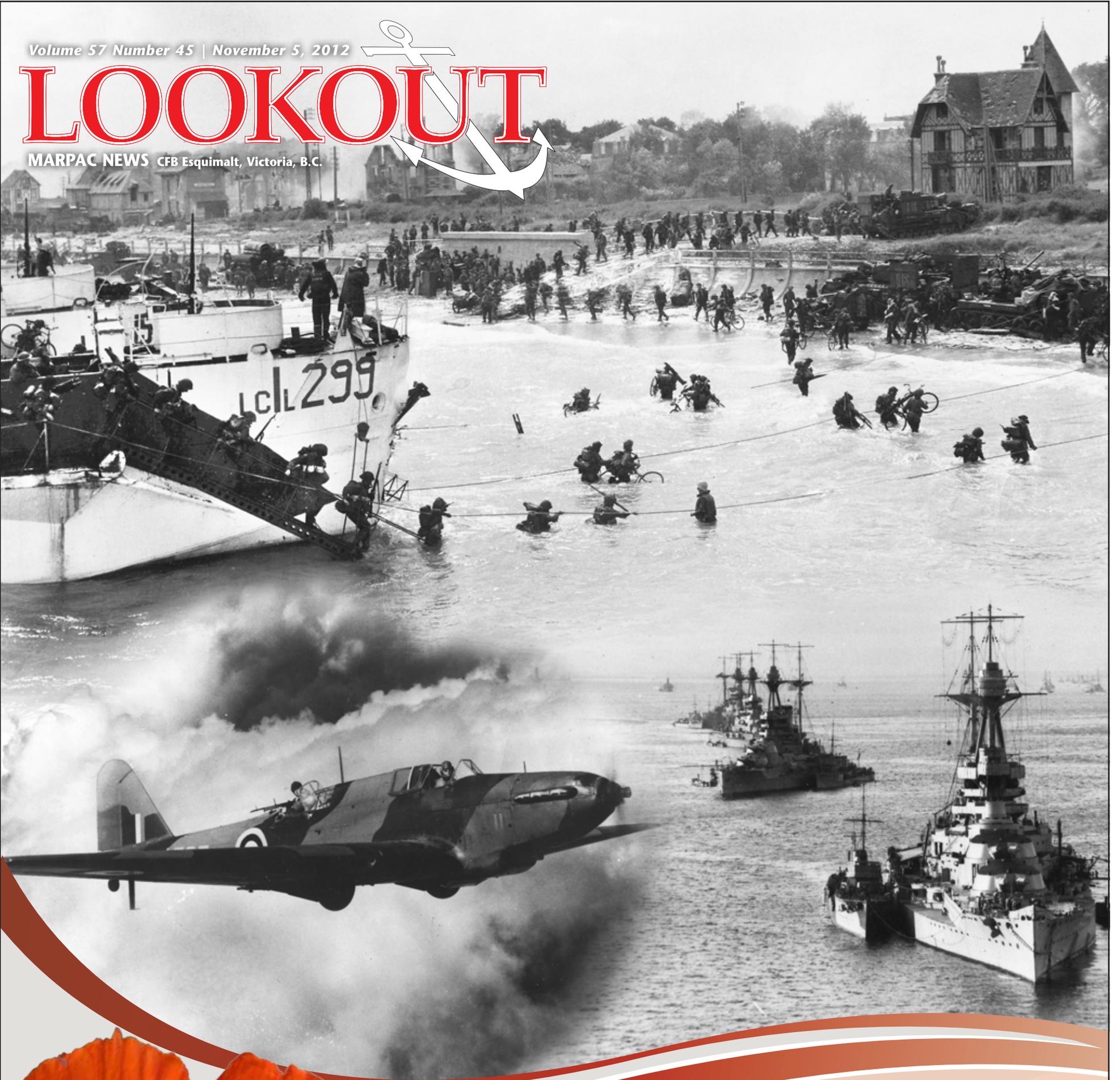


Volume 57 Number 45 | November 5, 2012

LOOKOUT

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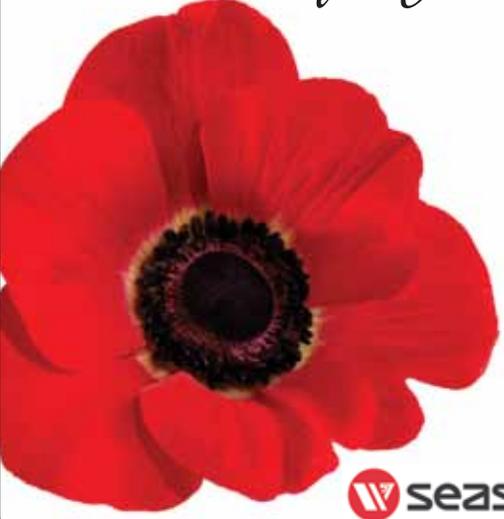



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Canada Place commemorates military

Canada Place Corporation has announced the Nov. 1 public launch of "11 Artists for 11/11."

The exhibition is part of Digital Canvas, a series of on-screen art exhibitions at Canada Place. This unique exhibit features Canadian Forces Artists Program (CFAP) participants from across the country, pays homage to the sacrifices of serving and retired members of the Canadian Forces, and honours their contributions to missions at home and abroad.

Since the First World War, Canada's war art programs have allowed hundreds of Canadian artists the opportunity to record Canada's presence in theatres of operation around the world. CFAP continues this tradition by providing artists from across our nation the opportunity to capture the daily operations and personnel of the Canadian Forces in locations from as far as Afghanistan to Europe, and as near as bases across Canada, including the high arctic.

CFAP welcomes painters, sculptors and photographers as well as other professional artists such as musicians, actors and writers.

"What makes these works so unique and important to Canadian military history is that they depict images from the front lines as seen through the eyes of each individual artist," said the Honourable Peter MacKay,

Minister of National Defence. "These raw and stunning renditions bring home to Canadians the spirit of our soldiers, sailors and airmen and airwomen and the sacrifices they make every day. These artworks provide Canadians with a truly special record of remembrance – lest we forget."

The artists featured in 11 Artists for 11/11 are:

- Michael Markowsky, British Columbia
- Allen Ball, Alberta
- Scott Waters, Ontario
- Jacques Hamel, Quebec

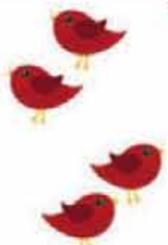
- John Horton, British Columbia
- William MacDonnell, Alberta
- Ardell Bourgeois, British Columbia
- Sylvia Pecota, Ontario
- Mark Richfield, British Columbia
- Zeqirja Rexhepi, Nova Scotia
- Douglas Bradford, Ontario

11 artists for 11/11 will be in rotation on Canada's Storyboard at Canada Place in Vancouver, daily from 5 a.m. to noon from Nov. 1 to 30. Those who can't make it to Canada Place can see documentation of the exhibition at: www.canada-place.ca.



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Remembrance Day on the Island

Remembrance Day ceremonies in Southern Vancouver Island, as well as the names of the individuals who will lay wreaths on behalf of the Canadian Forces:

- 10:00 a.m.**
- **VETERANS' CEMETERY** - 1190 Colville Road
LCol Joanne Simard, Commanding Officer, Canadian Forces Health Services Centre (Pacific)
 - **COBBLE HILL** - Cobble Hill Community Hall followed by ceremony at the cenotaph at Liberation Park (behind the community hall)
Lieutenant Colonel Joel Anderson, Commanding Officer, 741 Communications Squadron

- 10:55 a.m.**
- **OAK BAY** - War Memorial, Uplands Park
Col Carl Wohlgemuth, Air Component Coordination Element
 - **VICTORIA** - Legislature Building
Admiral Bill Truelove, Commander, Maritime Forces Pacific
 - **ESQUIMALT** - Memorial Park Cenotaph at 1229 Esquimalt Road
Capt(N) Bob Auchterlonie, Base

Commander, Canadian Forces Base Esquimalt

- **WEST SHORE COMMUNITIES** - Veterans Memorial Park located at the intersection of Goldstream Avenue and Veterans Memorial Parkway (Millstream)
Capt(N) Don Smith, Commanding Officer, Fleet Maintenance Facility (Cape Breton)
- **SIDNEY** - Town Hall at 2440 Sidney Avenue
LCol Stephen Maude, Commanding Officer, 443 Maritime Helicopter Squadron
- **SAANICH** - Municipal Hall at 770 Vernon Avenue
Major B. Walker, Commanding Officer, 11 Field Ambulance (Victoria)
- **SOOKE** - Sooke Branch of the Royal Canadian Legion at 6726 Eustace Road
Capt(N) Brian Costello, Assistant Chief of Staff Halifax Class Modernization
- **LANTZVILLE** - Lantzville Branch of the Royal Canadian Legion at 7225 Lantzville Road
Cdr Jonathon Allsop, Base Information Services Officer, Canadian Forces Base Esquimalt



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Blood drive honours Canadian Forces

Shawn O'Hara
Staff Writer

This November marks the first *Remember the Power of Giving Campaign*, a blood drive aimed at honouring the Canadian Forces.

"We wanted to give people who love and support military members an opportunity to do something," says Michelle Stratford, Event Specialist for the Vancouver Island Branch of Canadian Blood Services. "The need for blood is constant, and this month is the perfect time

to reflect on ways to give back."

Donors can make an appointment to give blood at clinics province-wide.

The process takes about an hour and a half, depending on the clinic. Donors fill out a questionnaire followed by approximately 15 minutes of actual blood drawing. Many appointment slots for November are still free.

"For the month of November approximately 12,000 blood donations are needed," says Stratford. "Right now there are still 7,000 appointments that

need to be filled."

Remember the Power of Giving began as a way of honouring Cpl Darren Fitzpatrick, a Canadian soldier fatally wounded in Afghanistan in 2010. Thanks to blood donations, Cpl Fitzpatrick was able to spend two weeks with his family before succumbing to his injuries. He died peacefully among his loved ones in March 20, 2010.

"We realized we had an opportunity to honour Cpl Fitzpatrick, as well as the service of military members past and present," says Stratford. "We want the

community to know if they donate blood they could be helping military members."

The relationship between Blood Services and the Canadian Forces reaches back almost 70 years.

"We wanted to give back, and to honour the gift that so many soldiers have given," says Stratford. "This way we can help countless Canadians, and honour the sacrifices of military members past and present."

On base, people can donate Nov. 20 and 21 at the Chief and Petty Officer's mess.



848 'Royal Roads' Air Cadets in the West Shore salute all past and present members of the Canadian Forces. For more information about 848 Squadron check us out at: www.848royalroadsaircadets.com or e-mail: 848air@cadets.gc.ca

matters of OPINION

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WHAT SAY YOU

People Talk

Lookout asked this question:

Who are you remembering on Remembrance Day?



My father. He was a veteran of the Second World War and served in North Africa, Sicily, and Italy.

Capt(N) Alan Bennett



My grandparents both served in the war. One was a pilot and the other was an aerospace mechanic.

Matt Oldroyd



My father is a veteran of the Second World War, and my spouse is currently serving. It's just as important to give thanks to serving military members.

Nora Johnson



I'm remembering all military members past and present who have given their lives in service to their country. Their sacrifices won't be forgotten.

LCdr Sebastien Auger



My father-in-law, who is no longer with us. He served in the Army during the Second World War and was briefly a POW. My father also served in the war, as a member of the Navy.

Philip Hagell

Tell me a story soldier!

Melanie Graham
Contributor

A year ago a group of volunteers launched a project called "Afghanistan: A Soldier's Story" www.afghanistanaanadianstory.ca

The objective is to collect the human stories and images of those who served - military, civilian and media, and compile them in a legacy album to share with Canadians. Publication is planned for November 2014.

A great deal has been accomplished in the past year. The project has received a donation from the Power Workers' Union (PWU) of Ontario, the same organization that was the principal supporter of the documentary series "The Veterans."

Former Chief of the Defence Staff, General Walter Natynczyk, has written an introduction for the book and MGen Vance has accepted our invitation to serve as the CF Project Champion. Respected military historian, Dr. Jack Granatstein has agreed to write a historical introduction and the Prime Minister, the Minister of Veterans Affairs Canada and the Royal Canadian Legion have agreed to provide message(s) and/or content.

Submissions have trickled in over the past year and I want to thank those who have shared their stories and images. However, many who served appear to struggle with the idea, suggesting their stories are not worth sharing, or too colourful or covert to share. I ask you to think again.

Storytelling is a traditional, and in ancient times, a means of passing on wisdom and culture, not just a chronicling of key events. Historically, it has been how subsequent generations were inspired and informed, not just

with skills and knowledge, but with values and ideals, and a sense of belonging to something greater than themselves. Today, we rely on formalized education along with movies and television to provide the models that will shape our youth, and our leaders of the future. Far too many of us, as a result, have lost the individual art of storytelling.

Your stories, simple and unimportant though they might seem to you, are very important. When you share your experiences through storytelling, you are contributing to a powerful individual exchange, and an accumulation and consolidation of priceless knowledge beyond what is formalized in manuals and history books. Your shared narrative builds trust and understanding with your communities and with those who will come to serve after you. Your stories will also help to perpetuate a standard of professional excellence that has, more often than not, been the hallmark of those who have served Canada in the profession of arms before you.

So please, if you have a story, an image, or a video clip from your Afghanistan experience to share, or if you know someone else with an experience to share, please direct them to contact@afghanistanaanadianstory.ca or to consult@mywrdrwx.com. Your stories and photos are more important than you may realize.

Visit our website at www.afghanistanaanadianstory.ca.

You can also find us at:

- www.facebook.com/Canadian.Afghanistan.Combat.Mission?ref=hl
- www.youtube.com/user/ASoldiersStory
- www.linkedin.com/groups?gid=4256579&trk=hb_side_g
- www.flickr.com/groups/canafghanstory/

Poem

The Wars We Make

I gaze into the world with sorrowing eyes
And see the wide-abounding fruits of hate.
We fight, we say, for peace, and find
The wars we make
To be a spring of hate and source of future wars.
Is there no peace for man
No hope that this accursed flow
Of blood may cease
Is this our destiny: to kill and maim
For peace?
Or is this 'peace' we strive to gain
A thin unholy masquerade
Which, when our pride, our greed, our gain is touched too far,
Is shed, and stands uncovered what we are?
Show me your light, O God
That I may fight for peace with peace
And not with war;
To prove my love with love,
And hate no more!

This poem was written by Nicholas Peters just after the outbreak of the Second World War. Peters, who lived for some years at Grande Pointe, MB, had emigrated from Russia in 1925 at age 10 and had seen firsthand the horrors of revolution and war in his native country. He joined the Royal Canadian Air Force in 1942 and trained as a flying officer. He died on March 7, 1945, after his aircraft was hit by enemy fire. The poem is from a collection of Peters' work entitled *Another Morn.*

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Sailors honoured on Parliament Hill

Darlene Blakeley
Navy PAO Ottawa

Six members of the Royal Canadian Navy (RCN) who have performed acts of heroism or exceptional achievement of their duties in service to Canada were honoured on Parliament Hill Oct. 30, as part of Navy Appreciation Day.

Hosted by the Navy League of Canada, Navy Appreciation Day brings together parliamentarians, the RCN, the maritime education sector and the maritime defence industry to celebrate the accomplishments of Canada's navy.

"While having the best equipment available is important to the mission, even more important are the men and women of the navy who through their dedication and professionalism ensure our success for Canada," said Minister of National Defence, Peter MacKay. "It is therefore gratifying when an organization such as the Navy League of Canada formally recognizes the contribution of outstanding members of the Royal Canadian Navy as part of Navy Appreciation Day."

The sailors, who were hosted in the Senate Chamber by Speaker of the Senate Noël A. Kinsella (who is also an Honorary Naval Captain), included:

LCdr Stéphane Julien from Boucherville, QC., who was recognized for his exceptional leadership when he served in Kandahar, Afghanistan, as the Officer in Command of the Counter Improvised Explosive Device (IED) Training Company. Under his direction, thousands of NATO and Afghan soldiers were trained in counter IED awareness. LCdr Julien was awarded the United States Bronze Star medal as a result of his excellent service. Currently, he serves as the Mine Warfare Officer for Canadian Fleet Atlantic.

Originally hailing from Windsor, Ont., **LCdr Mike Mangin** was recognized for his tremendous service in orchestrating numerous naval operations. Most recently, he served as the Lead Planner for Canadian Task Force 176 Expeditionary Strike Group as



MCpl Matthew Ufholz, Contributor
CPO2 Thomas Curley, LCdr Mike Mangin, LCdr Stéphane Julien, LS Sara-Ève Parent, PO2 Richard Hussey and LS Douglas Young.

part of the Rim of the Pacific Exercise –the world's largest maritime warfare exercise. Presently, LCdr Mangin is the Fleet Operations Officer for Canadian Fleet Pacific.

LS Sara-Ève Parent of Rimouski, Que., serves as naval reservist for HMCS d'Iberville. She was recognized for her exceptional service in Operation Lustre, the Canadian Forces response to the Manitoba floods in 2011. She was a recipient of a Joint Task Force (West) commendation for her work in the mission and was chosen as Sailor of the Year in 2010-2011 for her Naval Reserve Division.

LS Douglas Young from Victoria was recognized for his service during Operation Attention, Canada's contribution to the NATO training mission in Afghanistan, where he served as a member of the Close Protection program, the unit charged with protecting VIPs in high-threat theatres of operation. LS Young was recognized for his ability to handle hazardous situations with courage and quick thinking in a hostile and fast-changing environment.

PO2 Richard Hussey of St. John's

currently serves as a rigger in the Fleet Maintenance Facility Cape Breton. MS Hussey originally joined the army in 1994, and transferred to the navy in 2003. In his previous career in the army, MS Hussey served on two rotations in Bosnia-Herzegovina as part of Operation Palladium. MS Hussey was recognized for his continuous professionalism, pride in performance, exceptional leadership and an unmatched work ethic in his everyday and exceptional duties in the navy.

CPO2 Thomas Curley of Agassiz, B.C., was recognized for his outstanding service within the navy, and his community. Serving continuously in the navy since 1982, CPO2 Curley has excelled at the many positions that he has held, including previous service as the Coxswain of HMCS Discovery, and his current position as a Liaison Officer with Joint Task Force (Pacific). CPO2 Curley is also a prolific volunteer in his civilian life, exemplifying "excellence at home" by dedicating himself to the betterment of his community, by being involved as a volunteer in numerous educational and environmental pursuits.

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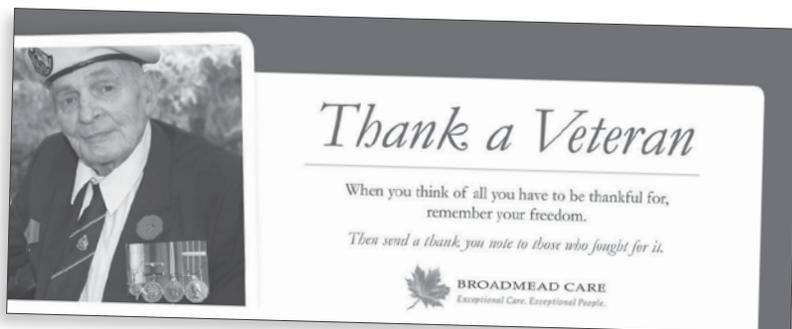
They did all they could for us.



Please do what you can for them.

When you think of all you have to be thankful for, remember to add your freedom to the list.

From now until November 10th, pick up a "Thank a Veteran" card at any Greater Victoria Thrifty Foods location. Send your thank you note and a donation for equipment to Broadmead Care where WWII and Korean War veterans at the Lodge at Broadmead and Veterans Health Centre will read it on Remembrance Day.



To make a donation, mail your cheque payable to Broadmead Care to 4579 Chatterton Way, Victoria BC, V8X 4Y7, call in your donation to 250-658-3274 or donate online at www.broadmeadcare.com.



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Museum exhibit highlights Canadian Scottish Regiment

For Valour - The Canadian Scottish Regiment (Princess Mary's) 100 years of Service in Peace and War, opened Saturday Oct. 20 at the Royal BC Museum. This new exhibition tells their stories of valour and service in time for Remembrance events and marks the regiment's centennial year.

For 100 years the men and women of the Canadian Scottish Regiment (Princess Mary's) have answered the call of duty in times of peace and war. They fought to retake Vimy and stormed the beaches of Normandy. They were on the ground to keep the peace in Bosnia/Kosovo and Afghanistan.

"This is a joint production, a partnership between the regiment and our museum," said Tim Willis,

Director of Exhibitions and Visitor Experience, Royal BC Museum. "We're really pleased to honour a century of service, from the earliest days to recent UN peacekeeping and NATO operations."

Photographs, letters, memorabilia and artifacts, including effects from the regiment's mascot - a St. Bernard dog named Wallace - add touching personal vignettes of daily regimental life. Visitors can compare the evolving designs and equipment included in the battle kits and uniforms worn by regiment soldiers during the First World War, the Second World War and in modern-day Afghanistan.

"Six Victoria Crosses, and the stories they carry with them, will be brought together for only the second time in Victoria," said Lorne Hammond,

History Curator, Royal BC Museum. "The medal sets include four Victoria Crosses awarded to members of the 16th Battalion, more than any other battalion in the Canadian Expeditionary Force."

The Regiment originated in 1912 in Victoria as the 88th Regiment (Victoria Fusiliers). In 1920, the 88th Regiment was combined with the 50th Regiment and renamed The Canadian Scottish Regiment. Princess Mary was Colonel-in-Chief from April 24, 1930 and the change of the Regimental Title to include "Princess Mary's" was granted on April 29, 1948. The Regiment perpetuates the two founding Regiments above and six Battalions of the Canadian Expeditionary Force: the 16th, 48th, 67th, 88th, 103rd and 143rd.

Photos needed for virtual wall

The Royal Canadian Legion is building a "Virtual Wall of Honour and Remembrance" to honour all deceased veterans. The appearance of the "Virtual Wall" will coincide with the National Remembrance Day Ceremony, organized by the Legion on behalf of and for all Canadians. It will be displayed on the large video screens prior to the start of the actual ceremony on Nov. 11, and those thereafter.

As a way to honour their relatives and friends who have served Canada, Canadians are invited to forward a photograph of the deceased veteran to Dominion Command along with his or

her name, years of service, element or force to which the departed belonged or regiment/unit. Photos can be sent by mail to Dominion Command, 86 Aird Place, Ottawa, ON, K2L 0A1 (no originals please as they cannot be returned) or electronically to RememberingThem@legion.ca or ALeurMemoire@legion.ca.

Any deceased veteran (including those who belonged to the Merchant Navy and of Ferry Command) whose death was attributable to any cause before or after they served (Second World War, Korea, peace support missions, Afghanistan or accidental death in Canada) will be honoured.

B&B's offer free accommodation

Hundreds of bed and breakfasts (B&Bs) throughout Canada and the U.S. will honour veterans and military personnel with free rooms in recognition of Remembrance Day. B&B owners will open their doors with complimentary stays for the night of Sunday Nov. 11, 2012. Guests will enjoy a breakfast the next morning after a relaxing night's sleep.

Veterans and active serving members interested in reserving a room for Nov. 11, 2012, should contact the B & B directly.

Visit BBCanada.com to see a complete list of participating Canadian B&Bs and contact details. Please note that military identification is required.

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Thank a Veteran

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Then send a thank you note to those who fought for it.



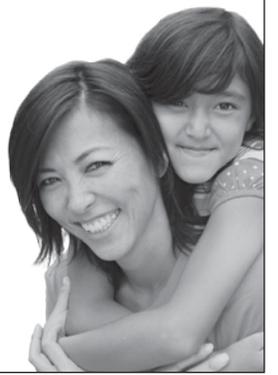
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Self-mail thank you letters to veterans are available at Thrifty Foods locations in Victoria for a small donation.

With honour, respect and thanks to all the men and women who served and continue to serve this Remembrance Day.

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Best we Forget

VICTORIA - ESQUIMALT MILITARY REENACTORS ASSOCIATION

Campaign on to thank a veteran

Shawn O'Hara
Staff Writer

This year marks the first Thank a Veteran Campaign by the Broadmead Care Centre.

The campaign was conceived as a way of acknowledging the sacrifices of the many veterans at the Lodge at Broadmead.

"It's very difficult for veterans to get out in the community for Remembrance Day. Many are in wheelchairs or suffer from dementia," says Jennifer Jasechko, Chief Development Officer for Broadmead Care. "We can't invite the community to come to the care centre, so we're inviting them to send their thanks."

The self-mail letters are available at all Thrifty Foods locations in Victoria for a small donation. Just jot down a message to the veterans, pop it in a mailbox and it will arrive

at the doorstep of the Broadmead Care Centre.

On Remembrance Day the letters will be posted on the wall for the veterans to see.

We can't invite the community to come to the care centre, so we're inviting them to send their thanks.

-Jennifer Jasechko,
Broadmead Care Chief Development Officer

The letters bring a gentle reminder that the community appreciates their sacrifice, something many veterans are unable to personally wit-

ness on Remembrance Day.

"Remembrance Day carries a very solemn message for them. We wanted to get the community to the veterans, so they know their sacrifices haven't been forgotten," says Jasechko. "To think what they did for all of us, for our country, when they were younger. We all owe them a debt that we can never repay. All our lives have been greatly impacted for the better because of what these brave men and women did for us."

Letters of thanks have already started rolling in, many of them from children.

"The younger generation has shown such appreciation for the sacrifices of the veterans. Their letters thank them for their service, their country, and for their freedom," says Jasechko. "Their messages ring so true. We can never forget what they sacrificed for all of us."

Army, Navy, and Air Force Veterans in Canada Unit #12
753 View Street Victoria, B.C.

We invite all members of the armed forces and the public to join us for our 94th annual Remembrance Day open house. Please join us after the parade on Sunday November 11th for refreshments and live entertainment from 1 to 5 p.m. provided by Curl, a three-woman, blues-rock band from here in Victoria.

We invite new members to sign up.

*They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.*

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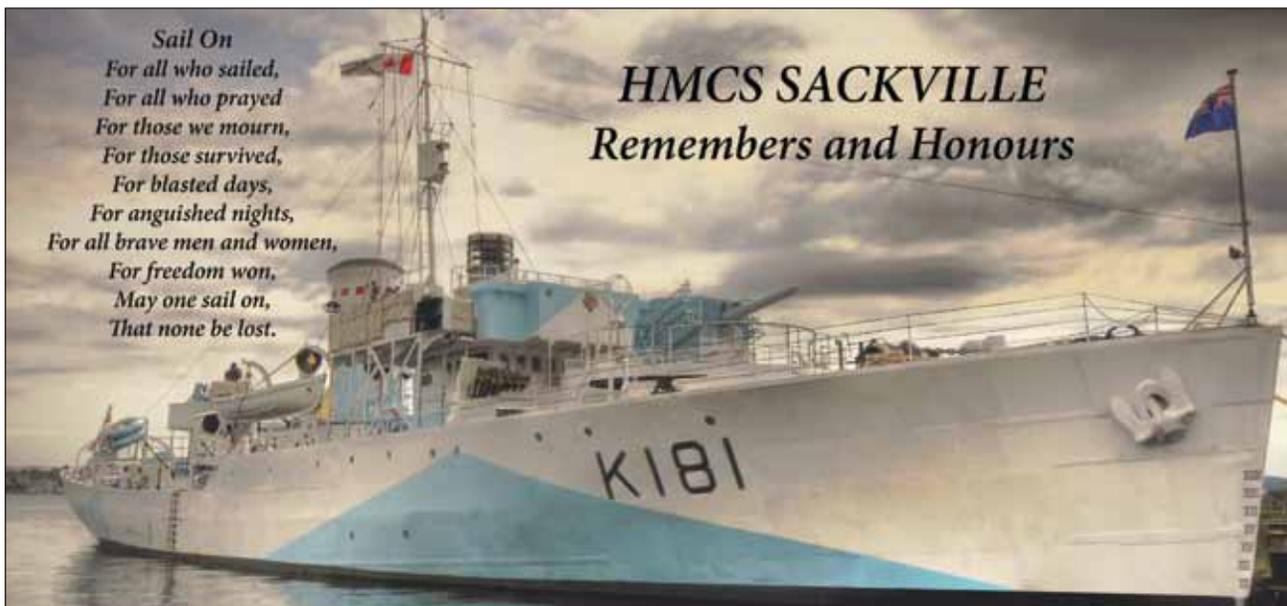
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A look back at Canada's service

Courtesy Veterans Affairs Canada

- OCTOBER 11, 1899**
South African War begins
- OCTOBER 30, 1899**
First Canadian soldiers leave for South Africa
- FEBRUARY 18, 1900**
Battle of Paardeberg begins
- NOVEMBER 7, 1900**
Battle of Leliefontein
- MARCH 31, 1902**
Battle of Hart's River
- MAY 31, 1902**
South African War ends
- AUGUST 4, 1914**
First World War Begins
- APRIL 22, 1915**
Canadians see first major action at Ypres
- JULY 1, 1916**
1st Newfoundland Regiment goes over the top at Beaumont-Hamel
- APRIL 9, 1917**
Canadians take Vimy Ridge
- NOVEMBER, 1917**
Canadians capture Passchendaele in muddy battle
- DECEMBER 17, 1917**
Some Canadian women get to vote in a federal election
- NOVEMBER 11, 1918**
Armistice signed ending the war
- SEPTEMBER 10, 1939**
Canada officially enters the Second World War
- AUGUST 19, 1942**
Canadians take part in Raid on Dieppe
- JULY 10, 1943**
Canadians come ashore in Sicily
- JUNE 6, 1944**
Allies come ashore in Normandy on D-Day
- MAY 5, 1945**
Canadians complete liberation of the Netherlands
- AUGUST 15, 1945**
V-J Day: official end of the Second World War
- JUNE 25, 1950**
Canadians enter Korean War
- APRIL 24-25, 1951**
Canadians see action in the Battle of Kapyong
- OCTOBER 2, 1952**
HMCS Iroquois hit off Korean coast
- JULY 27, 1953**
The Korea Armistice Agreement is signed ending three years of fighting
- NOVEMBER 24, 1956**
First Canadian peacekeepers set foot in Egypt
- AUGUST 9, 1974**
Nine Canadian Forces Peacekeepers die in the Middle East
- 1988**
World's UN Peacekeepers awarded Nobel Peace Prize
- AUGUST 2, 1990**
Iraq invades Kuwait, setting off the Persian Gulf War
- SEPTEMBER 15, 1993**
Canadian peacekeepers fight at Medak Pocket, Croatia
- SEPTEMBER 11, 2001**
Terrorist crash airlines into American targets
- LATE 2001**
Canadian soldiers deploy to Afghanistan
- SEPTEMBER 2006**
Canadians see intense combat in Afghanistan during Operation Medusa
- JANUARY 2010**
Canadian Forces deploy to earthquake-ravaged Haiti
- JUNE/JULY 2011**
End of Combat mission in Afghanistan



*Sail On
For all who sailed,
For all who prayed
For those we mourn,
For those survived,
For blasted days,
For anguished nights,
For all brave men and women,
For freedom won,
May one sail on,
That none be lost.*

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www.canadasnavalmemorial.ca

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HMCS Calgary supporter receives Caring Canadian Award

Shelley Lipke
Staff Writer

Talk to any member of *HMCS Calgary's* crew and they know the name Paris Sahlen.

He's the ship's biggest fan.

The Calgary native has been involved with the ship since its commissioning in 1995.

"Some people collect stamps or coins," says Sahlen. "I do this for a hobby. I find it very rewarding and it is a big honour to do anything I can for the ship and its namesake city."

This year he received the Governor General's Caring Canadian award for years of selfless work contributing to the ship and the morale of the crew.

"We have many amazing friends in our namesake city, but none better than Paris," says *Calgary's* Commanding Officer, Cdr Paul Francoeur. "His tireless efforts in support of our annual 'Cowboy Up' have helped *Calgary* raise over \$50,000 for the Foothills Hospital Burn Unit.

"Every ship deserves a Paris Sahlen. I wish the stores system stocked them and I could order a couple more. You won't meet a sailor who has served in *Calgary* that doesn't know Paris and hold him in the highest regard."

The union of ship and supporter began in 1995. Sahlen, a former weapons technician in HMC ships *Margaree* and *Antigonish*, took part in *Calgary's* commissioning.

"There were over 10,000 people there and it was the biggest commissioning of any ship in the Canadian Navy," recalls Sahlen. "The Calgary Stampede, the police band and the people of Calgary all took part in it. It was a grand event."

Ever since, he has had a hand in making things happen and gaining support for the ship and crew from local businesses.

"Paris is what I would call the ship's City of Calgary Liaison," says CPO1 (Ret'd) Darren Macdonald, who nominated the senior for the Caring Canadian award. "He is one of the many Canadians who give of their personal time to simply enhance the lives of others, with no thought of personal gain or accolades."

Sahlen received the Caring Canadian Award on Sept. 11 from Alberta's Lieutenant Governor, Col (Ret'd) Donald Ethell.

This award was created in 1995 to recognize the unsung heroes who volunteer their time to help others, and to build a smarter and more caring nation. The award also highlights the example set by these volunteers, whose compassion and engagement are so much a part of Canadian character.

"Each year at the Calgary Stampede Paris takes two weeks off to look after the crew and make sure their Stampede goes smoothly," says CPO1 (Ret'd) Macdonald. "He stores all of the items for the Stampede in a storage locker and each year he loads up tables, chairs, display booths, merchandise, etcetera, and hauls it down to the Stampede grounds. I know of no other ship in the navy that enjoys the kind of support from their namesake city, and I dare say this is primarily because of Paris Sahlen."

Every year the crew visits local veterans and has a barbecue at the Glenmore reservoir. "This event is a highlight for the veterans as they get to see first-hand the kind of sailors that have come after them. Paris organizes the



Above: HMCS Calgary branding such as seen above on a Calgary stampede chuck wagon is cared for by the ship's biggest fan, Paris Sahlen.

Inset below: Sahlen accepts the Governor General's Caring Canadian award for his years of work as as liaison between HMCS Calgary and its namesake city.

entire event," says CPO1 (Ret'd) Macdonald. "He also forged a relationship between Wolseley Plumbing and *Calgary*, so much so that Wolseley invites two members of the crew to their annual golf tournament as their guests and I believe they pay for their flights."

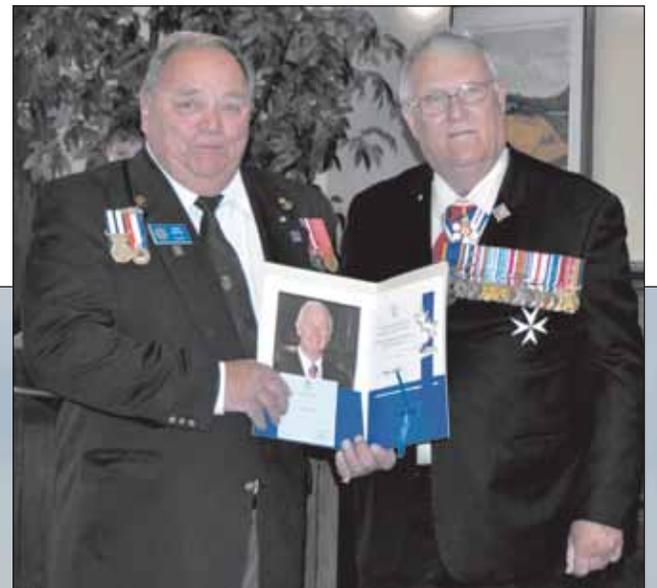
"Many people in Calgary don't know we have a ship. I have noticed that people in the navy, from Ordinary Seaman to Commanding Officer, take great pride in what they do and I am all about spreading the word to the people of Calgary that we

need to support this ship," says Sahlen.

Sahlen also served on the executive of the Naval Museum of Alberta, which has developed into the largest naval museum in Canada and provides extensive

educational programs for youth and adults.

The list of good deeds seems endless, and the consensus is "Thanks Paris" from all the crew, past and present, of *HMCS Calgary*.



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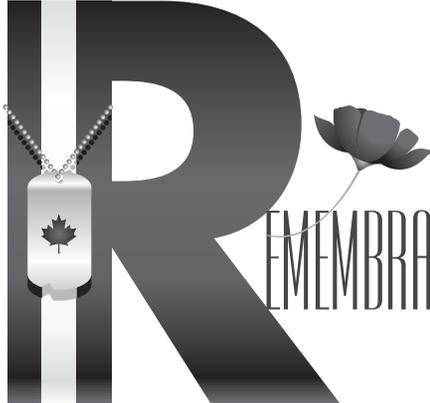


Who's that changing command?

Incoming Chief of the Defence Staff, General Tom Lawson (left), Governor General and Commander-in-Chief of Canada David Johnston, and outgoing Chief of the Defence Staff, General Walt Natynczyk sign the official certificates during the Change of Command Ceremony held at the Canadian War Museum in Ottawa.

Sgt Matthew McGregor, Canadian Forces Combat Camera

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Fading memories shored up by veteran's photography

Shelley Lipke
Staff Writer

Eighty-nine-year-old Second World War veteran Gilbert Davis was not only the stoker mechanic on board HMC Ships Merrittonia and Bellechasse, he was also an inadvertent photojournalist.

During his six years of service escorting merchant navy ships across the Atlantic, and minesweeping in the Pacific, he took hundreds of photos.

"One of the first things I owned was a camera; it was nothing like the fancy cameras they have now. I bought it for about a dollar fifty," he recalls from his home off Gorge Road in Victoria.

Cameras on ships were a rarity, and Davis was one of maybe two sailors on board fortunate to have one.

"The navy didn't like the idea of cameras because the photographs might fall into enemy hands, and if there were photos of sensitive things, it may give the enemy an advantage. I never developed any of the photographs until after the war when I was back in Moose Jaw," he says.

He'd keep the rolls of film from his Kodak 127 Baby Brownie box camera in his footlocker. Each roll took 12 photos.

His photos ranged from posing with shipmates on Douglas Street in Victoria, to the hard reality of a sailor's life at sea.

His favourite photo was taken when HMCS Merrittonia was being fuelled at sea by an oiler.

"I took those photos back then for my own keeping. My photos reflect day-to-day life in the Royal Canadian Navy aboard a convoy escort ship, whereas the embedded reporters of

today are more often trying to get the spectacular photos of combat," he says.

One photo he took of a sailor being rescued from a torpedoed ship showed up in a special edition of Reader's Digest Canadians at War years after the war ended.

"I was very surprised to find my photo in a major publisher's hardcover specialty book, especially a large two-page spread of it," said Davis. "I knew without a doubt that it was my photo and I never provided it to them. It's hard to guess how they came to obtain a copy."

Davis thinks that when he took the film in to be developed somebody kept a second copy of his images.

"My photo was published and printed without my permission or acknowledgement," he adds.

Reader's Digest formally apologized when Davis approached the Canadian publisher.

"The original publish date was 1969 and they no longer had any records or files on hand to reference regarding it. If nothing else, it felt good that we set the record straight for our own sake," he says.

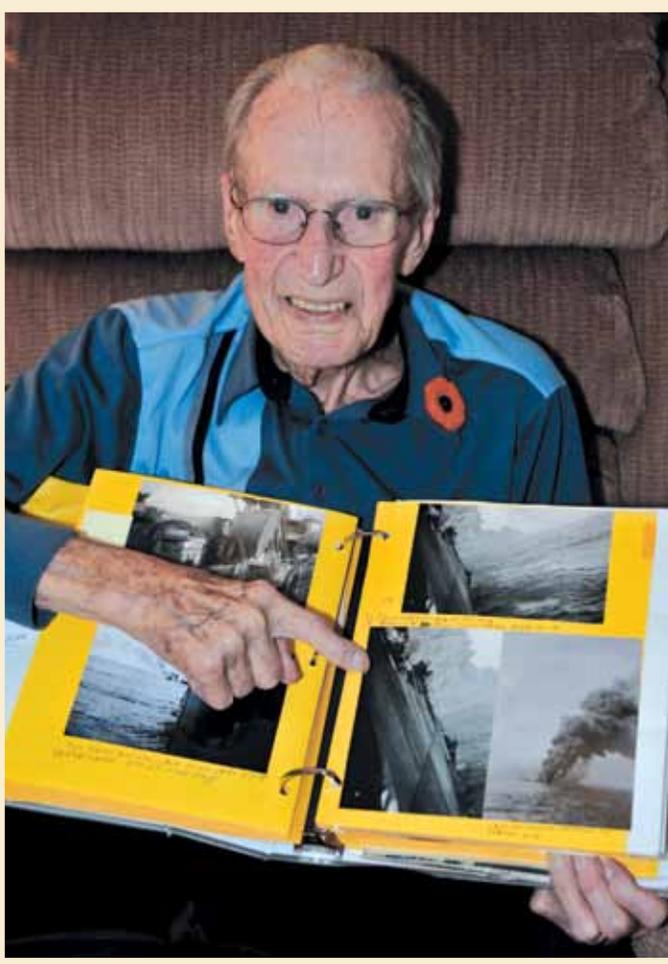
While the memories of many Second World War veterans are fading, Davis, with help from his step-son David Witzer, has recorded his story into a 51-minute narrative video on YouTube, using his photographs as visual reference.

Davis thinks Canadian Forces members would find the video interesting to compare with their own service experiences.

"Seeing bi-planes on an aircraft car-

rier fashioned from an old freighter is something they probably wouldn't expect from the Second World War, and certainly that seems so primitive compared to today's navy fleets. I also hope that young school students might find the video a good learning tool rather than having to see other more vivid examples of the war. The one thing that I think is evident in the video is the sense of camaraderie and moments other than combat. Maybe that video might spark someone's interest to begin their own service with the Canadian Forces. There were many rewarding moments and experiences," he says.

To see his video, go to YouTube and search for Royal Canadian Navy – A WW2 Personal Documentation by Gilbert OS Davis.



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HMCS REGINA AT WORK

Above: Capt Banan Al-Aubiyydy operates a Long Range Acoustic Device to communicate with a dhow in the Gulf of Aden during Operation Artemis on Oct. 8.

Right: SLt Natalie York communicates with a USN supply ship during a refuelling at sea.

Cpl Rick Ayer, Formation Imaging Services, Halifax



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Auxiliary Fleet auctions off international ship hats

The Auxiliary Fleet is holding a silent auction of eight international ball caps.

- Opening bid is \$10 per hat
- **HMAS Perth** – Australia, is an Anzac class frigate of the Royal Australian Navy.
- **USS Santa Fe** – United States is the Navy's 52nd LOS ANGELES class fast attack nuclear powered submarine.
- **F.S. Prairial** - French Navy Floreal-class frigate.
- **MCM Crew Exultant** - **USS Dextrous** (MCM 13), United States.
- **JDS Atago** - is an Atago class guided missile destroyer in the Japan Maritime Self-Defense Force (JMSDF).
- **USS Ingraham** – United States, the last American Oliver Hazard Perry-class frigate to be built.
- **USS Dewey** – United States, is an Arleigh Burke-class guided missile destroyer in the United States Navy.
- **USS Ford** – USS Ford is one of the Oliver Hazard Perry class guided missile frigates and the first ship in the Navy named after Gunner's Mate Second class Patrick Osborne Ford.

In the comments box enter your preferred hat, bid, your name and work phone number. Auction closes 3 p.m. on Nov. 15. Successful bidders will be contacted Nov. 16.

CF Action figures raffle

\$2 for 1 ticket or \$5 for 3 tickets. For tickets contact CPO1 J.D. Parsons,

Parsons CPO1 JD@POESB@Esquimalt, 363-5399, or SLt E. Jeznach, Jeznach SLt EJ@POESB@Esquimalt, 363-7639.

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Draw date Friday, Nov. 9.

MFRC bag sale

From Nov. 13 to 16, you can donate gently worn clothes in support of the GCWCC and have your name entered in a draw for \$25. Drop items off at the Colwood Pacific Activity Centre MFRC. On Nov. 18 from 1-4pm at the CPAC, the MFRC will be selling bags for \$10, which you

can then fill with new-to-you clothes. All proceeds will be donated to the Government of Canada Workplace Charitable Campaign.

Book and DVD sale

The BOR is selling used books, DVDs, magazines and comics in support of GCWCC. From Nov. 2 to Dec. 12, 8 a.m. to 4 p.m., come to the BOR Front Desk, Bldg N30, 1st Floor. Every item purchased earns you an entry into a draw to win a \$25 Serious Coffee Gift Card.

Long bow draw

Greg Birtwistle has donated a hand-made long bow again this year, in support of the 2012 GCWCC-UW campaign. Purchase your tickets at dockyard building 575, room 103 (BCE Hood Building). Tickets are 1 for \$2 or 3 for \$5.

Draw date is Friday Dec. 7, 2012.
\$400 Value - All Proceeds will be donated to GCWCC

POESBE wooden toy raffle

This set of three wooden toys handcrafted by Tom Hare is being raffled off with all proceeds going to the GCWCC - United Way.

Tickets are \$3 each or 2 for \$5 and can be purchased at the Orderly Room on the first floor of Bldg 262D (POESB), 8 a.m. – 2 p.m. Monday to Friday.
Draw date is Nov. 29.

Contact: Karen Tattrie 363-4777; Karen.Tattrie@forces.gc.ca

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You and five of your friends/family could enjoy a four hour cruise and light lunch aboard a CFAV Glen Tug. The cruise must be taken on a weekday. Tickets are \$5 each and can be purchased at the Auxiliary Fleet Admin Office, Bldg 63DY between 8 a.m. and noon, Monday to Friday. Contest closes Nov. 23.

Contact:
Gail Greff at 250-363-1560 or gail.greff@forces.gc.ca
Judy Taschereau at 250-363-1562 or judy.taschereau@forces.gc.ca
Steve Milne at 250-363-1561 or stephen.milne@forces.gc.ca.

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Canadian Forces around the globe

Cambodia

More than a thousand Canadians served in Cambodia to help stabilize and rebuild the country during four peace support missions spread over the years 1954 to 2000.

Congo

As part of peace support operations in the Congo, more than 2,500 Canadians have served to try to help stabilize and rebuild the country during the course of several military missions from 1960 to today.

Egypt

Canadian Forces members have taken part in United Nations (UN) peace missions in the Gaza strip and the Sinai peninsula of Egypt between 1956 and 1967, and again from 1973 to 1979. Since 1986, Canadians have also participated in the Multinational Force and Observers (MFO) peace mission in Egypt.

Cyprus

Canadian Forces members have served on the United Nations (UN) peace mission to Cyprus from 1964 to 1993. The Canadian mission to Cyprus lasted 29 years, making it one of the longest overseas commitments in which Canada has ever participated. In total, more than 25,000 Canadian Forces members served in Cyprus over the decades. Many of them served in Cyprus more than once, participating in several rotations. In 1993, Canada withdrew most of its troops from the UN peace efforts in Cyprus but a small Canadian presence remains as UN efforts to bring about a permanent peace continue.

Syria

Many Canadian Forces members have served in the United Nations (UN) peace mission in the Golan Heights of Syria. The Canadian presence in the uplands between

Syria and Israel is one of the longest-running international commitments ever undertaken by Canada. More than 12,000 Canadians have served there since the UN peace mission began in 1974.

Persian Gulf

The Persian Gulf War of the early 1990s was a struggle that is well-known to many Canadians. More than 4,000 Canadian Forces personnel served in the tense Persian Gulf region in 1990-91, as part of the international coalition of countries that came together to force the invading forces of Iraq out of neighbouring Kuwait. In the aftermath of the conflict, Canadians continued to serve in peacekeeping and embargo-enforcement efforts in the region.

Balkans

When Canadians think about Canadian Forces personnel serving in overseas peace efforts, one of the first places they think about is the Balkan peninsula of southeast Europe. Canadians have served in European Community, United Nations (UN) and North Atlantic Treaty Organization (NATO) missions in Croatia, Bosnia-Herzegovina, Serbia and Montenegro, and Macedonia – new countries that have risen out of the ashes of the former country of Yugoslavia. Beginning in 1991, tens of thousands of Canadian Forces members strived over the years to help make the region secure and nurture the fragile peace so recovery can continue after years of fierce fighting.

Somalia

One country that proved to be especially challenging for peace support personnel was Somalia. Canadian Forces members served in Somalia from 1992 to 1995. They took part in United Nations (UN) peace missions and a United States-led

multinational peace support operation. The controversy that would come to surround Canada's efforts in the country has made the name Somalia a sensitive one for many.

Rwanda

Canadian Forces members served with the United Nations (UN) peace mission in Rwanda from 1993 to 1996. At times, more than 400 Canadian soldiers found themselves in the midst of some of the worst violence that could be imagined while taking part in international peace efforts to try to bring some stability to the embattled African nation.

Haiti

Canadians served in peace efforts in Haiti in the mid-1990s and returned again in 2004 in an attempt to bring stability to a country battered by strife and upheaval.

East Timor

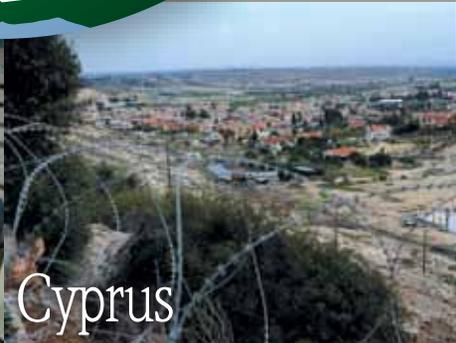
Members of the Canadian Forces have served in many different parts of the world on international peace missions over the past six decades, but few of them have been as far away from home as the mission to the Southeast Asian land of East Timor, on the other side of the globe. Canadian personnel were in East Timor from 1999 to 2001, first serving with a United Nations (UN) – sanctioned multinational peace-enforcement mission and then in a subsequent UN-administered effort to help restore peace and security in the troubled country.

Ethiopia and Eritrea

Canadian Forces members served in Ethiopia and Eritrea from 2000 to 2003, taking part in the United Nations (UN) peace mission there. There were times when more than 500 Canadians served in the hot, dusty, far-off region as part of the larger international effort.



Haiti



Cyprus



Egypt



Persian Gulf

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"Fighting for three days isn't easy"

Shawn O'Hara
Staff Writer

Just four months after setting foot on Korean soil, 19-year-old John Bishop found himself amidst one of the most famous battles of the Korean War.

He was a newly trained infantryman with the 2nd Battalion Princess Patricia's Canadian Light Infantry (2 PPCLI), with no serious battle experience. The Battle of Kapyong would be his indoctrination.

In April 1951, during the Chinese Spring Offensive, the People's Volunteer Army made a push towards Seoul, South Korea from the northwest. UN Forces, primarily made up of Canadian and Australian battalions, set up to defend a vital route to Seoul in an attempt to slow the Chinese down.

"We were marching back from North Korea when we were called on to defend Kapyong. We had no idea what was going on," recalls 81-year-old Bishop. "We were only there for a few hours before the Chinese arrived. Our forces were so spread out across the hill that we didn't know where anyone else was."

When the Chinese arrived the explosion of war erupted.

"We knew in the back of our minds this wasn't your average battle," says Bishop. "From our position we could see the battle raging below us. There were planes overheard, and tanks

and artillery were booming. We knew it was big, but I don't think we knew it was that big."

During the course of the battle, the 3rd Battalion, Royal Australian Regiment (3 RAR) was forced to retreat, leaving 2 PPCLI the sole forward battalion. The fighting continued for three days, during which supplies ran low.

"We were getting resupplies from airdrops because we'd run out of ammunition, food and what have you," says Bishop. "Sleep was difficult, obviously. It became pretty exhausting. Fighting for three days isn't easy."

Despite the overwhelming odds and their precarious position, Bishop and his battalion held the ground. The battle delayed Chinese forces long enough to allow UN forces to withdraw to a more secure defensive line in defence of Seoul. This prevented the People's Volunteer Army from taking the South Korean Capital.

For their defence, bravery, and valour, 2 PPCLI received the United States Presidential Unit Citation and the Republic of Korea Presidential Unit Citation.

"Being young and inexperienced, we were confident we were going to hold," says Bishop. "It didn't occur to us to withdraw. We weren't going to go down in regiment history like that."

Following the battle Bishop was tasked to lead the battalion to their

rendezvous point for extraction.

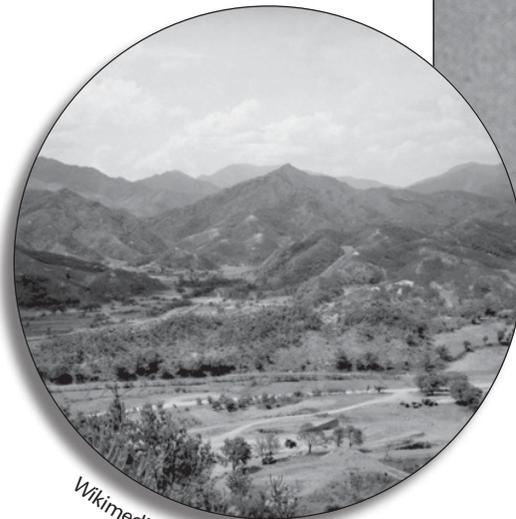
"I found that to be pretty stressful. I was scared I was going to pick the wrong route and run us right into more Chinese soldiers. Luckily I picked the right way. The way I see it, it was the dumb luck of a 19-year-old kid got us out of there."

Bishop continued to serve in the Armed Forces for 37 years, serving Canada in tours from Vietnam to Germany. He wrote a book titled "The King's Bishop" that explores his time in Korea, including the Battle of Kayong.

"When it's happening you don't expect to be a part of history. It's about serving your country and doing your duty. That's all I wanted," he says.



Above: John Bishop in his PPCLI uniform.



Wikimedia Commons

Left: A panoramic view from the left of A Company's, 1st Battalion, The Royal Australian Regiment (1RAR), position at Kapyong facing the direction from which the Communists advanced in 1952.

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Canadian Forces in Afghanistan



Courtesy Veterans Affairs Canada

Introduction

The chain of events that would bring Canadian soldiers into the desolate and dangerous terrain of Afghanistan began on Sept. 11, 2001. On that day, four airliners were hijacked in the skies over the eastern United States; two were deliberately crashed into the World Trade Center towers and one into the Pentagon, resulting in the death of nearly 3,000 people. These horrific attacks shocked and galvanized the United States and much of the world. Canada would soon play a role in the ensuing international efforts to battle terrorism and help bring democracy to Afghanistan.

Afghanistan

Afghanistan is a rugged country in Southwest Asia, located between Pakistan and Iran. This ancient, mountainous land is about the size of Saskatchewan and has a population of approximately

30 million people. The various ethnic groups and factions, which have made the country home over the centuries, have given Afghanistan a rich heritage and diversity, but have also helped make peace and stability difficult to achieve.

The civil war that broke out after the former Soviet Union withdrew its military occupation of Afghanistan in the 1980s would see the Taliban regime gain control of the country. This extreme fundamentalist regime severely limited civil rights and supported international terrorist groups, including al-Qaeda (the group which was behind the attacks in the United States). In the wake of September 11, the United States and the world took action through the United Nations (UN) and the North Atlantic Treaty Organization (NATO).

Canada and the World Respond

The first Canadian Forces contribution to the campaign against terrorism in Southwest Asia came at sea. Beginning in

October 2001, Canadian ships would see ongoing duty in the waters off the region, supporting and defending the international fleet operating there as well as locating and searching unknown boats looking for illegal activity.

The Aurora patrol aircraft and Hercules and Polaris transport planes of the Canadian Forces Air Command would also be active in Afghanistan and the waters off Southwest Asia, filling important roles in marine surveillance, transporting supplies and personnel, and evacuating casualties. Canadian helicopters have also provided important service in identifying merchant vessels and offering valuable transport support over the years.

Canadian soldiers soon travelled to Afghanistan as well. The first were commandoes from the elite Joint Task Force 2 (JTF 2) in December 2001, followed by other Canadian soldiers in January 2002 who were initially based in Kandahar. There they joined American and British troops already fighting to topple the Taliban regime, eliminate terrorist operations and establish the basis for lasting peace in the troubled country.

With the eventual fall from power of the Taliban, attention turned to stabilizing the country and helping establish a new Afghan government. The UN authorized a NATO-

led International Security Assistance Force (ISAF) to take on this challenge. The initial Canadian contribution to the ISAF in the summer of 2003 consisted of more than 700 Canadian Forces members stationed in Kabul, the country's capital, with 200 more providing support from elsewhere in Southwest Asia. In Kabul, the Canadians patrolled the western sector of the city, helped operate the airport and assisted in rebuilding the Afghan National Army.

In 2005, the Canadian Forces' role evolved again when they began to shift back to the volatile Kandahar region. While the Taliban government had been toppled, the group remained a strong presence in some areas of the country. Indeed, Canada's return to Kandahar coincided with a resurgence in Taliban activity and our soldiers quickly found themselves the targets of attack.

The numbers of Canadian soldiers soon swelled to approximately 2,300 to help deal with the enemy and support the Provincial Reconstruction Team operating there. Canadian tanks, artillery and infantry soldiers have all taken part in many ground operations in Kandahar, including large-scale offensives against massed Taliban forces. This chapter of Canada's efforts in Afghanistan has been the most perilous. Anytime Canadian soldiers left the relative safety of their main camps to go "outside the wire," the danger was very real. Canada's combat role in the country is sched-

uled to end in 2011 when the focus shifts to training Afghanistan's army and police force. But Canada's efforts in the troubled country have been numerous. Reaching out in an attempt to build trust and win the hearts and minds of the people of Afghanistan has been an important goal. In addition to their military activities, Canadian Forces members have engaged in many humanitarian efforts like digging wells, rebuilding schools and distributing medical and relief supplies, both as part of their official mission and on a volunteer basis.

Facts & Figures

- Canadian Forces members who have served in the theatre of operations since 2001 in support of the war on terror are eligible to receive the General Campaign Star-Southwest Asia. To date, approximately 30,000 personnel have received this medal.
- Afghanistan is a very poor country and its climate can be extreme. Summer temperatures of 50° C are common and huge dust storms can sweep across its arid deserts.
- Camp Nathan Smith was a base for Canadian operations in Kandahar for several years. It was named in honour of a soldier from Nova Scotia who was killed there in 2002.
- Operation Medusa, conducted in September 2006, involved more than 1,000 Canadian Forces members and was our country's largest combat operation since the Korean War.

*Our deepest thanks to our Veterans.
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A Change in Perspective

Shawn O'Hara
Staff Writer

Four years ago, Cpl Jason Villeneuve became a veteran of war.

In 2008, he made the long journey from Canada to Afghanistan. It was his first deployment to the war-torn country.

As a member of Force Protection, he was tasked with the defence of Kandahar Air Field (KAF), protection of vehicle convoys, and the security of military personnel.

The human aspect of the mission was slim to none, as he had minimal contact with Afghans.

"I was used to jumping out of armoured vehicles loaded down with gear, and pushing people away from the convoys. I barely knew the people we were supposed to be protecting," says the Light Armoured Reconnaissance crewman.

But that changed one day when a small hand reached for his.

He was assigned to guard duty at the KAF hospital, protecting Afghan police officers, military members and even insurgents

receiving care in the event of an attack on the building.

During one 12-hour shift, he sat at the bedside of an 11-year-old girl recovering from shrapnel wounds – an innocent child caught in the crossfire of a grown-up war. He watched as she drifted in and out of consciousness, her tiny body writhing from the pain.

"About four hours into my shift she grabbed my hand. I didn't want to move and wake her. I held her hand for eight hours."

At that moment, his impersonal mission became personal.

He understood the gravity of the war; that unarmed villagers were dying from bombs and bullets, and that the child before him was one of hundreds that would bare the scars.

At shift change he left her bedside, hoping to see her again, awake and pain free.

But the reunion he was hoping for didn't happen. A few days later he saw her being whisked into a cab.

"I was standing guard at the main gate and I saw her leaving with her grandfather," he says. "She was too far away for me to say anything. They got into a cab and drove away. That was the last time I saw her."

As the dust, kicked up from the cab, settled, he realized why he was in Afghanistan; it was for the Afghan people.

The heat, the danger, missing his friends and family, it all became worth it.

Afghanistan wasn't a particularly

fun place to be, but moments with the locals made it worthwhile, he says.

Upon returning to Canada, Cpl Villeneuve felt off course, that perhaps his work in Afghanistan wasn't done, although he swore after his first tour he would never go back.

"While in Afghanistan I saw the war was causing a lot of collateral damage. People like that little girl were being irrevocably affected by something they had no part in. I didn't think that was fair."

When the opportunity for a second deployment presented itself in 2010, he accepted.

"I thought if I went back and worked with the local population, maybe I'd find closure," he says.

This time he worked with

Persistent Surveillance for four months. Stationed in an outpost near a small village in Southern Afghanistan, he monitored operations. This put him in direct contact with the local police force, local military and villagers.

He did not find the closure he longed for when the tour ended. Four years later, when he reflects upon his tours, his thoughts always drift back to the small hand he held gently for a few hours.

"If I could talk to her again, I'd want her to realize that we care. Our whole reason for going was to help the people who couldn't defend themselves," he says. "I'm so sorry about what happened to her. We came there with the best intentions. Hopefully we made a difference."



Left: Cpl Jason Villeneuve.
Below: A door gunner's view of Kandahar City from a Griffon helicopter.



MCpl Craig Wiggins, Flight Engineer, JTFK Afghanistan, Roto 8



Remembrance Day Service

The public is invited to attend a Remembrance Day Service at Royal Roads University hosted by the Vancouver Island Ex-Cadet Club.

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Royal Roads University remembers and honours the men and women who stood strong for our country.




MFRC Seeks Child Care Workers

Shawn O'Hara
Staff Writer

Early Childhood Educators (ECE) are hard to come by these days.

The Military Family Resource Centre (MFRC) has a number of openings available at Lampson Daycare and at the Out of School Care Centre in Belmont Park.

"Part of it is the post-secondary school system just isn't producing many ECEs these days," says Scott Branch, Child Service's Coordinator for the MFRC. "Camosun is the largest source of ECE in the area, and last year they only produced around 30 workers. Many of them use the experience they gain to move on to other careers."

Branch says the problem isn't limited to Victoria. It's a province-wide issue, and it's led to high employee turnover for the MFRC.

"It's been an ongoing struggle to fill these positions," says Branch. "One of the reasons is that to work in a daycare you need your ECE. That can be anywhere from two to three years of schooling."

While many military spouses have their ECE qualifications, problems arise when

these ECE workers from out of province attempt to find work in B.C.

"The licenses are different, so if you're qualified in Montreal you would need to transfer it to B.C.," says Branch. "There are a lot of military spouses who are qualified in their home provinces, but it takes time for us to get them on the floor in B.C."

The MFRC offers an atmosphere of learning, growth, and professional development. Workshops and professional development days are organized by the MFRC and made available to all employees.

"We're a huge learning organization. We want to facilitate personal and professional growth in our employees," says Branch. "You're always around other ECEs which can build great team spirit."

Openings are also available in their Out of School Care group based in Belmont Park. For this, employees are not required to have their ECE. All that's needed is to be over 19 years of age, to have 20 hours of training in child development.

Anyone interested in working with MFRC Childcare Services is encouraged to contact Scott Branch at 250-363-5083.



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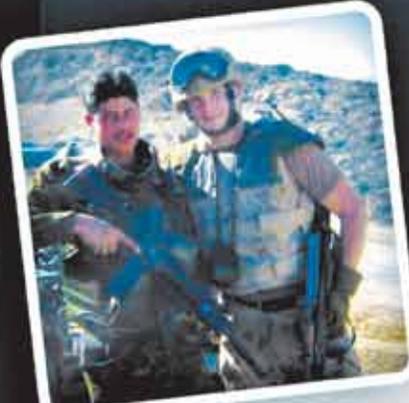
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Brought Together in War

LS Lindsey Rochat
Contributor

When war was declared in 1939, Frank Bookham was almost 17 and May Magee was just 19. Frank and May both lived in Britain but came from different towns, with different backgrounds. Frank was from the city, living in Brentwood, and May was from the country, living in a small town called Dundonald.

They did not know it at the time, but the war was going to bring them together.

May was originally enlisted in the navy, but the day her papers arrived her mother (Fanny Black) passed away. Her father had to go to a tribunal to get May an exemption from the navy so she could stay home and help take care of the household and her nine-year-old brother George.

So instead of the navy, May did war work as a riveter at Barassie works, where she helped repair Spitfires. They worked in pairs at the hangar, and May was paired with a grandfather-type of man, Mr. Steele.

He worked out a system where they would work through their breaks, so when she was tired she could nap without falling behind in their work. She was also one of the smallest working in the factory, so she was often held by her feet to do hard-to-reach repairs on the wings.

While busy with war work and home life May still found time to volunteer. Her duties included night fire watch, and work at a British Legion canteen.

Meanwhile...

At the beginning of the war Frank was too young to enlist, so he joined the home guard as a runner, where he relayed messages and did incendiary watches. He also spent time making Anderson (Bomb) Shelters, which were found in almost every garden in

and around London.

In 1942, when Frank was of age he volunteered for the Royal Marines. He was placed in the Portsmouth 7th Battalion. His training was rigorous, and nothing like we know today.

Frank recalls how during his landing craft training they were taken out to sea with all their gear on and told to jump out and swim to shore. They did not care if you could swim or not.

It was also during this time that Frank adopted his current name, as his birth name was actually Ernest. He was told by his corporal there were too many Ernests in his barracks, and that he should be named Frank as he was such a frank man anyway. This name stuck so well that even his family started calling him by that; luckily he liked the moniker too.

After his training was complete, he was attached to the Naval Mobile Base Defence Organization, and in December of 1942 he was sent to North Africa.

For Frank, one of the most memorable moments of the war happened while in Africa at Tripoli. Frank was on duty, and someone passed by him who looked rather familiar, and it was only when he was a few steps away that Frank realized it was his brother Bob. He had not seen Bob since Bob's wedding two years prior.

Frank was brought in front of his Commanding Officer for this incident, as he had left his post to catch his brother, and instead of a charge, the CO actually went on to help the two brothers set up times in which they could meet. This chance meeting between the brothers even made the local paper in Brentwood, England.

Then in 1943 while serving with the British 8th Army, Frank was among the first in the attack upon Sicily. He was on a landing craft from Malta to Syracuse, and then struggled through August, and down to Catania. He

ended up back in Augusta, which was calm by then.

Although the soldiers didn't have much time to slack off there were some fun times. One such moment was when Frank was up on Mount Etna. There was an old abandoned research station with rickety doors, so Frank and some of his buddies decided that instead of walking down they would ride down on the doors. They did get in some trouble, but it didn't matter to them as they had a great time doing it.

The chance meeting...

After much of the war had passed, Frank was stationed in Dundonald Camp, near the town of Dundonald where May lived. The church there often asked villagers to host the soldiers for an evening. Frank and three others were invited to the house of one of May's neighbours, Mrs. Allen. Mrs. Allen asked May to come out to help entertain, but May was not interested. She had been asked once before to entertain two Welsh soldiers who didn't speak English and it was a disaster. It was also her night off. But for some reason she decided to show up, and that is when she met Frank.

Three months later and they were married.

The war was a terrible thing, but it also brought people like Frank and May together. They are both in their 90s and have been married for 67 years with two great sons, three grandchildren and three great grandchildren.

Words from the wise...

Some words of wisdom from Frank and May to the Service men and women of today:

"Never be the third man to light a cigarette." - Frank

"Live life and be glad you're healthy." - May

"Always Remember and lest we forget." - May

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D-Day, taking Juno Beach

Shelley Lipke
Staff Writer

The sparkle in Pte (Ret'd) Bob Stirling's eye is evident when he talks about the war.

He was born Dec. 27, 1929, and joined the Canadian Scottish Regiment C Company machine gun platoon in 1937 of his own accord. When war broke out in 1939 he was transferred to Nova Scotia to undertake training before his deployment in England.

With great detail he remembers storming the beaches at

Normandy with 30,000 allied troops on what is known as D-Day.

It was June 6, 1944, and the Canadian Scottish Regiment was about to join the Royal Winnipeg Rifles and the Regina Rifles to take Juno Beach.

Leading up to the battle, Pte (Ret'd) Stirling was embarked in HMCS Prince Henry, which fought turbulent conditions and high winds in the English Channel to bring the men about five kilometres from shore.

"I was writing a letter for my wife and many of the men were playing cards on the ship when the order was called," recalls the 92-year-old Victorian veteran

from his Saanich home.

HMCS Prince Henry's troops began boarding landing assault crafts.

These barges had high sides to protect the men while in transit, but when they reached the beach the back wall was lowered, exposing the men to potential oncoming fire, while creating a ramp for them to disembark.

Assigned to the Bren gun carrier team, Pte (Ret'd) Stirling would form up among the final line of soldiers deployed.

"When the tank landing craft ramp was dropped I caught it with my heel and fell down right on the beach," he said. "It was comical. Here I was this highly trained Canadian soldier lying on the sand with my gun over my head."

The onslaught from sea, air and land was an unforgettable scene.

"During the naval advance we had rockets on barges that were firing at the German fortifications on shore. Bombs were exploding all over the place and all you could see were white flashes of light and smoke. Everything was lit up and you could see the mass of debris being blown up miles away by these rockets," he says.

Many men drowned trying to

get to shore that day.

The beach was strewn with bodies and debris. The sound of machine gun fire and mortar fire was vociferous. The Germans seemed to be everywhere, in bunkers, trenches and fortifications, and they even had snipers in trees.

Slowly the 30,000 troops on the ground advanced toward the town of Caen.

"It was hard slogging," says Pte (Ret'd) Stirling. "Back then a battalion had not only its rifle men, but all support elements like the food and transportation and behind that was the artillery."

"We had crews picking up bodies along the way. It was always different. One time it would be two of our guys against five Germans and the next time it would be the other way around."

"It was an incredible scene. The Canadian Scottish advanced more than any regiment. We took Juno back and advance six kilometres that day."

On D-Day 340 Canadians were killed, 574 were wounded and 47 were captured at Juno Beach.

The war continued and Pte Stirling continued fighting until July 1 when an injury put him in the hospital for several months.

"We were guarding a hedge and I heard a Spitfire, and the next thing was I felt like some-

one had thrown a clamp around my ankle. I looked up and a piece of shrapnel [from the bomb] had hit me. For lack of sleep I don't remember what happened next, but I ended up in Royal Sheffield Hospital in England, which was my wife's home town. I had a cast from my knee down. This same bomb killed seven or eight of the kids on the other side of the hedge."

His wife Dorothy, a WREN during the war, visited him in hospital.

Several weeks later he returned to duty only to be injured again the first day.

"In October I was put back and that first day the Germans were shooting at us. That day they carted me out again when more shrapnel hit me and paralyzed my hand and leg," he said.

Although he's long retired from the regiment, he still visits the Bay Street Armoury for reunions.

When asked about his views on the war Canadians fought in Afghanistan he says, "The soldiers in Afghanistan have it way worse I think than we did. There is no comparison. In Afghanistan they don't know who the enemy is. They shoot at you and disappear into a crowd dressed as civilians. We had two military forces in uniform against each other when I fought. I think the two wars have in common is the sound from the machine guns, rifles and all that noise."





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Knokke-Heist 2012: A Legacy of Commemoration

Knokke Heist is an annual celebration of one of the more significant events in Canadian history: The Liberation of the Scheldt Estuary by the First Canadian Army in the fall of 1944.

Maj Daniel Kucherhan and Catherine Villeneuve
Army News

The 68th Knokke Heist Liberation march took place Nov. 2–5 with a contingent of 30 military personnel representing the Canadian Forces.

This popular autumn event drew thousands of outdoor enthusiasts and local figureheads to the region in order to relive the thrill of freedom's return. The main activities over the course of the four-day event were several solemn commemoration ceremonies, visits to stunning battlefield museums and a day-long march through the towns of The Netherlands and northern Belgium.

More than 67 years ago the community of Knokke-Heist, located on the Dutch border near the North Sea coast of Belgium, was surrounded by occupying forces. During Operation Switchback in 1944, Allied Forces were ordered to recapture the Belgian East Coast, Zeeland, the Isle of Walcheren and Zuid-Beveland, where more than 6,000 Canadian soldiers became casualties.

The picturesque European country-

side was transformed into a thick quagmire of mud accompanied by torrential rains, making mobility and survivability extremely challenging. In early November, following five years of intense battle, the entire region was liberated by Canadian and Polish soldiers.

To this day, residents of Knokke-Heist remember and thank Canadian soldiers for their bravery and sacrifices.

Thousands of kilometres from Canada, Canadian Forces marchers and colleagues are honoured.

Canadian flags were draped from the balconies of small European homes distinctly marking the 35-kilometre route, and warm smiles were displayed on the faces of locals, many of whom still remember the day they were liberated from the Axis forces. Bagpipe melodies echoed through the narrow, building-lined streets and over the countryside where wreaths swayed in the cool breeze to commemorate those who fought so tirelessly for freedom.



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BC BITES & BEVERAGES

Food from the Home Front

Savour the flavour that came from Victory Gardens and learn about war-time cooking at the next B.C. Bites and Beverages event, Food from the Home Front, Nov. 8 from 7 to 9 pm at the Royal B.C. Museum.

Author Carolyn Herriot will begin with food production during the Victorian era when people were moving to Vancouver Island, then talk about the Victory Gardens of both World Wars. She will link this to a future disaster scenario - what we would eat if cut off from the mainland food supply - and play a short film on the production of local

legumes, pulses and grains.

Truffles Catering will re-create the tastes of the period with appetizers from recipe books used during the First World War while guests mingle and chat. Janet MacDonald, Royal BC Museum, will show a few of the war-time recipe books held by the BC Archives, and provide copies of the booklet War-Time Recipes by Olive E. Hayes, Government Food Specialist to take home.

Tickets available online at: <https://sales.royalbcmuseum.bc.ca> or in-person at the box office. Museum members \$35 plus HST, Non-members \$40 plus HST.

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Fit to fight... AND THEN SOME

Holly Bridges
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The Canadian Forces has worked hard over the past four years to entrench a culture of health and physical fitness where everyone in the military community is physically active, eats well, maintains a healthy weight, and lives addiction-free. The CF introduced its new health and fitness strategy in 2008 to create a stronger, fitter fighting force. As a result, the CF Sports Awards have never been more important as they recognize excellence in sports and fitness among members of all ranks at bases, wings and installations in Canada and around the world. This year's annual ceremony took place in Ottawa on Oct. 12 with several CF fitness and sports superstars attending. Here is a list of the nominees and winners in each of the categories for 2012:

The Health and Physical Fitness Award recognizes efforts to integrate the total force, the ill and injured, as well as the family into health and fitness activities. Nominees:

- Royal Canadian Navy – CFB Halifax, N.S.
- Canadian Army – CFB Edmonton, AB.
- Royal Canadian Air Force – 14 Wing Greenwood, N.S.
- Vice Chief of the Defence Staff – CFB Halifax, N.S. (Winner)

The Canadian Forces Sports Achievement Awards are a series of annual awards that recognize outstanding athletes, coaches, officials and teams who have excelled in military sports competitions, or in provincial, national, or international civilian competitions. Units nominate deserving members to base and wing committees and these nominations are then submitted to their respective environments for consideration.

Canadian Forces Female Athlete of the Year
Nominees:

- Royal Canadian Air Force – Second-Lieutenant Serena Palmer – swimming and lifesaving
- Military Personnel Command – Captain Georgette Mink – running
- Canadian Army – Captain Kathleen McBurney – running
- Vice Chief of the Defence Staff – Captain Sarah McRae – fencing
- Royal Canadian Navy Ordinary Seaman Yvette Yong – Taekwondo (Winner)

Canadian Forces Male Athlete of the Year
Nominees:

- Royal Canadian Air Force - Major Gilles Couture – multisports
- Military Personnel Command – Lieutenant (Navy) Erik Seedhouse – multisports
- Canadian Army – Private Alexandre Boulé – multisports (Winner)
- Royal Canadian Navy – Lieutenant (Navy) Michael St-Pierre] – multisports
- Vice Chief of the Defence Staff – Captain Matt Lorain – volleyball

Continued on page 28

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Honorary Colonel Richard Talbot, Her Honour Gwendolyn Point, Lieutenant Governor Stephen Point, and Commanding Officer of Canadian Scottish Regiment LCol Eric Boucher during centennial celebrations for the Canadian Scottish Regiment.

Q&A

Shelley Lipke
Staff writer

with an Honorary Colonel

Since being appointed Honorary Colonel in late August, Richard Talbot has stepped into the limelight at many of the Canadian Scottish Regiment's centennial celebrations. Lookout asked the Honorary Colonel about his involvement in this volunteer position.

challenge will be how to retain them and keep them active and involved in the regiment. Another challenge is that the Militia (Reserve Force) has to have a close working relationship with employers. They have to be prepared to temporarily lose some of their best employees for military training, so we need sympathetic employers. As the Afghanistan mission fades, employers will be more reluctant to let their people take time off for training. One of my challenges therefore will be to work with existing employers and also find new sympathetic employers.

What is an Honorary Colonel?
The position started in the British forces long ago. They are now prevalent throughout the Canadian Forces in all elements and have existed for more than 100 years. The role of Honorary Colonels is "honorary and advisory". They are Canadian Forces officers on virtually all issues except operations. They provide a much-needed connection between the community and the Canadian Forces. Each unit decides whom they want as their Honorary Colonel and forwards their nomination to NDHQ. On the recommendation of the Chief of the Defence Staff, the Minister of National Defence approves all honorary appointments in his sole discretion. These unpaid positions are usually for tenures of three years, but they are renewable. The Canadian Scottish Regiment (Princess Mary's) is authorized to have two honorary positions; an Honorary Colonel, and an Honorary Lieutenant-Colonel.

How did you feel when you were appointed?
I was a bit concerned about how much work would be involved, but I felt very honoured. Part of that came from my personal history as my father was The Colonel of the Regiment of two British Regiments. My prime concern was that my appointment came only two weeks before the first centennial event, the Exercising of the Freedom of the City of Nanaimo. So, after 30 years out of the military, I was really being thrown in the deep end. My biggest panics were to procure the correct uniform for each occasion and then get up to speed on my role at each event.

What challenges do you face during this appointment?
With the changes in our role in Afghanistan we won't have that high octane level of sending troops into combat, so the

What was it like for you participating in the Centennial of the Canadian Scottish Regiment?
For ceremonial events the honorary officer pecking order is The Colonel in Chief (Her Royal Highness Princess Alexandra), Honorary Colonel and Honorary Lieutenant Colonel. Less than a week before the first event we were advised that Princess Alexandra was ill and couldn't attend. I was next in line. Overnight I had to become a princess and go to several events to represent her. One of the most important events I attended was the cadet lunch. The four Canadian Scottish Cadet Corps from Vancouver Island got together for lunch at The Fleet Club and I stepped in as Honorary Colonel on behalf of the Princess and presented Strathcona Medals to one representative from each corps. They also had a combined corps quarter guard and pipes and drums display. It was a splendid event and a great opportunity for me to fast track and meet all the key players in our four cadet corps. On very short notice the Lieutenant Governor then very kindly agreed to attend the four major celebrations over the weekend, including the Gala Dinner at The Bay Street Armoury (with 650 attendees), the service at the Cathedral, the wreath laying at our memorial in Pioneer Square and the Centennial Parade at Royal Athletic Park. I must say I was very relieved to slip back into a supporting role to the Queen's representative for those events. The serving battalion, the regimental association and the four cadet corps all put in a huge amount of time and effort so the whole weekend was a great success. However it is still a bit of a blur. It was very stressful but a great honour to have been involved so I am really looking forward to our next Centennial event in 2013, the founding of The 50th Gordon Highlanders of Victoria.

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Colonel David Weger (left) and Chief Warrant Officer Stephen Goupil (right), from Canadian Forces Health Services, present the Queen Elizabeth II Diamond Jubilee Medal and other noted awards.



LCdr Patrick Ethier



Sgt Monica Phillips



LCol Nicholas Withers



CPO1 Murielle Arsenault



MCpl Andy Robert



MCpl Brian Barton was presented the Operational Service Rotation Bar for Afghanistan.



Donald Haley



MWO Patrick Stringfellow



Capt Sadie Quintal was presented the Commissioning Scroll.



Cpl Michelle Noble



Cpl Rhonda Tiekeneinrich



SLt Sylvain Menant is promoted to Lt(N).

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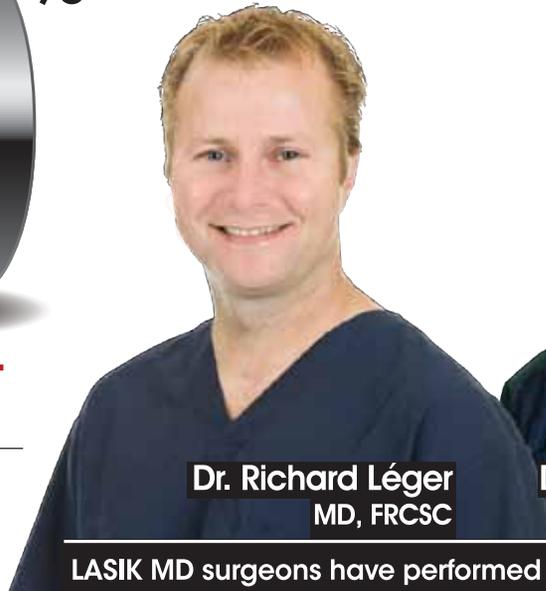
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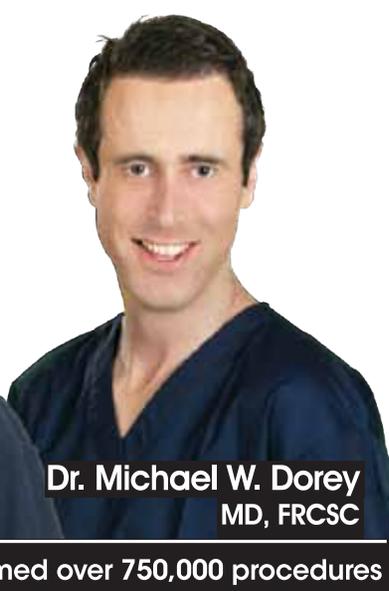
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Military's best athletes come together to celebrate fitness

Continued from page 24

Canadian Forces Female Coach of the Year Nominees:

- Royal Canadian Air Force – Leading Seaman Nancy Simard – badminton
- Military Personnel Command – Major Catharine Bass – swimming (Winner)

Canadian Forces Male Coach of the year Nominees:

- Royal Canadian Air Force – Sergeant Kevin Thompson – multisports
- Military Personnel Command – Major Paul Delorme – volleyball
- Canadian Army – Warrant Officer Jimmy Gilbert – soccer (Winner)
- Royal Canadian Navy – Lieutenant Navy Karl Hoener – squash

Canadian Forces Official of the Year 2011 nominees:

- Royal Canadian Air Force – Master Warrant Officer Gregory King – swimming
- Canadian Army – Warrant Officer Eobhann Bruce – soccer
- Royal Canadian Navy – Leading Seaman Dave Pawson – multisports
- Vice Chief of the Defence Staff – Captain Christian Palavicino – soccer (Winner)

Canadian Forces Team of the Year in Individual Sports recognizes outstanding individual sport teams, such as pairs, crews, relays, fours, eights and events where individuals compete together in a team, such as triathlon and fencing.

Nominees:

- Royal Canadian Air Force – 14 Wing Greenwood, N.S. – golf team

- Canadian Army – CFB Valcartier, Que. – running team
- Royal Canadian Navy – Atlantic Region – squash team (Winner)
- Vice Chief of the Defence Staff – Canadian Forces Support Unit (Ottawa) – golf team

Team of the Year in Collective Sports recognizes outstanding team sports such as ball hockey, basketball, hockey, slo-pitch, soccer and volleyball.

Nominees:

- Royal Canadian Air Force – 8 Wing Trenton, Ont. – veterans hockey team
- Military Personnel Command – Royal Military College of Canada – women's volleyball team
- Canadian Army – Canadian Forces Base Valcartier, Que. – men's slow pitch team
- Royal Canadian Navy – CFB Halifax, N.S. – men's basketball team
- Vice Chief of the Defence Staff – Canadian Forces Support Unit (Ottawa) – men's volleyball team (Winner)

OTHER MAJOR AWARDS

The Canadian Forces Sports Honour Roll Corporal Tom Desgroseilliers is an outstanding soccer official who is well-respected in the military and civilian sports communities for his sportsmanship, professionalism, and leadership. His contribution to the sport of soccer has reflected extremely well on the CF.

Sergeant Armand Leblanc has been a builder in the sport of running, particularly ultra marathon running, for 25 years. Sergeant Leblanc completed the Fifth Seal of the Level 3 Scroll of the CF Physical Fitness

Award for Aerobic Excellence, which equals an amazing 34,000K of running.

Lieutenant-Commander Mark Lewis is considered one of the best soccer players to play in the CF. Throughout his career, LCdr Lewis competed in 10 CISM (Conseil International du sport Militaire) events, 15 CF national championships, and 20 regional championships.

Master Warrant Officer (Retired) Brian Richardson has been one of the most influential, prominent and dedicated officials in the history of CF sport and is an iconic figure in sports officiating. From the 1970s to the 1990s, he played or officiated for 27 national hockey, softball, running and broomball championships.

Induction into the Canadian Forces Sports Hall of Fame is the most prestigious category of the CF Sports Awards and is reserved for only the most deserving candidates.

Captain Kimberly Fawcett is a world class athlete with drive, determination and talent. After losing her leg above the knee in an accident, and her infant son in the same incident, Capt Fawcett's journey from sudden amputee to world class athlete has been extraordinary. Determined not to let her injury and personal loss slow her down, she began her career as a parathlete with an initial focus on triathlon. She has competed at the international level, is an international record-holder and has recently taken up the sport of mountain climbing and running. With her newfound passion for track and field, Capt Fawcett has become an active competitor at the national level and is working hard to compete at the international level. She is

the current Canadian record holder in para-athletics for the 100m [sprint] and 200m [sprint] for female athletes with single above the knee amputations.

Corporal Eric Feunekes is a busy, well-rounded athlete who manages to balance his dedication to the sport of Greco Roman wrestling with his military commitments and his studies at the University of New Brunswick. Due to this success, Cpl Feunekes was selected to represent Canada at the 2010 Commonwealth Games in India. Last year, Cpl Feunekes won the Canadian Olympic trials in Winnipeg, Man. Though an injury kept him from finishing the next qualification round, there will surely be other international competition opportunities for this talented wrestler.

Major (retired) Darrell Menard has had a stellar career in the CF as an athlete, a sports medicine physician and a true ambassador for the health of military athletes. Maj Menard's contributions as a CF coach and physician have been unparalleled. He has coached some of the best runners in CF history, and has served as the Forces' premiere sports medicine advisor.

Major (retired) Edson Warner has been a competitive shooter for more than 60 years. His international shooting career has taken him to 13 countries; he is a two-time Olympian, representing Canada in Helsinki in 1952 and in Rome in 1960. Maj Warner competed at three World Shooting Championships, taking him to Oslo in 1952, Moscow in 1958 and Wiesbaden in 1966. He has also competed at the Commonwealth Games, and at the Canada Winter and Summer Games.

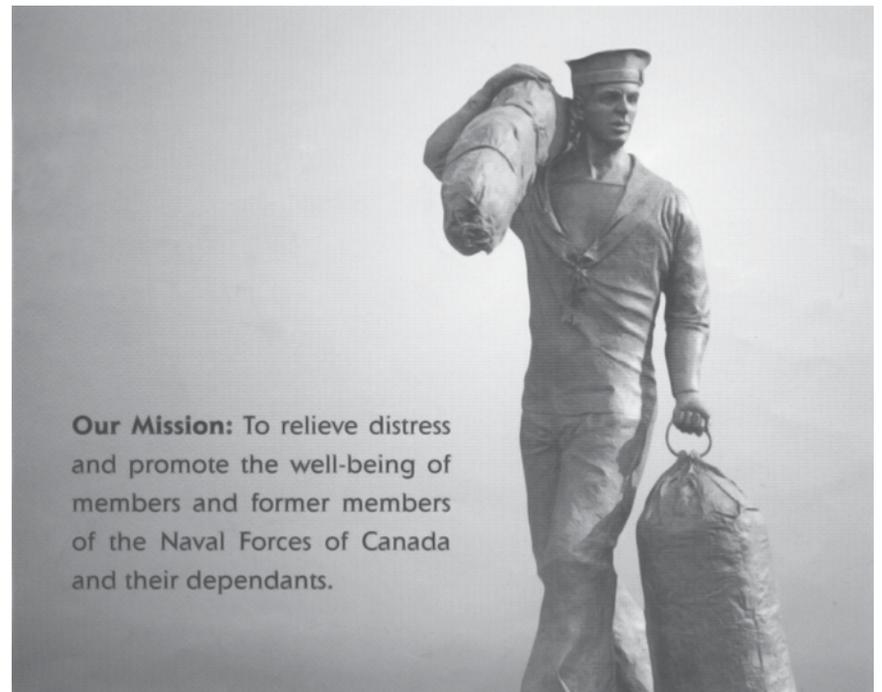
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Sailors at Sea Task Group Exercise 3-12



Right: MS Joe Baldwin, acting as Engineering Officer of Watch, discusses solutions to a simulated engineering issue with CPO Beauluc, Chief Engineering officer. Engineering delaying drills are used to train members of the Marine Systems Engineering department for any potential emergencies that may occur at sea.



Top photo: HMCS Algonquin sails off the coast of Vancouver Island during the Task Group Exercise.

OS Ossibens and OS Song man gun position number four during the Task Group Exercise.

Photos by Cpl Alex Croskery, MARPAC Imaging Services

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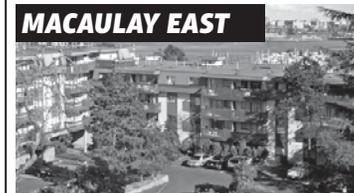
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nicole@nicoleburgess.com

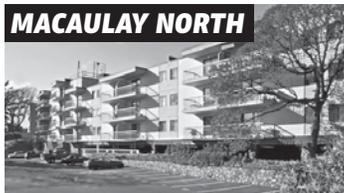


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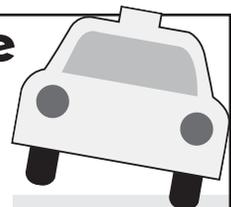
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Lest we forget.

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

— Lieutenant Colonel John McCrae