bell - I joined the Naval Reserves in 2002 as a Maritime Surface Officer at HMCS STAR in Hamilton as a way of earning money while I was in school. After finishing my degree, I worked full time for several years as a ship's officer in the East Coast Kingston Class

ships. Transitioning from Deck Officer to Navigating Officer upon completion of the Fleet Navigating Officer's Course, I was extremely lucky to be able to travel extensively with the ships, sailing along the entire extent of the East Coast of North America, from the high Arctic down to the Gulf of Mexico. Taking a shore posting in December 2008, I came to CATARAQUI as the Training Officer. Working as a member of the full time staff at CAT was both a challenging and enjoyable experience. Working as a Staff Officer at a Naval Reserve Division is quite the change from life posted to a ship, however the great people I met and the constantly challenging and interesting work made for an excellent posting. Leaving the unit and returning to Halifax in June of 2010, I spent the summer in the Arctic before transferring to the Regular Force in October and ending the Centennial year as a member of HMCS ATHABASKAN. I immensely enjoyed my time in the Naval Reserves and I look forward to many great years of Navy adventures in the years to come.



Boats and crews wait for the beginning of another day shepherding the sailing participants of Canadian Olympic Regatta Kingston. For many years CATARAQUI has provided support to this sailing event.

Catching up with CATS



OS Aitken returned to CAT this summer to help at CORK, she is now a member of HMCS DONNACONNA.



CPO1 Bill Parrott (retired) served with CAT for over 30 years. He is also the maker of the cabinet in the background.



Historical Note: On May 4th CANADA Post issued two stamps to commemorate the Naval Centennial. The identity of the sailor in black and white is unknown however the women above the CPF is the naval reserves very own CPO2 Cheryl Bush; a MESO, originally from HMCS TECUMSEH.

MS Dave Kirkland: I was born in Montreal in 1955. My parents moved us to Toronto in 1958, an interesting move because most of the 401 was only a dream then. As such, it took us a couple of days to travel from Montreal to Toronto including an overnight in Kingston. I have lived in a number of places in Ontario, including a Military oriented boarding school; Lakefield College School. At this school, I learned many valuable life lessons, including outdoors survival skills and the proper handling of firearms, to say nothing of a first rate academic and competitive sports education. My personal favourite were water related sports, such as sailing, running power boats, and scuba diving. I was also afforded the opportunity to officiate Football, Soccer, and Hockey games.



I was given the responsibility to refurbish an old Oro County fire truck which initiated my life-long passion of restoring antique vehicles. I was first employed by the Government of Canada in 1975, in an accounting job at Canada Post in Ottawa. Shortly after, I moved into the area of Material Management, a job that included a great deal of contracting related work. I continued in this line of work after my transfer to Toronto in 1981. In 1983 and after Canada Post became a Crown Corporation, I won a competition that allowed me to transfer to the Department of Supply and Services (DSS), which several years later was taken over by PWGSC. Due to my work I became aware that to be proficient I needed personal experience in the CF and so I became a Reservist at HMCS CATARAQUI in 2001. One of my areas of contracting specialty was as a Marine Contracting Specialist; I concentrated my work efforts on new vessel construction up to 40 feet in length and some re-fit work on ~~heavy~~ vessels. My trade as a MESO was selected to augment the Marine Engineering courses I was taking at the Canadian Coast Guard College. I retired from PWGSC in Jan 2010 as a Senior Contracts Management Officer. Since then I have focused on my Navy career. I'm still sailing, based in Halifax, and very much enjoying my time on ship. I find it to be challenging, stimulating, and rewarding.



In 1910 the Canadian Navy adopted the rank structure of the Royal Naval and for many years the only Canadian distinction was the CANADA flash. Officer rank badges for the three types of naval service, RCN, RCNR and RCNVR were each unique; the "wavy" rank design of the RCNVR badge came to symbolize the hostilities only sailors and they became known as the Wavy Navy.



RCN LCdr

RCNR Lt

RCNVR LCdr

After the Second World War that RCNVR was disbanded and the distinctive rank badges were merged for both Reserve and Regular force officers. With integration in the 1960s the executive curl was replaced by a standardized CF rank badge on a green background. In the 1980s when the distinctive environment uniforms were re-introduced the rank badges remained the same. In 2010, in recognition of 100 years of service the executive curl was once again authorized for use after an absence of over 40 years.



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LS Jacqueline Boehme (Née Cyr): I was born in Ste-Foy, Québec in 1985. I was the third (and last) of three children and the only girl. Needless to say, I was quite the "tom-boy" for a large portion of my life. My family moved ten times (including once when my dad went to Toronto without us and another when we simply moved down the street). We lived in places in Ontario such as Ottawa and Kingston; cities in Québec including Valcartier, St-Bruno (Montréal), Rouyn-Noranda (a place that some like to call "Tim-Buk-Too" as it can be found very far North); and the far West province of British Columbia in the good o'l awesome town of Chilliwack! Before coming back to Kingston, we made one far-away trip to Europe and moved to Paris for a year. What a year that was. The experience of a lifetime! Many cringe at the sound of even just moving to a new house in the same town. For me, it was all about adventure and meeting new people. Even though, after the years of torturing my dolls and gaining new scars had passed and I became increasingly more feminine (having passions such as modeling, shopping, and strutting down runways in pageants), my brothers remained my true inspiration and role models. This is why, in June 2006, after they had been with HMCS CATARAQUI for five years; I decided to join our Naval Reserves! I haven't once looked back. The summer I was sent on BMQ, was one of the best summers of my life! I love the camaraderie and tradition-filled aspects of the Navy. I am glad I didn't follow in my father's footsteps and join the Army! Although, he is still proud of his three little sailors! I am now the Ship's Office Supervisor at CAT. Although I enjoy what I do, I still aspire to find a job in my field. I have a Psychology and Health degree from Queen's University and would love to become a full-time counsellor or psychologist. In my spare time I like to act in community plays, sing, play sports, plan weddings, travel, and write. I am currently working on my first book. so stay tuned! I was recently married (September 2010) to Cpl Boehme (Ryan) and we hope to soon have many little sailors or soldiers of our own running about our "tightly-run ship" we like to call "home"!



"Canada suffers Maritime blindness" Vice Admiral D. McFadden
 Throughout the centennial year CATARAQUI has attempted to increase maritime awareness at events all over eastern Ontario.

PO2 Amanda Northcott: I was born and raised in and around the city of Kingston, Ontario. I joined the Naval Reserve for a summer job in 1990 when I was 17 with HMCS CATARAQUI. At that time it was known as SYEP or Summer Youth Employment Program. I enrolled as a Supply Technician and in 1997 re-mustered to Admin Clerk, then in 1998, re-mustered to the new RMS trade. Some highlights of my Naval career have been; the Nova Scotia International Tattoo, Halifax Military Resource Centre in the I & R section, Work Point Clothing Stores in Victoria BC. My trades training was conducted at CFB Borden and Quebec City. Other than my summer employment, I have worked class B with HMCS CATARAQUI for 12 years as Records, Clerk, Cell Clerk and Ship's Office supervisor until November 2007. I am currently employed with Land Force Doctrine and Training System (LFDTS) Headquarters as G1 Reserve Management 2 and have been since November 2007. My job description consists of managing all permanent and temporary Class B Reserve Service opportunities, selection and hiring of personnel, Postings and transfers, Promotions and relocations. The main focus of this position is to enforce policy and procedures set out by the Army and the CF through directives and orders. For my 20 plus years with the Navy, I can honestly say, it has been the best time of my life. The camaraderie and Esprit de Corps are truly the best in world. Sincere thanks to my parents for being so supportive of my naval career. I will be sure that my two children have the opportunity to realize what the Naval Reserve has to offer.



Catching Up With CATS



Commodore Norman joined the Naval Reserves at HMCS *Cataraqui* in 1980 as an Ordinary Seaman. At the beginning of 2010 Commodore Norman was the commander of the Canadian Fleet Atlantic. He is currently the Director General Maritime Force Development at NDHQ. In the picture above the Commodore is seen aboard his flagship HMCS Athabaskan.



SLT Greg Morris takes a fix (C). SLT Morris is the NavO on HMCS Edmonton. In this picture SLT Morris and the Edmonton are participating in a Sea Force Protection Exercise. Greg joined at Cataraqui in the mid 2000s but has spent the last several years away principally with the MCDV's



Catching up with CATS

The Coxswain's naval family



Mom and Dad
-1945-

Three of the Coxswain's siblings also served at HMCS CATARAQUI following in their Dad's footsteps who joined CATARAQUI (then RCNVR KINGSTON) in 1940. Pictured are; CPO2 Peter Clarabut, Tim Clarabut, AW Dianne Perry (ret'd), CPO2 David Clarabut - former Coxswain of DISCOVERY (ret'd), and LS Michael Clarabut (ret'd) (L-R).



OS now AB Moufid receives his first Chevron

AB Ismaël Moufid: I'm 20 years old and I was born in France (Alençon), a city near Caen in Normandy. I am fully bilingual, I lived and studied both in English and French (Canada and France). I have been in the Naval Reserves for about four years. I joined HMCS Catarqui as a cook when I was still in high school, in grade 11. In 2008, I graduated high school at L.C.V.I. Then I went to work for 2 years, I worked at CFB Halifax as a force protection guard, then I took it easy and reviewed some Calculus, since, I decided to study at R.M.C. So far in my career, I have completed BMQ (2008), NETP (2009) and my QL3 (2010) trade course. Now, I am in my first year of Civil Engineering completing a Bachelor of Engineering at the Royal Military College of Canada. Hopefully, my goal after completing my degree is applying to become an Officer in the Canadian Forces but still in the Reserves. I did not go straight to becoming an officer because at 16 I was still immature. I can sincerely say that the Canadian Forces has made me grow and made me a better person and built a stronger character.





The NAVY was front and centre during the Annual Warrior's Day Parade in Coe Hill, Hastings County, long known for its strong ties to the Prince Edward Hastings Regiment. The CAT team provided our RHIB which lead the parade, behind our Colour Party, a Community Relations tent and the Reviewing Officer.

AB Padminie Jayasooriya: I joined the Navy in 2007 as an NCIOP and have been a member at HMCS CATARAQUI since. So far I have been to CFB Borden for BMQ and Halifax on trades training. Born in Sri Lanka I immigrated to Canada in 2000. In my civilian life I am currently pursuing studies in Nursing and hope to join Nurses Without Borders as a volunteer to give back to the community. My experience in the Navy having joined as much older than the average recruit has been mixed. I love the Navy family and feel blessed to be a member. It is the family away from home that adopted me in my new home country, Canada.



AB Jayasooriya visit with the Speaker of the House, Peter Milliken during a visit to Ottawa to see the Naval Centennial Bell.



New Training Year Begins - Paper Work and Parades -



Historical Note: Before Garfield there was Heathcliff the CAT; in the 1970s and 80s Cataraqui adopted him as their own. He appeared on flags, crests and buttons and he could be seen anywhere you heard "Go CAT Go"! Heathcliff was rash, brash, crude, ever in the thick of it and always came out on top - he could'a been a sailor.



LS Elena Danila: I was born in Galati, Romania and immigrated to Canada when I was 6, English is my second language for those who choose to believe it! Life before the Navy was simple, I went through a number of jobs, many of them I worked simultaneously. After graduating from Mohawk College in Hamilton and with encouragement from my older sister, I took the plunge and joined as a Naval Communicator. I was hesitant to join the Navy, it being more of a lifestyle rather than a job. It was mentioned that since I like to talk being a NAVCOM be an ideal trade. In truth, I wanted change, adventure and a cool-factor that I felt I was missing. In November of 2006 I went to HMCS STAR where I inundated the recruiter with questions. I must have made a good impression; I was sworn in on 16 January 2007. After basic training I spent a year in Borden digging trenches and attacking troops. That's right, I was enemy forces! Inevitably, I had to leave the sandbox and go to sea. In 2008 I finished my QL1 and was posted to HMCS EDMONTON. Despite my interrogation of the recruiters, nobody mentioned to me that there is absolutely nothing normal about being a sailor.



Absolutely nothing in life can prepare you for that. Between trying to wedge yourself in the shower so you don't fall out, having to sleep in a coffin with curtains, or living off a daily supply of crackers and Gravol you're not really sure how to tackle life at sea. But eventually the waters calm, and the sun shines, and the dolphins follow and that's when reality hits you. It's beautiful! I truly believe that nobody sees the world the way a sailor does. During my two years on the Eddy I fell in love with Canada; her wilderness, the savage sea, the golden sun, and the curious Humpback Whale. On ship I met a few kindred spirits. Feeling inspired, I completed my QL2 and after all was said and done, nearly 250 days of my life on the Eddy were spent at sea and in a dozen ports. Being away at sea plunges any and all hobbies into the abyss, however, it did facilitate some of my favourite activities; reading, camaraderie and travelling. In fact, going to sea is the best place to enjoy those things. I must sound like a recruiting ad by now, but the truth is I owe everything to the decision I made 4 years ago; my memories, my friends, my spouse, Tyler, all of whom came to me through my career. I moved to Kingston with Tyler, I am hoping to catch my balance ashore while and teach young sailors how to be great NavComs. My hopes are that every member I train and send to sea comes back with a smile and a boat full of skills and stories. Despite the hard times and the struggles, I regret nothing, I take back nothing. This was amazing experience, and I know it's not over. Chief Danilaõ .has a nice ring to it don't you think?



CATARAQUI's Training Office

Computer Work Stations are always in demand

Catching Up With CATS



CPO2 Yves Marchand is a member of the ship who has been absent from the unit on Class B for some time. Chief Marchand is also a former Cox'n of the unit. At present Yves works at NRTD Borden as the stores chief for the recruit school.



PO1 Mike Jarrett is a former member of CAT, who rejoined the regular force in 2008. Mike is currently working at the Stewards school in Borden as the Standards PO.





WO Nangle presents MS Reid with a quilt that she made for the baby.

MS Kerry Reid: During the last four years, I have been employed as a behaviour therapist for children with autism. In my spare time, I enjoy playing the piano, playing with my dogs, and reading. Since my son Everest was born, I now spend my time reading children's books and singing children's songs. I have greatly enjoyed my time in the Naval Reserves, and look forward to seeing how my career in the Naval Reserves and the civilian world will change as I become more family-focused.

PO2 Reid and MS Reid: We met in Victoria in 2006 and moved together to Kingston in 2008 to be closer to our families. Since 2010 is the year of the Naval Centennial, we decided to have our own little sailor. After buying a house in Napanee in April, and getting married in May, our son Everest arrived in September, it's been a busy year. Boston, our 2 year old Australian Shepherd and Brady, our 1 year old Husky-Collie are thrilled to be big brothers.

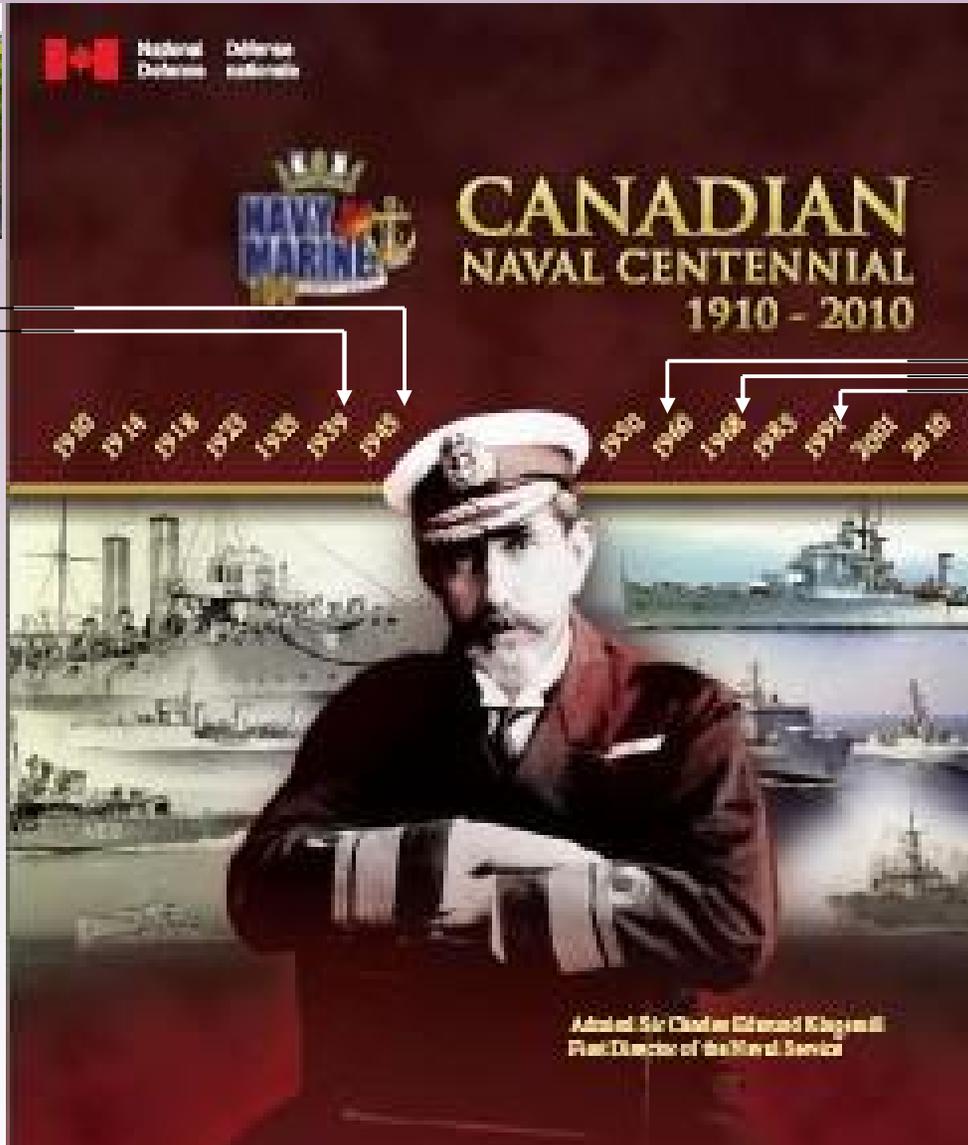


OS Everest Reid and his furry friends



Wellington Street

RCNVR KINGSTON



Highway 2



100 Montreal Street



24 Duty Drive

Now 24 Navy Way!

The many homes of HMCS CATARAQUI



At Work - At home he also likes the "stihl'ness" of the outdoors and country liv'in.

Lt Tony Mullan: I joined HMCS DONNACONA in the summer of 1977 and remained until 1980 where I was promoted to a MARS SLt. I sailed with the west coast training squadron in steam Destroyers and wooden Minesweepers (they still had their MS gear back then). Realizing that I missed going to sea on a regular basis (pun intended), I then enrolled in the Regular Force as a MARS Officer and served in MARGAREE, NIPIGON, ANNAPOLIS (twice), OKANAGAN, PROTECTEUR, MORESBY and CALGARY. After my posting to the CFJHQ in Kingston (DART Team), I fell in love with the Kingston area and took my retirement in 2002 and once again became a Naval Reservist, this time with CATARAQUI. My time at CAT has been active as the OpsO and TrgO and a mix of Class B positions as a recruiter, OPME coordinator and J1 Pers at CDAHQ.



In With The New!

OS Lovelace poses with the coin as members ham it up with the first of the new mess furniture

PO2 Ken Turner: I was born in 1968 in the townships of Petty Harbour / Maddox Cove, Newfoundland. The towns were built on the then thriving fishing industry and my bond and love for the sea was established at a very young age. After graduating from high school in 1986 I had a keen interest in mechanics and in 1990 I enrolled in the Canadian Forces (Navy) as a Marine Engineering Mechanic which seemed a natural fit for both pleasures. After graduating from CFRS Cornwallis, I was posted to the West Coast where my first ship was HMCS KOOTENAY. I decommissioned HMCS KOOTENAY in 1996. In September of that same year I was part of the commissioning crew of HMCS OTTAWA IV which I consider one of the highlights of my career. Prior to her commissioning I was tasked with creating the Solid Brass Griffons now seen on the bridge wings and in the Chief and Petty Officers mess of HMCS OTTAWA which through custom and tradition, will remain with her throughout her service life. I take some pride in the awareness that unknown to future Captain and Crew my name and date is engraved on the reverse side of all three Griffons created, as well as on the commissioning plaque hung in the Junior Ranks Mess. Ships and Units I have served with include HTS Columbia, Canadian Forces Fleet School Esquimalt, HMCS KOOTENAY, HMCS OTTAWA, HMCS REGINA, HMCS HURON, Fleet Maintenance Facility Cape Breton, and Naval Reserve Division HMCS CATARAQUI. Highlights in my career thus far are too many to mention but the memories of my two deployments to the Persian Gulf, one to Haiti and several Far East Tours will stay with me for many years to come, and will undoubtedly provide me with those wonderful colourful sea shanties only a sailor can possess, to spin to my son and daughter when they ask me what exactly I did as a "Stoker" in the Navy. Ready Aye Ready.



Lt Robert Tucker: I was born in London Ontario and raised Kingston from age eleven. I have always been interested in a naval career as an officer having been a sea cadet at RCSCC St Lawrence. I enrolled in the regular forces as an officer cadet in August 89 and attended CFOCS at CFB Chilliwack. During my training I was posted to HMC Ships ANNAPOLIS, KOOTENAY, QU'APPELLE, MACKENZIE, and CHALEUR, traveling from Alaska to Australia. After attending NOC and promoted to SLt I was posted to HMCS VANCOUVER as part of the first crew and completed my Certificate of Competency Level II as part of VAN then MON where I was granted my Watch-keeping certificate. I returned to CFOCS as an instructor in 92 followed by a stint as DECKO of HMCS THUNDER. In 1994 I was selected to work at the Canadian High Commission in London as part of the planning and organizing team responsible for the ceremonies and commemorations for the 50th anniversary of D-Day. In 1995 I was posted to 1 Wing Trenton as the Area Cadet Officer (Sea) for eastern Ontario area with 13 sea cadet corps. 1996 I left full time service to pursue personal interest and became a member of the CIC. For the next 8 years I served in numerous positions within Central Region including senior instructor for Regional Cadet Instructor School, company commander at Blackdown Cadet Summer Training Center, Deputy Commanding Officer for Army cadets in London, Ontario, flotilla commander at HMCS Ontario, escort officer for Central Region Headquarters, and volunteer officer with RCSCC CENTURION. I transferred into the primary Reserves in fall of 2004 and commenced full time employment in the spring of 05 as DeckO of HMCS SUMMERSIDE. I did my operations officer tour aboard MONCTON and SHAWINIGAN. I returned to CAT in the summer of 2008 as the senior full time staff officer in the position of Supply/Admin Officer. My current posting is as Executive Officer of HMCS SUMMERSIDE and have sailed aboard every MCDV on the east coast in various positions. Missions I have participated in have taken me from the high arctic to the Caribbean as well as the Great Lakes and almost every port along the east coast of North America. I hope to one day soon return to my home unit CATARAQUI as Executive Officer or Commanding Officer and hopefully a drive as Commanding Officer of an MCDV or AOPS vessel.





CATS were on hand for the 2010 United Way kick-off breakfast at CFB Kingston. Participation ranged from serving the food to doing our utmost to ensuring there were no leftovers.





Padre Melanson: Joining the Canadian Forces has been a dream of mine for quite some time. I grew up in the Maritimes, spending my teen years on an island in the Bay of Fundy- Grand Manan. It was there my love for the ocean began, so upon joining the CF, my first choice was Navy all the way! As a padre, I have been around the church for most of my life. I have served in churches in both the Maritimes and Ontario. I have studied marriage and family counselling and have worked as a marriage and family counsellor for the past 5 years. Most recently I have been serving as chaplain at Quinte Detention Centre, Napanee, ON. I love to play sports, mostly soccer and ball hockey, as well as any water sports (loved riverboarding and can't wait til next season) I also enjoy fishing and going on and off the trails 4 wheeling. I have been married to Angela for 12 years and we have 2 beautiful daughters (Kelsey 8, and Emily 1)



The Command team of LCdr Philip Henderson (XO), LCdr Susan Long-Poucher (CO) and CPO2 Pete Clarabut (Coxswain) in front of the Naval Service of Canada display. LCdr Henderson assumed the duties of XO from LCdr Leighton in July.



MS Derek Beattie: In the Winter of 1987 I saw an ad in the paper for summer employment with HMCS CATARAQUI. Down at the Armories, the HMCS CATARAQUI line up was right beside the PWOR line-up, in which I recognized a school friend and so, by happenstance, I did my first 5 years in the Reserve as a PWOR infanteer. Those five years took me to Petawawa and Borden, Germany and England before the lure of the Port Inspection Diver trade fi-

nally brought me to HMCS CATARAQUI. One thing I've loved about the Reserve, as my year at HMCS York can attest, is how you can continue to serve from almost any city in Canada. While a full time military career may never be in the cards for many, I am happy to do my part as a Reservist and am proud to call myself a lifer.



Catching Up With CATS



Commander Henault was CO of CAT from Jan 2006 to May 2009. He now works with 1st CanDiv at CFB Kingston. Before joining CAT he was the XO at TECUMSEH.

Captain Cotter was CO of CAT from July 1995 to July 1998. He is now the Executive Director of CFLC.



Cpl Christian Hegland: I was born and raised in a small northern Ontario city known as Sault Ste. Marie. At the age of 18 I decided to join the Army Reserves with the 26 Service Battalion. Shortly after I knew that the military was for me. I then joined the Regular Force and went to the Royal Military College of Canada to get some education and military experience. In 2009 I decided to become a RMS (Resource Management Support) Clerk. I was posted to HMCS Cataragui in July of 2010 where I have been put

into the position as a cell clerk in the Ship's Office where I handle everything from Administration, Pay, and Claims. On the civy side I have quite the busy life. On one hand I love to play sports. Everything from ball hockey, badminton, squash, handball, volleyball, handball, and much more. I am a very competitive person and love to face a challenge. On the other hand one of my biggest passions in life is music. Currently I can play rhythm guitar, bass, and the drums. Besides playing music, I am constantly listening to it non-stop. Everything from the classic 80s rock to the most current music. I love the military, all the people I work for, and I can't wait to see what my career has in store. "Dream Big & Dare to Fail!"



TD Shoreline Cleanup: The Navy arrives to assist with shore line cleanup of waterfront parks





Soaked through but still smiling
Choppy waters made for a wet transit to City Parks during the
shore line cleanup event in September





HS HODGSON SINNETT
CRIMINAL LAWYERS



Lt Hodgson sporting his 70s
Stokers Open hair

Lt Matt Hodgson: I was born in Newfoundland and have lived in a number of communities, including Toronto, Hamilton, Windsor, London, and Ottawa, before returning to Kingston where I have strong family ties. I obtained a four year Honours History degree at the University of Western Ontario and then attended Law School at Queen's. Following the call to the Bar, I practiced law for several years in Kitchener-Waterloo before opening my own law firm, Hodgson Sinnett, in 2000, where I am a criminal defence lawyer and former president of the Criminal Defence Lawyers' Association. I joined the Naval Reserve in 1988 at HMCS Hunter as a member of the SYEP. I was a member of HMCS Prevost when it was re-commissioned in 1990 and a member of HMCS CATARAQUI from 1993-1996 and 2001-present.

Catching Up With CATS



Gregory Lick, Canadian Coast Guard (left) and Chief of the Maritime Staff VAdm Dean McFadden lay wreaths in Ottawa. While attending Queen's University, Greg was able to rejoin the Reserves at HMCS Catarauqui and served 17 years retiring in 2005. He was especially proud to join the C&POs' Mess at CAT after qualifying for his "B" Ticket. Greg is presently Project Manager Offshore Fisheries Science Vessel in the Major Crown Projects Directorate of the Canadian Coast Guard (CCG) in Ottawa.



Lt Mark Shepherd seen here during the doors open in event at CAT where participated in a forum on operations in Af-



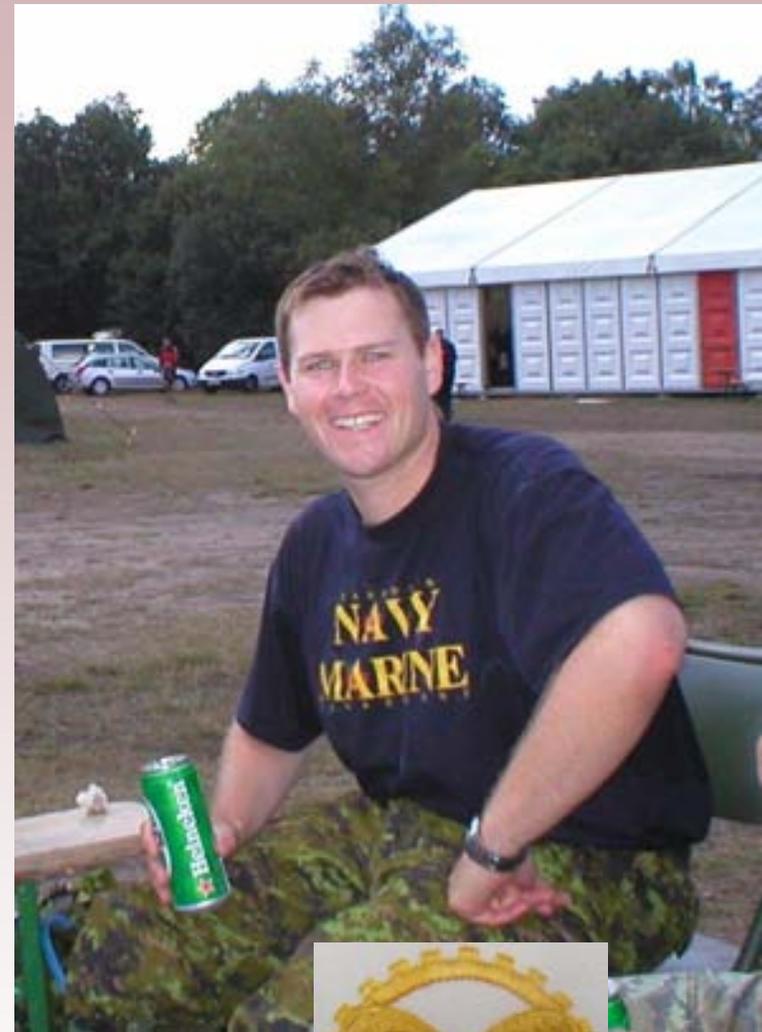
ghanistan. Mark is currently overseas with the CF.

LS McDonald: I had the good fortune of joining the naval reserve through HMCS Prevost in the spring of 2002. At that time I was attending Huron University College at the University of Western Ontario, in London, Ontario. I joined as a Marine Engineering Systems Operator. In the fall of 2004 and into the spring of 2005 I was able to consolidate my MESO training on the west coast. I served aboard HMCS Brandon while she sailed up along the coast into northern B.C. Though I quickly learned my body has the incredible ability to get seasick in just about any type of sea state, I enjoyed my time on the Brandon and the people I met. In 2005 I joined HMCS Cataraqui, having started my first year of law at Queen's University. In 2008 I attended

the Vierdaagse - the International Four Day Marches in Nijmegen, the Netherlands - collecting just over 900 kms in training and the actual march. The experience was incredible and a real highlight of my time in the naval reserve to date. The picture that accompanies this bio is from the second day of the four-day march.



LS McDonald during a demonstration of spill response equipment





MWO Cousineau says "weapon training can be fun".

Weapon cleaning however, not so much

CATARAQUI conducts several C7 rifle and pistol shoots every year so that sailors may remain proficient, in addition bos'ns practice with the 50 caliber machine gun





At the pistol range



PO2 Jo-Anne Cashman: I was born in Kingston, the youngest of ten children eight boys and 2 girls. I spent most of my younger years trying to keep up with my brothers. I was excluded from most activities because I was a girl. In my last year of high school my friends and I decided to find a summer job that would allow us to spend the summer together enjoying the outdoors and sun. The Naval Reserves appeared to be exactly what we were looking for. I was very hesitant at first, but after my brothers informed me that I was not tough enough to make it through basic training, I set out to prove them wrong. My dad was not happy because he felt that I would not be able to find a husband while sailing around. Fortunately, I have been given many opportunities to go to sea. I have sailed up and down both coast, been to Hawaii, New Zealand, Australia, Tahiti and became a shell back while sailing on board HMCS Provider. Even though I have sailed to some pretty amazing places and been on some great adventures the best part of being in the reserves has been the fantastic people that I have met along the way. Now 27 years later, I am back at HMCS Catarauqui at the exact spot where my naval career first began, I am getting reacquainted with old friends and making new ones. And dadō .. you were right about the husband.



PO Cashman was the recipient of the Chown Trophy in 2010, seen here with Carol Chown



PO2 Cashman and Lt Ray (top right) confer during a Saturday training event. Full day

training events provide a good time to practice team training. In this event members respond to a hazardous material spill and a casualty.



OS Kelly Langlais: I was born and raised in Montreal, where I grudgingly attended French school but now I am very glad for it. I joined the Naval Reserve as a MESO two years ago at HMCS Donnacona, but I was born into the Navy more than anything else; my brother and I were baptized with ocean water in the HMCS Donnacona's bell, where our names as well as the names of my cousins can be found (since not only my father, but his two brothers were naval officers and Vice Admiral "*Scruffy*" O'Brian was my grandmother's cousin!). Even so, that was not the main reason I decided to join: I joined because I was at a point in my life where I didn't know where I was going with my CEGEP program, disliked the thought of an office job, and frankly needed the money. Now two attempts at basic training and a program change later, I couldn't be happier I decided to pursue it, along with moving to Kingston and taking a Biotechnology program at Saint Laurence College. Although it sometimes gets a little difficult to juggle my school life with my naval career, I've met so many fantastic people and learnt so many things that I really look forward to completing my school and trade courses so I can get onto a ship and sail!

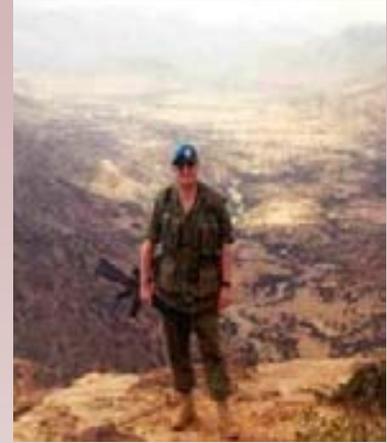


OS Langlais relaxes after her BMQ graduation parade with her (Naval) family





PO1 Daniel (Dan) Ash: I was born at Halifax in 1958. My father was a Navy Chief in the RCN and CAF. I enrolled at the Canadian Armed Forces Recruiting Center at Halifax in Sep 1976 as a Radar Plotter (Now NCI Op). I later trained as an Antisubmarine Air Controller (ASAC) and served in HMC Ships; Assiniboine, Athabaskan (twice), Huron, Protecteur and Nipagon. Highlights of my 11 1/2 years at sea include; five NATO deployments, and many ports visits. In 1990 I re-mustered to Intelligence Operator and specialized in Remote Sensing and satellite imagery. As an Int Op I served in Ottawa, Greenwood N.S. and Kingston Ont. Highlights include traveling to Russia to assist in ballistic missile site inspections and tours in Uganda, Rwanda, Bosnia, Eritrea, Ethiopia and Afghanistan. I completed a component transfer from the regular force to the supplementary reserve in 2007. At that time I went to work at Rana FM. Rana FM is the CF's operational PSYOPS effort in Afghanistan. It is a Pashto language commercial format radio station broadcasting throughout Kandahar Province. At Rana Fm, I am I/C of Daily Ops. I have been a volunteer in the Ops section at CAT since April 2010. I am married to Janette (nee MacAskill) of Sackville N.S. and we have two children; Olivia and Matthew. My hobbies include wood working, house construction and down hill skiing.



PO1 Ash far from home during a deployment



The Coxswain and his wife (Josée Theriault) on their way to visit HMCS FREDERICTON. The ship spent September touring Lake Ontario and visiting communities in Ontario.



MS Melissa Harris: I never intended on joining the Navy. In fact, it was entirely an accident. Growing up in the small town of Puslinch, Ontario, I never really knew anything about the Navy. My family's interest in boating led me to the Toronto Boat Show in 2002. It was here that I saw a Navy recruiting table. I could not resist the free swag. I signed my name on a sheet of paper and took all the pens, pencils, stickers, and magnets I could. The next week, I received a call from HMCS Star asking me if I was interested in joining the Navy. It sounded like a good deal - they would pay to train me. I officially became a Naval Communicator in 2002. Although I did not know it at the time, that was probably one of the best decisions of my life. I decided to head out to the east coast and attend the University of New Brunswick after meeting some great people on my Basic Military Qualification course. I transferred to HMCS Brunswicker and began my undergraduate degree. In my second year, I decided to participate in an exchange at the University of Umeå in Sweden. This was one of the best experiences of my life, allowing me to backpack on three occasions throughout Europe, Asia, and Africa. When I returned, I joined the Varsity Reds Field Hockey Team. Studying and playing sports took up the majority of my time. In 2008, I graduated with a Bachelor of Arts degree honouring in political science as well as a Bachelor of Education degree. I then began a Master of Arts in Political Science at the University of Waterloo in September of 2008. I also transferred back to HMCS Star. I was incredibly torn between pursuing a career in international politics and teaching. In the end, I decided to become a school teacher. Luckily, my fiancée made the same decision. We moved to Stirling, bought a house, and began our careers as teachers. This resulted in me transferring to HMCS Cataraqui, which is where I plan to stay. Teaching has proven to be one of the most challenging and rewarding experiences of my life. I remind myself everyday how much influence I have on my students and I try to take every opportunity to have fun while learning in my class. Although my students are a bit young to start recruiting, that does not stop me from telling them how awesome the Navy is!



The XO holds the Naval Historic Sites pamphlet. The walking tour was developed in conjunction with the City of Kingston as a centennial project and highlights Kingston's unique naval heritage.

Explore Naval Historic Sites: KINGSTON

Kingston's rich marine history dates back more than 300 years and is carefully preserved in parks, monuments, forts, museums, buildings and dockyards that are still in active use throughout the City.

Numbers in the text relate to site locations identified on the included maps.

Please respect private property.

Discover historical Kingston through these free walking tours!



The French explorer Robert Cavalier de la Salle was the first European to discover Kingston, known as Cataragui, in 1669. The name Cataragui is of aboriginal origin, meaning "where the rivers and lake meet," referring to the St. Lawrence and Cataragui Rivers joining with Lake Ontario.

In 1673, Louis de Buade, Count Frontenac, the Governor of New France, met the Inokouas aboriginals on friendly terms and established what came to be called Fort Frontenac. The British subsequently captured and destroyed Fort Frontenac in 1758. What we now call Kingston was founded in 1782 as a settlement for refugee British colonists (United Empire Loyalists).

The War of 1812 was fought between the United States (U.S.) and Great Britain. Most of the fighting took place along the border of the U.S. and the provinces of British North America. During the war, Kingston was the base for the British naval fleet on Lake Ontario. The war ended in 1815. Between 1815 and 1846, the British built a series of defences at Kingston. Some of these were to guard the entrance to the Rideau Canal. The canal was completed in 1832 as a secure route between Montreal and Lake Ontario via Ottawa, in the event of another war with the U.S. In 2007, the Rideau Canal and the fortifications at Kingston were designated a UNESCO World Heritage Site.

Kingston's location at the junction of the Rideau Canal, the St. Lawrence River and Lake Ontario made it the primary military and economic centre of Upper Canada. Kingston served as the capital of the united provinces of Canada from 1841 until 1844 when the capital was moved to Montreal.

1 Fort Frederick is located at the tip of Point Frederick and was originally made of earthworks (fortifications built from soil). Fort Frederick was built to defend the navy dockyard and the town of Kingston. On 10 November 1812, the Fort took part in repelling an American naval squadron. The current Fort and a tower with thick stone walls built in 1846-47, commonly referred to as a Martello tower, replaced the War of 1812 era fort. Today, Fort Frederick is part of the Royal Military College (RMC) of Canada and the tower houses the College's museum.

2 The Royal Naval Dockyard⁽¹⁾ was established on Point Frederick in 1789 for the Provincial Marine, a branch of the British Army that provided transports and armed vessels to the colonial government. It was transferred to the Royal Navy in 1813. During the War of 1812, the dockyard built warships in a naval arms race with the American fleet based at nearby Sackett Harbor, New York, for control of Lake Ontario.

Some of the ships that were built and launched at the dockyard before 1815 included:

- HMS Duke of Gloucester 1807 - 6-gun schooner. Gloucester was captured by the Americans on 27 April 1813
- HMS Royal George 1809 - 25-gun sloop. In November 1812, Royal George was the largest warship on the lake. On 9 November 1812, she was intercepted by an American fleet of seven ships but managed to escape to Kingston. Renamed Niagara 1814
- HMS St. George Private 1813 - 25-gun schooner renamed 30th 1813, altered to brig and renamed Montreal 1814
- HMS St. Lawrence 1814 - 112-gun warship that served during the last months of the War of 1812. She was the largest warship on the Great Lakes and larger than British Admiral Nelson's flagship HMS Victory. HMS St. Lawrence was decommissioned in 1815. She lies sunk in Lake Ontario at the foot of Morton Street in Kingston.
- HMS Prince Regent 1814 - 56-gun frigate renamed Kingston in 1814
- HMS Princess Charlotte 1814 - 42-gun frigate. Renamed Burlington 1814
- HMS Psyche 1814 - 56-gun frigate. Her frames were sent out from Britain to be assembled at Kingston.

The Rush-Bagot Agreement of 1817 between the U.S. and the United Kingdom provided for the demilitarization of the Great Lakes and Lake Champlain.

3 The Stone Frigate is a stone building that was erected in the Dockyard as a warehouse for naval stores. Although planned in 1816, it was not completed until 1820 when the need for storage facilities to



Fort Frederick and naval dockyard circa 1813



Martello Tower



1846 St. Lawrence



A/SLt Robert Asselin: I was born in May of 1984 in Ottawa Ontario. I grew up in Ottawa but made frequent visits to Kingston to go sailing with my parents on Lake Ontario. My father was a very avid sailor who routinely sailed from Portsmouth Marina to the Bahamas and back. My brother, Edouard Asselin, and I were fortunate enough to tag along with him one year as he was making his way to the Bahamas. We sailed with him for a month stopping in New York City and Annapolis Maryland. All this to say that sailing has always been a part of my life and something that I will always love to do. Honestly, I had never put much thought into the CF or the Navy until 2008. As my University career was coming to a close, I began to seriously consider what I wanted to do with my life. I had always had various different ideas but had never made a firm decision. I knew that I wanted to be part of something greater than the individual, something important that made a difference in people's lives. I explored many options but one day, I went to the Kingston CF recruitment centre and heard that the local Naval Reserve unit was hiring MARS officers. As I investigated the MARS profession, I became more and more convinced that this was the career for me but I wasn't sure whether I was ready to plunge into the Regular Force. After weighing my options, I joined CATA-RAQUI on 24 Feb 10 and just completed BMOQ and NETPO in August of 2010. The training I received this summer was an experience that I will never forget as it was one of the most interesting and exciting times of my life. I am very excited about my future in the Naval Reserve and have recently been considering a career in the Regular Force.

Catching Up With CATS



LCdr Sheyla Dussalt stands with NATO allies during her tour in Afghanistan when she was part of the ISAF HQ. At present she is working as an International Program Manager for the Director General Land Equipment Program Management in Ottawa.



LS Blaker was promoted in the spring before his departure for Halifax. LS Blaker is now a member of HMCS MONCTON.





LS Stephenson spent part of 2010 in France working on a farm and working on her language skills

LS Jessie Stephenson: I was born in Hamilton, Ontario and lived in a nearby city, Oakville, until I headed to Kingston to pursue an undergraduate degree at Queen's University in 2006. A friend from home followed me to Kingston for school, but went to RMC instead. After hearing millions of stories about Basic Training and hearing several times how it may be 'too challenging' for a girl like me, I was provoked enough to go to the local recruitment centre to sign up and join the crew of HMCS CATARAQUI. My decision was heavily endorsed by my ex-Air Force Father, who maintains a strong military presence in my family. My Mother, although concerned with my spontaneity, supported me like most mothers do. However, regardless of how 'spur of the moment' my decision to join the military was, it has, without a doubt, been one of my greatest decisions yet. Since Basic Training in the Spring of 2007, I've been DEMO Platoon in Borden, took a course in Esquimalt and sailed the East, all the while collecting friendships with some amazing people and collecting stories to tell of all the unique experiences the military has afforded me. I have since complete my BA(H) in Religious Studies with a BA in History, and I am presently applying to Queen's School of Religion to commence a Masters in Theological Studies with a specialization in Religious and Spiritual Care.



Honoured Veteran, CPO1 Bill Parrott and LCdr Susan Long-Poucher drop the puck the "Navy Night" at a Kingston Frontenac's hockey game

The Kingston Frontenac's OHL team honoured the Canadian Navy with a Navy Night in October. In addition to the ceremonial puck drop, CATARAQUI conducted an intermission competition for spectators. The participants, who wore NAVY hockey jerseys, tossed a Kisby Ring down the ice towards the net in an attempt to score. The Royal Canadian Sea Cadet Corps St Lawrence played the National Anthem, and the CAT Community Relations team was on hand sharing naval memorabilia with the crowd. A fun night was had by all, and the Frontenac's beat the Belleville Bulls 5-4!!





MS Robert Lemieux: I was born and raised in Toronto then moved to Kingston in 1990. After finishing high school I worked as a cook for several years before joining the naval reserve in 1999. After completing Basic Recruit Training in the summer of '99, I have been fortunate enough to frequent both coasts and plenty of other ports-of-call in my 11 year tenure with Naval Reserve. My sea time is limited, but I've sailed with several Kingston class ships and a 6 month stint with the HMCS Montreal in '03 (if you're given an opportunity to sail on a Reg force ship, I highly recommend it). I was lucky enough to take part in RIMPAC '04 spending 5 days in Honolulu then sailing back to Victoria on board the HMCS Brandon. Outside of HMCS Cataraqui, I am currently working as a full time reservist here at CFB Kingston. After obtaining my diploma in Computer Networking at St. Lawrence college in '04, I was fortunate enough to find a position nice and close to home. My unit of employment handles the planning, distribution and maintenance of the majority of communication services provided to the base. I owe much thanks to another member of our ship for helping me along the way; PO2 Akol recommended me for the job, handled my orientation and always had time to help me out when I needed it. Cheers Felix. I have always held my decision of joining the reserves in high regard. Its given me the opportunity to travel to some great places and to meet some great people. Here's to hoping that the rest of my time with the naval reserve is as good as the first.



Making lunch for 80 -100 reservists is certainly a team affair. Pictured above are a few of CATS cooks preparing vegetables. Below are OS Plourde and OS Black wheeling the all important dessert selections into place.



Lt Vivian El-Beltagy: Following an older brother's footsteps, I joined the forces in 1997. With over 12 years of service, I not only enjoy the close-knit ties I have made with fellow CF members I now consider family. Originally from Ottawa, Ontario, I have traveled across Canada with the Navy. Perhaps it was the salty air, or the mild winter months or the Clearance Diving community that pulled me there—but the latter seems to be everyone's guess. Since summer of 2000, the Maritimes is what she calls home. My career has given numerous opportunities to work for various departments within NDHQ, to serve at 2 NRDs (HMCS and my present unit HMCS CATARAQUI) and various units all over the country. As a graduate from RMC in Business Administration, my current focus of study is in the Human Resources field, in-line with my career as a Logistics Officer. I currently work at the Canadian Forces Joint Signal Regiment as the Assistant Admin O. When not at work, I can be found on the squash court or at home working on my next sewing project. I also enjoy traveling and I try to explore a new country every year.



Lt El-Beltagy stands beside the crest of the Joint Signals Regiment where she works with her husband



Lt Hodgson and Lt Card ham it up with the prized Sprinkle Donut during a range shoot



PO2 Vic Gagnon: I was born in Escoumins, Quebec, in July of 1963. I enrolled in the Canadian Forces in February 1982 and attended the Basic Training in St-Jean Quebec. I then completed my second language training and began my QL3 Boatswain course in Halifax Nova-Scotia. I was then posted to his first ship HMCS Ottawa from 1983 to 1986. During this period I completed QL4 and QL5 training. From 1986 to 1987, I served on board HMCS Protecteur. I then released from the regular forces and moved to Windsor Ontario to be with my family and worked various civilian jobs as well as joining the Naval reserves at HMCS Hunter. In 1989 I rejoined the Navy and was posted to HMCS Yukon on the West Coast. In the summer of 1990 I was attached posted to Albert Head in B.C. to teach OSQAB course to reservists. I completed his JLC course in 1991 and was posted later that year to CFB Cornwallis N.S. where I remained until 1994. I was promoted to Master Seaman in 1992. In 1994 I was transferred to NCSM Ville De Quebec in Halifax until 1999 which was involved in many mission including the Flight 111 Swissair disaster in 1998. During this period I completed various courses including the QL6A course. I was promoted to PO2 and was posted to RMC in Kingston Ontario as a squadron NCO. In 2005 I retired from the regular forces and joined HMCS Cataraqui as a member of the ship's company. I am presently employed with the Kingston Police as a Special Constable since 2005.



Naval Centennial Mascot

LS Chris Leveck: Although I was born in Halifax, I consider myself to be from Kingston because my father is a Colonel in the army and we moved around a lot. I've lived in Kingston four separate times and for the majority of my life. I've also lived in Victoria BC, Shilo Manitoba, and Ottawa. Many would call me a base brat. I joined the Naval Reserves when I was 18 in high school and had blast that summer in basic training. Since then I've continued to work with the Navy during the summers while I was in school. Both because it was fun and the money was great. After high



school I went to McMaster University for commerce, but after two years realized it wasn't for me and decided to take a long term contract on the west coast with the Navy. I ended up staying out west for three years and got my B Ticket as an engineer in the process. All my life I've wanted to get my private pilots license as a hobby somewhere down the road, but after three years of sailing I decided it was time to go back to school, so I decided to get my commercial pilots license and take a run at a career as a pilot. I studied Aviation at Conestoga College for two years and I am now commercially licensed with a multi-engine and instrument rating and looking for my first job as a pilot. However with the economy being what it is there aren't a lot of job openings and I'm planning on doing another two year contract on the west coast until I can get my foot in the door with a flying job. One day I hope to be flying a 777 to Barbados for a two night lay over four times a month and calling it a job!



As the clouds burst to soak those in attendance, the World Champion Town Crier, Kingston's own, Chris Whyman read a proclamation in honour of the Naval Centennial and acknowledging Kingston's longstanding naval history. The Mayor of Kingston, His Worship, Harvey Rosen, the Base Commander, Col Rick Fawcett and the CO of CATARAQUI, LCdr Susan Long-Poucher all addressed the crowd before joining together to unveil the new sign renaming Duty Drive as NAVY WAY.



A New Address for CATARAQUI: On October 24th Duty Drive was renamed NAVY WAY. Pictured are; LCdr Long-Poucher, Mayor Harvey Rosen and Col Fawcett, and the Base Commander. Also on hand were Naval Vets, friends of the unit and a 100 or so Navy 2010 5K run participants.



LS Katherine Caraiscos: I have been with the naval reserves since 2006. I joined at HMCS CATA-RAQUI here in Kingston and have been privileged to experience training at NRTD Borden and CFFS Quebec, and also work at CFB Kingston. I am a clerk by trade (RMS) and provide administrative and financial support services to HMCS CATA-RAQUI members. I am looking forward to extending my knowledge in the military by taking more courses and advancing professionally.



A blazer crest from the 1960-70s. It was common to find crests on jackets when sailors wore mufti in the mess or at social functions.



Vignettes of HMCS CATARAQUI 1st Annual 5K Run





Lt Wordley completes the run.



On Your Mark ... Get Set ... GO NAVY

MWO Cousineau readies the runners

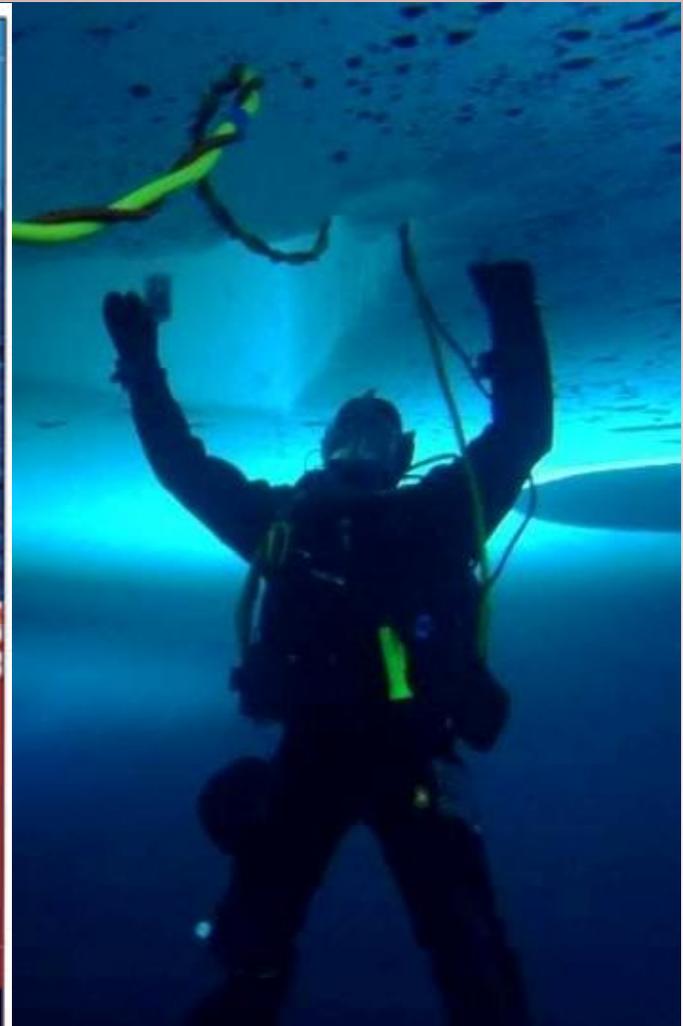


SLt Chantel Helwer: I was born in River View, New Brunswick but attended school in Pierrefonds, QC and Whitby, ON. I joined the forces in 2004 and attended the Royal Military College of Canada under the RETP program. In 2008 I graduated RMC with a BA in Military Strategic Studies with First Class Honours and was awarded the Commander Pratt Leadership Award and the Navy League of Canada Award. I am a proud MARS officer and since joining the Forces I had the pleasure of sailing in five of Her Majesty's ships. I started fencing in 2004 at RMC and now I am a member of the Canadian Forces military fencing team. I am currently ranked 9th in Canada, in 2010 I had the opportunity to represent Canada at the World Military Championships in Venezuela, finishing 13th overall.





OS Campbell sets her sights on what comes next, she recently completed her QL1 Boatswain course and is now serving on an East coast MCDV. (self portrait) Nicola has contributed some of the pictures for this project.



LS Walsh is shown here under the ice. In another guise he is featured in some photos wearing only a T-shirt and a smile

Catching up with CATS



LCdr Vince Bambury and Mrs. Louise Bambury after the fun run in November. Vince was CO of CAT from Jul 2000 to Jun 2003. LCdr Bambury just completed a posting with NorthCom



OS Soso, now a member of HMCS York is inspected by the Mayor of Toronto





Ordinary Seaman Trevor McNeill: I was born and raised in Kingston, Ontario. I was raised in a Scottish/Portuguese family. My Grandfather, Victor Corea, joined the Canadian Forces in Royal Canadian Infantry just after the start of World War Two, he retired as a Sergeant in 1966. I joined the Canadian Naval Reserve on the 29th of March 2010, at Her Majesty's Canadian Ship *Cataraqui*. I joined the Canadian Forces because of its history of peace keeping missions, I grew up reading about Canadian history, my childhood hero's were L.Gen. R. Dallaire and Gen. R. Hillier. They inspired me to help those who could not help themselves. The reason I joined the Navy over the other elements was because I was practically raised fishing on all kinds of waters, so the Navy was just a natural choice

OS McNeill with his mom, Donna, at the Naval Centennial wrap up in November



LS Jamieson on the Cataraqui River putting the motor work boat through the paces



LS Danila aboard HMCS EDMONTON, a West coast MCDV, during the Nanaimo Bathtub Races in August.

Advancing to point of contact - LS Murphy on her PLQ Course



LS Ciara Murphy: My childhood was split between the city of my birth, London, Ontario, and my dad's country of origin, Ireland. I attended school here in Canada, and spent the summers and part of grade 3 by the sea in Ireland. My exposure to the military as a

child was limited, but, in the summer after grade 12, I found myself in Borden, Ontario undergoing basic training after joining the reserves as a naval communicator. Following BRT, I returned to high school to finish OAC then went to McMaster University where I received a combined honours degree in Theatre & Film Studies and English. Following the completion of my degree, I spent two years working in theatre, travelling in Western Europe and the South Pacific, and taking a few Class B contracts on both coasts. Highlights from this time include hanging with my younger sister and brother in France, and sailing with HMCS Regina for RIMPAC during the summer of 2008. Furthering my education brought me to Queen's University and HMCS Catarauqui in September 2009 when I began working on a Master's degree in Cultural Studies. I have enjoyed my time at Cat thus far and look forward to the fun and challenges my continuing career in the navy is sure to bring.



The EXPRES Test
Shuttle Run, Grip test,
Push-ups and Sit-ups





Warrant Officer Mary Bradley-Nangle: I was born and raised in Montreal and I joined the CF in 1978 as an Administration Clk and here I am 32 years later still enjoying my military career. When I joined the military I was following in my father (Army PRes), older brother (Reg F) and sister's (PRes/RCMP) footsteps, and subsequently my two younger brothers joined the Reg F. I have enjoyed postings at CFB Ottawa (S), CDLS Washington, DC, USA, on promotion to MCpl three consecutive postings at CFB Toronto, which included two of my four postings to Reserve units, 709 (TOR) Comm Regt and on promotion to Sgt to 2 FER Toronto. I met my husband, Bill, while we were on a course in Borden, a year later we married and Bill was posted to Toronto from Ottawa where he had been a Loadmaster on Chinook helicopters. A posting to CFRC Vancouver was then followed by my third posting to a Reserve unit, The Royal Westminster Regt. In 1998 my trade was amalgamated with two other trades and I became an RMS Clerk and was posted to

CFB Esquimalt. I enjoyed four consecutive postings in Esquimalt but by far the favourite posting of my career was my posting on HMCS WINNIPEG as Snr Pay. A very daunting task to be a Sgt never having worked in pay and now I was now in charge of pay for a ship's company about to be deployed. We deployed to the Persian Gulf for a six month deployment that turned into almost eight months away. It was a steep learning curve but thankfully everyone's pay survived in tact. Interestingly, A/SLt Dahl's husband, LS Lacroix was also posted on HMCS WINNIPEG at the same time, so I had a connection to CAT as soon as I arrived and didn't know it. I was promoted to my current rank and posted off the ship to Maritime Air Component (Pacific) in Esquimalt. In 2005 I was posted to CDA HQ in Kingston and after four years at CDA I requested a posting to CAT as my retirement posting and having been posted to Army Reserve units on three other occasions, thought, what the heck, let's try Navy.



The Food Services Team



OS Cole, AB Moufid, OS Harnett, PO2 Goedman, AB Larose, PO2 Cashman, Lt Belanger, OS Plourde, OS Black, PO2 Akol, OS Collins (L-R)



OS Norah Collins: I grew up in Cedar Valley, Ontario and I am the third oldest of six kids. I graduated with honors from Sacred Heart Catholic High school in Newmarket and I am continuing my studies at the Royal Military College of Canada. When I looked into RMC I realized that joining the reserves was more suitable for me. The uniqueness of HMCS Cataraqi and the challenges it presents were intriguing and the chance to participate in that kind of environment, and also be able to play volleyball was an opportunity I couldn't ignore. The Navy has introduced me to new people and new experiences, such as the Stokers Open, which I will never forget. My first Stoker's Open was an interesting experience because it was the first introduction to a Navy tradition and I didn't know what to expect. The day turned out to be a lot of fun and I now look forward to the Stoker's Open every year.



OS Collins with her sailor (Volleyball) team mates, NCdt Chang (L) and OS Baum (C)



RESEARCH INNOVATION

Supporting our troops

INTERDISCIPLINARY **collaboration**



Lieutenant Doctor Stephanie Belanger, another extraordinary CATARAQUI sailor making a difference



NCdt Danielle Maidany: I was born in Toronto and moved to Kingston at the age of 18, where I still live and am in my third year of study in Kinesiology at Queens University. I am a member of the Varsity Women's Rugby team, and this past year we were able to make history with the university's first appearance at the National Championship level. I participate in many sports programs through the university including soccer and basketball, and most recently I have taken up hockey. I can also be found in the physiology lab at the university running experiments, or volunteering with out-patient rehabilitation programs through St. Mary's Hospital. My family has service history in countries including Canada and Israel. I completed my basic training this past summer of 2010 and went on to the Naval Environments Training Program where I graduated with the Hal Laurence Memorial Award. Now, returning to my unit, HMCS CATARAQUI, having first exposure to naval training, I look forward to the future as a member of the Naval Reserve.



CATARAQUI's Ships Office Team

When you need your pay corrected, when you need your PeopleSoft brought up to date, when you need claims completed, when you need travel arrangements done, who do you call' .Ghostbusters. No, you call on your friendly neighbourhood RMS Clks in the Ship's Office. All we ask for in return is a post card sent to us from whichever destination we help get you to. In 2010 we collected postcards from Afghanistan; Halifax, NS; Miami, Florida; the Netherlands; Quebec City, QC; Mayport Naval Station, Florida; Panama City, Panama; Vancouver and Victoria, BC. If you keep sending us the postcards, we'll keep sending you on TD (with appropriate approval of course).

Servire Armatis/Servitum Nulli Secundus



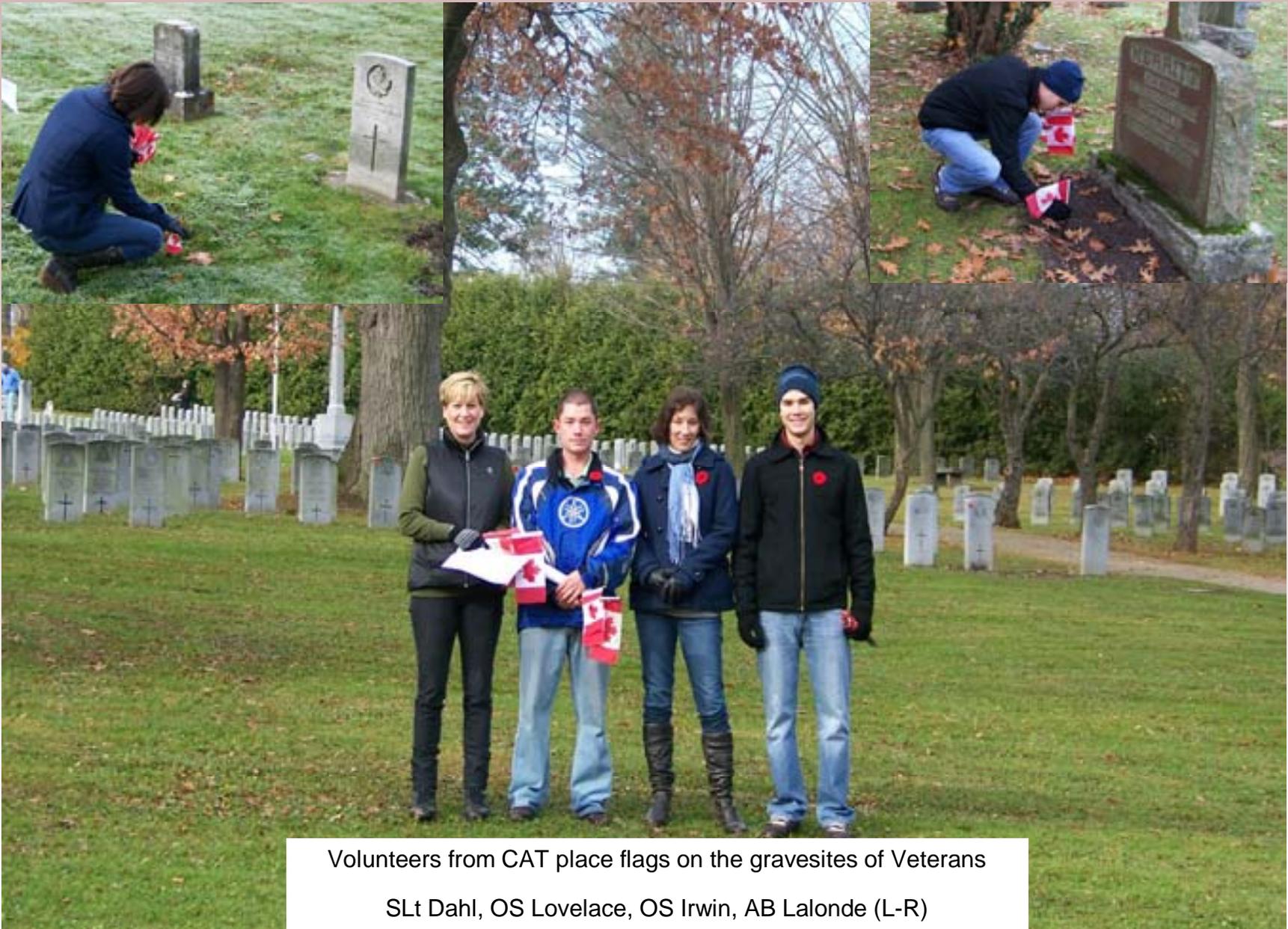
On May 12th 2010, the Canadian Mint issued a second coin to celebrate the 100th anniversary of the Canadian Navy. The coin depicts a sailor in the uniform of 1910 and a female officer of the present day, to represent the men and women of the Naval service. The ship represented is HMCS Halifax, the lead ship in the Navy's CPF fleet. The fouled anchor is one part of the centennial image and has long been a symbol of our Navy





SLt Karen Lee-Waddell: I joined the Navy in 2006 at HMCS STAR as a Logistics Officer when a friend of mine, LS Jody Dans, told me that it was a wonderful job with a wealth of opportunity. She was right! Since joining the Reserves I have traveled across the country and met many new friends all while training and working to serve my country. In the past few years I have completed two undergraduate degrees: a BSc (Hons) in Physics with specialization in Astrophysics and a BA (Hons) in Classics. In 2008 I married Robert Waddell Jr. (formerly of the Argyll

and Sutherland Highlanders, currently parading with the PWOR) in a ceremony that included a Naval Honour Guard (led by the late Lt James Sebe), an Argyll's bag-piper and with various Chinese nuances. In 2009 we moved to Kingston so that I could work on a Master's degree at RMC in Space Sciences with Dr. Kristine Spek-
kens. I also transferred to CATARAQUI where I was welcomed with open arms and instantly felt like a part of the team. During the Naval Centennial year, my thesis research brought me to the Giant Metrewave Radio Telescope in India where I collected data on an interacting galaxy group which may provide answers about tidal dwarf galaxy formation. I also traveled to the Very Large Array in New Mexico where I gained a wealth of knowledge about radio astronomy. I hope to continue my research into a PhD thesis and perhaps unlock the mysteries behind the dynamics and mechanisms that drive galaxy evolution in group environments.



Volunteers from CAT place flags on the gravesites of Veterans
SLt Dahl, OS Lovelace, OS Irwin, AB Lalonde (L-R)

Catching Up With CATS

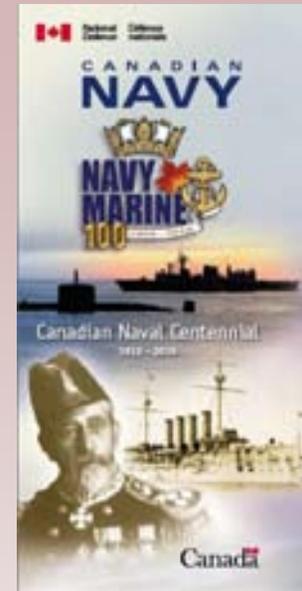


Naval Veterans gather at the Naval Veterans on Sydenham Rd. following the funeral of Mr. Carmen Smith (CPO retired)

Padre Vopney, Mr. Claude Sleaf, Mr. Gord McCaurther, Mr. Don Haylock and Mr. Ron Delph (L-R)

This bumper sticker first appeared in 2008 and was very popular with the parents of BMQ graduating classes. It is of course a dramatic shift from the traditional "GO NAVY" theme but in keeping with the recent pride of the Canadian public for all things CF

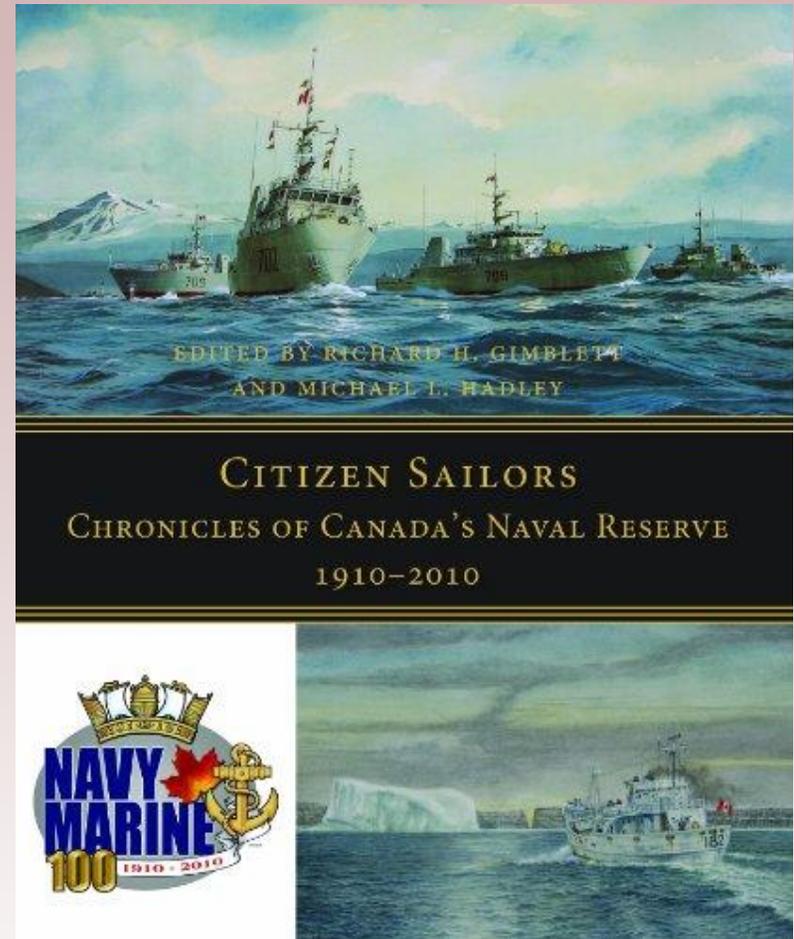




OS Brianne Baum: I was born and raised in Penetanguishene, Ontario. I attended Penetanguishene Secondary School, and I am currently studying psychology at the Royal Military College of Canada, where I also play volleyball as a varsity athlete. I decided to join the reserves for a totally new experience that I would never get as a civilian. The best moment I have had in the reserves would be firing a C7 on basic training. I would never be able to that anywhere else! It was a pure adrenaline rush! I am waiting until I am finished school to see where I want to go with my career, but I hope to continue my career in the reserves as I go.

Leading Seaman Taha Moufd: I was born in Flers, France in March of 1989 but spent the better part of my childhood growing up in Ottawa. I also spent three years living and studying in France from 2002 to 2005. In 2005, I moved to Kingston and started attending Loyalist Collegiate and Vocational Institute. In 2006, at the age of 17, I decided to join the Naval Reserve as a Naval Combat Information Operator. My greatest motivation for joining the Naval Reserve was to obtain military experience before attending the Royal Military College of Canada. On June 3rd 2006, I was sworn into the Canadian Forces along with hundreds of other recruits at a ceremony in the Ottawa War Museum attended by the Prime Minister of Canada, Mr Stephen Harper. On that day, I officially became a member of the Canadian Forces and HMCS Cataraqi. I originally planned to attend the Royal Military College under the Regular Officer Training Program, but discovered that I could attend the Royal Military College as a member of HMCS Cataraqi. So, upon graduating from Loyalist Collegiate and Vocational Institute in 2007, I took the path less travelled by, and it has made all the difference! In the past four years as a sailor of HMCS Cataraqi, I've sailed both the Atlantic and Pacific Oceans, I've progressed through the ranks from an Ordinary Seaman to a Leading Seaman, I've learned a trade, and am currently in my fourth year of aeronautical engineering at the Royal Military College of Canada. If all goes well, I will graduate from the Royal Military College as an aeronautical engineer in the spring of 2011. Upon graduating from the Royal Military College of Canada, I hope to sail Canada's third ocean - the Arctic Ocean - earn the rank of Master Seaman, and sail on either a Halifax Class frigate or Iroquois Class destroyer, perhaps both. At 21 the world is mine for the taking and the Navy will take me there.





Another Book Launch at CATARAQUI and more importantly, Our Story



PO2 Peter Goodman: My name is Peter Goodman. I joined HMCS CATARAQUI in March 1994 as a Cook. I am now the Chief Cook and I feel that my responsibility is to ensure that the Cooks are completing their training, rations are ordered and retrieved and to guide my cooks to become exactly what they want to become in the Naval Reserves. In addition to implementing their training, I also make sure that the Galley is up to standard. The Navy has always been my element. I have served on the East and West coasts and many cities in between from Quebec City, CFB Kingston, CFB Borden and Edmonton. In addition to serving in Canada I was fortunate enough to travel to Nijmegen to participate as a cook in the Four Weeks March in the summer of 2007. In my civilian life, I am a Financial Services Representative (FSRII) at CIBC. I really enjoy my job and I am happy to bring much of my Naval experience to my Civilian career. I have been living in Kingston since May of 1981. My immediate family emigrated from the Netherlands to and chose Kingston. I am married and have a two year old daughter. My goal as a member of The Canadian Naval Reserves is to become the Cox'n in the near future.





OS Vanessa Le Blanc:

Currently I am a full-time student at St. Lawrence College studying Fitness and Health Promotion. I am working at RMC as a placement Athletic Therapist where I work with all injuries regarding the varsity athletes, this has helped me choose my path to become a paramedic in the future. A major goal of mine is to see, experience and travel the world thus is one of the reasons why I chose the Canadian Navy. The fascination I have for the ocean and to promote protection of all aquatic species is another reason why I am apart of the CF. I have completed my BMQ as top female athlete, completed my

NETP and plan on attending the Ship Rescue Course, my QL 1 and OJT in the near future. I feel very lucky and fortunate to have meet all the people I have, to tell others that I am in the CF, and to complete all tasks thrown at me (including the drill competition).



OS Le Blanc celebrates after winning the Drill Competition.



A bake sale fundraiser was held at stand easy to raise money for the United Way.



Editors Note: Sometimes, especially after looking at pictures for hours, you see one that speaks to you. When I saw this one I could not help myself, in my imagination I see the captions. Taken during the United Way bake sale at CAT

SLt Patricia

Wales: I originally enrolled in the Regular Force as a Teletype Operator in 1987. I was posted to Edmonton and then Ottawa before I was selected for the UTPNCM program at which time I became a CELE (Air). I was medically released from the Regular Forces in 2000 after a training injury. When the injury healed I couldn't return to the CF fast enough . in 2007 I enrolled in the Naval



Reserve as a Logistics Officer. I currently work Class B at CDA Headquarters as the Visits and Protocol Officer. I have three boys, Alex, Sam, and Liam who keep me busy for most of my spare time.

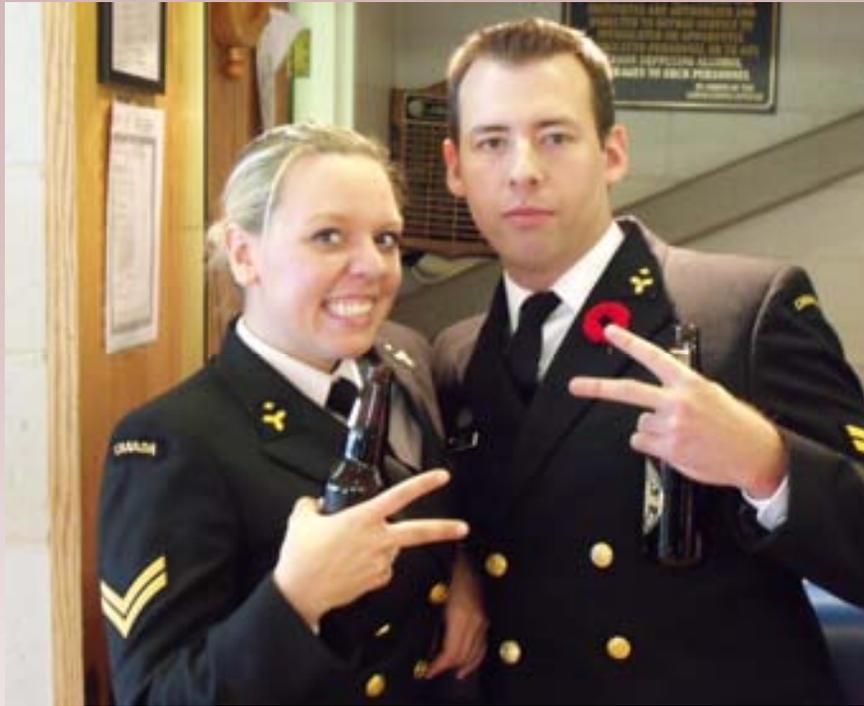


OS Gavin Viray-Cox: I was born in Brampton, Ontario and went to Georgetown DHS. After graduation I began my studies at RMC as a reservist. I was inspired to join the military through my passion of leadership, I figured there is no other institution or service that would better shape and develop my leadership skills. I also wanted the experience my father had in the British Army in military sport and the international level of competition that I might be lucky to be apart of one day. My greatest passion is basketball and the CF along with RMC has given me that opportunity to compete at the highest level possible in Canada. I plan to finish my degree with RMC, continue my part-time services with the unit and search for a career within my skills and knowledge in basketball, whether that be playing at the next level or coaching. My most fondest memory of my

short military career would have been training under the instruction of WO Shultz and winning the stalking exercise while on my field ex during BMQ with PWOR.



Remembrance Day Vignettes



With the Remembrance Parade over, sailors dismissed and weapons put away its time to relax and share a moment together.



HMCS CATARAQUI
50TH ANNIVERSARY
October 20-22, 1989



This bumper sticker from CAT's 50th is self explanatory. A huge reunion was held and attended by CATS from past and (then) present. My thanks to CPO2 Mackenzie for keeping it safe all these years.

Ordinary Seaman James Hartnett: I was born on 10 November, 1989 in the city of Kingston Ontario where I have spent the majority of my life. My father is a Lieutenant Colonel in the Canadian Army, Artillery division, and my mother is a stay at home mom. I attended junior and senior kindergarten at Our Lady of Lourdes catholic School. My father, being in the military, was stationed in Quebec City where I attended first grade. We moved back to Kingston the following year and I have lived the remainder of my life here. I returned to Our Lady of Lourdes to complete elementary school. Upon my graduation, I attended Holy Cross Catholic Secondary School. I took a keen interest in guitar playing while attending this high school. My main aspirations and life goals were not known while in high school and I took two years after graduating to decide what I wanted to do with my life. During this period I worked for a security company known as Group 4 Security and became interested in a career in law enforcement. I decided to enroll in the Police Foundations Program and began my first year at Saint Lawrence College in 2009. I decided I wanted to join the Canadian Navy for life experience and I figured that it would be a good stepping stone to a career in policing. I was sworn in on 28 August, 2009 and completed my basic training on 26 April 2010. I hope to stay in the reserves for as long as possible and sail on as many ships as I can. After I finish college, I want to be hired in a federal or provincial police force and if that does not work out I want to join the Military Police. I have enjoyed my career in the military greatly thus far and have met many new allies.





MS Paulanne Meadley, after 23 years of service with the Naval Reserves "pulls the plug". She is pictured here with the CO during her Departure with Dignity farewell in November. She began her naval career at HMCS SCOTIAN and in addition to CATARAQUI served with HMCS Protecteur, NRCC Halifax, RTU (A), MARLANT and CFNOS.

A/SLt Brent Laver: I was raised in one of the least nautical environments possible, the small farming community of Warkworth, Ontario. I grew up working on my parents "farm" and helping to manage the golf course that we built after construction was finished in 1997. After high school I attended Ryerson University for Photography, completed my degree in History at the University of Toronto and attained my Bachelor of Education at the University of Western Ontario. After living all over Ontario I decided to move back to my roots and currently reside once more in Warkworth with my wife Lisa. In my civilian career I am a History, Geography and Law teacher at Cobourg District Collegiate Institute West (go Vikings!). In what little spare time I have, I help out on the golf course, hike, hunt and do as much wildlife photography as I can . basically anything that I can do to stay outside. I decided to join the Naval Reserve because I studied naval history in university and have always had a keen interest in Canada's military heritage. I also wanted to be the kind of teacher who brings some outside-of-the-classroom experience to my students, and as a teacher I have the summers off for training purposes. I joined the ship in February, 2010 and went off to BMOQ the following April where HMCS CATARAQUI had by far the largest number of Naval Cadets on the course. I am looking forward to serving my country and making more great friends in the Navy!



A/SLt Laver on vacation in Nova Scotia

LS Cathy Morris: I was born in Dublin, Ireland, but we moved to Winnipeg in 1975. Why there?! I am not too sure even to this day. I joined a summer program in 1988 at HMCS CHIPPAWA. It was called SYEP and was nothing like today's current Basic Qualification course. Not knowing what I was in for, I went into it with all I had. I learned very fast my Left and Right! And I cannot forget that the Petty Officer's watch was always too fast. But never check your watch while you are on Parade because the PO will make you do those things called "push ups"! Let's just say that I had mastered that by the end of that summer. As the summer was ending, we had a choice if we wanted to stay on with the Navy. I said why not?! My trade was Stoker. From then on, each year, I went out to the West Coast. I met a lot of people and made many friends. I got to sail on the PORTE Boats and HMCS PORTE QUEBEC was the boat that I was on the most. I also went out to Halifax and sailed on the HMCS PORTE ST LOUIS. In 1992 I transferred to HMCS MALAHAT. From there, I worked everywhere in the Dockyard; such as the Diesel Shop to NEUP and at the BOR working with NRCC. I married a sailor, who then changed to Army. We were posted to Trenton Ontario. Wow! That was a big change for me and my kids. There was nothing around and we found this very hard. As we said good bye to the West coast and to HMCS MALAHAT, I put in my request to join HMCS CATARAQUI. My first time down to the unit I was very surprised to meet a great bunch of people. The unit was not just a place to go to and work, but you became family and they made sure that you were apart of the TEAM. I have been apart of HMCS CATARAQUI since September, 2008. I love the Navy and the Military and being a part of a TEAM. I hope to stay apart of this TEAM for many more years to come.





Wedding Album Page

Wedding Bells were rung for these CAT
sailors;

Asselin, Driver, Boehme-Cyr, Reid-
Ferguson and Cyr.

(from top left clockwise)

A/SLT Renee MacLellan : I was born, in March of 1986, and raised in Kingston. I am the third of three children in my family, after my older brother, Greg, and twin sister, Heather. After graduating from high school, I attended Queen's University and graduated in 2010 with a BScH in Physical Geography. At Queen's, I was a member of the Varsity Women's Soccer team. I had a very successful athletics career there and had the opportunity to compete at Nationals more than once as well as being awarded the Canadian Interuniversity Sport (CIS) Player of the Year in my last year of playing . a success highly attributable to being part of an amazing team. I joined the Naval Reserves in April 2009 with the encouragement of my sister, who had been in for a few years before me, and have never looked back. I completed my Basic Training in Esquimalt, BC and the first phase of my Logistics course in Quebec City, QC. I have also had the amazing opportunity to be selected to participate as a member of Canada's CISM Women's Soccer team. Last summer, I travelled with this team to a small town in Holland for a one-week training camp, where we stayed and trained at a military base. After that week, we were sent on a bus to road trip across Europe to Cherbourg, France for the CISM Women's Soccer tournament. The level of talent at this tournament was incredible . being able to walk onto a world class pitch and recognize that you're playing against International/World Cup players is something an athlete dreams of. While in France, our team was also given the opportunity to visit Juno Beach, which was an extremely humbling experience. In looking at my long term goals, I am fortunate to have dual citizenship, my mother was born in England, and within the next couple years, I plan on pursuing my Masters degree in Geographic Information Systems in the UK as well as taking up an invitation to attend a tryout for a semi-pro/professional women's soccer team in England. My long term goal in the military is to join the Regular Force.



A/SLt MacLellan takes a moment to have her picture taken (despite her objection) in the Chown Conference room

OS Shawn Cox: I was born in Thunder Bay, ON but grew up in Ottawa. The first 3 years of high school I attended St. George's School in Newport, RI to play hockey. I graduated from Thousand Islands Secondary School in Brockville, ON where I played Jr. A hockey for 4 seasons until I enrolled at RMC in the fall of 2008. My father, Peter, is an OPP officer and my mother, Anita, works for CIBC. I have a 31 year old sister, Natalie, who is a hair dresser in Ottawa and a 21 year old brother, Andrew, who is on a hockey scholarship at The College of the Holy Cross in Worcester, MA. I joined the reserve in order to enroll in school at RMC. My memorial moment in the reserve is graduating BMQ.





Exercise BOLD MASTER 2010 (BMSR10) was a NATO Naval Cooperation and Guidance for Shipping (NCAGS) Command Post Exercise (CPX) held from 17-26 November 2010. There were 138 participants, representing 11 NATO countries, with operations cells located in 9 separate locations. Canada had a Shipping Cooperation point in Halifax, and also sent personnel to Toulon, France; Athens, Greece; and Den Helder, The Netherlands. LCdr Long-Poucher was employed in the Exercise Control Staff in Den Helder.



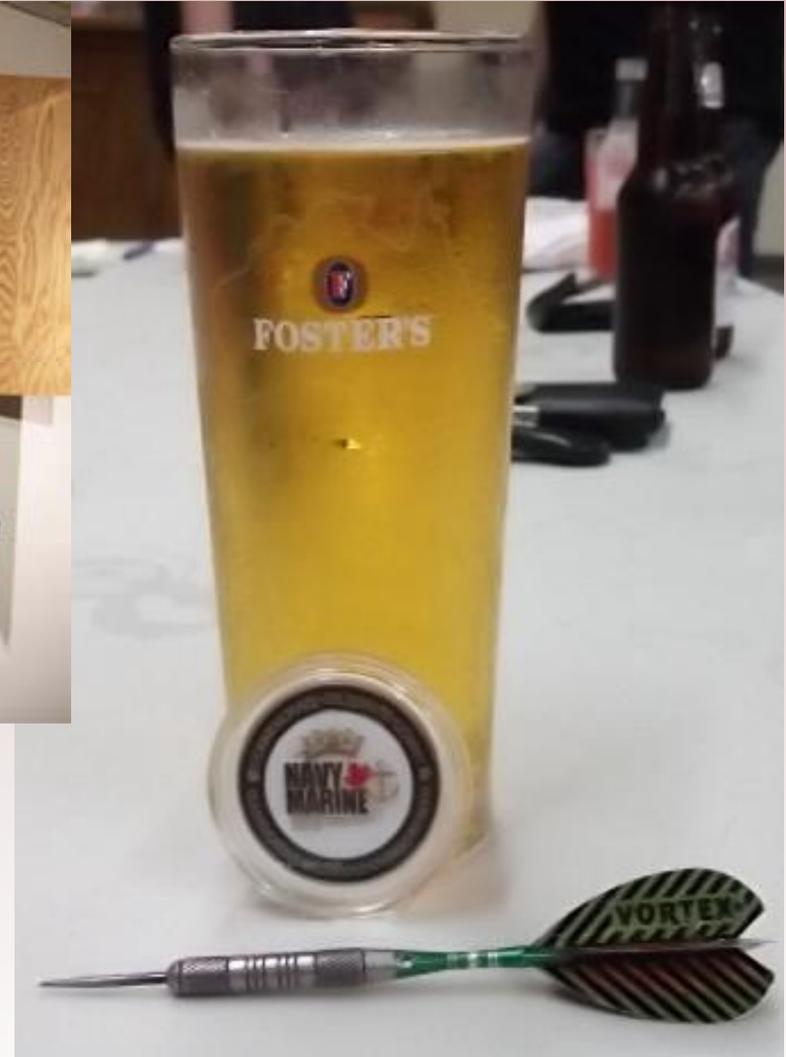
A/SLt Chantel Marson: I joined the Naval Reserve in March 2009. I completed my Basic Military Officer Qualification in the summer of 2009 and my Basic Intelligence Officer Qualification in the summer of 2010. In addition to my work with the Naval Reserve, I am a full time student at Queens University. I am a member of the Women's Varsity soccer team who this year captured the CIS Women's National Soccer Championships. I continue to learn many valuable skills from the Naval Reserve such as discipline, dedication, leadership and professionalism. I look forward to another summer of training as I will head back to CFFSQ in 2011 to finish my NCAGS qualification. Following this I hope to continue with my work in the Naval reserve and one day compete for the CISM women's soccer team.



OS Lovelace holds the plaque given to CATA-RAQUI by Legion branch 560 on Montreal street to acknowledge the 100th anniversary of the Navy.



OS Lovelace lines up his next toss



The Coin takes the night off and makes a shameless endorsement. Legion Branch 560 hosted a darts night and invited players from CAT to join them.

Ordinary Seaman Althea Cole: A few years ago I joined the Army Reserve with the Princess of Wales Own Regiment in an attempt to become an infantry soldier. Unfortunately (or providentially), I did not qualify for overseas infantry missions. As a result I was offered a position in the Naval Reserve as a cook. In 2010, I transferred to HMCS CATARAQUI. Throughout the past year I have been participating in pre-BMQ training, attending various Naval Centennial events and helping out in the galley while waiting to go on course. The Navy has welcomed me with open arms and thus far it has been a very enjoyable experience.

OS Cole also works for a national coffee chain when she is not busy in the galley or preparing for her upcoming BMQ training.



In 1985, for the 75th anniversary buttons were the thing. It was common to see this button on civilian clothing but not on uniforms. The 2010 pin is the first instance where pins have been worn on uniforms to commemorate an anniversary.

International Fleet Reviews

In 2010 two International Fleet Reviews were held, one in Halifax and the other on the west coast in Esquimalt, There were many CATS who participated in these events; as spectators, members of the crews of ships in the review and as security and boat escort crews and Coxqs.



NCdt Keyvan Parvaneh and NCdt Blythe McWilliam from Carleton had an excellent location to watch the International Fleet Review off Esquimalt Harbour.

The Centennial Pin



The Centennial pin was given to every sailor and every member of the CF who was working with the Navy to wear on their uniform for the duration of the year.



NCdt Keyvan Parvaneh: I am an Officer Cadet (MARS) with HMCS Cataraqi in Kingston and a full-time student studying Geography and GIS/Geomatics. I was born in Iran and my family emigrated to Canada in 1986. Prior to returning to school and joining the CF I had a successful career in the software engineering industry in Toronto. In 2005 I decided that even though I had a professionally rewarding career, I wanted to serve my country and pursue a more personally rewarding career so I started formulating a plan to return to school and to join the Canadian Forces. I re-enrolled in full-time studies on Sept 2008 and joined HMCS Cataraqi on March 2010. Initially, I had never given the Reserves much thought, however after a discussion with a reservist friend I was convinced to give the Naval Reserves a shot. Joining the reserves was one of the wisest decisions I have made. I have yet to complete any Navy training other than BMOQ (basic training, officer) in Esquimalt, BC, but I look forward to my MARS courses and working on ship in the near future. Joining the Navy on the centennial anniversary was an incredible treat. While on basic training I had the opportunity to see an awe-inspiring Naval display in the form of the International Fleet Review on the West Coast. To see so many warships from different nations at anchor was an experience that will stay with me forever.



NCdt Parvaneh with the Queen's Remembrance Day Organizing Committee



The coin caught with LS Eagles at ASSURANT Solutions where works as a Quality Assurance Coordinator

LS Colin Eagles: I joined the Naval Reserve in 1998, and until recently, spent most of my summers on both coasts, either instructing, sailing, or taking trade courses to further my knowledge. I was a member of HMCS Carleton until 2006, when I began a job in Kingston, and made the transfer to HMCS Cataraqui. Since then, I've been a senior member of the NavCom department, working either as a trainer or as the DivPO, and assisting subordinates to successfully complete their Distance Learning throughout the training year. It has been a number of years since I was able to commit a summer to the navy because of my civilian job, but my last summer away in 2005 was very significant to me. I was put in the position of the Senior NavCom onboard HMCS Kingston for the summer, with the responsibility of teaching a Coordinated OJT course to a number of students. Being able to pass on much of my shipboard knowledge was very rewarding, and years later I still keep in touch with a number of my students, who keep me updated with their sailing & training progress. Another significant summer with the navy was in 2003 when I completed my QL2 course, because on that course I met my future wife. I married MS Andria Coward in 2008, and we're expecting our first child this year. Being in the Navy has been very good to me! This past December, I received my CD, marking my 12 years of service. It was a very proud moment, and I hope continue serving for a long time into the future.

MS Hawkins, LS Eagles and MS Coward are awarded the Canadian Decoration for twelve years of service to CANADA. In 2010, a total six members earned this decoration and a further three earned a bar for 22 years of service.



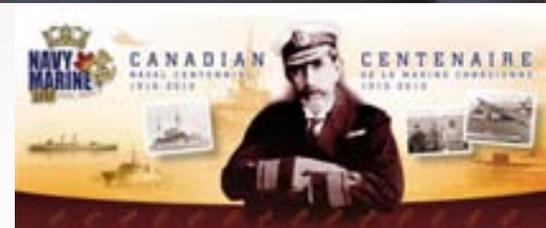
Historical Note: For many CATS their first exposure to the Naval Reserve was the Naval Reserve Summer Student Training Program -NRSSTP. Students spent 8 weeks learning drill, weapons, seamanship and first aid. The program was cancelled in the 1980s and replaced by what is now known as BMQ which is conducted at NRTD Borden.

LS Russel Driver: I joined the Naval Reserve as a Diesel Mechanic in September of 1995, at that time I was a member of HMCS Discovery. Over time my trade changed and became marine engineering systems operator (MESO) During my naval career I have had many amazing employments, traveling coast to coast though the Panama Canal, and trips to Hawaii and Alaska. The money I made in the Naval Reserve helped pay for my civilian trades training at the British Columbia Institute of technology where I trained to become a 4th class Stationary Engineer. When I completed my education I moved to Kingston and joined the ranks of HMCS Catarauqui where I now help train the next generation of marine engineering systems operators. If there is one experience that I truly loved that the Navy has afforded me is the opportunity to meet many new and wonderful people of all walks of life from all over this little planet of ours.



The coin caught up with LS Driver at Providence Care Manor where he works as a Stationary Engineer

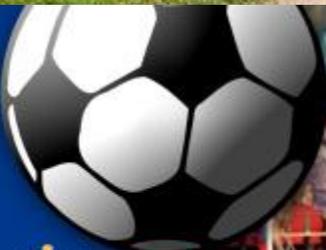
OS Gabriele Cianciosi: I was born in Hamilton Ontario and have one younger brother named Nick and an older brother named Domenico. All our lives we grew up in Burlington Ontario and took part in the community through sports and participating in school events. I went to school at Notre Dame Catholic Secondary and then moved to Kingston to attend St. Lawrence College for Police Foundations. After I am finished the program I would like to further my studies at Queens University and become a Commissioned Officer.





6th World Military Women Football Championship

9 - 20 June
Cherbourg, FRANCE



ORGANIZER'S WEBSITE

LS Heather MacLellan and her sister A/SLt Renee MacLellan represent CANADA at the 6th World Military Women Football tournament in France

Lt Chantaille Ray: I joined the Naval Reserves on 06 April 2001 at HMCS MALAHAT. I was sworn in by Cdr Gagliardi. I attended university at the University of Victoria and received a Bachelor of Science, majoring in Biochemistry/Microbiology, graduating April 2006. During the summers I trained as a MARS Officer. I successfully passed BOTC, MARS II, MARS III and the shore phase of MARS IV. Unfortunately, I was unsuccessful at sea and in 2005 re-mustered to Intelligence/NCAGS. I successfully completed BIOC and NCAGS and began working full-time Class B in May 2008 at RJOC(P), formerly known as "Athena." My position was Intelligence Watch Officer. In November 2008 I took a Class B position at CEFCOM HQ in Ottawa, ON where I was employed as the Afghanistan, National-Regional analyst. My research involved looking at all nation-states neighbouring Afghanistan, however the bulk of my research was focused on Pakistan. I analyzed events, primarily insurgent attacks, and assessed what affect they had on the insurgency in southern Afghanistan. Furthermore, I assessed the threat these events posed to Canadian assets and personnel in theatre. In July 2010 I took my current class B at HMCS CATARAQUI and I am employed as the Training Officer. Upon completion of my current class B contract I will likely join the Regular Force as an Intelligence Officer and/or go back to university to complete a degree in ethnographic anthropology.





OS Justin Lacey: I was born and grew up in Sudbury, ON. I graduated high school from St. Benedict Catholic High School. I played Jr. A hockey in several cities in Southern Ontario such as Waterloo and Newmarket. I've got no siblings and my mother and grandparents live in Sudbury. I joined the naval reserve in order to enroll at RMC. My memorial moment in the reserve is graduating BMQ.



Catching Up With CATS



LS Debbie Joyce joined at CATARAQUI and now works at the Recruit Centre in Kingston. Debbie and her husband Jim (a former Boson) met at CAT.



PO2 Nora McKenna (retired) joined CAT in the 1970s and served until the late 1980s when she moved to England with her husband. In civilian life Nora is a special needs teacher.



To celebrate the Centennial event commemorative medallions were ordered so each sailor could have a 2010 keepsake .

Lt Sarah Ruta: Growing up in Bowmanville, Ontario, I had little exposure to the military. As a student at McMaster University in 2000, I decided to take a new route home from class to my residence and crossed paths with a career fair. I decided to check it out with no expectations, as I had secured a job with General Motors for my remaining summers. I came across the Naval Reserves recruiting booth and decided to talk to the recruiters. The recruiter talked to me about a summer of adventure and I was hooked. A few months later on 18 Apr 00, I was enrolled as a Naval Communicator at HMCS STAR and off to Borden for Basic Training. Having no idea what I was getting myself into, I had a fantastic summer and knew the Navy was definitely for me. The following summer I completed my QL1 training and then decided I wanted to become an Officer. I made the switch to Naval Control of Shipping (NCS) and then I was informed that I would be on the pilot course for Intelligence training. I came to HMCS CATARAQUI in 2004 when I enrolled at Queen's University Faculty of Education. After completing all of my INT training in 2004, I have had many adventures that no civilian job could ever offer. I have briefed Admirals and ship's Captains on the current situation in the Middle East at a very early hour. I have boarded a 12 hour surveillance flight on a C-140 over the west coast. Most recently, I attended the CIOR NATO conference for junior officers in Sophia, Bulgaria. My civilian job is not quite as exciting, but completely different and very rewarding. I am a special education teacher in the Limestone District School Board. I work with children with development delays, such as autism and down syndrome. Many of them have seen my navy pictures, and are overly eager to call me Ma'am in the classroom. On 7 Aug 10, I was married at RMC to Jean-Francois, who is also a teacher.





OCdt Jacinda Smit, OCdt Serena Palmer, LS Katherine Farish (former CAT) and OS Zakrzewski attend the 44th CISM Swimming and Life Saving Competition in Germany representing CANADA



NCdt Ethan Whitehead: I was born and raised in Kingston Ontario. I graduated from Frontenac Secondary School in 2006 and took some time off from educational endeavors in order to serve as a religious worker in Italy for two years. Upon my return I enrolled in the collaborative nursing program at St. Lawrence College with Laurentian University, where I am currently in second year. I enjoy performing in musical theatre, and I am an active member of several theatre companies in town. I have no family in the Canadian Forces, past or present, and am therefore the first in my family to become a member of the CF.





OS Mathew Beauchesne-Hebert: I come from a heavily influenced military family. My family comes from Shawinigan, Quebec and we travel very often due to my parents being in the military. We have lived in Borden, Trenton and Kingston for the most part. I have many interests. I play many sports, mainly football, rugby and hockey. I'm also very handy with computers; I just recently built one from scratch. Next year I will be attending Police Foundation at St. Lawrence. I decided to join the naval reserves to get my foot into the door so I can start a military career like my father. I would like to get into a trade that involves communications or anything involving a computer. I would like this career to stay in the Navy because I like being in the water and the mechanics of how a boat works. I hope to travel and to visit many new places. I always hear amazing stories from military personnel on their travels and I hope one day soon to have some of my own stories to share.



Santa Claus Parade Vignettes

Every few years members of the Ship decorate a float and participate in the Santa Claus parade. Decorating is always a fun event and it is easy to sailors "on board" to assist.





NCdt David Wonnacott: I grew up in London, Ontario, where, despite being land-locked, I developed a love of sailing and seamanship. This was no doubt fostered in part by my involvement with Royal Canadian Sea Cadet Corps Courageous, as well as my time with the Toronto Brigantine tall ship program. In 2006, I graduated from high school in London and moved to Kingston to attend Queen's, going into a general Arts and Science program. My interests and academic majors have

wandered somewhat, and I studied physics, engineering and economics before settling on a mathematics and economics medial program, which I am in my final year of. In the spring of 2008, at the end of my second year of university, I was looking for an exciting summer job. The naval reserve was a perfect fit! I left for BOTC that summer, where I had my introduction to the Navy and the Forces in general at NOTC Venture in Esquimalt, British Columbia. The following summer I went back to Esquimalt and completed NETP-O, where I got a better taste of naval affairs. This course included ship-board fire and flood training and a stint on an ORCA in the Gulf Islands, being deckhands for a MARS IV course. For this summer, I'm looking forward to MARS III training, again at Venture. In civilian life, when I'm not studying, I enjoy music and sailing. My time with the Naval Reserve so far has been full of camaraderie and exciting training, and I'm looking forward to more of both in the future.



The day staff and Command Team gather for a Christmas lunch and Secret Santa gift exchange. The unit has a full time staff of 10 reserve and regular force personnel.



The coin spent the lunch as an adornment on the unit Christmas Tree to add something nautical to the festivities.



This bumper sticker was common from year 2000 to the current day

OS Cadotte joins with other sailors at the Brew Pub on May 4th to celebrate the Navy's Birthday.



OS Felicia Cadotte: I was born in Sarnia Ontario, in June 1991. I have lived in Sarnia, Windsor, Chatham, Petawawa, Napanee and Kingston. The military has been a huge part of my life since I was 11 years old, which is why I have moved so much in my life. I went to 4 elementary schools and 2 high schools but graduated from La Salle Secondary

School and went on to St. Lawrence College to take Graphic Design. I joined the Navy Reserves when I was 16 years old and quickly fell in love with my job being a RMS Clerk.



NCdt Andrew Flemming: The fall of 2010 marked one year in which I had been a member of HMCS Catarqui. While my first year at the unit involved learning about Naval customs and functions, I have since tried to become more involved in them. At the 2010 Cox'ns auction I purchased a decanter for my grandparents. The decanter commemorated the 100 years of the Canadian Navy. I felt my grandparents would appreciate the decanter as a Christmas present, as they both served in the Canadian Forces during World War II. My grandmother in particular has ties to the Navy as she was a WREN. Contributing to the Ship's Fund via the auction gave me an opportunity to conduct some early Christmas shopping while doing my part in helping Catarqui. I look forward to participating in future unit events as I progress in my naval career.



**CATARAQUI'S Christmas Dinner
Vignettes**





Christmas Dinner
Vignettes

MS Karli Montgomery: I joined the Naval Reserve in 1998 at HMCS York while studying Technical Theatre Production at Ryerson University. Since then I have been relatively successful in balancing my various careers (I am also a dive master and boat captain for several dive shops). I have served on the HMC Ships Yellowknife, Edmonton, Nanaimo, Glace Bay, Kingston and Ottawa. As well she spent a year mastering my boat coxswain skills at the Port Security Section in Esquimalt. In 2009 I was selected for deployment to Afghanistan and served as the Infrastructure NCO for Camp Services in the National Support Element Roto 7. I was also part of the Ceremonial Contingent for OP Podium involved with the transportation of athletes and performers for the Vancouver 2010

Olympics. Although I travel extensively for my civilian employment I am always glad to return to HMCS Cataraqui.



MS Hawkins & MS Montgomery during the 2010 Olympics in Vancouver



LS Joe Howie: I was born in March 1986 in Kingston and grew up in Napanee, where I was raised my whole life with my three brothers and sister. Growing up I was involved in many activities and sports. I was a sea cadet from the age of 12 till I turned 18. I played baseball and rugby. When I graduated high school in 2004 after working many different kinds of jobs, I came to realize I wanted to try something new and exciting. So on January 19 2005 I was enrolled in the Naval Reserves. During my last six years in the Naval Reserves I have been very active; I was nominated for the Camaraderie award during basic in 2005 and awarded top student on my Boson QL1 December. I did my QL2 in September 2008, and then was given the opportunity to do the Olympics in Vancouver British Columbia in January 2010. I was also given the opportunity to do the International Fleet review in Victoria and Halifax during the months of May 2010 . July 2010. Also, during the last six years I have sailed to Bermuda and Boston. These are just a couple exciting places I have been. I have come to realize that I want to have a career as either a member of a police force or with the correctional system.

The coin caught up with LS Howie during the 2010 Olympics in Vancouver. LS Howie was a member of the Port Security Unit for the games.





Skipper for the day LCdr (OS) Turner checks out his new office

Catching up with CATS



Cdr Neil Payne (Retired) and his wife Susanna Hum were present for the unveiling of the plaque of HMCS FRONTENAC at the New Years Day Levee at City Hall. Neil was the Commanding Officer of CATARAQUI from 1988 until 1991 when CAT was located at the Montreal Street Armories.



LS Farish and OS Zakrzewski (L-R) relax after a hard day at the pool during the CISM swimming and life saving competition in Germany. LS Farish is now with HMCS DISCOVERY attending UBC. OS Zakrzewski now parades with HMCS STAR and now studies at the University of Guelph.



NCdt Kelsey Chang: I joined the Navy almost two years ago, I was sworn in July 2009 in Vancouver, on behalf of Cataraqui. I am originally from Vancouver, but I traveled to Kingston to attend The Royal Military College of Canada. I am studying Psychology, and I plan on finishing my degree at RMC in 2013. I also play for the RMC Varsity Women's Volleyball Team as a back row specialist. I have been playing volleyball for the past 9 years and it has been a passion of mine since the first moment I stepped on the court. I have six sisters, three of whom who are older, and three who are younger. My two youngest sisters have shown an interest in joining the Military since my first year in Kingston. They plan on traveling out East to join me at RMC after they graduate in 2012. I recently completed my Basic Military (Officer) Training. This training was challenging, but very fun at the same time. I have many memories from the twelve weeks my course mates and I were together, and I will never forget those people who made them with me. I am looking forward to my training next summer.





Doctor Evil and the Fab Four

Stokers Open Vignettes
- The 70s -





Austin Powers; Eat your heart out!

This year Stokers Open theme was the 1970s, members of the Ships Company dressed the part and competed, bribed and cheated in an effort to have the lowest score.



LS Heather MacLellan: I joined the Canadian Forces as a NCIOP in 2006. I have sailed on both the east and west coasts on MCDV's. I have had the privilege to represent CANADA and the CF playing on the CISM Women's National Soccer Team. I graduated with distinction from the Royal Military College and currently I am pursuing post-graduate studies in Social Work.



LS MacLellan with her sister, Renee, on Juno Beach during a break from CISM competition

LCdr Philip Henderson: Born and raised on the west coast, I am a former Navy League then Sea Cadet. I joined the CF in 1973, graduating from le Collège militaire royal (CMR) de St Jean in 1978. Out west, I served in HMCS KOOTENAY (80-82) and as Executive Officer in HMCS CHALEUR, a Patrol Boat used for junior officer training (84-85). I also married Marjorie in Dec 84. I served as a Squadron Commander at Royal Roads Military College in Victoria (82-84). Then, on the east coast, I served as the Weapons Officer in HMCS ALGONQUIN (86-87). I then served as the first Canadian Representative in the NATO Improved Link Eleven (NILE) Project Management Office (PMO) in Washington, DC (87-91). From 91-96, I served as a Communications Staff Officer in both Maritime Command and Maritime Forces Atlantic Headquarters before attending the Canadian Forces College (CFC) Command and Staff Course (96-97). I was then posted to the Royal Military College in Kingston where I served on the cadet wing staff (97-2000), completed an MA (00-02), and then returned as staff to the CFC. My last posting in the Reg Force was to the Canadian Defence Academy Headquarters as a staff officer for officer professional development. My wife Marjorie and I have one daughter, Samantha, who is now married and completing her B Ed at Queen's University. In Apr 08, I retired from the Reg Force and transferred to the primary reserve and HMCS CATARAQUI. When not ashore in Kingston, my wife and I enjoy



When not ashore in Kingston, my wife and I enjoy cruising. I have a lot of fond memories from my naval career. Aside from the camaraderie, I most enjoyed visiting foreign ports and spending time as a tourist. One of the most memorable ALGONQUIN port visits included an excursion to Mount St Michel in France. Another visit had KOOTENAY alongside in Pearl Harbour for 3 weeks, during which I took leave to visit the island. I also travelled while serving in staff positions, e.g., to Tokyo and Hiroshima, London, Paris, The Hague, Madrid, Hamburg and Ulm Germany, Rome, Lisbon and, on numerous occasions, Brussels. I have no doubt that my time in the navy has inspired Marjorie's and my current love of cruise vacations. After all, where else but in the navy and by cruising can you unpack just once and visit so many cities and countries.



**Santa visits with the smaller
members of the extended
CATARAQUI family**



LS Kieran MacDonald: The sea has always had a pull over me, ever since my first experience with the sea when I was at the age of 2 years old. I was raised on a fifty foot long cement-hull sailboat in various ports along the West Coast of Canada. I was able to attend regular elementary school during the school season, however spent my summers between the age of two and eleven sailing up and down the coast of BC with my family, allowing for an easy transition into summer sailing as a reservist. My affinity towards the west coast of Canada found me doing most of my sailing on MCDV's out of Esquimalt until I completed my university education (bachelor of Psychology, Carleton University) and have since been luckily employed in the local area, assisting with cadet camps, PSU's and various other employment opportunities given to me through the Naval Reserves. Even now that I have a post-secondary education, the impact that my shipmates within the Naval Reserves, and HMCS Catarqui in particular, have had on



me is such that I know that the memories and friendships that I have made will last years beyond my time in the Naval Reserves and impact on many different facets of my life. Through my time in the Naval Reserves, I have come to understand and truly believe that I joined not only an Organization, but a CF family.



Naval Cadet Taya Lynn McGillivray: I am originally from Port Williams, Nova Scotia, which is a small town an hour west of Halifax. I am presently in my third year of studies at Queen's University competing a BSc Hons in Kinesiology with a medial in anatomy. I am also a Track and Field and Triathlon enthusiast, and have competed at both the national and international level in both sports.



Pins and ties have long been used by the smartly dressed CAT sailor. Although the Griffons foot is an odd item to find on a tie it certainly an icebreaker at a party when an explanation is required.

LCdr Susan Long-Poucher: Like many of my era, I joined the Naval Reserve for what I was told would be a great summer job, certainly more interesting than the previous one when I worked at Woolco as a cashier. From HMC Ship's CABOT, SCOTIAN, CARLETON, MALAHAT and CATARAQUI to shore positions across the country; thirty plus years later, I'm still employed in my part time summer job. I decided somewhere along the way that I'd stay with it as long as the navy and I maintained a symbiotic relationship, both giving and getting something in return. Hopefully I'm keeping my end of the bargain as well as the navy has. The recruiting slogan when I joined was "There's no life like it" and that has proven very true in my case. Nothing else could have provided the range of life experiences that the Naval Reserve has done. Some activities have challenged me physically; being winched to the deck of a ship from a Sea King helicopter; challenging West Coast Trail; participating in the Nijmegen marches (very personally gratifying after twice having to learn to walk again); and being unbearably seasick while caught in Hurricane Emily in PB Standoff off the coast of Nfld. Some activities have stretched me intellectually; attending a NATO junior officer symposium in Brussels, where everyone else was much more cognizant of the Cold War concerns of Western Europe and I scrambled to absorb all I could in very short order; and a Pearson Peacekeeping course on Refugees, where I was on the receiving end of hostility from another student, a former Somalian refugee, because as military, I was only bad news to refugees. Building a relationship through that 2 week course was one of my most daunting challenges ever. Many experiences have touched me emotionally; attending a memorial service at a former Concentration Camp, where the stark, gray emptiness was bereft of any life, yet through the silence, the walls echoed out the screams of anguish, human suffering and terror; the funeral service I attended for 3 family members of one of our sailors, where her navy family joined her own in sharing the sorrow; and the awe of sailing past the pristine natural beauty of the glaciers in Prince William Sound and hearing from locals the tragic tale of the Exxon Valdez disaster. With my Reg Force husband Douglas, we've had several moves around the country, and I've been grateful for a ready made circle of friends in every new NRD. As a mother of 4, I've spent many years as a full-time mom, always thankful for the continuity of a naval reserve career, and the envy of civilian friends with my periodic 2 week all-expense-paid work trips courtesy of the navy. Our kids have a great sense of Canada and have been bitten by the adventure bug. Three have so far joined the Reserves, one to go. We never intended to make Kingston home, but it's here we've stayed the longest, putting down roots and becoming entrenched, with the navy family as our cornerstone. It's been a real privilege to be at the helm of CAT during our Centennial year and to share in the energy and enthusiasm of a Ship's Company in whom I'm very proud.





New Years Day 2011

The last official day of work for the Commodore's Coin Project and the last Name Sake Presentation for CATARAQUI. The Centennial Year ended with a final presentation, members of the ship gathered at City Hall to present Kingston with a framed picture and history of HMCS FRONTENAC

The Commodore's Coin Project Contributors: My Sincere thanks to ...



OS Campbell, who took some of the photo's that appear in this book, including mine



LCdr Long-Poucher, who assisted with editing and captioning and was always a great champion of the project



PO2 Akol, who updated and maintained the electronic version of the book



AB Moufid, who provided technical assistance and layout/content ideas



LS Carroll, who helped with graphics and took some of the pictures



MS Reid, who lent fresh eyes and ideas to the task of editing

CPO2 Peter Clarabut: I joined the Naval Reserves at CATARAQUI in July, 1976, but as I think back I feel that I have always been here. My Dad joined RCNVR Kingston in 1940 and my family has been part of the ship ever since. Many of my childhood memories are of parades, boat trips and the annual children's Christmas party; in fact I was Christened at CAT and my name is engraved on the Ship's Bell. In my early sailor days I spent a lot of time away on Class B on both coasts including time at FDU, and HMC Ships Nipagon, Porte Dauphine, Porte St. Jean and various smaller vessels. In the 1980s as a MS I spent 3 very rewarding years as an instructor for Kati-mavik. Eventually my full time "Shad" days came to an end, I met and married my bride, Josée, and we set up house in BC. After three years with Environment Canada we moved back to Kingston and I rejoined CAT and took a job as a research assistant at RMC. Josée and I have two children, Michelle and Mark, of whom I am very proud. Some of the research that I was involved with at RMC led to commercial work, and in time it evolved into a



busy (yet small) materials testing business. I have spent my life finding a balance between my family, my business and the Navy, but finding the right balance has never been easy; thank you Josée for understanding. With over 30 years of service and most of that time at CAT I have come to know the ebb and flow that is a reservists life. I am a "Lifer", I will stay with CAT for as long as the skipper will have me. After so many years of association before and after I joined it will be hard to let go. From my earliest days, through the good years and the bad, from the time when the Naval Reserves sought a mission to the years when we had too many, I have always been proud CATARAQUI was my ship.



- The Coin, the Coxon and his camera -
Relaxing after the long march through 2010



Well XO, after much review, discussion, contemplation and in being all respects ready, I think it is high time to proceed. Please send for the Cox'n with my compliments, close up special sea duties, single up all lines and make all preparations for getting underway; the Centennial has passed but there is still much to be done as we set a course for the next 100 years.

Personal Note: At the beginning of this project I never swept up how consuming it would be; a year is a long road and this Centennial year has been longer yet. I initially thought the book would be about 100 pages, a few bio's, some pictures of the mugs of a few sailors and some graphics for dramatic effect. Now that it is done I can see that it took on a life of its own, but a life that is richer and fuller and more deserving of our story. Over the past year my camera and the coin have been my constant companions, traveling and visiting wherever there was a CAT. Many have carried the coin for me; across Canada and overseas. Others have contributed in many ways and shared the work and importantly to me, have expressed delight in and gratitude for this project, they have lightened my load and saw me through the long hours of editing. To everyone who helped, I am very grateful.

The project was begun by my desire to do something of consequence for the Centennial, it was inspired by the photograph of Canada's first "Tars" (see page 5) and galvanized by the Commodore's coin. I saw the coin as the link that would draw us all together, a commonality if you will, and certainly it leant a better name for the project than many I could imagine. The coin has been held by Ordinary Seamen and Admirals, children and Veterans, politicians and pundits. It has been from coast to coast to coast and many places in between by land, sea and air. At present and for the moment it is still with me, at least until I find a safer home for it. If the coin is been our link, perhaps in time it will be our link to future CATS and their link to us as they ponder this book and the faces and stories of the sailors of CATARAQUI in this Centennial Year.