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POSEIDON CUTLASS

The crew of HMCS Winnipeg, currently on Poseidon Cutlass 17, lowers a rigid hulled inflatable boat containing Leading Seaman Anthony Berardi and Ordinary Seaman Mitchel Kathol as part of boat crew training.

Photo by MCpl Carbe Orellana, MARPAC Imaging Services

The goal is to have a signed flag for each competitor participating in the 2017 Invictus Games taking place this September in Toronto.



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Red Serge returns to HMCS Regina

James Vassallo
Base Public Affairs

This is a story about connections: between a ship and a land-locked city, between those who protect us from threats at home and those who protect us from threats abroad, between a man and his uniform, between a father and son.

Two weeks ago, a special donation was made to *HMCS Regina* that brought all those connections together into one shadow box to be displayed in the ship.

On the ship's flight deck, with members of the crew in attendance, Superintendent (Retired) Robert Boyd, a 41-year veteran of the Royal Canadian Mounted Police (RCMP), bestowed his Red Serge uniform to the ship. It is to replace another one that went missing during the ship's mid-life refit.

Also on hand to witness the event was former *Regina* Commander, Captain (Navy) Jason Boyd, son of Superintendent Boyd.

"The idea that a piece of my father will be immortalized with this ship for as long as she sails, it's a feeling that's hard to describe," he says.

The backstory of how this uniform came to the ship begins last year when Lieutenant-Commander Andrew Graham assumed the job as *Regina's* Executive Officer.

"I began to learn about this link between the City of Regina's Royal Canadian Mounted Police and the ship," he says.

The RCMP Academy, Depot Division, which trains future Mounties, is located in Regina, the ship's namesake city. Over time the ship has acquired Mountie memorabilia such as artwork of the iconic front-wise facing bison head. It has also added a little Mountie flavour to the ship with red-yellow-blue striping painted on doors, and two graphic plates of a mounted horse and rider located prominently on the forecastle of the ship.

"Regrettably, I was informed there had been a Red Serge in the Chiefs' and Petty Officers'

Mess but that it had been lost while the ship was in mid-life refit," says LCdr Graham. "So we were missing an important symbol of this unique relationship between the RCMP, the Royal Canadian Navy, and the City of Regina."

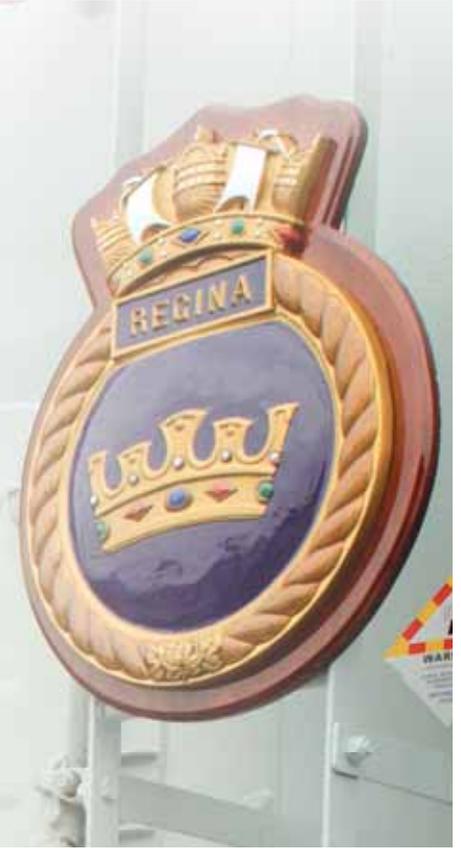
So began the hunt to find a replacement Red Serge.

The executive officer reached out to former naval officer Jonathan Treen, now an RCMP Constable. In pure serendipity he found one, and it belonged to the new Base Commander's father.

"It means an awful lot to me to have my Red Serge placed on *HMCS Regina* since my son was Commanding Officer," says Supt (Ret'd) Boyd. "Our careers have intertwined with this honour."

The red serge is on permanent loan to the ship until such time as the ship is paid off. Then it will be returned to the Boyd family.

In thanks, the ship has made him an honorary mess member.



Superintendent Boyd's Red Serge on loan to the ship.
Photos by Cpl Blaine Sewell, MARPAC Imaging Services

Royal Canadian Mounted Police Superintendent (Retired) Robert Boyd receives an honorary membership to HMCS Regina's wardroom by the ship's Executive Officer, Lieutenant-Commander Andrew Graham and Base Commander, Captain (Navy) Jason Boyd.



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Additional military personnel arrive in B.C.'s interior

Land Task Force Public Affairs

As the wildfires continued to rage in B.C.'s interior last week, the Province of British Columbia requested additional assistance from the Government of Canada. Following that request, Canadian Army members made their way to the interior to join the Royal Canadian Air Force in supporting wildfire fighting efforts.

The majority of the land forces are from 1 Combat Engineer Regiment (1 CER) in Edmonton, Alberta. They arrived in Williams Lake July 21, and linked in with partner organizations already in place to manage traffic observation and reporting points.

"We've been ready for this deployment; vehicles were ready to go and we were itching to

get out the door," said Corporal Thomas Hart, a combat engineer working alongside three other Canadian Armed Forces (CAF) members and a RCMP officer at an observation and reporting point south of Williams Lake. "By coming out here we get to help fellow Canadians in a real-life situation, dealing with a real-life problem, where we can have a beneficial and positive impact on their lives."

Farther south, CAF members had the opportunity to welcome residents of 100 Mile House home after the evacuation order was downgraded to an evacuation alert on July 22.

Soldiers saw lots of weary but grinning faces as locals returned home following nearly two weeks away.

"It's been very rewarding to

work in our own community, which we don't always get to do," said Master Corporal Roger Beverage, a Canadian Ranger with the 100 Mile House patrol. "Also, it's been a new experience working so closely with other agencies such as the RCMP and Regular Force."

Once across the B.C. - Alberta border the soldiers came under operational control of Joint Task Force Pacific (JTTFP) headquartered at CFB Esquimalt. JTTFP is the Canadian Armed Forces organization tasked with conducting domestic military operations in British Columbia, when requested by the province and authorized by the Government of Canada. Operation Lentus is the operation that responds to natural disasters. It is the fourth operation in Canada this year.



Photos by MCpl Malcolm Byers, Wainwright Garrison Imaging

A member of Land Task Force - Pacific shows a returning resident of Williams Lake, B.C., the evacuation alert and order areas during Operation Lentus.



A convoy of BC Hydro trucks pass a vehicle control point manned by members of Land Task Force - Pacific and RCMP at the Sheep Creek Bridge near Williams Lake, B.C.



OPERATION LENTUS The story so far

Land Task Force Public Affairs

More than 450 Canadian Armed Forces (CAF) personnel have been deployed to B.C.'s interior in response to the Province of British Columbia's request for assistance in battling more than 170 wildfires.

The mission is Operation Lentus 4-17, and was assigned to Joint Task Force Pacific (JTTFP) by the Chief of the Defence Staff in early July for rapid disaster relief aid to the province.

Within hours of the mission start, the Royal Canadian Air Force sent fixed and rotary wing aircraft to the area with relief supplies. While there, they are transporting injured persons, conducting aerial reconnaissance, and bringing in much-needed firefighting equipment.

Air Task Force - Pacific has flown more than 50 sorties in response to specific wildfire response tasks.

A second request was made to the Government of Canada by the province for increased CAF assistance on July 17. A contingent of 225 Canadian Army soldiers from Edmonton Garrison conducted a two-day road move to Williams Lake. These 3rd Canadian Division soldiers are members of a Joint Task Force (West) Immediate Response

Unit and are now operating as the JTTFP Land Task Force - Pacific. The road move was conducted with more than 60 vehicles of various types, including 10 Light Armoured Vehicles, which are uniquely suited to working in difficult conditions.

Their job is to assist the RCMP in providing information to the public, as well as observation and reporting tasks at assigned points along access roads in the Williams Lake and 100 Mile House area. They will also assist with ground evacuation of persons in distress and the ground delivery of essential aid to affected areas.

Of note, 37 Canadian Rangers and staff from 4th Canadian Ranger Patrol Group have joined the CAF effort. Participating Canadian Rangers are from B.C. communities throughout the province. They are currently integrated with the soldiers in 100 Mile House and Williams Lake and will remain involved in assisting and supporting for as long as required.

Last week, 33 members of 39 Canadian Brigade Group arrived in Williams Lake from Chilliwack. These reserve soldiers, primarily from regiments in the lower mainland, will augment the soldiers assisting the RCMP and ensure the CAF is appropriately resourced and prepared for evacuation or supply tasks.

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WHO WE ARE

MANAGING EDITOR
Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS
Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION
Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Bill Cochrane 250-363-8033
workstation3@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION
Mary Lou Climenhaga 250-363-3127
Mary.Climenhaga@forces.gc.ca

SALES REPRESENTATIVES
Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR
James Vassallo 250-363-7060

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WHAT SAY YOU

SPORTS trivia Golf Open Championship



The Open Championship in golf also known as *The Open* or as Americans who don't know any better call it *The British Open*.

1. When and where was the first Open Championship held?
2. How big was the field?
3. Who won?
4. How many holes was the first Open?
5. What was the prize?
6. What happened to the Challenge Belt?
7. Who won the tournament in 1871?
8. What prize was instituted in 1872?
9. Who organizes the Open Championship?
10. Who was the first non-Scot to win the Open?
11. Who was the most recent amateur to win the Open?
12. Who was the first golfer from the European Continent to win the Open?
13. Who was the first U.S.-based golfer to win the Open?
14. Who was the first U.S.-born golfer to win the Open?
15. Who has won the greatest number of Open Championships?
16. Who was the oldest winner of the Open?
17. Who holds the record for most runner-up finishes and the record for most rounds under par?
18. Who holds the record for the lowest 72-hole score?
19. Who is the most recent Open winner?
20. Who holds the record for the lowest 18-hole round?

- Answers:
1. 1860 - Prestwick Golf Club, Scotland.
 2. Eight golfers.
 3. Willie Park Sr. - Scotland.
 4. Three rounds of Prestwick's 12-hole course played in a single day - total 36.
 5. A "Challenge Belt" made of red leather with a silver buckle valued at 25 pounds.
 6. Fit was retired in 1870 when Young Tom Morris won it for the third consecutive time and was allowed to keep it.
 7. No one. The tournament was cancelled because there was no prize to play for.
 8. The Claret Jug officially known as "The Golf Champion Trophy". The tournament was won for the fourth time in a row by Young Tom Morris whose name was engraved on the Jug. Morris wasn't actually presented with the trophy since it wasn't ready at the time of his victory. He got a gold medal instead as have all subsequent winners.
 9. The R & A which in 2004 was spun off from the Royal and Ancient Golf Club of St Andrews as the governing body of golf worldwide except in the United States and Mexico where the USGA rules.
 10. John Ball from England in 1890. He was also the first amateur.
 11. Bobby Jones - USA - 1930.
 12. Arnaud Massy - France - 1907.
 13. Jack Hutchinson - 1921. Hutchinson was born in Scotland, emigrated to the U.S. and was naturalized in 1920.
 14. Walter Hagen - 1922.
 15. Harry Vardon - Balliwick of Jersey - six - 1895, 1898, 1899, 1903, 1911, 1914. He was also runner-up four times and U.S. Open champion in 1900. He was in the first group of golfers inducted into the World Golf Hall of Fame in 1974.
 16. Old Tom Morris - 1867 - 46 years, 102 days. American Tom Watson came close in 2009 losing a playoff to Stewart Cink seven weeks before his 60th birthday. Watson also won the Open five times.
 17. Jack Nicklaus - USA - seven times runner-up, 61 rounds under par and three times Open Champion.
 18. Henrik Stenson - Sweden - 2016 - 264 strokes - 20 strokes under par.
 19. Jordan Spieth - USA.
 20. Branden Grace - South Africa - 62 - set in the third round in 2017. This is also the lowest score ever in any of the major championships.

What's cooking

IN HMCS OTTAWA

The excellent cooking continues onboard *HMCS Ottawa* as the ship transits the Pacific Ocean on Poseidon Cutlass 17.

This turkey burger recipe is a favourite with the crew and was served during the "Double Day" barbecue on July 23, 2017, as *Ottawa* crossed the International Date Line.

Crewmembers enjoyed burgers barbecued by the Chiefs and Petty Officers on the flight deck as the ship celebrated experiencing July 23 twice.

For Ordinary Seaman Michel Cotton, the love of cooking that led him

to a career as a cook in the Royal Canadian Navy hasn't diminished during this deployment.

"I have worked in hospitality in my home town of Ottawa, so it was really special that my first sail was on *HMCS Ottawa*."

Talking as he shapes the turkey burgers by hand, OS Cotton continues.

"I joined the Canadian Armed Forces because I wanted to do something different, something that helped people. It has been amazing to do a job that I love while seeing the world on this deployment."

Hand Made Turkey Burgers with Cranberry Mayonnaise

Turkey Patty (Makes 8 patties)

- 2lbs Ground Turkey
- ¼ cup Green Onions, chopped
- 1cup Bread Crumbs
- 1tsp Poultry Seasoning
- 1/2 cup Dried Cranberries
- 3 each Eggs, beaten
- To taste Salt & Pepper

Cranberry Mayonnaise

- 1cup Mayonnaise
- ½ cup Cranberry Jelly
- To taste Salt & Pepper

- 8 each Bun, your choice
- 1tsp Butter

Directions

Combine turkey patty ingredients well. Form into 8, 4 inch patties. Place in refrigerator, covered. Mix mayonnaise and cranberries together and set aside in refrigerator. Use grill, barbecue or fry pan as preferred. Internal temp should be between 155-165 degrees Celsius when fully cooked. Butter bun and grill until properly toasted. Place 1 tbsp of cranberry mayonnaise on bottom of bun. Top with one burger patty. Finish with your favorite choices of burger condiments and enjoy.



OS Michel Cotton, HMCS Ottawa
Photo: Royal Canadian Navy Public Affairs

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HMCS Ottawa doubles up on Sunday



SLt Mairi Anderson
HMCS Ottawa

Everyone knows that familiar feeling on a Sunday night of Monday looming with its return to work, and that the weekend just wasn't long enough.

How often have you wished you had just one more day, one more Sunday to enjoy your weekend?

HMCS Ottawa, currently transiting the Pacific from Japan to Hawaii, got to experience the joy of an extra Sunday as they crossed the International Date Line from west to east July 23. Known as "Double Day" in HMCS Ottawa, July 23 came twice in 2017.

"Eggs? Eggs? You want eggs? Two? Can I interest you in three?" called out Lieutenant (Navy) Julian Yates, the ship's Logistics Officer.

To make the ship's second experience of July 23, 2017, special, the Wardroom served breakfast to the Master Seaman and Below in a reversal of ranks. Junior sailors called out their breakfast order to the heads of their departments while joking ran up and down the meal line. Everyone in Ottawa was relieved the next day when the cooks took up their regular station on the steam line and the morning eggs arrived as ordered.

For those to whom Sunday is a day of reflection and prayer, the Padre on board, Captain Joachim Nnanna, offered a bible study to celebrate having two Sundays back to back.

"We have a wonderful congregation on board the ship and

they ask the really hard questions. Double Day brought up the theological question of which is the real Sunday, the real day of rest? The fact that the crew asks these kinds of questions points to a deep spirituality and an attitude of seeking answers that attracted me to military Chaplaincy in the first place."

Some sailors used the extra day to fit in physical training on the flight deck, enjoying the sunshine. Crewmembers lifted weights, ran laps or engaged in the Personnel Support Programs-led workouts offered throughout the day. While physical fitness is a priority in Ottawa, with exercise classes regularly offered several times a day, Double Day meant a little more free time to fit in personal physical activity such as yoga, martial arts, or a grappling session by members of the ship's Boarding Party.

Double Day continued with a barbeque for supper, encouraging the crew to revel in the endless blue sky and deep blue sea that the mid-Pacific offers. Again reversing roles, the Chiefs and Petty Officers staffed the barbeque, cooking burgers and sausages for the ship's company.

The evening continued with a boisterous charity auction. For the past few weeks, sailors have bought tickets for a draw to get that first kiss on the jetty once Ottawa returns to Esquimalt, as well as the Fly Home Lottery, giving a lucky sailor a chance to fly home early.

Sub-Lieutenant Cassandra O'Rourke, winner of the First Kiss Lottery, was eager to tell her girlfriend the good news.

"She will be so excited; I can hardly wait to see her again!" The auction also sold off items collected throughout the



On Double Day, members of the Boarding Party practiced their grappling skills.

six-month deployment from ports as diverse as Manila, Philippines, and Tokyo, Japan.

The evening ended at the Flight Deck Drive In with a movie screened on the hangar door as sailors curled up on gym mats in the warm Pacific breeze. The stars came out and the Milky Way arched over the ship as the credits rolled. Able Seaman Robert Gaumond-Harriet, a Supply Technician, summed up his experience of living July 23, 2017, twice.

"It was a special day. It was really nice to get the chance to relax with my friends on board and recharge before the homeward leg of our sail on Poseidon Cutlass 17."



Crewmembers enjoy a barbeque on the flight deck, served up by the Chiefs and Petty Officers.



Photos by Royal Canadian Navy Public Affairs

SLt Cassandra O'Rourke shares her excitement with Captain Joachim Nnanna, the Padre onboard HMCS Ottawa, after winning the first homecoming kiss lottery.

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Aug 26th – Mayweather vs McGregor!

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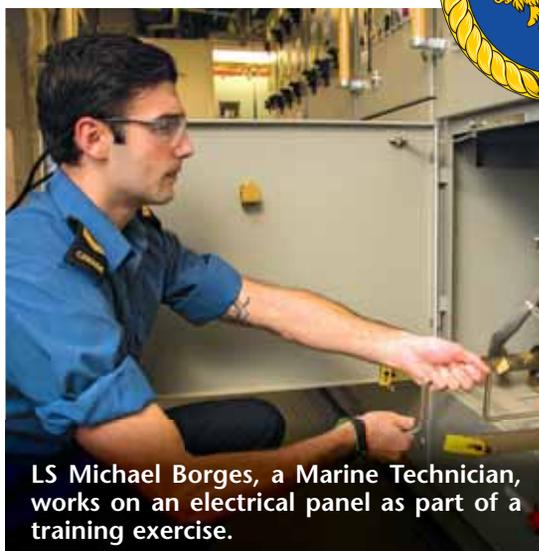


Photos by MCpl Carbe Orellana, MARPAC Imaging Services

A CH-124 Sea King helicopter from HMCS Winnipeg hovers above the forecandle of the ship as it prepares to lift cargo as part of a training exercise on Poseidon Cutlass 17.



AB Thomas McDavid prepares meals in the galley.



LS Michael Borges, a Marine Technician, works on an electrical panel as part of a training exercise.



AB Charmaine Chard secures the signal halyards on the flag deck.

Goldcrest puts the wind in sailors' sails

Peter Mallett
Staff Writer

Royal Canadian Navy sailors are on the water this summer to develop their basic seamanship skills in Sail Training Vessel (STV) Goldcrest.

The three-decade old, 36-foot CS 36 Sloop rigged sailboat yacht was adapted by the military for sail, adventure, and navigation training. Last year, the Sea Training Centre in Naval Fleet School Pacific launched a sailing program for new recruits enrolled in the Canadian Forces Regular Officer Training Program (ROTP). Since then, more than 150 officer cadets have boarded Goldcrest and headed out Esquimalt Harbour for an on-the-water experience far different than a warship platform.

"The seamanship learned on a sailboat makes a sailor a better Maritime Surface and Subsurface Officer [MARS]," says Edith Eaton, Officer in Charge of the Sailing Program. "The skills learned on a sailboat apply to all trades and occupations of the navy. For example, a new MARS officer can be in command of a small vessel, learn all of its intricacies and systems, and how they work together, and then in turn have a better appreciation of what it takes to operate an RCN vessel."

Most officer cadets participating in the program have no prior sailing experience, and spend one to three weeks with up to a crew of eight. Their successful completion of week one can earn them a competent crew certification by the International Sail and Power Association for their sailing, anchoring, docking, and crew overboard skills.

They may earn more advanced Day Skipper certification if they complete a second week in the program, and Coastal Navigation for those who do all three weeks of study.

Students may also receive Transport Canada Pleasure Craft Operator certification (PCOC).

Naval Cadet Alexander Nicholson says the program is giving him an intricate understanding of tides, winds, changes in weather, ship and crew management, interpersonal skills, and leadership.

"This program is the closest interaction I have had with the maritime environment," he says. "Driving small vessels is an ideal starting point for me and I also believe many others. I'm more accustomed to training in an operations room without a window or classroom, but once I am onboard [Goldcrest] this world changes dramatically, and when I'm outside on the deck of a boat it seems to become faster and more complex."

He adds the vessel is essentially a microcosm of a modern war ship and that he and his peers are required to work together and learn every job and function.

About three quarters of training time is spent at sea, says Eaton, with the remainder of time in-class where officer

cadets receive a detailed course curriculum and testing.

Goldcrest is one of two vessels used for sail-training, the other being sister sailboat STV Tuna, which is currently based on the East Coast at CFB Halifax. However, with plans to get even more students out on the water, increasing enrolment to 300, STV Tuna is being transported from Halifax to the base via transport truck and is expected to arrive in the coming days.



Photo by Peter Mallett, Lookout Newspaper

Members of the Naval Fleet School (Pacific) Sail Training Program aboard Sail Training Vessel (STV) Goldcrest before departing for training.

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A view of the Canadian National Vimy Memorial in France.



Day three on the road between Dunkirk and Poperinge.



Capt Jacqueline Zweng looks out over the Tyne Cot Cemetery near Passchendaele.

Battlefield Bike Ride Beyond Memorable

Peter Mallett
 Staff Writer

Saddle sore, fatigued and sweaty, Captain Jacqueline Zweng walked up to the Menin Gate Memorial to the Missing in Ypres, Belgium, with a wreath in hand. It was 8 p.m. and she had been asked to represent Wounded Warriors at the nightly service that has occurred uninterrupted since 1928.

The memorial's giant triumphal arch and cavernous Hall of Memory on its underside are located at the beginning of the main road that led Allied soldiers to the front line. Within the hall are the names of 54,395 Commonwealth soldiers who died in the First World War, but whose bodies were never found or identified.

It was mid-way through the Battlefield Bike Ride and Capt Zeng was feeling the exhaustion, both mentally and physically, that comes from biking hundreds of kilometres a day across the France and Belgium countryside.

"The Menin Gate was exactly the perspective I needed. Up there on the gate and hall were engraved the names of each of these thousands of soldiers, most of whom didn't make it past their 25th birthday. Some of them died the first day they walked into the battlefield. That experience made me rethink my own journey in life, the preciousness of life, and how lucky I am to have survived cancer. It's also given me an overwhelming inspiration and an incredible feeling of confidence going forward to make the most out of every day, moment and second."

Her journey to France in June to join 140 other cyclists for the 600 kilometre nine-day ride in support of Wounded Warriors really began two years before.

In 2015 she was diagnosed with breast cancer. This led to a partial mastectomy, chemotherapy and IV treatments every three weeks. By March 2017, she felt well enough to take on the Battlefield Tour.

"In the beginning my doctors said you won't be able to do many of things you have done before, especially ones that are physically gruelling. But I decided that nobody could tell me what I can and can't do, and I would work day and night in my recovery so I could get back on my bike."

That tenacity is what placed her in the saddle as she pushed off from Canterbury to Dover, England, to catch the ferry to France. From Calais, her group of 25 riders criss-crossed the country, stopping

at historic battlefields and monuments in Flanders, The Somme, and Ypres Salient in Belgium. The entire 140 riders met up at Vimy Ridge for the 100th Anniversary of the Battle of Vimy Ridge.

"It was all beautiful little villages and buildings with thatched roofs, the rolling hills of lavender, wheat and barley, and all the sights and sounds along the way," she says.

When people approached the riders and asked them about their colourful red cycling jerseys emblazoned with maple leaves and what group they were with, Capt Zweng says she and the other riders always took time to explain.

"We told them a little bit about Wounded Warriors and how they were helping their comrades with Post-Traumatic Stress Disorder and other mental and physical illness. Most people were enthused, congratulated us and really appreciated the Wounded Warriors stickers and bracelets we gave them."

She is now back in Victoria and her job as a Cadet Instructor at the Regional Cadet Support Unit, but the impact of that ride still remains.

"Completing this trip allowed me to remember what I am living for and just how far I have come. Maybe the cancer will come back, maybe it won't, but the ride gave me an incredible perspective and a new lease on life, and the ability to enjoy the moment, enjoy every day, and make sure it is a positive one."



Capt Jacqueline Zweng (left) and Lisa Magee during the 2017 Wounded Warriors Battlefield Bike Ride.

Battlefield Riders venture off the beaten path in Europe

Peter Mallett
 Staff Writer

Three CFB Esquimalt employees recently returned from the Wounded Warriors 2017 Battlefield Bike with each gaining a unique perspective on the experience.

The Battlefield Bike Ride, held June 8 to 16, was a 600-kilometre cycling tour where riders peddled their way to famous First World War battlefields, monuments and cemeteries in France and Belgium. Along the way they raised awareness of Wounded Warriors and its efforts to assist ill and injured soldiers.

Below, the riders share their top moments and sites they visited, and why these experiences were so special to them.

Kanadalaan

CWO Mark Dankwerth, Base Administration Branch Chief, CFB Esquimalt

"The highlight for me was cycling down a rather short road called Kanadalaan on the edge of the village of Passchendaele, Belgium. The name I'm told translates from Flemish to Canada Lane. Cycling down this piece of roadway was a very moving and empowering experience. A century ago on this little 800 metre stretch of road, Canada lost approximately 16,000 lives during the assault on Passchendaele in just over a week. Immediately after completing the ride along this brief stretch we arrived at Crest Farm, the site of the Passchendaele Canadian Memorial, for a service. The entire experience at the memorial helped me see that the every metre road we had just cycled was really paved in the blood of our soldiers, and we were actually bringing this ride home for all those boys who never made it back home to Canada. I say boys because these men had their whole lives ahead of them and they were taken so young. I'm not the only one in our group who cried while we remembered them."

Beaumont-Hamel

PO2 Michael Spence, HMCS Vancouver Naval Electronics Sensor Operator

"Ahead of the tour I thought my most moving personal experience would be at Vimy, but it wasn't. Instead, the biggest takeaway for me was visiting the Beaumont-Hamel Newfoundland Memorial in France. The Dominion of Newfoundland's Newfoundland Regiment are remembered there after their efforts in the Battle of the Somme. On the first day of the Battle of The Somme (July 1, 1916) virtually the entire Newfoundland Regiment was wiped out. Despite not having any family connection like my family has with Vimy Ridge, the memorial service we had at Beaumont Hamel was very profound. The organizer of our tour through France and Belgium, Magic Places Cycling Adventures of Victoria, did an excellent job of highlighting the importance of the battle as they did at this and other sites, which included prayer by an eloquently-speaking padre who travelled with the group, a bag piper, a bugler and a vocalist. All of the sites we visited during the tour were amazing, but for me this one truly stuck out."

Poperinge

SLt Amélie Leduc, Logistics Officer, Halifax Class Modernization

"Many of the sites we visited highlighted the darkness and sacrifices made during the First World War, but none was more poignant to me than the Death Cell in the City of Poperinge. It was a site just behind the front lines, in the courtyard of the Headquarters where soldiers convicted of desertion or cowardice were held overnight, and then executed. Many deserters suffered from Shell Shock and would be executed at dawn after spending their last night in the death cell. Prisoners who were condemned to execution would be tied to a post and face a firing squad of military riflemen. The deserters were essentially being killed by their peers. The ugly side of the war really hit home for me and many other riders at this stop on our trip. Today these soldiers would have been diagnosed with Post Traumatic Stress Disorder and their fate would have been much different. It was disturbing to read the stories of soldiers executed where I was standing; it made me cry. The entire experience made me realize how different military tactics are today, and the mentality and madness of war in that age."

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Uncommon *Art creates buzz* at war memorial

Peter Mallett
Staff Writer



The newest project by artist Jessica Lynn Wiebe involved filling and stacking 550 sandbags around the First and Second World War monuments at the Acadia War Memorial in Wolfville, Nova Scotia.

The former Canadian Armed Forces Reservist, now an Artist in Residence at the MacPhee Centre for Creative Learning in Dartmouth, N.S., says her performance art piece was physically demanding to create, and unorthodox.

In late May, as part of King's County Uncommon Common Art Exhibit, Wiebe and a team of participants (veterans and civilians) built a trench wall around the war monuments located on the Acadia University campus.

"Monuments tend to merge with the landscape over time and become invisible in our every day. The temporary trench built around the war memorial protects memory and disrupts the invisibility," explains Wiebe. "This performance-based installation investigates the physical experience and sacrifices of war that monuments represent. It is about linking a new generation of soldiers and their experience of war with former generations, and at the same time bridging the gap between civilian understanding and military experience."

The 29-year-old graduate of the Nova Scotia College of Art and Design draws inspiration from first-hand experi-

ence. Wiebe was an artillery gunner with the 26th Field Artillery Regiment in her home province of Manitoba, and in 2008 deployed to Afghanistan with the 2nd Battalion, Princess Patricia's Canadian Light Infantry (PPCLI).

"Coming home from that experience [in Afghanistan] changes you," says Wiebe. "Art does not always have to be cathartic or have healing power, art can be art. But I also believe it is important to artistically document Canada's role in Afghanistan."

Her ink drawings and mixed media sketches documenting the conflict in Afghanistan were exhibited at the Army Museum in Halifax's Citadel Hill in 2013 and are still on display. In the collection is a variety of images portraying Canadian military members and civilians to showcase the human side of war.

"As an artist, I feel it's important to document not only the intensity of war, but also the daily activities of soldiers in training and in the downtime, sitting and waiting for their next set of orders.

"I remember watching motorcycles and trails of dust, vehicles overpopulated with people, animals and cargo, and the Afghan landscape; the dull beige landscape camouflages my experience and memories and finds its way into my work," says Wiebe.

As part of this performance art piece, she packed a 25-kilogram concrete sandbag sculpted by hand into a rucksack and marched 14 kilometres from Camp Aldershot, where the sand bags were

prepared, to the war memorial in Wolfville following the old Dominion Atlantic Railroad. The old railroad is now a walking and biking path that runs along Nova Scotia.

"The Dominion Atlantic Railroad transported thousands of soldiers from around Nova Scotia to Camp Aldershot for basic training before being sent to the trenches and battlefields of the First and Second World War," she says. "The march was a genuine effort to symbolically tie the performance to the soldiers training and being transported through this landscape."



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Canada selects two new astronauts

Canadian Space Agency

On Canada Day Prime Minister Justin Trudeau named two new astronauts who will join Jeremy Hansen and David Saint-Jacques as part of Canada's corps of space explorers. After a year-long evaluation, the Canadian Space Agency has selected Jenni Sidey and Joshua Kutryk from among 17 finalists and 3,772 applicants to be Canada's newest astronauts.

Born in Calgary, Alberta, Dr. Jenni Sidey studied at McGill University in Montreal, Quebec, and at the University of Cambridge, United Kingdom, where she was an engineer and lecturer until being recruited as an astronaut.

Lieutenant-Colonel (LCol) Joshua Kutryk hails from Fort Saskatchewan, Alberta. He studied at the Royal Military College of Canada in Kingston, Ontario, as well as in Florida and Alabama. Prior to joining the Canadian Space Program, LCol Kutryk worked as an experimental test pilot and a fighter pilot in Cold Lake, Alberta, and as a CF-18 fighter pilot in Bagotville, Quebec.

Prime Minister Trudeau made the announcement on Parliament Hill during Canada Day celebrations to mark the nation's 150th anniversary. He was joined by the Honourable

Navdeep Bains, Minister of Innovation, Science and Economic Development, who is responsible for Canada's space program.

The nation's newest astronauts are being named as space agencies around the world identify options for future missions that go beyond the International Space Station.

These new recruits will be part of the next generation of space explorers that pushes the limits of science and technology while advancing public understanding of our universe. In the process, they will inspire young Canadians to pursue careers in science, technology, engineering and mathematics.

Jenni Sidey and Joshua Kutryk become Canada's 13th and 14th astronauts. Starting in August 2017, they will embark on two years of training at NASA's Johnson Space Center.

Canada's newest astronauts could eventually participate in missions to the International Space Station and other missions into deep space. They could also travel on commercial spacecraft.

In 2018, David Saint-Jacques will become the next Canadian astronaut to take part in a long-duration mission aboard the Space Station.

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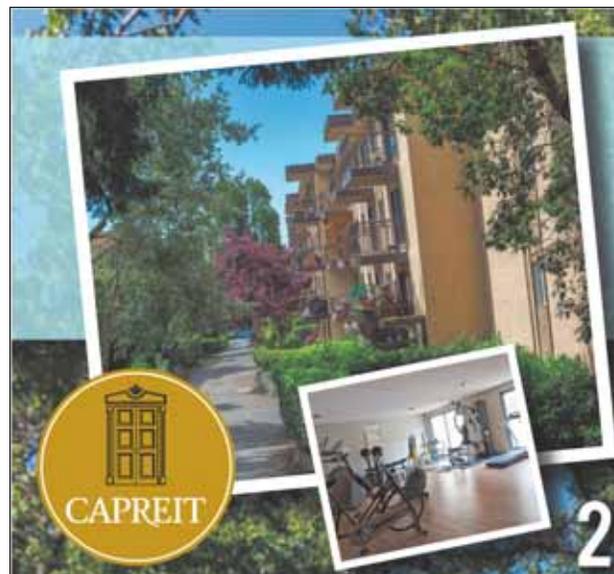
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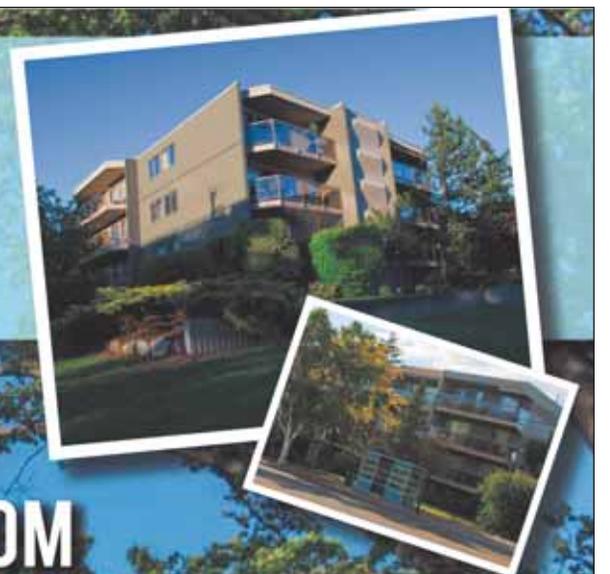
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Bravo Zulu

HMCS Vancouver promotions and awards



Capt(N) Clive Butler, Commanding Officer of HMCS Vancouver, is promoted to his current rank by Cmdre Jeff Zwick, Commander Canadian Fleet Pacific, and LCdr Gautreau, HMCS Vancouver Executive Officer.



LCdr Gautreau was presented the Commander Royal Canadian Navy Commendation from Capt(N) Clive Butler, Commanding Officer of HMCS Vancouver.



LCdr Zuliani is presented the Commander Royal Canadian Navy Commendation by Capt(N) Butler.



PO2 Zweers is presented the Commander Royal Canadian Navy Commendation by Capt(N) Butler.



MS Look is presented the Commander Royal Canadian Navy Commendation by Capt(N) Butler.



LS Eckstein is presented the Commander Royal Canadian Navy Commendation by Capt(N) Butler.



AB Harris is presented the Commander Royal Canadian Navy Commendation by Capt(N) Butler.



LS Tetreault receives a MARPAC BZ by Capt(N) Butler.



LS Morris is presented with the TOP MARPAC Acoustic Analyst from Capt(N) Butler.



Lt(N) Buss is presented with the Operational Service Medal from Capt(N) Butler.



Lt(N) Song is promoted to his current rank by Capt(N) Butler and LCdr Carter.



AB Kettle is promoted to his current rank by Capt(N) Butler and AB Kettle's brother MS Kettle.



CPO1 Blonde is presented with the Commander Royal Canadian Navy Commendation from Capt(N) Butler.



Sgt Bougie receives a MARPAC BZ from Capt(N) Butler.




Bravo Zulu

LS Joshua Hickford-Kulak is promoted to Master Seaman by CPO2 Stephan Melancon and LCdr Catherine Sands-Leith.

Bravo Zulu

Fred Webb

From left: Cdr Greg Walker, Queen's Harbour Master; retiring employee Fred Webb, and Capt(N) Jason Boyd, Base Commander, following Fred's retirement celebration.

Fred raised his anchor and is sailing into a new future outside the navy and the shelter of the CFB Esquimalt yard. After 57 years of total service, he retired from the Public Service July 25 surrounded by friends, peers and naval staff. His career started in 1959 as a gunner sailing aboard HMCS Skeena, then HMCS Stettler, HMCS Mackenzie, HMCS Gatineau and HMCS Restigouche. He released in 1980, and within a couple of days was back in the yard under Queens Harbour Master's CF Auxiliary Fleet, as a seafaring civilian. Fred sailed aboard CFAV Endeavour and in May 1981 he assumed the position of Jetty Services Supervisor. After 36 years of boats and ropes sailing by, Fred was presented his bounty and released from the Crown. Fair winds and following seas Fred on all your future endeavours.



443 MH Squadron Change of Command

Reviewing Officer, Colonel Sid A. Connor, (center), signs the certificates marking the Change of Command of 443 Maritime Helicopter Squadron between the Outgoing Commanding Officer, Lieutenant-Colonel Shawn Williamson (right), and the Incoming Commanding Officer, Lieutenant-Colonel Travis J.D. Chapman (left).

LS Valerie LeClair, MARPAC Imaging Services



Left: Sandra Harrison-Martel, the Labour Relations Officer responsible for the Unit, was recognized and presented with the RP Ops coin from LCol Ulpiano Honorio. The coin is inscribed with the RP Ops motto "Adferant ad Assequendum Profectu Perficiendis", which translates to "Enabling Operational Success." The imagery depicted on the coin represents the region and the different areas that the Unit supports.



On Wednesday June 21, the outgoing Commanding Officer of Real Property Operations (RP Ops), LCol Ulpiano Honorio, presented the ADM(HR-Civ) Pacific team with a plaque of appreciation to recognize the hard work they have done for the unit during his time at CFB Esquimalt. The event took place at the Labour Relations office at N54 and included members from both HR-Civ and RP Ops. The HR-Civ Pacific team expressed their gratitude for receiving recognition for their work.

Bravo Zulu

RP Ops Recognizes Work of HR-Civ Team

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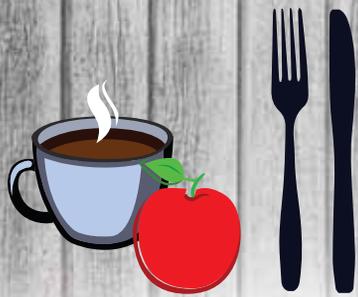
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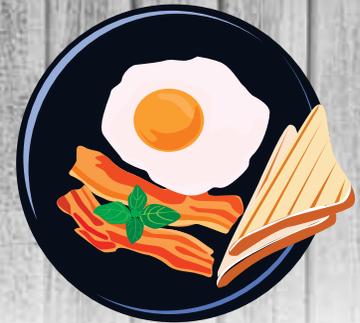


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2/\$4

Nature's Path
Eco Pac Cereals & Granola

All Varieties



650-907g

\$6.99 ea.

Tribal
Organic Java Coffee

All Varieties

"Roasted in Vernon"



454g

\$9.99 ea.

Red Barn's Own
Back Bacon



\$1.59 100g

Red Barn's Own
Pork Breakfast & Maple Sausages



\$1.29 100g

Red Barn's Own
Bacon Cheddar Burgers



\$1.49 100g

Portofino Bakery
Hamburger Buns

White & Wholegrain



6 Pack

2/\$5

Island Farmhouse
Boneless Skinless Chicken Breasts



\$1.49 100g

Cut From Canada AAA
Ribeye Steaks & Roasts



\$2.99 100g

Arbutus Ridge Farms
Potato Salads

Deluxe, Red & Yam

"Made in Cobble Hill"



99¢ 100g

Red Barn
Random Cut Cheese

All Varieties



20% OFF AT THE TILL

Subscribe for Our Full Flyer at REDBARNMARKET.CA

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