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Photo by Peter Mallett, Lookout

CPO1 Michel Vincelette serves up a hot plate of chili during lunch hour at the Rainbow Kitchen in Esquimalt, Nov. 18. Military personnel from CFB Esquimalt served meals as part of community relationship building. The non-profit group Hero Work recently completed a \$500,000 renovation of the facility in October. Many military members from the base helped transform the facility. The Rainbow Kitchen serves over 6,000 hot meals per year to members of the community who are financially disadvantaged or on fixed incomes.

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DND employee inspires young women at special event

Peter Mallett
Staff Writer

Lisa deWit got an uplifting surprise in the form of long, loud applause following her speech on empowering women at the Girls Can Do event held in Washington, D.C.'s historic Warner Theatre.

"I remember the cheers from the audience roared right back on stage at me, letting me know those in attendance genuinely appreciated my message," said

deWit, from Formation Review. "After the presentation, during a meet-and-greet, there were hugs and kisses from total strangers, people wanting photos, and I even had requests for autographs."

Girls Can Do is a U.S.-based non-profit that hosts events internationally with an emphasis on inspiring girls to be possibility thinkers. The event allows young women to engage, connect and share their struggles and accomplishments with others.

During deWit's 10-minute oration, she talked about growing up on Wet'suwet'en First Nations territory in northern B.C. She emphasized the importance of how young women can "eliminate fear of perceived failure" in their lives and begin to see themselves as "matriarchs in training."

deWit, also the Civilian Regional Co-Chair for the Defence Aboriginal Advisory Group, was the only Canadian invited to speak at the event, which included Krishanti Vignarajah, Policy Director for First Lady Michelle Obama; hip-hop recording artist and former bassist for Beyoncé, Divinity Roxx; and the founder and designer of the anti-bullying software application Sit With Us, 16-year-old Natalie Hampton.

deWit extended a special invitation to former Maritime Forces Pacific commander Rear-Admiral Bill Truelove, now Commander of the Canadian Defence Liaison Staff (Washington) and Canadian Defence Attaché, and his wife Brenda Truelove. RAdm Truelove, who worked with deWit and the DAAG for several years before his departure from Esquimalt in 2015, described her address as "passionate and inspirational" and congratulated



Lisa deWit poses for a photo with RAdm William Truelove, Commander of the Canadian Defence Liaison Staff (Washington) and Canadian Defence Attaché, following her address at the Girls Can Do Event.



A copy of the Girls Can Do event programme. Formation Review employee Lisa deWit was among 12 presenters who spoke at Washington, D.C.'s historic Warner Theatre, Nov. 12.

her afterwards.

"Dressed in First Nations regalia with brilliant red colours, Lisa confidently took centre stage and engaged the audience of young ladies with great poise," said RAdm Truelove. "She immediately captured their attention and got silence as she brought to life through word and emotion her journey."

deWit said she relished the opportunity to speak at the event because it's important

for women to remember they have a purpose higher than themselves, and that is to become, and own their place as matriarchs in their communities.

"It is a very important time to lend our voices to support women and ensure the young ladies receive positive messages," she said. "I took a different approach in my delivery than the other speakers. Instead of talking about how I advanced my career, I chose to discuss

how you can reclaim your power in every situation, even the ones that shatter you."

deWit credited a First Nations' matriarch in her community and her cultural teachings in deciding what message she would share with the girls.

You can hear her presentation on the Girls Can Do website, www.girls-can-do.org, where videos of all the presenter's speeches can be viewed.



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Photo by Cpl Amanda McErlich
Cdr Clive Butler, Commanding Officer HMCS Vancouver, meets New Zealand MP Ron Mark in Kaikoura, New Zealand.

International co-operation - key to partnership

Katelyn Moores
MARPAK PA Office

This year marks the 75th anniversary of the founding of the Royal New Zealand Navy (RNZN). The country organized a number of events throughout the year to mark this milestone and celebrate the service, commitment and sacrifice of the men and women who serve and have served in their naval force.

The highlight of these events was to be the International Naval Review in Auckland Harbour from Nov. 17-22. A total of 22 countries, including Canada, planned to be in attendance at the Review to celebrate alongside their Kiwi allies.

However, just three days before the start of the festivities, a 7.8

magnitude earthquake struck New Zealand's South Island, claiming the lives of two people and causing extensive damage to infrastructure in the area. Without hesitation, five nations who were already in the region to attend the Naval Review offered their support to the New Zealand government. Australia, Canada, Japan, the United States and Singapore all contributed to the humanitarian relief effort for the people of New Zealand hit hardest by the powerful earthquake.

HMCS Vancouver travelled to the remote area of Kaikoura delivering supplies and helping the community begin to repair and rebuild.

If honouring the RNZN's anniversary alongside their allies and partners can be seen as a way of showcas-

ing the importance of fostering the alliances that help maintain peace and security on the world's oceans, then the humanitarian response in the wake of New Zealand's earthquake demonstrates the power of those partnerships in action.

In the vast maritime environment, success in times of peace and conflict is closely linked to teamwork and collaboration between partner navies.

Modern security challenges, including criminal networks, natural disasters and terrorism, reach beyond borders. These challenges require a multilateral response that uses the resources of multiple countries coordinating their efforts towards a common objective: maritime security.

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WHAT SAY WE

National Defence Workplace Charitable Campaign - final push needed, keep the momentum going

Greetings to all!

Here we are, already two months into our workplace charitable campaign (NDWCC), and what a great two months it has been!

I am so pleased to see that you are taking time out from your busy days to attend your kick-off events, give your attention to your campaign reps and various community speakers, volunteer your time and manpower, and become involved in the many creative and inspiring fundraisers that have been happening across the Formation.

Keep up the great energy and momentum!

At this stage, most of us have been canvassed by our unit campaign reps and I would like to personally thank you for your participation – whether as a volunteer, an attendee at fund raising events, or as a pledge donor.

Our goal this year continues to be 100% canvassing, while also continuing our focus on providing information and addressing any questions about the campaign.

If you have not yet been approached by a campaign rep and wish to complete a pledge form, or have any questions, please contact your unit rep, or the campaign office at 3-2595. There are many ways to donate, including cheque, credit card and

payroll deduction. For those civilian members of our team who are worried that automatic payroll deduction may affect your pay through Phoenix, you might be interested in knowing that this aspect of the system has been shown to work correctly. Our very own Lori Murphy, who has been working tirelessly on your behalf to help solve local pay issues, has successfully set up her own payroll deduction for the charitable campaign. It works!

We are nearly mid-point in the campaign and as in past years I would like to share our overall progress to date with you, as well as issue my challenge.

We have received approximately 200 individual pledge donor forms, bringing our overall campaign total (which also includes dress with a difference and all fundraising activities) to approximately \$145,000.

Noting that our combined workforce represents over 5000 people, my challenge to you is to think about those in our local communities, social groups, immediate and extended families that are struggling and could benefit from a little extra help.

May I remind you that the real power is not in how much you can give, but in our strength in numbers - how many of us can participate.

If only 1000 members of our Defence Team were to donate \$10 each, we would be able to provide another \$10,000 to those in need! If those 1000 people were to set up a payroll deduction of \$10 monthly, that would be \$120,000!

The NDWCC is your charitable campaign, so make it your own!

Put forth ideas and get involved in any way you are able.

It is your choice to designate donations where you would like most, and the options are staggering: the local United Way and community partners supported through them, United Ways across Canada, Health Partners' 16 health agencies, local and other MFRCs, and thousands of other registered Canadian charities.

I would be surprised if there are any of us who cannot identify with a charitable organization, either directly or indirectly in our lives.

Again, my challenge to you today is to find a friend, a co-worker, who will donate with you and become one of our next 1000 pledge donors before the Christmas break. Thank you again for all that you do for each other, and for your communities, whether locally or across our great nation.

You can make lives better for so many!

– Capt(N) SM Waddell
CFB Esquimalt NDWCC Chair

MP dares kids to use their WITS and LEAD the way

LS Andrée Noye

MPU Esquimalt Community Relations

The Military Police Unit Esquimalt School Liaison Program at Ecole John Stubbs Memorial is back in full swing with the DARE program training starting Nov. 17 with the Grade 5 classes, and WITS/LEADS classes being in the pipeline for later dates. Since the school is French immersion, classes are offered in both official languages.

The Keepin' it Real Drug Abuse Resistance Education (DARE) program is a ten-week program that provides tool for children to resist pressure which may influence them to experiment with alcohol, tobacco, and other drugs. The instructor will introduce a DARE Decision Making Model which assists in problem solving, decision making, coping strategies and positive communication skills.

The program culminates with a graduation ceremony, where students present skits, read

essays, make a pledge statement, and receive their certificate and DARE t-shirt.

The WITS program partners with the Canadian Red Cross's Respect Education as educators, law enforcement and volunteers work together to provide a suite of developmentally appropriate programs to prevent violence and promote healthy relationships for all children, adolescents and youth. One of the goals of the WITS program is to teach children to "Walk away, Ignore, Talk it out and Seek help" and is geared towards grades one to three.

The WITS LEADS is aimed for grades 4 to 6 and reflects the developmental advances which make this age group better able to understand other's perspectives and inner worlds and recognizes them as leaders capable of making their schools and communities safer places for younger children. The acronym stands for a problem-solving approach to peer conflicts: Look and listen, Explore

points of view, Act, Did it work? and Seek help

Both WITS and LEADS have been adapted into French and both DIRE (WITS) and MENTOR (WITS LEADS) programs year are now fully available for use in Francophone and French Immersion schools.

The MPU Esquimalt School Liaison Officer works closely with teachers, parents and children and intervenes when students are at risk. Students are encouraged to be good citizens both in person and online. The Liaison Officer partners with the school staff to ensure students learn in a safe environment. Through the various programs described and other initiatives, the School Liaison Program educates youth on safety issues, fosters positive relationships between youth and police, increases awareness among youth of their responsibility to the community, and provides them with the knowledge and confidence needed to make safe and responsible choices.

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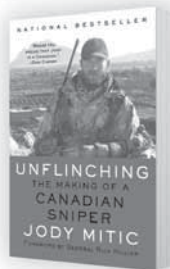
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Editor's Note: Sharing information with the public and your duty to report that activity to Public Affairs DAOD 2008

All personnel in the Canadian Armed Forces are encouraged to share their stories with the Canadian public to help them understand who we are, what we do, and the sacrifices we make in service to our country.

All personnel in the Canadian Armed Forces also have a duty to report their intent to release information to the public to their chain of command and Public Affairs prior to release.

This requirement ensures that any information you share meets with existing regulations regarding release of information.

The 'Call for Canadian Soldier Stories' should be seen as an invitation by all members of the Canadian Armed Forces to submit stories, regardless of their branch or element. If you have a compelling story to tell, inform your chain of command and Public Affairs that you intend to contribute to the book, and start writing.



Photo by MCpl Jeff Hurni

Sgt Noah Eckenswiler guides a litter carrying FR2 Denis Dore during rescue training operations at CFB Esquimalt Fire Station 4 Nanoose Bay (CFMETR).

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REVIVING REMEMBRANCE:

The Sandwich Cairn and Lt Wilkinson

Second Lieutenant Cameron Park The Canadian Scottish Regiment (Princess Mary's)

Under a tall oak tree near a small white church in Comox, British Columbia, a tall pyramid of grey stone stands.

The Sandwich Cairn rises from the ground to support a cross as a memorial to fallen Canadian soldiers. It has stood as a quiet sentry of remembrance since November 1922. It is named for the neighbourhood in which it stands; a brass plaque with the names of soldiers from the Comox area who fell in the First World War faces the nearby road.

Unveiled by then Governor General Lord Byng of Vimy, the Sandwich Cairn was built as a memorial for Comox residents. It was built from stones brought from the fields in the surrounding farms. Many stones were contributed by families of the fallen.

As described by the Vancouver Daily Province at the time, "It is a pyramid of stones gathered from the farms which the lads it commemorates knew and loved so well."

As the community grew, other cenotaphs became the focus of Remembrance Day ceremonies, and the cairn did not receive the same attention it once did.

Enter Lt Wilkinson

In 2016, a name on the cairn became an item of special interest to The Canadian Scottish Regiment (Princess Mary's), an army reserve unit based on Vancouver Island. Victoria Cross winner, Lieutenant Thomas Wilkinson, from Little River near Comox, was listed on the cairn. He was awarded the Victoria Cross posthu-

mously for actions on July 5, 1916, during the Battle of the Somme while serving with the British Army.

As the centennial of his award approached, his connection to Canada was explored, and it was discovered that Lieutenant Wilkinson's military service began with The Canadian Scottish Regiment (Princess Mary's), then known as the 16th Battalion (Canadian Scottish), Canadian Expeditionary Force.

Joining as a private, upon arriving in England he was selected for training as an officer and was transferred to the 7th Battalion of the Loyal Regiment (North Lancashire).

Lieutenant Wilkinson's Victoria Cross was awarded for his actions during the Battle of the Somme. Manning a machine gun post during a withdrawal, he held back an enemy attack. While attempting to rescue a wounded soldier in front of his position, he was shot and killed.

Meeting the family

The Canadian Scottish Regiment (Princess Mary's) reached out to find a connection to Lieutenant Wilkinson's family. Lieutenant Wilkinson's nephew Tim was found and contacted.

"This year is the commemoration of the Battle of the Somme and various people in the family have written genealogies. Tom had been mentioned in that, and someone tracked us down through the genealogy and identified me," he explained.

The family had always been aware of the decorated soldier in their history.

"It kind of permeated our childhoods, so we always had his photograph up," said Tim. "He was known as Tom, although his full name was Thomas. His picture was



there, and he was always known as this iconic figure in the background."

Together, The Canadian Scottish Regiment (Princess Mary's) and the Wilkinson family made arrangements for a visit.

On the weekend of Sept. 24 the Wilkinson family – Tim, his wife Bellamy, and their son Tom – arrived in Victoria as guests of the regiment. Escorted by Honorary Lieutenant-Colonel Paul Crober, the family toured the regiment's home, the Bay Street Armouries, after which they joined members of the regiment in Nanaimo to observe soldiers training on the rifle range. Under close supervision, both father and son took advantage of an opportunity to fire a C7A2 service rifle and a C9A2 light machine gun. Broad smiles spoke to their view of the experience.

Shortly after, the Wilkinson family had the

experience of meeting the soldiers who perpetuate the name and traditions of his great uncle's regiment.

"I think it's highly important that you're not allowing tradition to be dissolved. It seems like you're carrying things on and flying the flag, and commemorating at this time something that we all hold dear to us."

Visiting the Cairn

For the final part of their pilgrimage, on the morning of Sept. 26 the family and soldiers from the regiment gathered at the Sandwich Cairn in Comox, 100 years to the day since Lieutenant Wilkinson's award of the Victoria Cross was announced. Standing at the Sandwich Cairn next to a piper, Tim spoke about his uncle's life in the Comox area:

"By 1912, the family had moved to live near here, in Little River, where Tom joined them after completing schooling. Wilkinson Road in Comox is named for the family. One local lady was reported as remembering him attending dances there and described him as a shy, handsome young man. Then, as soon as war was declared, Tom joined the 16th Battalion (Canadian Scottish), as a private and shipped with the other volunteers to England. After his arrival, he transferred

to the 7th Battalion, Loyal North Lancashire Regiment as a gunnery officer, with the rank of temporary lieutenant. In late 1915 he went with his regiment to France."

Honourary Lieutenant-Colonel Crober spoke to the importance of the event as the centennials of many events in the First World War loom close.

"For the Canadian Scottish Regiment, this is one of many such opportunities over the next few years to recall, review and consider such bravery and sacrifices because the unit had so many soldiers who made the ultimate sacrifice, many of whom also won the highest categories of awards for valour in the field."

Valour is an important story in the regiment's history: four Victoria Crosses were won by members of the regiment during its own actions in the First World War.

To maintain this connection with the community of Comox, the Wilkinson family and members from The Canadian Scottish Regiment (Princess Mary's) paraded at the Sandwich Cairn on Remembrance Day this year, and at the direction of Commanding Officer Lieutenant-Colonel Stephen Sawyer, the regiment will continue to do so in years to come.



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16YP2201	2016 GMC Sierra Double Cab 4x4 \$53,140 \$10,289 \$42,851	16YB4111	2016 Buick Enclave Premium AWD \$62,780 \$12,216 \$50,564
16YP1160	2016 GMC Sierra Double Cab 4x4 \$53,140 \$10,289 \$42,851	16YB4111	2016 Buick Enclave Premium AWD \$60,070 \$11,874 \$48,396
16YP9248	2016 GMC Sierra Double Cab 4x4 \$45,355 \$7322 \$36,623		
16YP7625	2016 GMC Sierra Double Cab 4x4 \$45,355 \$7322 \$36,623		
16YP2257	2016 GMC Sierra Reg Cab \$35,490 \$6389 \$27,091		
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16C09551	2016 Chevrolet Colorado Double Cab 2WD \$28,610 \$5383 \$23,227		
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Multi-national Remembrance Day

While Canadian Armed Forces (CAF) personnel attended Remembrance Day ceremonies in their local cities and towns, a small unit of CAF members and their families, posted outside of Canada to Naval Air Station Whidbey Island, held a ceremony of their own.

Approximately 54 kilometers east of Victoria, across the Salish Sea, is the Naval Air Station Whidbey Island (NASWI) in Washington State. NASWI is home to over 8,000 personnel, 37 of which are CAF personnel who make up the Trinity Detachment, who work in the Naval Ocean Processing Facility. The CAF personnel are mainly Royal Canadian Navy Sonar Operators and Weapon Engineering Technicians.

For the last three years, the ceremony has been held at the Veterans of Foreign Wars memorial just outside the Naval Air Station. Every year the Senior Chaplain, Canadian Fleet Pacific, sends a Padre to Whidbey Island to help officiate the Trinity Detachment Remembrance Service. Padre Moley Mangana travelled to Whidbey Island to lead the assembled personnel in prayer.

This year had a true "Commonwealth" flavour as the CAF members and their families were joined by members of the Royal Australian Air Force and the Royal Air Force and their families who are also stationed at the Naval Air Station. A few American members from the Veterans of Foreign Wars attended the ceremony alongside the Canadians, the Australians and the British.

Photos by SLT Rudee Gaudet

Lieutenant-Commander Graham Collins, Commanding Officer Trinity Detachment NOPF Whidbey Island, and Chief Petty Officer Second Class Brad Main, Coxswain Trinity Detachment NOPF Whidbey Island, lay a wreath as an act of remembrance during the Remembrance Day ceremony hosted by the Trinity Detachment on Whidbey Island, Nov. 11.

LS Laurie and LS Gray, Sonar Operators with the Trinity Detachment NOPF, pay their respects with family and members of the Royal Australian Air Force and the Royal Air Force.

Members of Trinity Detachment of Naval Ocean Processing Facility (NOPF) at the Naval Air Station Whidbey Island, Washington, pay their respects with family and members of the Royal Australian Air Force.

Sailor to receive CRCN Commendation



Peter Mallett
Staff Writer

A Supply Technician from Base Logistics' Return Stores is the recipient of a Commander Royal Canadian Navy (CRCN) Commendation for his life-saving revival of a man in downtown Victoria earlier this year.

LS Christopher Pearson, 28, is set to accept the award in the near future. The award recognizes Canadian Armed Forces members who go beyond the demand of normal duty with a good deed or activity.

For the sailor, his good deed took place April 14, while travelling to work. At the corner of Douglas St. and Yates St. he came across a man who appeared to be unconscious. Upon closer inspection he discovered the man had no pulse and was not breathing. Using recently learned first aid techniques he revived the

man while a bystander called 9-1-1.

Weeks earlier he had taken his standard St. John's Ambulance First Aid Training. While the training is mandatory for all Canadian Armed Forces members, LS Pearson says the timing couldn't have been better for both him and the victim.

"I was able to go through everything step-by-step in my mind," he says.

Paramedics and Victoria Police arrived on the scene within 10 minutes and transported the man to hospital.

For LS Pearson, the story ended there. Then Nov. 15 he received an unexpected visit from Capt(N) Steve Waddell, Base Commander. After a handshake between the two, the Base Commander told him of the award.

"His visit was a complete, but

pleasant, surprise; he joked with me and then asked 'Weren't you expecting me?'" said LS Pearson.

After the presentation the sailor will be able to wear the commendation, which features a silver bar bearing three maple leaves, on his uniform.

"I wasn't expecting any kind of recognition or commendation to come from any of this," said LS Pearson. "Helping that man was just a natural reaction for me. I saw someone in distress and offered them my help."

Return Stores team leader Ritch Cauthers said despite LS Pearson's modesty personnel in his unit are "extremely proud" of him and many stopped by his desk to congratulate him on the award. Cauthers said the majority of LS Pearson's co-workers are planning to attend the award presentation to show their support.

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Nov 30th: Paintnite!

Release your inner artist! Mess members contact MS Clarke for tickets. \$15 each.

Dec 4th: Kids Christmas Party!

Bring your kids out to the annual PFC Kids Christmas Party. Santa Claus and his Elves will be joined by the Victoria Royals own Marty the Marmot! Face painting, cookie decorating and coloring for the kids! Register with MS Lemus.

Dec 10th: UFC 206

Cormier vs Johnson. Come on down and check out the fight! Doors open at 6pm!



Dec 10th: Ugly Sweater Party

Come decked out in your favorite terrible holiday sweater! Enjoy some small plates and good company while our favorite long-time DJ Drew Arrington mixes your requests alongside some holiday tunes. Contact LS Schnob for details. Tickets are \$10.

Dec 30th : UFC 207

The PFC is open on Dec 30th by special request to show the much anticipated Nunes vs. Rousey fight! Doors open at 6pm!

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A festive turkey dinner will be served.

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All proceeds will go towards funding Veterans' programs
Hosted by Angus Stanfield, Foundation Chairman



First Canadian woman army colonel oversaw creation of CWAC

Lynn Capuano
Army Public Affairs

In 1944, Colonel Elizabeth Lawrie (Beth) Smellie became the first woman to reach the rank of colonel in the Canadian Army, a high point in a truly remarkable career with many accomplishments in the field of both military and public health care.

Col Smellie entered the First World War as a nursing sister, worked tirelessly between the wars on public health matters, and by the

close of the Second World War she was Matron-in-Chief of Nursing for the entire Canadian Army. She was described as a genius of organization, efficient, disciplined and always a "lady" by those with whom she served.

Born in 1884 in Port Arthur, Ontario (now part of Thunder Bay, Ontario), Col Smellie was the daughter of a frontier physician who was a chief surgeon for the Canadian Pacific Railway as it was being built, and who was also a businessman and politician.

Col Smellie's desire to become a nurse was strongly influenced by her father's vocation and the illnesses and deaths of two siblings. Despite her father's discouragement, she left home to study nursing at Johns Hopkins Hospital School of Nursing in Baltimore, Maryland. At the age of 25 in 1909, diploma in hand, she returned to Canada to as the night supervisor at McKellar General Hospital in her home town, followed by a stint as a private nurse.

First World War service

When the First World War broke out in 1914, Col Smellie was one of the first to be accepted to the Royal Canadian Army Medical Corps as a nursing sister.

Nursing sisters were enlisted as officers at the rank of lieutenant, numbering about 3,100 during the First World War. She served in military hospitals in the regions of Taplow, England, and Le Treport, France, prior to becoming Matron of Moor Barracks Hospital in Shorncliffe, England, where thousands of Canadian soldiers were treated.

She returned to Canada in 1918 and became the Canadian Army's Assistant Matron-in-Chief.

Leading roles in public health care between the World Wars

With the Great War ended, she left the Army in 1920 and at the youth-

ful age of 36, took courses in the new field of public health, and then went on to become Director of the School of Nursing at McGill University.

In 1924 she left teaching to become National Chief Superintendent of the Victorian Order of Nurses. With doctors few and far between, she directed the expansion of the Victorian Order of Nurses, which provided home-based health care, initially to poor and isolated Canadians.

Between the wars, Col Smellie was chosen by the Rockefeller Foundation in 1930 to conduct a major study on infant and maternal welfare in 12 countries, and contributed to international nursing and public health organizations. These led to her appointment as Commander of the Most Excellent Order of the British Empire in 1934.

Col Smellie, at this point 56 years of age, returned to military service at the request of the Army in 1940. She was named Matron-in-Chief of the Royal Canadian Army Medical Corps Nursing Service and led more than 3,600 nursing sisters spread across Canada, England, France, Italy and Hong Kong.

Creation of the Canadian Women's Army Corps

In 1941, she was asked to organize a new army division: the Canadian Women's Army Corps (CWAC), essentially



Colonel Elizabeth Lawrie Smellie.

becoming its first member. The women of the CWAC were badly needed to take over traditionally male support roles such as office clerks, cooks, transport drivers, radio operators, bookkeepers and lab assistants so that the shrinking pool of men could be deployed to combat. "Serving so that men may fight," as the phrase went, resulted in more than 21,000 women being recruited, enough to release the equivalent of a full division of male soldiers for combat duty.

Col Smellie travelled across Canada to recruit women officers from each of Canada's 11 military districts at the time, no small task as there were not many professional women from which to choose.

Return to civilian life in public health care

Following the Second World War, she returned to the Victorian Order of Nurses and spent three more years in public health. She retired in 1947 at age 63, having never married.

Col Smellie passed away in Toronto in 1968 at the age of 83. A historical marker was installed in 1975 at the site of the McKellar General Hospital by the Ontario Heritage Foundation in Thunder Bay, Ontario. When the hospital building was closed, the plaque was moved to Waverly Park, overlooking the Major Christopher Patrick John O'Kelly, VC, MC Armoury (the O'Kelly VC Armoury) on Park Avenue in Thunder Bay.



Photo by: Captain George Romick, Thunder Bay Military Museum
The Ontario Heritage Plaque for Colonel Elizabeth Lawrie Smellie (1884-1968) was originally erected at the McKellar General Hospital site where Col Smellie was night matron in 1909. The building, which opened in 1903, was converted to apartments in 1995. The plaque now stands in nearby Waverly Park in Thunder Bay.

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CAF APPRECIATION NIGHT

WITH THE VICTORIA ROYALS

The Western Hockey League Major Junior Victoria Royals hockey team held their Canadian Armed Forces Appreciation Night on Nov. 19 at the Save-On-Foods Memorial Centre in a game against the Regina Pats. Special commemorative jerseys worn by the Royals during the game were auctioned off at the end to raise funds for the Poppy Fund, Military Family Resource Centre (MFRC), and Victoria Royals Education & Scholarship Fund.

Two members of the Canadian Armed Forces, Sgt Kelly Matthews, Regional Cadet Support Unit (Pacific), and CPO2 Rene St-Pierre, Fleet Diving Unit (Pacific), rappel from the rafters to deliver the ceremonial puck.



Rear Admiral Art McDonald, Commander Maritime Forces Pacific, and Petty Officer First Class Brian Whitman, ready for the ceremonial puck drop between Adam Brooks, Captain of the Regina Pats, and Ryan Gagnon, Captain of the Victoria Royals, at centre ice.



RAdm McDonald and CPO1 Gilles Grégoire show off their Victoria Royals jerseys.



Civilians and hockey fans check out the Fleet Diving Unit (Pacific) display in front of Save-On-Foods Memorial Centre.



RAdm McDonald tries to sneak into the Victoria Royals dressing room.



The Naden Band of the Royal Canadian Navy plays “Oh Canada”.



Lt(N) Genevieve Chatelois and her daughter Catherine Abbott take a break from selling 50/50 tickets to pose for a photo with RAdm McDonald and CPO1 Grégoire.

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Task Force 150 prepares for deployment

Captain Colette Brake
 CTF 150 Public Affairs Officer

CFB Halifax and the HMC Dockyard Halifax are no stranger to seeing people in foreign uniforms, but a certain "buzz" could be heard in the navy lines when they saw Canadian Armed

Forces personnel in Arid CADPAT uniforms. Add to this, seeing sailors from the Royal Australian Navy (RAN) in Australian Multicam Camouflage uniforms and interest was piqued.

The personnel in question were preparing to deploy as part of a joint Canada-Australia Headquarters for Combined Task Force (CTF) 150. Although preparations have been taking place in both countries over the last few months, this was the first occasion they came together as a group prior to their deployment to Bahrain.

CTF 150 is a multinational task force whose mission is to promote maritime security in order to counter terrorist acts and related illegal activities, which terrorists use to fund or conceal their movements. It is one of three task forces operated by Combined Maritime Forces based out of Bahrain. This is the third time that Canada has commanded this mission.

The training week kicked off with a soccer match at the Stadplex that quickly divulged some strong personality traits from members of both countries. This quickly turned to the business at hand with briefings, lectures and administration followed by battle watch training scenarios that mimicked what they would experience on the mission. The team settled into battle rhythm to ensure everyone was well versed in their roles in a multinational operational headquarters, and working as a team.

"A headquarters composed of professional sailors from our two nations feels natural," said Captain(N) Paul Scott, RAN, Deputy Commander/Chief of Staff of CTF 150. "I am confident we will be successful given our great missions together with CTF 150, RIMPAC and other multinational events."

No integration plan with Canadians would be complete without a hockey game. Personnel from both countries attended a Halifax Mooseheads hockey game, followed by a game of ball hockey at the Stadplex. It was obvious the Australians learned quickly as their hockey skills were beyond the rookie level.

"I am proud of how the team came together during this preparatory period," said Commodore Haydn Edmundson, Commander of CTF150. "All deploying personnel have worked hard to achieve success with collective team training and we are ready to take the helm of CTF 150 in December."



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Individuals of aboriginal descent are strongly encouraged to apply.

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Charges laid in RMC, Petawawa

Sexual assault charge laid against student at Royal Military College

On Nov. 15, the Canadian Forces National Investigation Service charged a Regular Force student at the Royal Military College of Canada with two counts under the National Defence Act.

The charges relate to a reported sexual assault at the Cold Lake Cadet Training Centre at Canadian Forces Base Cold Lake in July 2016. The adult victim was working as a member of the Cadet Instructors Cadre at the training centre. The incident did not involve cadets.

Officer Cadet Oscar Morgado faces the following charges:

- one count of Sexual Assault under section 271 of the Criminal Code of Canada, punishable under section 130 of the National Defence Act; and

- one count of Drunkenness, punishable under section 97 of the National Defence Act.

Drug charges laid against military member in Petawawa, ON

On Nov. 18, the Canadian Forces National Investigation Service's National Drug Enforcement Team charged a member of the Canadian Armed Forces in Petawawa with a drug-related offence under the National Defence Act.

The charge relates to an investigation initiated in

December 2015 into illegal drug activity at Canadian Forces Base Borden where the accused was training. In January 2016, members of the National Drug Enforcement Team conducted a traffic stop on a vehicle at the base and arrested the accused. During the arrest, 3.5 grams of cocaine was found in his pocket.

Aviator Kyle Gero, a member of 2 Service Battalion based at 4th Canadian Division Support Base Petawawa, was charged with one count of possession of a controlled substance: to wit cocaine, under section 4(1) of the Controlled Drugs and Substances Act, punishable under section 130 of the National Defence Act.



Photo by MCpl HJL MacRae, 4 Wing Imaging

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The CFB Esquimalt USAR Command Team will be at the MSE Theater at CF Fleet School Esquimalt on Friday Dec. 9 at 10 a.m.

There will be a short lecture to highlight the main points of USAR operations and then an informal questions and answers period. Ask us anything about USAR and we will be able to answer it!

What: CFB Esquimalt USAR Team Recruiting Q and A

Where: MSE Theater at CFFS(E) - 1st floor by the main doors

When: Friday Dec. 9 10 a.m. to noon

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Veteran employment program receives \$1.1 million in funding

Peter Mallett
Staff Writer

Canada Company's mission to assist veterans in their transition to the civilian workforce has received a \$1.1-million boost from the Government of Canada.

Minister of Veterans Affairs Kent Hehr made the funding announcement on behalf of the Ministry of Employment, Workforce Development and Labour at the Canada Company's 2016 National Transition Exchange Conference on Nov. 15 in Ottawa.

The funding will be used to create a searchable online database and analytics tool

to help former military personnel transition to existing high-demand private sector jobs and compatible educational and skills upgrade programs.

"Helping Canada's veterans find good jobs in the private sector is truly a win-win for everyone involved because veterans get to put their training and hard-earned skills to good use following their release from the military, while Canadian businesses benefit from the unique skills veterans offer," said Hehr.

Canada Company's National Transitions Exchange held at Canada's Aviation and Space Museum brought together

more than 250 veterans and their families, and close to 200 corporate employer partners representing 70 different companies. The event featured several Educational Labs in the morning, which included corporate and military guest speakers, and an exclusive Career Connect fair in the afternoon.

Canada Company, a Toronto-based non-profit, was established in 2006 with its pledge to "stand shoulder-to-shoulder with the troops for the sacrifices they make every day." With only a handful of members in its first days, today it boasts over 600 members and has become a grow-

ing outreach between the Canadian Armed Forces and the business world.

Canada Company President Angela Mondou said the funding announcement by Minister Hehr was "a massive boost" which will assist her group's efforts to reach out to members on digital programs with new interactive job-search software.

"Put simply, the new software operates much like a Match.com [dating service] and is a two-way street for veterans to showcase their skills and unique experience to potential employers, and the corporate world to get information about their employment needs to

veterans," said Mondou.

Mondou was a Mobile Air Movements/Logistics Officer for the Canadian Armed Forces between 1986 and 1994, and did tours in the former Soviet republic of Yugoslavia and Operation Desert Storm. She has first-hand experience of the struggles former military personnel go through when making the transition to the civilian work force.

"When I transitioned in the mid 1990s we really didn't have the support network to make the transition. My biggest resource during my transition was the careers section in the newspaper. There was very

little guidance back then."

Reservist, MCpl Jenn Labrador was part a five-member panel discussion at the conference. She spoke about the advantages for potential employers hiring reservists. She works at the B.C. Institute of Technology and assists with their National Advanced Placement Prior Learning Program that helps current and retired service members prepare for employment in the civilian world. She says the funding will further the Canada Company's efforts to help the corporate world better recognize the advantage of hiring both reservists and full-time military.

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Captain Rick Donnelly, a Public Affairs Officer serving aboard HMCS Brandon, fires the C8 rifle during Force Protection drills.
Photo by Royal Canadian Navy



Photo by Royal Canadian Navy Public Affairs
The Officer-of-the-Watch aboard HMCS Brandon scans the horizon en route to an area of interest.



Photo by Royal Canadian Navy Public Affairs
HMCS Edmonton launches its rigid-hulled inflatable boat along the coast of North and Central America.

Operation Caribe

Operation Caribe is Canada’s participation in Operation Martillo, an ongoing international task force aimed at drug interdiction and counter smuggling operations in the Caribbean Sea and in the Eastern Pacific Ocean off the coast of Central and South America.

Object not a military munition

DND

A Royal Canadian Navy ship deployed a remotely operated vehicle to investigate an object of interest located in the coastal waters off British Columbia Nov. 22. The RCN has confirmed the object is not an unexploded military munition, and poses no risk to the local population.

Scheduled to conduct Route Survey operations in the vicinity of Queen Charlotte Sound, HMCS Yellowknife and its crew were re-directed to an area south of Prince Rupert in response to an RCMP request to investigate an unknown sub-surface object. Media reports speculated the object could be related to a crash of the United States Air Force B-36 Peacemaker in 1950.

With the assistance of the diver that originally discovered the object, the crew of Yellowknife used onboard sonar systems, a remotely operated vehicle, and a dive team to locate and identify the object. It was determined to be a metal part of a larger machine assembly and appears to be a piece of industrial equipment.

The object was determined to be a steel piece of industrial equipment with yellow paint measuring approximately 5.5 m in length and 1 m in height.

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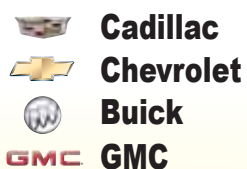
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Bravo Zulu

MARPAC Honours and Awards

Rear Admiral Art McDonald, Commander of Maritime Forces Pacific/Joint Task Force (Pacific), presented honours and awards at MARPAC HQ Nov. 17.

Cpl André Maillet, MARPAC Imaging Services



OS Juan Shi is presented a Commander Royal Canadian Navy Commendation.



LCdr Christian Degagne is presented a Maritime Forces Pacific Bravo Zulu Certificate of Achievement.



LS Nicole Hunter is presented a Maritime Forces Pacific Bravo Zulu Certificate of Achievement.

Special Awards



SLt Drew Torchia, PCC(P), receives the Sackville Award from CPO2 Yvan Vallières, Senior Instructor Naval Fleet School Pacific.



MS Derek O'Rourke, HMCS Victoria, receives the 2016 Rheinmetall Award from Kevin Laing, formerly Captain Naval Engineering.



Promotion

LS Brian Higgin is promoted to his current rank by Cdr Colin Matthews, Commanding Officer HMCS Regina, and Lt(N) Kira Yakimovich.



MARPAC HQ Honours and Awards

Rear Admiral Art McDonald, Commander of Maritime Forces Pacific/Joint Task Force (Pacific), presented honours and awards during the MARPAC Headquarters Honours and Awards ceremony Nov. 22.
LS Ogle Henry, MARPAC Imaging Services



Robert Hackwood, who served with the Royal Canadian Navy during the Second World War, receives the French National Order.



PO1 William Cameron receives the Sacrifice Medal.



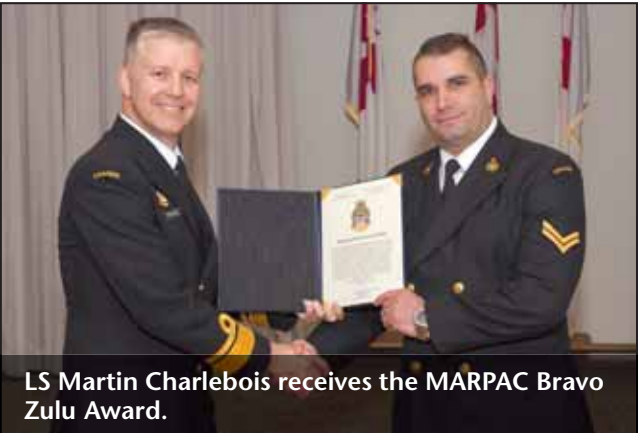
Capt(N) Steve Jorgensen receives the Canadian Forces Decoration Second Clasp.



LS Marjolaine Plante receives the MARPAC Bravo Zulu Award.



CPO1 Shawn Taylor receives the Commander Royal Canadian Navy Commendation.



LS Martin Charlebois receives the MARPAC Bravo Zulu Award.



AS Sam Neumann receives the MARPAC Bravo Zulu Award.



Mike Boyd receives the MARPAC Bravo Zulu Award.



Lt(N) Jay Yates receives the MARPAC Bravo Zulu Award.



Lt(N) Dominic Lesieur receives the MARPAC Bravo Zulu Award.



Lt(N) Nicholas Culhane receives the MARPAC Bravo Zulu Award.



Dave Tomblin receives the MARPAC Bravo Zulu Award.



LCdr John Nethercott receives his Master's Degree from the University of Leicester.



Cpl Amy Pistone receives the MARPAC Bravo Zulu Award.



LS Freddy Schnipper receives the MARPAC Bravo Zulu Award.



Lt(N) Blount VCDS Commendation

On June 16, 2015, while supervising cadet on-the-water training near Comox, British Columbia, Lieutenant (N) Blount rescued two civilian boaters whose vessel had capsized in the Pacific Ocean. Together with another Canadian Armed Forces officer, he responded to the call for help, assessed the situation, and rescued the two elderly civilian boaters from the water. Lt(N) Blount's swift and decisive actions minimized the injuries sustained by the civilian boaters and brought great credit to the Canadian Armed Forces.



PO1 Goodwin CRCN Commendation

On the afternoon of June 6, 2015, in Portland, Oregon, upon witnessing a man collapse, Petty Officer First Class Goodwin remained calm and displayed outstanding professionalism by providing first aid to the man who suffered a heart attack. PO1 Goodwin's quick actions, proper analysis, and control of the situation led to the man regaining consciousness and being taken to the hospital thereby, saving the man's life. His decisive actions brought great credit to himself and the Royal Canadian Navy.



Cpl Grizhanov CRCN Commendation

On the evening of Dec. 22, 2014, upon hearing people in distress, Corporal Grizhanov remained calm, and took quick and decisive action by going door to door warning and escorting the residents of an apartment building to safety during an intense fire in Victoria. His actions prevented serious injuries and saved lives. This courageous and selfless act brought great credit to the Royal Canadian Navy.



Ben Behenna CRCN Commendation

For his professionalism and selfless actions demonstrated on Feb. 15, 2013, at CFB Esquimalt. Upon witnessing another Department of National Defence employee fall into the water between a barge and a float, without concern for his own safety, Mr. Behenna immediately reacted by raising the alarm and pulling the individual to safety with only seconds to spare before the person would have been crushed. His quick and decisive actions helped save a life and brought great credit to the Royal Canadian Navy.



PO1 Whiten and MS Whiten (Husband and Wife) MARPAC Bravo Zulu

For their outstanding professionalism demonstrated on May 3, 2016, while performing first aid and rendering immediate assistance to a person in medical distress in Victoria. Upon witnessing a civilian suffer diabetic shock, then PO2 Whiten and MS Whiten took immediate action, provided first aid and called first responders while continuing to render assistance. Their actions demonstrated their personal commitment to Canadians, and brought great credit to themselves and Maritime Forces Pacific.



PO2 Tarso MARPA Bravo Zulu

For his outstanding professionalism demonstrated on Sept. 13, 2014, while performing first aid and rendering immediate assistance to a person in medical distress in Victoria. Upon witnessing a civilian become unconscious in a restaurant, Petty Officer Second Class Tarso took immediate action, provided first aid, controlled the scene, and instructed bystanders for assistance while waiting for paramedics. PO2 Tarso's actions demonstrated his personal commitment to Canadians, and brought great credit to himself and Maritime Forces Pacific.



The crew of CFAV Glendale MARPA Bravo Zulu

For decisive actions demonstrated on March 23, 2016, during an onboard incident involving smoke in the engine room aboard Canadian Forces Auxiliary Vessel Glendale. The Master and crew of the vessel displayed outstanding professionalism, communication, and teamwork under stressful conditions, by taking immediate action to eliminate any potential danger to the ship, prevent further damage, and ensure the safety of everyone aboard. In particular, Dave Tomblin demonstrated outstanding dedication to duty and took immediate action to investigate the source, shut down the port engine, and discharge his extinguisher in order to eliminate any potential danger to the ship and prevent further damage. The Master and crew of CFAV have brought great credit to themselves and Maritime Forces Pacific.

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