

IN FLANDERS FIELDS THE POPPIES BLOW BETWEEN THE CROSSES, ROW ON ROW, THAT MARK OUR PLACE; AND IN THE SKY

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.

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.

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

newspaper.com



THE END OF THE SEA KING ERA

REMEMBERING

PAINTING BY ARTIST JOHN HORTON, OPERATION APOLLO PATROL

This painting is from behind the Sea King, which is just banking to land on *HMCS Ottawa*. *Ottawa* is with a Sudani line freighter, which they have just completed an on board interdiction. The painting shows the interdiction work of Operation Apollo and the air side of the operation. *Ottawa* and its embarked Sea King were deployed to the

Persian Gulf region from Feb. 17 to Aug. 17, 2002.

Their key operational focus was to prevent Al-Qaeda and Taliban members from escaping the area of operations in merchant ships and fishing boats operating from Pakistan and Iran. Canadian sailors hailed vessels, identified them, pursued and boarded them

when necessary, and searched them for material and activity indicating the presence of Al-Qaeda or Taliban members.

This year marks the retirement of the Sea Kings. A final fly past will take place Dec. 1 at the 443 Maritime Helicopter Squadron in Victoria, followed by a special evening dinner. Visit skr18.ca for more information.

AND WERE LOVED, AND NOW WE LIE IN FLANDERS FIELDS. TAKE UP OUR QUARREL WITH THE FOE: TO YOU FROM FAILING




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A message from Rear-Admiral Bob Auchterlonie



It has been a century since the 11th hour of the 11th day of the 11th month in 1918 marked the end of hostilities in the worst war that humanity had ever seen.

In time, the celebration of this armistice evolved into the act of remembrance we now perform each year, not only to honour those who fought and died during the First World War, but to honour those who took up the torch, whether in the Second World War, Korea, former Yugoslavia, Afghanistan, or any other conflict involving our Canadian Armed Forces.

We remember the fallen and their sacrifice, and we grieve with the families and friends whose loved ones will never have another homecoming. They served with honour and integrity before making the ultimate sacrifice in service to their country.

It can be daunting to reflect on the immense suffering caused by former conflicts while living our busy lives in peace. We are fortunate we need only take a few minutes once a year to reflect on the horror that comes with war, rather than have it dominate our day-to-day.

Not all who return from war are so lucky and continue to struggle with lasting injuries, both physically and mentally, and on this day we remember our debt to them.

A hundred years ago the guns went silent, and the world held its breath, wondering if this peace would last more than a few moments, a few weeks, a few years. It is a moment that demands solemn reflection, which is why we gather in cemeteries, at monuments and cenotaphs to remember, forever grateful to those that created and those who maintain this peace.



About the 100th Anniversary of the Armistice

The armistice of Nov. 11, 1918, brought relief to the whole world. Never before had there been such a conflict. For a nation of eight million people, Canada's war effort was remarkable. More than 650,000 men and women from Canada and Newfoundland served — over 66,000 gave their lives and more than 172,000 were wounded. It was this immense sacrifice that led to Canada's separate signature on the Peace Treaty. No longer viewed as just a colony of England, Canada had truly achieved nation status. This nationhood was purchased by the gallant men who stood fast at Ypres, stormed Regina Trench, climbed the heights of Vimy Ridge, captured Passchendaele, and entered Mons on Nov. 11, 1918.

Canada's Hundred Days AUGUST 8 - NOVEMBER 11, 1918

- The last three months** of Canadian Corps' victories at the end of the First World War
- **100,000+** Canadians advanced 130 kilometres
 - **32,000+** prisoners taken
 - **3,750+** artillery pieces, machine guns and mortars captured
 - **39,000+** wounded
 - **6,800+** dead
 - **29** Canadians and one Newfoundlander received the Victoria Cross (VC)—the highest award for military valour service members could earn.
 - **nearly one-third** of all VC's earned in Canadian history are represented here.

Courtesy Veteran Affairs Canada

10 Quick Facts on the First World War

- 1. The First World War began on Aug. 4, 1914, with the Triple Entente (United Kingdom, France and Russia) and other nations (such as Canada and Australia) against the Triple Alliance (Germany, Austria-Hungary and Italy).
- 2. However, Italy refused to join in the war effort and instead, in May 1915, it aligned with Britain and France and declared war against Germany and Austria-Hungary.
- 3. Canadians saw their first major action at Ypres on April 22, 1915. Lieutenant-Colonel John McCrae was inspired to write In Flanders Fields to honour a friend who died during this battle.
- 4. The Battle of the Somme began early on the morning of July 1, 1916. The 1st Newfoundland Regiment suffered especially heavy losses on that day. Of the approximately 800 Newfoundlanders who went into battle, only 68 were at roll call the following morning.
- 5. The Battle of Vimy Ridge began on the morning of April 9, 1917, and ended four days later. It was the first time all four divisions of the Canadian Corps fought together as one formation. The Canadian victory at Vimy Ridge is considered to be a key point in shaping Canada as a nation.
- 6. Canadians took part in the Battle of Passchendaele from October to November 1917. In a muddy corner of Belgium, Canadians overcame almost unimaginable hardships to capture this strategic village.
- 7. More than 2,800 Canadian Nursing Sisters served with the Canadian Army Medical Corps.
- 8. Approximately 4,000 Aboriginal Canadians enlisted during the war. This represented nearly one-third of all Aboriginal-Canadian men eligible to serve.
- 9. The fighting ended on Nov. 11, 1918, with the signing of the Armistice. The war officially ended with the signing of the Treaty of Versailles in 1919.





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Captain (Navy) Jason Boyd, Base Commander, receives a poppy from Sylvia Vink, poppy chair of the Esquimalt Legion Branch No. 172, while in the Rainbow Room at the Chiefs' & Petty Officers' Mess on Oct. 26.

Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services

Remembrance Day Ceremonies Southern Vancouver Island

Personnel from Maritime Forces Pacific/Joint Task Force Pacific will participate in several ceremonies in the Southern Vancouver Island region on Remembrance Day. Wreaths laid on behalf of the Canadian Armed Forces will be placed at the following locations:

9 A.M.

LANGFORD

Aboriginal Remembrance Day Ceremony, Goldstream Park

9:10 A.M.

ESQUIMALT

God's Acre Veteran's Cemetery, 1190 Colville Road, Between the 12th and 17th holes of the Gorge Vale Golf Club

10 A.M.

COBBLE HILL

Cobble Hill Community Hall, 3550 Watson Avenue. Followed by a ceremony behind the community hall at the Liberation Park Cenotaph

VICTORIA

Afghanistan Memorial, 847-887 Courtney Street

10:30 A.M.

COLWOOD

Royal Roads University, 2005 Sooke Road, Italian Garden

SALT SPRING

Centennial Park Cenotaph

10:45 A.M.

METCHOSIN

St. Mary the Virgin Heritage Church

10:55 A.M.

DUNCAN

Charles Hoey Memorial Park, Canada Avenue

ESQUIMALT

Memorial Park Cenotaph, 1229 Esquimalt Road

LANTZVILLE

Lantzville Royal Canadian Legion, 7225 Lantzville Road

NANAIMO

Cenotaph, 85 Front Street

OAK BAY

War Memorial, Beach Drive, Uplands Park

PARKSVILLE

Mount Arrowsmith Legion, 146 Hirst Avenue

SAANICH

Municipal Hall, 770 Vernon Avenue

SIDNEY

Town Hall, 2440 Sidney Avenue

SOOKE

Sooke Royal Canadian Legion, 6726 Eustace Road

VICTORIA

City of Victoria Cenotaph (Legislature Building), 501 Belleville Street

VICTORIA

Ross Bay Cemetery, 1495 Fairfield Rd

WEST SHORE

Veterans Memorial Park located at the intersection of Goldstream Avenue and Veterans Memorial Parkway (Millstream)



matters of OPINION

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WHAT SAY YOU

Starboard thirty, full speed ahead

My stunted dreams droned softly and rolled side to side
A voice by my feet awoke me into the darkness
One eye noted the glowing watch face – 0320
The throbbing engines and pitching sea helped me dress
Red lights and sloshing coffee lead me to the bridge
In absolute black, under a sky full of stars, I took the Watch
Starboard thirty, full speed ahead...
Helmsman, starboard thirty, full speed ahead.

Orange sunrise spilled onto the smokey undulating sea
Wafts of coffee and bacon a backdrop to murmurs of a rousing ship
Sudden shrill notes of the bos'n pipe pierced the morning solitude
Curious faces half asleep checked our position – marks on the chart
A faint cry from the cool and misty decks abaft shattered the calm
In the softening grey - Hands to Rescue Stations – Man Overboard
Starboard thirty, full speed ahead...
Helmsman, starboard thirty, full speed ahead.

Two grey thoroughbreds, close apart, raced to the rain
spattered horizon
One hundred feet of frantic sea boiled between the two conspirators
Pink hands and yellow shrouds handled dripping connecting threads
A wind beaten shout brought precision out of chaos – a taught line
Coloured paddles swirled and a wild-eyed face zipped across the
raging chasm
Back aft, a shadow stood ready – a life-saving hand if the sea rebelled
Starboard thirty, full speed ahead...
Helmsman, starboard thirty, full speed ahead.

A flapping red square warned the expansive blue sky
White hooded techs swarmed over the forward mount “doing preps”
Anxious words and scurrying clipboards amplified the impending
exhilaration
Gravelly voices coming from grey boxes coaxed all eyes to
the distant horizon
One decisive command... one ear-shattering report...
the “smell of victory”
The sleek greyhound shuddered repeatedly as golden tubes
bounced into the sea
Starboard thirty, full speed ahead...
Helmsman, starboard thirty, full speed ahead.

Excitement scurried about the ship making spotless even more so
Dawn broke over a new yet familiar horizon – green trees and
grey rock
A quiet stillness revealed a welcoming refuge and growing
anticipation
Curious eyes glanced over the awaiting smiles, hearts raced and
faces gleamed
With calm precision, the sleek ship was fastened to the shore –
“open the brow”
Warm embraces and tear-streaked faces covered the ship...
“meet your new son”
Midships, stop both engines
Helmsman, midships, stop both engines

– Robert “GW” Gwalchmai



2018 National Silver Cross Mother

Courtesy of the Legion

The 2018 National Silver Cross Mother is
Anita Cenerini.

Mrs. Cenerini's son, Private Thomas Welch,
was a respected member of 6 Platoon, November
Company through the training and deployment as
part of Operation Athena, Roto 0 to Afghanistan
in August 2003, where he served as a C9 Gunner.

Less than three months after returning from
Afghanistan, Thomas died by suicide in Petawawa,
ON. His death on May 8, 2004, is marked as the
first death by suicide of a Canadian soldier after
returning home from the Afghanistan mission.

As the National Silver Cross Mother, Mrs.
Cenerini will place a wreath at the National War
Memorial on Nov. 11 on behalf of all Canadian
mothers who have lost a son or a daughter in the
military service of Canada.

Throughout the year, she will also be called
upon to perform other duties honouring the
fallen from all conflicts.

The National Silver Cross Mother is chosen
by the Legion among nominations made by
Legion Provincial Commands and individuals to
represent the mothers of Canada at the National
Remembrance Day Ceremony in Ottawa.

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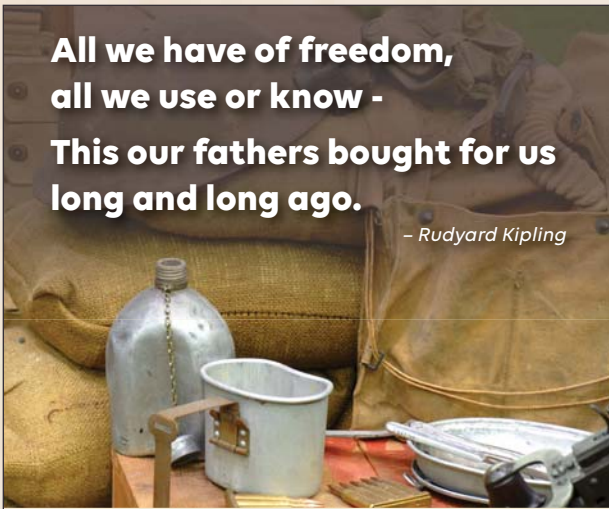
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- Rudyard Kipling



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Digital poppy
introduced this year

Legion Magazine

This year, the Legion has introduced the Digital Poppy, which is available for use with donations until midnight on Nov. 11.

"The digital poppy is designed to reach audiences, particularly the younger ones, who use technology to communicate," said Danny Martin, secretary of the Dominion Command Poppy and Remembrance Committee.

Whether it's Instagram, Facebook, Twitter or other social media, the digital poppy will appear on subscribers' posts in a signature block. Users can add personal dedications to the digital poppy as well.

Celebrities such as Justin Bieber, Margaret Atwood and Don Cherry have joined in promoting the digital poppy campaign.

Digital poppies are available at www.mypoppy.ca
Reprinted, in part, courtesy of Legion Magazine
www.legionmagazine.com



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Sailor set to school on Remembrance Day

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MARPAQ PA Office

National Veterans' Week starts today and the Speakers Program is connecting Canadian Armed Forces members with schools, retirement homes, hospitals and local businesses that have requested a uniformed member to speak about Remembrance Day.

One volunteer speaker is Petty Officer Second Class Yhan Mathé, a naval communicator from Maniwaki, Québec, who will speak to 1,300 students at École Oak Bay Nov. 9.

To aid him in his presentation are numerous ready-made presentations from the First World War and the Armistice, which eventually became the basis for our modern Remembrance Day, all the way to the recent Afghanistan conflict, peacekeeping and humanitarian operations.

While this will be his first time volunteering to speak to students about Remembrance Day, he is not

new to public speaking. He regularly works with social workers who speak at Road to Mental Readiness training.

He has suffered from mental health issues in the past, which was why supports the training, "I can include a lot of personal experiences to validate what the social worker is teaching," he says.

He hopes his openness can help CAF members overcome the stigmas attached to mental health.

In preparation for his presentation on Friday, he has reviewed the supplied material, but he plans to inject personal experiences to help make Remembrance Day more accessible to students.

One experience he'll talk about is a chance meeting with a Hurricane Katrina victim years after his deployment on Operation Unison, the humanitarian mission for Americans affected by Hurricane Katrina in 2005, while he was aboard HMCS *Ville de Quebec*.

"I met someone in a random place and he was one of the people that

had been helped by Canadian sailors during Op Unison. That is when I realized we had made a difference in their lives."

Another anecdote is one that has stuck with him over the years.

"In Maniwaki [his hometown] there were two brothers that went to Afghanistan, both being hit by explosions and both surviving. While I lived in Ottawa, I would go home for Remembrance Day and I remember the youngest brother going up to the cenotaph and spending a long time there. I could only imagine what he was going through at that moment. I think he was speaking to his friends that died in that explosion."

Having CAF members speak about their experiences helps Canadian connect with Remembrance Day and better understand the sacrifices of those who have served and those that continue to serve Canada.

Last year, CAF members gave more than 2,100 presentations across Canada, reaching more than 530,000 Canadians face-to-face.

VETERANS' WEEK NOVEMBER 5 TO 11



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Officer prepares for sentry duty at Ottawa cenotaph

Peter Mallett
Staff Writer

Standing solemnly at the corner of a cenotaph on Remembrance Day is a task steeped in military tradition; a highly visible public duty that requires physical stamina and a stellar service record.

This year, joining the six Canadian Armed Forces members and one member of the Royal Canadian Mounted Police at the National War Memorial in Ottawa will be a nurse from CFB Esquimalt.

Lieutenant (Navy) Derek Carter of Canadian Forces Health Services Centre (Pacific) will stand guard at one corner of the Tomb of the Unknown Soldier representing the Canadian Forces Health Services Group for Nursing.

"It's a great honour to be selected as one of the sentries and represent Canadian

Forces Health Services Group and the nursing community itself," said Lt(N) Carter. "From a professional perspective, being able to stand with our current and former service men and women, acknowledging those who have sacrificed their lives, is a privilege."

His appointment to the 2018 Remembrance Day Sentry Program was a surprise and an honour.

The 49-year-old sailor, with 29 years' service to Canada, recalls joining his family in his Port-aux-Basques, Newfoundland, home, watching the nationally televised ceremony every Nov. 11. While Lt(N) Carter was posted at CFB Halifax, his father (who has since passed away) travelled to Halifax to join him in attending the Remembrance Day ceremony.

Lt(N) Carter enrolled in the Canadian Armed Forces

in 1990 as a Boatswain and served in various warships of the Pacific and Atlantic fleets. In 2001 he transferred to Canadian Forces Health Services as a Medical Technician, and in 2006 obtained a Bachelor of Science in Nursing from Dalhousie University.

His brother, who lives in St. Albert, Alberta, will travel with him to the ceremony, while his sister, who lives in Newfoundland, will continue the family tradition and watch it on television.

Lt(N) Carter is the first member of his family, that he is aware, to serve in the military.

"The playing of the Last Post is always an emotional moment and will certainly remind me of my father and mother," he said. "It will also remind me how important Remembrance Day was to me and my family and the com-

munity I grew up with, and to those who remember the service men and women who have sacrificed," said Lt(N) Carter.

The Tomb of the Unknown Soldier was created by the Royal Canadian Legion in 2000. It is located at the site of The National War Memorial, which was unveiled in 1939 to commemorate the response of Canadians during the First World War.



Lt(N) Derek Carter

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Sea King helicopter, a fond farewell

Peter Mallett
Staff Writer

When the Royal Canadian Air Force's remaining Sea King helicopters are phased out, retired Air Force pilot Major (Retired) Paul O'Reilly admits it will be akin to losing a close friend.

That's because he spent much of his 34-year career in the Canadian Armed Forces flying the Cold War era, Sikorsky-built twin engine amphibious helicopter on and off the decks of Canadian warships.

O'Reilly, 71, says saying goodbye to them will be a teary affair.

"You can't help but get a little bit misty eyed. For any pilot who flies an aircraft, you grow attached to it as the years roll by, and you would forever recognize it instantly."

Today O'Reilly spends two days of his week volunteering at the CFB Esquimalt Naval and Military Museum. He is a military history buff and founding member of the Vimy Flight group, which, in 2017, took First World War replica planes to the 100th Anniversary ceremony at Vimy.

His love of history, and living some of it, gives him an interesting perspective on the Sea King.

In 1987, he was a pilot on board HMCS Huron as it sailed through the Panama Canal from 12 Wing Shearwater heading to Esquimalt Harbour with two Sea Kings onboard. They were the first two helicopters to arrive for naval operations on the West Coast.

"I'm surprised they [Sea Kings] are still here," he says. "When I came out to the West Coast with the first Sea Kings, the whole idea was these aircraft would last three or four years and a new, more modern helicopter would show up and we would move to that."

A hasty replacement for them in Canada did not happen, and so the decades went by.

"One of the reasons why they lasted so long was because with constant technological upgrades over the years they could still do the job. Why would you change and get a new aircraft when the one you are using does everything the navy wanted it to do?"

The Sea King's compact design, combined with a

fold-up rotor and tail, enabled it to fit neatly in the hangar of a warship after landing on the deck, and its amphibious hull enabled it to conduct water landings in an emergency.

"They got the job done because they handled well. The flight deck on most ships was about 48 by 78 feet wide, so the biggest challenge with the Sea King, as with other helicopters of their size, was landing it as the ship bobbed up and down in the water, especially in stormy seas. Your timing had to be perfect so the ship's company could hook the helicopter in with its Beartrap system."

The haul-down mechanism was developed in Canada. It uses a line and probe lowered from the helicopter to the deck and then attached to the ship.

"The Royal Canadian Navy was at the forefront of learning how to put a big helicopter on a small ship, and these helicopters were much more capable than smaller ones because they could travel longer, carry more supplies, and had a more sophisticated suite of detection equipment."

But their usefulness has

gradually been eclipsed by new helicopters with modern technology. Today, very few countries still use Sea Kings. That includes the British military which said farewell to their remaining Sea Kings in 2016, and the U.S. military who replaced them 12 years ago.

"The main reason the helicopter is being phased out is because nobody makes the engines or replacement parts anymore, making it next to impossible to make repairs," says O'Reilly.

This year marks the replacement of the Sea Kings with the CH 148 Cyclone, which are being phased in to service.

As the future generation of aviators prepare to take to the cockpits of the new Cyclone, O'Reilly's advice is "expect the unexpected", as with any new technology.

"The main trouble of switching to another aircraft is that a pilot truly doesn't know what it is capable or incapable of," he says. "But I have a feeling this one may also stand the test of time, so I advise today's pilots to look at their grandchildren because they may be flying it too."

Photo by Sgt René Dubreuil

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REMEMBERING GALIANO

Peter Mallett
Staff Writer

Last week marked the 100th anniversary of HMCS Galiano's sinking, the Royal Canadian Navy's (RCN) only ship lost on the West Coast during the First World War.

But the patrol vessel didn't fall prey to German torpedoes or underwater mines; instead her demise is described as a unique "tale of accidents and misfortunes" according to retired RCN Commander Joe E. Cunningham, a contributor at the CFB Esquimalt Naval and Military Museum.

Many maritime historians who have written on the subject are in agreement.

One thing is certain, the steel-hulled, steam powered ship sank in heavy seas while undertaking a re-supply mission in the Queen Charlotte Sound in the early morning hours of Oct. 30, 1918. However, how it sank and the location of the wreck remain a mystery to this day.

"Holds full of water, send help" read the frantic last dispatch from wireless operator Michael Neary. But help never arrived in time and all 36 of Galiano's crew perished.

Most historical accounts are in agreement with Cunningham that a perfect storm of factors, including a ferocious Pacific gale and dangerous sea conditions, were the primary causes. The plight of Galiano was also exacerbated by the Spanish flu pandemic sweep-

ing the globe that led to several crew falling sick. The depleted and largely inexperienced replacement crew were also having to deal with a malfunctioning boiler.

A century after its sinking, on the morning of Oct. 30, members of the of the Naval Association of Canada, Vancouver Island Branch laid a wreath at the Commonwealth War Graves Commission's Galiano memorial at Ross Bay Cemetery.

Commodore (Retired) Jan Drent was among those who attended the ceremony. He is a volunteer-historian and creator of a Galiano exhibit at the B.C. Maritime Museum that debuted in September.

Like Cunningham, Drent is also well-versed in Galiano's story and says "the blame for the sinking couldn't be attributed to anyone specifically, but instead the horrific weather conditions that existed."

The ship was named for Spanish Navy Commander Dionisio Alcala Galiano, and perpetuated by Galiano Island, which he explored in 1792. It was built in Dublin, Ireland, for the Fishery Protection Service and launched Oct. 18, 1913.

The RCN's tiny fleet at the time was made up of two outdated cruisers, HMCS Niobe based out of Halifax and Rainbow on the West Coast plus C1 and C2 submarines.

When Galiano arrived in Esquimalt in February 1914, along with sister ship Malaspina,

it assigned to police foreign fishing vessels that strayed inside Canadian waters.

In September 1917 Galiano was requisitioned for war and staffed by members of the Royal Naval Canadian Volunteer Reserve (RNCVR) for minesweeping trials, while also continuing to carry out fishery protection duties.

As the war drew to a close Galiano was called to assume Malaspina's duties of resupplying West Coast lighthouses and wireless stations with fuel and supplies. Its sister ship had been disabled by a cracked bow suffered by a strike with a jetty.

The ship made a stop in coaling stop Ladysmith and replaced its sick crew with inexperienced "green" replacements. Shortly after delivering supplies to a wireless station on Triangle Island, the ship's Commander, Lieutenant Robert Mayes Pope gave the order to set out for Ikeda Wireless Station on the east side and south end of Morseby Island.

It is speculated Galiano and crew were met with 30-foot waves driven from the southwest and sank.

Following their final message and desperate plea for help, U.S. tug Tatoosh, the Grand Trunk Pacific tug Lorne, trawler G.E. Foster and three whalers from Rose Harbour whaling station headed out to help.

"The only traces that were found were a life belt, a skylight with a ditty bag hanging from it containing a few articles of

clothing, and three bodies," writes James.

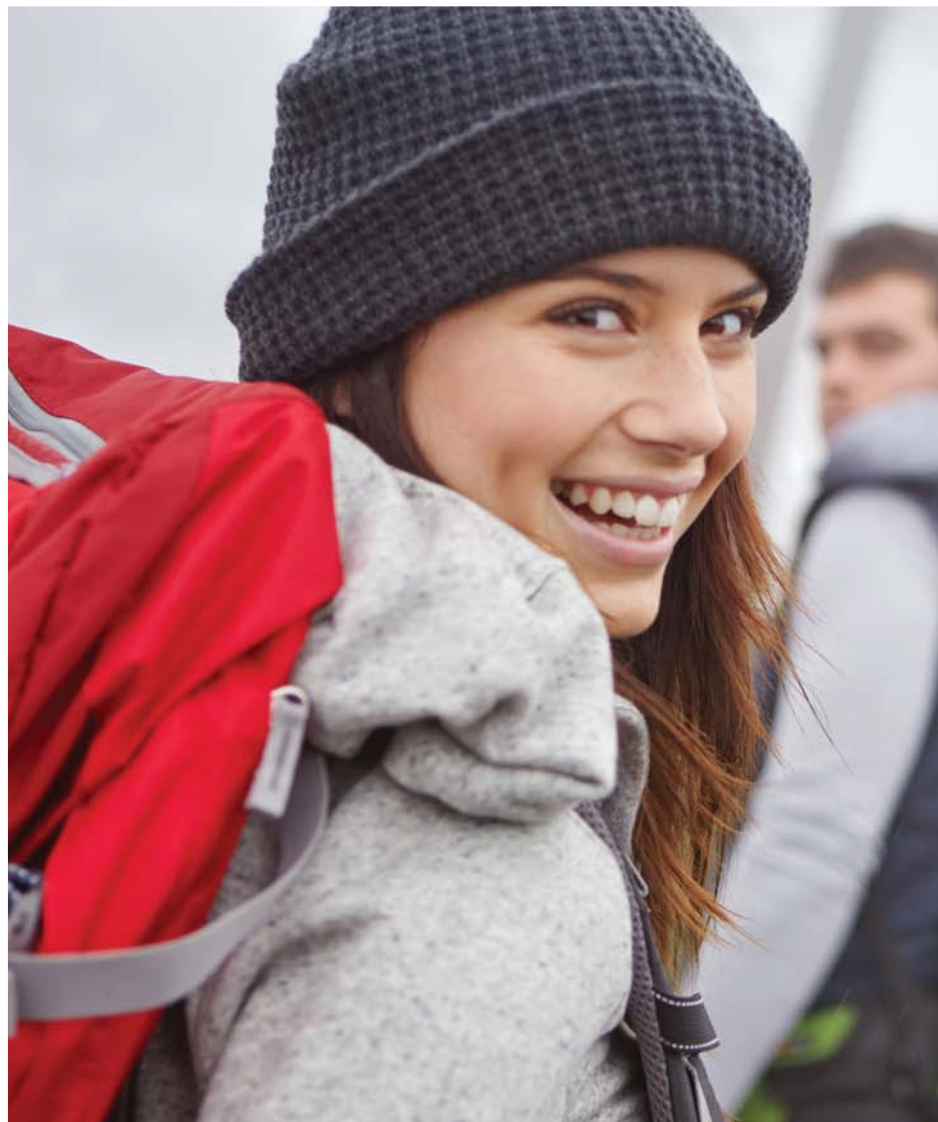
Jacques Marc of the Underwater Archeological Society of British Columbia has researched Galiano extensively, and says the ship most likely became overwhelmed and flooded by successive high waves breaking over the stern.

"This would have made her unstable in large seas, and then potentially two things could have happened. She simply took on more water with additional waves and dropped like a stone or, more probable, a large wave lifted her stern and drove the bow down in which she may have slewed to the starboard and rolled. In either case her sinking would have been immediate."

Galiano's demise came only days after the sinking of Canadian Pacific Steamship SS Sophia, which was also overcome in severe weather near Juneau, Alaska, and was the Pacific Northwest's worst maritime disaster.

Although Sophia's wreck has been discovered, no clues have turned up as to the location of the Galiano wreck.

Canadian Hydrographic Service has done mapping surveys of the slope break between the north end of Vancouver Island and Haida Gwaii in the area believed to be where the Galiano sank, but to date have turned up no evidence of the wreck. Marc believes one day a future hydrographic mapping survey will inadvertently find it on the bottom of Queen Charlotte Sound.



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The first Gulf War marked the first time that female Canadian Armed Forces members performed combat duties. It was especially challenging for these trail-blazing women because they were serving in conservative Middle Eastern countries where traditional gender roles are very different than in Canada.

Did you know

Captain Nicola Goddard, a forward artillery observer, was the first Canadian woman to be killed while serving in a combat role. She died in a firefight in Afghanistan in 2006.




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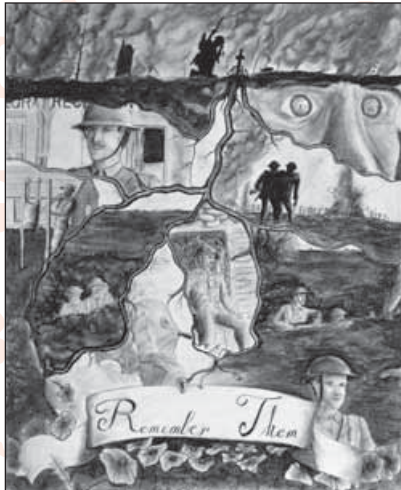
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Right: Maria Singson's winning entry *Behind the Wall*, Senior Black and White Poster category. Below: Alastair Capstick winning entry for Intermediate Black and White Poster category.



Great-grandfather inspires art

Below: One of the winning posters in the Senior Colour Poster category by Emma Cervinka.



Raymond Oakay's winning entry for Intermediate Colour Poster category.



The white
blow
of fear.

Stephen J. Thorne Legion magazine

Meghan (Maria) Singson is heading to York University this fall to study philosophy. It's only natural, then, that the graduate of Francis Libermann Catholic High School in Scarborough, Ont., brings depth and impact to her art.

A self-described casual artist, Singson, 18, won the senior black and white poster and literary contests with a complex 56-by-71-centimetre charcoal drawing that speaks eloquently to the costs and futility of war.

Inspired by her great-grandfather, Arthur (Bob) Blomfield—a Second World War air force veteran and long-time member of the Legion's Highland Creek Branch in Scarborough—Singson has entered the annual contest three times.

It was her first win in the competition that rewards outstanding tributes to

Canada's wartime sacrifices through posters, poetry and prose, and it was especially significant to her personally because her great-grandfather died in 2015.

"I wanted it to have a focus; more than just having everything about the war and remembering, I wanted to make a statement," said Singson.

She called the piece "Behind the Wall." In it, she sought to convey the emotions and pain associated with war, while at the same time creating a memorial to her great-grandfather and those with whom he served.

The piece is set in a border of what appears to be a blast-damaged wall, as if the viewer is looking through a shell hole. Judges said it also looked like punctured ice, which dovetailed with some of the marine scenes depicted around its perimeter.

A diversity of small images depicting wartime scenes, old and new, draw the viewer in. At the bottom is a mother nuzzling a baby, almost as if she's

inhaling that newborn scent, her face a study in distracted concern.

At the top, the featured images almost burst from the border—of a soldier crying out in pain and protest and a veteran wearing a beret with his head bowed in somber reflection and remembrance.

While the intermediates often produce the contest's best work, the senior category was particularly strong this year, said Jennifer Morse, one of the competition's three judges and general manager of Canvet Publications.

"The black and white poster was powerful," she said. "It's one of those pieces that you can find things in. It has longevity; it has legs."

Open to all students in schools across Canada, the competition produced a broad geographic representation of winners, runners-up and honourable mentions chosen from representatives from all 13 provinces and territories.

Eight Ontario artists placed in the 14 categories

(eight art; six literary) across four age groups; they included four first-place winners.

British Columbia had seven placements and Alberta had six.

Emma Cervinka from Catholic Central High School in London, Ont., won the senior colour poster competition with a lovely depiction of the National War Memorial surrounded by representations of the home front and different services over different conflicts, all in black and white.

In the foreground, a colourful and diverse array of Canadians look on, the reds in their variety of dress blending with the reds of the poppies among which they stand. Only a lone soldier is dressed in green, offsetting the green poppy stems and leaves.

"The artist really tried to bring in all wars—the silhouettes of the soldiers... trudging along," said Morse. "And then they juxtapose that against remembrance."

Hannah Christensen of Ponceix School in Saskatchewan won the

senior poetry competition with her poem "The Scarlet of Remembrance," which begins:

*The scarlet of remembrance
For those who've gone
before,
The purple light of freedom
Gleams forevermore,
Brilliant orange laughter
Ends the salty blue of tears,
The white of peace that
blotted out
The raven shade of fear.*

Sadie Vogel of St. Albert Catholic High School in Alberta won the senior essay competition with a piece entitled "Remembering the Past and Reflecting on the Present."

In it, the 15-year-old writes, "remembering our past is a big part of our future and acknowledging the thousands of men and women who sacrificed their lives."

She describes how she grew up on stories of her paternal grandparents growing up in wartime in the Netherlands, hearing the sounds of bombs exploding and going without food. "It is hard to imagine that this

happened and continues to happen in other war-torn parts of the world."

The competition's initial judging takes place at the community level by volunteers at local Legion branches. Winners progress to the provincial level, whose winners are then forwarded to Ottawa for national judging.

Winning posters are framed and displayed at the Canadian War Museum for a year. Senior winners receive a Legion-sponsored trip to the national Remembrance Day ceremony in Ottawa, where they place a wreath at the National War Memorial on behalf of the youth of Canada and visit with the Governor General.

Second place and honourable mention finishers are displayed on Parliament Hill during the week of Remembrance.

The contest never ceases to surprise, said Morse. "I think what surprises all of us is how remarkable the kids are," she said.

*Reprinted courtesy of the Legion Magazine
www.legionmagazine.com*

Remembering our past is a big part of our future and acknowledging the thousands of men and women who sacrificed their lives.

Meghan (Maria) Singson, winner of the Senior Black and White Poster category



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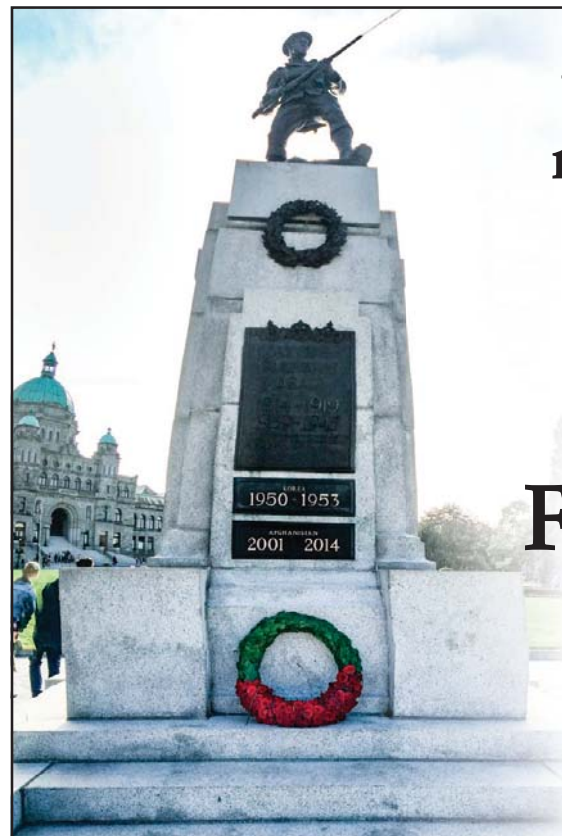
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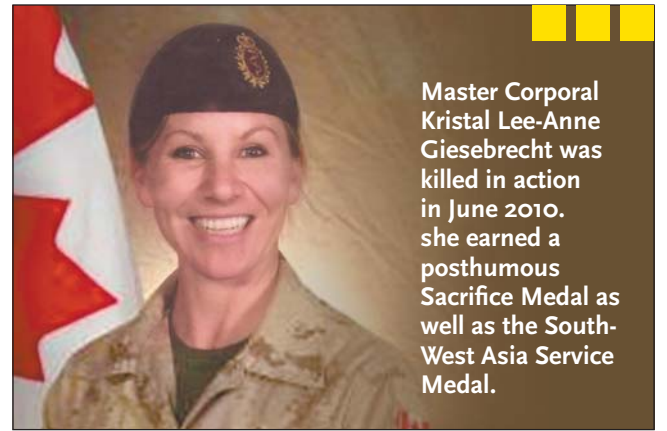
WE SALUTE OUR CANADIAN ARMED FORCES FOR ALL THEIR SACRIFICES



Sergeant Tommy Prince (right), with his brother, Private Morris Prince. Sgt Prince was awarded a total of 11 medals for his service.

Indigenous War Stories must be told

Photos courtesy Library and Archives Canada



Master Corporal Kristal Lee-Anne Giesebrecht was killed in action in June 2010. she earned a posthumous Sacrifice Medal as well as the South-West Asia Service Medal.

Steven Fouchard
Army Public Affairs

A Quebec-based amateur historian has set himself the ambitious goal of documenting every North American Indigenous soldier who has served since Europeans first discovered the continent in 1492.

In his role as president of Association de recherche des anciens combattants amérindiens, Yann Castelnot of Riviere-du-loup has already compiled the names and histories of some 150,000 Indigenous Veterans of Canada and the United States into an online database.

He began the work in 1998, inspired by an article on Indigenous soldiers of the First World War.

“At the time, the Internet was not as developed as today and the subject of Native American Veterans was not addressed anywhere,” he recalled.

Castelnot, who has lived in Canada for over a decade, grew up in the Vimy region of France and close to many other significant First World War sites, including the Somme in France and the Ypres region of Belgium, which fired his imagination.

“It is difficult to explain what this means without seeing it with your own eyes,” he said. “But every community in the area contains a monument or military cemetery. They are deeply rooted in our culture and pride.”

He noted that Indigenous North American sol-

diers served proudly and voluntarily.

“A majority of them did not have an easy life when they returned from the First World War, yet they reen-gaged voluntarily in large numbers during the Second World War. The story of the soldiers who fought on the other side of the world for the freedom of another people must be told.”

Castelnot started with names from the World Wars but soon expanded the project to all who had served after December 29, 1890 – the date of the Wounded Knee massacre, when United States government troops killed Sioux tribe members in South Dakota. The number of fatalities is disputed but some sources cite as many as 300, many of them women and children.

He has received a number of honours for the work, including the Queen’s Diamond Jubilee Medal presented by the Governor General in 2013, which he said provided the inspiration to start digging all the way back to 1492.

“Those who served in the Boer War or the War of 1812 also have the right to be honoured. So, I am now looking at more than 500,000 soldiers to be counted. If I could, I would do the same research and memory work for all soldiers, but that is impossible for

an amateur like me.”

Governor General Julie Payette honoured Castelnot with a Caring Canadian Award in 2017 – the same year he received a Minster of Veterans Affairs Commendation.

“It is a great honour for a French citizen who has become a Canadian citizen. To receive these distinctions

is a signal for me that I must continue.”

Some Notable Indigenous Veterans of Canada

Many Canadians are familiar with Company Sergeant Major Francis Pegahmagabow and Sergeant Tommy Prince. CSM Pegahmagabow was one of only 38 Canadians to

receive the Military Medal with two bars for service in the First World War. Sgt Prince was awarded a total of 11 medals for his service in the Second World War and the Korean War.

Castelnot has offered the following names when asked for other notable Indigenous Canadian Veterans that Canadians ought to know just as well.

Sergeant Frank Narcisse Jérôme

A Mi’kmaq member of the Gesgapegiag First Nation, Sgt Jérôme was one of the few Canadians to receive the Military Medal three times for service in the First World War.

In November 1917, near Avion, France, he held his position under artillery fire and helped fend off a number of enemy attacks at the same time. His Military Medal citation states: “His coolness under fire was a brilliant incentive to all ranks.”

Captain Alexander Smith Jr.

Son of Six Nations Cayuga chief Alexander George Smith, Capt Smith earned the Military Cross in September 1916 during the second Allied assault on the Somme. The citation notes that “he proceeded with a party of bombers and captured an

enemy trench and 50 prisoners, displaying the greatest courage throughout. He was twice buried by shells but stuck to his post.”

He was additionally named an Officer of the Order of the Black Star, a Polish order, for his distinguished service at a training camp at Niagara-on-the-Lake, Ontario where many Polish soldiers trained. Capt Smith later became chief of the Six Nations Grand River Reserve, near Brantford, Ontario.

Master Corporal Kristal Lee-Anne Giesebrecht

MCpl Giesebrecht, a medic with 1 Canadian Field Hospital, was killed in action in June 2010 during her second tour in Afghanistan. A member of the Mohawks of the Bay of Quinte, she received a posthumous Sacrifice Medal as well as the South-West Asia Service Medal.

Sergeant (Retired) Daniel Lafontaine

Sgt (Retired) Lafontaine is a Métis Veteran of peacekeeping operations in Cyprus and former Yugoslavia. He dealt with Post-Traumatic Stress Disorder after retiring from the Armed Forces in 2003 and has continued to advocate for other ill and injured Veterans.

He has been recognized for this work with commendations from the Minister of Veterans Affairs and the Veterans Ombudsman.



Elders and Indigenous soldiers in the uniform of the Canadian Expeditionary Force circa 1916-17.

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In Flanders Fields
BY JOHN MCCRAE

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.

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Bells of Peace will ring

Tom MacGregor
Legion Magazine

The Royal Canadian Legion will mark the centennial of the end of the First World War with the solemn sound of church bells ringing in communities throughout Canada on Nov. 11.

"The Dominion Executive Council wanted us to find a way to appropriately mark the centennial of the Armistice," said Deputy Director of Corporate Services Danny Martin. "There were several suggestions made. We wanted to find something in which the entire Legion could participate."

The program that was accepted is known as the Bells of Peace.

The intention is to encourage communities to make

their church bells toll 100 times at the setting of the sun on Remembrance Day. With seven different time zones in Canada, the ringing will be staggered as the sunset occurs, east to west.

"We invite communities to be as creative as they want to be," said Martin. "The ringing of bells can be in sequence or in unison or it can be a cacophony."

Branches will be encouraged to find descendants, preferably youth, of First World War veterans to do the ringing. Pipers will be encouraged to play "Amazing Grace" or another appropriate piece of music at the cessation.

The concept was modelled on the spontaneous ringing of church bells throughout England when the peace was announced. Similar spontaneous actions

happened in Canada but it was not known to be nationwide at the time.

Specific historical sites have been identified in each Canadian province for the commemoration to happen including Fort Rodd Hill. It is a historic site and is where Arthur Currie, later Lieutenant-General Sir Arthur Currie, received his military training, which he would use to lead the Canadian Corps during the Hundred Days that ended the war.

The Bells of Peace program is supported by a grant from Veterans Affairs Canada through its Commemorative Partnership Program.

Other activities are planned to complement the Bells of Peace.

Dominion Carillonneur Andrea McCrady will play a program before the ringing

of bells in the Peace Tower in Ottawa and is co-ordinating with other carillonneurs across Canada.

Leading up to Remembrance Day, organizers will encourage Canadian schoolchildren to search out the graves of those who served in the war and are buried in their community. Small Canadian flags will be made available for them to place on the veteran's grave.

Participants will be encouraged to share their images and videos using the #100Bells hashtag or uploading to a campaign page on the Woobox social media platform or at www.legion.ca/remembrance/promoting-remembrance/bells-of-peace

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JOHN STEWART HART:

"The Spitfire every time"

Stephen J. Thorne
Legion Magazine

Ask Canada's last-surviving Battle of Britain veteran which aircraft he preferred, the Supermarine Spitfire or the North American P-51 Mustang, and the 102-year-old fighter pilot doesn't bat an eye.

"The Spitfire every time," says John Stewart Hart, a Second World War squadron leader who flew both, as well as Hurricanes, during six years of combat.

"The Spitfire was more responsive, easier to handle. They made you feel like you were one with the machine. You moved and the machine moved. It was a by-reflex sort of thing. Beautiful looking and beautiful to fly."

A dentist's son from Sackville, N.B., Hart was one of Churchill's

"Few," a pilot in No. 602 (City of Glasgow) Squadron, Royal Air Force. Flying as many as two sorties a day through the summer and fall of 1940, he shot down two Messerschmitt Bf-109s and a Junkers Ju 88, confirmed, along with another pilot, Ju 88.

Based at Westhampnett, near the famed RAF Tangmere air base in England's southeast corner, then-Flying Officer Hart took his share of fire too, press-

ing attacks to within 50 metres or less—so close he could see the faces of his enemy. Yet, while his plane was heavily damaged several times and set ablaze once, he was never shot down.

Just 112 Canadians fought alongside 2,353 British and 462 other pilots in the skies over Britain and the English Channel during those few critical months after Hitler had overrun Europe. The Nazi Führer had set his sights on the British Isles; Prime Minister Winston Churchill vowed England would "never surrender."

"Never in the field of human conflict was so much owed by so many to so few," Churchill would say of the pilots who turned back the Nazi tide from July through October 1940.

Now living in Naramata, B.C., after a career in Vancouver real estate (he retired in 1976), Hart is the last of the "Few" from Canada and has been since June 25, 2016, when Montreal-born Squadron Leader Percy Beake died in Bath, England.

Hart is also one of the rare few who went up against both German Messerschmitts and Japanese Zeros, which he faced while flying Hurricanes in India and Burma.

The road to the air

Hart quit the engineering program at Mount Allison University and learned to fly in a Tiger Moth at the Halifax Flying Club in Nova Scotia, and then

went to England in 1938 as the winds of war began to stir.

A private pilot's licence in hand, he joined the Royal Air Force (RAF) on a short service commission, arriving at No. 7 Operational Training Unit in England in January 1939. He finished his air force training on North American Harvards.

They "handled like a logging truck," he scoffed. "War was declared just about the time we graduated from training," he added.

"The whole class of about 20 was assigned immediately.

He was 24, older than many of his colleagues, when he began flying Westland Lysanders, a brutish-looking aircraft whose short take-off and landing abilities later made it an ideal delivery vehicle to land spies and supply French Resistance fighters on improvised landing strips in secluded meadows and fields of occupied France, usually at night. But in late 1939 and early 1940, Hart was flying coastal patrols, looking out for an invasion.

Getting in a Spitfire

Following the evacuation of Allied forces at Dunkirk in June 1940, he was transferred to fighters, training on the Spitfire for just a week before he was activated. He was eventually assigned the Mark II of what would become 24 versions of the legendary aircraft known for its elliptical wings and flawless lines. Its three-bladed prop was a signature element of Battle of Britain Spitfires.

Hart didn't see action right away.

The ranks of his newest squadron, No. 602, were already so ravaged by the fighting that it stood down briefly to reconstitute. The Luftwaffe had the upper hand early in the battle, directing its attacks on airfields while the British scrambled to ramp up aircraft production and pilot training.

In fact, the reason he says a Canadian was brought to the squadron at all was because "they had lost quite a few and had to replace them with outsiders."

Polish, Canadian, Czech, Australian, New Zealander and other pilots joined the fray. Most of the Canadians served in No. 1 Squadron, RCAF; later to become 401. Eighteen months before Pearl Harbor, American pilots, many Canadian-trained, joined the RAF. As the trickle became a tide, they would eventually form the Eagle Squadrons—three RAF fighter units made up entirely of American volunteers.

The numbers

At the battle's outbreak, the Luftwaffe in Belgium and northwestern France had 700 to 800 Bf-109s, 1,000 to 1,200 bombers, just over 200 twin-engine fighters and just under 300 dive bombers—about 2,500 aircraft, in all. On July 7, Fighter Command had 644 available fighters and 1,259 pilots.

The average life expectancy of a Spitfire pilot during the Battle of Britain was four weeks. The fate of the free world hung in the balance, yet the desperation of those times was not something Hart says he and his fellow pilots dwelled upon. They were focused on the task at hand.

"We knew it was getting pretty tough, but I don't think we realized how close it was."

Hart flew once or twice a day—less, he said, than some pilots he knew who flew three to four times daily, sometimes more, during many of the 114 days the battle raged. It took 26 minutes to rearm and refuel a Spitfire, triple what it took a Hurricane. Sorties averaged between 60 and 90 minutes.

His encounters with the enemy were fleeting and furious—"short-lived," was how he described his kills. The Mark II Spitfire had a level top speed of 575 kilometres an hour; the Messerschmitt Bf-109e (also known as the Me-109) came in at 570.

The speed advantage tended to shift back and forth with each new aircraft version, and there were many.

"We knew it was a pretty equal battle," said Hart. "The 109 was sometimes better, sometimes not quite as good. It depended on the Mark and which Mark we were flying."

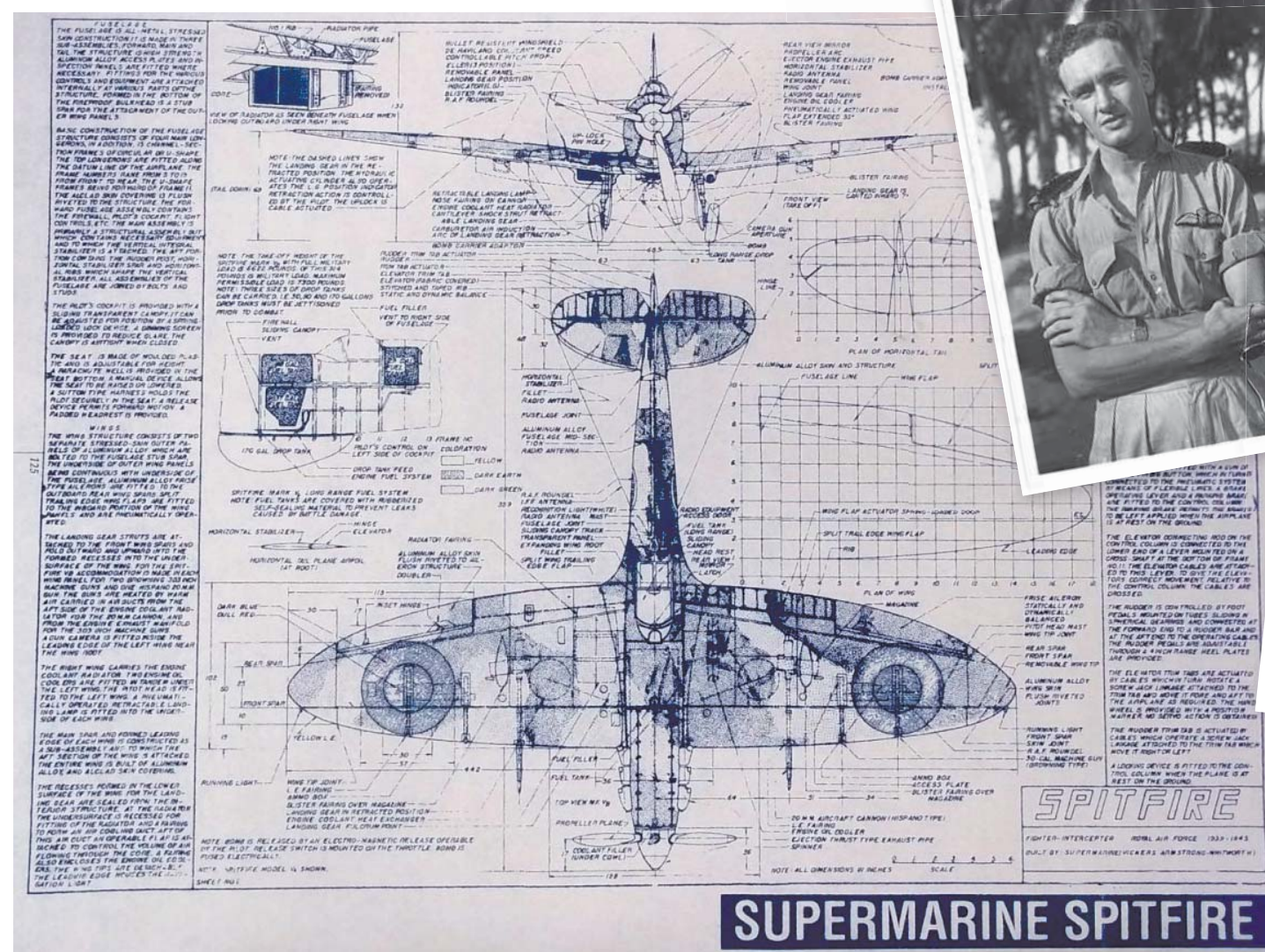
In the Spitfire Mark II, 2,400 rounds fed eight Browning .303 machine guns, each capable of firing at a rate of 1,150 rounds per minute. That's 15 seconds of total firing time. Attacking pilots would normally deliver two-second bursts.

Hart could recall no protracted dogfights, but he said he often returned from sorties with empty ammunition bays, "or close to it." There was at least one notable exception recorded in his logbook, the date unclear.

"Intercepted 60 109s going south over Biggin Hill," he wrote. "Attacked section of two yellow nosed. One down in flames. Total rounds 400."

That's 2.5 seconds of shooting. "Good aim," he acknowledged, 78 years later.

He taped gun-camera still photos of a Ju 88 and two Messerschmitts in his logbook

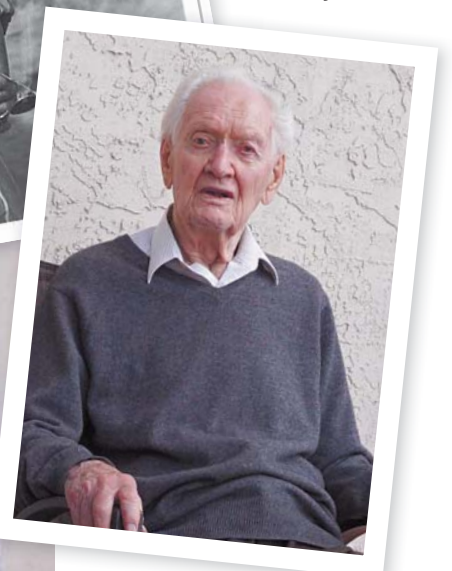


Photos courtesy Hart Family

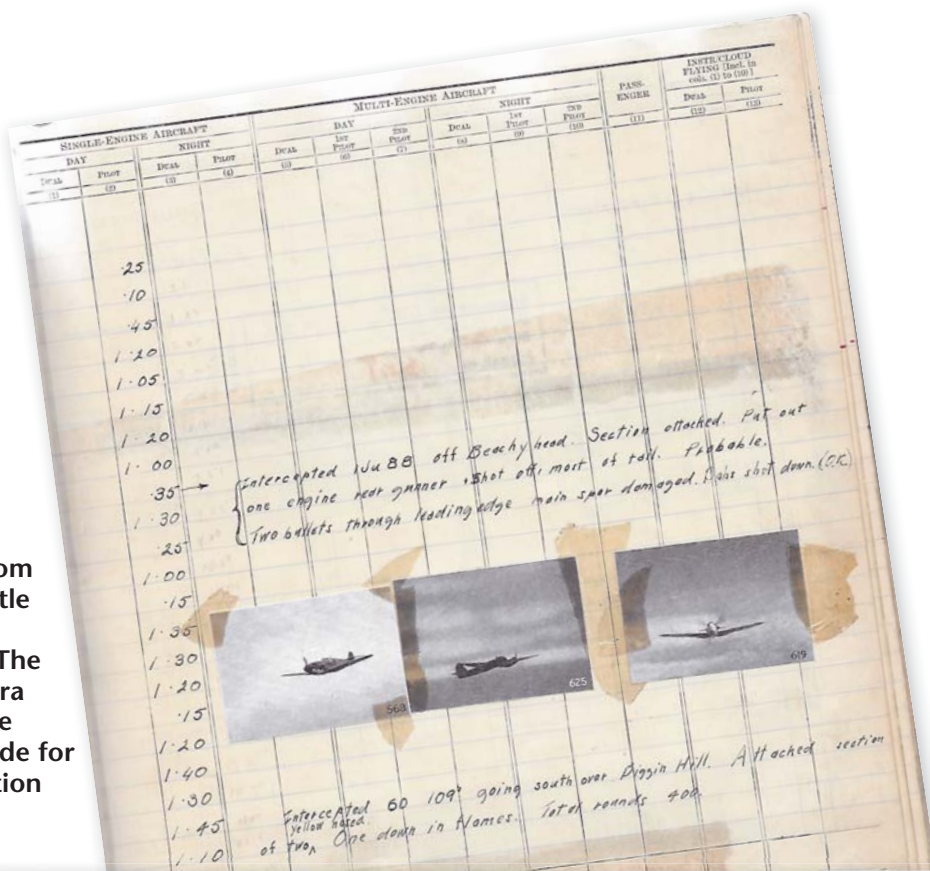


Photo by Thinkstock

John Stewart Hart in tropical kit while commanding No. 67 Squadron, RAF, in India during the Second World War. Below: Hart at his home in 2016 on his 100th birthday.



A page from Hart's Battle of Britain logbook. The gun-camera images are taped inside for identification purposes.



Hart, fourth from right, with squadron mates and a Spitfire in 1940s Britain.

were constantly repairing and servicing aircraft.

After logging 1,452 hours, most of it in combat, he was awarded a Distinguished Flying Cross, the citation appearing in the London Gazette on June 15, 1945:

"This officer has participated in a large number of varied sorties, including many attacks on heavily defended targets such as road and rail bridges, gun positions, strong points and mechanical transport. Throughout he has displayed skillful leadership, great determination and devotion to duty.

"In April 1945, Squadron Leader Hart took part in an armed reconnaissance during which eleven locomotives were successfully attacked. Some days later Squadron Leader Hart participated in another sortie during which a number of locomotives and trucks were most effectively attacked.

"This officer has invariably displayed the greatest keenness and has set a fine example to all."

Fewer than half the 112 Canadians who fought in the Battle of Britain survived the war. Hart never piloted an aircraft again after leaving the RAF in 1946. He missed it at times, he said.

A humble and grateful survivor, he's matter-of-fact about his experiences and the contributions he made so long ago. "We had a job to do and we did it."

Reprinted courtesy of the Legion Magazine www.legionmagazine.com

for identification purposes, including one of a 109 coming head-on.

Close calls

Hart's close calls were too numerous to count. Once, a Ju 88 gunner holed his radiator at 20,000 feet and he barely made it back.

"It was off Southampton, about 20 miles [32 kilometres] out over the Channel," he said. "I wasn't aware I was hit until glycol [antifreeze] started burning over my [exhaust] stubs. It was blazing. I shut down the engine and headed for home. I landed right at my home base, at Westhampnett."

His wing was damaged in another attack.

"Intercepted 1 Ju 88 off Beachyhead," his logbook notes. "Section Attacked. Put out 1 engine rear gunner + shot off most of tail. Probable.

"Two bullets through leading edge main spar damaged. Babs shot down. (O.K.)"

The mission lasted an eventful 35 minutes.

Hart was among 12 Spitfires that set out to intercept another force of 60 Messerschmitts. "They found us before we found them," he said. "They were high above us and they went right through us. We

hadn't reached our full height when they attacked. They kept going; they didn't come back. Not a soul was lost."

The losses

About one in five Allied fighter pilots didn't survive, including 23 Canadians. Hart's boyhood chum Alex Trueman, a Hurricane pilot serving with 253 Squadron, RAF, was shot down over the Kenley aerodrome and killed on Sept. 4, 1940.

A redhead whose father George was president of Mount Allison University from 1923 to 1945, Flying Officer Trueman left Sackville for England ahead of Hart—a contributing factor in his own decision to go, Hart said.

Almost 3,000 aircraft were downed during the battle—1,023 Allied and 1,887 Luftwaffe, according to the RAF. Some 544 Fighter Command air crew were among the Allied dead. Nearly 2,600 Luftwaffe crew were killed, another 735 wounded and 925 captured. Many of the German casualties were seasoned air crew, a blow from which the Luftwaffe would never fully recover.

More than 40,000 British civilians died in The Blitz that followed, but Hitler's impetu-

ous decision to exact revenge for the Allied bombing of Berlin proved fateful. By shifting his attention from airfields to London and other population centres, he gave the RAF time to rebuild and reinforce. Frustrated by mounting losses over Britain and, with its populace unbroke, he would eventually turn eastward and open a new front in Russia.

After the battle

Hart instructed for a while, then was promoted to squadron leader and commanded No. 67 Squadron, RAF in India and Burma, where he met the Zero. He once found a bullet embedded in his Hurricane's windscreen by small-arms fire he'd taken while strafing a Japanese barge.

"I only encountered [Zeros] a couple of times. The Japanese pilots seemed to be pretty efficient."

He later instructed in Egypt, then was posted to 112 Squadron, flying its shark-nosed Mustangs in Italy. He arrived in late February 1945. His logbook shows he had two days to check out on the Mustang before flying his first mission with his new squadron, dive-bombing a bridge.

He closed out the war pro-

viding close air support for tanks and conducting low-level ground attacks taking out bridges, trains and railways in Northern Italy, Yugoslavia and Austria.

They were mostly strafing missions, although he often carried a pair of bombs, one beneath each wing, 500- or 1,000-pounders, mainly for bridges. The bomb loads were recorded under the "2nd Pilot, Pupil or Passenger" column of his logbook.

Hart's log for March 1945 shows almost daily sorties, sometimes two, mainly against bridges. On March 3, flying Mustang No. KH635, he hit the "Casara rail diversion and bridge" in northern Italy. On March 4, flying FB300, he hit it again. Later that same day, flying KH795, he attacked the Venzone rail diversion. The next day, he was in Yugoslavia attacking the Lasko road/rail bridge, and so on it went.

He flew different aircraft virtually every mission, largely due to battle damage. Air-to-ground combat could get hairy, particularly at low levels where fire was intense and margins of error were minute.

"You'd come back pretty shot up from time to time." Hardworking ground crews

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Veteran reflects on 100 years of War Amps helping amputees

On Nov. 11, Second World War veteran Charlie Jefferson will not only be thinking of all those who have served and continue to serve on behalf of Canada, he will also be reflecting on the 100th anniversary of The War Amps, an organization which has supported him and generations of amputees.

How he met War Amps

In March 1945, Jefferson was serving as a Lieutenant with the Queen's Own Rifles Regiment in the Rhine Valley, Germany. He was injured by an anti-personnel mine explosion, resulting in the loss of his left leg below the knee. When he returned to Canada, he was greeted by a war amputee veteran who reassured him that living with an amputation would not be a barrier to a successful life and that The War Amps would be there to support him.

The War Amps was started in 1918 by amputee veterans returning from the First World War to help each other in adapting to their new reality as amputees. They then welcomed amputee veterans following the Second World War, like Jefferson, sharing all that

they had learned. They also started the Key Tag Service to allow these new members to gain meaningful employment and provide a service to the public.

Jefferson says he gained practical advice from fellow amputee veterans, like how to protect the skin on his stump from blisters. He adds that the moral support he received was just as important because it made him feel like he was not alone.

"It became easier to accept my amputation and helped make the most of what I've got left," says Jefferson.

Over the years, he "paid it forward" by visiting new amputees in hospitals and at their homes to provide the same guidance that he had been given.

"I would tell them what success I had and what was working for me, so there was a comradery and information transfer," he says.

This peer support was

then passed on to a new generation. In 1975, war amputee veterans recognized their knowledge and experience could help others, so they started The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for the cost of artificial limbs and regional seminars to young amputees.

Rob Larman, Director of The War Amps Playsafe/Drivesafe Program, lost his right leg in a train accident at age 14 and grew up with the CHAMP Program.

"On Remembrance Day, I think of the incredible legacy these First and Second World War 'amps', like Mr. Jefferson, have created for all amputees in this country," says Larman. "I'm proud to, in turn, help the younger amputees who have come after me."

When war amputee veterans started The War Amps, they could not have predicted their founding principle of "amputees helping amputees" would still be going strong 100 years later. Thanks to the public's continuing support of the Key Tag Service, The War Amps vital programs for amputees across Canada will carry on long into its second century.



Charlie Jefferson passes down the advice he learned from fellow amputee veterans to members of The War Amps Child Amputee (CHAMP) Program.

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MUSEUM'S BOUNCING BOMB!

John Chalmers
Canada's Aviation Hall of Fame

"We have the only Lancaster in the world equipped with a bouncing bomb," said Dan Fox, vice-president of the Nanton Lancaster Society, which operates the Bomber Command Museum of Canada, at Nanton, Alberta.

Fox was referring to the museum's replica bouncing bomb, or "Upkeep" as the original was called—the type carried by Lancaster bombers of Royal Air Force 617 Squadron in the famous Dambusters raids of May 1943.

The special bombs were spun backwards before being dropped at very low level. They then bounced across the water and sank against the wall of the dams that were attacked in Germany's Ruhr Valley on May 16-17, 1943. Once they had settled to a specific depth, they exploded against the dam walls.

Designed by museum volunteer and board member, Ben Schwartz, the replica bomb was built by Tecumseh

Industries Ltd. in the nearby town of High River, Alberta. Weighing 960 pounds (435 kilograms), the bomb was built for the museum's commemoration of the 75th anniversary of the Dambusters raid.

The cost of the bomb was supported by Shere Fraser and her mother, Doris Fraser, the widow of Canadian bomber airmen Flight Sergeant John Fraser, who flew with 617 Squadron in the Dambusters raid. His aircraft was shot down, but Flight Sergeant Fraser was able to bail out and was captured as a prisoner of war.

On Aug. 24-25, 2018, at the Bomber Command Museum, special events were held to honour Canadians who flew with the Royal Air Force on the famous bombing raid.

Of 133 air crew members who served in the Dambusters raid, 30 were Canadians. Of the 53 airmen killed in action in the raid, 14 were Canadians in the Royal Canadian Air Force (RCAF).

The museum's Lancaster, FM159, known as the

Bazalgette Lancaster, honours Squadron Leader Ian Bazalgette of Calgary, Alberta. He was Calgary's only recipient of the Victoria Cross in the Second World War. He received the award posthumously, as he was killed in action as a pilot of a Lancaster. However, during 2018, the museum's Lancaster bears the markings of AJ-M, one of 617 Squadron's Lancasters on which Canadians flew in "Operation Chastise" to attack the river dams.

In attendance over the August weekend were 40 members of 15 families of RCAF aircrew who flew with 617 Squadron. Among them were 14 members of the family of the late Air Commodore Johnny Fauquier, who took a reduction in rank to group captain to carry out operations and serve as commanding officer of 617 Squadron after the Dambusters raid. Air Commodore Fauquier flew at least 93 combat missions, was awarded the Distinguished Flying Cross, and three times received the Distinguished Service Order.

No. 617 Squadron practiced dropping the 'Upkeep' weapon at Reculver bombing range, Kent. Pictured here a group of observers watches as the bomb bounces toward the shoreline.



Photo by John Chalmers

Multi-talented craftsman volunteer, Ben Schwartz, puts the finishing touches to the bouncing bomb replica at the Bomber Command Museum of Canada in Nanton, Alberta. Schwartz also designed and built the mounts for the bomb on the museum's Lancaster.

A highlight of special events at the museum is always a daytime and night run-up of the Lancaster's four Merlin V-12 engines. This year, just as was done 75 years ago, the mighty Lancaster had a unique bouncing bomb spinning beneath its belly. With the "Upkeep" bouncing bomb in place, the Lancaster of the Bomber Command Museum of Canada brought to mind the night bombing runs of Canadians during the Second World War.

John Chalmers is historian for Canada's Aviation Hall of Fame and membership secretary for the Canadian Aviation Historical Society.

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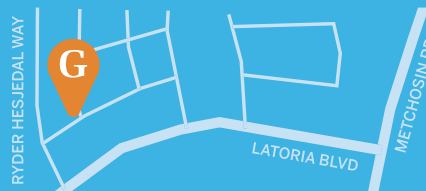
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Sharon Adams
Legion Magazine

Just when the infantry needed a better anti-tank gun, the PIAT was unleashed.

Not all Panzer battles in the Second World War featured tanks duking it out or dodging artillery fire. Many of the big machines were destroyed by infantry.

Ernest (Smokey) Smith's Victoria Cross action at the Savio River in northern Italy in October 1944 began with him disabling a Panther from nine metres away with a Projector, Infantry, Anti-Tank (PIAT) weapon.

Although it was cumbersome, it was versatile, loaded quickly and generated no smoke and little noise to give away its position. Well-equipped infantry posed a big threat to tanks.

Canadians were introduced to PIATs in Sicily in 1943 and used them to great effect in Normandy

after D-Day. PIATs took out seven per cent of German tanks destroyed by British troops in Normandy - one per cent more than rocket-firing aircraft.

As tank armour grew thicker, anti-tank guns grew bigger and less practical to move around. A breakthrough in ammunition allowed for the development of a weapon that was powerful enough to pierce armour but could be carried by one soldier.

The Americans used bazookas (recoilless anti-tank rocket launchers); the Germans panzerschrecks (armoured fright) and panzerfausts (armoured fist).

The less romantically named PIAT was a simple tube containing an enormous spring, with a tray at front to accommodate a hollow cone-shaped charge that detonated on impact, focusing the explosive force to a tiny point capable of penetrat-

ing a tank's 75-millimetre armour plating.

The PIAT took two soldiers to operate; one fed the ammunition while the other stood to cock the weapon, then laid on the ground, pulled the comically large trigger, and braced for the powerful recoil. The firing pin set off the propellant in the bomb, which would explode on impact.

The target had to be close, because the weapon's maximum effective range was about 100 metres. Those whose lives depended on them preferred to be much closer.

The weapon was supposed to re-cock itself automatically after the first shot, but frustratingly frequently, it did not. As well, the bomb often simply bounced off the tank. But when it hit, it packed a wallop that could destroy an enemy tank.

*Reprinted courtesy of the Legion Magazine
www.legionmagazine.com*



PIAT anti-tank gunners of The Regina Rifle Regiment who knocked out a German PzKpfW V Panther tank thirty yards from Battalion Headquarters, Bretteville-l'Orgeuilleuse, France, 8 June 1944. L-R: Riflemen Joe E. Lapointe and Gil A. Carnie, Lance-Corporal Clarence V. Hewitt. Lapointe was awarded the Military Medal for this action.

Top of page: Private L.H. Johnson (at left) and Sergeant D.R. Fairborn of the 1st Canadian Parachute Battalion take aim near Lembeck, Germany, in March 1945.

Photo by Lieut. Charles H. Richer/DND

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Lieutenant Roberta MacAdams - a true trail blazer

Michelle Savage
Army Public Affairs

You may not know her name, but Lieutenant Roberta Catherine MacAdams improved the dietary health and healing of men and women during the First World War, and also helped pave the way for women in Canadian politics.

Women were not allowed to serve in combat roles during the First World War, but many still made significant contributions, including Lt MacAdams, who served as a dietician in the Canadian Army Medical Corps. It was the first such position.

Documents in her service record tell the story. On some forms the word "him" is scratched out and replaced with a handwritten "her". A form listing family information asks, "If married, state full name of your wife." "Husband" was not an option.

Lt MacAdams (sometimes spelled Macadams) was born in Sarnia, Ontario, in 1880. She attended the Ontario Agriculture College and graduated from the Macdonald Institute for Domestic Science (now the University of Guelph) in 1911.

Shortly afterward, she made her way to Alberta and accepted a position with the provincial government as one of the first domestic science instructors – a job that required her to travel to rural communities to teach about health and nutrition.

A report written by MacAdams led to the creation of the Alberta Women's Institutes, a support network for women living in rural communities, who were often lonely or isolated and had little access to information about health.

As the initial Edmonton Superintendent of Domestic Science, she also helped schools in that city develop classes that advanced the science of nutrition.

In 1916, she enlisted in the Canadian Army Medical Corps and was given the rank of Lieutenant. Although she wore the blue and white uniform of a nurse, she performed the first-ever role of dietician at the Ontario Military Hospital in Orpington, England.

The hospital was built in response to overwhelming casualties and opened in February 1916 with 1,000 beds. Another 1,000 beds were added in 1917 when

the hospital was renamed No. 16 Canadian General Hospital. By the end of the war, 30,000 men had been treated there, with 201 deaths.

As a dietician, Lt MacAdams was responsible for ensuring patients and staff were properly nourished, supervising thousands of meals a day. This position required knowledge of what diets are best for helping to heal different injuries, which would have been a significant challenge due to food shortages at the time.

While she was serving in England in 1916, the Alberta government created a special constituency for the 38,000 Alberta soldiers and nurses serving overseas. Each soldier and nurse from Alberta could vote for two candidates in the 1917 provincial election.

This provincial election was the first time the vote was extended to white women in Alberta. It was not until 1960 that all Canadian adults won the right to vote.

MacAdams decided to run as a candidate. Her campaign slogan, "Give one vote to the man of your choice and the other to the sister,"

resulted in 4,000 votes.

Thus, on Sept. 18, 1917, she and Robert Pearson were elected as Representatives at Large for the nurses and soldiers overseas. MacAdams was one of the first two women elected to any legislature in the British Empire – Louise McKinney was elected in a southern Alberta riding in the 1917 election.

Her election came at a time when the idea of women becoming involved in politics was still being hotly debated.

MacAdams remained dedicated to helping soldiers. The first piece of legislation she introduced was the "Great War Next-of-Kin Association," which was intended "to secure economic justice for men and women who have taken part in the Great War." It passed and she earned the distinction of being the first woman in the British Empire to introduce legislation.

Subsequently, she returned to England and began working for Khaki University, a place for returning soldiers to continue their education. There, she helped organize the female staff.

When the war ended, she served as a chaperone

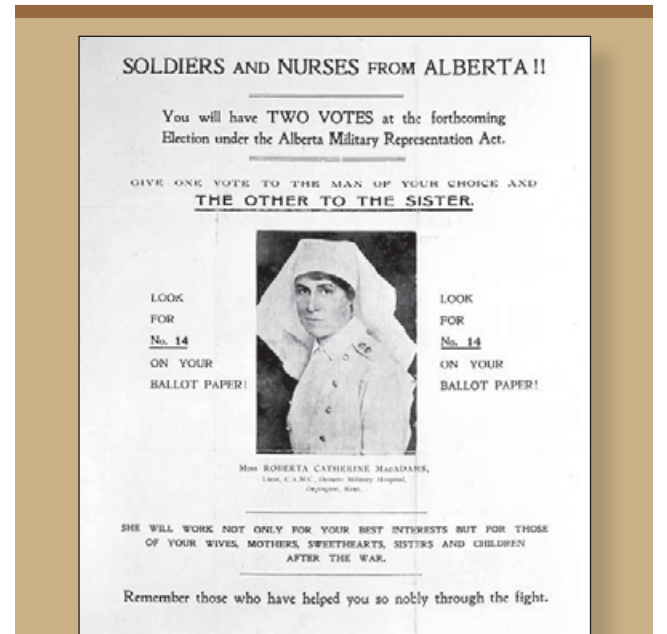


Photo courtesy Glenbow Archives

Each soldier and nurse from Alberta was permitted to vote for two candidates in the 1916 provincial election. The slogan, "Give one vote to the man of your choice and the other to the sister" resulted in 4,000 votes, winning Roberta MacAdams a seat in the Legislature.

to British war brides travelling to Canada. She was eventually appointed to the Alberta Soldier Settlement, a body which granted land rights to returning veterans. She also used her time in the Legislature to help establish teacher training.

In 1920, she married lawyer Harry Stinson Price and the couple had one son,

Robert. She did not seek re-election after serving one four-year term. She died in December 1959 at the age of 79 in Calgary, Alberta.

Edmonton's Roberta MacAdams School opened its doors in 2016, 100 years after she enlisted – a fitting tribute to a woman who contributed so much to education in Alberta.

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Women in the Canadian military

Courtesy Veterans Affairs Canada

CANADIAN WOMEN have played an important role in Canada's military efforts over the years, overcoming many barriers to serve in uniform as nurses and in an expanding variety of other roles. This service continues today, with females now serving alongside their male counterparts in all Canadian Armed Forces trades.

The First World War

Canadian women's first military contributions were as nurses who tended to the sick and wounded in times of conflict. They were called "Nursing Sisters" because they were originally drawn from the ranks of religious orders.

More than 2,800 Canadian Nursing Sisters served with the Canadian Army Medical Corps during the First World War, often close to the front lines of Europe and within range of enemy attack. With their blue dresses and white veils, they were nicknamed the "bluebirds" and were greatly respected because of their compassion and courage. Canadian women were not permitted to serve in other military roles during the First World War.

The Second World War

The Second World War would see Canadian women returning to serve again as nursing sisters. This time, approximately 4,500 nurses were attached to all three branches of Canada's military, with more than two-thirds of them serving overseas.

Second World War nursing sisters wore a military uniform with a traditional white veil. These young women were commissioned officers and were respectfully addressed as "Sister" or "Ma'am."

In fact, Canada's military nurses were the first in any Allied country to have officer status. Canadian women would also serve in other military roles during the war, however, and some 50,000 eventually enlisted in the air force, army and navy.

Royal Canadian Air Force - Women's Division

On July 2, 1941, the Women's Division of the Royal Canadian Air Force (RCAF) was created. By the end of the war it totalled some 17,000 members. The RCAF did not train their female recruits to be flying instructors or combatants. They were initially trained for clerical, administrative and support roles.

As the war continued, however, women would also work in other positions such as parachute riggers and laboratory assistants, and even in the very male-dominated electrical and mechanical trades. Many members were sent overseas to serve with Canadian squadrons and headquarters in Great Britain.

Canadian Women's Army Corps

The Canadian Women's Army Corps (CWAC) was officially established on Aug. 13, 1941, and by war's end it had some 21,000 members.

Initially, CWAC members' duties were quite traditional and they worked as cooks, cleaners, tailors and medical assistants. However, these duties would expand to include more traditionally male jobs such as driving trucks and ambulances, and working as mechanics and radar operators. While most CWACs served in Canada, three companies of female soldiers were posted overseas in 1943.

Women's Royal Canadian Naval Service


The Women's Royal Canadian Naval Service, whose members were familiarly known as the "Wrens", was officially established on July 31, 1942. The last Canadian military branch to recruit women, the Wrens grew to number some 7,000. They initially performed clerical and administrative tasks so more men could be made available for duty at sea. Eventually, Wrens would expand on these roles and do work such as on-shore radar operators and coding technicians.

Post-Second World War

After the Second World War, the Canadian military shut down the women's organizations. With the onset of the Cold War and the Korean War, however, the military soon faced a shortage of personnel and some 5,000 women were again actively recruited. While only a handful of nursing sisters were sent to Korea, some servicewomen back in Canada filled the same kinds of roles they had during the Second World War. Their numbers began to decline in the mid-1950s, however, as new technology reduced the requirement for personnel in many trades.

With the unification and modernization of the Canadian military in the late 1960s, the doors finally began to open for good for women to enlist and enter non-traditional roles. Today, women deploy on combat missions, captain vessels and command flying squadrons—their career paths as open as those of men.






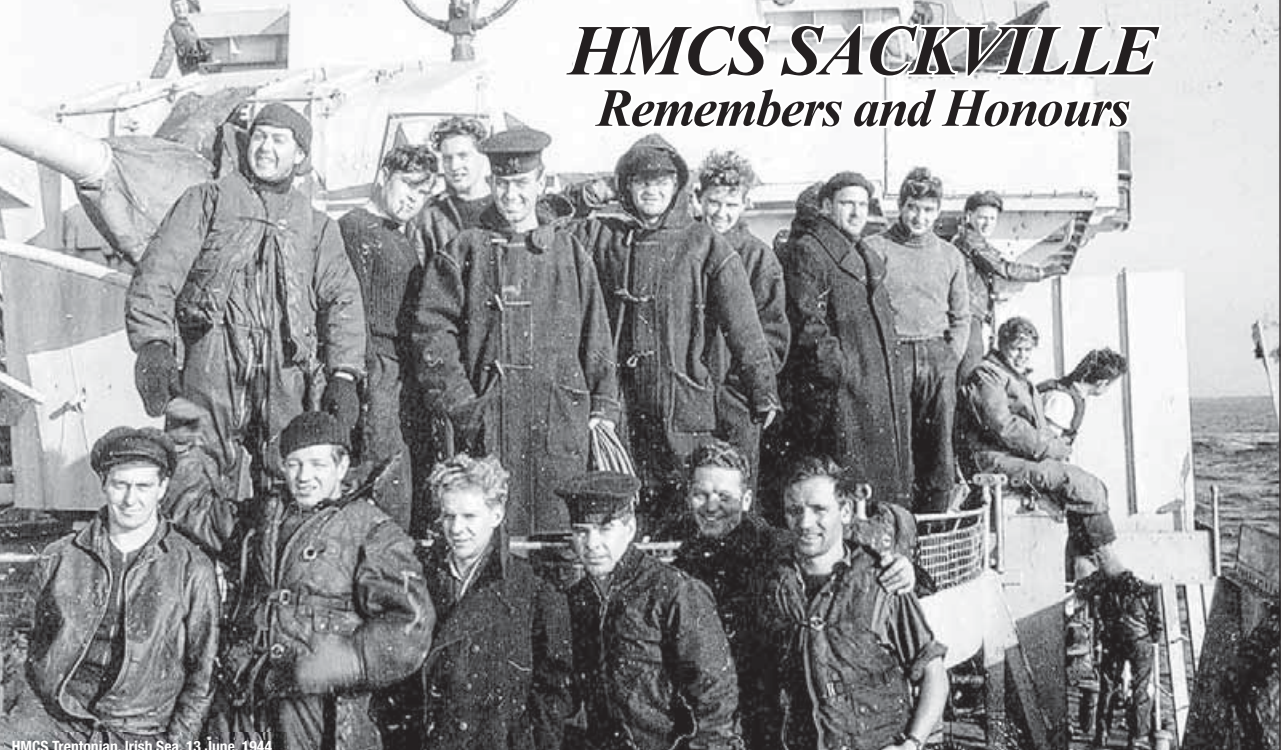
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HMCS Trentonian, Irish Sea, 13 June, 1944

Roger Litwiller Collection; Allen E. Singleton, RCNVR photo, courtesy Jack Harold, RCNVR

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The Books of Remembrance lie in the Memorial Chamber in the Peace Tower on Parliament Hill. The names inscribed in the Books of Remembrance can be found in the Canadian Virtual War Memorial.

www.veterans.gc.ca/eng/remembrance/memorials/canadian-virtual-war-memorial



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The short heroic life of Buzz Beurling

Don Gillmor
Legion Magazine

George (Buzz) Beurling was credited with 31½ “kills” in the Second World War, more than any other Canadian pilot, and was awarded the Distinguished Service Order, Distinguished Flying Cross and two Distinguished Flying Medals.

He was a gifted pilot, a superb marksman and fearless in battle. He died young, at 26.

These qualities are usually enough to create a mythic

figure, but Beurling failed to capture the public imagination the way First World War ace Billy Bishop did, and he wasn’t beloved by fellow pilots or his superior officers.

Born in Verdun, Que., Beurling wanted to fly from an early age, taking his first flight when he was 12. He tried to join the Royal Canadian Air Force but was turned down because he lacked academic qualifications, having dropped out of school at 15.

So he went to England

and the Royal Air Force (RAF) took him.

In 1942, he made his reputation as an ace in the defence of Malta. At the age of 20, he had a staggering 27 kills in a few months, more than any other RAF pilot.

Beurling was shot down four times over Malta, the last requiring hospitalization. He was sent to Britain in October 1942 aboard a B-24 transport aircraft that crashed into the sea off Gibraltar. Only a few men survived, among them Beurling, who managed to swim to shore despite the cast on his leg.

Beurling was sent back to Canada to help sell war bonds. He appeared to be the perfect salesman: a dashing fighter ace. He was lionized by the media and mobbed in his hometown, but he didn’t like the war bond campaign and it didn’t like him. At one stop, he told the audience how much he enjoyed killing people. He was openly hostile to a group of girl guides and told

a reporter he would want a commission on any bonds he sold if he was to do it again. He wasn’t the kind of self-effacing hero that Canadians warmed to.

Beurling’s superiors hadn’t warmed to him either because of his lack of team discipline; he would break out of formation to pursue targets on his own. He was a loner who buzzed control towers and squadron headquarters (hence the nickname), making everyone nervous.

At the end of the war, Beurling had difficulty adjusting to civilian life. In 1948, he was recruited by the Israeli Air Force to fly P-51 Mustangs. He didn’t make it to Israel. On the way, he crashed his Noorduyrn Norseman plane while landing in Rome. It was his tenth and final crash in which he died, and there was talk of sabotage.

His funeral was held in Rome and his widow, other family and friends didn’t attend. His coffin was stored

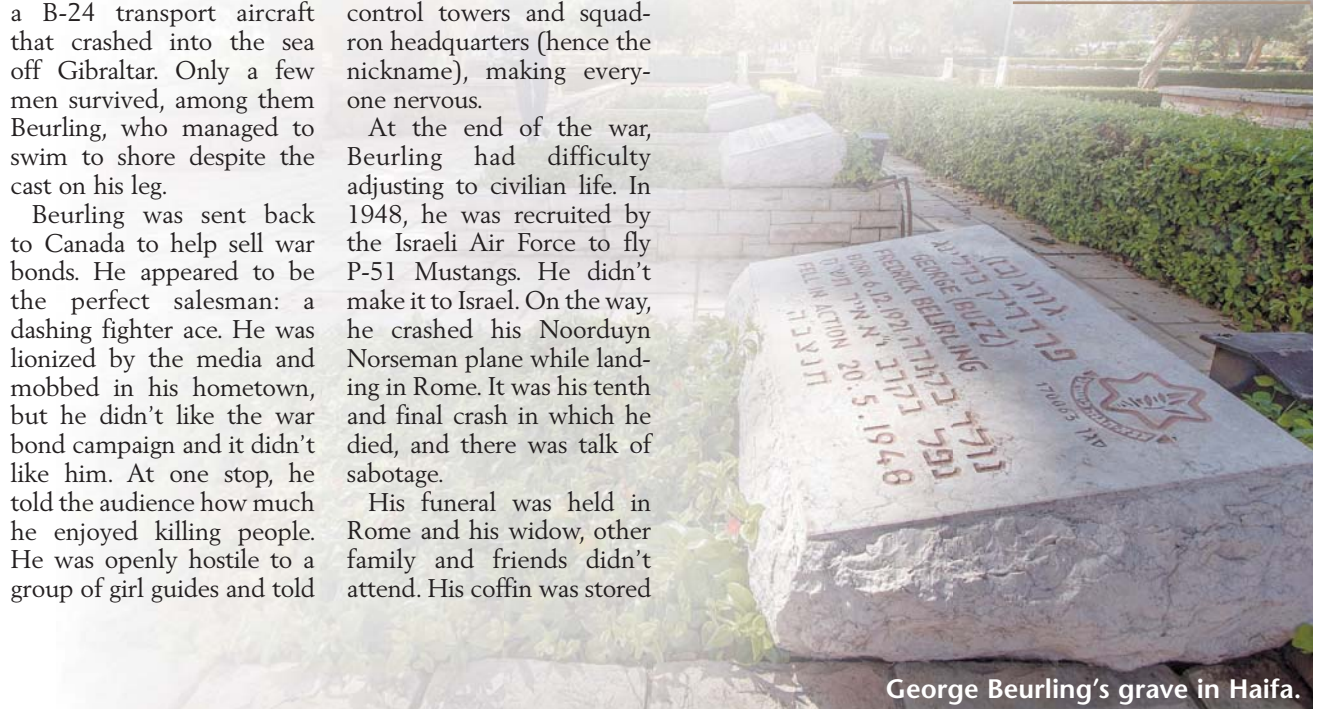
in a warehouse for three months with a small plaque that read “Colonel Giorgio Beurling.” He was eventually buried in the Protestant Cemetery in Rome. In 1950, he was re-interred in a military cemetery at the foot of Mount Carmel near the city of Haifa.

*Reprinted courtesy of the Legion Magazine
www.legionmagazine.com*

At the age of 20, George Beurling had a staggering 27 kills in a few months, more than any other RAF pilot.



With meticulous care, Beurling chalks up his “kills” on the fuselage of his Spitfire.



George Beurling’s grave in Haifa.



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We Remember

The Korean War

Taking back Hill 355 October 17, 1952

Legion Magazine

Hill 355, about 40 kilometres south of Seoul, South Korea, was so named by the United Nations military coalition during the Korean War because it was 355 metres above sea level. The troops called it Little Gibraltar because, like the British fortress for which it was named, it commanded the highest ground overlooking supply lines. Whoever controlled it had the upper hand in the sector.

Canadians saw a lot of action on and around Hill 355, defending the front lines and pushing back heavy enemy assaults. Every Canadian battalion saw service there at some point.

Following heavy bombardment in November 1951, the Chinese wrested control from American troops.

The Chinese “shelled for a long, long time,” recalled Gunner Noel Knockwood in a Heroes Remember video. The Royal 22nd Regiment held its defensive posi-

tion under the hill despite being surrounded, until the Americans could get it back.

The counterattack began with bombardment.

“I remember I was called back to my gun (a 105 mm howitzer), and we began counter-fire onto the enemy. After that, when we would meet up with the infantry boys...they told us that ‘If it weren’t for the artillery, we wouldn’t be here today,’” recalled Knockwood.

Sixteen Canadians were killed, 44 wounded and three taken prisoner. More bitter attacks were to come.

Bombardment at the beginning of October 1952 signalled that the Chinese were preparing another major strike.

On Oct. 17, the Royal Canadian Regiment came under heavy artillery attack. By Oct. 22, defences were badly damaged, telephone wires were cut and ammunition storage pits were caved in.

An attack was expected, so all

night, one man stood watch in each fighting slit, according to an account written by the Canadian Army Historical Section.

The Chinese launched an attack Oct. 23 that was so fierce some Canadians were forced to withdraw.

“The last troops to leave the position were not the Chinese,” said the account. Men from two platoons “had held out to the traditional ‘last round,’ and then played dead.”

Allied tank and mortar fire was ordered up to pepper Hill 355 as well as the area to the west and the valley to the north.

A counterattack was called at about midnight, and the Hill was retaken on Oct. 24, at a cost of 18 Canadian dead, 43 wounded and 14 taken prisoner.

The Chinese attacked again several times in November, but no ground was yielded.

*Reprinted courtesy of Legion Magazine
www.legionmagazine.com*

Canadians in Korea

Courtesy Veterans Affairs Canada

On June 25, 1950, the forces of North Korea crossed the 38th Parallel into the Republic of Korea. This marked the beginning of hostilities that were to rage for three full years and more, throughout that country known to its people as the Land of the Morning Calm.

The magnitude of the assault made it clear this was a full-scale invasion.

This was the first open act of aggression since the establishment of the United Nations Organization and its actions were of great significance for its prestige and credibility - in fact for its very future.

The invasion was declared a breach of the peace, and 16 member nations joined forces to resist the aggression.

Canada’s contribution, exceeded only by that of the United States and Great Britain, demonstrated its willingness to uphold the United Nations ideals and take up arms in support of peace and freedom.

All told, 26,791 Canadians served in the Korean War and approximately 7,000 continued to serve in the theatre between the cease-fire and the end of 1955.

The names of 516 Canadian dead are inscribed in the Korea Book of Remembrance.

Canadian participation in these hostilities marked a break with traditional policy. It was the beginning of a new era of involvement in world affairs that saw Canadian troops deployed around the world in truce teams, peace commissions, and emergency forces.

The Korea Book of Remembrance is dedicated to those Canadians who served in the mountains and rice paddies, on the sea and in the air to halt aggression and maintain world peace.

Photo top left: Members of Princess Patricia’s Canadian Light Infantry occupy positions on Hill 355.

Photo credit DND

Top right: A company of the Princess Patricia’s Canadian Light Infantry moves in single file across rice paddies as they advance on enemy positions across the valley, March 1951.

Photo credit Library and Archives Canada

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Canada scores at Invictus 2018

Peter Mallett
Staff Writer

When retired air force Corporal Gina Pinangat of Victoria heard Prince Harry's address at the Opening Ceremony for Invictus Games 2018 in Sydney, Australia, his words rang true for her.

"You are role models for us all and we are going to put on one hell of a show over the next week," said Prince Harry. "Be inspired, get excited. Allow the example of service and determination that you all see to change something big or small in your lives."

Cpl (Ret'd) Pinangat, 53, was one of 39 Team Canada members that included 17 serving and 22 veterans who gathered at the Sydney Opera House on Oct. 20 for the kickoff event.

Created by Prince Harry, the Invictus Games help ill and injured veterans and military personnel realize the value of healing through sport and exercise. This year's fourth edition of Invictus wrapped up Oct. 27 and brought together 500 competitors from 18 nations competing in 11 adaptive sports.

At this year's Games Cpl (Ret'd) Pinangat competed in power lifting, sailing and wheelchair basketball. She suffers from chronic lower back pain, migraines, gerd, tinnitus, and Post-Traumatic Stress Disorder (PTSD) and, until recently, depression.

Being selected by the Canadian Forces Morale and Welfare Services non-profit Soldier On from the hundreds of applications they received was a surprise, but getting a chance to compete for Canada and attend the opening ceremony was "truly inspirational."

"I had tears in my eyes, tears of joy at the Opera House," she said. "I was so happy to be there and hear the Prince speak in person; it was the memory of a lifetime."



Photo by Lyndon Goveas, Canadian Forces Morale and Welfare Services
Team Canada powerlifter Corporal (Retired) Gina Pinangat (right) and coach Eileen Du Plooy make their way to the powerlifting stage during the 2018 Invictus Games.

She never dreamed she would meet the Prince and the Duchess of Sussex, Meghan Markle in person. But that happened two days into the Games. She and her sailing teammates were sitting on board their boat after their fourth place finish and at that moment they had an unexpected visit by the British Royalty.

"They pulled their boat alongside ours and I thought to myself, is this really happening?" said Cpl (Ret'd) Pinangat. "I forgot to take my sailing gloves off before I shook their hands, it all happened so quickly and my teammates and I were caught by surprise. What a memory."

But there were more memories to come. Two days later when she was competing in the weight lifting competition, Games Ambassador Gus Worland not only met and shook hands with her but the two exchanged an emotional hug.

Worland, 49, is a childhood friend of actor Hugh Jackman and founder of the Australian mental health and suicide awareness charity Gotcha4Life. In a video posted on Twitter, Worland filmed his encounter with Cpl (Ret'd) Pinangat after he saw her competing in the power lifting competition. That moment brought him to tears.

Cpl (Ret'd) Pinangat immigrated to Canada from the Philippines in 1991 under the old Foreign Domestic Movement Program and worked as a caregiver. After that she worked with Nortel Networks, but in 2001 the former telecom giant suffered bankruptcy and she was out of work.

She eventually joined the Canadian Armed Forces as an Aerospace Telecommunications Systems Technician. She worked at this job for nine years and called it a

"life-changing' experience", until her health problems led to her medical release.

Being involved in the Games, says Cpl (Ret'd) Pinangat, has been good medicine for her recovery.

Even though she did not win a medal at the Games, she says that she and all of the other athletes who competed were victorious.

"I am ecstatic about competing in the Games and it exceeded my expectations about what it will do for me down the road. I am learning to enjoy life again, starting the healing process and avoiding depression and dwelling on the bad things in my life. I will continue on the process of self-care, mindfulness, and meditation to keep me grounded. I'm learning to live again."

A record 18 nations participated at the 2018 edition of the games: Afghanistan, Australia, Canada, Denmark, Estonia, France, Georgia, Germany, Iraq, Italy, Jordan, The Netherlands, New Zealand, Poland, Romania, Ukraine, the United Kingdom, and the United States.



Photo by Brett Hemmings, Getty Images
Prince Harry, Duke of Sussex and creator of the Invictus Games, speaks during the Opening ceremony in Sydney, Australia.

MEDALS WON



- Bombardier (Retired) Naomi Fong**
2 Bronze medals in cycling
- Gunner (Retired) Dave Innes**
Silver medal in men's indoor rowing
- Lieutenant (Navy) Nicole Murillo**
Silver medal in women's archery
- Captain (Retired) Cavell Simmonds**
Bronze medal in women's archery
- Master Corporal (Retired) Derek Anderson, Corporal (retired) Mathew Belear, and Sergeant Francois Gauvin**
Bronze medal in men's team archery

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Canada and the Gulf War

Courtesy Veterans Affairs Canada

The Gulf War of the early 1990s was a struggle that is well-known to many. More than 4,000 Canadian Armed Forces members served in the Persian Gulf region in 1990-1991 as part of the international coalition of countries that came together to drive the invading forces of Iraq out of Kuwait. In the aftermath of the conflict, Canadians would continue to serve with peacekeeping and embargo-enforcement efforts in the region for several years.

The Persian Gulf

Iraq and Kuwait are Arab countries located next to each other in the heart of the oil-rich Middle East, a region of the world steeped in history. In fact, many histori-

ans would say that human civilization itself was born in the "Fertile Crescent"—the land between the Tigris and Euphrates Rivers in modern-day Iraq.

In the 20th century, both Iraq and Kuwait achieved independence. The relationship between the two countries, however, has not been smooth. Iraq had long felt that Kuwait was really a part of Iraq and that Kuwaiti oil rigs were illegally tapping into Iraqi oil fields.

In the late 1980s, tensions grew and relations became much worse. On Aug. 2, 1990, the situation came to a head when Iraqi forces invaded Kuwait, quickly taking control of its much smaller neighbour.

The world responds

Many in the international community condemned

Iraq's bold act of aggression and Canada soon joined a 35-country, American-led multinational coalition to restore freedom to Kuwait. Functioning under the mandate of a United Nations (UN) resolution that approved the use of force, Operation Desert Shield saw the build-up of coalition forces in the Gulf region. The Canadian Armed Forces participation in the military efforts there would be code-named Operation Friction.

Canada's first military contributions came at sea in August 1990, when three warships sailed to the Persian Gulf to be part of a coalition fleet that would secure the waters off Iraq and occupied Kuwait.

Canadian CF-18 warplanes were sent to the Middle East in October

1990 to help take control of the skies above the Gulf.

A joint headquarters for the Canadian Armed Forces in the region was also established in Manamah, Bahrain, in November 1990.

Canadian medical, communications, logistical and security units would also play support roles in the Gulf War.

On January 16-17, 1991, Operation Desert Storm began as coalition forces launched a devastating air campaign after a final deadline for Iraq's withdrawal was ignored. This was followed by an armoured and infantry ground offensive that commenced on Feb. 24, which rapidly pushed the Iraqis out of Kuwait.

This fulfilled their mandate to liberate Kuwait, and coalition forces ceased the offensive on Feb. 28 and

offered a cease-fire, which Iraq accepted on March 3.

The end of the war left Iraq defeated, but the country's leader, Saddam Hussein, retained power. He would remain in control of Iraq for more than 12 years until the second Gulf War of 2003, which finally swept him from power.

After the Gulf War ended, Canadian troops remained in the region as part of the UN peacekeeping mission along the Iraq-Kuwait bor-

der, monitoring the demilitarized zone between the two countries, investigating cease-fire violations and clearing land mines. Canada also had a role in the years that followed in the special commission to seek out Iraq's biological, chemical and nuclear weapons production facilities. On the water, Canadian warships helped to enforce the economic sanctions that had been imposed on Iraq after the conflict.

Photo top left: Canadian warships HMCS Athabaskan, Protecteur and Terra Nova, conduct replenishment at sea en route to the Persian Gulf September 1990.

Top right: Master-Corporal John Maxwell of the No. 439 Squadron marshals a CF-18 warplane for take-off, Feb. 4, 1991.

Photos by Department of National Defence

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ReStore gets naval help

MS Robin Moncrief
HMCS Yellowknife

The crews of *HMCS Yellowknife* and *HMCS Whitehorse* spent Saturday Oct. 27 giving back to the community by volunteering their time and muscles at the Grand Opening of the third ReStore located at 50 Burnside Road West.

Petty Officer First Class Brian Whitman has a long history of volunteering with Habitat for Humanity, and the Grand Opening of the new ReStore location was no exception.

He rallied a group of almost 20 volunteers, including non-commissioned members and officers from both ships, to join him in supporting their big day at the new Tillicum ReStore location. ReStore is the way Habitat for Humanity balances out their administrative costs, so that all fundraising for the cause goes directly to building homes.

During the day members assisted through-

out the store, in roles such as greeters, serving coffee and cake, receiving and delivering large pieces of furniture to customers, and populating the sales floor with new items.

Members were keen to assist an excited community who were looking for specific items, and some who were there to donate items.

"We couldn't have asked for a more dedicated and hard working group of volunteers to help us," said Christel Morrow, Volunteer Coordinator for Habitat for Humanity Victoria.

Staying engaged in the community that supports Royal Canadian Navy ships and the Canadian Armed Forces is something both crews maintain as a priority, and they look forward to continuing in the future.

Bravo Zulu to the members that took time out of their weekends to support Habitat for Humanity.

Photos by MS Robin Moncrief



Above: Petty Officer Brian Whitman (left) and Leading Seaman Lorne Lee (right) from HMCS Yellowknife do some heavy lifting.

Right: Able Seaman Martha Mbuyi-Kanyinda, a Naval Communicator from HMCS Yellowknife, chats with a customer.



Sub-Lieutenant Jessica Pelletier from HMCS Yellowknife prices items.

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-Don Strank, Royal Canadian Legion Branch 292

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Oral history archive bridging gap between young and old

Peter Mallett
Staff Writer

A joint research initiative connecting university history students with veterans and currently serving military members continues to write new chapters in Canadian military history.

Royal United Services Institute Vancouver Island (RUSI-VI) oversees the Military Oral History program involving third-year students at the University of Victoria. Students are assigned topics in early January and post their recorded interviews to the school's Military Oral History program archive, while also making written submissions for grading.

Since it first commenced in the 1970s, the Military Oral History program has amassed an impressive archive of over 1,400 hours of interviews with over 700 current and former soldiers, sailors, air force personnel and military police, focusing on defence and security topics. It's one of the largest oral history projects in Canada and is archived on the project's web page, (<http://contentdm.library.uvic.ca/cdm/search/collection/collection13/search-term/>) and in the university's library.

Visitors to the digital archive can listen to the memories of interview subjects from Victoria and across Canada who discuss their personal recollections of a variety of military-

related subjects dating back to the First World War.

First-hand Accounts

The Military Oral History program was founded by RUSI-VI, UVic professor and military veteran Reginald Roy. The project can trace its beginnings to his recorded interview about the military career of First World War veteran and Victoria Cross recipient Major General George Randolph Pearkes, who went on to become Lieutenant-Governor of British Columbia.

After the Pearkes interview was complete, Roy started to build an extensive archive of other interview subjects, many of whom served in the First and Second World Wars.

But submissions and participation gradually began to decline in the 1990s. Fifteen years ago the Military Oral History program was revamped and resurrected by UVic Professor of Military History David Zimmerman as a way to engage students in recording oral histories.

Zimmerman says the project is an excellent way to give students real-life, first-hand accounts on military and security topics.

"Students get a chance to meet someone who has served in the armed forces and often involved in very important historical event and gain valuable insight into what it is like to serve," said Zimmerman.

"The program gives students insight into these historical events and also the individual experiences in a way that they likely feel more connected to history than anything else they do during their time in university."

Students begin their work each year in January when they are assigned a topic and are fully focused on the Military Oral History program until the end of the second semester. Zimmerman says the process requires intense study and planning well ahead of the interviews and right up until the point when their research papers are completed by the end of March.

Latest editions

The interviews are conducted on-campus or through a specially designed web-based video conferencing program similar to Skype.

This year's group of nine students interviewed three individuals on each of the following subjects: Kandahar, Afghanistan headquarters; 4 Canadian Mechanized Brigade Group Southern Germany, Lahr/Baden; UN Headquarters, South Sudan; Naval Engineering-Damage Control; Main Battle Tanks Operations, Afghanistan; UN Operations RCMP/Police, South Sudan; maritime air Sea King helicopters final year of service; and naval logistics and supply.

Interview subjects are recruited through the



Photo by Peter Mallett, Lookout

Retired Canadian Army Major Gary Del Vallano works on a project for Royal United Services Institute Vancouver Island (RUSI-VI) at his home in Victoria. Del Vallano, 80, enjoyed a 38-year military career and is the director of RUSI-VI Military Oral History program.

RUSI-VI membership base that numbers approximately 150 current and past serving military and civilians, leaning heavily on their numerous contacts within Canada's military community.

After the interviews have been completed, students then write their term papers based on input from the veterans, with their assignments counting as credits in their course of study.

Veterans having their say

The process is a two-way street says Military Oral History program Director Major (Retired) Gary Del Vallano, who enables the

interview subjects to connect with Canada's newest generation of aspiring historians, and impart their knowledge and experiences surrounding military and defence issues.

"It's an opportunity to give back, despite the fact the public is very supportive of veteran's issues but really don't have an understanding of the actual work service people do," said Del Vallano. "The Military Oral History program helps develop a basic understanding, covering a broad range of everything a soldier experiences, from operations in the field right down to individual postings.

Del Vallano, 80, enjoyed a 38-year military career in Canada's army beginning in 1953 with the Algonquin Regional Reserve, the Royal Canadian Dragoons, and Lord Strathcona's Horse (Royal Canadian) armoured regiment. After beginning his career as a loader and operator of the army's Sherman tanks, he spent most of his career as an instructor teaching new recruits on tank tactics and employment of tanks. In the field, he served Canada's peacekeeping mission in Cyprus and Canadian military installations in Germany.

He joined RUSI-VI after moving to Victoria in 2003.

"I love history and being involved in this project brings great satisfaction to me," said Del Vallano. "I like to read about history, but I was also part of it and so are all the rest of the veterans, as well as currently serving military personnel."

Esteemed lineage

RUSI-VI is one of 27 United Services Institutes in

Canada and was founded in 1927 to provide a forum for defence and security issues for current and former military.

RUSI-VI is an international chapter of the parent organization Royal United Services Institute, a highly-respected, research-focused defence and security think tank based in London, founded in 1831 by the Duke of Wellington Sir Arthur Wellesley.

RUSI-VI's 150 members hold monthly lunch meetings at the Bay Street Armoury that feature guest speakers discussing a range of military-related topics. They also fund community initiatives and provide prizes for area cadet regiment's annual band competitions and Broadmead Care's annual golf tournament.

But like its parent organization, it also focuses on research, with most of RUSI-VI efforts focused on through its Military Oral History program.

RUSI-VI is also a member of the Conference of Defence Association Canada, an organization boasting over 400,000 members who study the problems of defence and security to promote the efficiency and well-being of Canada's Armed Forces. Both groups were important components in the public consultation process conducted by the Government of Canada's recent Defence Policy Review.

RUSI-VI is currently seeking out donors for its endowment fund and also to bolster its membership. Annual membership dues are \$40 per person or \$50 per family. For more information visit their website: www.rusivcda.org.



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MISCELLANEOUS

INTERESTED IN JOINING A coffee/social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. FB Group: cowichan valley coffee.

ANNOUNCEMENTS

VETERANS TRAP MIX EM-UP Shoot fundraiser Victoria Fish & Game Protective Association 700 Holker Place, Malahat. Sunday Nov. 4. Registration 8 a.m. Practice 9 a.m. Shoot 10 a.m. Cost \$40 per shooter - 120 clay targets thrown as singles, doubles, wobble at various yardages. Eye and ear protection required. Limited number of shotguns available for loan and ammunition can be purchased for \$10 per box of 25 shells. Proceeds go to the Malahat District Branch 134 of The Royal Canadian Legion Poppy Fund. Info: trap@vfpga.org; md-king@shaw.ca or call (250) 213-5827

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