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RAVEN PROGRAM

Raven recruit S3 Elijah Gilmore secures the base of an obstacle at the Albert Head Confidence Course. He is part of the Raven program currently undergoing Basic Military Qualifications Training. See page 8 and 9 for the full story.

Photo by S1 Kendric Grasby, Canadian Armed Forces Photo



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Above: Corporal André-Luc Dubé conducts a visual recce of Kamloops, B.C., in a CH-146 Griffon Rescue Helicopter on July 11.

Photo by S1 Victoria Loganov, MARPAC Imaging Services, Canadian Armed Forces photo

Inset: A member from 1st Battalion Princess Patricia's Canadian Light Infantry watches his group walk through a burn zone checking for hotspots in the area of Oliver, B.C., on Aug. 1.

Photo by MS Dan Bard, Canadian Forces Combat Camera Canadian Forces Photo

CANADIAN ARMED FORCES AIR SUPPORT TO B.C.

WILDFIRE SITUATION



Photo by S1 Victoria Loganov, MARPAC Imaging Services, Canadian Armed Forces photo
Air crew from 450 Tactical Helicopter Squadron and B.C. Wildfire Service members pose for a group photo at YKA Kamloops Airport, B.C., on July 15.

Lt(N) Pamela Hogan JTFF PAO

In response to a request for federal assistance from British Columbia, Canadian Armed Forces (CAF) assets deployed to the province on July 5, as part of an overall CAF response to wildfires across the country called Operation Lentus.

In anticipation of the request, multiple Royal Canadian Air Force (RCAF) assets were sent to Edmonton, AB, in preparation to be quickly expedited to B.C. An Airfield Activation Surge Team from 2 Wing Bagotville, QC, rapidly deployed to Kamloops to establish the airfield and initiate mission support services ahead of the Air Task Force's arrival.

A CH-146 Griffon helicopter from 417 Combat Support Squadron, Cold Lake, AB, specializing in contingency medical evacuation, was skids-down on the taxiway July 8, and within minutes was followed by the first CH-147F Chinook helicopter from 450 Tactical Helicopter Squadron, Petawawa, ON.

Later that day, a 436 Transport Squadron CC-130J Hercules aircraft from 8 Wing, Trenton, ON, arrived with supplies necessary to set up the airfield and has since accomplished many transports of military and B.C. Wildfire Service equipment.

A second CH-147F Chinook helicopter from 450 Squadron joined the Air Task Force on July 11 to share the workload of providing air mobility to fire support crews, conducting reconnaissance to determine the scope and scale of fires, and transporting mobile firefighting equipment.

An additional CH-146 Griffon helicopter from 408 Tactical Helicopter

Squadron, Edmonton, AB, arrived July 8 to support the B.C. Wildfire Service with utility moves.

The abnormally harsh conditions of the 2021 wildfire season have led to approximately 448,952 hectares burned at this time – more than four times the 10-year average for this time of year.

With 3,375 properties on evacuation order in B.C., and 18,065 properties on evacuation alert as of July 27, the Air Task Force continues to launch community evacuation by air where resources are limited or restricted due to wildfire activity.

On July 15, approximately 6,000 hectares of combined blazes encroached on the Anahim Lake area forcing residents out of their homes. In response, a CH-147F Chinook supported a community evacuation of residents to Puntzi Mountain, B.C., with support from the 417 Squadron Griffon.

The domestic operation has yielded much-needed assistance to the province, which declared a state of emergency just 19 days after concluding the 16-month state of emergency for the COVID-19 pandemic.

A task force of approximately 350 land troops are currently deployed to Vernon to aid the B.C. Wildfire Service in suppression of hotspots, monitor fire lines, and work alongside B.C. Wildfire Service personnel in a support capacity.

Federal assistance to B.C. in its fight against wildfires will be periodically reassessed throughout the wildfire season to evaluate the needs of the province and determine whether an extension is required beyond the requested period of support.

Shawinigan NWO III students develop core skills at sea

A/SLt Jonathan Boerger
NWOIII Student

Getting to sail in an HMC Ship for the first time is one of those exciting navy experiences that, for Naval Warfare Officers (NWO), is generally reserved for when you have completed phase training at Naval Fleet School (Pacific) Venture.

For the students of the Shawinigan NWO III course, we were able to experience this during our core skills sea phase aboard *HMCS Yellowknife*, *HMCS Whitehorse* and *HMCS Saskatoon*. Being a course primarily composed of Reserve Force members, the opportunity to sail aboard a commissioned warship was unique and invaluable to our progression in becoming Naval Warfare Officers.

The core skills sea phase is the first time we were able to put into practice core bridge watch keeping, contact avoidance, and coastal navigation skills that we developed through two months of in-class learning and two weeks of practical introduction at the Navigation and Bridge Simulators (NABS).

Although it was exciting and rewarding to put into practice everything we had learned ashore, the most memorable aspect of the sail was integrating into the crews of these three Maritime Coastal Defence Vessels (MCDV).

Not only did the ships' companies build a program to support the core skills sea phase requirements, they also included fun and interesting value-added evolutions that enhanced our training and gave us an early introduction to more complex naval operations that we normally wouldn't be exposed to until later in our training.

Over the course of the sail we were introduced to task group exercises, maneuvers and formation steaming, .50cal gunnery exercises, flight operations with a CH-149 Cormorant helicopter, and pilotage.

Additionally, we were given the opportunity to develop our planning skills by working closely with the ship's operations officers as the student duty operations officer.

Furthermore, we had the opportunity to plan and execute small boat missions. These missions included over-the-horizon boat operations where we were given a small party task accomplishable with the ship's RHIB. This required us to engage key stakeholders on board the ship in order to create and execute a mission plan to produce an end product.

Building on skills learned at basic training and NWO II, we successfully completed Maritime Port Information Packages for both Port Hardy and Port McNeil, and we conducted shore expeditions to Eucott hot springs and Chatterbox Falls.

Overall, our two weeks at sea on board *Yellowknife* and the other MCDVs were a great learning experience and an amazing early exposure to Royal Canadian Navy operations. In fact, the fun that we had on board is convincing many of us to component transfer over to the Regular Force.

More importantly, the skills we learned aboard MCDVs will provide us with many benefits as we progress through our NWO phase training and proceed into the fleet. We're looking forward to what the future holds for us.



Members of *HMCS Yellowknife* at Chatterbox Falls in Princess Louisa Inlet as they conducted an over-the-horizon boat mission for long range communications planning and a quick shore recce. Personnel from left to right are: S3 Herrington, A/SLt Boerger, S1 Krolikowski, S1 Saygnavong and S3 Belanger.



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WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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

ACCOUNTS/CLASSIFIEDS/RECEPTION
250-363-3372

SALES REPRESENTATIVES

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

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

EDITORIAL ADVISORS

Lt(N) Michelle Scott 250-363-4006
Rodney Venis 250-363-7060

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Ask the Expert: Take your prostate to the gym



Q *I am 46 and during a recent medical examination, my physician told me my prostate gland is enlarged. While I am not experiencing any prostate symptoms, I am concerned because my father died of prostatic cancer at the age of 57. I am not as physically active as I should be and I wonder if exercise has any role to play in the health of my prostate gland.*

A Great question. The prostate is a walnut-sized male reproductive gland that sits just below the bladder and produces a fluid that nourishes and protects sperm. Despite its small size, the prostate can be a source of troubling things such as: painful infections, inflammation (prostatitis), benign prostatic hypertrophy (enlargement), and cancer. Prostatic cancer is one of the most common cancers affecting men.

All prostatic problems can significantly reduce the quality of a man's life. The good news is, regular exercise is one of the best things you can do for the health of your prostate.

A Harvard University study found the more physically active men were, the less likely they were to experience prostate gland enlargement. This was true for regular exercisers and also for men who worked in physically demanding jobs. Even men who did regular low intensity exercise such as easy walking, also benefitted.

So you don't have to train like an Olympian to experience these benefits. Other research has shown men with early stage prostate cancer who walked briskly at least three hours/week were 57 per cent less likely to have their cancer progress than men who walked less vigorously and less often. Researchers in Italy also found men with chronic prostatitis who did regular exercise had less pain, had reduced anxiety/depression, and enjoyed a higher quality of life.

We aren't exactly sure how regular physical activity improves prostatic health, but the following are some possibilities:

- By producing anti-inflammatory substances that can reduce prostate tissue damage.
- By influencing the production of hormones that play a role in the development and progression of prostatic cancer.
- By activating tumour suppressing genes and genes that help to repair DNA.
- By helping with weight management - obesity has been linked to more aggressive types of prostate cancer.

Regardless of the mechanism, research has shown being physically active is important for prostate health, and vigorous exercise appears to be the most beneficial. If you have prostate problems, your choice of exercise can be important. For example, cycling is a great form of exercise, but spending several hours on a hard seat may aggravate an already painful prostate. A prostate-friendly bicycle seat or a recumbent bike may help with this problem.

Any activity that is heart healthy will be prostate healthy. Staying physically active offers men numerous health benefits including reducing their risk of having prostate problems. For men who already have prostate problems, regular physical activity coupled with a healthy diet can help reduce their symptoms and in the case of prostatic cancer, it may reduce the risk of disease progression. Exercise truly is Medicine.

Dr. Darrell Menard OMM MD, Dip Sport Med

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.

Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

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S1 Ron Hiscock drew on wartime tradition and his artistic background to create a unique piece of gun shield art for HMCS Goose Bay.



HMCS GOOSE BAY GUN SHIELD ART

Inspired by Second World War-era ships

Joanie Veitch
Trident Newspaper

S1 Ron Hiscock has created a lasting legacy on *HMCS Goose Bay*, drawing inspiration from the ship's name and old war movies he remembers seeing as boy with his father.

He has made a striking piece of gun shield art, deploying a style of artwork that became popular during the Second World War, most notably on the Canadian Flower-Class Corvettes.

Similar to the "nose art" painted on the fuselage of aircraft during the First and Second World Wars, ship's crews, especially of the smaller vessels, such as the flower-class corvettes, began painting cartoon-style designs on the ship's gun shield, often coming up with artwork that played on the ship's name.

"I have always liked the way the crew of military vehicles would paint a picture on them for luck, or to show how proud they were as a team," says S1 Hiscock. "Being a

person who likes to draw and paint, they always appealed to me."

Based out of *HMCS Donnacona* in Montreal, S1 Hiscock was posted to *Goose Bay* in September 2020 while he went through training for his Marine Technician trade A-ticket Roundsman qualification.

Hearing the ship often referred to as "The Mighty Goose Bay," an image of a cartoon version of the Canada goose image on the ship's badge began to form in his mind. After thinking more about the history of gun shield art on board navy ships during the war, the idea of painting something in that style began to take shape.

"I had lots of time to kill living in Tribute Tower in a pandemic," S1 Hiscock says wryly.

Drawing and painting has always been a part of his life. After studying Creative Arts at Dawson College in Montreal, he went on to do a Classical Animation program at Sheridan College in Oakville,

ON, and worked for many years on well-known children's television animation series, such as "Arthur" and "The Busy World of Richard Scarry."

More recently, he worked as a technician in the Media Arts department at Champlain College helping teachers and students with their arts projects before becoming a full-time reservist five years ago and fulfilling a long-held dream.

"I always had great respect for individuals who chose to serve their country and community in the Canadian Armed Forces. I almost joined up straight out of high school, but I chickened out," he said.

The desire stayed with him, but "life kept getting in the way," S1 Hiscock says, until his 45th birthday, when it struck him that if he didn't at least give it a go, he would regret it.

"I figured if I tried and could not do it, then I'd deal with that; but I had to try. So at age 47 I joined up, and I have enjoyed every minute and challenge ever since."

Taking on the challenge of the art piece

was a fun project, he says, explaining how he began sketching ideas for a design to take to his shipmates in the engineering department for feedback.

Once he'd settled on a final idea, he took the drawing to the ship's Coxswain and the ship's Commanding Officer, LCdr Daniel Rice, to see if they would approve it.

Getting an enthusiastic green light from *Goose Bay's* command team, S1 Hiscock got to work on his project. He measured a board to fit the mount on *Goose Bay's* foc's'le, painted it ship grey for background and then worked on the "Mighty Goose Bay" image.

The whole project took three days, completed in late May at the end of S1 Hiscock's contract.

"Everyone seemed to like it," he says. "The reaction has been great and I'd like to give the crew of *Goose Bay* a thank you for everything we did together over the last eight months."

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New memorial garden dedicated to SLt Abbigail Cowbrough

Joanie Veitch
Trident Newspaper

A memorial flower garden in honour of SLt Abbigail Cowbrough was officially dedicated on July 30 at the Veteran Farm Project in Sweet's Corner, NS, a veteran-run organization that grows farm produce for food packages delivered weekly to veterans and families in need.

With about 25 attendees gathered under tents during heavy rain, Jessica Miller, who owns the farm along with her hus-

band Steve Murgatroyd, began the ceremony by welcoming the guests, which included S1 Shane Cowbrough, father to SLt Cowbrough; other military personnel; Kody Blois, MP for the Kings-Hants area; representatives from the Royal Canadian Legion; and farm staff and volunteers.

Miller said the idea of a creating garden in Sub-Lt Cowbrough's memory seemed a natural fit as the Veteran Farm Project has evolved into a healing space for women veterans who volunteer at the farm.

SLt Cowbrough died on April 29, 2020, when the CH-148 Cyclone helicopter she was on crashed into the sea off the coast of Greece, while returning to HMCS *Fredericton* after a training flight as part of Operation Reassurance.

Five other CAF members also died in the Stalker 22 crash: Capt Kevin Hagen, Capt Brenden MacDonald, Capt Maxime Miron-Morin, Master Cpl Matthew Cousins, and SLt Matthew Pyke.

Miller reflected on her own military experience as a former medic on board navy ships, serving 21 years with the Canadian Armed Forces. She said she felt a kinship with SLt Cowbrough and was deeply affected by the news of her death.

"I had sailed those seas and I had flown in those helicopters. I knew what it was like to be there and I felt, as a woman, this would be a special place for her to feel safe and to be honoured," Miller said. "This is a space for anyone who wants to come and reflect



Jessica Miller, left, and S1 Shane Cowbrough unveil a new memorial flower garden in honour of SLt Abbigail Cowbrough at the Veteran Farm Project in Sweet's Corner, NS.

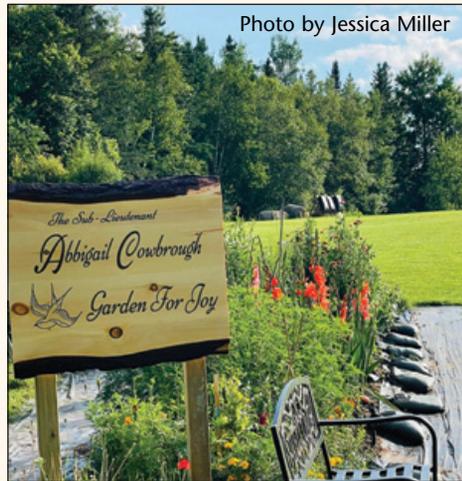


Photo by Jessica Miller

The new garden is meant to be a space for anyone to come to reflect on nature, think, and remember SLt Abbigail Cowbrough.

and enjoy nature; a place to think and remember her - a beautiful woman."

S1 Cowbrough, Abbigail's father, noted the carved image of a bird in flight on the wooden sign at the entrance to the garden holds special significance as both he and his daughter had matching tattoos of that same image.

"During *Fredericton's* deployment they were able to get on shore before COVID took that away from them. Abbigail visited the town of Chania in Greece, which is where I had that tattoo

done on my chest, and she got the same tattoo," he said.

Following the ceremony, S1 Cowbrough reflected on how memorials such as this, and the many other tributes in his daughter's honour, speak to the kind of person she was.

"Everybody thinks their kid is special. I thought that, for sure, but it's not until you see how much of an impact she had on so many people in such a short amount of time. She just had such amazing drive and energy," he said.

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RAVENS HAVE SOMETHING TO CROW ABOUT

Peter Mallett
Staff Writer

Four candidates of the Raven program briefly left their flock to share their stories.

The Raven program is operated by Naval Fleet School (Pacific) Seamanship Division Leadership Section and blends Indigenous cultures and techniques with military training.

They have been on site at Work Point undergoing Basic Military Qualification (BMQ) training from July 8 to Aug. 13. After that, they will graduate and decide if a military career is for them.

Corporal Jordan Haughton trains Canadian Forces Raven Program recruits on the operation of fire extinguishers at the Damage Control Training Facility Galiano in Colwood, B.C., on July 17.



S3 ELIJAH GILMORE

Age: 22
Hometown: Brantford, Ont.
First Nations Community: Six Nations, Onkwehonwe
School: North Park Collegiate, Grade 12
Favourite Activities: Running, weightlifting
How did you hear about the Raven program? I was browsing the CAF website while also learning about the Great Wolf program in Ontario when I heard about Raven.
Why did you join the Raven program? Because I thought it would be a fun way to challenge myself this summer while getting insight into a possible career.
What do you miss most about home? I definitely miss my family, my dogs, and also having a little bit more leisure time.
What benefits do you think a career in the CAF would provide you? My favourite aspect of the Raven program is also what is most difficult for me. The difficult thing is no matter how good I feel I have done at something, the staff will always push me and the rest of the platoon to do better. The schedule is very tight and very well run and they always work to get everything done between the hours of 5 a.m. and 10 p.m. I joined the Raven program to learn about the Forces, but I am also learning about myself and what it means to work as a unit, which is something I am not accustomed to.



S3 FRIEDA HAKKARAINEN

Age: 18
Hometown: Prince Rupert, B.C.
First Nations Community: Gitksan Nation
School: High School graduate
Favourite Activities: Playing soccer, reading, writing and drawing
How did you hear about the Raven program? Through a family member who had previously applied to the program.
Why did you join the Raven program? I joined because I wanted to do something different and to make a lifetime of memories.
Do you have any family or relatives in the military past or present? My mom used to be in the military and joined when she was working as a truck driver. Before she retired from the Royal Canadian Air Force she was working as an Avionic Technician. She fixed the Sea King helicopters before they were retired. I'm very proud of my mother because she joined the military at the age of 28 and served Canada for quite some time. I'm also proud of her because she's always working hard, especially by taking care of my brothers and I. I love her and my family very much but I also have another family now with all these amazing Ravens. We are planning on keeping in touch with each other when the program concludes.



S3 SARAH MATTHEW

Age: 16
Hometown: Winnipeg, MB
First Nations Community: Kinew Métis
School: Balmoral Hall School, Grade 12
Favourite Activities: Swimming
How did you hear about the Raven program? I was searching for different summer camps and immediately became interested when Raven came up.
Why did you join the Raven program? I wanted to learn more about my culture. I also enjoy being outdoors, trying new experiences and pushing myself to learn new things.
What do you miss most about home? I mostly miss my family and friends and playing Frisbee and swimming.
How has the Raven program been beneficial to your development and changing your career aspirations and goals? The Raven program has improved my physical fitness, my confidence, and mental toughness. It has helped me believe I can accomplish anything I put my mind to. The Raven program has also given me an opportunity to improve my leadership abilities. I have learned to be a better teammate and realize the importance of teamwork to accomplish difficult tasks. Before the Raven program I had little knowledge of what it meant to be in the Canadian Armed Forces, and specifically the navy. There are so many more trades and specialties that I am still learning about. This has completely broadened my mindset of things that I would like to do and how many different possibilities there are for jobs that include many different aspects of things I enjoy.



S3 NATHAN VOYER

Age: 17
Hometown: Surrey, B.C.
First Nations Community: Tse'Khene
School: L.A. Matheson Secondary School
Favourite Activities: Baseball, hockey, guitar
How did you hear about the Raven program? I heard about the Raven program through an Indigenous program at my school.
Why did you join the Raven program? I have always been interested in joining the military and this was the perfect opportunity.
What do you miss most about home? Of course I would have to say sleeping in, but yes I do miss my family and friends too.
If you were to choose a career in the Canadian Armed Forces, which branch of service would it be and why? I would join the army for sure. I want to be in the infantry for the most part. You know camping with a rifle sounds like fun. I know there is a lot more to it than that but I am willing to do anything that comes with being an infantryman. It is a little ironic because I am saying from navy BMQ when I could have gone to an army one. The reason for that is because [the Raven program] was closer to home and my mom did not want me to go too far away for an extended amount of time. I think the air force is a lot cooler than the navy, but the army is even better than the air force. I also thought this BMQ would be more difficult. In the end I want to see how the army infantry will be and hope that it will challenge me and bring memories that will last forever.

Photos by: S1 Kendric Grasby, Canadian Armed Forces

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Team Y Jetty DC Olympic champs

Peter Mallett
Staff Writer

A team of Maritime Technicians - dubbed Y Jetty - are champions of this year's Damage Control Olympics.

The competition was held July 22 at A Jetty in Dockyard as a fun way to build Maritime Technician (MARTECH) hand skills while fostering morale and camaraderie for those who work in the trade.

Approximately 80 participants from HMCS Regina, HMCS Vancouver, HMCS Ottawa, and team Y Jetty, who work in Maritime Coastal Defence Vessels, took on the challenge, being mindful of COVID-19 health and safety protocols.

"The event was intended to build skills but also to get people out of the workplace and start conversations and friendships between members of the trade, and I think it worked well," said CPO2 Lee Bickerstaffe, event organizer and Fleet Chief Engineer Marine Systems. "Those who competed seemed to be having fun and we are already

looking at restaging this event next year with more teams and participants."

This year's competition involved simulated emergency scenarios such as a simulated firefight and setting up an attack hose in a Kingston coil, flood response involving the repair of a burst pipe using band-it clamps, rescuing a casualty, performing a shoring by cutting in five specific areas of a pipe, filling a bucket with a firehouse until a piece of wood floats to the top, the knocking down of five targets with a fire hose, and the securing of bunker gear and a re-flake hose.

CPO2 Bickerstaffe says COVID-19 safety protocols were followed throughout the event. Penalties were assessed to teams for any members not following protocol or wearing proper Personal Protective Equipment between events or maintaining proper physical distancing.

No awards or trophies were handed out during the competition; however, all participants were treated to a post-event, celebratory luncheon of hot dogs and hamburgers held at the Chief and Petty Officers' Mess.





MUSICAL TRIO HITS HIGH NOTES AT SEA



Peter Mallett
Staff Writer

Three *HMCS Regina* sailors have banded together – literally.

Sailor First Class Marianne Mojica, Master Sailor Justin Grant, and S3 Giovanni Bellosillo have combined their musical talents to form the 3 Deck Band.

They play in the ship's junior rank's mess and other locations on board where sailors gather during special occasions and events.

"A lot of people have been excited to hear us play and will join in and sing or even bring their own instruments and jam along with us," says S1 Mojica, who plays tenor saxophone. "I started the band because I wanted to make things a little bit different on board during the pandemic and boost people's moods. It is a morale booster and sweet escape for us and something our ship can be proud of."

The 27-year-old has been interested in music since she was four; she also plays piano, oboe, guitar, drums, Ukulele, and does vocals. She has been involved in orchestra bands, concert bands, and choirs,



some of which were paid gigs.

The favourite genre of 3 Deck Band is jazz, but they are not opposed to taking requests on anything from rock, pop, country to R&B.

When *Regina* was stationed at the West

Coast Firing range in Nanoose Bay for Canada Day to test its 57mm guns, the band assembled in the ship's hangar to mark the holiday with a stirring rendition of *O Canada*.

Joining S1 Mojica's saxophone is MS



It is a morale booster and sweet escape for us and something our ship can be proud of."

– S1 Marianne Mojica

Grant on Baritone saxophonist and S3 Giovanni Bellosillo on the violin.

When S1 Mojica isn't playing music or performing her Naval Weapons Technician job, she is looking for art projects. On the wall of the junior rank's galley she painted city skylines of places the ship has visited in recent years. She also helped make and paint a plaque, which served as a departure gift for their Commanding Officer during their Change of Command ceremony.

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Historic Nieuport XI biplane lands in Ottawa

Emily Lindahl
D Air PA

It's a bird, it's a plane, it's...well...it's a bi-plane.

At NDHQ(Carling) in Ottawa, the Battle of Britain Building houses Royal Canadian Air Force (RCAF) staff, both military and civilian, and a VIP – a very important plane, a Nieuport XI.

This 7/8 scale replica of a Nieuport XI, C-IPOR comes with the nickname 'Pokey' and is on a long-term loan from the National Air Force Museum of Canada, located at Canadian Forces Base Trenton. The aircraft itself was donated to the museum in 2017 by a private collector from British Columbia.

This Nieuport XI participated in a commemorative flight at the 100th Anniversary of the Battle of Vimy Ridge in France, in 2017. The biplane also took part in the "Birth of a Nation Tour" across Canada for #Canada150. The aircraft was flown by currently serving pilot, Captain Brent Handy.

'Pokey' moved into the Battle of Britain - Building 7, March 27 when it was re-assembled and painstakingly hoisted to hang from the ceiling in the building's three-story

atrium a week later.

The process to hang the biplane securely without compromising its structure was an incredibly delicate process. Metal frames were built to take the aircraft's weight safely.

The project was coordinated by LCol Jean-Pascal Paris, who is responsible for the Air Staff RCAF Artefacts aircrafts project, working in concert with the Vice Chief of the Defence Staff Carling Campus Project Director, Mark Ross, and BGIS Manager, Dave Sprung, as well as a team of aviation technical experts.



Alan Duncan Bell-Irving.

The Nieuport XI is also a tribute to Alan Duncan Bell-Irving of Vancouver, a Canadian who fought with the Gordon Highlanders during the First World War. In 1915, Bell-Irving was seconded to the Royal Flying Core (RFC) where he was posted to No. 60 Squadron.

He is known as the first Canadian RFC flying ace following his fourth and fifth aerial victories in September 1916, with a final count of seven aerial victories. He flew the Morane-Saulnier N single-seater, and then a Nieuport 17 fighter aircraft. On Sept. 14, 1916, Bell-Irving shot down an enemy observation balloon over Avesnes-lès-Bapaume, France.

Alan Duncan Bell-Irving was awarded the



This 7/8 scale replica of the Nieuport XI, located at Canadian Forces Base Trenton.



The project was coordinated by LCol Jean-Pascal Paris.

Military Cross on Oct. 20, 1916, and received a Military Cross Bar in January 1917. For his battle victories, France honoured Bell-Irving with the Croix de Guerre.

He was shot down four times, the last of which resulted in injuries that ended his active combat career. He finally relinquished his commission in 1919 due to health concerns.

But it was not the last that the Canadian military would see of Bell-Irving. During the Second World War, he joined the Royal Canadian Air Force, serving as the commanding officer at No. 1 Bombing and Gunnery School in Jarvis, and the RCAF Central Flying School in Trenton. When the war ended, he held the rank of Air Commodore.

Bell-Irving's story was told in the book *Gentleman Air Ace: The Duncan Bell-Irving Story*. His legacy lives on with the Canadian Air Cadet program, the creation of which he played a key role. In 2010, to mark his role as one of the program's founders, 135 Squadron, Royal Canadian Air Cadets was renamed 135 Bell-Irving Squadron.

There are two plaques on the Nieuport XI. The first one reads: *Presented by Boeing Canada honouring Duncan Bell-Irving of Vancouver, First Canadian RFC Ace, 30 September 1916*. The second reads: *Presented by Air Canada Pilots Association honouring Duncan Bell-Irving of Vancouver, First Canadian RFC Ace, 30 September 1916*.

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New Honorary Captain says Anishinaabe teachings and RCN helped her become a leader

Joanie Veitch
Trident Newspaper

Honorary Captain (Navy) (HCapt(N)) Deborah Eisan's dream of becoming a nurse and travelling the world didn't work out quite as she had envisioned.

Instead, the Anishinaabekwe from the Batchewana First Nation in northern Ontario joined the Royal Canadian Navy (RCN) at age 17.

"It was the military that gave me the courage to stand up for who I am and to be proud of my culture and my heritage," she said. "The military gave me the confidence to express my thoughts and opinions."

In her 36-year career, she travelled to more than 20 countries and played a key role in recruiting and mentoring Indigenous youth through the Canadian Forces Aboriginal Entry Program and various summer training programs, such as Raven and Black Bear. She retired from the military as a chief petty officer second class.

On June 21, she was officially appointed Honorary Captain (Navy) at a scroll and pin presentation ceremony. The event was held in the Admiral's Conference Room at Maritime Forces Atlantic headquarters in Halifax with limited in-person attendance, but many watching on-line.

Raymond Sewell, a musician from the Mi'kmaq community of Pabineau, N.B., drummed and sang the Mi'kmaq Honour Song, and Chief Dean Sayers, Chief of Batchewana First Nations, gave congratulatory remarks before Rear-Admiral (RAdm) Brian Santarpia,

Commander Maritime Forces Atlantic, presented Eisan with her Honorary Captain Scroll and Pin.

"Honorary Captains in the RCN are selected leaders who have distinguished themselves in their private or public life. They act as ambassadors for the navy to the Canadian people," he said.

He listed her many achievements, including the National Aboriginal Women in Leadership Award of Distinction, the Queen's Diamond Jubilee medal for her work in advocating for cultural awareness of Indigenous people within the CAF, and her work creating the Department of National Defence (DND)/CAF Eagle Staff, the travelling symbol of unity among Indigenous people in the military.

RAdm Santarpia said HCapt(N) Eisan has also played a key role as a "valued advisor" to senior military leadership on Indigenous matters.

"She was, and continues to be, a strong voice for Indigenous members of the CAF and veterans. Debbie, I have to say that we are the ones who are humbled and honoured that you have been appointed as Honorary Captain – you are truly remarkable."

While her military training helped shape her career, the Anishinaabe knowledge, passed down through the generations from the Seven Grandfather teachings of wisdom, love, respect, bravery, honesty, humility, and truth, has also shaped her as a person.

"Without the wisdom of our elders and our ancestors



HCapt(N) Debbie Eisan, centre, receives her scroll from RAdm Brian Santarpia at a ceremony on June 21. PO1 Katerina Stewart carries the DND/CAF Eagle Staff.

we would not know how to love ourselves unconditionally and to love others with the same tenacity; to respect each other and the differences we all have, and that each of our spirits are unique and beautiful," she said, highlighting the teachings of each of the guiding principles.

As one of two military members instrumental in creating the DND/CAF Eagle Staff – carried at the scroll and pin ceremony by Petty Officer First Class Katerina Stewart – HCapt(N) Eisan recalled how in 2002 she and Petty Officer Second Class Chris Innes, from Whitefish River First Nation, each had a dream of an Eagle Staff. They shared their vision with each other the next morning, and the two went on to create the DND/CAF Eagle Staff as a powerful emblem of unity, honouring current and past Indigenous members in the defence community.

"This Eagle Staff serves as a reminder of the tenacity and the strong and proud service of Indigenous people within the CAF," said HCapt(N) Eisan. "So, you see, dreams do come true, but not always in the way you expect – if we open our eyes and watch for the signals, we'll achieve our dreams."

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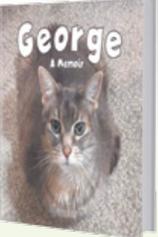


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