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Photo by MCpl Pat Blanchard, Canadian Forces Combat Camera

George Weber, CEO of The Royal Ottawa Mental Health Centre; Brigadier-General Colin MacKay, Surgeon General of Canadian Forces Health Services Group; The Honourable Kent Hehr, Associate Minister of National Defence; and Dr. Fakhreh Mirrashed, Manager of the Brain Injury Centre for The Royal, gather in front of a Positron Emission Tomography – functional Magnetic Resonance Imaging (PETfMRI) machine. DND and the Ottawa Health Centre have united to study brain health.

## High tech access available for mental health research

**Peter Mallett**  
Staff Writer

A new investment in cutting-edge technology is poised to assist the Canadian Armed Forces (CAF) in mental health research and better military member support.

DND and the Royal Ottawa Mental Health Centre announced May 16 a four-year \$2.65 million agreement for DND to access their brain imaging scanning equipment.

The Centre recently installed a PET/fMRI scanner, the only one of its kind in Canada devoted entirely to brain and mental health research.

"I see this as a key investment in helping our Canadian Armed Forces members and veterans

who are fighting to overcome mental health issues," said General Jonathan Vance, Chief of Defence Staff. "This partnership will see experts at The Royal Ottawa Mental Health Centre and our military mental health professionals working together towards a common goal of developing a new understanding of the effects of mental illness on brain functions."

The cutting edge technology will allow clinicians and scientists from Canadian Forces Health Services and Royal Ottawa Mental Health Centre to examine the effects of various drugs used to treat depression, post-traumatic stress disorder and other mental illnesses on brain functions.

The CAF's Director of Mental Health, Col Andrew

Downes says the introduction of the scanner is a breakthrough for researchers because it combines two widely used pieces of technology into one device, offering a more accurate measurement or snapshot of a patient's brain.

The PET, or Positron Emission Tomography, identifies parts of the brain that are metabolically active using specially labeled molecules; while fMRI is a technique for measuring brain activity by detecting changes in blood oxygenation that occur in response to neural activity.

"For researchers across the globe mental illness is currently a poorly understood entity and treatment has a lot of subjectivity," said Col Downes. "We are hoping this innovation will shed light on what is going on at the structural and molecular level of the brain. When we better understand how the brain functions at these levels it will lead to new treatment."

The introduction of new brain imaging technology comes on the heels of a Nov. 10, 2015, call to action by Gen Vance on mental health and suicide prevention. In his statement, Gen Vance pledged to "continually strive to improve" suicide prevention programs in the wake of a Surgeon General Report that highlighted inflated suicide rates of deployed CAF personnel.

Suicide research will be one of the first tasks in which the scanner will be used says Col Downs.



Photo by MCpl Pat Blanchard, Canadian Forces Combat Camera  
**The Positron Emission Tomography – functional Magnetic Resonance Imaging (PETfMRI) machine to be used in mental health research.**

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# RIMPAC: Military gears up for large-scale maritime exercise in Hawaii area

**Rachel Lallouz**  
Staff Writer

The Canadian Armed Forces will cooperate with 27 other nations this year for Exercise Rim of the Pacific (RIMPAC) 2016, the largest maritime exercise in the world.

Taking place in and around the Hawaiian Islands and Southern California from June 30 to Aug. 4, this year's exercise will mark Canada's 25th time participating in the biannual exercise.

Canada's maritime component will be *HMCS Calgary*, *HMCS Vancouver*, *HMCS Saskatoon*, and *HMCS Yellowknife*, along with a Royal Canadian Navy (RCN) dive team and Forward Logistics team.

"Having our ships and divers train with other countries fosters multinational cooperation, trust, enhances operability and naval professional engagement, and achieves our national objectives while building capable coalition partners in the Pacific Rim and beyond," says Lieutenant-Commander Matthew

Arthur, Royal Canadian Navy (RCN) Deputy Lead Planner for RIMPAC.

The 1,500 Canadian sailors, soldiers, and airmen and airwomen participating will work alongside multiple allies during the exercise, such as Australia, Chile, New Zealand and Singapore.

"Our ability to be leaders in this exercise is deeply important for Canada," says LCdr Arthur. "Fundamentally, we play a role organizing an exercise that is vast in scope of training, with 45 ships participating, five submarines, 17 different land force groups, over 200 aircraft, and over 25,000 people."

Participants will be challenged to complete training across a wide range of military capabilities, including humanitarian assistance, disaster response, dynamic maritime security, and complex warfighting operations.

In Hawaii, RIMPAC will begin with a harbour phase of briefings with all docked ships to ensure participating navies have the same level of knowledge.

Training will then focus on practicing joint live fire exercises, carrying out

a simulated maritime theatre missile defence, amphibious operations, counter piracy, anti-submarine warfare, and an assessment of satellite networking in degraded environments.

Hawaii will also be the backdrop in which the RCN tests their electronic warfare, says LCdr Arthur.

"We will be undergoing trials to complete advanced mine counter-measures systems with the use of an autonomous underwater vehicle (AUV) known as Hugin," says LCdr Arthur.

Off Southern California, training will concentrate on mine hunting, mine warfare, and amphibious operations.

"I know we will have carried out the exercise successfully when we meet our training objectives, which will enhance the overall interoperability of RIMPAC forces across a full spectrum of military operations," says LCdr Arthur.

Canadians will also hold key leadership positions. Rear-Admiral Scott Bishop will serve as Deputy Commander of the Combined Task Force and Brigadier-General Blaise Frawley will serve as the Air Component Commander.

## Whitehorse, Oriole sail through Swiftsure

**Rachel Lallouz**  
Staff Writer

*HMCS Oriole* cut through the waves at the Swiftsure International Yacht Race 2016, participating in the large-scale race over the May 28 weekend.

The ship participated in the Swiftsure Lightship Classic race with two other ships. Twenty newly trained crewmembers spent two days on the water in alternating four hour shifts to race the 138.2 nautical miles.

However, lack of wind hindered the sailing vessel.

"Though we did not finish the race, we were able to demonstrate to the public that the navy members can do their jobs well," says Commanding Officer of *Oriole*, Lieutenant-Commander Mike Wills.

Even for a veteran crew, simply finishing the race can be exceptionally tough as the winds traditionally die down in the Strait of Juan de Fuca, he says.

In a support role to *Oriole* and the other sailing vessels was *HMCS Whitehorse*, which took 40 guests on board and anchored at the race's start

location at Clover Point. The ship was responsible for providing the saluting cannon to start each of the four Swiftsure races.

"It was a great opportunity to showcase the RCN to the commu-

nity," says the Commanding Officer of *Whitehorse*, Lieutenant-Commander Shane Denny. "Our sailors got a chance to engage with the public and support our fellow mariners in the water space we both occupy."



Jon Pix, Contributor

**HMCS Whitehorse starts off a Swiftsure International Yacht Race with the saluting cannon.**

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## People Talk

While out and about Lookout asked this question:

*Victoria is a city blessed with a wide variety of restaurants and international cuisine. What is your favourite type of cuisine or dish to eat and why?*



East Indian food and especially a creation by a local restaurant near Tillicum Mall that serves a dish called a Naanwich. I really like it because you can wrap anything you want in the warm soft fluffy bread, like curried chickpeas or goat or whatever you want to have.

Steve Sawatsky,  
Parking Commissionaire



Middle Eastern, Moroccan or Arabic food because of the varying spices involved. You can get mild or hot, but many of the dishes have that heat balanced out by adding creamy yogurt.

OS Robert Thrun,  
HMCS Regina



My favourite is Italian food and especially meatballs. I really like the way a restaurant downtown called the Fiamo Italian Kitchen does their meatballs. They combine great cuisine at a family oriented restaurant so eating there also becomes a social thing.

SLt Perry,  
HMCS Regina



For me it's all about Indian food and this great restaurant in town called the Sizzling Tandoor. I spent six weeks in India when I graduated from University and got to try all the food. This restaurant is about as close as you can get in Canada to being 100 per cent authentic.

Lt(N) Cory J. McKay,  
HMCS Regina



I really like traditional British fare and especially meat pies. I think its because the food really pairs well with our cool and damp maritime weather that is very similar to the climate in the United Kingdom.

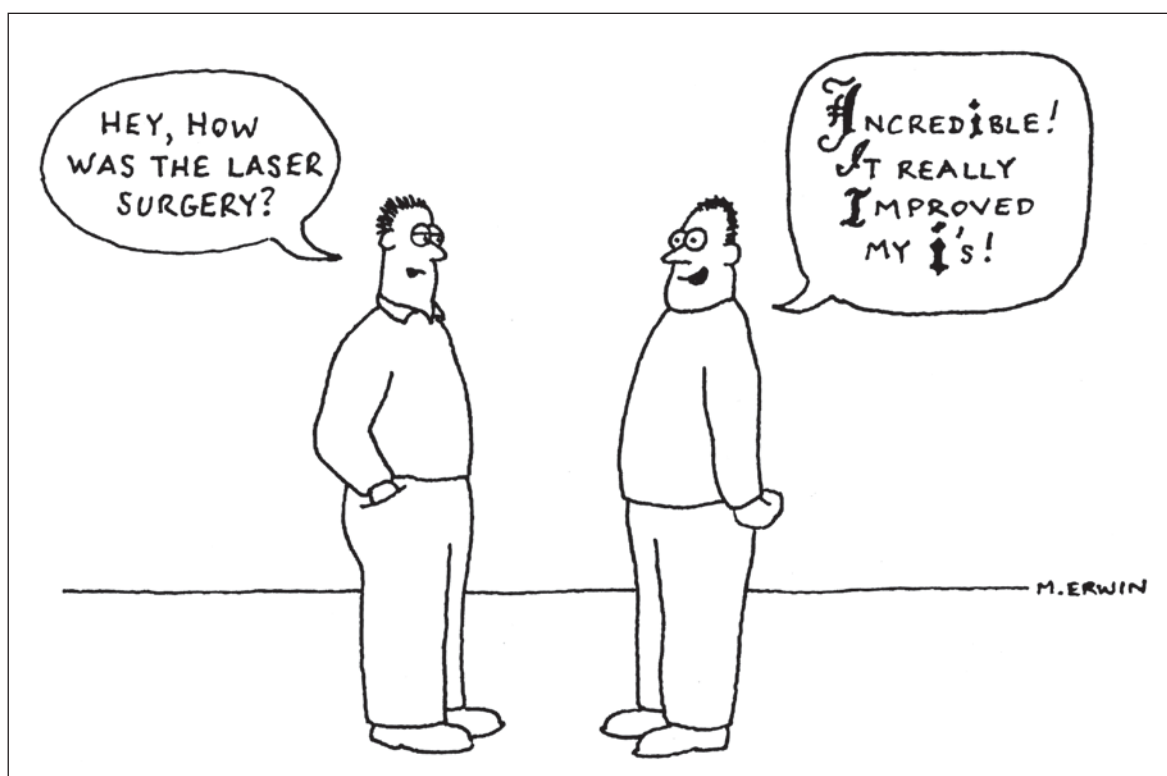
PO2 Rebecca Hissen,  
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# CANDLELIGHT VIGIL HONOURS VETERANS



Photos by LS Ogle Henry, MARPAC Imaging Services



**Above:** Veterans from the Second World War and Korean War sit in attendance prior to the commencement of the Veterans Candlelight Tribute, held at God's Acre Veterans' Cemetery on May 26.  
**Right:** Members of the Colour Party and Guard of Honour march at the beginning of the event.



**Left:** A veteran and a member of the Navy League of Canada pay their respects at a grave marker.  
**Right:** A young spectator places a candle by a grave marker.  
**Below:** Dignitaries stand and salute during the playing of the National Anthem. From left: Captain(Navy) Steven Waddell, Base Commander; Rear Admiral Gilles Couturier, Commander Maritime Forces Pacific/Joint Task Force (Pacific); RAdm (Ret'd) Elizabeth Stuart, Assistant Minister of Veteran Affairs; RAdm (Ret'd) Robert Yanow, event co-chair; and Judith Guichon, Lieutenant Governor of British Columbia.





# Egg addling: controlling the non-native species on base

**Lorraine Crinkley**  
Formation Environment

CFB Esquimalt has a large population of non-native, non-migratory Canada geese. These geese were introduced locally approximately 50 years ago for hunting purposes, but changes in hunting regulations and a lack of natural predators have allowed their populations to increase exponentially.

Geese can live and breed for up to 20 years, and each year a nesting pair can produce an average clutch of five eggs.

Due to their population growth, a long-term population control program has been developed through the Capital Regional District's Canada Goose Management Strategy. This strategy aims to reduce impacts of non-migratory resident Canada geese to prevent conflict between geese and human activities.

Suggested mitigation techniques include habitat modification that makes an area less desirable to geese; water management, which addresses the location and

characteristics of water features such as irrigation ponds that attract geese; hazing, which scares geese away from conflict areas; temporary relocation; and population control such as egg addling and strategic hunting.

CFB Esquimalt has participated in egg addling since 2008.

Egg addling involves removing eggs from the nest and shaking them, which disrupts the membrane and stops embryo development. The eggs are marked and put back into the nest so the female goose will continue to sit on the eggs. At the end of the season the eggs will simply not hatch. Eggs cannot be removed or destroyed as the female will just produce another clutch.

Both migratory and non-migratory Canada geese are protected under Environment Canada's Migratory Bird Act, and all addling activities at CFB Esquimalt are conducted under Federal permit and require annual reporting.

I managed the 2016 addling season within

Formation Safety and Environment (FSE). I am a Wildlife Technician and co-op student. The 2016 addling season was a success with a total of 65 nests located throughout the Work Point, Dockyard and Naden properties.

Fieldwork is particularly enjoyable, as you never know what you are going to see or find. The addling team observed several nests with golf balls and one with an orange road hockey ball that geese had found and rolled into their nests. It is common for geese to roll displaced eggs back in their nests to keep them safe. This is a fixed action, so geese will attempt to roll any object in their nest that resembles an egg such as golf balls, doorknobs or eggs from other bird species.

Predation of goose eggs is quite common especially on the islands around CFB Esquimalt. Predators include river otters, mink, crows, ravens and birds of prey. When distinguishing a predated egg from a hatched egg there are a few things to look for: hatched eggs don't contain any yolk



Wildlife Technician Lorraine Crinkley documents the number of eggs added for reporting to Environment Canada.

or egg white and the two sides of the egg are found close together in close proximity to the nest. If a gosling hatches in the nest the parent goose will remove the shell halves, often carrying one half of the egg inside the other. Predated eggs contain remanence of yolk or egg white and will

often be found a distance from the nest. If the predator is another bird the egg will contain a hole where the predator has drained the contents.

During field days, the addling team got to explore areas of DND that are off limits to the general public, and we often found

interesting treasures such as derelict buoys, animal bones, native plants such as camas, and local wildlife, including river otters, seals, herons and noisy oyster catchers.



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The Naden Band of the Royal Canadian Navy performs at last year's Memorial Park Music Festival in Esquimalt.

## Naden Band returns to local Memorial Park Music Festival

**Peter Mallett**  
Staff Writer

The Naden Band of the Royal Canadian Navy will ring in the first day of summer by headlining opening night at the Township of Esquimalt's Memorial Park Music Festival.

The naval band will help kick off the township's annual series of six Tuesday night concerts with a free performance on June 21 between 6 to 7:30 p.m. at the historic park located at 1212 Esquimalt Rd.

The Esquimalt High School Band will open with a performance at 5 p.m.

Flutist PO1 Marie-Perle Broadley and Assistant Director of Music CPO2 Brayden Wise will program and conduct part of the Naden Band's performance.

"We love playing for the

public, it's one of our greatest joys and some of our biggest fans live right here in Esquimalt," says PO1 Broadley. "The venue has a very laid back atmosphere in a park setting, and many

***We love playing for the public; it's one of our greatest joys and some of our biggest fans live right here in Esquimalt.***

-PO1 Marie-Perle Broadley

people bring their families and are normally equipped with blankets, lawn chairs and food."

PO1 Broadley says some of the compositions the band will perform include *The Vanished Army* by Kenneth J. Alford; *Scottish Rhapsody* in a tribute to legendary Canadian composer Howard Cable who died on March 30; and an undecided piece of music celebrating Quebec holiday Saint-Jean-Baptiste Day, which falls on June 24.

"It's a very family-oriented event so we try to cater to everyone and play a little bit of everything," says PO1 Broadley.

The music festival will also feature headline acts The Soul Shakers (June 28), Bobby Dazzler (July 5), Deb Thomson Band (July 12), Virtual Elvis (July 19) and Bijou du Bayou (July 26).



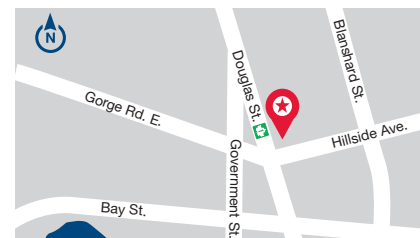
Image by Cpl Brent Kenny, MARPAC Imaging Services  
Members of the Navy League Cadet Corps Admiral Rayner march past the parade dais during the Buccaneer Day Parade held on May 14 in Esquimalt.

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## Contract awarded for new ship training programme

**Rachel Lallouz**  
Staff Writer

Halifax-based Bluedrop Training & Simulation has won a \$15 million contract to design and implement the training plans for the Royal Canadian Navy's (RCN) new Harry DeWolf class of Arctic Offshore Patrol Ships (AOPS).

The company is known for its design and development of advanced training solutions including highly interactive courseware and state-of-the-art training and simulation products.

Fleetway and Irving Shipbuilding, companies hired to build the new class of patrol ships for the navy,

awarded the contract.

Bluedrop will design the training qualification standards, a training programme plan, and performance objectives, and will deliver some components of the training.

"Ships have many different components and systems, so there is a lot of training that must be planned before they can be operated," says Jean-Claude Siew, Vice President of Technology and Simulation at Bluedrop. "Our work will ensure the right people get the right training and are ready to execute their jobs efficiently when it becomes time to board the vessel."

Siew says the training will

limit traditional classroom and lecture style training, and veer more toward the digital platform.

"Training has evolved a lot," he says. "We will deliver blended training that combines traditional training and self-based training in which a member can interact directly with the lessons."

This online training will feature animation and three-dimensional content to engage the student.

The contract term is three years, but Siew anticipates the company will have work after that time frame as they update and evolve training course material.

## Calgary's Cowboy Up unites ship, crew with namesake city

**LS Stephanie Nicol**  
HMCS Calgary

HMCS Calgary celebrated 21 years since joining the Royal Canadian Navy May 14 with the annual Cowboy Up, an event that allows stakeholders from their namesake city to come to Esquimalt and meet the crew of the ship.

This event showcased great music, tasty food, a silent auction, and El Diablo, the mechanical bull.

The event began the previous day by going to sea. This provided an opportunity for stakeholders from the City of Calgary, as well as friends and family of the crew, to become sailors for a day. The day sail showcased Calgary's capability, as well as its crew, as they went through a few exercises, such as high-speed manoeuvres and a man-overboard simulation. Guests were given guided tours of the ship and enjoyed lunch on the flight deck. A fly by from a Sea King

helicopter offered a neat spectacle.

The night of Cowboy Up was a busy one. In between eating delicious food, socializing, listening to great music by Jesse Roper, and the bull riding competition, crewmembers fundraised for the Foothill's Burn Unit in Calgary. Thanks to donations at the door, a 50/50 draw, the silent auction and fundraising throughout the year, Cdr Julian Elbourne, the Commanding Officer of Calgary, presented a cheque for \$20,000 to a representative of the Foothill's Burn Unit.

Cdr Elbourne gave away more than just a cheque that night. He presented the coveted white cowboy hat, courtesy of the City of Calgary, to RAdm Gilles Couturier, Commander Maritime Forces Pacific/Joint Task Force. The symbolic gesture on behalf of the Mayor of Calgary makes the wearer an honorary member of the city. These hats are also what makes the crew stand out in every foreign port visit.

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# Ace pilot encourages air cadets

**Peter Mallett**  
Staff Writer

Former Snowbird and Royal Canadian Air Force (RCAF) pilot Robert "Scratch" Mitchell inspected a squadron of Westshore air cadets last Tuesday, and encouraged them to seize the moment in their journey through life.

Mitchell, a retired Lieutenant-Colonel with 20 years in Canada's air force, was the Reviewing Officer for the 848 Royal Roads Royal Canadian Air Cadet Squadron during their 39th annual Ceremonial Review Ceremony at Belmont Secondary School in Langford on May 31.

After inspecting the youth the Victoria native took to the microphone and recalled some exhilarating moments of his career, including piloting CF-18s and commanding Canada's famed aerobatics team.

"When you are going through this kinetic experience called life try to find those moments, whether you are flying air planes, becoming doctors or the next internet sensation, find those magical moments because I think that is one of the gifts in life that we are given."

He recalled one such moment when he led his Snowbirds in a tight diamond formation down the northern glacial slope of Mount Baker as they flew towards Abbotsford, B.C. As Mitchell and the Snowbirds "tobogganed" down the slope, a beautiful sunset turned the sky a hue of purple and pink and Mitchell described the

memory as both unforgettable and surreal.

"This was one of those 'moments', not only because of the incredible setting, but because there was such a perfect connection amongst all of the pilots; it felt like we were all in the same plane," he said.

Mitchell acquired the nickname Scratch during a midair refueling exercise when the canopy of his plane was scratched and badly damaged. The name stuck.

He retired from the RCAF in 2010 and currently flies with the Patriots, a United-States based aerobatics team, and is an actor, producer and director in the film and television industry.

Following his words of encouragement, Mitchell was given a rousing ovation that closed out the ceremony.

"I am an aspiring pilot so it was great having an accomplished pilot like him come and speak with us," said 848 Squadron's Cpl Ian Tyree. "His speech was very inspirational for me especially when he spoke of finding your moment."

Cadets performed their precision parade drill, a rifle drill presentation and first aid demonstration in front of a gathering of approximately 100 family, friends, military officials and volunteers in the school's gymnasium. The 848 Colwood Squadron offers youth aged 12 to 18 an opportunity to develop leadership skills in citizenship, physical fitness and learn about the activities of the Canadian Armed Forces.



Photos by Peter Mallett, Lookout

**Above:** Robert "Scratch" Mitchell, a retired Lieutenant-Colonel who served for 20 years in Canada's Air Force, looks on during a first aid demonstration by the 848 Royal Roads Royal Canadian Air Cadet Squadron during their 39th annual Ceremonial Review at Belmont Secondary School in Langford.

**Bottom left:** Mitchell inspects members of the Squadron.

**Bottom right:** Members of Victoria's 3005 Army Cadets Corp band perform during the 848 Royal Roads Royal Canadian Air Cadet Squadron annual ceremonial review.

Perhaps Mitchell's instant connection with the cadets was because the RCAF runs deep in his blood. His grandfather flew Spitfires for the RCAF during the

Second World War and his father was also an air force member, flying the F-101 Voodoo during the 1960s.

Although Mitchell says he was "regrettably" not a

member of the air cadets while growing up, he worked closely with them as a member of the Snowbirds.

But his family continues to plant more roots in

the RCAF. His 13-year-old daughter Charlotte Mitchell, who accompanied him to the event, is a member of the air cadets 103 Squadron in Vancouver.



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# Discover your West Coast Canadian Armed Forces June 11 on the Westshore

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  - View Royal Casino
  - Royal Roads University
  - Westshore Bus Loop
  - Belmont Park Firehall
- BL** = Bicycle Lockup: Bicycle lockup is available at CPAC off Rosebank Rd.
- +** = St John Ambulance
- P** = Parking
- D** = Displays

**Westshore NAVY DAY**

**Schedule of Events**

- 10:15 a.m. Shuttle bus service begins from parking and transit areas (see map).
- 10:30 a.m. Westshore Navy Day Opens.  
Naden Band Quintet 'Prevailing Winds' Performance.
- 11 a.m. Welcome Ceremony.
- 11:15 a.m. CP 140 Aurora Fly Past.
- 11:30 a.m. Damage Control Demonstration.  
Search and Rescue Demonstration.
- Noon Tug Boat Ballet.  
Naden Band Quintet Performance.
- 1 p.m. Firebrand Water Show.
- 1:15 p.m. Damage Control Demonstration.
- 1:45 p.m. Naden Band Quintet Performance.
- 2 p.m. Last shuttle bus to the event departs parking areas.
- 3 p.m. Westshore Navy Day Concludes.  
Shuttle buses return guests to parking areas and transit stop.

For more information check out our event page [facebook/esquimaltbase](https://facebook.com/esquimaltbase)

## ADMIRAL'S MESSAGE

**Come discover your Royal Canadian Navy and Canadian Armed Forces**

I invite you to join me at Westshore Navy Day on June 11, 2016, so that you can get to know your local Canadian Armed Forces. As the Commander of your West Coast Royal Canadian Navy and Joint Task Force (Pacific), it is my great privilege to lead such a diverse group of highly skilled people. Every individual, whether civilian, sailor, soldier, regular force, reserve force, or aircrew, contributes to our primary mission of maintaining the security of our nation domestically and overseas.

It has been 10 years since our last open house event when thousands of people joined us at Ogden Point. This year will mark the first time that we open our doors on the Westshore. We are excited to share with you a glimpse into a section of the base that is not normally accessible to the public. We will have an array of displays including ships' tours, band performances, a tug boat ballet, search and rescue demonstration, and interactive displays such as selfie stations and boat rides. We'll even have food trucks! I hope to see you and your family at this free, fun community event.

Gilles Couturier  
Rear-Admiral  
Commander Maritime Forces Pacific/Joint Task Force Pacific

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## RCAF marks 60th anniversary of Canuck crash in Ontario

Alexandra Baillie-David  
RCAF

About 60 veterans and members of the Royal Canadian Air Force (RCAF) gathered on Sunday, May 15 to remember the lives lost when a CF-100 Canuck aircraft crashed into a convent in Orleans, Ontario, exactly 60 years ago.

"It is important to remember our roots, to remember this disaster and the community's efforts in the aftermath," said Brigadier-General Lise Bourgon, Chief of Staff Operations - CJOC. "Ceremonies like this give us the opportunity to honour the servicemen and sisters who died in that crash."

Just after nine o'clock on the evening of May 15, 1956, a Canuck from 445 Squadron took off from RCAF Station Uplands, just outside of Ottawa, for a routine night intercept exercise. Upon reaching a cruising altitude of 33,000 feet (10,058 metres), the pilot, Flying Officer William Schmidt, requested to intercept two other Canuck aircraft that were traveling south at 35,000 feet (10,668 metres).

When permission was denied, Flying Officer Schmidt spoke briefly with ground control and continued going west. The ground controller then turned away from

the radar screen before noticing the single track had suddenly disappeared.

In just one minute, Canuck 18367 had fallen from 33,000 feet and crashed into Villa St. Louis, the home of the Sisters of Charity of Ottawa. Fifteen people were killed, including the pilot and navigator, 11 nuns, a kitchen assistant and a navy chaplain.

The cause of the crash is unknown, but the accident report states three possibilities. The first is the pilot flew through the jet wash of the two other aircraft and lost control. The second possibility is the pilot attempted to descend VFR (visual flight rules) through a "sucker hole" (a gap in the overcast layer), exceeded Mach 1 (the speed of sound) and experienced "tuck-under" (when the nose of the aircraft is forced downwards during supersonic speed). The third possibility is the crew experienced anoxia, a sudden loss of oxygen.

Veterans from the "Knights of the Round Table", a group of ex-RCAF airmen, and Branch 632 of the Royal Canadian Legion organized the memorial event. Friends and relatives of the victims were also present and paid tribute to their loved ones during the Piper's Lament ("Flowers of the Forest") and a reading of "High Flight".



Photo by Alexandra Baillie-David, Contributor  
A memorial cross was built at the exact area of the crash, which is located behind the Bruyère Village Retirement Home in Orleans, Ontario.



# Reservists prepare to tackle mountain of mud

**Peter Mallett**  
Staff Writer

Reservists from the 5th (BC) Field Artillery Regiment are gearing up a full-on mud treatment in the resort town of Whistler.

But the mud they seek isn't found in the spas or health clubs. Instead the reservists will be getting down and dirty in the Tough Mudder event at Whistler Olympic Park June 18 and 19. The two-day event is for those military and non-military souls brave enough to navigate through more than 20 obstacles over an 18-kilometre stretch of rugged mountainous terrain.

"It's all about team work and camaraderie and facing a challenge beyond what most people would normally attempt," said Team Leader OCdt Chris Life.

Tough Mudder was founded in 2010 by Will Dean and Guy Livingston, drawing inspiration from British Special Forces training. The first event was at Bear Creek Ski Resort near Allentown, Pa. The concept has grown exponentially since then, with this year's seven-country tour boasting 57 separate events in 37 cities.

The trip to Whistler is part of the Regiment's adventure training; the unit has already participated in one previous Tough Mudder event. The aim of adventure training is to develop, through challenging outdoor pursuit, leadership and other qualities that



**Above:** Members of the 5th (B.C.) Field Regiment pose for a group photo during the 2015 Tough Mudder at Whistler Olympic Park.

**Below:** Pte Foreman runs through the Shock Therapy obstacle course in the 2015 race.



enhance the performance of CAF members.

Regiment commanding officer, LCol Brendan LeBlanc says one of the many benefits of Tough Mudder is that it allows personnel to work together towards a common goal.

"Events like this are a good test of what you are made of – things that troops have

had to endure during their training but now done to boost teamwork, esprit de corps and the challenge of a different kind of fitness that makes sense for the Canadian Forces," he says.

In April, the reservists began daily cardio and endurance training sessions in preparation for the event. OCdt Life emphasized that

Tough Mudder is not a highly competitive athletic event; there is no overall champion declared. The event is really about challenging oneself and finishing the highly challenging course.

"There is a nervous tension that prevails for most participants before the event who ask themselves questions like 'am I going to be able to do this?' But you quickly realize there are hundreds of people there to help you," he says.

Some of the obstacles on the course include Artic Enema, where participants plunge into a giant dumpster filled with ice water; Funky Monkey, a set of greased and muddied inclining and declining monkey bars suspended over cold water; Electric Eel, where participants slide on their stomachs through mud and water with live low voltage electric wires hanging overhead, and the Berlin Wall, an eight to 12 foot wall that participants must scale.

Event organizers emphasize safety on their website and remind participants they are free to skip any obstacle course they feel they cannot complete safely.

While Tough Mudders boast a 78 percent completion rate on their website, OCdt Life says the biggest reward for his group will be ensuring all his team members cross the finish line.

"I can't guarantee you 100 per cent completion for our group, but we will start as a team and finish as a team and leave no one behind," he said.

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# TOUCHING THE STONES

**David Lewis**

Naval Association of Canada  
(London)

The Battle of the Atlantic Memorial is a tribute to the ships and men of the Royal Canadian Navy, lost in the longest running battle of the Second World War. It is a stunning and moving memorial, created with extreme gratitude for those who made the supreme sacrifice and whose final resting places cannot be marked by graves.

The memorial is built into the grass hillside at *HMCS Prevost*.

A series of 25 blue granite stones traverse the hillside. Each stone is engraved with the name, the image, the hull number and the date the ship lost during the Battle of the Atlantic.

There is also a stone honouring the sacrifice of the Merchant Navy.

The memorial rests in central Canada as the sailors represented here, who were lost with their ships, came from small towns and large cities, from every province across this great country.

As much as we remember the ships and the gallant names of Valleyfield, Alberni, Louisburg and others, it is not the steel and iron we commemorate. It is the sons and fathers, the brothers and friends, the grandsons loved and lost. It is their service, their sacrifice that permeates this memorial.

The memorial remembers the 18-year-old sailor bundled heavily against the bitter cold. He's standing watch on the open bridge of an RCN

Corvette. Around him is the freezing North Atlantic and in the moonlight are the many plodding hulls of the convoy he's protecting. It remembers the blinding flash, being hurled into the air, and slamming down into the icy water. It remembers the struggle to surface and the weight of the black Arctic water slowly over-whelming. It also remembers the Sunday morning knock on the door, the telegram, the words "deeply regret to inform you..."

If only one ship was lost and only one young Canadian life was given, this memorial would still not be enough to recognize the sacrifice. There are thousands of other stories that left no community untouched and few families unscarred.

As much as the Battle of the Atlantic Memorial has become a place of remembrance, it has also become a place of healing. It is a destination for those who, for over 70 years, have had no destination. No grave. No marker.

The stones touch those who visit, and those who visit touch the stones.

Two sisters from small town Quebec had their great-granddaughter drive them to *HMCS Prevost* to visit the memorial. In November of 1944 their 19-year-old brother was lost with *HMCS Shawinigan*. Tears streamed down each face as their aged hands caressed the *Shawinigan* stone. There was the elderly gentleman who literally clawed his way up the hill to touch the *Regina* stone. He had been on *Regina*. The 93-year-old gentleman in a Legion jacket was accompanied by three vans of fam-



Photos by David Lewis

**Above:** The Battle of the Atlantic memorial receives a constant flow of visitors. Many are veterans with mobility issues which makes access difficult or limited.

**Right:** *HMCS Louisburg* stone. One of 25 memorial stones that make up the memorial.



ily members who wanted to see the *Spikenard* stone. He had been on another ship in convoy and had witnessed the *Spikenard*, with his best friend on board, torpedoed and sunk.

With these memories and these visitors in mind, the Naval Association of Canada (London) has launched into an aggressive landscaping project. Where these visitors once struggled on foot, or walker, or wheelchair to get across the grassy lawn to their memorial, they will now have an even level pathway. The slippery, dangerous grass hillside is

being replaced with a safe solid stairway. It is a huge undertaking but it will truly enhance the accessibility to the site for generations to come.

Standing at the memorial and viewing these granite symbols of sacrifice, the words of Abraham Lincoln come to mind: "We cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living and dead have consecrated it far above our poor power to add or detract."

His words ring true today. We

do not know what constitutes 'hallowed' ground, but we do know that this grassy hillside at *HMCS Prevost* has changed forever.

*Editors Note: The Naval Association of Canada (London) has set up a gofundme page for those who would like to assist them in the dramatic improvements being made at the Battle of the Atlantic Memorial. The page may be found at [www.gofundme.com/battleatlanticmem](http://www.gofundme.com/battleatlanticmem)*



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# Investigative prowess rights historical wrongs

**Peter Mallett**  
Staff Writer

For the past 16 years, Bart Armstrong, 67, a former military reservist, has spent his days pouring over historical records, microfilm and Internet sources to dig deep into our nation's military past in order to right many historical wrongs.

Armstrong says his research has uncovered 109 recipients of the Victoria Cross with connections to Canada as opposed to the previously accepted number of 94, and determined there are 109 Medal of Honor recipients with connections to Canada who served for the United States as opposed to the recorded 69.

He is also big on pointing out that 50,000 Canadians served in the U.S. during the Civil War, something most Canadians are "completely oblivious to."

"I am just scratching the surface with my work; there is so much out there about Canada's military history, and, as a prominent genealogist recently claimed, an estimated 95 per cent of that information has yet to be revealed," he says.

His most recent work resulted in the proper grave marker for U.S. Medal of Honor recipient Joseph Noil, an African-Canadian who travelled from his Nova Scotia home to join the U.S. Navy during the Civil War. A series of unfortunate errors led to the sailor being buried without the prestigious head stone.

On the home front he worked with others to have a more prominent marker placed in honour of former *HMCS Malahat* Commander Rowland R.L. Bourke, the only known holder of the Victoria Cross and France's Legion of Honour Medal from the First World War. Cdr Bourke received his medals for saving the lives of 41 servicemen during the 1918 spring raids at the Belgium ports of Ostend and Zeebrugge.

The history buff doesn't mince words in his more than 400 "Sunday Evening" blogs on his website [www.canadianmedalofhonor.com](http://www.canadianmedalofhonor.com). The site



Peter Mallett, Lookout

**Military historian Bart Armstrong conducts research in his Saanich home.**

is home to a comprehensive digital archive of graves, memorials and medals information, easily searchable, and available for other researchers and historians to access.

"You can type in the name of any soldier, sailor, aviator, ship or military institution and find out what I have written about," says Armstrong. "Most of the material is related to The Medal of Honor, the Victoria Cross, and also The Great Escape, one of my other preoccupations."

His investigative sense comes from years working as a police officer, in the private investigation and security fields, and also as a journalist and advocate. His love of military

comes from his own service in three different regiments of the Canadian Armed Forces Reserves, and a long legacy of military service in his family lineage.

Add to his already brimming resume, he served as president of the Victoria Genealogical Society, and is the only Canadian member of the "Medal of Honor Historical Society of the United States". In humour, they refer to his home office as the group's "Canadian satellite office."

When the errors are corrected and result in high profile events such as the April 29 Noil ceremony in Washington, DC, which brought out top U.S. and Canadian military and civilian officials, very few were aware of his and others' work behind it.

However, he has received a few prized letters of praise from both U.S. and Canadian statesmen.

"More Canadians need to be aware about the importance of researching Canada's history themselves," says Armstrong. "If they did this work they would eventually come to the conclusion our country's strong, intricate ties to the historical legacy of the United States are something that needs to be celebrated."

***I am just scratching the surface with my work; there is so much out there about Canada's military history.***

-Bart Armstrong  
Military Historian

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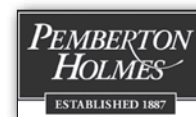
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Peter Mallett, Lookout

A member of the CFB Esquimalt Men's Tritons tags a runner from the Comox Totems in game two of their Pacific Regional Slow Pitch Championship Series at the baseball fields on Colville Road.

## Tritons score slo-pitch sweep

**Peter Mallett**  
Staff Writer

The CFB Esquimalt Tritons advanced to the CAF Men's Slow Pitch National Championships with a series sweep of the Comox Totems in their Pacific Regional Qualifying tournament.

The Tritons grounded their RCAF rivals from up island by a combined score of 51-13 over two games in their best-of-three series held at the Colville Road baseball fields on June 1.

The Tritons scored a 22-7 win in Game 1 and followed it up with a 29-6. Esquimalt now moves on to the CAF Slow Pitch Nationals at CFB Borden Aug. 25 to 28.

"Comox came out ready to play and made a lot of hard contact with the ball especially in the first game of the series, but we made them pay for a lot of their mistakes and made the most of our chances," said Tritons coach PO2 David Webb, an instructor with Fleet School. "They were good competition, but we are now looking forward to the nationals in August."

Tritons' Cpl Jarvis Beach, from 443 MH Squadron, earned game one, and the series, Most Valuable Player (MVP) honours

for the Tritons, while LS Daniel Richard, HMCS Ottawa collected the MVP award for game two.

### Results

#### Game 1: Esq 22 vs Comox 7

- Player of the Game Esquimalt: Cpl Jarvis Beach
- Player of the Game Comox: Cpl Trevor Zoney
- Home plate umpire: Brian Tucker
- Base Umpire: Rick Dacey

#### Game 2: Esq 29 vs Comox 6

- Player of the Game Esquimalt: LS Danny Richard
- Player of the Game Comox: Sgt Mike LeBlanc
- Home plate umpire: Rick Dacey
- Base Umpire: Brian Tucker

- MVP of the tournament: Esquimalt's Cpl Jarvis Beach
- Chief Official for tournament: Dan Walushka
- Acting BAdMO presenting awards: LCdr Keoughan

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# Primary Leadership Qualification (PLQ) Graduation Ceremony

Work Point Parade Square, CFB Esquimalt, May 17.

Images by LS Ogle Henry, MARPAC Imaging Services



Leading Seaman (LS) Sheldon Halliman receives the Formation Chief Petty Officer's Award from Chief Petty Officer First Class (CPO1) Mike Feltham, Formation Chief Petty Officer.



LS Matthew Taggart receives the PLQ Drill Award from CPO2 Nathalie Scalabrini, PLQ Senior Instructor.



Master Corporal (MCpl) Ketrina Newell receives the PLQ Top Student Award from Don Cook of the Chiefs and Petty Officers Association.



Corporal (Cpl) Richard Wood receives his PLQ certificate from the Reviewing Officer, Captain(Navy) James Clarke.



MS Ashley Wilson receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Roy Styffe receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS James Sinclair receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MCpl Meaghan Richards receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Giovanni Onucky receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl Christian Navratil receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl John McMurray receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Bryce Mcauley receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl Stuart Lowe receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl Caroline Livesey receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Paul Johnston receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Dean Harbert receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Mike Grobov receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS E.M. Gagnon receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS S.R. French receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Brock Elinsky receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.





# Primary Leadership Qualification (PLQ) Graduation Ceremony

Work Point Parade Square, CFB Esquimalt, May 17.

Images by LS Ogle Henry, MARPAC Imaging Services



MS Ann-Marie Aird receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Courtney Edwards receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl Nancy Downey receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Andrew Clark receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS A.M. Cinco receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Shaun Charpentier receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Ralph Chamberlain receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS R.A. Caughill receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Left: LS Abel Bouchard receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.

Right: Cpl Jacob Bonvie receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



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## Maritime Forces Pacific presentation ceremony

Images by MCpl Michael Bastien, MARPAC Imaging Services



Able Seaman San Le is promoted to his current rank by Lieutenant Commander Colleen O'Brien.



Petty Officer First Class Lisa Peverelle receives the South West Asia Service Medal Afghanistan Bar First Rotation from LCdr Colleen O'Brien.



Petty Officer First Class Gary Wickstrom receives the Article 5 Nato Medal Active Endeavour from LCdr Colleen O'Brien.



Lieutenant(Navy) Etienne Laurier receives the Operational Service Medal Expedition from LCdr Colleen O'Brien.



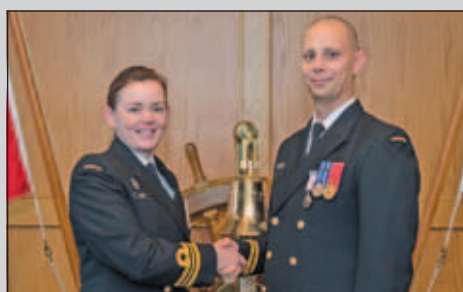
Photo by LS Ogle Henry, MARPAC Imaging Services

LCdr Steve Shute is promoted to his current rank by Capt(N) Jason Boyd at MARPAC HQ with his father-in-law and mother-in-law Allan and Jean Bedford, wife Colleen Shute, and daughter Harmony.



Photo by LS Ogle Henry, MARPAC Imaging Services

Lt(N) Kristy Jinnouchi is promoted to her current rank by Cdr Wes Golden, MARPAC HQ Commanding Officer. Also present is Lt(N) Jinnouchi's husband, MS Eric Simard.



Lt(N) Francois Gaudreault is awarded the Operational Service Medal Expedition Operation Caribbe by LCdr Colleen O'Brien.



Master Warrant Officer Denise Jones receives her Canadian Forces Decoration Second Clasp for 32 years of service from LCdr Colleen O'Brien.



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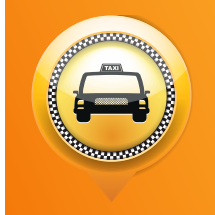
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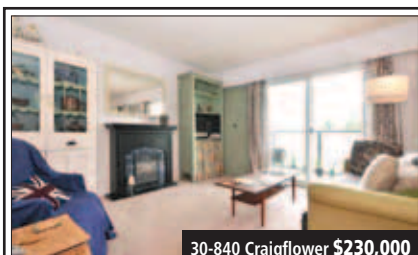
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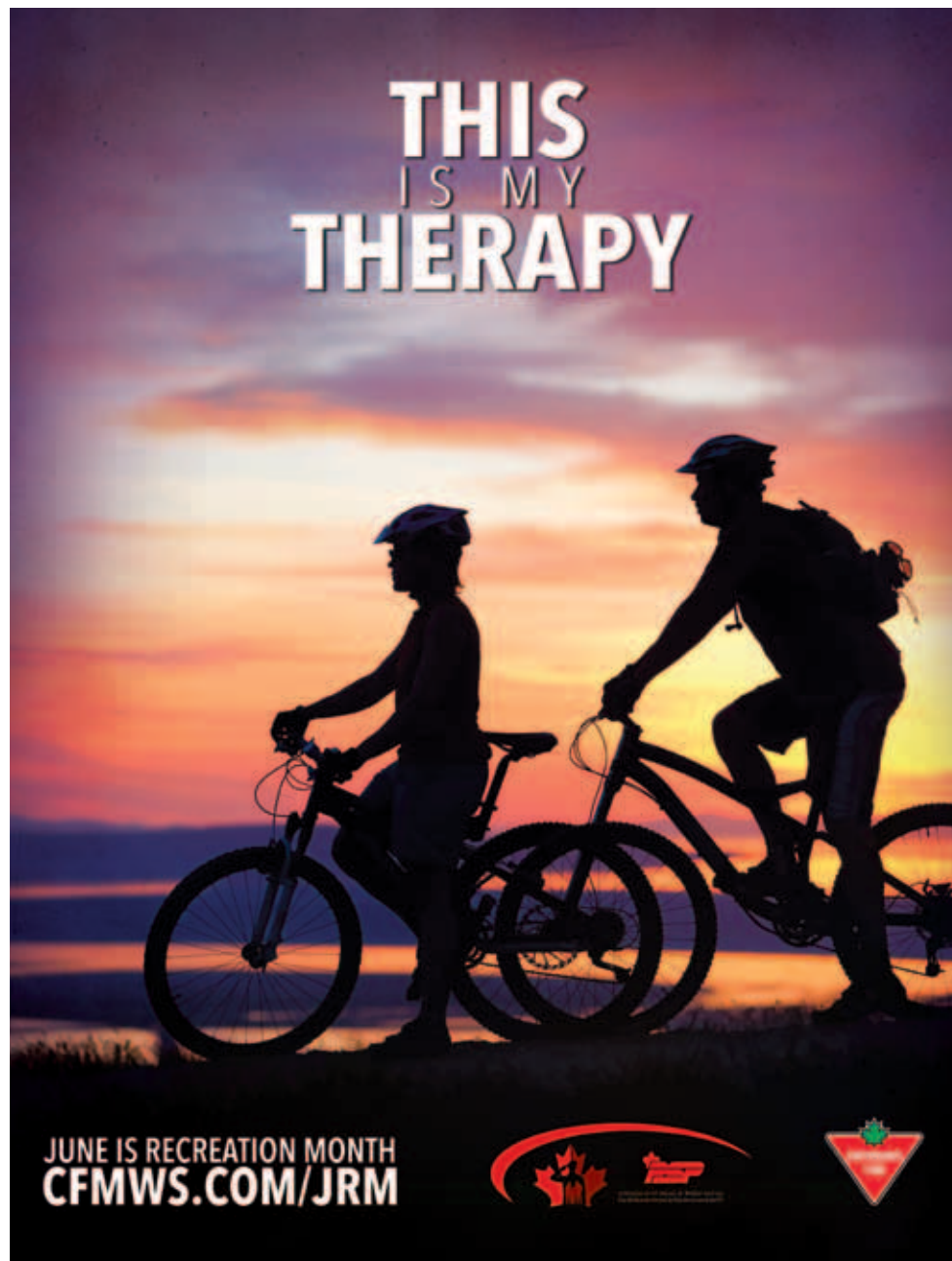
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