

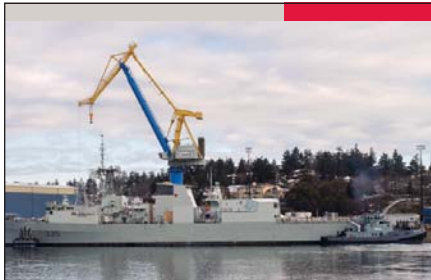
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Volume 64 Number 28 | July 15, 2019

# LOOKOUT

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## PACIFIC FOOTBALL CLUB VISITS HMCS OTTAWA

Photo by Peter Mallett, Lookout

Pacific Football Club Midfielder Victor Blasco shows off his soccer skills during a tour of HMCS Ottawa on July 9. Blasco and his teammates visited Dockyard to learn about the Royal Canadian Navy ahead of the Canadian Premier League team's Military Appreciation Day, July 20 at Westhills Stadium in Langford. Read the full story on page 3.

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# HMCS Regina goes wireless at sea



## HMCS Regina

Today, the need for connectivity to families and friends, or even the ability to check sports scores, news, or download a new movie, book, or music is important to the quality of life for sailors at sea.

The Royal Canadian Navy is committed to improving our sailors' quality of life, connectivity goes a long way to keeping the navy a top employer.

The navy has been working hard to deliver Wi-Fi to sailors at sea, and there is light at the end of the tunnel. Wi-Fi at sea is currently being installed in *HMCS Ottawa* for evaluation during their upcoming deployment, and short work periods are being scheduled to install this system in other ships. This project will deliver Wi-Fi systems to messes, connecting sailors with home.

*HMCS Regina's* crew had desperately hoped it would be selected and fitted for this new system in time for the 2019 deployment, but these types of projects take a significant amount of time and effort to research and implement a full-some solution.

So, the warship sailed from

Esquimalt last February for a six-and-a-half-month deployment without Wi-Fi installed.

But then someone had an idea. If we can get Satellite TV in the messes, and we can get cable internet at home, why can't we have cable internet at sea?

The Heads of Departments went to work.

Researching options, risks, costs and developing solutions and mitigations to each hurdle encountered, team REGi-Net plugged away like code breakers at Bletchley Park.

Radiation hazard considerations, check.

Emissions security concerns, check.

Weight and stability, check.

Finances and contracting, check.

Finally, full of optimism, the team made their pitch in a briefing note. REGi-Net was Wi-Fi at sea with minimal added risk, and only the loss of Satellite TV. Most thought this idea would die, but, to their collective surprise, an email came from the coast that said "go".

With that, companies were consulted, parts ordered, and subscriptions arranged. Eventually a massive crate arrived, and with it a tower-

ing crane. Communication Technicians were brought into the project to supervise the installation. Satellite TV was removed, and diligently packed up to ship home for later use. A new shiny satellite dish was plopped in the same location. Sector blanking zones to avoid electronic mutual interference and radiation hazard issues were programmed in. Naval Communicators configured the network, creating firewalls and blocking unscrupulous sites.

The key to it all: use the same cabling as Satellite TV. No need for costly new cables running through watertight zones. We had coaxial cables carrying Satellite TV signals going to each mess, and coaxial cables can carry the Internet well. All we needed was a new satellite dish. Add in a few tweaks, such as web caching, call up a standing offer for Inmarsat data and suddenly there was Netflix in the mess. Skype, FaceTime and streaming sports – all in time for Raptors mania and NHL playoffs. It sure isn't your home internet connection, but with careful management and rules *Regina* had what its sailors sought: connectivity.



OS Levi Thompson enjoys surfing the Internet in the Junior Rank's Mess in HMCS Regina.



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Photos by Peter Mallett, Lookout

PO2 Jacob Russell of HMCS Ottawa explains the workings of the ship's centre line peloris to Pacific FC midfielder Issey Nakajima-Farran (centre) and his teammates during a tour of HMCS Ottawa on July 9.

# SOCCER PLAYERS SCORE A SHIP TOUR

**Peter Mallett**  
Staff Writer

Members of Victoria's new professional soccer team - Pacific Football Club - got their kicks away from the field last week when they boarded *HMCS Ottawa* during a visit to CFB Esquimalt.

Twenty-seven players and staff from the Canadian Premier League team met with sailors during a tour and filming of short promotional videos. The videos will be used during their special military appreciation game on July 20 at the Westhills Stadium in Langford against the HFX (Halifax) Wanderers.

The military community will receive a discount on their tickets to the game.

Midfielder Ben Fisk was among the team's players who fully enjoyed the opportunity to visit a Canadian military base. Fisk's family has strong ties to Canada's navy, among them his grandfather Ronald Routledge. Routledge served as

Coxswain on multiple Canadian warships including *HMCS Algonquin* and *HMCS Huron*.

"The men and women who work in Canada's military are serving our country at the utmost level," said Fisk. "It's important for us to see what their lives are like, get to know about the jobs they do, and make new friends and connections for our club."

Their tour of *Ottawa* included a visit to the machinery control room, engineering office, bridge, galley and messes. The visit concluded on the ship's fo'c'sle where they posed for a group photo with the ship's company.

Petty Officer Second Class Jacob Russell, a Combat Systems Engineer in *Ottawa*, and soccer fan, was one of the sailors conducting the guided tours.

"It's always a pleasure showing what the navy has to offer and it's good to have some great guests like this to show it to. Tours like these are a great opportunity to build new relation-

ships and strengthen ties in our community."

The Club is offering a special ticket price starting at \$34 for military personnel and their families through a dedicated promolink, which includes a camouflage hat. The Military Family Resource Centre (MFRC) Esquimalt will receive proceeds from the military ticket sales, as well as the team's 50-50 draw on July 20.

A delegation from the MFRC will participate in the opening ceremonies with military family

members escorting players, and military members and cadets spreading flags on the field. The Naden Band will perform the National Anthem.

Visit [www.pacificfc.ca/military](http://www.pacificfc.ca/military) to purchase tickets. Note that this link will bring you to the Ticketmaster buy page - simply select any seat and the Military Appreciation Package will automatically become available as a purchase option. Should you have any questions about purchasing this package please call PFC at 778-584-6732.



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# matters of OPINION

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## WHAT SAY YOU

### People Talk

While member's of the Pacific Football Club tour *HMCS Ottawa* Lookout asked: *What is your favourite food and why?*



My favourite food is pasta. Why? I'm Italian. I think that explains most of it.

**Alessandro Hojabrpour (Italy)**  
Midfielder



Chicken with rice and potato salad. It is the traditional food of Panama. - Arroz con pollo y ensalada de papas. Es la comida tradicional del país.

**Alexander 'Makelele' González (Panama)**  
Defensive midfielder  
- Volante de marca



You can never go wrong with pizza. Pizza is an easy choice. Traditional ingredients, pepperoni, and cheese. I'm pretty simple.

**Blake Smith**  
Left back



Pizza. Sorry, it is so typical, but it is so good. I like prosciutto, pesto, and a lot of cheese. Pizza is the only food that goes straight to the soul.

**Victor Blasco (Spain)**  
Left wing

## WHAT SAY WE

# SPORTS trivia

By Stephen Stone and Tom Thomson, Contributors

This episode of trivia deals with the Triple Crown of thoroughbred racing. More specifically with those horses that have won the Kentucky Derby and the Preakness, but not the Belmont Stakes. So, grab your racing form and place your bets. Hope to win, place or show. And they're off...

### Questions

1. Pensive was the first horse to win the first two legs of the Triple Crown but placed second in the Belmont. Who beat him?
2. Tim Tam was defeated by which horse that ran neither the Derby nor the Preakness?
3. Carry Back was unanimously voted U.S. Champion colt in 1961. After winning the first two legs of the Triple Crown, how did he finish in the Belmont Stakes?
4. Where did Canadian-bred Northern Dancer, ridden by Bill Hartack, finish in the Belmont in 1964?
5. 1966 saw Maryland born Kauai King try for the crown only to come up short at the Belmont. Who won and where did Kauai King finish?
6. Forward Pass, the first horse declared winner by disqualification in the Derby, won the Preakness and finished where in the Belmont?
7. Which horse stopped Majestic Prince and his Triple Crown bid in 1969?
8. 1971 saw Venezuelan Canonero II win two thirds of the Triple Crown. Where did he place in the Belmont?
9. Spectacular Bid lost his bid for the crown in 1979. Where did he finish?
10. In 1981 Pleasant Colony suffered a similar fate as Spectacular Bid. Which two horses in the Belmont that day were better than he?
11. Bet Twice, Cryptoclearance and Gulch placed first, second and third in the 1987 Belmont. Which Derby and Preakness winner placed fourth?
12. Sunday Silence placed in the 1989 Belmont. Who won and showed?
13. 1997 had Silver Charm's bid spoiled in the Belmont. To whom did he place and which pony showed?

## AND DOWN THE STRETCH THEY COME...

- Answers
1. Bounding Home, a 16-1 long shot. Pensive was second and Bull Dandy third.
  2. Cavan. Tim Tam broke his front right leg in the stretch and still finished second. I think his jockey should have pulled him up. Flamingo finished third.
  3. 65-1 long shot Shertuck won by 15 lengths ahead of seventh-place finisher Carry Back. Globemaster was second and Guadalupe third.
  4. He finished third behind Quadrangle and Roman Brother.
  5. Kauai King finished fourth behind winner Amberoid. Buffle finished second and Advocate was third.
  6. He finished second behind Stage Door Johnny and ahead of Call Me Prince.
  7. Arts and Letters won ahead of Majestic Prince and third-place finisher Dike.
  8. Fourth, behind Pass Catcher, Jim French and Bold Reason, in that order.
  9. He placed third behind the winner, Coastal, and a neck behind second-place Golden Act.
  10. Pleasant Colony was a length and a half behind winner Summing and second-place Highland Blade.
  11. Alysheba.
  12. Easy Goer won and Le Voyageur showed.
  13. Touch of Gold won by three quarters of a length, and Freehouse finished third.
- Around the turn they come, heading for home and the winner is...

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# Base museum displays Cdr Simmon's medals



Base Commander, Capt(N) Sam Sader and Cdr (Retired) Peter Chance chat during an unveiling ceremony for the war medals of Cdr Ted Simmons at the CFB Esquimalt Naval and Military Museum on July 10.



Photos by Peter Mallett, Lookout

**Peter Mallett**  
Staff Writer

Seven medals that once belonged to Second World War hero Commander Edward 'Ted' Simmons have returned to his home province on short-term loan to CFB Esquimalt.

The medals, including a Distinguished Service Order, Distinguished Service Cross, and a 1939-45 star, were unveiled at a ceremony at the CFB Esquimalt Naval and Military Museum on July 10.

Base Commander, Captain (Navy) Sam Sader presided over the ceremony, and Second World War veteran and Battle of the Atlantic survivor, 98-year-old Commander (Retired) Peter Chance was the special guest of honour.

The two men pulled away a black curtain revealing the glistening and freshly polished medals inside a cubed glass display case. They are now the

focal point of the museum's new HMCS Beacon Hill exhibit celebrating the River Class frigate and its daring commander Simmons.

Simmons was the most highly-decorated member of the Royal Canadian Naval Volunteer Reserve during the Battle of the Atlantic. His most notable heroics include the thwarting of a German U-Boat attack and boarding and later sinking the submarine once he acquired its code books, exploits which are featured prominently in the museum's exhibit.

"Simmons was an ordinary man who rose to the challenge and made an extraordinary impact during the Second World War," said Capt(N) Sader. "We are truly honoured to be able to display his medals and it's great to have the decorations earned here with us today."

Chance, who was attending the event on behalf of the Naval Association of Canada - Vancouver Island, wore his own rack of medals and awards from his Royal Canadian Navy career, including being named a Chevalier (Knight) of the Ordre national de la Légion d'honneur, France's highest honor. Like Simmons, Chance fought his own battles against German subs aboard HMCS Skeena as

the ship's navigator.

Chance says it was men such as Simmons, coming from other jobs and walks of life, who through perseverance eventually helped turn the tide of the war in favour of the Allies.

"He was one of the guys who found himself in a position to take on the opposition and did well," said Chance. "His exploits tell the story...he was highly respected."

Cdr Simmons retired in the United Kingdom and his medals remained with a relative following his death in 1988. Despite continued efforts by the Canadian branch of the family to bring them back to Canada, they were eventually sold at auction in England. The Canadian War Museum came to the rescue in 2017 and was able to acquire them. The war museum then agreed to loan the medals to CFB Esquimalt once made aware of the current exhibit at the base museum earlier this year.

The CFB Esquimalt Museum has extended its hours of operation and is now open seven days a week from 10 a.m. to 3:30 p.m., until Sept. 2. For more information about the museum and its exhibits visit their website [www.navaland-militarymuseum.org](http://www.navaland-militarymuseum.org)



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# Victoria author pens Wren romance story



Lilian Harper Phibbs today and in 1945 at age 18.



**Peter Mallett**  
Staff Writer

Lilian Harper Phibbs, a former member of the British Women's Royal Naval Service (WRNS), has published her first book at age 93, and is donating proceeds from sales to benefit other military veterans.

*Memory Lane, A Love Story* is an account of her romance in war-ravaged Britain during the Second World War. Harper Phibbs met the love of her life Murray on a packed dance floor on the eve of Victory Europe day. He

was a member of the Canadian Royal Canadian Naval Volunteer Reserve, seconded as radar officer to HMS Trafalgar.

The story is set in Britain during the final months of the war before Germany's surrender. The narrative is structured around their personal diary entries and letters to each other.

She began her writing project three years ago following the death of her husband for family history purposes and, in the process, it turned out to be therapeutic.

The backdrop to the story is an embattled country enduring years of food rationing, nightly blackouts, deadly German air bombardments, and uncertainty of the war's result – who would be the victor?

Harper Phibbs opens a pathway to the past for the reader through vivid descriptions and details of her experiences, like the dormitory she shared with 30 women that came with strict rules, sparse amenities, and that overarching fear war brings about.

Despite the stress of war, true love would blossom. The romance was ignited May 7, 1945, when they glimpsed each other on a crowded dance floor, and he

made quick strides to ask her to dance.

Woven between the growing relationship is the historical context of the time: the work of a Wren and a Royal Canadian Naval Volunteer Reserve sailor, the politics, and the aftermath of war.

The larger-sized paperback also includes several war-time photos of the two and a collection of hand-drawn illustrations and the cover art by their daughter Christine Phibbs-Barr, a local Victoria artist.

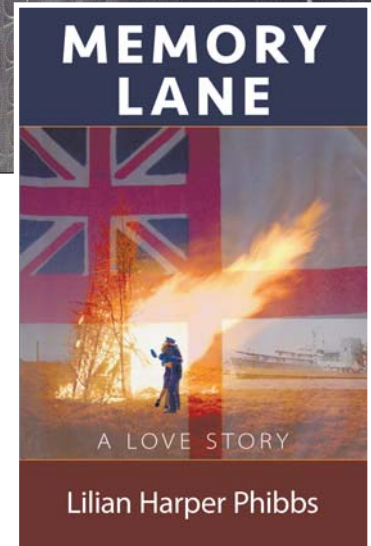
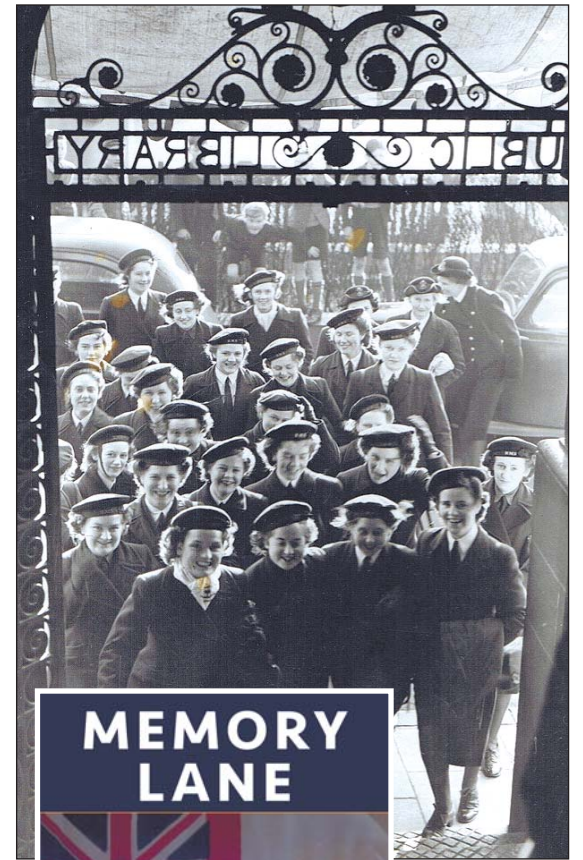
After the war, the couple married and Lilian came to Canada as a war bride. Murray was employed at the National Research Council and while there, it was made possible to finish his education at Laval University.

Their love continued to flourish over 70 years until the day of Murray's death in 2016.

Harper Phibbs decided to share their story to celebrate their romance and let others know love is possible even in the most desperate of times.

"I feel there is an intangible link between us. It was meant to be because there were so many coincidences that brought us together despite the terrible tragedy of wartime," she said.

Copies of *Memory Lane* are available in Victoria at Bolen Books, Tanners Books in Sidney, The Veterans Lodge at Broadmead and Amazon.com. Another printing of the book is also being undertaken in Britain, with sales being organized by the Association of Wrens.



Above: WRNS on a course in January 1946, in the town of Lincoln. Left: Lilian Phibbs new book *Memory Lane, A Love Story*.

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## RESULTS OF HMCS CHICOUTIMI

# HEALTH

## SURVEILLANCE STUDY

SHARED AT TOWN HALL

### DND

The Royal Canadian Navy (RCN) and Canadian Forces Health Services Group have finalized the first phase of a health study designed to systematically document and describe the health effects associated with crew members' exposure to the October 2004 fire on board *HMCS Chicoutimi*.

The fire happened during the submarine's transatlantic voyage from Scotland to Canada, and resulted in a number of casualties and the death of Lieutenant (Navy) Chris Saunders.

The health study followed 250 participants, including 56 crewmembers, 42 members of the Care and Custody Team who looked after the submarine following its return to Faslane, Scotland, and 152 randomly selected submariners (acting as a control group).

Stage one of the study analysed the health of participants in the five years preceding the fire and the five years following the fire.

The results of the health study were shared with the former members of *HMCS Chicoutimi* and the Care and Custody Team at a Town Hall on July 11 at Canadian Forces Base (CFB) Halifax. Following the Town Hall, results of the study

were then released to the public. The results presented were not individual medical states (no new personal information was presented to individual sailors), but were instead an overview of the cohort's general health, which has been compiled to help individual sailors to contextualize their own health, as well as to enable the best possible Canadian Armed Forces (CAF)/Veterans Affairs Canada (VAC) support to those who experienced the fire.

"As the mental and physical well-being of our sailors and the care of our people is our first priority, we appreciate the significance of the study's findings, and the importance of maintaining a dialogue with and continuing to monitor the health of everyone who was exposed to the fire," said Vice-Admiral Art McDonald, Commander of the RCN, while leading the Town Hall.

### Comprehensive and enhanced medical and mental health care received

Immediately following the fire and over the subsequent months, crewmembers received comprehensive and enhanced medical and mental health care. Despite this care, concerns have lingered

with respect to long-term health impacts stemming from exposure to carcinogens or related to respiratory and mental health issues.

Naturally, these issues were among those included in the Town Hall discussion. It was noted by participating VAC staff that applications from former *HMCS Chicoutimi* crew members for disability claims specific to Post-Traumatic Stress Disorder, depression and asthma - all diagnoses of elevated risk of occurrence for the former boat crew according to the results briefed - have been assessed favourably to date by VAC.

The Canadian Armed Forces and VAC have new resources available for monitoring crewmembers' health and for providing other forms of support. During the Town Hall event, VAC representatives were on site to provide crewmembers with details of these resources and to answer their questions.

### Sharing of results delayed

The RCN apologized at the Town Hall for a delay in sharing the results of the study; the first draft was completed in 2015, but was not finalized until January 2019.

Apologizing, VAdm McDonald said, "For this delay, for which I can

offer no explanation that is acceptable to the ex-crew or to me, and for our failure to continue communicating with the ex-crew during the intervening period, I offer my unreserved apology to the ex-crew and their families - appreciating that we owe them better and we are committing to do exactly that!"

According to VAC, delay in providing the health study findings has not adversely affected any claim submissions.

### Options for next phase discussed

A key point of discussion at the Town Hall revolved around the way-ahead for continued, long-term monitoring of ex-crew health, as well as accompanying dialogue.

The results of the health study were shared, and options for the next phase of the study were discussed at the Town Hall.

According to VAdm McDonald, the RCN is "committed to improving our communication, and to continuing to monitor the former *Chicoutimi* crew's health and well-being in a way that suits the ex-sailors' needs."

Following consultation with the former crew, a decision on the way-ahead will be signalled later this summer.

### A defining event in Canadian naval history

The events aboard *Chicoutimi* on Oct. 5, 2004, during which the sub's crew saved their boat and fought valiantly for each other,



have proven themselves to be a defining moment for the Canadian submarine service, and, indeed, the navy as a whole.

"The RCN," according to VAdm McDonald, "is stronger as a result - both in terms of how we care for and support our people as well as in form of the capability we put to sea."

As one of Canada's best employers, as recognized by Forbes in 2019, the RCN now has a fleet of accomplished and capable submariners and submarines. Recent work includes simultaneous international deployments in 2018 that saw *Chicoutimi* deployed on a record-breaking 197-day Asia-Pacific deployment, totaling 240 days at sea in the calendar year. *HMCS Windsor* was likewise conducting a Mediterranean and Euro-Atlantic deployment of more than four months. Through these types of contributions, submarines are a vital pillar of the RCN's Strong, Secure, Engaged employments.

***As the mental and physical well-being of our sailors and the care of our people is our first priority, we appreciate the significance of the study's findings, and the importance of maintaining a dialogue with and continuing to monitor the health of everyone who was exposed to the fire.***

Vice-Admiral (VAdm) Art McDonald, Commander of the RCN



HMCS Winnipeg held a Canada Day reception hosted by the ship's Commanding Officer, Commander Mike Stefanson with guests including the Minister of National Defence, Harjit Sajjan.



## HMCS Winnipeg brings family on board

**SLt Wilson Ho**  
HMCS Winnipeg

With the sun shining and clear skies, *HMCS Winnipeg* welcomed over 121 friends and family to come aboard June 29 for a first-hand experience of what their loved ones do day-to-day at sea. The family and friends' day sail was in conjunction with *Winnipeg's* port visit in North Vancouver as part of the Canada Day celebrations. The day's events were highlighted by a manoeuvring demonstration in Constance Bank, tours of the ship, and displays and demonstrations from the ship's boarding party, dive, and firefighting teams.

Crew and guests took full advantage of the beautiful weather with a flight deck barbecue before making final preparations to

enter Vancouver Harbour. At the end of the sail Commander Mike Stefanson, Commanding Officer, had a few words for the departing guests.

"Thank you for coming out and sailing with us today, and letting the sailors show you our home. I would also like to thank you for showing your commitment and continued support to the ship and the crew."

### Canada Day

In celebration of Canada Day *HMCS Winnipeg* was open to tours in North Vancouver. Five thousand visitors were shown the upper decks and bridge of the ship. Additionally, members of *Winnipeg* supported the Canadian Forces Exhibit at Canada Place in Vancouver. Thousands of guests lined up for an interactive tour of the various capabilities of the

Army, Navy, and Air Force, including demonstrations by the *Winnipeg* Naval Boarding Team.

In the evening, *Winnipeg* held a Canada Day reception hosted by the ship's Commanding Officer, Commander Mike Stefanson. Guests included the Minister of National Defence, Harjit Sajjan; Commander Canadian Fleet Pacific, Cmdre Angus Topshee; Honorary Captains (Navy) Anita Huberman, Queenie Choo, and Tung Chan; and local leaders. Military members from units around Vancouver including the B.C. Regiment, Seaforth Highlanders, 15 Field Regiment, 7 Sea Cadet Corps, 13 Army Cadet Corps, and the 22 Air Cadet Squadron were also in attendance.

The reception was capped off with the Vancouver Harbour fireworks show.



Family and friends enjoy manoeuvres on board HMCS Winnipeg during the family day sail.

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(Left) Valerie Savard, Personnel Support Programs (PSP) Senior Manager Sports, and CPO1 Line Laurendeau of Canadian Fleet Operations pose for a group photograph with Canadian Armed Forces personnel who attended the Hockey Canada Foundation's Gala Dinner in Edmonton on June 18.



CPO1 Line Laurendeau of Canadian Fleet Pacific Operations poses for a selfie with NHL legend Marcel Dionne during the Gala Dinner.

# CAF hockey pioneer recognized at gala dinner

**Peter Mallett**  
Staff Writer

An invitation to represent the Canadian Armed Forces (CAF) hockey program at the Hockey Canada Foundation 2019 Gala Dinner had Chief Petty Officer First Class Line Laurendeau mingling with her sport heroes.

She was at Edmonton's Rogers Place June 18 when former Canadian Olympic team member Jayna Hafford was inducted into the 2019 Order of Hockey in Canada. She also chatted with

former members of the Olympic team Daneille Goyette and Cassie Campbell.

A stand-out moment was meeting Shannon Szabados, who, in 2015, became the first female goaltender to record a shutout in a men's professional league. Szabados achieved the feat while tending goal for the Columbus Cottonmouths in a game against the Huntsville Havoc of the Southern Hockey League.

"I told her that she helped blaze a trail for women hockey players in the Canadian Armed Forces," said CPO1 Laurendeau.

A 47-year-old former goaltender, who played for the Women's Esquimalt Tritons, CPO1 Laurendeau was also recognized during the evening as one of the founding members of the CAF women's hockey program, and for her efforts in helping grow the women's game.

CPO1 Laurendeau grew up playing minor hockey on boy's teams during the 1980s in her hometown of Saint-Jean-Port Joli, Que., because, she says, there were no girl's hockey teams. When she joined the military, she saw the need to develop a women's league

at bases across Canada. The CAF women's hockey league is now in its 20th year.

She says the growth of the women's game wouldn't have been possible without support from the chain of command over the years.

"Without them we [women] wouldn't have been able to do it, so they are also part of the success of the women's game," said CPO1 Laurendeau. "It's the crest on the front of your jersey and not the name on the back that has become my philosophy in hockey, and that is something I

have learned during my 26-years career in the Royal Canadian Navy."

CPO1 Laurendeau says Chief Warrant Officer Eric Bouffard of Canadian Special Forces Unit (CFSU) and CWO John Hall of 2 Canadian Air Division HQ deserve special credit because they were critical in the growth of the women's game in the CAF when it had few backers.

CPO1 Laurendeau attended the dinner with Valerie Savard, Senior Sports Manager for Canadian Forces Morale and Welfare Services.



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Royal Air Force (RAF) Squadron Leader Archibald Stuart MacLaren and his crew aboard their Vickers Vulture used in their attempt to fly around the world in 1924.

File Photos

# THE amazing race



An image of the Vickers Vulture, single-engine amphibious plane.

**Peter Mallett**  
Staff Writer

**T**HE granddaughter of a famous British aviation pioneer visited CFB Esquimalt's Wardroom June 28 to see the iconic propeller from the Vickers Vulture aircraft used in his failed attempt to fly around the world 95 years ago.

Vanessa Ascough, 70, travelled from her home in Devon, England, to Vancouver Island to give a presentation about her grandfather at the B.C. Aviation Museum in Sidney. She

also went to the Officer's Mess to see the giant four-blade pusher propeller located on the south facing wall.

Few people know about its remarkable history.

The propeller was given to the Royal Canadian Navy as a gift from Ascough's grandfather, Royal Air Force (RAF) Squadron Leader Archibald Stuart MacLaren. It was part of the single-engine amphibious plane used by MacLaren and his two-man flight crew in a highly publicized international race to become the first nation to fly around the world.

The propeller is precious to

Ascough, but she is quick to point out the significance of the flight has been forgotten. As proof, she says the signatures of her grandfather and the two other crew members have not only faded but are covered by a large clock that was placed on the propeller at some point over the years.

"I have no idea how that clock got on the propeller and the sad thing is it covers the autographs. It is part of aviation history and it is still marvelous after so many years."

Ascough, a former magazine editor at the University of Exeter, is writing a book about the flight to make certain her grandfather's legacy is never forgotten.

She is also in possession of a silver model of the Vickers Vulture, his war medals, a silver rose bowl presented to him by the Japanese, and an atlas used by her grandfather to plot their course, which includes a description of each place they visited.

Because MacLaren's military and flying legacy was seldom talked about in the family during the post-war years, Ascough was compelled to find out more about her grandfather and the flight.

"All these things were locked away in a cupboard when I was a child and never talked about. But I know I am meant to be writing his biography. I want the whole world to know about it because it is important."

## The Amazing Race

The Vickers flight crew departed Calshot, England, on March 25, 1924, in a mission financed by private donations. The flight path would take them in an eastward direction through France, Italy, Cairo, India, Burma and northward through East Asia.

Accompanying MacLaren were RAF Flying Officer W.N. Plenderleith as the pilot and Sergeant W.H. Andrews as their fitter and rigger. Their task had added significance because flight

crews from the United States, Italy, Portugal, France and Greece were all competing to accomplish the milestone.

In their attempts, the Americans lost two planes in crashes, but remarkably none of their flight crew. One U.S. plane was lost after flying into a mountainside near Prince Rupert during a fierce blizzard, while another crashed in the Atlantic Ocean near Iceland.

Unfortunately, MacLaren's Vickers Vulture also met a premature end when it crashed into the sea at Akyab, Burma, with no casualties. In a twist of fate, rival flyers from the U.S. had arrived in Tokyo and, in a show of sportsmanship, they helped MacLaren transport his backup Vickers Vulture, which was in packing cases in Tokyo, to Akyab via ship, and then aided in the assembling of the plane so their British rivals could continue in the race.

After travelling 21,082 kilometres and logging 195 hours and 15 minutes of flying time, their dream of winning the race ended abruptly when their second Vickers Vulture crash-landed in the Bering Sea. They had no idea of their fate when they set off from Petropavlovsk-Kamchatskiy, Russia, on Aug. 4.

## RCN to the Rescue

There would be more calamity for MacLaren's team.

Heavy fog, rain and high winds forced pilot Plenderleith to set the plane down in the sea near Bering Island. The pilot got them down successfully despite a heavy sea running, but both wing tips wrenched off.

Support ship HMCS Thiepval and its crew plucked MacLaren and his men to safety from the icy waters. The 130-foot battle class trawler's mission was to rendezvous with MacLaren and his crew in Hakodate, Japan, for the crucial leg of the Vulture's northward journey to the Kamchatka Peninsula and then westward across the Bering Sea and through the Aleutian Islands to Alaska. The Royal Canadian Navy vessel was to supply the flight crew with aviation fuel dumps and other supplies. In the end, it was their rescue of the crew

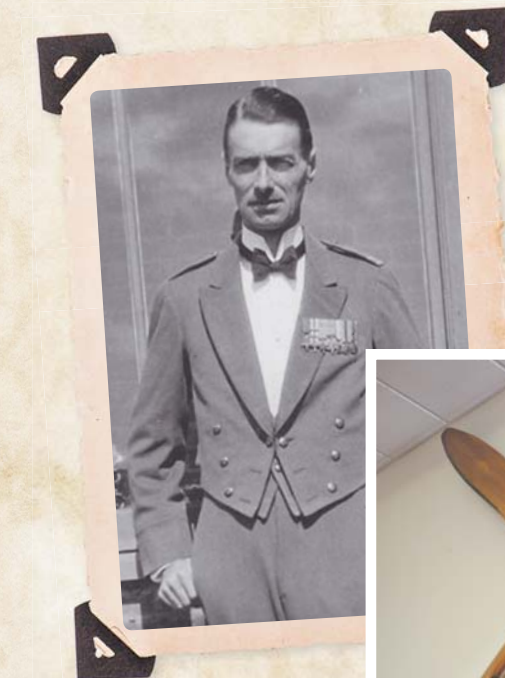
that proved most vital.

In thanks, the propeller was given to the Royal Canadian Navy by MacLaren, and the thermometer has been found to reside at the B.C. Aviation Museum.

Ascough never knew her grandfather, who had served as a soldier in the King's Own Scottish Border Regiment in the early days of the First World War before taking to the skies. The war years and flying had taken its toll on MacLaren and he died at age 51 on Madeira Island, Portugal, while attempting to recover from lung disease.

## So, who won the race?

The United States became the world's first to fly around the world using four two-seat, single engine Douglas Aircraft, which were later renamed the Douglas World Cruiser (DWC). The Americans accomplished their mission when they returned to Seattle on Sept. 28, 1924, after completing a journey of approximately 44,342 kilometres.



Royal Air Force Squadron Leader Archibald Stuart MacLaren with his medals.



Vanessa Ascough with the propeller from her grandfather's Vickers Vulture. Photo by Peter Mallett, Lookout

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• THE CALGARY STAMPEDE •



Above: HMCS Calgary gives the parade a big "Yahoo", during the 2019 Calgary Stampede Parade on July 5.

Background: A Royal Canadian Airforce CH-148 Griffin helicopter performs a fly by with Canadian flag in tow at the completion of the singing of the National Anthem during the Stampede Grand Stand Show.



Sub-Lieutenant Christine Hyrve, a Combat Systems Engineer aboard the HMCS Calgary, shows young visitors how to operate a bomb disposal robot.

Cpl Jay Naples, MARPAC Imaging Services



Commodore Christopher Earl, Chief Engineer of the Royal Canadian Navy, stops to look at the Grey Cup of the Canadian Football League during his visit to the 69th annual Hays Breakfast held in Heritage Park, Calgary.



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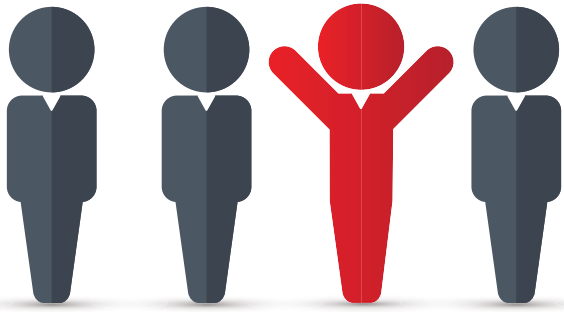
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# Political activities guidance to CAF



## Maple Leaf

Are you member of the Defence Team who is considering involvement in a political activity?

Then you need to be aware of what is permissible for whom and at which levels of government.

Here's a breakdown:

DND employees can be candidates and participate in municipal, provincial, territorial and federal elections but they must seek approval from the Defence Ethics Programme (DEP) and the Public Service Commission (via the Assistant Deputy Minister Human Resources – Civilian).

Regular Force members are permitted to participate in municipal level political activities with the permission from the Chief of the Defence Staff, delegated to the Assistant Deputy Minister of Review Services (ADM(RS)). A Confidential Report must be submitted to the DEP. However, as per QR&O – 19.44 Political Activities and Candidatures for Office, they cannot take an active part in the affairs of a political organization or party, and cannot make a political speech to electors, or announce or allow themselves to be announced as a candidate, or prospective candidate, for election to the Parliament of Canada or a provincial legislature.

Reserve Force members are not prohibited from engaging in political activities in the same way as Regular Force members are. However, Reserve Force members should remember that they remain subject to the general rules set

out in QR&O (and other orders and instructions issued to the CAF) at all times when they are subject to the Code of Service Discipline, including QR&O 19.14 – Improper Comments and 19.36 – Disclosure of Information or Opinion. Consequently, members of the Reserve Force are encouraged to submit a Confidential Report to ADM(RS).

In order to avoid any perceived or real conflict between their obligations of service and their political activities, members of the Reserve Force may also wish to request to be exempt duty and training for the duration of their political activities under CMP Military Instruction 20/04, at its paragraph 3.11.

Defence Team members who wish to volunteer for the non-partisan electoral agencies at the federal, provincial, territorial or municipal levels need to submit a Confidential Report.

During campaigns, everyone must respect the impartiality of the public service and neutrality of the DND and CAF, as well as their obligations or loyalty towards the Government of Canada. All comments in social media and letters to the editor must be well considered before they are published or submitted for publication.

Voting in an election is your fundamental right as a Canadian citizen.

You can consult the political activities diagram for matters related to volunteering, working for a political campaign and running for office.

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### Maple Leaf

The Government of Canada has announced the final regulations for the sale and production of three soon-to-be-legal cannabis products.

The cannabis products include:

- edible cannabis, such as baked goods and beverages;
- cannabis extracts, such as vaping liquids, tinctures, wax, rosin, hash, and resin, as well as cannabis oil (which becomes part of the cannabis extracts products); and
- cannabis topicals, such as creams, soaps and products that are meant to be applied to skin, hair, or nails.

The sale of edible cannabis, cannabis extracts, and cannabis topicals comes into effect on Oct. 17, 2019. Legal products will appear gradually in stores no earlier

than mid-December 2019.

Studies indicate it may take much longer to feel the effects of cannabis when eating or drinking it rather than inhaling and that the effects may also last longer. Health Canada provides guidelines for the proper and safe use of cannabis, and is also a trusted source of information about the impact of cannabis on both physical and mental health.

To ensure that the Canadian military remains a fit, deployable, and effective force, recreational cannabis consumption by a Canadian Armed Forces member is prohibited during the entire period of the member's working day or shift, during the entire period the member is serving on a domestic operation, and eight hours before any duty, among other restrictions. Complete details of the prohibitions in place for recreational cannabis consumption for

Canadian Armed Forces members can be found in the DAOD 9004-1, Use of Cannabis by CAF members.

Civilian members of the Defence Team are reminded that impairment in the workplace is not tolerated, and that they must refrain from using recreational cannabis eight hours prior to regular duty performance, among other restrictions. Complete details can be found in the DAOD 2007-2, Use of Cannabis by DND Employees.

For the latest details on the legalization of cannabis edibles, organizational policies, impacts on health and travel, and other cannabis-related resources, visit the Cannabis: What you need to know intranet page. Additional information can also be found on the Government of Canada's Cannabis in Canada web page: [www.canada.ca/cannabis](http://www.canada.ca/cannabis).

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# HMCS Winnipeg Presentations and Promotions

Commanding Officer Cdr Michael Stefanson handed out awards and promotions on board HMCS Winnipeg.



MS Spiros Fillipatos is promoted to his current rank by Cdr Stefanson and Lt(N) Rowan Wilson.



MCpl Therrien is promoted to her current rank by Cdr Stefanson and PO1 Joseph Fogarty.



MCpl Juha Humalamaki is promoted to his current rank by Cdr Stefanson and CPO2 Troy McGregor.



PO2 Grant is promoted to his current rank by Cdr Stefanson and Lt(N) Farish.



PO2 Maynard is awarded his Canadian Forces' Decoration Medal.



PO2 Eric Renton is awarded his Canadian Forces' Decoration Medal.



LS Jaques is awarded his Canadian Forces' Decoration Medal.



PO2 Barry Waye is awarded his Sea Service Medal-NATO.



Lt(N) Brett is awarded his Sea Service Medal-Expedition.



SLt Semple is awarded his Sea Service Medal-Expedition.



Lt(N) Robert MacKay is awarded a CJOCC Commendation for Operation Lentus 2018.

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## Presentation of Scholarship Award

Photo: Leading Seaman Sisi Xu, MARPAC Imaging Services

Lauren Awalt, a recipient of the 2019 Ted Rogers Scholarship, celebrates with her grandfather (left), her mother Stacey Awalt, and her father Brigadier-General Dave Awalt, Deputy Commander of the 3rd Canadian Division and Joint Task Force West. The scholarship fund was created by the founder of Rogers to help the brightest young people succeed in their continued education.





# Bravo Zulu

## MARPAC Promotions and Awards

Cdr Jeffrey Watkins handed out promotions and awards at the MARPAC Headquarters' Honours and Awards ceremony on July 4.

Photos by LS Victoria Loganov, MARPAC Imaging Services



PO1 Julie Lantagne is promoted to her current rank by Cdr Jeffrey Watkins and CPO2 Mike Deschamps.



PO1 Jeffrey Spriceniaks is promoted to his current rank by Cdr Jeffrey Watkins and Lt Navy Robert Harkins, accompanied by his partner Amy.



PO1 Jeffrey Spriceniaks receives his Special Service Medal Expedition for Operation Task Force Tampa from Cdr Jeffrey Watkins and Lt(N) Robert Harkins.



Lt Chelsea Dubeau is promoted to her current rank by Cdr Jeffrey Watkins and Lt(N) Tony Wright.



Lt(N) Robert Harkins receives his First Clasp Canadian Forces' Decoration for 22 years of service.



PO1 Wade Calvert receives his First Clasp Canadian Forces' Decoration for 22 years of service.



MCpl Carbe Orellana receives his Canadian Forces' Decoration for 12 years of service.



LS Jason Chambers receives his First Clasp Canadian Forces' Decoration for 22 years of service.



MS Gendron is promoted to his current rank by LCdr Stubbings and MWO Hiltz.

## HMCS Winnipeg Medal Presentations



LCdr Dave Vanderstelt, with his son Lukas, is awarded the Special Service Medal - Expedition by Cdr Mike Stefanson, Commanding Officer.



Lt(N) Jeff Ducharme is awarded the Special Service Medal - Expedition by Cdr Mike Stefanson, Commanding Officer.



NCdt Aaron McNab was sworn in to the Canadian Armed Forces on Thursday, July 4 by Lt(N) Valerie Hogan at Regional Cadet Support Unit (Pacific). NCdt McNab is a Project Leader with submarines at FMF Cape Breton and has been volunteering with Royal Canadian Sea Cadet Corps Rainbow, where he will now be a Cadet Instructors Cadre (CIC) Officer.



# Clearance Diver Graduation Ceremony

A graduation ceremony for the Clearance Diver and Officer Diver course was held at the Fleet Diving Unit (Pacific) on July 5.



Photos by  
LS Victoria Loganov,  
MARPAC Imaging Services



Group photo of the graduating Clearance Divers and instructors for the Clearance Diver course and Officer Diver course.



Commodore Angus Topshee, Commander of the Canadian Fleet Pacific, stops to talk to Lt(N) Michael Allport.



Cmdre Angus Topshee and CPO1 Sylvain Jaquemot present the Joseph Lucien Gilles Deschamplain Memorial Superior Athlete Award to LS Tom Malo.



Cmdre Angus Topshee and CPO1 Sylvain Jaquemot present the Stephan Flynn Memorial – Academic Achievement Award to LS James Roorcroft.



LS Marcel Porelle gets his Clearance Diver badge pinned on by PO1 Giles Pease, a senior Clearance Dive instructor at Fleet Diving Unit (Pacific).

## Bravo Zulu



Lt(N) Klepsch from HMCS Victoria is promoted to his current rank by LCdr Isabelle.



PO1 Freer from HMCS Victoria is promoted to his current rank by LCdr Isabelle.



PO2 Bull from HMCS Chicoutimi is promoted to his current rank by Lt(N) Mackenzie.



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