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LOOKOUT

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Lay a candle that will burn until midnight in silent tribute to our Canadian Armed Forces personnel, past and present.

God's Acre Veterans' Cemetery is located off Colville Road behind the Base Clinic inside Gorge Vale Golf Course.

Hey! It's bike to work week!

Bike to Work Week Breakfast

in the Naden CANEX Parking lot and Dockyard entrance.

May 27 - 0615 - 0800hrs

Celebrating with the sunrise

Lisa deWit and her son Xavier watch the sunrise prior to the Sunrise Drumming Ceremony at Duntze Head on May 19.

See page 2 for more photos.

LS Zachariah Stopa,
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Sunrise Drumming: honouring our Aboriginal people

DND civilian employees William Stewart and Lisa deWit perform the Sunrise Drumming Ceremony at Duntze Head on May 19 during Aboriginal Awareness Week at CFB Esquimalt.

Images by LS Zachariah Stopa, MARPAC Imaging Services





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Brush with the Legion

Rachel Lallouz
Staff Writer

A 25-person crew from *HMCS Regina* spent a full day volunteering at Langford Legion #91 last Wednesday, painting the walls of the games room from top to bottom with two coats of paint.

Sailors were provided paint, supplies and lunch by the Legion in exchange for the manpower needed to cover the dark walls with white paint, and re-paint the wood trim light beige.

"Our motivation was to provide a facelift for the building," says PO2 Julie Cooper, who helped *Regina* Coxswain CPO1 Alan McNaaul organize the event. "We're looking to help them refresh the place to bring in new clientele."

Sprucing up the Langford Legion is part of a recruiting plan to encourage new younger blood to join the legion, says President Norm Scott.

"We wanted to update the space and make it more inviting for younger folks, and try to get the word out that the Legion isn't just a dark and dingy place from the 60s."

Membership at the Langford Legion is very active; last year they raised \$80,000 through donations from the community and the Legion's annual Poppy Campaign.

"As an organization that fights to support veterans, an increased membership could help our branch raise more funds for military members in need," says Scott.

For more information about the Legion, contact Scott at manager@rc191.ca



Above: PO1 Boyd Bragg, top left, and MS Iain Fraser, top right, paint a column in the Langford Legion's games room.

Right: PO2 Julie Cooper freshens up the cupboards of the games room.

Photos by Rachel Lallouz, Lookout



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Bike to Work Week Breakfast
May 27 – 0615 - 0800hrs

Bike to work week is May 25-31.
Register yourself or a team at
www.biketowork.ca.

Then stop by the Bike to Work Week Breakfast in the Naden CANEX Parking lot and Dockyard entrance for coffee, hot chocolate, fruit and muffins on May 27.

Velofix and Marty's Mountain Bikes will be there with their mobile bike repair truck and will provide FREE inspections and small adjustments to your bike. Make sure to stop by!

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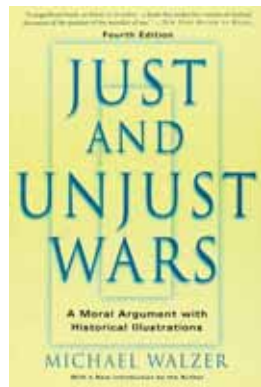
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WHAT SAY YOU

BOOK review - Defining War



Title: Just and Unjust Wars
Author: Michael Walzer

What constitutes a just war? What are the moral imperatives that define a soldier's actions when faced with situations far

outside of those experienced by society at large? Has the nature of war changed such that it no longer holds boundaries within which combatants engage?

What war does may be defined very simply: it kills.

The rules surrounding how and when have become almost the exclusive realm of the international lawyer. Walzers book takes a step back from the legalistic and looks at war from the perspective of moral dilemmas that fallible soldiers have actually faced.

Using historical illustrations from warfare in Athens to the My Lai Massacre, he analyses the questions of end versus means in the decisions people have made in time of battle.

An uncomfortable subject but one that speaks to the heart of the challenge faced by the soldier in times of conflict: is justice or winning the end goal?

Title: The Forgotten Soldier
Author: Guy Sajer

This book is an autobiography of a young Frenchman of mixed nationality (German father/French mother) from the region of Alsace who joins the German Army in 1942. It is a rendition of war on the Eastern Front as seen through the eyes of a junior soldier.

Soldat Sajer was engaged in operations full time from July 1942 when he joined the infantry, to his ultimate surrender in May 1945. All of his fighting was

done on the Eastern Front. Few memoirs can compare with this work in range of feeling, depths of self-analysis, or vivid recounting of combat. His work serves as a testament to the universal motivations of the soldier: comradeship, endurance, self-sacrifice and fear.

Selected by both the Association of the U.S. Army and the Air Force Association for their distinguished book series, this work transcends language and nationality to address the human race.

Maj Chris Buckham is a logistics officer in the RCAF. He maintains a blog of his reviews at www.themilitaryreviewer.blogspot.com

New Honorary Captain for Pacific Fleet



Anita Huberman joins the Royal Canadian Navy as its newest Honorary Captain

DND

Defence Minister Jason Kenney announced May 15 the appointment of Anita Huberman as the newest Honorary Captain (Navy), affiliated with the office of the Commander Canadian Fleet Pacific.

Huberman has been the CEO of the Surrey Board of Trade for eight years. She guides a 21-member Board of Directors, representing diverse interest groups, to support a growing list of businesses, initiatives and government policies from an economic perspective. She is a recipient of the 2011 Business in Vancouver's Top 40 Under 40 award, and was recognized with the Queen's Diamond Jubilee medal in 2014.

Her leadership and experience in business and trade has helped her forge strong relationships in her community – focusing on volunteerism, family, and health.

She is a second-generation Indo-Canadian and is also the first South Asian woman to head a Canadian municipality's board of trade.

Honorary Naval Captains act as a bridge between military and civilian communities, and help link diverse areas of Canadian society - from politics and business to journalism and the arts. They bring with them unique skills and connections that help

strengthen the Navy's ties to Canadian communities in order to promote a better understanding of maritime defence issues.

Honorary Naval Captains are quite visible, attending significant naval, Canadian Armed Forces, and public events and ceremonies in uniform across the country.

The Minister of National Defence, on the recommendations of the Chief of the Defence Staff and the Commander of the Royal Canadian Navy, is the approving authority for all appointments.

"As an avid supporter of the Canadian Armed Forces, I am very humbled to be appointed as an Honorary Captain (Navy) and I look forward to working closely with the Royal Canadian Navy to help elevate the good work they do on behalf of all Canadians," says Huberman. "This is an exciting opportunity to see first-hand the significant role the navy plays on the international and domestic stage, and promote the virtues that make it such a great institution."

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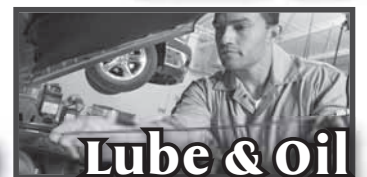
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Training vessel posed as suspect during Trident Fury

PCTU

Orca class vessels are known for their use as training vessels for MARS, Fleet Navigating Officer and Command development courses, but it was a very different mission that Orca 55 was tasked with as part of Exercise Trident Fury.

During the May 6 - 14 exercise Orca 55 and crew took on various roles as a "Country Green" vessel of Interest, in support of the U.S. Coast Guard Maritime Safety and Security Team (USCG MSST), RCN Enhanced Naval Boarding Party, and RCMP Boarding Team training.

They posed as a fishing vessel suspected of trafficking drugs, a cargo vessel involved in arms smuggling and, on another occasion, a migrant-carrying vessel thought to harbour persons of interest.

"The most memorable moment of the exercise was the USCG MSST fast rope insertion from a Sea Hawk helicopter onto the Orca foc'sle," said SLt Stroud, a bridge watch keeper onboard. "It's amazing how quickly the whole team made it onto the boat."

The crew was often involved in role playing. Though no physical resistance was offered, the sailors were encouraged to


provide "verbal pushback" in order to put the boarding team members through a bit of stress.

AB Kelly was particularly good at getting into the boarders' heads. "I played a lot of sports, so I guess it is my chirping experience, along with my fast wit and sense of humour."

The crew, made up of Patrol Craft Training Unit (PCTU) personnel along with members from HMCS Winnipeg, Fleet Diving Unit (Pacific), and FA(P), came together, working as a tightly knit team throughout the exercise, displaying both professionalism and the ability to adapt to ever-changing roles.



American Maritime Safety and Security Team personnel do a fast rope boarding from a Sea Hawk helicopter onto Orca 55 deck.



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Dave


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Still searching for owner of SD card

Rachel Lallouz
Staff Writer

The last thing Corporal Dustin Renz expected to find in the sandy depths of Lake Simcoe was a chewed-up plastic baggy with an SD memory card in it.

The military police member is a certified diving instructor and taught diving classes on his own time. During one class in Shanty Bay, Ontario, on May 18, 2013, he was teaching his students the standard practice of picking up trash on the lake bottom when diving.

He always carries a mesh bag with him should he

find garbage left by careless boaters.

"I wasn't surprised to see a lot of junk down there, and I usually take as much as I can carry," he says.

The bottom of Lake Simcoe was murky with sand and sediment that day.

"But the baggie caught my eye," he says.

Back on dry land he opened the baggy and found a crumpled note with the memory card that said: "please print off."

At the end of the class he changed into jeans and stuffed the baggy in a pocket. A couple weeks later he re-discovered the package.

"I set it out to dry, and it was perfectly preserved because there had been no salt water to corrode it," he says. "It didn't look like it had been down there long either."

When he uploaded the card to his computer, he found 12 images of a new born baby and mother in a hospital.

Being a self-professed technology geek, Cpl Renz used un-erase software to restore any missing images. He was able to bring up another 100 photographs of what appeared to be a family on a cottage vacation.

None of the photos had been captioned or labelled,

prompting him to post one of the baby photographs on his Facebook page.

"It completely exploded from there," says Cpl Renz. "There were thousands of shares in the following hours, and CTV news approached me for an interview."

He says that although multiple people reached out to him on Facebook with leads about the SD card's owner, none of them have been accurate.

"I never did find the owner," he says Cpl Renz.

But the power of social media proved as deep and interesting as the seabed where he found that little SD card.

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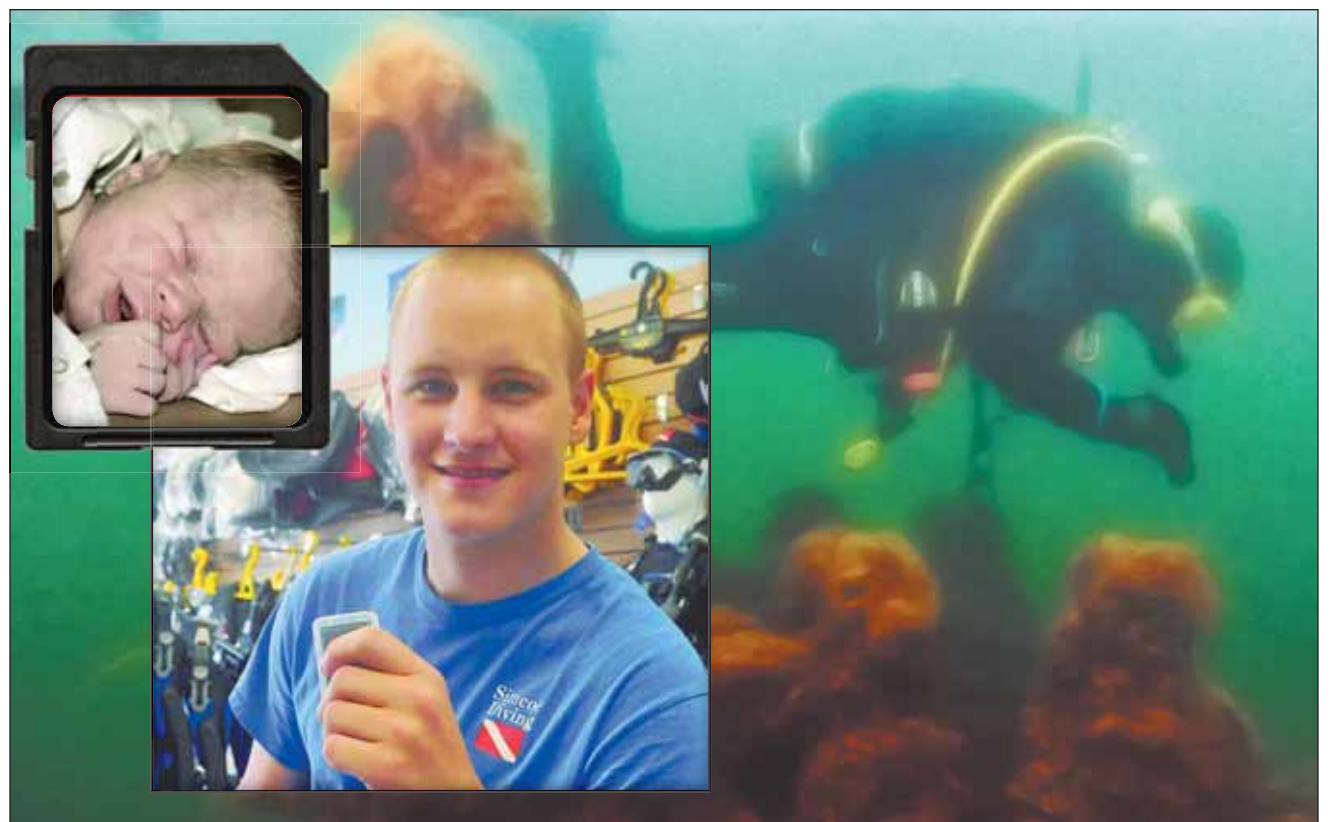
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Main: Cpl Renz in the murky depths of Lake Simcoe.

Inset: Cpl Renz shows off the SD card he found while diving with students. This is one of the new born baby photos that were on the card.

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CAIRO POSTING ADVENTUROUS WORK

Above: WO Scott Miller stands at the El Alamein War Cemetery in Cairo, 2011.

Right: WO Miller and his wife Shannon pose in front of the Giza pyramids.

Rachel Lallouz
Staff Writer

Adventure was at the heart of WO Scott Miller and wife Shannon's decision to pack up and move to Cairo, the capital of Egypt.

The soldier took a position as Detachment Commander of the Military Police Security Services. His job had him joining 14 guards to protect the Canadian Embassy and the residence of the Canadian Ambassador.

The couple arrived five months after the 2011 Egyptian Revolution where millions of protesters from a variety of socio-economic and religious backgrounds demanded the overthrow of Egyptian President Hosni Mubarak.

While the uprising featured a series of peaceful demonstrations, marches, acts of civil disobedience, and labour strikes, 846 people were killed and 6,000 injured. In the end, Mubarak was forced to resign.

"We were quite excited. We were going to see history evolve," says WO Miller, who currently works at the Canadian Forces National Investigation Service. "Considering that Egypt would be just starting to focus on a democratic election process in the months to come, we really didn't know what to expect. Our first experience, though, was complete culture shock."

Even with three weeks learning about Egyptian culture, customs, basic Arabic greetings, history, and even cuisine, no amount of training could have prepared them for life in the Middle East.

Leaving small town Victoria for the massive metropolis, the 13th largest in the world with a population of 6.76 million, was an adjustment. They could not begin to picture the volume of pollution, traffic, and noise that would become the backdrop to their lives.

With the revolution came increased poverty as tourists were uneasy venturing to a politically strife North African nation with a weakened Egyptian economy. Children lined the streets begging, and stray dogs wandered the streets in hopes of finding mouthfuls of scraps.

"It was a little shocking and difficult to deal with at times," says WO Miller. "Once we travelled away from the embassy towards other parts of Cairo, we could really see the impact the poverty had on the Egyptian people."

Venturing away from the city also brought awareness to the beauty of the region and its people. During downtime, the couple travelled to little towns as far as the North Coast. Their favorites were Alexandria and El Alamein; both towns border the Mediterranean Ocean. They each offered ancient architecture, beautiful ocean shores, and plenty of recreational activities.

"One weekend, we camped under the desert stars with a group of Bedouins," recalls WO Miller.

As time passed, the couple began to feel at home with both the military and Egyptian communities.

"The Egyptian people are so friendly – anyone of them would give you the shirt off their back. I remember there was this one gentleman who would sit on a stool up the road from us, and every time I would walk by he would say 'welcome to Egypt!' I walked past him every day for three years, and he would still say it as a running joke," says WO Miller.

Within that three year posting there were some tenuous times.

"There were a number of pivotal moments that occurred during our stay there, in the post-revolution state. After a period of time, the Egyptians were not happy with the elected president, and he was removed from power by the Egyptian military. The day President Morsi was removed from power the streets filled. There were Black Hawk helicopters in the air, and the army quickly moved to key positions around us. After that, there were a lot of demonstrations and protests. We started having to be cautious when we travelled."

Tahrir Square, the focal point of the 2011



Egyptian Revolution, once again became the gathering place for protests. It was only four blocks away from the Canadian Embassy where WO Miller worked.

"If things really kicked off there, you'd get 100,000 people in that square," he says. "And that could have blocked off access to our home in Zamalek. We had to constantly be aware of the security situation. But we had an evacuation plan if events were to escalate."

Morsi was removed by Field Marshall Abdel Fattah el-Sisi after the June 2013 Egyptian protests and the 2013 Egyptian coup d'état. Morsi was the first democratically elected president; however, he granted himself unlimited powers and the power to legislate without judicial oversight or review of his acts. This eventually led to the civil unrest and his ultimate removal from power.

Despite the level of uncertainty at that time, WO Miller and his wife were able to stay in Cairo; along with his security duties, he assisted in taking care of Canadians during the turmoil.

When they finally left the North African city in 2014, and returned to the temperate climate of B.C, they brought with them a wealth of memories, including the warmth of the desert sun on tanned skin, the vista of pyramids a short distance from their residence, the haggling with vendors in the marketplace, and a deep understanding of a politically charged foreign culture.

"I would still go back," says WO Miller. "With the political shifts and the language barriers, we went through a lot. But I feel being in Egypt has really shifted the life I have now in Canada."

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Charity renovation project needs skilled volunteers

Rachel Lallouz
Staff Writer

The HeroWork Program Society is calling out for volunteers to help them complete their 2015 project—the overhaul of the Citizens’ Counselling Centre.

Over 1,000 low income individuals a year find solace in the counselling services offered by the Centre. However, the 50-plus-year-old building they operate out of has not had repairs in 25 years.

The mix of charitable work in a diminished infrastructure meets HeroWork’s mandate – to help other charities thrive by renewing and refreshing their physical building through events called Radical Renovations.

Helping plan the Citizens’ Counselling Centre renovation is Lt(N) Colin Dudeck, who lends his experience and skills from his role with the Halifax Class Modernization to the Herowork project management team.

“Military volunteers have helped in our past two projects,” says Lt(N) Dudeck, referencing base volunteers who were key to renovating Threshold Housing in 2014, a transitional housing centre for at-risk youth, and the Mustard Seed Food Bank in 2013.

The extensive experience mili-

tary volunteers have working in teams, combined with their specializations in the trades, make them an incredibly valuable resource for the project, says Lt(N) Dudeck.

“In the navy, we do a lot of work in small groups; on a ship it might be something like changing out a pump, where we coordinate getting a job done together with our different skills sets.”

HeroWork needs more volunteers for three successive weekends: May 29-31, June 6-7, and June 13-14, with the first weekend being the biggest need. Work varies from demolition to carpeting, trim work to carpentry, to moving furniture.

Paul Latour founded HeroWork six years ago. He did a mini extreme makeover for a friend suffering from multiple sclerosis. It was a renovation valued at \$25,000 completed in a single day.

“It was only meant to be a one-off,” he says. “But when it was done I saw the magic in it and I knew I needed to pursue doing more charity renovations.”

Non-profits don’t have the time, expertise or resources to renovate their space. Latour saw a vast need for renovations at little cost to the charity. The bulk of the renovation



Peter D. Smither, President and Senior Project Manager of Iron Triangle Project Management Inc., Lt(N) Colin Dudeck, Project Manager of HeroWork, and Paul Letour, Founder and Executive Director of HeroWork are set to work on this year’s renovation project: the Citizen’s Counselling Centre.
Rachel Lallouze, Lookout

is paid for through donations and volunteering.

An application and interview process are used to select a charity, who must own their building.

Seven applications were adjudicated in this round.

“We picked the Citizens’ Counselling Centre because the organization is not about quick fixes. It’s part of a solution. So many ills in our society have to do with a lack of emotional and men-

tal health. You need strong organizations in place to help people from going down dysfunctional rabbit holes,” says Latour.

He adds that the building needs approximately \$150,000 worth of repairs and upgrades to be made good for the next 20 to 30 years. Everything is ready. All they need is some more volunteer labour.

Because charities must own their buildings in order for

HeroWork to renovate, their spaces are more susceptible to falling into disrepair, as they don’t have landlords to upkeep the property.

To date, HeroWork has completed \$1 million worth of renovations by mobilizing the services of over 150 companies and 1,000 volunteers.

To volunteer contact Lt(N) Dudeck at colin.dudeck@forces.gc.ca, or sign up for shifts at www.herowork.com.

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Courage under fire

Gerry Weaver
 Army Public Affairs

Whether fighting in the trenches of the First World War or fighting in the political arena for full rights for his people, First Nations soldier Sergeant Francis Pegahmagabow is a Canadian hero.

The Ojibwe soldier from Wasauksing First Nation near Parry Sound, Ontario, was not only one of the most effective snipers and scouts in the Canadian Expeditionary Force (CEF), but of the Aboriginal peoples who participated in the First World War, he is the most decorated.

Recognized three times for bravery and devotion under fire in Belgium and France, he is one of only 38 Canadians to earn the Military Medal with two bars, each bar referring to a recognized act of bravery. The modern equivalent to the Military Medal is the Medal of Military Valour, the third highest award for military valour in the Canadian honours system.

Sgt Pegahmagabow was (most likely) born on March 9, 1889, in what is now Shawanaga First Nation, near Parry Sound. His father, a member of Wasauksing First Nation on Parry Island, died when Sgt Pegahmagabow was a baby. His mother also fell ill, so he was raised by his Shawanaga relatives, only returning to Wasauksing First Nation as an adult.

As a young man, he turned his hand to several trades, including working as a seaman on boats in Georgian Bay. At 21, he learned to read and write English, a rare skill for a First Nations person of that generation.

"We have great admiration for him for that," said the veteran's great-grandson, Dr. Brian McInnes.

When Britain declared war on Germany on Aug. 4, 1914, Canada too was at war as a member of the British Empire. Sgt Pegahmagabow was among the first recruits, signing up on Aug. 13, 1914, despite an early prohibition against the enlistment of Aboriginal Peoples.

Sgt Pegahmagabow served with the 23rd Northern Pioneers Regiment, based in Parry Sound, which amalgamated into the 1st Battalion of the CEF. He would go on to fight on the Western Front during all four years of the Great War, attaining the rank of Corporal.

The young Ojibwe man soon proved his courage and abilities were second to none. In 1916, he was one of the first Canadians to be awarded the Military Medal. He received the first of his three commendations for facing enemy fire repeatedly while carrying vital messages along the lines during the battles at Ypres, Festubert, and Givenchy.

Dr. McInnes said after the war, his great-grandfather developed breathing issues that became so severe he eventually had to sit up to sleep.

Following a wound in the leg while fighting in France in September 1916, Sgt Pegahmagabow returned to action in time to take part in the bloody assault on Passchendaele. During a battle so intense the Allies lost some 16,000 men, he earned his first bar to his Military Medal. His commendation reads:

"At Passchendaele Nov. 6th/7th, 1917, this NCO [non-commissioned officer] did excellent work. Before and after the attack he kept in touch with the flanks, advising the units he had seen, this information proving the success of the attack and saving valuable time in consolidating. He also guided the relief to its proper place after it had become mixed up."

Following his valorous actions during The Battle of Scarpe in August 1918, Sgt Pegahmagabow received his second bar. This commendation reveals again his courage under fire:

"During the operations of August 30, 1918, at Orix Trench, near Upton Wood, when his company were almost out of ammunition and in danger of being surrounded, this NCO went over the top under heavy MG [machine gun] and rifle fire and brought back sufficient ammunition to enable the post to carry on and assist in repulsing heavy enemy counter-attacks."

His record as a sniper is equally impressive. Although difficult to substantiate as he worked alone, the expert marksman is credited with 378 kills.

Dr. McInnes said Sgt Pegahmagabow hoped his willingness to serve would help change perceptions about Aboriginal peoples.

"I think that was a powerful motivator for him to go to war because it was this opportunity that equalized men and women. In war, nobody was above anyone else by virtue of their birth status in this country," said Dr. McInnes.

Sgt Pegahmagabow made the point himself in a 1919 interview with the Toronto Evening Telegram, saying, "I went to war voluntarily just as quick as the white man."

Ending the war at the rank of corporal, the weary veteran returned home in 1919 to a political landscape that was as restrictive for Aboriginal peoples as it had been before the war.

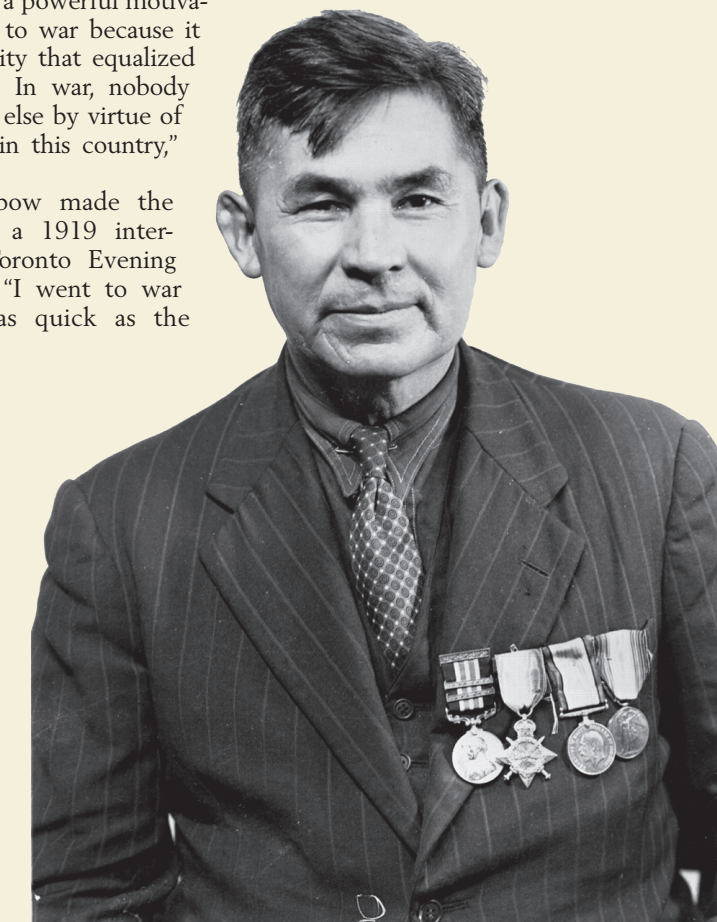
"Returning from the war where he had done what he believed to be a great act of service to Canada, I think he believed he should have earned equality from that experience," said Dr. McInnes. "It was a source of frustration that would bother him the rest of his life."

Sgt Pegahmagabow, who married Eva Nanibush Ironche and fathered eight children, became a political activist, serving as councilor and band chief for Wasauksing First Nation. He was elected the Supreme Chief of the National Indian Government and was also a member of the National Indian Brotherhood, which was an early precursor to the current Assembly of First Nations.

The decorated veteran died in the community of Wasauksing on Aug. 5, 1952, of a heart attack. He has been entered into the Indian Hall of Fame, as well as having the 3rd Canadian Ranger Patrol Group's headquarters at Canadian Forces Base Borden in Ontario renamed in his honour in 2006.

Dr. McInnes feels his great-grandfather offers this country an authentic story of a Canadian hero whose soul was defined by his distinct linguistic and cultural identity.

"He valued above all else his identity as a First Nations person in this country and the unique contributions he could make as a First Nations person."





Verna Smith (center) and Irene Henderson (right) perform in Yokahama, Japan, in 1952, with accordionist Al Denoi as part of "The Smile Show".



Verna Smith, 95, is the remaining survivor of a group of performers who entertained Canadian and allied troops in Korea and Japan during the war. Here she muses over photographs of days spent in Korea.



Verna Smith performs for navy members at the Naden Drill Hall in 1943.

Korean War entertainer recalls the Smile Show

Rachel Lallouz
Staff Writer

On a hot summer afternoon in 1947, 27-year-old Verna Mary Smith, a Victoria entertainer, performed a hand balancing and acrobatics show on the grass in James Bay's MacDonald Park.

A few days later, a photograph of Smith's show in the local newspaper caught the eye of Gerry Gosley.

He was amazed at the balancing act Smith accomplished in the photo as she lifted her entire body off of the ground and contorted it in the air, supported by a single hand.

Gosley, who was interested in performing himself, couldn't resist approaching Smith and propose the two pair up and start a show to tour around Victoria. Smith, an adventurous and vivacious young woman, agreed immediately with one condition - that she direct and choreograph the show and train accompanying performers.

With an agreement in place, the two started "The Smile Show."

"Our first show as a group in Victoria was at the Britannia Legion," recalls Smith, 95, and the last surviving member of the original group. "Gerry and I went out and got some posters, and we used water and flour to paste them up on all the telephone poles, and we filled the Legion that night. We had a heck

of a good show, and we got a heck of a good write up done in the local paper."

Their performance was based off English comedy and variety shows, and featured different acts of singing, dancing, and acrobatics accompanied by band-style music.

Victoria is Smith's hometown, and she first learned to sing as a girl at St. Anne's Academy.

"I did my first show when I was three-and-a-half-years-old. It was on account of my mother's influence - she started teaching me songs early on, and she loved the English comedy shows."

As she grew up, and her musicality became more pronounced, she trained with a German opera singer. On her own, she taught herself acrobatics.

As an adult she entertained in bars and clubs with her first husband, travelling all over the Island, and eventually out to Vancouver and the U.S. In a Portland, Oregon theatre she even met and performed with Sammy Davis Junior.

"Sammy was very clever, you know, and could play any instrument. He was brought up in the wings of the stages."

When she met Gosley and established The Smile Show, her days and night were consumed with entertaining. The show expanded to local hospitals and bars, and every legion in the city. By 1950, the show's increasing popularity col-

lided with the beginning of the Korean War.

"I was 32 at the time when I first started hearing about it, and still living in Victoria. I remember noticing how many of the men were starting to sign up. Everyone's first thought was 'where's Korea?' We'd never heard anything about it."

Gosley, who had contacts in the military, received a call requesting the group entertain American troops in Fort Louis, Washington.

"The troops loved us," says Smith. "After, as we walked along the tarmac up to our plane, I turned to Gerry and I said: 'We're going to Korea.' Being that he had been in the Air Force and all, I told him that he would need to get in touch with someone to propose the idea to, and he did."

Gosley was able to reach a high ranking contact in the military, Major General George Perks, who supported their idea. After trimming the troupe to four to reduce travel and accommodation costs, The Smile Show was approved to entertain troops in Japan and Korea. Smith would sing, Gosley would act and perform comedy, a young woman by the name of Irene Henderson would sing and act, and Al Denoi, an accordion player, would carry out the role of the pianist during musical numbers, "as a piano was too large and heavy to ship

around," says Smith.

In preparation to be flown out, the government insured each performer's life for \$5,000 in the event they would not return. The Royal Canadian Legion outfitted the group with full uniforms, and the Canadian military bestowed officer status upon each performer to help guarantee their safety. As an added precaution, a Welfare Officer was hired to accompany the performers along every step of their journey.

The group was billeted at bases and hospitals where Canadian soldiers were stationed, and played dozens of shows for allied troops in the area. Smith says it was at that point on the trip they began to adjust to the different culture, leaving their shoes outside of the sliding shoji doors at night to be polished, and exchanging their American dollars for pocketfuls of yen.

Two weeks later, they flew to war-torn Seoul, and were billeted at a Canadian hospital. For three weeks the group packed into army jeeps and was driven from station to station in the red Korean dust, arriving at mess halls and clubs filled with cheering troops.

"We did get very worn out," says Smith. "We performed mostly on sawdust floors in the tents, and it was hard work. When we finished a show, we were driven to another, and then another. The boys always wanted us to come, and

they always wanted us to dance with them after."

Their largest show was performed at the American Base at Kimpo Airfield, where hundreds of Canadian, Australian, and American soldiers gathered to watch the group.

Smith says she experienced the most intense culture shock in Seoul, walking past broken down buildings and through garbage-filled slums - the result of two separate sieges on the city during the war.

"There were children that would follow us down the street begging. They had no shoes, hardly any clothes, and it was very cold. One day, Irene and I passed out chocolate bars to them, and they were so polite. They didn't grab or push at each other, they just took them."

On their off days, Smith and Henderson visited injured soldiers recovering in the hospital, signing casts and trying to cheer up the

wounded.

"Many of the boys were severely wounded, and that was sad to see. We lost over 600 in the end, I think," says Smith. "And we saw the boys coming back from the front lines, rifles on their backs. I remember seeing some of them crying."

When they finished their tour and returned to Victoria, Smith left The Smile Show shortly after, but continued singing at legions and clubs on her own. She hosted programs at all the legions in Victoria, and continued to perform and sing professionally until the early 1980s.

"I really did miss it when the whole experience was over," she says. "It was a real come down, you know. We'd had so much attention paid to us."

The Smile Show travelled 12,000 miles in total, performing 90 shows to an estimated 50,000 British Commonwealth and Canadian troops.



Victoria Day Parade

Images by: Ed Dixon, MARPAC Imaging Services

Top Left: Capt(N) Steve Waddell, Base Commander, and Victoria Mayor Lisa Helps review the May 18 Victoria Day parade. Victoria Day is a public holiday in honour of Queen Victoria's birthday.

Top Right: The Naden Band of the Royal Canadian Navy marches down Douglas Street during the 117th Annual Victoria Day Parade.



Major-General Paul Wynnyk, Commander of Canadian Forces Intelligence Command, inspects a Guard of Honour at Duntze Head May 14. MGen Wynnyk visited the base as part of the Allied System for Geospatial-Intelligence (ASG) staff talks.

ICorporal Malcolm Byers, MARPAC Imaging Services

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Spring into getting healthy

With spring in the air and the CAF Health and Wellness Challenge underway, this is a good time to hit the road to better health and fitness. It's important to keep fit, eat healthy and enjoy life. To be the best you can be takes work and dedication. Finding a healthy work/life balance is not always easy, but here are some fun tips to help you find that balance and get you motivated – if you aren't already.

Healthy living to-dos:

- Schedule some screen-free time.
- Buy some non-alcoholic mocktails or make your own.
- Dust off your spring/summer safety gear (helmet, elbow and knee pads).
- Clean up your fridge and make space for lots of veggies and fruit.
- Make space on your desk for a water bottle and healthy snacks.
- Sample a vegetable or fruit you have not eaten before.
- Say “no” to that second beer with your friends.
- Set reminders in your e-calendar for healthy resolutions (i.e. drink water, buy Veggies/fruit, attend a yoga class, meet a friend for coffee).
- Congratulate yourself on getting motivated.
- Schedule time in your calendar for daily physical activity.
- Buy a new journal.
- Set up a meal planning board in your kitchen, for example, a chalk board.
- Pack your gym bag.
- Make sure you have a reusable water bottle.
- Think about what motivates you - write it down in your new journal!
- Find a fitness buddy.
- Clean out your car from smoke and/or stinky hockey gear.
- Get your bike tuned up.
- Borrow a pedometer from your local Health Promotion office.
- Download a healthy recipe app on your Smartphone.



Patrol Craft Training Unit Change of Command

From Left to right: LCdr Richard Cobb, Incoming Commanding Officer, Cdr Lorne Carruth, Reviewing Officer, and LCdr Scott Nelson, Outgoing Commander, sign the Change of Command Certificates at the Naval Officer Training Centre (NOTC) Venture May 15.

LS Zachariah Stopa, MARPAC Imaging Services



Maritime Forces Pacific Headquarters awards

Cdr Lori McAllister, Commanding Officer Maritime Forces Pacific Headquarters, made several presentations to CA F members.

Photos by LS Zachariah Stopa, MARPAC Imaging Services



CPO2 Howie Young is presented with his Canadian Forces Decoration Second Clasp.



PO1 Chance Sheffield is promoted to his current rank by Cdr McAllister, Lt(N) Robin Sheffield and CPO2 Jason Kitt.



MS Jeff Leitch is promoted to his current rank by Cdr McAllister and LCdr Raymond Trotter.

Fleet Maintenance Facility Cape Breton awards

Capt(N) Christopher Earl, Commanding Officer of Fleet Maintenance Facility, presented several awards and medals to members of his unit.

Photos by LS Zachariah Stopa, MARPAC Imaging Services



Maj Tina Verbenkov receives her Canadian Forces Decoration.



MS Thomas Hertel receives his Canadian Forces Decoration.



Lt(N) Ryan Wardhall is promoted to his current rank.



PO1 Victor Clement is promoted to his current rank.



Brad Batson receives his 35 Year Long Service Award.



Lorne King receives his 35 Year Long Service Award.



John Pinnock receives his 35 Year Long Service Award.



Brian Hutchinson receives his 25 Year Long Service Award.



Curtis Riess receives his 25 Year Long Service Award.



LCdr Damien Chouinard-Prevost receives a Bravo-Zulu.



Syndi Baker receives a Certificate of Appreciation.



Joe Demetrius receives a Certificate of Appreciation.



David Dronsfield receives a Certificate of Appreciation.



Mark Baxter receives a Certificate of Appreciation.



John Crocker receives a Certificate of Appreciation.



PO1 Ted Hamilton receives a Certificate of Appreciation.



CPO2 Al DeLoor receives a Certificate of Appreciation.



Sean Griffin receives a Certificate of Appreciation.



Lt(N) Tony Carter receives a Certificate of Appreciation.



Włodzimirz Mlynarski receives a Certificate of Appreciation.



John Britto Daniel Paulraj receives a Certificate of Appreciation.



Miles McKinnon receives a Certificate of Appreciation.



Richard Graval receives a Certificate of Appreciation.



Linda Miller receives a Certificate of Appreciation.



Ken Dalzell receives a Certificate of Appreciation.



Lane Luckow receives his Apprenticeship Certificate.



CPO1 Paul Fenton receives a Gold Seal for Aerobic Excellence.



Primary Leadership Qualification Graduation

Capt(N) Doug Young, Chief of Staff Maritime Forces Pacific and Reviewing Officer, presented course certificates and awards during the graduation parade for Primary Leadership Qualification Course 0048.

Photos by Ed Dixon, MARPAC Imaging Services



MCpl Michael Bastien receives his graduation certificate.



Cpl Katrina Blais receives her graduation certificate.



MS A.P. Bowell receives his graduation certificate.



Cpl Tonia Cogswell receives her graduation certificate.



MS Trevor Deen receives his graduation certificate.



LS Joshua Laton receives his graduation certificate and was later appointed to the rank of Master Seaman.



LS Christopher Foulon receives his graduation certificate and was later appointed to the rank of Master Seaman.



LS Kevin Solski receives his graduation certificate and was later appointed to the rank of Master Seaman.



LS Jesse Klooster receives his graduation certificate.



MS Heidi Foley receives her graduation certificate.



LS Jesse Klooster receives his graduation certificate.



MCpl Kristina McEachern receives her graduation certificate.



MCpl Michelle Noble receives her graduation certificate.



MS Keith Nolan receives his graduation certificate.



MS Daniel O'Hare receives his graduation certificate.



Cpl Varinder Parmar receives her graduation certificate.



LS Daniel Pelletier receives his graduation certificate.



MS Bertrand Robillard receives his graduation certificate.



Cpl A.E.L. Savoy receives her graduation certificate.



LS Jillian Kielo receives her graduation certificate.



Cpl Rebecca Strauss receives her graduation certificate and was later appointed to the rank of Master Corporal.



MS Cody Travis receives his graduation certificate.



Don Cook, representing the Chiefs and Petty Officers Association, presents Cpl Sean Armstrong with the Top Student Award. Cpl Armstrong also received the Formation Chief Petty Officer Award.



CPO2 Sylvain Jaquemot, Senior Instructor, presents MS Dale Armstrong with the Primary Leadership Academy Drill Trophy.

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Aboriginal Awareness Week "Strength from our Ancestors"

The exhibit opening at the Naval and Military Museum was part of Aboriginal Awareness Week celebrations held at CFB Esquimalt. The week provide an opportunity for members of the Canadian Armed Forces to recognize the numerous contributions that Aboriginal peoples have made and continue to make to the defence team.

Above: Invited guests at the opening ceremony of the Strength from our Ancestors exhibit at the Base Museum.

Left: Geraldine Underwood, daughter of Second World War veteran George Underwood, talks about her father's life and military career during the opening ceremony of the exhibit on May 20.

Images by MCpl Chris Ward, MARPAC Imaging Services



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