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LOOKOUT

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Navy replaces veteran's stolen coin

Darlene Blakeley
 Navy Public Affairs Ottawa

A 91-year-old naval veteran who had a treasured coin stolen from his car during a recent move in Cornwall, Ont., received an unexpected visit from the Deputy-Commander of the Royal Canadian Navy (RCN) on Sept. 2 at the Cornwall Legion.

Six years ago, Edgar Hughes received the coin from the commanding officer of *HMCS Fredericton* in honour of his service on D-Day. On the day the allies stormed the beaches of Normandy, Hughes, just 19 at the time, was a gunner aboard *St. Croix*, one of the Royal Navy's merchant ships. After the Germans launched three shells at the convoy *St. Croix* was sailing with, the young Hughes set up a smoke screen that saved the lives of hundreds of sailors.

The story of the veteran's stolen coin came to the attention of the RCN after media reports on the crime. RCN Deputy-Commander, Rear-Admiral Gilles Couturier, decided to personally travel to Cornwall to present Hughes with a replacement coin, as well as

other gifts including navy books and ball caps. The items all came from the ship's company of *HMCS Fredericton*, of which RAdm Couturier was once a commanding officer.

"We saw the article about Edgar Hughes and read about how much the coin meant to him, so we thought it would be a great opportunity to replace it for him," said RAdm Couturier. "It's important to recognize the hard work of our veterans and express how much gratitude we have for them."

Hughes knew the RCN was coming to the Cornwall Legion to pay him a visit, but was surprised by the fact they were coming to replace the coin, and that an admiral had come from Ottawa to present it to him.

"I'm so happy," he said. "It's so wonderful for you to have come down. I'm pinching myself wondering if this is really happening. Thank you so much. I'm just speechless."

Hughes and RAdm Couturier enjoyed exchanging naval stories. "Once navy, always navy," Hughes said. "I wish I could go sailing with you, with today's navy."

The Admiral responded sincerely, "Thank you, but you've done your part."

With files from Lt(N) Linda Coleman, Navy Public Affairs Ottawa.



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Behemoth shredder set to grind

Peter Mallet
Staff Writer

Base Clothing Stores is counting on a monster-sized shredding machine from Germany to cut costs, free up storage space, and improve efficiency.

For now the machine and its mechanical teeth are lying in wait on the ground floor of Dockyard's Base Logistics building. When the machine becomes operational on Sept. 12 it will be able to quickly shred military CADPAT clothing

deemed beyond economical use.

Manufactured by the JBF Machine Company of Rahden, Germany, the 2,425-lbs textile shredding machine stands approximately six feet high and four feet wide.

"I call it the Behemoth," says Clothing Stores interim supervisor Paul Lavallee. "In the end there will be significant savings for the department in the operational movement of scrap clothing at the base."

Lavallee said the new shredder will vastly improve the speed at which

staff process tattered non-re-issuable CADPAT clothing for disposal.

The two-level machine has a giant hopper at the top where the clothing is fed, with the engine and grinders located below. After the unwanted material goes through the shredding process it is placed in a large dumpster and then disposed of by waste contractors.

Base Clothing Stores supplies all dress and work-related operational clothing for military personnel at the base. Their first-floor reception room is normally bustling with clients looking for quick solutions to their uniform requirements, so providing prompt service is of utmost importance says Lavallee.

"Since the majority of our time is spent engaging customers over the counter, it's going to be a great time saver for our staff to have the shredder," said Lavallee.

But shredding clothing wasn't always the way. In the past, says Lavallee, unusable CADPAT clothing and floater coats were cut up by hand, and other uniforms and footwear were resold as Crown Assets. Some of the "scrap" clothing and footwear will still be sold through Crown Assets to recover some funds.

With approximately seven 200 to 400 lbs boxes of non-reusable clothing piling up in the building's first floor warehouse each week, Lavallee concluded the Behemoth will be a "welcomed time saver" for his staff.



Peter Mallet, Lookout
The main component of the JBF Machine Company of Germany's shredding machine in Dockyard's Base Logistics Building. The 2,425lbs machine is capable of shredding non-operational military uniforms in seconds.

Obituary - LCdr Doug Stark remembered

The Commander Maritime Forces Pacific, RAdm Art McDonald regrets to announce the passing of LCdr (Ret'd) Doug Stark, former Commanding Officer of HMCS Whitehorse 1998-2002, at Royal Jubilee Hospital in Victoria on Aug. 30.

LCdr Stark joined the Naval Reserve as a naval signalman on

June 27, 1983, at HMCS Malahat, and became a MARS officer in 1986. He will be remembered as a colorful and vibrant member of our Naval Reserve family and will be missed by many. Our thoughts are with his family and friends in this time of loss.

The funeral service will take place

at First Memorial Funeral Services, 4725 Falaie Drive, on Sept. 12 commencing at 1400 (2 p.m.).

The family has requested that serving military personnel attend in service dress (N1A or equivalent). A post-funeral reception will take place at HMCS Malahat commencing at 1600 (4 p.m.).

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Earthquake scenario part of Operation Nanook

Peter Mallett
Staff Writer

As last month's deadly earthquake in Italy unfolded, participants in Operation Nanook in Canada's far north were once again reminded why their earthquake preparedness drill was so important.

While the recovery operation was unfolding in Southern Europe following the magnitude 6.2 earthquake that flattened three medieval towns in central Italy in the early morning hours of Aug. 24, 8,200 kilometres away in Whitehorse, Glenn Cooper, CFB Esquimalt's Urban Search and Rescue Team Lead, was in the midst of training Yukon government officials about what to do in their community if an earthquake struck.

"The real earthquake happened on day three of our

training and one of the first things we did as instructors was put up video clips during our instruction to show the importance of being properly prepared," said Cooper. "It was significant for us both in terms of having properly trained rescuers, but also for the average citizen of being informed and having a properly stocked family emergency kit."

This is the first time Op Nanook focused on a seismic event, with the entire exercise involving 850 federal, territorial and municipal government employees and officials. Cooper's team of seven personnel from Esquimalt were tasked with responding to a simulated earthquake situation in Haines Junction, Yukon, located 130 kilometres west of Whitehorse.

Here on base, Cooper's Urban Search and Rescue (USAR) unit, part of Real

Property Operations, are not first responders during an earthquake, but rather experts on the safe rescue of victims trapped inside buildings that have collapsed.

USAR draws their expertise from members across the Formation, "from supply techs to electricians" according to Cooper, and much like a volunteer fire department "spring into action when they are needed."

Cooper's team was also involved in training members of the Yukon government, emergency services and Canada's military on the Rapid Damage Assessment, which determines whether a structure is safe to enter after an earthquake or other catastrophic event.

Esquimalt's Fleet Diving Unit (FDU) also had a team of 10 personnel involved in Op Nanook, which ended Sept. 8.

Working out of



Photos by MCpl HJL MacRae, 4 Wing Imaging

CPO2 Nathalie Scalabrini and Glenn Cooper discuss training during a disaster rescue emergency exercise at the Whitehorse Fire Department as part of Operation Nanook.

Whitehorse, FDU personnel had two responsibilities in the exercise: an infrastructure survey of the Robert Campbell Bridge that spans the Yukon River, connecting the community of Riverdale with downtown Whitehorse, and a water

search and rescue operation involving a fictitious missing airplane, and body recovery along with the recovery of the plane's black box.

"Everything went well for our unit during the operation," said FDU Operations Officer Lt(N) Kevin Darling. "The biggest problems for our team were overcoming the fast-moving water [in the Yukon River] and the normal logistical strains of such an enormous operation."

Lt(N) Darling noted in order for the dive team to deploy, his group worked closely with local officials to reduce the dangerous currents in the Yukon River by lessening the water flow at a dam located upstream.

He and Cooper both noted the importance of all units, branches of government and individuals participating in Nanook work-

ing in coordinated effort. Both said they were encouraged by the success of the mission and the valuable training and knowledge it provided participants.

"Everyone was collaborating and sharing their knowledge and I think we achieved the main purpose of all levels of government and branches of the military working together in major disaster," said Cooper. "I was amazed at how seamlessly we were able to accomplish our objectives and it went 100 percent better than I thought."

Cooper reminds all civilian and military personnel on base to become better prepared and educated about earthquakes, while noting some life-saving tips are located on the Government of Canada webpage: www.getprepared.gc.ca/cnt/hzd/rthqks-eng.aspx



CFB Esquimalt and CFB Comox Urban Search and Rescue teams conduct training with the Whitehorse Fire Department, Watson Lake Fire Department and Yukon Government Community Services.





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WHAT SAY YOU

People Talk

Lookout asked this question:

If you could be a contestant on any television game show which one would you choose and why?



The Newlywed Game because my wife really likes that show. If we were contestants on the show it would prove to everyone how amazing our marriage is.

Craig Price,
PSP Fitness instructor



Don't Forget The Lyrics that used to air on the Fox Network because they do 60s, 70s and 80s rock and that's the generation I grew up in and can relate to the tunes.

Frank Kohl,
Base Foods



The game show Wheel of Fortune because I'm so good at playing it at home in front of my television. If I was a contestant I think I would do amazing and win for sure.

Jennifer Buck,
Base Logistics



The Price is Right because they have such cool prizes and playing the Plinko Game they have on the show would be amazing

Cassandra Fuller,
Base Foods

SPORTS trivia

by Stephen Stone
& Tom Thomson

QUESTIONS?

1. When were the first official Paralympic Games held?
2. Who was the first president of the International Paralympic Committee?
3. When were the first Winter Paralympics held?
4. What is the record for tickets sales at a summer Paralympics?
5. What is the record for ticket sales at a winter Paralympics?
6. How many eligible impairment types are there in the Paralympics?
7. When did Canada first compete in the Paralympics?
8. Which Senator holds the Canadian record for most athletics medals at the Paralympics?
9. Which Cabinet Minister in the British Columbia provincial government is the only female Paralympic athlete to have won gold in two separate summer sports events?
10. Which Canadian Paralympian has won the greatest number of gold medals?
11. Who won the greatest number of gold medals for Canada in a single Paralympic Games?
12. Who is the first Paralympian to win gold in both summer and winter games?
13. Who holds the record for most gold medals in a single winter Paralympics?
14. Who is the first Canadian athlete to be named to both winter Paralympic and Olympic teams in the same year?
15. How many times has Canada hosted a Paralympic Games?
16. Who is the most decorated Paralympian in history?
17. Who is the most decorated Winter Paralympian?
18. Who is the first athlete to compete in both Summer Paralympics and Olympics in the same year?
19. Who is the first Winter Paralympian to fail a drug test?
20. Who was the first paraplegic to compete in the Olympics?

1. 1960 – Rome. Paraplegic competition was first held in 1948 in London for disabled British war veterans.
2. Dr. Robert Steadward (Edmonton), served from 1989-2001.
3. February 21-28, 1976 (Ornskoldsvik, Sweden).
4. In excess of 2.5 million at London 2012.
5. 316,200 at Sochi, Russia in 2014, which exceeded the previous record of 230,000 set at Vancouver in 2010.
6. Ten. Impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonía, ataxia, athetosis, vision impairment, and intellectual impairment. These are also subdivided into classifications of impairment.
7. Summer: 1968, Tel Aviv, Israel. Winter: 1976, Ornskoldsvik, Sweden.
8. Chantal Petitclerc – 21 (14 gold, five silver, three bronze). She is Chef de Mission for Canada's Paralympic team in Rio and was named to the Senate in March 2016.
9. Michelle Stilwell. Stilwell won gold in wheelchair basketball in Sydney in 2000, two gold in athletics in Beijing in 2008, and gold and silver in athletics in London in 2012.
10. Michael Edgson – 18 gold, also three silver between 1984 and 1992 in B3 visually impaired swimming.
11. Michael Edgson (1988, Seoul) – nine gold: seven individual, two relay.
12. Viviane Forest. Forest won gold in women's goalball in 2000 in Sydney and 2004 in Athens. She won gold in 2010 in Vancouver in visually impaired downhill skiing.
13. Lauren Woolstencroft won five in alpine skiing at Vancouver in 2010.
14. Brian McKeever. In 2010, he was named to the Olympic team in 50 km cross country skiing and the Paralympic team in visually impaired cross country skiing.
15. Twice: 1976 Summer Games in Toronto and 2010 Winter Games in Vancouver.
16. Trischka Zorn. 55 medals: 41 gold, nine silver, and five bronze in blind swimming between 1980 and 2004.
17. Ragnhild Myklebust won 27 medals, including 22 gold, between 1998 and 2002 in biathlon, cross country skiing, and ice sledge racing.
18. Oscar Pistorius in London in 2012. Pistorius won six gold, one silver, and one bronze at the Paralympics between 2004 and 2012.
19. Thomas Oelsner tested positive for steroids in 2002 at Salt Lake City. He was stripped of two gold medals and sent home.
20. Neroli Fairhall competed in archery in 1984 in Los Angeles, finishing 35th. She won gold at the Paralympics in 1980 in Arnhem, Netherlands and gold at the Commonwealth Games in 1982 in Brisbane, Australia.

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Attention military members and military families...

Your input is needed to help the Esquimalt MFRC and PSP Recreation better serve your needs.

Canadian Forces Morale and Welfare Services (CFMWS), in collaboration with Military Family Resource Centres (MFRCs) and Personnel Support Programs (PSP), are conducting a confidential web-based Community Needs Assessment to determine the needs of the military family community. Your input will help us to serve you better now and into the future. We value your opinion and thank you in advance for your participation.

► Survey is open from Sept. 12 to 23, so don't delay...

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Dive club needs help making the Gorge gorgeous again

Peter Mallett
Staff Writer

The Aquarius Dive Club is calling on experienced divers and general volunteers to assist in its annual cleanup of the Gorge Waterway.

The community-driven waste-removal project is an effort to preserve wildlife habitats and the beauty of the scenic waterway that stretches from Admirals road to its source, an inlet of Victoria Harbour near Tillicum Road.

This year's cleanup takes place Sept. 17 and volunteers are asked to assemble at Waterfront Crescent beside Selkirk Green Park no later than 10 a.m.

The cleanup is in its 16th year and organized by the Burnside Gorge Community Centre.

The base's dive club is entering its fourth year of involvement in the cleanup and the man overseeing it, MWO Mario Robillard, says the cleanup is all part of a larger effort called the

Great Canadian Shoreline Clean-up to rid shorelines across the country of harmful waste.

"For over 16 years, thousands of Victoria-based volunteers have removed tonnes of waste from local marine areas and shorelines while preserving wildlife habitats and restoring the beauty of the inner Gorge Waterway," said MWO Robillard. "You don't have to be a diver to partake in the effort, anyone who is interested in making a difference is encouraged to get involved."

General volunteers are to bring rubber boots and gloves as only a limited number will be supplied by organizers.

Divers participating in the cleanup will be required to report the type and amount of debris on an online survey map, part of the Aquarius Dive Club's role in Project Aware, a global initiative by divers to protect underwater environments from harmful refuse.

"Members of Aquarius and divers around the world

are seeking a permanent reduction of refuse in sensitive marine ecosystems," said MWO Robillard. "Their hope is to prevent the damage this waste creates as it contaminates some of the most remote and pristine waterways in all corners of the globe."

In past years volunteers have pulled everything from rubber boots and tin cans to shopping carts and an entire piano.

Divers will recover the waste they spot in synthetic mesh bags and then haul the material to shore where it will be put in wheelbarrows


and disposed of in a giant dumpster onsite.

MWO Robillard asks any divers interested in volunteering to contact him at Mario@robillard.biz while general volunteers are encouraged to contact Vanessa@burnsidegorge.ca



Members of the Aquarius Dive Club gather off Tyee Cove in preparation for their participation in the Gorge Cleanup.

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MFRC helps shift gears to civilian life

Peter Mallett
Staff Writer

The Esquimalt Military Family Resource Centre (MFRC) recently consulted the military community on the biggest challenges military members face transitioning out of the military into civilian life. Three of the biggest issues that emerged were: family involvement in the process, education regarding transition planning, and the "how" of transition.

The MFRC had been developing a course called Shifting Gears and, following the feedback from the military community, will now launch the course this Fall to meet those specific needs for releasing members, veterans and their families.

Shifting Gears is a component of the MFRC's Veteran Family Program (VFP), a four-year pilot project

launched in Esquimalt and six other bases in 2015.

"The military lifestyle is unique, and the transition from military to civilian lifestyle can represent a significant change for a member and their family," says Kaitlyn Ross, MFRC social worker and instructor of Shifting Gears.

The course will help members, veterans and their families "shift gears" and make the best transition to a post-military life.

"The course helps empower people to build on their strengths and move forward," adds Ross.

One of the ways the course does that is by helping members explore their identity outside of the military framework. The course covers the stages of transition and the strategies that families can use to help manage changes in their lives.

It spans four weeks with a three-hour session starting Tuesday, Oct. 25 at the Colwood Pacific Activity Centre from 6 to 9 p.m. It is open to releasing members, veterans and their families. Classes can accommodate up to 12 participants willing to share their experiences with the transition process in a group-discussion setting.

"It's an opportunity to normalize the transition process, and for families to know there are other military members, partners, spouses and family members going through similar experiences," says Ross. "It's about creating a sense of community and a support network for releasing members, veterans and families."

For more information or to register for Shifting Gears, please contact the MFRC at 250-363-2640 or visiting their website at www.esquimaltmfrc.com.



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French homework help is now available for military children

Military Family Services

Voilà Learning, in partnership with Military Family Services, is offering free online homework support to military children needing assistance with their French homework.

Registration is required when enrolling children to validate that they are from a military family. Once registration is complete, a code is emailed to parents allowing children access to the Voilà Learning Virtual Immersion Campus. Children find the customizable avatar-led virtual support of the campus

appealing, as the world they work in resembles a typical école.

Further, their questions are answered in real-time by professional teachers in a virtual group setting.

The homework help is available to children of military families between ages five and 18. Support is available in a variety of subjects on Monday, Tuesday, Wednesday and Thursday from 5 to 11 p.m. EST.

Voilà is a not-for-profit organization that unites hundreds of certified French teachers from school boards across Canada and the

United States. The organization also unites hundreds of members, teachers, educators and school principals with a common goal: to encourage students in their acquisition of the French language, and to help parents meet the needs of their children studying in a French program.

To view a video detailing how the service can be of benefit to your military family and/or to register in the Virtual Immersion Campus visit the Voilà Learning website:

<http://voilalearning.com/en/>



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12 Wing welcomes group for first Cyclone helicopter tour

Ryan Melanson
Trident

After recently celebrating a number of milestones surrounding the Maritime Helicopter Project and transition to the CH-148 Cyclone, officials at 12 Wing Shearwater, Nova Scotia, invited an outside group for a progress briefing and static tour of the Royal Canadian Air Force's (RCAF's) newest aircraft on Aug. 10.

Personnel from the Helicopter Test and Evaluation Facility (HOTEF) hosted members of the RCAF Association and the Royal United Services Institute of Nova Scotia for the briefing, which was delivered at the wing's Maritime Helicopter Training Centre by Captain Bryan Langille.

Visitors were given an overview of maritime helicopter roles in the modern era, the advanced capabilities of the Cyclone, including its upgraded engines, night-vision compatibility, and advanced sensors and radar, and were briefed on the transition progress thus far.

They viewed a number of photographs and video clips of the aircraft flying at sea during trials with *Her Majesty's Canadian Ship Montreal*, and then went out to the hangars to see the Cyclones and tour the interior of the helicopter.

Four Cyclones are currently housed at 12 Wing, with two of those being the upgraded 1.1 Block version of the helicopter. Two more of the original six Cyclones delivered are currently with Sikorsky, receiving the

Block 1.1 upgrade.

In terms of testing the helicopter, Major Travis Chapman, HOTEF commanding officer, said his crew has made significant progress in evaluating shore-based and shipborne operations.

After a break from flying for a new training course, the crew will be back out soon with the upgraded 1.1 chopper to continue building those proficiencies with *HMCS Montreal*.

"The biggest thing is proficiency and currency for the crews," he said. "If we're employing these guys to evaluate the aircraft and apply tactics, and try to insert the aircraft into a fleet, they need to know what they're talking about and how to use the systems, and how to fly the aircraft. And by September, we'll be entirely focused on the war-fighting aspects of the aircraft: above water and underwater warfare."

Deficiencies and technical problems have been raised, as is expected, but the process of working with the many contractors and Department of National Defence stakeholders involved with the project has been smooth.

"People are engaged and enthusiastic," said Maj Chapman. "People want this to work. So we do identify problems, and maybe sometimes that affects workdays or sailing schedules, and people can get unhappy, but there's been a real high degree of professionalism around this project."

Maj Chapman also gives credit to Sikorsky, who still own and operate the Maritime Helicopter



Cpl Felicia Ogunniya, 12 Wing Imaging Services
Members of the Royal United Services Institute of Nova Scotia and the Royal Canadian Air Force Association visited 12 Wing Shearwater Aug. 10 to learn more about the Block 1.0 and 1.1 phases of the CH148 Cyclone helicopter at 12 Air Maintenance Squadron.

Training Centre, for being agreeable partners through the process.

The key milestone achieved so far, which was a goal for spring 2016, was to have the first all-Canadian Armed Forces (CAF) air detachment crew land the Cyclone on the deck of a warship, which took place successfully in April.

Another more recent marker was the completion of the final aviation systems technician Sea King course for 406 Squadron. Squadron members will now exclusively be training for the new aircraft, which is very significant, said 406 Squadron's command-

ing officer and acting wing commander, Lieutenant-Colonel Peter Saunders.

"It's not someday that we'll see training on the 148 and focus all our energies on that; it's today," he said. "It's still going to be a long process to get ourselves fully mission-capable, but the more people see HOTEF crews out flying, or they notice their friends and comrades coming to the schoolhouse for a course – that sends a powerful message throughout the wing."

LCol Saunders said the mix of serving and retired CAF and RCMP members, and police officers, made up the perfect group to bring

in for an initial visit to see the newly upgraded aircraft. Many of those in attendance played a role in the early days of the Maritime Helicopter Project, and the tour could be seen as an opportunity to thank them and give them a glimpse of what that early work has led to.

The membership of the Royal United Services Institute comprises former CAF, RCMP and Police Services personnel, and other persons interested in the study, promotion and debate of defence and security issues.

The last flight of the CH-124 Sea King is sched-

uled for December 2018 on Canada's West Coast, marking the full transition to the Cyclone as the CAF's maritime helicopter.



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Constable Todd Mason from Victoria Police Department participated in the “Dunk-A-Cop” event supporting LS Andree Noye, this year’s Tour de Rock rider from the Military Police Unit. Accompanying them were Victoria Royals’ mascot Marty The Marmot and Rocky Raccoon, mascot for the Victoria Shamrocks.



Former Tour de Rock rider (2015) and active volunteer, Capt Pam Harris from CFNIS, along with Capt Dane Nicholson, 1 MP Regt, clown around at the photo booth.



The Aug. 26 block party in the Belmont area was a huge success from a base emergency services community outreach perspective. The Base Fire Hall, Military Police and various vendors offered fun, hands-on activities and products for families of all ages.

CANEX hosted a barbecue with proceeds donated to the Military Police Fund for Blind Children (\$500.46), and activities such as the popular Dunk Tank, mixed with donations from vendors, amounted to \$1,116 towards the Tour de Rock - Cops for Cancer charity.

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Photo by MC Mike Blanchard, DND

The Canadian flag and the flags of the provinces and territories adorn the Eagle Staff carried by Master Warrant Officer Stanley Mercredi in France at the July 2, in commemoration of the 100th anniversary of the First World War battles of Beaumont Hamel and the Somme.

Summer travel - Eagle Staff goes to France

Captain Thomas Edelson
 Contributor

To honour the contribution of Aboriginal peoples from Canada and Newfoundland in the First World War, five First Nations soldiers joined a contingent of 149 Canadian Armed Forces personnel in Europe July 1 and 2 to mark the 100th anniversary of Beaumont-Hamel and the Battle of the Somme.

Master Warrant Officer Stan Mercredi, of the Mikisew Cree First Nations in Fort Chipewyan, Alberta, was the Eagle Staff Carrier, representing Aboriginal customs and traditions on behalf of the Defence Team community.

The Eagle Staff, which was prominently displayed during the parades at Beaumont-Hamel on July 1 and at Courcellette on July 2, represents an Aboriginal tradition incorporated into military ceremony. Each staff is unique to the people who created it, to the people whom it represents, and to the time and place where it was made. The

Canadian Armed Forces Eagle Staff is unique in that it was designed to represent Aboriginal warrior heritage and the military legacy of Canada's First Peoples – to never forget the courage and sacrifices they have made over the centuries.

From remote reserves and communities across Canada, thousands of First Nations Canadians volunteered for the trenches on the Western Front. Serving principally in the army and recognized as valuable runners, scouts and snipers, more than 37 Aboriginal warriors were decorated for gallantry. At least 15 people of Inuit ancestry served in the Newfoundland Regiment, including Lance Corporal John Shiwak from Rigolet, Labrador, who was credited as being one of the best snipers in the British Forces during the war. Lance Corporal Shiwak was killed near Cambrai in late 1917 and is commemorated at the Beaumont-Hamel Memorial to the Missing.

Aboriginal soldiers in the First World War were known to be highly adaptable and patient, with keen observa-

tion powers, stamina, and courage, all key qualities to being an effective sniper or marksman.

Corporal Francis Pegahmagabow, who served with the 23rd (Northern Pioneers) Regiment, was the most highly decorated Canadian Native soldier of the First World War and is unofficially credited with 378 kills.

Another famous Native sniper was Lance Corporal Henry Norwest from Fort Saskatchewan, Alberta, who served with the 50th Canadian Infantry Battalion and is credited with 115 kills.

Corporal Pegahmagabow survived the war and went on to become Chief of the Parry Island Band. Lance Corporal Norwest was shot and killed while searching for a troublesome nest of enemy snipers three months before the war ended.

More than 4,000 Aboriginal people served with various Canadian units during the First World War. More than 300 died in uniform, and hundreds more were wounded, both in body and in mind.

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Former Air Force Flyer, a long ago Olympian



Ted Hibberd played forward with the RCAF Flyers in 1947-1948.

Alexandra Baillie-David
Air Force PA Office

There are many things that Alzheimer's disease has taken away from former Royal Canadian Air Force (RCAF) Flyer Ted Hibberd, such as the once-familiar faces of his family and friends, and memories going back to his young adulthood. But there's one thing the 90-year-old Ottawa native has always remembered: his gold-medal win at the 1948 Winter Olympics

in St. Moritz, Switzerland.

Hibberd was recruited as one of only two players without previous military experience. Hibberd and Pete Lechnitz had been too young to enlist during the Second World War, but were selected because the Flyers needed talented amateur players. They were enrolled in the RCAF and became instant Aircraftmen First Class.

Before their time with the RCAF, Hibberd and Lechnitz played with the New Edinburgh Burghs of the Ottawa Senior League. Two players who were former members of the air force and one who was a former army member also came from the Burghs.

Hibberd was a forward and, standing at 5'5", was speedy and agile – just the kind of player the Flyers needed.

The Flyers' legacy

Initially, the Canadian Amateur Hockey Association (CAHA) was not going to send a hockey team to the Olympics, a decision some felt was "anti-Canadian." At the time, changes to the International Olympic Committee's rules

had placed strict limitations on who was considered amateur enough to compete, and CAHA did not have a team that qualified. That was until Squadron Leader Sandy Watson, a senior RCAF medical officer and hockey fanatic, made a strong case for the Flyers. He managed to persuade the CAHA that the team, the Allen Cup winner in 1942, was a capable alternative.

However, many Canadians were unsure of this last-minute team of RCAF airmen. It was clear from a number of devastating losses in December 1947 that, despite the individual skill of each player, a sense of morale was lacking among the team members.

With the Olympics little more than a month away, the CAHA decided that recruiting more players from a civilian team would give the Flyers the best chance at winning. Within a few weeks of recruiting the five players from the Burghs, the team was on its way to Switzerland.

The Flyers brought home the gold after a tense final game against the Swiss in

February 1948. Despite the skepticism of many back home, this team of 17 airmen proved they could fly across the ice as well as they could fly in the skies.

Now, nearly 70 years later, the Flyers' legacy is still being honoured. For

Hibberd's 90th birthday on April 22, 2016, his family bought him a vintage Flyers jersey as a birthday present to celebrate one of the proudest moments of his life.

"He looked at it and recognized the jersey right

away," said Tim Schofield, who is married to Hibberd's granddaughter. "He still has strong memories of his glory days playing for the Flyers. He liked the camaraderie between the players, something different from a normal hockey team."



Photos Courtesy of Tim Schofield

Ab Renaud (left), Ted Hibberd and Reg Schroeter strike a pose for their 1948 RCAF Flyers players card photograph.

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Lt(N) Nathan Schnarr receives the OSM medal.

Commander Tanya Koester, Canadian Fleet Pacific
Commanding Officer, presented the OSM medal for
Operation Caribbe on Aug. 31

Bravo Zulu

Boatswain QL3 Ceremony

Lieutenant (Navy) Andrew Brumwell, reviewing officer for Boatswain
Qualification Level 3 Graduation ceremony, presented certificates Aug. 30.

Photos by Cpl André Maillet, MARPAC Imaging Services



OS Maxime Bernreiter receives his certificate.



OS Kyle Castrojeres receives his certificate.



OS Bill Bagunu receives his certificate.



OS Paul MacDonald receives his certificate.



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