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Volume 62 Number 26 | July 4, 2017

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HMCS Edmonton Change of Command



Photo: LS Valerie LeClair, MARPAC Imaging Services

In keeping with naval tradition, senior staff from HMCS Edmonton row ashore the outgoing Commanding Officer, Lieutenant-Commander Lucas Kenward as the crew look on. See more photos of the June 21 change of command on page 12.

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People First: resolving sea duty allowance discrepancy concern

DND

Over the past 16 months, National Defence's Directorate of Military Pay and Allowances Processing (DMPAP), with assistance and support from the Royal Canadian Navy (RCN), has been verifying the payment of Sea Duty Allowance (SDA) for personnel who were posted to HMC Ships undergoing refit from September 2001 to June 2014.

This review of Sea Duty Allowance was initiated following the successful resolution of a grievance submitted by an RCN sailor who noticed a discrepancy between the existing policy and how it was being applied. In fact, at the request of the RCN, DMPAP conducted a wider investigation into the matter and found that more than 4,600 sailors were incorrectly not paid Sea Duty Allowance during a 13-year period.

The policy application

discrepancy has since been corrected and all sailors impacted by this error are having their pay accounts corrected. As a result of the review, the RCN reports that over 4,600 affected personnel have been collectively paid just under an additional \$17 million in Sea Duty Allowance entitlements.

However, the audit also uncovered other inaccuracies that needed to be fixed. Unfortunately, 63 members were overpaid during the same time period, amounting to approximately 1.3% of the total number of accounts reviewed. Many of these were as a result of incorrect SDA level increases being entered into the pay system.

It is the RCN's collective responsibility to ensure that taxpayer money is spent responsibly, and that members only receive the compensation they're entitled to.

At the same time, the

RCN deals with such matters respectfully and with much regard to the personal circumstances of its sailors.

The 63 members affected by the overpayment are being notified of the issue, and are being given time to decide on a repayment plan that best suits their respective situations.

Affected members are encouraged to seek assistance from their pay office to determine the repayment rate that best suits their financial situation.

Unit Commanding Officers can approve a recovery time up to the length of time the overpayment occurred.

The RCN is committed to facilitating this process for all affected members. If any member will encounter financial hardship while the recovery is being made they can seek financial counselling from SISIP Financial.

CAF Sports Awards Program navy recipients for the year

DND

The Canadian Armed Forces (CAF) sports awards program was established to recognize military members who achieved impressive results as competitors, coaches or officials in a military or civilian sports program or combination thereof.

As part of the program, the Royal Canadian Navy (RCN) selects athletes, coaches, officials and teams of the year. These individuals and teams are then considered for selection at the national level as the CAF overall award winners in their respective categories.

The following winners of the RCN sports achievement awards for the year 2016:

- Male Athlete of the Year, A/SLt S.P.Kehler, Naval Training Development Centre (Pacific)
- Female Athlete of the Year, PO2 K.M. Danigier, HMCS Donnacona
- Coach of the Year, PO1 D.J. Hillier, CFB Esquimalt
- Official of the Year, Sgt (Ret) J.P.J.Y. Caouette, CFB Halifax
- Team of the Year (collective), Halifax Mariners Men Soccer Team
- Team of the year (individual), Pacific Region Badminton Team

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From left to right: Chief Petty Officer First Class Gilles Gregoire, Formation Chief; CPO1 Robert DeProy, Petty Officer Second Class Andre Aubry, and Rear-Admiral Art McDonald, Commander Maritime Forces Pacific, at the Wall of Valour monument June 26.

Sailors honoured on Wall of Valour

Peter Mallett
Staff Writer

The names of three Royal Canadian Navy (RCN) Medal of Bravery recipients were added to Signal Hill's Wall of Valour monument during a ceremony in Esquimalt, June 26.

The Wall of Valour, located below the Wardroom just before the Dockyard Gates, now displays the names of 36

sailors including the most recent: Chief Petty Officer First Class Robert DeProy, Chief Petty Officer Second Class André Aubry, and Petty Officer Second Class Evan Beaton.

The award was first created by Her Majesty Queen Elizabeth II in 1972.

Rear Admiral Art McDonald, Commander Maritime Forces Pacific (MARPAF), presided over the ceremony.

"The efforts of all three individuals embody the true spirit of the award and exemplify the ethos of service to Canada," said RADM McDonald, who noted their "selfless acts of heroism" by willingly stepping up "in the face of danger."

"Your exemplary actions were indisputably products of your own strength of character," he said to them. "You are role models, gentlemen, and your actions have inspired others in our organization, your country, and most importantly in each other."

CPO1 ROBERT DEPROY

On May 19, 2012, CPO1 DeProy risked his life attempting to save fellow diver CPO2 Richard Boileau, who eventually died of his injuries caused by a malfunctioning breathing regulator.

CPO1 DeProy emphasized the importance of training in his rescue attempt, but said receiving the honour and spot on the Wall of Valour was tinged with sadness and is "bitter-sweet" because CPO2 Boileau did not survive.

"I've been diving an awfully long time, and in the navy we do our drills every single day. At that moment I just had to act," said CPO1 DeProy. "The outcome wasn't what I wanted, but you do what you have to do."

PO2 EVAN BEATON

In June 19, 2013, PO2 Beaton, then a Leading Seaman Clearance Diver, skipped decompression protocol to save the life of a fellow diver who had become tangled in his lifeline during a deep-diving operation in the Bedford Basin, Halifax.

Since the rescue PO2 Beaton has become a Dive Train Instructor with Fleet Diving Unit (Atlantic) and says he mentors new divers about the importance of diving safety.

CPO2 ANDRÉ AUBRY

On Feb. 27, 2014, CPO2 Aubry risked his life when a major fire broke out in HMCS Protecteur while the ship was 600 kilometres north of Pearl Harbor.

During the intense fire, he emptied several fire extinguishers to fight back flames so sailors trapped in a room could escape.

Because that act of bravery lasted 15 minutes, CPO2 Aubry is quick to share his award with his fellow shipmates who spent 11 hours putting out the fire, and six days getting the lifeless ship back to Hawaii.

"Everybody did what they had to do, and many went way beyond what they were supposed to do, and that is what really defines us in the military: those who go above and beyond their training to deal with situations that are not normal," said CPO2 Aubry.



ESQUIMALT'S WALL OF HONOUR

Esquimalt's Wall of Honour contains the names of 36 members of the RCN with 23 recipients of the Medal of Bravery, 10 recipients of the Star of Courage, and three who received the Cross of Valour.

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Published each Monday, under the authority of
Capt(N) Jason Boyd, Base Commander.

Le LOOKOUT est publié tous les lundi, sous
l'égide du Capt(N) Jason Boyd, Commandant
de la Base.

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Circulation - 3,800
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One year subscription - \$66.⁹⁴

Six month subscription - \$33.⁴⁷

Prices include tax.

A Division of Personnel Support Programs
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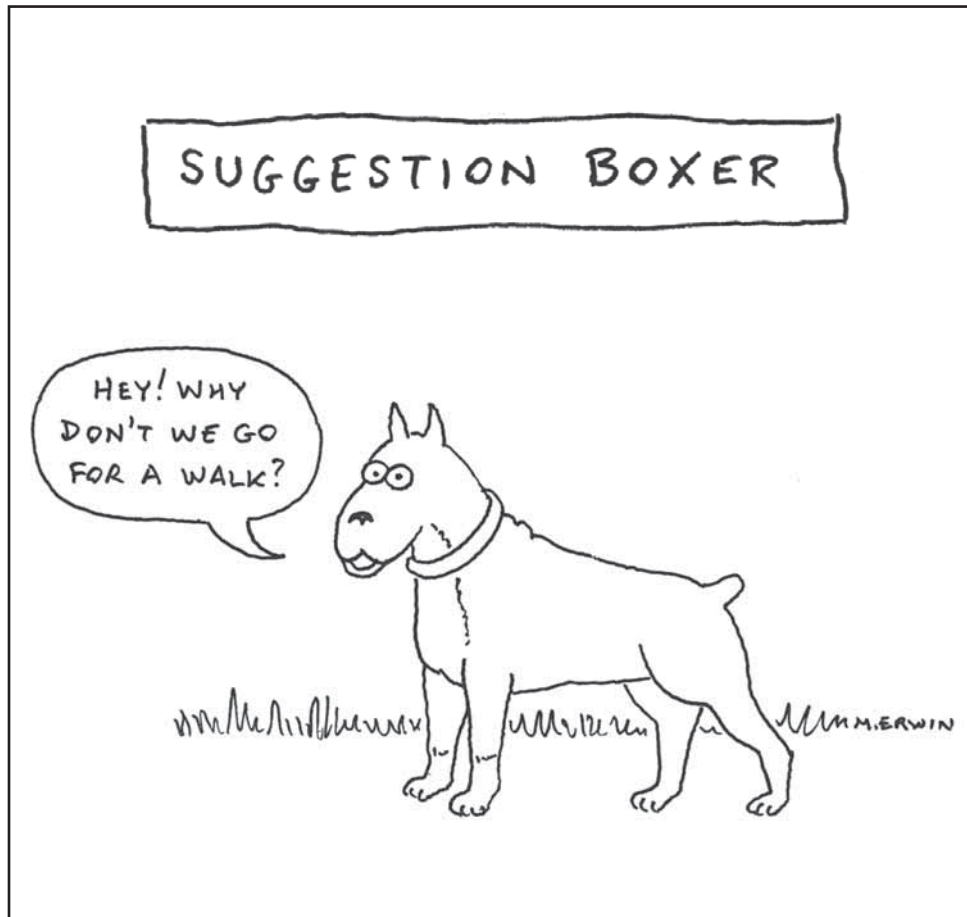
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WHAT SAY YOU



WHAT SAY WE

SPORTS trivia Montreal Expos and the Toronto Blue Jays

by Stephen Stone & Tom Thomson

1. The Expos won their inaugural game in 1969 11-10 against the eventual world series winners. Which team lost that first Expos game?
2. Toronto beat the Chicago White Sox in the Jays first game, 9-5, despite playing in a snow squall due mainly to this first baseman's two home runs.
3. In their ninth game of the 1969 season who pitched the Expos first no-hitter? It was his first of two no-hitters he threw for the Expos.
4. His Expos nickname was "Le Grand Orange".
5. These are the only Expos in The Baseball Hall of Fame.
6. Which Expo gave up the home run on "Blue Monday" in 1981?
7. As well as number 42, which was retired by all of Major League Baseball, the Blue Jays have only retired one other number. Which is it and who wore it?
8. Who was the first Blue Jay to be named the ALs most valuable player?
9. Who made the tag, in the world series against the Braves which video showed was a tag for the third out on a triple play even though the umpire called the runner safe?
10. Who was the first Blue Jay enshrined in Baseball's Hall of Fame?
11. Who was the "Mayor of Jonesville" in Montreal?
12. Who was the starting third baseman for the Expos in 1969?
13. Who was the Expos opening day catcher?
14. Who was the opening day catcher for the Toronto Blue Jays?
15. Which was the fastest AL expansion team to win the World Series?
16. There are only 2 major league baseball teams under corporate ownership. Rogers' Communication owns the Blue Jays. Who owns the other team?
17. Where did the Expos play the first games in Montreal?

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Vicissitudes of life may come and go
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Lasting will be the legacy
And the splendor of this country
Never shall its fame be lost
Down through the ages

by Andrew William Davies



- Answers
1. New York Mets
 2. Doug Ault
 3. Bill Stoneman
 4. Rusty Staub
 5. Gary Carter and Andre Dawson.
 6. Steve Rogers gave up the playoff series home run to Rick Monday in the 9th inning to Dodgers.
 7. 12 - Roberto Alomar
 8. George Bell - 308 avg., 47 home runs, and 134 RBIs
 9. Kelly Gruber
 10. Roberto Alomar
 11. Left fielder Mack Jones of the Expos.
 12. Jose "Coco" Laboy
 13. John Bateman.
 14. Rick Cerone
 15. The Toronto Blue Jays
 16. Liberty Media owns the Atlanta Braves.
 17. Jerry Field



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Women in Force: a military introduction

Peter Mallett
Staff Writer

A new recruiting program set to launch at two test bases will give women considering a career in the Canadian Armed Forces (CAF) an intimate look at military life.

The rollout of the Women in Force pilot project involves 120 participants taking part in two 10-day events.

They will be split between CFB Borden's Logistics Training Centre for those speaking English, and for French speaking women at the Leadership Recruit School at Saint-Jean Garrison, Que. from Aug. 14 to 23.

Two shorter three-day weekend sessions will also be offered at the same venues in late October.

The program is in line with the Chief of Defence Staff's commitment to increase the percentage of women in the military to 25.1 per cent by 2026, says Lieutenant-Colonel Suzanne Raby Deputy Commander, Canadian Forces Recruiting Group Headquarters.

"The whole purpose of Women in Force is to get the information out there and let Canadian women realize there are a multitude of career paths available to them in the armed forces," she says.

LCol Raby is 37 years into her CAF career and can speak first-hand about the

expanding role of women in Canada's military. She was in the first wave of women to graduate from the Royal Military College in 1984.

"When I joined the military only five per cent of our membership were women, and women were restricted from serving in many of the front line occupations, such as infantry soldier, fighter pilot or submariner, so indeed we [women] have come a long way since I joined," says LCol Raby.

The Women in Force program will emphasize the current career opportunities in all 106 occupations.

Participants will reside on base, eat at the mess and interact with military members. Tours and hands-on exercises, such as the CAF fitness test and firing a weapon, will also broaden their knowledge.

Interest in the Women in Force program has been encouraging, with all 120 spots filled and a waiting list of approximately 40 women.

The program remains a pilot project. Lessons learned from it will be reviewed, with the intention to apply this concept to recruiting and attraction initiatives in the future.

For more information about the Women in Force program visit their webpage: <https://www.canada.ca/en/department-national-defence/campaigns/in-demand-jobs/women-in-force.html>

The whole purpose of Women in Force is to get the information out there and let Canadian women realize there are a multitude of career paths available to them in the armed forces.

Lieutenant-Colonel Suzanne Raby Deputy Commander, Canadian Forces Recruiting Group Headquarters

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Canadian, first female to lead Queen's Guard

Steven Fouchard
Army Public Affairs

A Canadian Army officer has become the first woman infantry officer to serve as Captain of the Queen's Guard.

Captain Megan Couto, a member of 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI), was part of a contingent in the United Kingdom, at the Queen's request, to act as her guard from June 18 to July

3. The contingent included 80 soldiers and 35 members of the Royal Canadian Artillery Band.

The Queen's Guard is charged with watching over the sovereign's official residences, including Buckingham Palace and Windsor Castle. Commonwealth military units have periodically been asked to take on the role since 1916. Her Majesty requested that a Canadian unit be given the honour in recognition of this year's sesquicentennial celebrations.

Though Capt Couto is second in command of the contingent, she stood in as Captain of the Guard for officer commanding, Major Jason Hudson, on June 26.

Capt Couto downplayed the significance of the event.

"There haven't been very many female officers in the Canadian infantry," she said. "By the nature of the situation, a lot of the things I do, I'm the first to do it. For me personally it's just part of what I do. I was surprised and honoured to be asked to be Captain of the Guard. And definitely it's a privilege."

Maj Hudson said she deserved the opportunity.

"It's a great opportunity for her. It's also significant in that the UK Ministry of Defence is currently in a transition to allow females within their combat arms," he said.

Both officers said preparing for the job, which consists of five mounts and dismounts – taking over guard duties from their British counterparts and then handing them back – presented the soldiers involved with something of a challenge.

"We're definitely not a ceremonial unit," said Capt Couto. "So it was a bit of a learning curve, but I went to military college for four years so I have some training in drill and ceremony. It wasn't too bad – it was mostly getting the kinks out and remembering my training."

Photo by Corporal Jay Ekin,
3rd Canadian Division Support Base
Edmonton

Captain of the Guard,
Captain Megan Couto, from
the 2nd Battalion, Princess
Patricia's Canadian Light
Infantry (2 PPCLI), marches
the New Guard to St James
Palace after the Mounting
of the Guard in London,
England, June 26.



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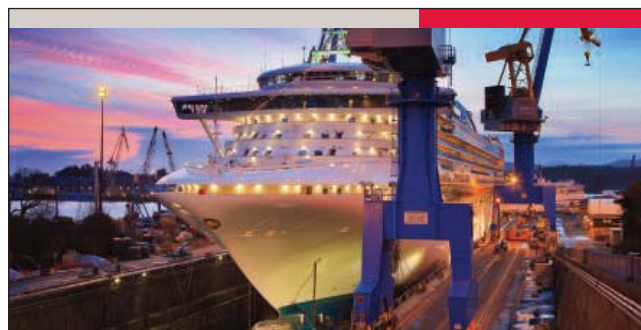


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Poseidon Cutlass - community relations at work

The navy joins an army to feed the hungry in Mumbai

LS Brendan Gibson
HMCS Winnipeg

Thirty-two members of HMCS Winnipeg took time out of their schedule May 14 while in Mumbai, India, to join forces with the Robin Hood Army (RHA) and distribute a warm meal to those in need.

The venture was organized by the ship's Chaplain, Padre Matthew Squires.

"We had a blast playing games with the local children, establishing connections with families, distributing food, and even demonstrating some drill for the kids under the direction of the ship's Coxswain, CPO1 Sylvain Jaquemot," said Padre Squires.

RHA is a volunteer-based organization that gets surplus food from local restaurants to the less fortunate, while providing fun activities and education to disadvantaged children.

Since its start in 2014, RHA has fed more 1.8 million people and is currently established in cities throughout India, and in 11 other countries.

"Our community relations visits give us an opportunity to make a difference in the lives of others at a humanitarian level, as well as recharge our spirits after being away from our families for extended periods," said MS Kevin Simons. "There is nothing more refreshing than having smiles returned by the lives we touch to help us push through to our next event."

With the assistance of RHA, Winnipeg was able to make a small, yet profound, contribution to a huge cause. The "take away" on opportunities like these is best summed up by OS Anthony Brockmoeller who said, "Seeing the impact of our contributions while deployed is not always easy until we serve others and see the joy it brings."

Seeing the impact of our contributions while deployed is not always easy until we serve others and see the joy it brings.

OS Anthony Brockmoeller



Photo by Padre Lt(N) Matthew Squires
LS Craig Langille chats with children in Mumbai, India.



Photo by LS Brendan Gibson
CPO1 Sylvain Jaquemot teaches youth a few drill moves.



Photo by LS Brendan Gibson
Cdr Jeff Hutchinson cuddles a child during a visit to local children as part of the Robin Hood Army.

Courage, Compassion and Commitment: Supporting children in need



Photo by LS Simon Trudeau
Lt(N) Anis Gedeon high-fives children at the Courage, Compassion and Commitment House for children battling cancer in Sri Lanka.

Padre Matthew Squires, HMCS Winnipeg

In support of Poseidon Cutlass 2017's mission to strengthen international relations through regional engagements, members of HMCS Winnipeg ventured to the Courage, Compassion, and Commitment (CCC) Foundation, in Colombo, Sri Lanka May 23.

CCC Foundation is a non-profit charitable organization founded in 2003 by Jetha Devapura, a Sri Lankan born Australian. He fundraised to build a "Ronald Macdonald" type house for families of children battling cancer. It is the largest transition home in Sri Lanka with 194 beds that serves as a home away from home for outpatients and their caregivers.

Winnipeg started off the visit by giving a \$5,000 donation from the ship and Boomer's Legacy.

Then 13 crewmembers

spent time with the children and their caregivers.

"We had an unforgettable time with the children coloring pictures, playing with Play-Doh, and teaching them how to make bracelets," said LS Klarck Montemayor. The Play-Doh was donated by LS Montemayor, and the bracelets were made with gun line patterned after the lanyards many sailors attach to their knives.

Following the visit, Kamilla Perera, a committee member of the CCC house, expressed her appreciation to Padre Matthew Squires in writing: "As I was leaving CCC house, three female adult patients were seated on the bench outside near the gate and were braiding the wrist bands with eager smiles on their faces, and this is the kind of positivity we need to create. It certainly has a ripple effect."

Padre Squires said it was difficult to say who was impacted more profoundly by the visit, the children or the sailors.

"I think we learned much about compassion, resilience, and the strength of unity as it was exemplified that day," he said.

The visit hit a personal note for LS Jeff Dunlop, who said his family has experienced childhood cancer.

"In light of my experience, having the opportunity to visit CCC house to give back, hang out, and let kids be kids for an afternoon, was truly gratifying," he said. "Who thought something so small as coloring pictures and playing games with the kids makes such a difference. It makes me proud to show the world how caring and understanding sailors in the Royal Canadian Navy really are."



Photo by Cpl Carbe Orellana, MARPAC Imaging Services

Commodore J.B. Zwick, Commander of Canadian Fleet Pacific, is presented a flower necklace by two South Korean children, during HMCS Winnipeg and HMCS Ottawa's visit to Jeju Naval Base, South Korea, June 22.

Navy exercises with Republic of Korea

OS Darien R. Wickman
HMCS Ottawa

After a successful joint military exercise with Japanese Ship (JS) Inazuma, Her Majesty's New Zealand Ship (HMNZS) Te Kaha, HMCS Winnipeg and Ottawa waved good-bye and came alongside the island of Jeju, South Korea, June 21.

The following morning, after a series of planning meetings, Ottawa and Winnipeg departed the hospitable Jeju Civilian-Military Port Complex for the next stage of Poseidon Cutlass 17, a bilateral exercise with the Republic of Korea.

Republic of Korea Ship (ROKS) Kang Gam Chan spearheaded the exercise that included ROKS Yul Gok Yi, ROKS Suncheon, Ottawa and Winnipeg. The objective of the exercise was to promote good relations between allied countries, as well as to provide Force Generation training

for the operator trades.

"Working with the Koreans proved very similar to working with North American navies. They had an excellent execution of their exercise, primarily improved by the effective distribution of their program," said Sub-Lieutenant David Hughes, a bridge watchkeeper on board Ottawa.

The ROKN-RCN bilateral exercise demonstrated both the efficiency and interoperability between the navies of the allied countries. The three-day program was tightly scheduled to include many forms of military operations. These included, but were not limited to serials exercising various methods of communication, formation maneuvering, boarding exercises, gunnery, and operational scenarios.

"During our interactions with the ROK Navy, the operations teams participated in multiple Above Water Warfare and Anti-

Submarine Warfare exercises," said Ordinary Seaman Braeden Hart-Young, a Naval Combat Information Operator. "An operation of this scale showcases our allied navy's potential to overcome both communication and technological barriers to successfully communicate and utilize Multi-LINK to ensure warfare effectiveness and combat efficiency."

The ROKN also provided the opportunity for sailors from Ottawa to participate in a cross personnel assignment for a couple of days. Petty Officer Second Class Shawn Hanson, Naval Communicator, spent three days aboard ROKS Kang Gam Chan and noted their high level of discipline.

"They were incredibly efficient. They even turned part ship hands into drill movements."

He went on to witness the differences between navies, including work practices, rank structure, watch organization, and

ceremonial etiquette. "It was an interesting experience to witness, but I'm glad I'm employed by Canada."

On completion of the exercise, Ottawa proceeded to Incheon, South Korea, where the ship celebrated Canada Day. The first day alongside included an official meeting between Commander Sylvain Belair, Ottawa's Commanding Officer, and Rear-Admiral Park don Sung, Commander of Naval Base Incheon. Rear-Admiral Park thanked Ottawa for the ship's presence in the Indo-Asia Pacific, lauding these deployments and the importance of seeing Canadian ships in the area as a contributor to stability.

On completion of the port visit in Incheon, Ottawa will proceed with Winnipeg to a series of exercises with Japan's Navy, continuing on with the ship's mission of global engagement and relationship-building.

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LEGION OF HONOUR



Frank Poole

SURVIVOR



Veteran Frank Poole, 93, with his new Legion of Honour medal.

Peter Mallett
Staff Writer

Second World War and Korean War veteran Frank Poole admits the Legion of Honour medal recently bestowed upon him is perhaps the most precious he's received to date.

Capt (Retired) Poole, 93, was presented France's highest order of military merit by Rear-Admiral Art McDonald, Commander Maritime Forces Pacific, during a ceremony at Veterans Memorial Lodge at Broadmead.

A client of the Veterans Health Centre Day Program at Broadmead, Poole says all of the 14 medals he received for his 25-year military career are important, but the Legion of Honour holds special cultural significance for his entire family.

"This is so big and my family members are in awe," says Poole. "I grew up in Cape Breton and can trace my family tree back to Normandy, and my wife of 59 years [Melodie] is of Acadian descent. So yes this is a truly great moment for the whole family."

The Legion of Honour award was originally established in 1802 by Napoleon Bonaparte and has been awarded to approximately 93,000 veterans worldwide. In 2015 the French Government

began honouring 1,000 Canadian veterans with the award to commemorate the 70th Anniversary of the D-Day Landing.

Veterans in line for the award receive a package containing a letter from Nicholas Chapuis, Ambassador for France to Canada, and their medal that signifies the rank of Knight of the French National Order of the Legion of Honour. The award itself is a five-armed cross with a v-shaped cut out at the end of each point, and surrounded by a wreath of laurel leaves.

RAAdm McDonald, who also hails from Cape Breton, presented the medal to Poole June 20 with the veteran's beaming family members looking on.

It was a moment for the former aviator and air gunner to recall his role in the Allied air war over Germany during the Second World War, and tell one harrowing story.

Falling to the Ground

In January 1945, a young Sgt Poole was aboard a Royal Canadian Air Force Halifax Heavy Bomber, 18,000 feet over Hannover, Germany, when it was shot down.

Poole managed to survive by bailing out of the plane and landing in a snow bank. He was eventually captured and spent more than two months in

a German prisoner of war camp until the prisoners were liberated in April of that year.

But it was the moments of madness over Hannover that Poole remembers most vividly. He was manning the top turret in the bomber. They were returning from a bombing run over Berlin when a German night flyer crept undetected below the plane.

It fired at the bomber and struck the starboard wing setting it ablaze.

Damage was extensive and the order was given to bail out. Shortly after the order the plane's gas tank ignited. Poole says the blast blew the plane apart and sent both he and the wreckage hurtling towards the ground.

"The fireball blew off the wings and tail section of the plane," he recalls. "I bailed out but was knocked unconscious by the explosion. I fell through the air a couple of miles but luckily the cold air revived me."

"I finally realized, as I was tumbling in mid-air, that these big white spots I could see passing before my eyes were actually the snow banks on the ground. I hadn't pulled the ripcord on my parachute. I managed to grab it and pull it and the next thing I was sitting in a snow bank and the temperature was freezing, about -41 Fahrenheit."

Avoiding Capture

During the fall Poole lost his right boot. He

managed to fasten a makeshift shoe from materials in his parachute to avoid getting frostbite.

Then he set out through the dark countryside and found shelter in a barn. After a day going undetected, he set out again in a futile attempt to walk to safety.

During his journey Poole tried to cross a river on a makeshift raft but fell into the water. He emerged shivering with his soaked clothing quickly turning to ice.

He sought shelter in a nearby house where an elderly couple provided him with warmth and hot coffee. But he was eventually turned over to German soldiers and taken to an interrogation centre in Frankfurt.

The Germans used solitary confinement with-out heating as part of an unsuccessful effort to get him to reveal secrets about Allied bombing missions.

From there it was off to Moosburg in southern Bavaria and the infamous Stalag VII-A, Germany's largest Prisoner of War Camp.

Thankfully Poole's ordeal there was no more than 10 weeks before the prisoners were liberated.

"The solitary confinement wasn't good and neither was the prison camp. The memories of it haven't gone away to this day and I'm not completely over the experience," he says, declining to share too many details about the living condi-

tions or treatment of the prisoners.

Post-War trauma

The months after the war were the most difficult. When he returned to Cape Breton he couldn't stand to be around other people or large groups.

He left his family and headed to the back country of New Brunswick where he camped in a makeshift tent for weeks in an effort to come to terms with his memories and thoughts of the war.

"There were only two who escaped the plane wreck that day and it was a miracle that I survived both the crash and the POW camp," says Poole. "But the question I couldn't get out of my mind was how come I was so lucky, and what was I being saved for? The guilt hung heavily because I had survived my ordeal and the war while so many others had died."

Poole is certain he suffers from Post-Traumatic Stress Disorder. What helped him through his trauma and depression was a chance reunion with an old friend whose cottage was located near Poole's campsite.

When a brush fire raged through the forest, the pair worked together to dampen the ground and trees with a hose to save the cottage. Poole said the moment was big and

helped ease his guilt and rebuild his self-esteem.

"It was a monumental turning point for me because I finally had a feeling of self-worth again, that I was part of the community, and had contributed something," he said.

Poole enlisted in the armed forces again when war broke out in Korea. He completed an 18-month deployment as a Battle Instructor. That deployment earned him a Victory Medal.

Poole retired from the Canadian Armed Forces in 1971 and moved to Victoria.

His son Raymond Poole, a former Air Traffic Controller for the air force, and his daughter-in-law Sherry Ewacha-Poole, a talented artist, attended the ceremony at Broadmead.

"To get this form of recognition and have the award presented to him by someone currently in a command position with the Canadian military made my dad extremely proud," says Raymond Poole. "We thought it was appropriate and very touching."

Following RAAdm McDonald's presentation, the Poole family showed its own gratitude. Sherry presented RAAdm McDonald with signed prints of her paintings of HMCS Winnipeg and HMCS Vancouver.



Frank Poole's portrait taken during his military career.



RAAdm Art McDonald personally awarded the Legion of Honour Medal to Frank Poole with wife Melodie was by his side.



HMCS Edmonton changes hands



Out-going Commanding Officer, LCdr Lucas Kenward leaves his command via row boat.



Cdr Michele Tessier, Commander Coastal Division Pacific, presides over the HMCS Edmonton change of command ceremony, as LCdr Kenward, and incoming Commanding Officer, LCdr Brian Henwood sign certificates making the command change official.



Photos by LS Valerie LeClair, MARPAC Imaging Services
LCdr Kenwood steps down the ship's ladder to the awaiting row boat for a final sail past the Maritime Coastal Defence Vessel.

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Base museum hosts specially themed open house next week

Will Chaster
MARPAC Public Affairs

To entice the general public to visit the CFB Esquimalt Naval and Military Museum, staff have chosen a Christmas theme for their third annual Open House July 8.

From 10 a.m. to 4 p.m. visitors can move through time as they go room to room to view the static and interactive historical military displays. A rare exhibit of Christmas cards will be on display providing a snapshot into the lives of serving members and their families who were separated during the holidays.

Tour guides will be at the ready to explain the significance of the artifacts and take visitor questions.

To round out the experience, the Victoria-Esquimalt Military Reenactors Association, dressed in historical costume, will have displays on the museum parade square, as will the Ashton Armoury Museum.

"We're especially excited to have the Reenactors come this year," said Clare Sharpe, Museum Exhibit Designer. "We find they really deepen the audience's understanding of the display by making it much more interactive; it helps bring history to life."

To help alleviate the summer heat, staff will give away syrup-drizzled sno-cones. Opened in 1985, the

CFB Esquimalt Naval and Military Museum boasts extensive displays on the Royal Canadian Navy, detailing its history, equipment, wartime participation, and personnel. It also contains a section documenting the Canadian Army's history here at CFB Esquimalt.

The Open House is open to the Defence Team and members of the general public, and while the event is free, donations are encouraged. There is plenty of free parking near the museum.

For further information, please contact Clare Sharpe at Clare.Sharpe@forces.gc.ca or Debbie Towell at Debbie.Towell@forces.gc.ca.



CFB Esquimalt Naval and Military Museum

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Health and Wellness Survey Infographics offer results snapshot

Peter Mallett
Staff Writer

To help military members understand the results of the Health and Lifestyle Information Survey of the Canadian Armed Forces' (CAF) Health Services have released infographics.

Dr. Maureen Carew, Section Head of the CAF's Health Services' Strengthening the Forces, says the infographics are meant to grab the attention of military personnel and deliver important information on the findings of the survey that were announced in October 2016.

"The infographics are a great way of pulling together some of the key findings [of the survey] in an easy-to-read format," said Carew. "They emphasize the results for people that don't have time to read the full report or are not interested in reading through large amounts of text and tables."

A paper-based survey has been conducted by the Directorate of Force Health Protection in the CAF since 2000 with the latest undertaking in 2013-14 involving 4,312 Regular Force randomly selected from 56,574 Canadian military personnel. Data was weighted to reflect age, sex and rank distribution.

Carew says the graphics highlight positive and encouraging news coupled with areas of concern.

For example, physical activity increased by seven per cent from the last survey conducted in 2008-2009, with 78 per cent of personnel reporting they were sufficiently physically active compared to 85 per cent in 2016. However, the percentage of obesity has increased from 20 per cent in 2004 to 25 per cent in 2013/14.

Plus, there is encouraging news for tobacco dependency. The number of tobacco users has declined substantially from 25 per cent in 2004 to about 18 per cent in 2016. The downside, says Carew, is the survey found that among current smokers who first started smoking after joining the CAF, 57 per cent took it up during basic training.

"These results tell us that we need to take a closer look at why this trend is occurring, and find

ways to prevent young people from starting to smoke when they join the Forces," said Carew. "These infographics help in this regard because raising awareness is always an important step in prevention and can be combined with other efforts such as putting in place policies that limit access to cigarettes."

The survey also highlighted a spike in repetitive strain injuries, with 32 per cent of respondents confirming they had a repetitive strain injury in the 12 months before the survey that was serious enough to limit their normal activities, compared with 22 per cent in 2008. Carew said the majority of the injuries were the result of sports, military training and physical training.

"When we ask about deployment in the last chapter of our findings we learned that one-in-five personnel were unable to participate in deployments with the top reason being musculoskeletal injuries," said Carew. "While the exact cause is not known, it may precipitate looking at the way people are training, and how to train units with more emphasis on safety and injury prevention."

The next study takes place in 2019. Population surveys such as the HLIS are very helpful in providing a snapshot of the health of the CAF and can give key information for monitoring the Federal Government's new Defence Policy that was announced June 7, which calls for a \$200 million of investment in the promotion, prevention, treatment and support of health and wellness services.

The infographics are a great way of pulling together some of the key findings [of the survey] in an easy-to-read format.

Dr. Maureen Carew,
Strengthening the Forces

Health and Lifestyle Information Survey of Canadian Armed Forces Personnel

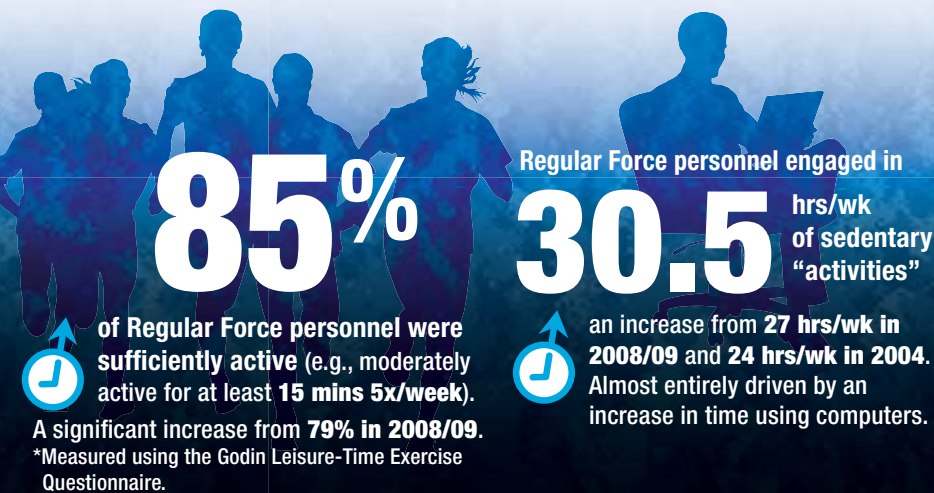
Physical Activity and Injuries



Results from the 2013/14 Regular Force survey.

PHYSICALLY ACTIVE

SEDENTARY



ORGANIZATIONAL SUPPORT

72% agreed that CAF leadership encourages personnel to be active

90% had access to exercise facilities

87% were given time to exercise while at work

INJURIES

32% had a repetitive strain injury serious enough to limit their normal activities in the 12 months preceding the survey. A significant increase from 23% in 2008/09.

19% had an acute injury serious enough to limit their normal activities in the 12 months preceding the survey, unchanged from 2008/09.



MOST INJURIES:

- happened during physical training, sports, and military training;
- affected lower body parts and/or lower back; and
- musculoskeletal injuries are the #1 reason for not deploying.

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Try 30-60 minutes of daily moderate to vigorous exercise	It's good for your health.
Progress your fitness training carefully	It's a great way to reduce your risk of injury.
Stay in the game	Wear protective equipment at work and at play.
Reduce your risk of injury	By doing 5 to 10 minutes of active warm-up before sports and fitness training.
Do 2 days of strength training a week	It's a wise investment in terms of fitness and injury prevention.
Try limiting your high impact activities to every second day	Your legs will love you for it.



Canada National Defence nationale



Health and Lifestyle Information Survey of Canadian Armed Forces Personnel

Nutrition and Obesity



Results from the 2013/14 Regular Force survey.

KNOWLEDGE

BODY WEIGHT



The full report on the survey's findings is available at:
<http://cmp-cpm.mil.ca/en/health/reports-pubs/health-lifestyle-info-survey.page>

HMCS Oriole front and centre at Canada 150 celebrations

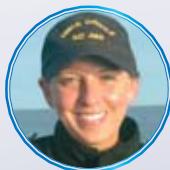
Peter Mallett
Staff Writer

The Royal Canadian Navy's tall ship *HMCS Oriole* completed its historic voyage and reached Charlottetown last week ahead of taking part in Canada 150 celebrations.

The 31-metre ambassadorial sailing ketch and its 20-person crew set off from CFB Esquimalt March 16, embarking on an approximately 20,400 kilometre journey to Canada's East Coast; it's first to the Maritimes in over 30 years. After stops in Bermuda

and Boston to take part in tall ships festivals, *Oriole* and crew were excited as they prepared to celebrate Canada's 150th Birthday in the birthplace of Confederation.

Here is what some of the crew had to say before the weekend's celebrations began:



Leading Seaman Lesley Davis, Bosun:

"I'm excited to finally make it back to Canada, and celebrate Canada Day in Charlottetown. We've seen a lot of nice places on the way here, but it's nice to finally be back at home."

Ordinary Seaman Justin Penrose, WEng Tech:

"I'm happy to almost be back at home, and particularly to be headed to Charlottetown because it's the birthplace of Confederation and where Canada really came together. It's going to be awesome to be right at the heart of it."



Lieutenant Commander Mike Wills, Commanding Officer:

"This is a historic milestone for *Oriole*. We've travelled nearly 11,000 nautical miles over the last three months in getting here. In July we start the part of the deployment where we get to reach out to thousands of Canadians to display the oldest and most unique ship in the navy. It's going to be a great summer, and everyone on board is looking forward to it."

Oriole concludes its deployment after participation in the Rendezvous 2017 Tall Ships Festival at various ports in the Maritimes and in the Gulf of Saint Lawrence. The vessel is then scheduled for a maintenance refit in Halifax before completing the shorter 7,000 nautical-mile (12,964 km) homeward leg of its journey in April 2018.



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Bravo Zulu



Graduates of the new Marine Technician (MARTECH) training program, June 23. Top Row: (left to right) LS Scott Steeves, HMCS Ottawa; and LS Joel Vandervies, HMCS Regina. Bottom Row: (left to right) LS Thomas Harding, Patrol Craft Training Unit (PCTU); MS David Larsen, PCTU; MS Shawn Martin, Naval Fleet School Pacific; LS Clayton Morrell, PCTU; and LS Andrew Vincent, PCTU.



Reserve Requirement Level Leading Seaman Naval Combat Information Operator course 0004 graduates, back row, left to right: LS Welch, LS Griffin, LS Green, LS Burke, LS Vaillencourt, LS Desrochers, AB Brunet (Top Student), LS Ortiz, and LS Palipane. Front row, left to right: PO1 Whitman (A/CBT Chief), and PO1 Jimmo (Instructor).



CPO2 Penner is promoted by Cdr Bonnar and LCdr Petitpas from Naval Fleet School (Pacific).



FMF Cape Breton Awards

Captain (Navy) Christopher Earl presented awards and promotions during the Fleet Maintenance Facility (FMF) Cape Breton Awards Ceremony on June 14.
Photo by LS Valerie LeClair, MARPAC Imaging Services



PO2 Duane Reed is promoted to his current rank by Capt(N) Christopher Earl (left) and Cdr Philippe Menard.



LS Dinh Tran receives his Canadian Forces' Decoration First Clasp.



MS Brad White (retired) receives his First Rotation Bar to the South-West Asia Service Medal with Afghanistan Bar.



Ted Angus receives a Bravo Zulu award.



Ben Constable receives a Bravo Zulu award.



Joe Demetruis receives a Bravo Zulu award.



Aaron McNab receives a Bravo Zulu award.



Rem Radsma receives a Bravo Zulu award.



Spencer Derby receives a Certificate of Appreciation.



Mark Gauvin receives a Certificate of Apprenticeship.



Andrew Macaulay receives a Certificate of Apprenticeship.



Kurtis Paddle receives a Certificate of Apprenticeship.



Lauchlan Palmer receives a Certificate of Apprenticeship.

Bravo Zulu

FMF Cape Breton Awards



CPO2 Christopher Fraser receives the Physical Fitness Award for Aerobic Excellence by Capt(N) Christopher Earl (left).



Brandon Sommerfield receives a Certificate of Apprenticeship by Capt(N) Christopher Earl.



Eugene Yeun receives a Certificate of Apprenticeship by Capt(N) Christopher Earl.

Bravo Zulu

FDU(P) Ship's Team Diver Course 0209 Graduation



The Ship's Team Diver Course 0209 graduates and staff assemble for a group photo at the conclusion of the course at Fleet Diving Unit (Pacific).



Graduates take one last dip by jumping off the jetty together.

Bravo Zulu

MARPAC Promotion Ceremony

Captain (Navy) Steve Jorgenson, Chief of Staff for Plans and Operations, awarded promotions during the MARPAC Awards Ceremony on June 15.
Photos by MCpl Brent Kenny, MARPAC Imaging Services



MS Brendan Churcher is promoted to his current rank by Capt(N) Steve Jorgenson (left) and LCdr Jason Stubbings.



PO2 Reilly is promoted to his current rank by Capt(N) Steve Jorgenson and PO2 Reilly's wife (right).



MWO Wayne Donner (center) is promoted to his current rank by Capt(N) Steve Jorgenson and wife of recipient, Captain Jennifer Donner (right).



LCdr Francois Gaudreault (centre) is promoted to his current rank by Capt(N) Steve Jorgenson and LCdr Jason Stubbings.



Maj Gregory Clarke (center) is promoted to his current rank by Capt(N) Steve Jorgenson and Maj Justin Olsen (right).

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STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please check us out on facebook (STV Tuna).

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