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Right: Veterans Affairs Minister Julian Fantino presented Canadian veterans Norman George Alexander, Edward Earl Dallin, Roland Jacques Lavallee and James S. Russell with their Arctic Star medals on May 23 at the Lodge at Broadmead. The British honour, the Arctic Star medal introduced in 2012, was awarded to Commonwealth forces members for operational service north of the Arctic Circle from 1939 to 1945.

Above: Cdr Wes Golden, Base Administration Officer, gives Edward Earl Dallin a heartfelt thanks for his distinguished military service.

Kara Tibbel, Lookout



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Candlelight tribute honours military fallen

Shawn O'Hara
Staff Writer

May 29 the people of Vancouver Island are invited to God's Acre Cemetery in Esquimalt for a candlelight tribute to honour the service and sacrifice of Canada's armed forces.

The Candlelight Tribute, which takes place every year, honours fallen military members and the sacrifices of military personnel throughout history. This year a special focus will be given to the 70th anniversary of the D-Day Landing.

"We want to pass on the torch," says Bob Haldane, Vice President of the Esquimalt Legion, which hosts the event. "It's important for kids to remember the people who came before them, who fought for everything they have now."

"With this special anniversary, it's especially important to remember the events through history which contributed to the sacrifices of these men and women."

Every year the event hosts guest speakers, musical acts, and presentations. The Victoria Children's Choir will be in attendance this year performing "How Can I Keep From Singing", "A Song for Peace", and the popular Second World War ballad "(There'll Be Bluebirds Over) The White Cliffs of Dover".

"Getting so many generations in one place to remember the efforts and values of the past is really the goal," says Haldane. "We have to open our hearts and our minds and remember the values that all humanity shares in our pursuit of peace, safety, and happiness."

Guests of honour include mem-

bers of the Army, Air Force, Navy, and Merchant Navy, Peacekeepers, and veterans of the Second World War and the Korean War. Mayor Barb Desjardins will also be in attendance as well as Capt(N) Luc Cassivi, Base Commander of CFB Esquimalt, and Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific.

Following the presentations, those in attendance may place candles on the gravesites at God's Acre. Last year over 1,000 candles were placed by the 1,000 people in attendance, and Haldane expects many more this year.

"The event gets more and more popular each year," he says. "We plan on placing around 3,000 candles at least this year."

For more info on the event contact Bob Haldane: 250-474-3666 or the Esquimalt Legion: 250-386-7625.

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HMCS Protecteur heads home

Efforts are now underway to tow HMCS Protecteur back home. The 45-year-old supply ship left Hawaii May 15, under tow by U.S. tug USNS Salvor. The slow voyage across the North Pacific is expected to take two to three weeks, depending on weather. There are four Royal Canadian Navy sailors aboard Salvor for the sail home. Protecteur was left without propulsion following a major engine room fire 600 kilometres out of Pearl Harbor in the north Pacific on Feb. 27.

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Cadets gain navy operational insight

Jamie Cook
MARPAC PA Office

Forty members of the Royal Canadian Sea Cadet Corps (RCSCC) Fraser received a glimpse into naval life and operations during a visit to the base May 20.

The Corps was accompanied throughout the day by members of the Royal Canadian Navy and shown a variety of units and vessels.

Also touring the base was a group of 30 cadets from the New Zealand Sea Cadet Corps, having recently arrived from a welcoming tour in Vancouver hosted by their Canadian counterparts.

Their day began with a tour of *HMCS Yellowknife*, followed by a tour of *Wolf* and *Orca*, two Orca-class patrol training craft, and Fleet Diving Unit.

But perhaps the highlight of their day was a tour of the Halifax-class frigate *HMCS Winnipeg*, having recently undergone extensive maintenance and upgrade work under the Frigate Life Extension/Halifax Class Modernization project.

Cadets saw the warship's new and improved combat and engineering systems, including a state-of-the-art damage and fire control system, the small arms locker and a demonstration of the various firearms used by members of the naval boarding party, including a C7 rifle and an MP5 sub-machine gun.

The Corps' Commanding Officer, Lt(N) Bryan Watson, enjoyed supervising the tour and expressed his pride in



Top and above: Students of the Royal Canadian Sea Cadet Corps Fraser receive a tour of CFB Esquimalt with Commanding Officer, Lt (N) Bryan Watson and ships' sailors as their guides.

watching cadets mature. A graduate of RCSCC Fraser himself, Lt(N) Watson reminisced with a fellow cadet from his corps, SLt Smirnov,

Winnipeg's Dive Officer who was conducting the tour.

"It's fun watching them grow up from shy and timid

kids to confident leaders who are comfortable giving a presentation to their peers and others," said Lt(N) Watson.

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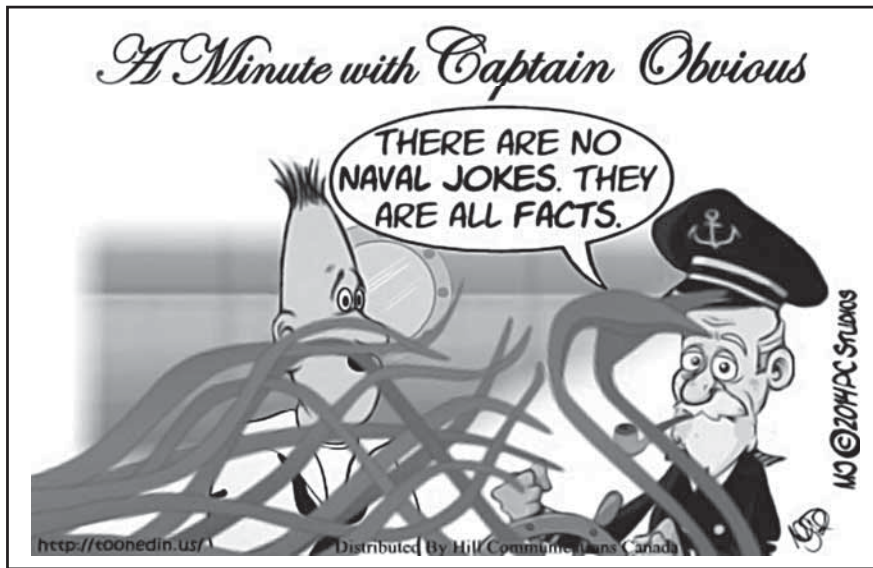
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SPORTS trivia by PO1 Bill Sheridan Contributor

QUESTIONS

1. What NBA owner was recently banned for life?
2. How many players were banned from baseball due to the 1918 Black Sox scandal?
3. Who is nicknamed the fastest man on no legs?
4. What mobster was guilty of point shaving with Boston College player Rick Kuhn?
5. Why did Wayne Gretzky delay his L.A. Kings jersey retirement event?
6. What retired player is banned from inclusion into the Baseball Hall of Fame for gambling?
7. Who won the 1999 to 2005 Tour de France?
8. Who tried to purchase the Islanders fraudulently, causing the NHL to change the way it looks for potential owners?
9. What NBA referee was charged in a sports betting scandal?
10. What NHLer went to jail for attempting to hire a hitman?
11. Who was linked to the 'Bad Newz Kennels'?
12. What Olympic athlete returned the most medals due to doping?
13. Who are Marie-Reine Le Gougne and Didier Gailhaguet?
14. What hockey player agent had been skimming off the NHLPA pension fund, and allegedly continuously stole from the players he represented?
15. Who defrauded many banks and two NHL owners as he tried to purchase an interest in the Nashville Predators?
16. Who was the driver of the white Ford Bronco carrying OJ Simpson?
17. Who attempted to cheat a win at the Boston Marathon?
18. What Sabres owner was sent to jail for embezzlement of monies from Adelphia Corporation?
19. What is the Bay Area Lab Co-operative?
20. What junior hockey coach was jailed for sexual assault of Sheldon Kennedy and Theo Fleury?

- ANSWERS
1. Donald Sterling
 2. Eight
 3. Oscar Pistorius
 4. Henry Hill who was played by Ray Liotta in Goodfellas.
 5. He was waiting for Bruce McNall to be free from prison as Bruce was sent to jail after being found guilty of five counts of conspiracy and fraud, and admitted to stealing \$236 million.
 6. Pete Rose
 7. Lance Armstrong who was later stripped of all wins.
 8. John Spano
 9. Tim Donaghy
 10. Mike Danton
 11. Michael Vick
 12. Marton Jones
 13. Marie was the judge who set it up so the Russians would defeat Sale and Pelletier in the Olympics pairs figure, then claimed that Didier pressured her.
 14. Alan Eagleson, whose players he represented became free agents, but others didn't.
 15. Boots de Baggio
 16. Al Cowlings
 17. Rosie Ruiz
 18. John Rigas
 19. BALCO doping group involved in many athletes downfall
 20. Graham James

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People Talk

Lookout asked this question:

What would you say was your best date?



It was my first date with my wife. It was just the two of us relaxing, having a drink and getting to know one another better.

Woody Boyd



My best date was the first time I met my wife at the Sticky Wickett Pub in downtown Victoria.

LS Kevin Newell



My best date was with an old acquaintance, spending time on Hot Springs Island in the Queen Charlotte Islands.

Peter Dodwell



My best date ever was the first date with my wife, when we met for the first time at a New Year's Eve party.

MS Pascal Gaudreu



Best date was with my wife, sitting at Saxe Point one afternoon just talking to each other.

MS Charles Chapman

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For Shaylyn Wright, who works at the New Wave Café, and LS Karoline Rajotte from Personnel Coordination Centre, biking to work is a pleasurable start to their day.

"The fresh air is really nice and it's a meditative process," says Wright. "I feel like I have more energy when I bike to

work then when I don't."

LS Rajotte also has a practical reason. "Parking is easy!"

Don't forget the fitness aspect of pedal power. Here's what a few senior staff have to say:

"I enjoy the physical activity and not being in a car in traffic. I also like the feeling of helping the environment,"

Cdr Patrick Montgomery
Fleet Headquarters.

"It gets me physically active for at least an hour a day, otherwise I would just be sitting in an office all day," says LCdr Simon Brown, a staff Officer at MARPAC.

"I enjoy the physical activity and not being in a car in traffic. I also like the feeling of helping the environment," says Cdr Patrick Montgomery from Fleet Headquarters.

"The best part is being able to get the exercise in the time that I would otherwise spend sitting in a car. And getting that exercise makes me happier at home and at work," says Cdr Dan Horan.

The infamous Colwood Crawl is reason enough for Capt Robert Dodds to bike. "The best part is enjoying the weather when there is blue sky and sunshine, and driving by all the cars along Admirals Road," he says.

Finally, consider how much less you will spend on gas and maintenance if you don't drive your vehicle to work each day.

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Regina acknowledges naval tradition

SLt Alex Duff
 HMCS Regina

As the sun sets on the Red Sea, the officers onboard HMCS Regina can be seen climbing the ladders to reach the bridge top. They are not wearing their naval combat dress and this is not to reach a better vantage point. They are formally dressed to honour a naval tradition. Upon reaching the top, the off-watch officers take a pause to soak in the sights, snap a photo and enjoy the setting sun. This does not seem normal for a group of tenacious and driven individuals deployed in a warship on operations in the midst of transitioning from one mission to another.

That is because this is not. The officers of HMCS Regina are honouring the age old of a tradition of wearing Red Sea Rig while having the unique opportunity of sailing in the Red Sea. This harkens back to the 1800s when the officers of the Royal Navy were expected to wear full appropriate uniforms (think mess kit) to all functions. When they reached the Red Sea, they soon discovered heat and humidity made this quite impractical. In an effort to avoid heatstroke, the officers were allowed to remove their jackets. In the mid 1800s, when British Army personnel were stationed in India, cummerbunds were added,

taking after the colourful East Indian *kamarband*, to enhance the informal look. Over the years this formal dress was adopted by many navies and even some merchant mariners around the world for use in warmer climates at sea. Some navies even allow people to wear miniature medals, as with mess kit; not so much the case with the Royal Canadian Navy where the short sleeve shirt is kept void of any decoration but rank. By 1920 the modern cummerbund was widely used with the pleats facing up to hold opera tickets for men whose tuxedos had no pockets. To add some colour to an otherwise predictable outfit, each branch in

the CAF elected a different colour cummerbund. "What makes the RCN and the CAF unique is the practice of traditions of our forefathers, taking those normal practices in the day of steam and sail and incorporating it into our present culture," said Cdr Gordon Roy, ship's Executive Officer and president of the Regina Wardroom. "These traditions add to our identity and are important to pass on to the next generation of sailors who will lead the Fleet in the next 10 to 20 years." Undoubtedly this will be a tradition that will be remembered, having actually been able to wear the traditional rig in the sea it was named after.



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Army museum unveils First World War exhibit

DND

The Army Museum, located at the Halifax Citadel National Historic Site, unveiled on May 4 its new exhibit, *The Road to Vimy and Beyond* at an official opening.

"This museum plays an important role in the telling of the story of Canada's service to crown and country in war and in peace," said Brigadier-General (Ret) J.J. Grant, Lieutenant Governor of Nova Scotia. "As we commemorate the centennial of the beginning of the Great War, it is important for all citizens, young and old, to reflect upon the supreme service and sacrifice given by those who came before us."

Since 1953, the Army Museum at the Halifax Citadel, a private, non-profit institution, has worked to preserve and promote Atlantic Canada's military heritage. The items on display come from a collection of more than 70,000 military artifacts. *The Road to Vimy and*

Beyond exhibit commemorates the First World War, and in particular, highlights the stories of the soldiers from Nova Scotia.

Brigadier-General Nicolas Eldaoud, Commander, 5th Canadian Division, the Army in Atlantic Canada, serves as the chairperson of the Army Museum's Board of Governors.

"You really need to see this exhibit as more than the metal, the wood and the paper," he said. "This is the history of the First World War, from the perspective of Nova Scotia."

The centerpiece of the exhibit is a replica of the Vimy Memorial. The replica is the world's most complete, in terms of size and detail. It is specially lit and interpreted with panels so visitors can learn about its significance and thus the importance of the battle that was fought at Vimy Ridge.

"Canada, in part, was made at Vimy Ridge," said BGen Eldaoud, thanking museum

volunteers and partners who began planning the exhibit more than two years ago.

He also noted how appropriate it was the opening coincided with Canada's National Day of Honour for the mission in Afghanistan, a day dedicated to the honouring service and sacrifice.

"The volunteers created this exhibit not only to commemorate the First World War, but to honour all those who served," he said.

The Road to Vimy and Beyond exhibit will run from May 2014 until November 2018, changing each year to reflect the history of the First World War from 1914 to 1918. The museum has also upgraded its Second World War displays to commemorate the 75th anniversary of that conflict.

"The Army Museum Halifax Citadel is thrilled to unveil *The Road to Vimy and Beyond* exhibit, which honours the service and sacrifice of our Canadian soldiers during the First World War. It

is inspiring to see the hard work of our tireless volunteers and contractors come together," said Major (Ret) Ken Hynes, Army Museum Curator and Director of the First World War Centennial Project. "We are so ready to share these stories, artifacts, and especially our unique replica of the Vimy Memorial, with Canadians and visitors to the Halifax Citadel National Historic Site."

Top right: Ronald Trowsdale, President, Nova Scotia/Nunavut Command, Royal Canadian Legion, places the figure of a saluting Legion member on the Vimy Ridge Memorial model.

Top left: Detail of the Vimy Ridge Memorial model.

Right: A detailed model shows a draped woman in mourning similar to the Vimy Ridge war memorial in France.



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LCol John MacDonald, Commanding Officer of the Princess Louise Fusiliers (PLF), poses with a group of soldiers from the PLF on the upper deck of the new Christopher Stannix ferry.



Mayor of McAdam, New Brunswick, Frank Carroll; his wife Eleanor; Candice Ziowlowski, fiancée of Christopher; Kate and Ken Stannix, parents of the late MCpl Christopher Stannix; and Mayor of Halifax, Mike Savage, pose with a plaque of MCpl Stannix that will be mounted inside the new ferry.

Halifax ferry honours memory of fallen soldier

DND

“... and they will be told the story of a hero.”

A Halifax Harbour ferry named in honour of Master Corporal Christopher Stannix, a soldier who died in Afghanistan in 2007, was officially unveiled May 14 at a ceremony on the Halifax waterfront.

Halifax Mayor Mike Savage and the family of MCpl Stannix attended the event, as did soldiers from The Princess Louise Fusiliers (PLF), the Halifax-based Army Reserve regiment in which MCpl Stannix served.

Mayor Savage noted the long history of brave actions by men and women from the Atlantic region in times of conflict, and said he is excited the municipality is now finding ways to honour their memory. As an

example, he mentioned the renaming last fall of a park in Dartmouth in honour of PO2 Class Craig Blake who was killed in Afghanistan in 2010.

“Years from now when families play in that park in Dartmouth and they ride this ferry, I suspect that many children, just like those who are here today, will see the name Christopher Stannix on a boat, or the name Craig Blake on a park, and they’ll ask their parents, ‘Tell me about this person,’ and they will be told the story of a hero.”

LCol John MacDonald, Commanding Officer of The Princess Louise Fusiliers, provided a glimpse of MCpl Stannix, the soldier. He explained that MCpl Stannix paraded regularly at the historic Halifax Armouries, and like

Army Reservists across Canada, juggled his military duties with the rest of his life: his family, friends and school.

And when the opportunity came to serve in Afghanistan, he added that Chris was determined to go – putting his university education on hold and willingly taking a demotion in rank to be part of the mission.

“Chris watched, like all of us did, Canada’s mission in Afghanistan unfold, and he felt a strong pull to go – not out of a sense of adventure but out of a sense of obligation to help the Afghan people,” said LCol MacDonald.

MCpl Stannix was killed on April 8, 2007, after the vehicle he was travelling in struck a roadside bomb while on patrol in Kandahar province. He was 24.

“We won’t forget any of the six soldiers who perished that day, nor any of the other 152 members of the Canadian Forces who laid down their lives in Afghanistan; but we are here today to talk about one in particular, one of our own – Chris Stannix,” he said. “The Regiment’s motto is *Fideliter*, which means faithfully – and that’s exactly how Chris served.” The name of the ferry was chosen through an online vote. There were five possible names on the ballot for the ferry naming contest, but MCpl Stannix received 61 per cent of 12,000 votes cast.

“The people of this community chose his name to grace this new ferry, demonstrating that as a community we want to honour him and, through him, the contributions so many

people in military life have made to this, a military city,” said Mayor Savage.

Ken Stannix, Chris’ father, was the final speaker at the event. He said he believes Chris would be “extremely pleased and humbled” to have the ferry dedicated in his name, and would hope his name will serve to remind people of the other lives lost in Afghanistan.

“Chris went overseas to make a difference, to help women and children have the freedoms we here in Canada have,” said Mr. Stannix. “As he stated, ‘If I were in the same position that they’re in, I would like to think there’s someone who would step in and help me in the same way that I am going to help them.’” The ferry Christopher Stannix will go into service on May 20.



Right: One thousand environmentally friendly, bio-degradable, multi-coloured balloons were released at the official unveiling ceremony of the new Christopher Stannix ferry.

Far right: Artist Janet Rhymes sketches on a poster the comments she heard from speakers during the official unveiling ceremony.

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CANEX and community unite for bike safety

Sparky the favourite firefighter on base is hanging out with young cyclists to promote bicycle and road safety at the Belmont Park community event.

CANEX

What is better than a bike ride on a Saturday morning? How about a bike rodeo sponsored by CANEX and The Personal Insurance Company, and supported by the Military Police and Base Firefighters.

That is what took place in Belmont Park on Saturday May 10 when a group of community-minded volunteers from CANEX, the CFB Esquimalt Military Police Unit and Base Fire Hall put on a show to remember at the Belmont Park Firehall for military families.

More than 50 young cyclists took to the course with the spirit of an Olympian. Testing not only their knowledge of

bicycle and road safety, judges graded competitors on their ability to handle their bicycles in a variety of controlled simulations.

If that wasn't enough to wet their competitive spirit, imagine what happened when their favourite fire-fighter, Sparky, let them test their firefighting skills by using a hose to target water on a pretend house fire.

Topping the podium at the rodeo, Aida Byers, Kiryn Bartlett, Konnar Carlson, and Jarret Jr Brumsey all rode away on brand new bicycles courtesy of Marty's Mountain Cycle.

However, in the end, all who competed were winners as they walked away with new skills that will keep them safe wherever the roads and trails that they will ride may take them.



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Lt(N) Tommy Liu is promoted by Capt(N) Christopher Earl (left), Commanding Officer of FMF.

Bravo
ZULU
FMF CB
Awards
May 12



Larry Green (right) accepts his 25 Year Long Service Award from Capt(N) Earl.



Thomas Dayton (right) accepts his 15 Year Long Service Award from Capt(N) Earl.



MS Rheal Arseneault (right) accepts his Canadian Forces Decoration from Capt(N) Earl.



Stewart Barber (right) accepts his 35 Year Long Service Award from Capt(N) Earl.



George Harper (right) accepts his 25 Year Long Service Award from Capt(N) Earl.



Dave Degrassi (right) accepts his 15 Year Long Service Award from Capt(N) Earl.



PO1 Ken Kowalski (right) accepts his South West Asia Service Medal First Rotation Bar from Capt(N) Earl.



Ian Bishop (right) accepts his 35 Year Long Service Award from Capt(N) Earl.



Ivan Matkovic (right) accepts his 25 Year Long Service Award from Capt(N) Earl.



Kelsey Khol (right) accepts his painter and decorator apprenticeship certificate from Capt(N) Earl.



CPO2 Devon Simpon (right) accepts his South West Asia Service Medal First Rotation Bar from Capt(N) Earl.



Mark Darley (right) accepts his 35 Year Long Service Award from Capt(N) Earl.



Paula McInnis (right) accepts his 25 Year Long Service Award from Capt(N) Earl.



Dennis Guven (right) accepts his electrician apprenticeship certificate from Capt(N) Earl.



Tim Agoston (right) accepts his 35 Year Long Service Award from Capt(N) Earl.



John Costas (right) accepts his 25 Year Long Service Award from Capt(N) Earl.



Lorne Meredith (right) accepts his 25 Year Long Service Award from Capt(N) Earl.



MCpl Brad Axworthy (right) accepts a Unit Bravo Zulu and coin from Capt(N) Earl.



FMF Government of Canada Workplace Charitable Campaign 2013 canvassers receive a Bravo Zulu from Capt(N) Earl. Left to right: Charles Bodi, Damon Forster-Stone, Bill Cole, Capt(N) Earl, Julie Joannette, Dean Gaschermann, Andrea Croft.



Barry Butlin (right) accepts a Unit Bravo Zulu and coin from Capt(N) Earl.



Rosa Caird (right) accepts a letter of appreciation from Capt(N) Earl.



PO1 Andrzej Sliwak (centre) is promoted to his new rank by Capt(N) C. Earl (left) and LCdr D. Chouinard-Prevost.



PO1 Edwin Hamilton (right) accepts a Unit Bravo Zulu and coin from Capt(N) Earl.



Pete Kiernan (right) accepts a letter of appreciation from Capt(N) Earl.



PO2 Rayon Murdock is promoted to Petty Officer First Class by LCdr Ellen Mariano, Commanding Officer of Canadian Fleet Pacific Headquarters, and LCdr Charles Pearson of F44.



Ivan Matkovic (right) accepts a Unit Bravo Zulu and coin from Capt(N) Earl.



Peggy Maher (right) accepts a letter of appreciation from Capt(N) Earl.



Lt(N) Tim Raasch was the big winner of the Oral Health Month (April) raffle basket from 1 Dental Unit Detachment Esquimalt. All patients seen in the month of April were allotted a ballet to win. From Left: Bev Kirtay, Lt(N) Raasch, Sgt Arielle McLelland and Bonnie Hay.



Paul Vis (right) accepts a Unit Bravo Zulu and coin from Capt(N) Earl.



Todd Polinsky (right) accepts a letter of appreciation from Capt(N) Earl.

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3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

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