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Volume 60 Number 27 | July 6, 2015

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Winnipeg prepares for Op Caribbe



A member of the deck department aboard HMCS Winnipeg prepares a .50 caliber machine gun in preparation for Operation Caribbe on June 27.

Photo: DND

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Peter Chance, 94, recalls sailing with the Great Impostor.



HMS Cayuga was the stage for the Impostor's greatest masquerade.



Ferdinand Waldo Demara, Jr.

German film-maker focuses documentary on Great Impostor

Rachel Lallouz
Staff Writer

German film-maker Judith Voelker spent three days in June at CFB Esquimalt filming a segment for her latest documentary called *The Great Impostor*.

With the help of a local Victoria film crew from Gamut Productions, she researched Ferdinand Waldo Demara at the CFB Esquimalt Naval and Military Museum, filmed scenic shots around the base, and interviewed Retired Commander Peter Chance, who met the impostor during the Korean War.

Demara masqueraded as many people over his life, but his most infamous was as a ship's surgeon on board HMCS Cayuga. After meeting a young doctor named Joseph C. Cyr in Maine, he took his identity and boarded the Royal Canadian Navy destroyer.

Peter Chance's first encounter with the "Medical Officer" was in 1951 when he needed his infected toe looked at before shipping out in Cayuga.

"I went down to the ship, and met this affable, round-faced and beaming

man who took a look at my foot and assured me that he would take care of it," says Cdr Chance, 94.

Rather than treat the toe right away, Demara requested the small operation take place the next morning. Unbeknownst to the young Chance, Demara spent the night pouring over medical textbooks.

"The next day he injected my foot with freezing medicine, cleared up the infection, wrapped my foot up, and sent me on my way with crutches," says Cdr Chance. "He knew exactly what he was doing, and he didn't hesitate or falter at all. It healed perfectly."

Cayuga deployed shortly after, taking Demara and Chance with it. Bound for west of the Yalu River, Cayuga was sent as part of a United Nations Task force of commonwealth naval allies poised to fight in the Korean War.

"Joe, as we called him, continued to get along well with all the men on board. He was bright and totally trustworthy," says Cdr Chance. "His credibility rose enormously when our Captain, Cdr James Plomer, developed a swollen jaw as a result of an infected back molar, and Joe was called on to treat it."

Cdr Chance says that,

after examining the infected tooth, Demara requested the operation take place the next morning.

"He told the Captain that he hadn't gotten a lot of dentistry training in medical school, but that he would go ahead with the operation anyways."

Sure enough, Cdr Chance recalls, Demara had Cdr Plomer's room prepared like an operating theatre the following day.

"Our Captain was lying there when Joe appeared in his scrubs. He went in with the numbing needle, froze the jaw, and then used a pair of pliers to pry out the offending molar. When everything was done, Joe sutured him up."

Similar to Chance's experience, Cdr Plomer's jaw healed well.

His most notable surgical practices were performed on some 16 Korean combat casualties who were loaded onto the Cayuga.

"At that point, everyone on board agreed that Joe was due for a recommendation. We sent a message to naval headquarters, and the story went to press."

Meanwhile in New Brunswick, Dr Joseph Cyr's mother caught sight of his name in the papers. Her son was quick to contact the Canadian Naval Service

Headquarters (NSHQ) with the complaint that his identity had been stolen.

During a night bombardment east of the Yalu River in Korea, Cdr Plomer received a surprising message from NSHQ: "Captain's eyes only. Have reason to believe your Medical Officer is impostor. Investigate and report."

The message was received with shock and disbelief by the ship's crew.

"We sent for Joe, and he blew up at us," says Cdr Chance. "We tried to reassure him ourselves, but he was very angry."

The phony Medical Officer was turned over to HMS Ceylon, which transported him back to Esquimalt.

"We eventually found out that this man was a great artist – a con artist. He was a warden of a prison in Texas, taught philosophy at Duke University, and was an Anglican Priest on the San Juan Islands," says Cdr Chance.

After searching Demara's old room on board Cayuga, the crew found a duffle bag full of ecclesiastical garments, the costume for Demara's next persona after departing from the ship.

"The whole crew was saddened about being

deceived, of course," says Cdr Chance. "But we weren't about to nail him to the cross because he had been such a wonderful member of our ship's company."

When Demara landed in Esquimalt, his true American identity led him to be escorted to the U.S. border, where Canadian officials dropped him off.

"There were a lot of red faces in the Canadian medical world," says Cdr Chance. "No charges were laid because they just wanted to put the matter to rest right away."

Demara, it was found, had entered the real Dr Cyr's office, taken his medical certificate off of the wall, and had it copied. He returned it to the office without Dr. Cyr ever knowing it had been stolen.

Understanding that the navy was desperately seeking doctors for Korean war deployments, Demara secured himself a position at the Royal Canadian Naval Hospital in Halifax using Dr. Cyr's credentials.

"He fooled everybody so well," says Cdr Chance. "Everybody believed him."

Demara's father had ran a chain of movie houses while Demara was growing up. Cdr Chance speculates the young boy was so

impressed with the characters he watched that he chose to live his fantasies out in reality.

Even after deceiving the crew, Demara made an appearance at the ship's reunion in the summer of 1969.

"He turned up as the Reverend Waldo Demara, a Baptist minister from Anaheim, California. He was wearing a big bronze cross, and was adorned in pastoral attire. He was beaming."

The crew's fond memories of Demara led him to be embraced by everyone at the reunion, before he went on his way. He died 13 years later in 1982.

Cdr Chance's 32 year military career came to end in 1969, but he says he's been asked to tell the story of his brush with the great impostor time after time again.

"You can't deny that it's a captivating story," he says. "Demara obviously enjoyed impersonating, but apart from that, he had mastered it as an art."

The documentary is scheduled to air in Germany as part of a series about imposters in the fall.

- With files from Clare Sharpe, CFB Esquimalt Naval and Military Museum.

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Scholarships for family members

CFMWS

Canadian Forces Morale and Welfare Services (CFMWS) has announced the new Support Our Troops (SOT) Scholarship Program for the 15/16 academic year, which commences September 2015.

The SOT Scholarship Program is intended to complement but not duplicate other scholarship programs offered to the members of the Canadian Armed Forces

community.

The SOT Scholarship Program is available to families of currently serving members and veterans. At this time, five full-time scholarships and two part-time scholarships will be awarded annually.

For full-time students, the maximum value of the scholarship is \$10,000, to be split equally over the course of the program, to a maximum of four years. For part-time students, the maximum

value of the scholarship is \$5,000 to be split over the course of the program to a maximum of six years.

Those who are eligible to apply for an SOT Scholarship are encouraged to apply on-line.

Applications must be submitted by July 31 and are to include:

- proof of enrolment in a post-secondary (university of college) program;
- current resume;
- letter of recommendation

supporting the application from a professor, academic advisor or community leader; and

- maximum 500 word essay describing the impact of military life and the importance of a scholarship.

The first recipients of SOT Scholarship Program will be announced Aug. 15.

Bank of Montreal has committed to provide funding for five SOT scholarships, one to be awarded in each of the next five years.

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Governor General announces new medal

From Rideau Hall

Governor General and Commander-in-Chief of Canada David Johnston announced that Her Majesty Queen Elizabeth II has approved the creation of the Polar Medal.

This new medal will celebrate Canada's Northern heritage and give recognition to persons who render extraordinary services in the polar regions and Canada's North.

"Canada is a northern nation, and the North is integral to our identity and our sovereignty," said the Governor General. "The creation of the Polar Medal emphasizes the importance that our country places on strengthening our understanding of and connection to the North. Recognizing the outstanding contributions made by those working and living there, which is not without challenges and risks, will make our Canadian Honours System more comprehensive and better able to celebrate the full breadth of Canadian achievement."

As an official honour created by the Crown, the Polar Medal will be part



Obverse / Avers

Reverse / Revers

of the Canadian Honours System. The program will incorporate and replace the Governor General's Northern Medal.

The new medal will elevate the way Canada recognizes individuals who contribute to Northern communities and to the understanding of Northern Canada and its people. It will also highlight their achievements in polar exploration and scientific discoveries. The Governor General will preside over an inaugural presentation ceremony at a later date.

The Polar Medal consists of a silver octagonal medal that is 36 millimetres in diameter with a suspension bar adorned with a representation of the North Star, with limbs evoking strong winds, water currents and the aurora borealis.

The obverse depicts a contemporary effigy of the Sovereign, circumscribed with the inscription in capital letters of the Canadian Royal Title and the word "Canada", separated by two maple leaves. The edge of the obverse is decorated with small denticles. The reverse bears a representation of the Royal Canadian Mounted Police schooner St. Roch depicted in the Arctic near a tall iceberg and two crew members standing on the ice. The medal is suspended from a watered white ribbon that is 32 millimetres in width.

Major Carl Gauthier, of the Directorate of Honours and Recognition at the Department of National Defence, designed the medal and the Canadian Heraldic Authority completed the final artwork. The medal will be manufactured by the Royal Canadian Mint at their Ottawa facility.

William Hall is the next Arctic Patrol Vessel

Julian Fantino, Associate Minister of National Defence, announced June 26 that an Arctic/Offshore Patrol Ship (AOPS) will be named in honour of Petty Officer William Hall, a Canadian naval hero, for his actions at the Relief of Lucknow, India, on Nov. 16, 1857, during the Indian Rebellion.

Then Able Seaman William Hall was serving in the frigate His Majesty's Ship (HMS) Shannon, when the ship was ordered to Calcutta, British India, as the Rebellion broke out. A group of gunners, sailors and marines from HMS Shannon were formed (the Shannon Brigade) and took part in the Relief of Lucknow.

On Nov.16, 1857, naval guns were brought up close to the mutineers' fortification. Gun crews kept up a steady fire in an attempt to breach and clear the walls, while a hail of musket balls and grenades from the mutineers caused

heavy casualties.

Able Seaman Hall and Lieutenant Thomas James Young were eventually the only survivors of the Shannon Brigade, all the rest having been killed or wounded. Between them they loaded and served the last gun, which was fired at less than 20 yards from the fortification's wall, until it was breached. On Oct. 28, 1859, Able Seaman William Hall was awarded the Victoria Cross for his gallant conduct under fire during the Relief of Lucknow.

"Petty Officer William Hall is the embodiment of courage and perseverance," said Vice Admiral Mark Norman, Commander Royal Canadian Navy. "His actions during the hard fought battle at the Relief of Lucknow have been, and will continue to be, an inspiration for generations of Canadian Naval personnel to come. As a Canadian naval hero, it is fitting that an Arctic/Offshore Patrol Ship will carry his name."

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Karaoke @ 8pm

11 – **UFC - Wing King Night!**
Doors open @ 6 pm.

26 – **Sunday Kids Movie – Movie TBA**
Doors open @ 12:30pm movie starts @ 1pm. Lots of drinks & snacks provided and a chance to win the movie at the end of the showing!

30 – **Thursday Poker & Movie Night – Movie TBA**
Movie starts @ 7pm in the Okanagan Theatre. Come enjoy comfortable seating, free popcorn and 25¢ Wings!

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Kids m July 26, Sunday Kids Movie
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Doors open @ 12:30pm. Movie starts @ 2pm. Lots of drinks and snacks provided and a chance to win the movie at the end of the showing.

M July 30, Thursday Movie Night
TBA
Movie starts @ 7:30pm in the Okanagan Theatre. Come and enjoy comfortable seating, free popcorn and 25¢ wings.

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Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Lookout Circulation - 4,000 plus 1,000 pdf downloads per week

One year subscription - \$66.⁹⁴

Six month subscription - \$33.⁴⁷

Prices include tax.

A Division of Personnel Support Programs
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WHAT SAY YOU

People Talk

Lookout asked the MARPAC Nijmegen Marching Team:

What was your greatest personal challenge in training for the annual International Four Days Marches Nijmegen, Netherlands?



I have two kids in my household, so getting up at 4:30 a.m. was difficult at first. Once I got over the initial few weeks dealing with the hours it got much easier.

Cpl Gordon Tessier
CF Fleet School Esquimalt



It's a case of mind over matter for the physical challenge and the pain that goes along with it. The back-to-back 40 kilometre marches, that's when your feet start hurting.

LS Michelle Howell
PCC



I'm one of the more musically inclined of the bunch and like to sing when we march. So my biggest challenge is singing in a way that keeps everyone in step and doesn't throw off my teammates, and motivating others to join the chorus.

Cpl Natasha Burden
4th Canadian Ranger
Patrol Group (4CRPG)



I march up front in the team so the biggest challenge for me was not making any mistakes in my steps, making sure each step is the same because all the others behind me are following and mimicking my steps.

LS Justin Loughhead
HMCS Ottawa



Teamwork and building a strong bond with all of my teammates. I am marching beside a different person every day and always need to find something different to talk about because everyone is unique and I want the entire team to pull together.

PO1 Jean-Luc Belanger
Fleet School Engineering
Division

Network drives - required review and purge

READERS - TAKE NOTICE

Network shared storage drives have reached, or are quickly approaching capacity across the formation. Exceeding capacity negatively impacts the operation of servers and applications, thereby restricting or denying access to drives and information that supports command decision-making.

The primary reason for the lack of network storage space is that formation users are not consistently following the Government of Canada Treasury Board recordkeeping policies (at ref a, further amplified in ref b).

Designated unit information management (IM) personnel are to lead an initial review and purge of files and folders on individual Q, and Unit O and N shared drives to ensure

unnecessary and duplicate files are deleted or removed.

All corporate records or those deemed of command value are to be retained or archived on RDIMS and then deleted from shared drives. Examples of significant storage waste are duplicate or outdated files, retention of transitory records, excessive picture and video files, folders and PST files for personnel no longer posted to units.

All MARPAC personnel are to review and purge their individual network shared Q drive prior to July 31. Tips for conducting this review are posted on the MARPAC notice board.

Units are to review and delete all Q drives for personnel no longer posted to their unit.

Unit IM personnel are to ensure personal Q drive, and

unit O and N drive purge is completed and reported back to LCdr Sibbald, MARPAC N64, by Aug. 15 with details on network storage at commencement and end of the purge.

MARPAC N6 is developing digital information recordkeeping policies that build on those implemented by CJOC. The goal of this new process will be to provide a framework for units to securely and effectively manage digital records throughout their life cycle in accordance with stated Treasury Board policies.

This digital recordkeeping process will be rolled out in phases over the next year. Phase one, to be completed no later than Aug. 15, is the initial unit review and purge of information in order to ensure suf-

ficient capacity exists on shared drives for continued operations.

Follow on phases will include N6 analysis and reporting to all units on remaining storage in order to identify further inefficiencies, standardized digital recordkeeping procedures, and a new framework employing Sharepoint and RDIMS.

The end state is the secure and efficient creation, collaboration, storage, retrieval, retention and disposal of digital records as required by the Government of Canada. This end state will be achieved through:

- The efficient use of Sharepoint, RDIMS and information workflows
- Reducing the collective footprint/use of network share drives

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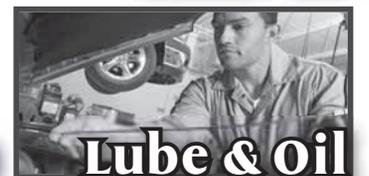
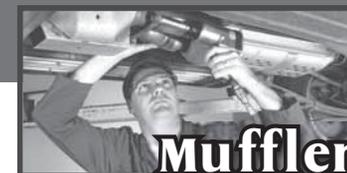
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Photos by: Bob Vanderford



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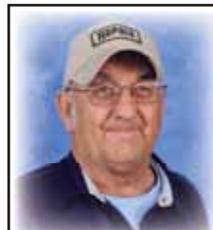
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FRANK WILLIAM FLOCK
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It is with great sadness I announce the passing of Frank Flock who passed peacefully in his sleep in Royal Jubilee Hospital at 5:30 a.m. May 19, 2015. A Celebration of Life will be held July 18, 2015, at 1:30 p.m. at the Royal Canadian Legion #172, 622 Admirals Road, Upstairs Lounge. In lieu of flowers donations may be made to the B.C. Cancer Foundation, 2410 Lee Avenue, Victoria, B.C. V8R 6V5

or the Royal Canadian Legion #172, Building Fund in Frank's name. To leave a Condolence please visit: www.earthoptions.com. I'd like to say a Big Thank You to the Royal Jubilee Hospital 4th Floor South nursing staff and doctors for their patience and good care they gave Frank in his last two weeks of life, with a Special Thanks to Dr. Rene Weir and Staff at the Kidney Dialysis Clinic.

Vancouver change of command



Images by LS Ogle Henry, MARPAC Imaging Services
 Cdr Clive Butler, incoming Commanding Officer, Capt(N) Jeff Zwick, Commander of Canadian Fleet Pacific (CANFLT PAC) and Reviewing Officer, and Cdr Jeff Climenhaga, outgoing Commanding Officer, sign the Change of Command Certificates during the HMCS Vancouver Change of Command ceremony held at A Jetty, June 25.

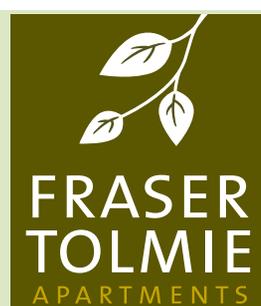


Above: Cdr Climenhaga is rowed ashore by Vancouver's junior officers at the conclusion of the Change of Command Ceremony.

Left: Cdr Climenhaga, was presented with his pennant from Lt(N) Eric Ward and PO1 Jaime Stohl.



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Air Cadet Gliding Program tow planes ready to launch

RCSU(P)

Six highly modified and refurbished tow planes are ready to take flight in support of the Air Cadet Gliding Program in B.C.

A ceremony to deliver the final tow plane into service was held Saturday, June 27 at the Comox Cadet Flying Training Centre.

The new tow planes are unique with modifications specific to the Air Cadet Gliding Program. The purchase and refurbishment of the aircraft was a joint venture between the Air Cadet League of Canada, B.C. Provincial Committee, and the Department of

National Defence, representing a significant investment into the air cadet flying programs in B.C.

"Air cadets have the opportunity to experience their first flight in a glider or tow plane at age 12, achieve a glider pilot licence and private pilot's licence through scholarships, teach in the gliding program as adult staff, and eventually fly the very tow planes that launched them for the first time," said LCol Keith Stewart, Regional Cadet Air Operations Officer, Regional Cadet Support Unit (Pacific). "There can be no doubt these new tow

planes will serve the air cadet program for a long time to come."

The tow planes will operate in Comox this summer towing air cadet gliders aloft in support of the annual Glider Pilot Scholarship course.

This fall, they will be deployed to various locations around the province to support air cadet glider and powered aircraft familiarization flights.

The tow planes will support more than 6,000 glider launches per year and will also provide powered familiarization flights to the more than 3,500 air cadets in B.C.



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Lessons and Tips: Experiencing the Pacific Fleet Kayak Club firsthand

Rachel Lallouz
Staff Writer

Looming before me is the colossal hull of a warship. From the vantage of my kayak, which is level with the ocean, the water mirrors the ship in a wrinkled gray reflection. I crane my neck to see the portholes and then the bow high above.

The ship is berthed at one of the jetties in dockyard at CFB Esquimalt. Tethered to another jetty is the long black body of a partially submerged submarine bobbing eerily in the dark water.

My destination today is the pebbly shore of Figgard Lighthouse across the harbour. I dip my paddle into the water and pull the kayak forward. I feel the water resist and my uncertainty grow to navigate the distance.

This is only one of a handful of times I have eased my body into the tiny cockpit and clutched the double-ended paddle. But that novelty will dwindle today as I am taking part in the Pacific Fleet Kayak Club's introductory course – a two-phase course that starts in a pool and ends on the ocean.

Before launching my kayak into Esquimalt harbour from the Naden boat launch, I and five other rookie kayakers were taught basic safety skills and manoeuvres in the morning at the Naden pool.

Corporal Aaron Miller, lead

instructor for the club, started us with a wet exit. We had to self-tip, and while upside-down under the water, unlatch ourselves from the kayak and swim to the surface.

I paddled to the shallow end and steadied my kayak. With a deep inhale I threw my weight to one side and tipped over. I kept my eyes tightly closed underwater to guard against the chlorine, and felt for the latch on the rubbery skirt. I pulled it back and freed myself from the kayak. When I came to the surface, I realized my paddle was not in my hand. Perfecting this maneuver would have to come later as Cpl Miller moved us on to tackle the partner assisted T-rescue.

In this scenario, one kayaker tips over, resurfaces, and with the help of another kayaker flips the water-filled kayak upright. The rescuer must grab the bow and pull it across their boat until the front hatch is just about in the rescuer's lap. This causes the water trapped in the kayak to fall out of the upside down cockpit. Then the kayak is flipped upright, and with the two boats close together and the rescuer stabilizing the boat, the submerged kayaker launches their body across the cockpit, kicking their legs and pulling up at the same time.

We were also taught angling our paddles in the water, and trying different correctional paddle strokes. In the face of high wind or risky currents knowing how to wield my paddle could get me out of a sticky

situation quickly.

With the trial run in the pool over, I now find myself rocking precariously on the open ocean. My arm muscles strain to keep the kayak balanced with each stroke of the paddle.

Once we reach the outskirts of the harbour, Cpl Miller takes the opportunity to teach us contact towing, a safety procedure used in an emergency where one kayaker cannot continue to paddle. In this situation, another paddler pulls alongside the injured or ill person, and the injured person latches their kayak to the other with their arm. The towing paddler then paddles them to safety.

As the winds pick up, we are also shown how to create a raft by lacing our kayaks together to form a single floating vessel that is a surprisingly strong defence against stormy conditions.

We break from our raft formation and continue to paddle towards the lighthouse; Cpl Miller navigates his kayak among us, telling stories of the sea life he's seen: a school of porpoise swimming close to his kayak, seals sunning themselves on the rocks, and underwater creatures visible through shallow, clear waters – anemones, jellyfish, starfish, and spiny crustaceans.

The choppy waves rock my boat. I straighten my back, relax my hips, and center my weight to counteract the ocean's sweeping motion.

We approach the tiny cove below the lighthouse; the water is translucent blue-green. A few metres from shore I hop out of my kayak, wading through the knee-deep water to pull it onto the pebbly beach.

As I lounge on the sun-warmed beach with the oth-

ers, I watch Cpl Miller demonstrate a self-rescue. In the center of the cove he angles his kayak to face us. His chest expands as he takes a deep breath. Then he plunges into the frigid water by self-tipping his kayak. In one fluid motion he re-appears, and hauls his dripping body into the kayak, paddle and emergency gear intact.

With that, he motions for us to return to our kayaks.

Back at the clubhouse, we take turns hosing down the salty gear with fresh water. Without a good rinse, the plastic body of the kayak and any fabric can corrode and deteriorate. As I dunk my lifejacket into a tub of fresh water, I glance at the setting sun on the horizon. Past the warships and submarine is the open ocean; a desire to get back on the waves sweeps over me.

Writer's Note:

I recommend the course to any beginner who has little to no kayak experience, and to intermediate paddlers who, after the winter months, are looking to brush up their skills. I'd also encourage interested parties to bring their teenage children as completing the course could be useful on a resume for summer camp positions or outdoor recreational activity jobs.

Those looking to take on a leadership role in the club should contact Douglas Bell, Club president, who is currently looking for a Vice President. Additionally, the club is introducing stand up paddle boarding, and is looking for and instructor. Contact Ang Lopez at rcnslup@gmail.com.

For those wanting to learn how to slice through the water and brave the underwater wet exit, go to www.pfk.ca.



Photos by Rachel Lallouz, Lookout



Bdr Albert Law, 39 CBG Public Affairs

From Left to Right: Col Dave Awalt, BGen Wayne Eyre, and Col Matthew Haussmann sign the transfer of command certificates during the 39 Canadian Brigade Group Change of Command Ceremony held at Jericho Garrison on June 28.

Col Awalt takes command of 39 Canadian Brigade Group

Capt Chris Poulton
39 Canadian Brigade Group

On Sunday, June 28, Colonel Matthew Haussmann relinquished command of 39 Canadian Brigade Group to Colonel David Awalt in a Change of Command Ceremony held at Jericho Garrison in Vancouver, B.C.

The ceremony was observed by over 80 military and civilian guests.

Col Awalt takes command of the brigade at a busy time when reserve soldiers are training on fundamental soldier skills during the summer months.

“The role of the brigade is to generate well trained soldiers to support Canadians both overseas and here at home,” said Col Awalt during his first address as Commander. “I strongly believe

this mission resonates with all of us in the reserves.”

The brigade’s summer training will culminate in August with a major brigade exercise known as Exercise Cougar Destroyer where soldiers put their skills to the test.

Prior to receiving command of 39 Canadian Brigade Group, Col Awalt held four command positions with brigade units. The most recent being the Commanding Officer of The Canadian Scottish Regiment (Princess Mary’s) until May of this year when he turned over command to prepare for his new appointment. In his civilian employment, Col Awalt works at CFB Esquimalt.

“We are citizen soldiers,” said Col Awalt. “We must be resilient as we try to balance our family lives, our civilian careers, and our part-time army employment.”



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HMCS Vancouver promotions & awards

As his final duty as Commanding Officer of HMCS Vancouver, Cdr Jeff Climenhaga made presentations to crew members on June 22.



LCdr Richard Kappel is promoted to his current rank.



LCdr Matthew Mitchell is promoted to his current rank.



MWO Mario Robillard is promoted to his current rank.



MCpl James Furness is promoted to his current rank.



MS Robert Granholm is promoted to his current rank.



MS Joel Reed is promoted to his current rank.



LS Mathieu Davis is promoted to his current rank.



AB Shane Bolton is promoted to his current rank.



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Lt(N) Tyler Smith receives his Canadian Forces Decoration.



PO1 Derek Dawson receives his Canadian Forces Decoration.



LS Duane Earle receives his OSM.



MS John Barrie receives his OSM.



Lt(N) Andrew MacGillivray receives his OSM.



Cpl Stephane LeFort is promoted to Master Cpl by Cdr Byron Derby, Commanding Officer Base Information Services, and Capt Andrea Magagnin, Technical Services Officer Base Information Services.



Formation Chaplain Major Doug Friesen is promoted to Lieutenant Colonel by Capt(N) Steve Waddell, Base Commander; Lt(N) Jeannine Friesen; and Cdr Wes Golden, Base Administration Officer.



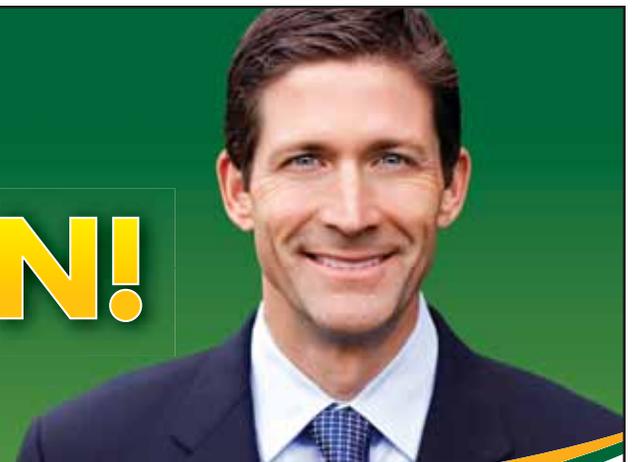
John Horton, marine artist; Joe Cunningham, HMCS Algonquin's first Engineering Officer when she was commissioned in 1973; and Alex Rueben, Algonquin's Engineering Officer during Operation Sharpguard in the Adriatic Sea, at Algonquin's recent Paying Off ceremony.

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French Honour bestowed at Military Police Mess Dinner

MWO David London
MP Unit Esquimalt

Over 130 members of the Military Police and their guests attended a formal Mess Dinner June 11 to commemorate the 75th anniversary of the MP Branch's current inception.

Included within the Mess Dinner was the presentation of the Republic of France's highest honour to Guest of Honour LCol (Retired) George Wilkinson.

The Chiefs' and Petty Officers' Mess was the venue for the Mess

Dinner. Attendees mingled with past and present members of the Canadian Armed Forces, as well as guests from the Corrections Canada, the British Columbia Sheriffs Services, Royal Canadian Mounted Police, Oak Bay and Saanich police services, and Military Police members from the U.S. Army's Criminal Investigation Division.

The highlight of the evening was when MPU Esquimalt's Commanding Officer, Maj Michael Lemire, on behalf of the Government of France, formally presented LCol

George Wilkinson with the Ordre National de la Légion d'honneur. LCol Wilkinson is now, among his many other accomplishments, a Chevalier or Knight of the Order. The Ordre National de la Légion d'honneur is a French order established by Napoleon Bonaparte in 1802. The Order is the highest decoration in the Republic of France.

In February 2015, LCol Wilkinson was awarded admittance to the Order for his participation in the liberation of France in 1944 as a member of the Canadian Provost Corps.



Maj Victor Ethier, LCol (R'td) George Wilkinson and Maj Michael Lemire at the Military Police 75th Anniversary Mess Dinner on June 11.

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CAF member places in World Bench Press Championship

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Imagine an average-sized black bear. Pretty big, right? Now imagine bench pressing something that weighs that much.

At the recent International Powerlifting Federation Masters World Bench Press Championships, held in Denver, Colorado from April 15-18, Sergeant John Beres did just that.

Sgt Beres from the Canadian Joint Operations Command (CJOC) placed fifth at the Championships after successfully completing his three lifts.

The first weighed a modest 190 kg [418.9 lbs]. From there, Sgt Beres increased the challenge to 200 kg [441 lbs]. Knowing he could push himself further, he broke his personal record on the third round

When the head judge then gave the next command of 'press' I sprang into action and used every bit of strength I had left and pressed the 463 pound [210 kg] bar off my chest to a lock out position.

Sergeant John Beres

with a lift of 210 kg [463 lbs].

"As I was called to the stage for my final lift I left nothing to chance and got ready. I heard the head judge say 'start' and I lowered the bar to my chest,"



Sgt John Beres bench presses 210 kg at the International Powerlifting Federation Masters World Bench Press Championships, a personal best.

said Sgt Beres. "When the head judge then gave the next command of 'press' I sprang into action and used every bit of strength I had left and pressed the 463 pound bar off my chest to a lock out position. The bar moved fast and steady and next thing I knew I had a new personal record."

Sgt Beres has been pow-

erlifting on and off for 28 years. He started when he first joined the military as a combat engineer.

"You had to be pretty strong with what we were doing. We worked with heavy equipment and bridge building, a lot of heavy stuff. It was a natural thing to go to the gym and work out," said Sgt Beres.

While the CAF powerlifting community is relatively small, it is growing in popularity. There is a well-established powerlifting network in the U.S. military and Canadians have a standing invitation to join them for competitions. The next two championships will be held in Denmark and Texas.

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