

# LEST WE FORGET

WE WILL REMEMBER THEM

REMEMBRANCE DAY 2022

A Special Supplement to the

**LOOKOUT**  
newspaper.com



# HOW TO WEAR YOUR POPPY

## The Poppy is a powerful symbol of Remembrance.

From the last Friday in October to Remembrance Day, millions of Canadians wear a Poppy as a visual pledge to never forget those who served and sacrificed. The red flower also is the symbol of the Legion's Poppy Campaign, raising funds to support Veterans and their families in need. We invite everyone across the country to show their recognition by proudly wearing this symbol of Remembrance.

### HOW TO WEAR YOUR POPPY

The lapel Poppy is a symbol of Remembrance and should not be affixed with a pin that obstructs the Poppy.

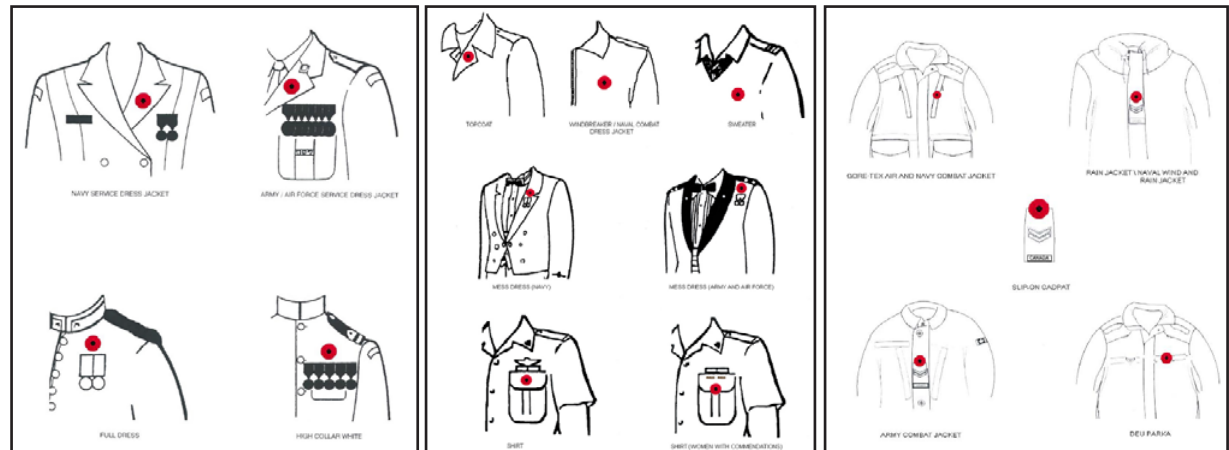
The Poppy should be worn on the left side, over the heart.

### WHEN TO WEAR YOUR POPPY

The lapel Poppy should be worn from the last Friday in October until November 11.

### HOW TO REMOVE A POPPY

When a Poppy is removed, it should be stored appropriately, or disposed of respectfully. Anyone who finds a Poppy that has fallen to the ground is encouraged to pick it up, brush it off, wear it or dispose of it with respect.



## CANADIAN ARMED FORCES DRESS INSTRUCTIONS



Members of His Majesty's Canadian Ship Winnipeg participate in a Remembrance Day ceremony at-sea. Photo: Sailor First Class Valerie LeClair

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*Our deepest thanks to our veterans.  
Let us not take for granted the things  
that most deserve our gratitude.*

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# LOOKOUT

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

newspaper.com



## Pinning of the Poppy

Sylvia Vink, Poppy Chairman of the Royal Canadian Legion Esquimalt Dockyard Branch 172, pins a poppy on the uniform of a Sailor Second Class during a Poppy Pinning ceremony held at the Chiefs' and Petty Officers' Mess, Canadian Forces Base Esquimalt on Oct. 28.

Photo: Sailor First Class Mike Goluboff, MARPAC Imaging Services

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# Biologists employ microchips to track elusive snake species on Base

*"We hope for new information to aid in recovery of this rare species,"*

~Kristiina Ovaska, Biolinx senior ecologist



A Sharp-tailed snake, an endangered species. Their small size and secretive nature makes them difficult for biologists to study.

**Peter Mallett**  
Staff Writer

A new wildlife conservation effort at CFB Esquimalt is underway: a multi-year research project to monitor the population and movements of Sharp-tailed snakes.

The species is listed as endangered under the federal Species at Risk Act (SARA).

"We hope the results will support more accurate mapping of critical habitat and improve habitat protection," said Cain van Cadsand, Environmental Officer with Base Safety and Environment (BSE).

The research takes place at select locations, including the DND Heals Rifle Range property, with specialized detection equipment. It is a collaborative effort between Department of National Defence (DND), Environment and Climate Change Canada (ECCC), B.C. Ministry of Environment and Climate Change Strategy, Natural Resources Canada, and Biolinx Environmental Research Ltd.

Sharp-tailed snakes (*Contia tenuis*) are

small, harmless reptiles that live mostly underground or under cover objects such as rocks and logs, and almost never come out in the open. They are elusive which makes them hard to detect and monitor.

Following the discovery of Sharp-tailed snakes at Heals Rifle Range in 2003, Base Safety and Environment contracted species experts to survey various CFB Esquimalt properties. They found the species at the Mary Hill property as well.

During that time, biologists used artificial cover objects such as asphalt roofing shingles to survey and monitor the species. These provided warm sheltered sites and allowed easier species detection.

The current research will use an automated monitoring system to record data 24 hours per day to provide more detailed information on movements and habitat use, complementing previous methods.

"It is critical for us to know where these snakes are and what type of habitat they need for survival, to comply with SARA and

protect this rare species," van Cadsand said.

Kristiina Ovaska, Biolinx senior ecologist and co-owner, said Passive Integrated Transponder (PIT) telemetry helps the team track the elusive snakes as they are too small for radio-telemetry conventionally used to track wildlife movements.

"PIT-tags are surgically inserted into the body cavity of snakes, allowing us to track their movements with handheld and automated readers," Ovaska said. "The PIT-tags identify the individual snakes, and an automated reader housed within a central control box detects the snakes within the reach of antennae placed in the habitat 24 hours a day. Solar panels power the system."

So far 11 snakes have been PIT-tagged at Heals Rifle range this year, and more snakes are expected to be tagged next year.

The ECCC Canadian Wildlife Service and B.C. Ministry of Environment and Climate Change supplied monitoring equipment for Biolinx staff. Four systems have been installed at a federal property on Observatory Hill in

Saanich, managed by the National Research Council. Two systems were installed at Heals Rifle Range on the top of Cole Hill this September. Since each set weighs over 400 lbs, the equipment was airlifted to Cole Hill on Sept. 28 by a CH-148 Cyclone helicopter from 443 Maritime Helicopter Squadron.

"We hope new information will aid in recovery of this rare species," said Ovaska. "The monitoring of PIT-tagged Sharp-tailed snakes on two sites, now including Cole Hill, will help generalize the results across the species' range."

The monitoring project will take approximately three to five years to complete and will be evaluated annually, depending on funding.

For more information about Sharp-tailed snakes and their habitat, visit the Habitat Acquisition Trust (HAT) webpage: <https://hat.bc.ca/sharp-tailed-snakes>. The status report can be found at the Species At Risk (SARA) registry.

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Canadian sailors train in Esquimalt, B.C., using the new sea-to-shore connector, a modular, self-propelled barge designed to support the future Joint Support Ships.

Photo: Sailor First Class Kendric Grasby

## NEW BARGES BRING EXCITING CAPABILITY TO THE NAVY

### Royal Canadian Navy Public Affairs

A ground-breaking capability for the Royal Canadian Navy (RCN) is one step closer to reality.

A new phase of training for four modular, self-propelled barges designed to support the future Joint Support Ships (JSS) was recently completed.

Called sea-to-shore connectors, these barges can quickly move large quantities of mission-essential equipment, stores and personnel to and from shore, and can be stored or transported like standard shipping containers. Sea-to-shore connectors have multiple uses and configurations, and are engineered to be assembled from the JSS.

In October, 18 sailors, including Boatswains and Marine Technicians, concluded five weeks of collaborative training in Esquimalt, B.C., with instructors from the Defence College of Logistics, Policing and Administration in the United Kingdom (UK).

The Royal Navy has had a similar capability for over 60 years. The U.K. team could provide expert knowledge and advice about the new equipment – from myriad operational uses to technical repairs.

“We originally wanted help in using the sea-to-shore connector tactically, but we have tapped into the U.K.’s knowledge and opened a full Pandora’s Box in what can be done with them,” says Lieutenant-Commander (LCdr) Rowan Wilson, Executive Officer and Staff Officer, New Capability and Training at Naval Personnel and Training Group (NPTG) Headquarters. “We are just scratching the surface of this cool new capability and, hopefully, it will get more people excited about what the Navy does.”

The first of the four barges, built by Navamar of Montréal, has already been delivered to Esquimalt. Three more barges are expected over the next 12 months – two more on the West Coast and one on the East Coast.

LCdr Wilson is particularly enthused about the potential for a new, non-combat amphibious capability as the new barges can be driven right up to a beach with their roll-on-roll-off ramp extended if no dock or jetty exists.

“The collaborative training with the U.K. instructors showed us this is not just a new piece of equipment for the RCN, but an

exciting return to a non-combat amphibious capability we haven’t had in decades,” LCdr Wilson said.

Petty Officer First Class (PO1) Shawn Beckett, a Boatswain for 29 years currently employed at the Naval Fleet School (Pacific) Seamanship Training Centre in Esquimalt, found working with instructors from the U.K. extremely beneficial thanks to their vast wealth of knowledge.

“They were also a fun group to work with, which made me feel part of a team, not just them as instructors and me as a student,” PO1 Beckett said. “I came to understand there is a lot that goes into preparing for and executing a beach landing. The barge with the right team will be a phenomenal asset to the RCN.”

While the sea-to-shore connector’s primary use is as a self-propelled barge that can travel up to five knots, it can also transform into a bridge, a floating dock, or a diving platform for salvage. In addition, it can be deployed as a standalone unit in support of humanitarian assistance, disaster relief or evacuation operations.

The barge’s engines, ramps and safety equipment will be stored in two 20-foot containers aboard the new JSS. The 12 pontoons can be stored like sea containers.

Master Sailor (MS) Christopher Cale, a Marine Technician who also took part in the recent training, said the U.K. team’s insight was critical in helping to repair one of the thrust modules when a leak developed in a propeller seal.

Until the JSS arrives in 2025, sailors will maintain skills by conducting periodic refresher training with the sea-to-shore connector, continuing collaborative training opportunities with the U.K., and plotting how the RCN can use the barges most effectively.

“When we talk about military capability, we envision personnel and equipment, but it’s the training that transforms these two elements into a capability,” said LCdr Wilson. “The sea-to-shore connector training will perpetuate itself through our institutions to enable future generations of sailors to operate the barges safely, competently and with confidence.”

### National Addictions Awareness Week

Doctor Darryl Jordan Gebien  
*A Compassionate Lens of Addiction*

**Tuesday**  
**November 22**  
**10:00 – 11:30 am PST**



Please join the MARPAC Health and Wellness Strategy as they host Dr. Darryl Jordan Gebien on Tuesday, November 22 from 1000 – 1130 hours during Addiction Awareness Week.

Doctor Gebien is in long term recovery from opioid use disorder and lucky to be alive. His remarkable story has been the subject of national media attention. He is an ER physician as well as a former federal inmate.

He was incarcerated in 2017 due to abusing his prescription-writing privileges to feed an out-of-control addiction. It all started innocently years earlier with pain killers prescribed by his doctor to treat back pain. It ended after his arrest in 2014 but not before graduating to fentanyl and surviving an unintentional, near-fatal overdose.

His tumultuous journey involved a harrowing drug detox followed by the psychological chaos of early recovery and post-acute withdrawal syndrome. Despite losing everything including his freedom (residing six months at various drug rehabs, one month in jail and eight months of prison), Dr. Gebien pressed on by frequently attending and ‘sharing’ at 12-step meetings. It was here where he found his voice and renewed confidence, learning that although others could criticize his opinions, his emotions and feelings were off limits. Sharing emotions in a safe environment had unexpected rewards.

The deeper he dug in, exploring personality flaws and the painful past for example, the greater the benefit was on his well-being.



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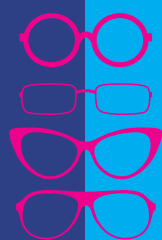
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## First Canadian warship named for a woman

OFFICIALLY COMMISSIONED

Margaret Brooke

**Joanie Veitch**  
 Trident Staff

The Royal Canadian Navy's (RCN) fleet of Arctic and Offshore Patrol Vessels (AOPV) continues to take shape.

His Majesty's Canadian Ship (HMCS) *Margaret Brooke* was officially commissioned into service on Oct. 28 at a ceremony at HMC Dockyard Halifax.

"It is that work, showing how quickly a naval ship can re-role from one mission, Arctic sovereignty, to another, coming to the aid of Canadians, that shows the value of a ship like this one," said Vice-Admiral (VAdm) Angus Topshee, Commander of the RCN.

HMCS *Margaret Brooke*, Canada's second AOPV, completed its first deployment, Operation *Nanook*, in August, returning to Halifax after assisting hurricane-ravaged communities in Newfoundland and Labrador.

The commissioning ceremony was a long time coming.

HMCS *Margaret Brooke* was launched in November 2019, delivered to the Navy on July 15, 2021, and officially named on May 29, 2011, in a joint naming ceremony with HMCS *Max Bernays*, the third of six AOPVs being built for the RCN under the National Shipbuilding Strategy.

HMCS *Margaret Brooke* is named in honour of Lieutenant-Commander (LCdr) Margaret Brooke, an RCN Nursing Sister during the Second World War. LCdr Margaret Brooke (then a Sub-Lieutenant) received a Member (Military Division) of the Order of the British Empire for her bravery in trying to save fellow Nursing Sister Agnes Wilkie and other passengers after a German U-boat torpedoed and sunk the steamship ferry SS *Caribou* in the Cabot Strait on Oct. 14, 1942.

Retiring from the Navy in 1962, LCdr Brooke went on to have

a second career in paleontology, achieving her doctorate from the University of Saskatchewan. She learned the AOPV would be named for her on her 100th birthday, April 10, 2016. She died the following year, on Jan. 9, 2016.

"It has been a very long journey to be able to stand here today at the commissioning ceremony," said Allyson Brooke, Margaret Brooke's youngest niece and the ship's co-sponsor.

Having toured the ship in the spring, Allyson commended the crew's professionalism and skill, saying she was impressed by their dedication and willingness to perform their duties to the highest calibre, just as her aunt had done in the early morning hours of Oct. 14, 1942.

"You all left an indelible impression on me. Your family, friends and commanding officers must be so proud of you all," she said.

The ceremony observed long-standing naval traditions, including a symbolic presentation of the 'keys to the ship' to Commander Nicole Robichaud, Commanding Officer, along with the raising of the ship's commissioning pennant, the hoisting of the ensign and jack, and three cheers from the ship's company and guests.

The ceremony opened with a blessing given by Honorary Captain (Navy) Elder Debbie Eisan, appointed as honorary captain of HMCS *Margaret Brooke* in June 2021, followed by Raymond Sewell singing the Mi'kmaq Honour Song.

HMCS *Margaret Brooke* is scheduled to leave Halifax early in 2023 for Operation *Caribbe*, where the ship's company will work with the United States Coast Guard to counter narcotics smuggling and other illicit cargo in the Caribbean Sea.



Vice-Admiral Angus Topshee, RCN Commander.



Commissioning ceremony for HMCS Margaret Brooke.  
 Photo: Formation Imaging Services



# LOOKOUT

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## REMEMBRANCE DAY

SPECIAL PULL-OUT SECTION

REMEMBRANCE DAY  
SPECIAL PULL-OUT SECTION

### SOUTH ISLAND CENOTAPH LOCATIONS

● Base event

Personnel from Maritime Forces Pacific will be participating in several ceremonies in the Southern Vancouver Island region on Remembrance Day, the time of the ceremony is marked in red

#### COBBLE HILL

Garden of Remembrance 11:00 am ●  
1475 Fisher Rd.

#### COLWOOD

Juan de Fuca Recreation Centre  
1767 Island Hwy

Royal Rd.s University 10:40 am ●  
2005 Sooke Rd.

#### DUNCAN

Charles Hoey Park 10:30 am ●  
130 Canada Ave.

#### ESQUIMALT

Veterans Cemetery Service 9:30 am ●  
1190 Colville Rd.

Memorial Park 11:00 am ●  
1220 Esquimalt Rd.

#### LANGFORD

Veterans Memorial Park. 10:30 am ●  
2815 Aldwynd Rd.

#### LANTZVILLE

Legion Branch 257 11:00 am ●  
7227 Lantzville Rd.

#### METCHOSIN

The Church of St. Mary the Virgin ●  
4354 Metchosin Rd. 10:45 am

#### NANAIMO

Dallas Square Park 10:30 am ●  
501 Belleville St.

#### OAK BAY

Uplands Park 10:55 am ●  
2800 Beach Dr.

#### PARKSVILLE

Community Park 10:45 am ●  
100 Jensen Ave. E.

#### PENDER ISLAND

Legion Branch 239 10:45 am ●  
1344 Mackinnon Rd.

#### SAANICH

Municipal Hall 10:45 am ●  
770 Vernon Ave.

Pioneer Park 10:50 am ●  
1209 Clarke Rd.

#### SALT SPRING ISLAND

Centennial Park 10:45 am ●  
138 Fulford-Ganges

#### SIDNEY

Sidney Town Hall 10:45 am ●  
2440 Sidney Ave.

#### SOOKE

Sooke Legion 11:00 am ●  
6726 Eustace Rd.

#### VICTORIA

Legislative Building 10:50 am ●  
501 Belleville St.

Ross Bay Cemetery 11:00 am ●  
1495 Fairfield Rd.

Goldstream Provincial Park 9:00 am ●  
Finlayson Arm Rd. off Hwy 1



### REMEMBRANCE DAY EVENTS 2022

The Lookout has compiled a list of events you can attend and spend the rest of your day of remembrance once the ceremonies are finished.

11:00 am

Movie: D-Day: Normandy 1944  
IMAX Victoria

12:30 pm

Victoria Children's Choir  
Performance at the Royal BC  
Museum

The Victoria Children's Choir is considered to be one of the top choral and music organizations in the city, and is highly respected for its consistent professional level of performing music throughout the Concert Season.

1:30 pm

Remembrance Day Human  
Library program  
The Maritime Museum of BC, 744  
Douglas Street

This Human Library program is an opportunity to talk to two naval veterans with unique service histories and trades. Explore memories, stories, and technical expertise in group conversations. Admission is by donation.

6:00 pm Movie: Forgotten  
Warriors  
IMAX Victoria

7:00 pm

(doors at 5:30 pm) In the Mood  
Quartet at Hermann's Jazz Club  
(All Ages)  
\$25 advance / \$30 door including fees/tax

This Remembrance Day, join us to bob your head, tap your toe, reflect and remember those who lose their lives fighting for peace in a unique format. Reserve your table for today. In-Person or Livestream (by donation)

7:15 pm

Movie: 1917  
IMAX Victoria

His Majesty's Canadian Submarine *Victoria* sails in the vicinity of Esquimalt Harbour while wearing a poppy on its sail Nov. 5, 2021. Photo: Sailor First Class Kendric Grasby





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MORALE & WELFARE NEWS  
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# IN REMEMBRANCE

*"They that go down to the sea in ships, and  
occupy their business in great waters..."*

~ The Sailor's Psalm



When prayers are held in an HMC ship, the *church pennant* is flown. This flag, also used in all Commonwealth navies and the Royal Netherlands Navy, is a broad pennant consisting of two national flags: the English Flag at the hoist and the Dutch National Flag in the fly. The design originates from the Anglo-Dutch wars of the late 17th century, when the pennant was used to indicate a ceasefire was necessary because a religious service was in progress.

'O Eternal Lord God, who alone rulest the raging of the sea' is the first line of *The Naval Prayer*, a standard during the prayers portion of morning divisions. First published in 1662 in the Book of Common Prayer, *The Naval Prayer* has remained mostly unchanged since then. The *Sailor's Psalm* (Psalm 107, verses 23-30) begins with 'They that go down to the sea in ships, and occupy their business in great waters' is commonly recited at Remembrance Day and Battle of the Atlantic services. It describes distressed sailors praying to the Lord and being delivered to safety. Another standard at naval services is the *Naval Hymn 'Eternal Father, strong to save'*. Written in 1860 by the clergyman William Whiting after surviving a storm on the Mediterranean Sea, it is generally thought to have been inspired by the *Sailor's Psalm*.

What do sailors pray for? Most likely for their family, friends, loved ones, shipmates, and especially those who have *crossed the bar*, a term which means to have passed away, i.e., leave life's harbour, directly derived from the 1889

poem *Crossing the Bar* by Alfred, Lord Tennyson.

On Remembrance Day, sailors take a special moment to remember those who lost their lives in times of armed conflict. When the civilian ferry *SS Caribou* was torpedoed in the Cabot Strait on Oct. 14, 1942, Nursing Sister Margaret Brooke (1916-2016) barely survived the tragedy. Despite her efforts, she was unable to save her best friend, Nursing Sister Agnes Wilke, who perished due to hypothermia. Just last month a new ship, HMCS

*Margaret Brooke*, was commissioned. Named in honour of this brave officer, in a way, her ship's company pay homage to the people lost in the *Caribou* every time they sail through the Cabot Strait. Two years later, on Nov. 25, 1944, also in the Cabot Strait, HMCS *Shawinigan* was torpedoed and lost with all hands. Ninety-one brave souls perished.

Similarly, every HMC ship entering and leaving Halifax Harbour passes near the resting place of the minesweeper HMCS *Esquimalt*, which was torpedoed and tragically lost on April 16, 1945, just weeks before wartime hostilities ceased. Thirty-nine of her crew perished as a result of the attack and the exposure that followed. HMCS *Clayoquot* lay near the *Esquimalt*, torpedoed while sweeping for submarines near Sambro Island Light on Christmas Eve 1944. It sank quickly and eight lives were lost.

There are many, many more who perished on the sea. On Remembrance Day, we will remember them.

The author of 'Jackspeak of the Royal Canadian Navy' and 'Whiskey 601', Mark Nelson developed a love of the Navy's language and lifestyle over his 26-year career in the service. After retiring as a Chief Petty Officer Second Class, he now works as a Library Systems Specialist at Red River College Polytechnic in Winnipeg, Man.

Follow Mark on Twitter @4marknelson



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# Message from the Base Commander: Remembrance Day

Every year on November 11, Canadians gather to honour the sacrifice of those who have served our country. Whether during the First World War, the Second World War, the Korean War, the Balkans, Afghanistan, or countless other mission at home and abroad – our Veterans have fought for the safety and peace we value today.

This year marks the 80<sup>th</sup> anniversary of the establishment of the Women's Royal Canadian Naval Service (WRCNS). More than 6,700 Canadian women enlisted in the WRCNS during the Second World War, and were commonly referred to as Wrens. They filled dozens of essential roles, including analyzing data that helped protect ships from devastating German mines. That work saved countless lives. The Wrens not only helped to secure Allied victory but also aided the movement for gender equality, and opened doors for future generations of women in the Canadian Armed Forces (CAF). Many of their stories are on display at CFB Esquimalt's Naval and Military Museum, and I encourage members and their families to take time to visit and learn more about our military's history during this time of remembrance.

As time goes by and personal connections to past conflicts become fewer, it is increasingly important to ensure the sacrifices of those who have fought bravely for our country are never forgotten. I want to express my appreciation to all those members who are participating in the National Veterans' Week Speakers Program, helping to highlight the importance of Remembrance Day and Canada's military at schools and workplaces in our communities.

As military members, we know the job of protecting peace and freedom is never done. There are always new challenges to face and new missions to support, both at home and abroad. As I stand at the Esquimalt Cenotaph this year, my thoughts will be with our shipmates in HMC Ships *Winnipeg* and *Vancouver*, who are currently upholding Canada's commitment to peace and security in the Indo-Pacific region, and with their loved ones who are missing them.

I know for some, this day may feel heavier than most. If you or someone you know is struggling, please reach out for help. Your chain of command is here to support you, and the CAF Member Assistance Program is available 24 hours a day, seven days a week. You are not alone.

This Remembrance Day, let us come together with our communities to remember the brave men and women who have served, those who paid the ultimate price and those who returned home but were forever changed. Let us ensure the memory of their sacrifices will continue, and the values they fought for will live on.

Lest we forget.

**Capt(N) J. Jeffrey Hutchinson**



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Painting by John M. Horton, FSMA, CSA

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# THE HELMET

## Protects the stories of veterans

**ASLt Willis McCullough-Messom**  
HMCS Ottawa

*A 1942 Brodie Helmet Shell holds the stories of 15 veterans across Canada.*

Affectionately named 'The Helmet', Acting-Sub Lieutenant Willis McCullough-Messom of HMCS Ottawa began the project by repainting the helmet he acquired and set out across the country to have veterans sign it while listening to their stories.

'The Helmet' is a project designed to capture the stories of the greatest generation. As the average age of a Second World War veteran quickly approaches 100 years old, the time to capture their stories is now.

I was keenly interested in Canadian military history from a young age. After joining the Canadian Armed Forces in 2018, I was allowed to attend a Battle of Britain Commemorative event at Camp Hill veteran's hospital in Halifax, N.S. This was my first interaction with Second World War veterans, and I was immediately intrigued.

Immediately upon being posted to CFB Esquimalt, I sought out opportunities to volunteer at a veteran's hospital. I came across Broadmead Care Home, home to over one hundred veterans, many of whom served during the Second World

War. I wanted to find a way to capture my interactions with these veterans, so in March 2022, I acquired a 1942 Brodie Helmet Shell, the perfect object upon which I could commemorate both their service and our interactions.

The first veteran on The Helmet was the product of a chance interaction.

I was enjoying a Sunday brunch when I overheard Bob Haden discussing his wartime service with some of the other patrons. I politely approached Bob and asked him if he was a veteran, to which he quickly replied, 'Yes, Navy, joined in 1943'.

We had a quick conversation, and I scheduled an interview for the next weekend. On the first day, I captured two hours of wartime experiences from his time aboard Fairmile Q087, HMCS U-889, and HMCS MicMac. I was in awe and knew I wanted to capture more of Bob's experiences.

With the Battle of the Atlantic around the corner and talk of a mess dinner circulating in my wardroom, I invited Bob Haden on board HMCS Ottawa as a special guest for the mess dinner. The Commanding Officer and the Executive Officer were happy to welcome such a distinguished guest.

There was another opportunity to bring Bob on board for the Platinum Jubilee mess din-

ner. A fellow Sub-Lieutenant onboard HMCS Ottawa suggested we invite retired commander Peter Chance, CD, a distinguished veteran of the Second World War and the Korean War. For the first fleet mess dinner since 2019, we had the honour of bringing two veterans on board.

On our way to the ship for dinner, I realized I had over 200 years of cumulative life experience packed into my tiny Toyota Corolla!

There are currently over 15 Canadian and British veterans on The Helmet who served in the Pacific, Atlantic, and North-West Europe. The oldest is 102, and the youngest is 95.

Whenever a veteran signs The Helmet, no matter how quick or detailed the interaction may be, I strive to ensure their story is captured. I am very fortunate to spend time with them and share their experiences.

The website chronicling the stories of Second World War veterans and 'The Helmet' project can be found at: [thehelmetwwii.weebly.com/bob-haden.html](http://thehelmetwwii.weebly.com/bob-haden.html)



1942 Brodie Helmet Shell with veteran's signatures.



Acting Sub-Willis McCullough-Messom and Bob Haden at the Platinum Jubilee Mess Dinner onboard HMCS Ottawa June 2, 2022.

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(L-R): Victor Flett, Ronald Foyle and John Molnar at the National Cemetery of Korea at National Cemetery of Korea.

## Veterans return to South Korea on war anniversary

**Peter Mallett**  
Staff Writer

Victor Flett did not think he would be returning to Korea almost 70 years later – this time for an award from the Korean government.

“This revisit was very meaningful to me,” said Flett, 94. “I have so many friends that are veterans of the [Korean] War who could not be there, and so many of my family members were in the military.”

The Republic of South Korea honoured Flett and two other Korean War veterans from B.C. for their service during and following the Korean War. South Korean President Yoon Seok-youl personally presented the Korean War Service Medal to John Molnar of Abbotsford, B.C. Ronald Foyle of Vancouver and Flett received their medals previously.

“The freedom, peace and prosperity that the

Republic of [South] Korea enjoys today were built on the foundations of the blood, sweat and sacrifice, and dedication of our veterans and veterans under the U.N. flag,” said Yoon during the luncheon.

The three men were among 200 Korean War veterans from nine nations selected by the Ministry of Patriots and Veterans Affairs to participate in the Veterans Revisit Program. Molnar and Foyle served aboard HMCS Cayuga.

Flett served aboard HMCS Crusader as a Sonarman when it was dispatched from Esquimalt in July 1953. Since the Crusader arrived in Korea days after the July 27 armistice, Flett took part in UN Peacekeeping operations instead.

Born in St. Peters, Man., in September 1928, Flett is the last of three generations from Manitoba's Peguis First Nation to serve in Canada's military. His Grandfather, Private David William Stranger, an infantryman in the Canadian Army, was killed

in the First World War in the Battle of Vimy Ridge.

Flett said the visit was his fourth trip to South Korea since the war ended, and his love and admiration for the nation and its people continue to grow each time.

The veterans also attended a national ceremony at Jangchun Arena that marked the 72<sup>nd</sup> anniversary of the start of the Korean War. Captain (Navy) Jill Marrack, the Canadian defence Attaché in Seoul, attended the ceremony.

The veterans also visited the Korean War Memorial. According to The Korean War Veteran newsletter, the veterans were greeted at the site by Korean children who gave them hugs and wanted to take their pictures with them. The emotional moment and kindness of the Korean people moved Foyle, a former RCN Stoker and Vancouver Police Department Superintendent, to tears.



06 24 2022

Ron Foyle poses with a Korean child in a train station. Photos supplied





# WE REMEMBER.

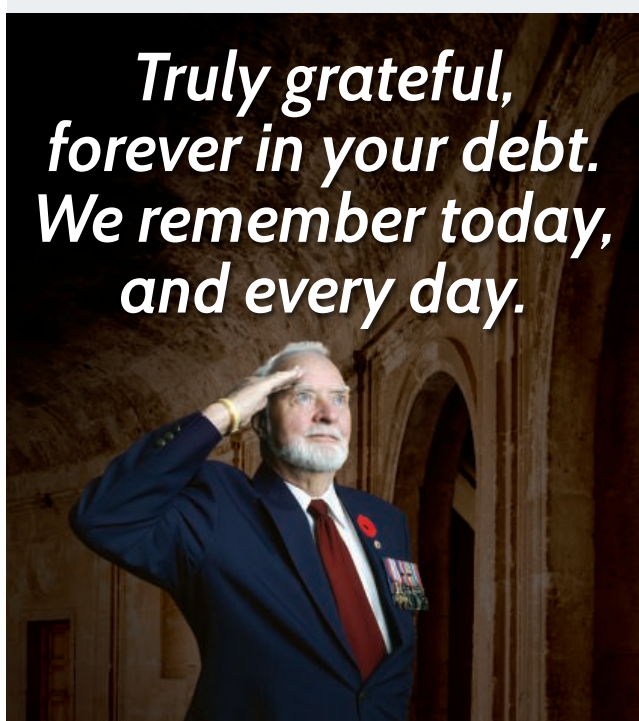
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Lieutenant (Navy) Ron Haskell with the HMCS Quadra cadets operating an Orca-class vessel. Photo supplied.

## Cadet CO bids farewell after 48-year career

**Peter Mallett**  
Staff Writer

Serving in all three branches of the Canadian Armed Forces (CAF) gave retired navy lieutenant Ron Haskell a unique perspective on military service.

"I got to see things and go to different parts of the world that others didn't during my 48 years of service," Haskell said. "I loved every minute of my service, and if I didn't feel that way, I wouldn't have stayed for so long."

While some soldiers may have served in all three service branches at one specific trade or job, Haskell notes his tri-service record is different because he worked in trades specific to each branch. This included his service in 418 Air Reserves Squadron as an Aviation Technician, in the Canadian Army as an Artillery Officer, and in the Royal Canadian Navy with the cadets as a Tender Officer in Charge (Captain) on Orca-class vessels.

The CAF provided him with an education of the world, Haskell said. He started his military journey as an Air Cadet in 1970 and earned his gliders wings at CFB Penhold in the summer of 1973.

"At that point, a career in the Canadian Armed Forces had the lure of something different and exotic," he remembers.

He joined the CAF in Edmonton in 1974, and 1977-1978 served as a Corporal with 1 Canadian Air Group in Germany.

In 1978, he transferred over to the Regular Force, becoming an Artillery Officer with deployments, including the United Nations Mission to Cyprus in 1982, the European Community Monitoring Mission to the former Yugoslavia in 1994, and an Exchange Officer to Germany with 5 Panzer Division in 1996.

"Once you are in those far-away places, you understand the politics and the people, and you have a better understanding of these places than the average person," he said.

In 1999, he transferred back to the Primary Reserve and served with several units before becoming Battery Commander of 64 Battery, 10<sup>th</sup> Field Artillery Regiment from 2004 until 2011. From December 2009 until July 2010, Haskell served with the International Security Assistance Force in Afghanistan.

His transfer from the Army to the Cadet Organization Administration and Training Service (COATS) occurred in 2011.

Haskell was honoured at the Royal Canadian Sea Cadet Corps (RCSCC) Saskatchewan's Annual Ceremonial Review at Old Fort Qu'Appelle, Sask. on May 15. The Melville, Sask. resident had been the Commanding Officer of the RCSCC Saskatchewan for the past nine years before moving into retirement.

"I was in cadets myself as a youth, so I thought I would finish my career by giving something back," he said. "I served with some amazing people in the cadet's organization and at HMCS Quadra."

During his farewell, Haskell said he was incredibly proud of his contributions to the cadets and their accomplishments in recent years.

"We could offer the youth of Fort Qu'Appelle an exciting program that involved travel, sailing, marksmanship, nautical skills, leadership development, and much more," Haskell told the Grasslands News during his farewell.

The Cadet Corps' success and accomplishments under Haskell didn't go unnoticed. In 2019, RCSCC Saskatchewan was awarded the Premier's Commendation as the best Sea Cadet Corps in the province.

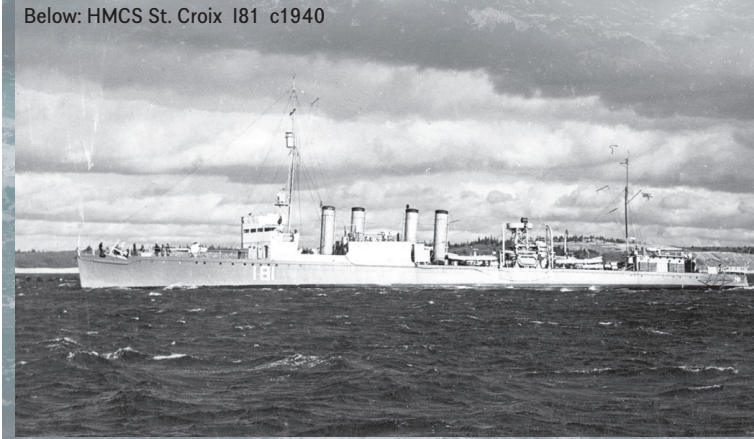
While reminiscing about his years of service at the Black-Tie Dinner in his honour in Regina, Sask., he shared his fondest memories with attendees.

"One of the most rewarding experiences I ever had in the military was working with the cadets when I sailed on Orca-class ships at HMCS Quadra in Comox and Esquimalt," Haskell said.





Above: Stoker William Fisher with an unidentified member of the Women's Royal Canadian Naval Service. Photo courtesy of Canada.ca.  
Below: HMCS St. Croix 181 c1940



## SECOND WORLD WAR STOKER MIRACULOUSLY SURVIVES

### two U-boat attacks, sinkings in two days

#### CFB Esquimalt Naval and Military Museum

For Stoker William Allen Fisher of the Royal Canadian Navy Volunteer Reserve (RCNVR), becoming the sole survivor of not just one but two vessels sunk by enemy submarines in the Battle of the Atlantic was a lonely and harrowing experience.

On Sept. 20, 1943, Fisher's ship, the Town Class destroyer HMCS St. Croix, was escorting convoy ON.202 south of Iceland when the German U boat U 305 hit and sunk it. Sixty-five members of the ship's company died due to the submarine's acoustic torpedo attack. Eventually, the Royal Navy ship HMS Itchen rescued five officers and 76 men from St. Croix, including William Fisher.

As fate would have it, a mere two days later, the Itchen was torpedoed by submarine U 666 south of Greenland. All officers and those from St. Croix aboard Itchen perished, with one remarkable exception: William Fisher.

Fisher would be considered extraordinarily fortunate to have lived through these terrible incidents by most people's standards. He had been in the RCNVR for just a year and 11 months when the St. Croix was lost.

"It was hard to take, the boys had all been old hands and old friends," he recollected in his eyewitness account of both sinkings, *The End of HMCS St. Croix*, which appeared in the Royal Canadian Navy (RCN) Month Review in August 1944.

In his account of the events, Fisher wrote of being adrift for 13 hours in a crowded whaler with four

Carley floats tied to it, all loaded with men and bailing frantically as the whaler took on water. In his subsequent rescue from HMS Itchen, he had only a piece of debris to cling to in the freezing water after diving over the side following the torpedoing of the ship.

"The water was rough," he said in the memoir. "I saw a lad holding onto a board, and swam over and took hold of the board with him. The water was very cold and I started to get cramps. I held onto the board for about one hour. Then the lad passed away and I started to run into quite a few bodies."

In the act of kindness, Stoker Fisher wrote a personal letter to the mother of his crewmate, Ordinary Seaman William ('Billy') Deeks, about the loss of her son and his last moments of life. This original letter was donated to the CFB Esquimalt Naval and Military Museum collection, and a copy is featured in the museum's permanent display commemorating the Battle of the Atlantic.

In 1965, William Fisher was a special guest aboard HMCS St. Croix, the second RCN vessel of that name, when the ship was on Canada's West Coast. *Unbelievable!* was the comment of the former sailor after touring the ultra-modern warship. *But not nearly so incredible as his own story*, noted a newspaper report of the visit.

To view William Fisher's letter and learn more about Canada's military history, visit the CFB Esquimalt Naval and Military Museum, open Mon-Fri from 10 a.m.-3:30 p.m. To learn more, visit, [navalandmilitarymuseum.org](http://navalandmilitarymuseum.org).

To learn more, visit [navalandmilitarymuseum.org](http://navalandmilitarymuseum.org)

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# Canadian soldier of the First World War identified



Private Harry Atherton.

**DND**

The Department of National Defence (DND) and the Canadian Armed Forces (CAF) have confirmed the identification of remains recovered during a munitions clearing process in Vendin-le-Vieil, France.

The identity was confirmed through historical, genealogical, anthropological, archaeological, and DNA analysis as Private Harry Atherton, a Canadian soldier of the First World War.

“The identification of Private Atherton allows the Canadian Armed Forces to pay its respects and provide him with a final resting place. Canada will remember and honour him, and those like him who gave so much for this country in the First World War,” said The Honourable Anita Anand, Minister of National Defence, in a statement.

Harry Atherton was born in Leigh, England, in 1893 to James Henry Atherton and Sarah Atherton (née Bradbury) and grew up in Tyldesley, England. He moved to Canada in 1913 and settled in McBride, B.C.

He worked as a carpenter before enlisting in March 1916.

Atherton joined the Canadian Expeditionary Force (CEF) with the 63rd Canadian Infantry Battalion (Edmonton) at 23. The following month, Private Atherton left the port of Saint John, N.B., bound for England. After training, he arrived in France in July 1916 as a member of the 10th Canadian Infantry Battalion. He fought in several battles before being wounded and

sent back to England to recover. He returned to the front in March 1917.

A few months later, on Aug. 15, Private Atherton fought with the 10th Battalion during the first day of the Battle of Hill 70 near Lens, France. He was killed in action. The Battle of Hill 70 continued until Aug. 25, 1917, with a heavy toll of more than 10,000 Canadians killed, wounded, or missing. The 10th Battalion suffered 429 casualties, 71 with no known grave.

“Though it has been more than a century since we lost Private Atherton in the Battle of Hill 70 during the First World War, I’m proud we were able to identify his remains and provide him with a proper burial. His contributions to Canada will never be forgotten,” said The Honourable Lawrence MacAulay, Minister of Veterans Affairs and Associate Minister of National Defence, in a statement.

The CAF has notified the family of Private Atherton’s identification and is providing them with ongoing support. Private Atherton will be buried at the earliest opportunity in the Commonwealth War Graves Commission’s Loos British Cemetery in Loos-en-Gohelle, France. He is commemorated on the Canadian National Vimy Memorial, erected in memory of Canadian soldiers killed in France during the First World War who have no known grave.



Brass Canada shoulder title found with the remains of Private Atherton.


A large, dark, sepia-toned photograph of a group of Canadian soldiers in uniform, standing in formation. The image is used as a background for the bottom section of the page.

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## 5 Questions with: Sergeant Peden the Canadian Ranger leading the Remembrance Day Sentry Command



Natasha Tersigni  
4th CRPG PAO

While many Canadians wear the poppy in November to remember those lost at war, the Canadian Armed Forces (CAF) honours fallen members over several months each year through the National Sentry Program.

The program reinforces Canada's commitment to remembrance. CAF members stand guard at the Tomb of the Unknown Soldier in Ottawa every day from June 5 until Nov. 10. On Remembrance Day, the Tomb is a central gathering place for ceremonies in the National Capital Region. An appointed CAF member leads the Sentry Command for the day.

This year, that honour goes to Sergeant (Sgt) Ryan Peden, a Canadian Ranger (CR) from Swan River, Man. His nomination to serve as Sentry Command is unique, as it marks the first time a CR has taken on the role. It is also a nod to the 75<sup>th</sup> anniversary of the CR, which the CAF has been celebrating throughout 2022.

Sgt Peden has been a member of the CR since 2019, helping the local Canadian Ranger Patrol Group prepare for rapid response to various emergencies and scenarios.

**What does being asked to stand guard at the Tomb of the Unknown Soldier mean to you?**

It is very humbling. Standing in the presence of the Unknown Soldier is an experience I will never forget. The memorial reminds us that many things we take for granted are not without cost, which many Canadians fully and permanently paid. Bringing awareness of that sacrifice is the least anyone can do compared to the sacrifice of our fallen members.

**What are your feelings on being asked to lead the Sentry Command?**

I am still in awe and am very proud and thankful for the trust from my chain of command to handle such an important moment.

**What exactly will your tasks be on November 11?**

I will post the four guards who stand sentinel over the tomb. The time I spent standing guard during the fall helped me prepare. It got me in the right mindset for the required drill and allowed me to practice calling the drill in front of a large audience.

**What does the CR 75<sup>th</sup> anniversary mean to you?**

The biggest takeaway is a sense of comfort. It is comforting to know we have been operating for 75 years and that, through all those years, we have been getting people ready and willing to protect, serve, and give their all to their communities, the other branches of the CAF, and the nation. The fact that the CR is ready to respond with minimal notice in isolated areas all over Canada is comforting to many Canadians within those communities.

**What message would you like to share with your fellow CAF members and Canadians as the lead of the Remembrance Day Sentry Command?**

As a nation, we cannot afford to forget the sacrifices made by our fallen soldiers to ensure we can live in a free and safe society.

As members of the CAF, we must honour those who came before us and assume responsibility for similar moments that may lie ahead of us.



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# COMMEMORATING AND LEARNING

from the  
**HMCS Kootenay  
DISASTER**



**Memorial services held on the East and West coast remembered members of HMCS Kootenay who died on Oct. 23, 1969:**

- **Chief Petty Officer First Class Vaino 'Ski' Partanen** (Chief Engine Room Officer Artificer);
- **Chief Petty Officer Second Class William Alfred 'Billy' Boudreau** (Engine Room Chief);
- **Petty Officer First Class Eric George Harman** (port throttle);
- **Leading Seaman Pierre (LS) 'Pete' Bourrett** (recording at the console);
- **LS Thomas Gordon** (fire and bilge pump);
- **LS Gary Wayne Hutton** (torsion meter readings); and,
- **Able Seaman Michael Allen Hardy** (main engine temperature readings).
- **Petty Officer Lewis John Stringer** and **Ordinary Seaman Nelson Murray Galloway** were among the dead.





**Peter Mallett**  
Staff Writer

Victoria's military community held a first-of-its-kind memorial service to pay respect to the victims of the worst peacetime accident in Royal Canadian Navy (RCN) history.

"We remember the brave sailors who fought to save their fellow crew members on their ship, we remember those who suffered both physical and mental injuries, we remember the families who were forever changed that day," said Captain (Navy) J. Jeffrey Hutchinson, CFB Esquimalt Base Commander, who presided over the ceremony. "In their memory, we commit to doing all that we can do to help ensure this tragedy is never repeated."

The memorial service on the West Coast was held at the Esquimalt Cenotaph to remember the 53<sup>rd</sup> anniversary of the HMCS Kootenay tragedy. Nine sailors died, and several others were injured when a violent engine room explosion occurred aboard the East Coast-based Restigouche-class destroyer at 8:21 a.m. on Oct. 23, 1969.

The explosion occurred while Kootenay was conducting sea trials 200 nautical miles off the coast of Plymouth, England, caused by bearing shells in the starboard gearbox being installed backwards. This disrupted the flow of lubricating oil, causing an overheating of the bearing and eventually igniting the lubrication oil. The resulting fireball raced through the ship's engine room, up its hatches, and onto the main passageway of the ship.

Retired commander Al Kennedy was one of several survivors who attended the memorial service in Esquimalt. He was one of three sailors that made it out of the engine room that morning. Kennedy says he can still remember every moment of his escape from the

engine room's flames, smoke, searing heat, and carnage.

"The climb was only seconds but seemed like an eternity," he said. "The only thing going through my mind was a feeling of sadness that I was going to die and not be able to see my three-month-old son."

Two members of Kootenay were posthumously awarded the Cross of Valour Medal for their actions: Chief Petty Officer First Class (CPO1) Vaino Partanen, an Engine Room Artificer who remained in the engine room to report to the ship's bridge and died moments after fulfilling his efforts, and Petty Officer First Class Lewis Stringer, a Supply Technician who died of the effects of smoke inhalation after organizing an evacuation of men from the ship's galley following the explosion.

Two other crew members received the Star of Courage for their actions. Chief Petty Officer Second Class (CPO2) Clément Bussière was the Petty Officer in Charge of the boiler room and remained there to ensure

there was steam pressure for firefighting efforts and to shut down the ship's boilers. Sub-Lieutenant (SLt) Clark Reiffentein, a Navigation Officer, made repeated efforts to rescue crew members.

Two crew members received a Medal of Bravery. CPO1 John Gillingham, the ship's Petty Officer, organized firefighting activities aboard despite being off-duty at the time of the explosion. CPO2 Robert George, Kootenay's Senior Hull Technician, organized damage control and firefighting parties and flooded the ship's magazine area with water to prevent further explosions.

Following extensive repairs, Kootenay returned to service and subsequently transferred to Esquimalt on Feb. 12, 1973.

CPO1 Al Darragh, Base Chief at CFB Esquimalt who helped organize this year's ceremony, served as a Marine Engineer (Stoker) in Kootenay's boiler room more than two decades after the explosion. He said logistical adaptations had followed the tragedy.

"Everyone onboard was painfully aware of the tragedy and what had happened that fateful day," CPO1 Darragh said. "Many safety changes had occurred onboard as a direct result of the explosion, and in the end, proved extremely beneficial to the operation of RCN ships."



# HMCS KOOTENAY



CFB Esquimalt Base Commander Capt(N) J. Jeffrey Hutchinson salutes during a memorial service for members of HMCS Kootenay at Memorial Park in Esquimalt on the 53<sup>rd</sup> anniversary of the tragedy. Nine members of the RCN's former Restigouche-class destroyer were killed and several others injured following an explosion in the ship's engine room on the morning of Oct. 23, 1969.





# LEGACY

## of Latino soldiers remembered

**Peter Mallett**  
Staff Writer

Last month, the Canadian Armed Forces (CAF) honoured the unsung Latin American heroes of the First and Second World Wars, giving them long-overdue historical identity and recognition.

“They all joined voluntarily, demonstrated compassion, braveness, courage and loyalty while fighting alongside other Canadian soldiers,” said Captain (Capt) Rey Garcia-Salas, co-founder of the CAF Latin American heritage team. “All these soldiers are heroes who left us a legacy of inclusion that now brings us closer together.”

Organized by the CAF Latin American Heritage Team in Ottawa, Toronto, and Esquimalt, the ceremonies honoured approximately 120 soldiers who travelled to Canada precisely to enlist and fight in the First and Second World Wars, Capt Garcia-Salas said.

“Their legacy is largely unknown but needs to be recognized,” he said.

This year’s three Remembrance ceremonies coincided with the CAF Latin American Heritage

Month, marked in October. The Esquimalt Remembrance ceremony was held at God’s Acre Veterans Cemetery on Oct. 17.

Sailor First Class (S1) Ivan Vanegas Lopez, the event organizer, said he wants to boost attendance next year and make the act of Remembrance annual at the Base.

“This is our first-ever ceremony. I wish more had attended, but this is just a starting point and one to build on for the future,” said S1 Vanegas.

S1 Vanegas was born in Colombia and moved to Canada in 2007 with his wife and three children. Two of his children are now CAF members: SLt Sebastian Vanegas, a Naval Warfare Officer with the Royal Canadian Navy, and S1 Susana Vanegas, a Naval Reservist working as a Human Resources Administrator.

The ceremony was equally crucial to S1 Jose Quintero. Born in Mexico City and moved to Canada in 2002, S1 Quintero is the Stoker of HMCS *Saskatoon*.

“It’s time to recognize the people who fought for our freedoms and human rights so many years ago,

and fought alongside Canadians to make the world a better place,” he said.

Inaugural Latin American First and Second World War Remembrance ceremonies were held at Ottawa’s Beechwood Cemetery on Oct. 17 and at Toronto’s Saint Monica Parish and Mount Hope Cemetery on Oct. 22. Sergeant Guillermo Garza-Risueno organised the Latin American Remembrance ceremony at Villanova Canadian War Cemetery, Province of Ravenna, Italy. Corporal Nydia Gelvez organized the Latin American Remembrance ceremony at Last Post Fund National Field of Honour Quebec.

“All of us belong to the Latin American Committee Soldiers in Canada in addition of DND/CAF Latin American Heritage Month Committee. Our Committee was the one that organized the events with the support of the Canadian Armed Forces, Veterans Affairs, Veterans, Gallery 55, Beechwood National Cemetery, Mount Hope Catholic Cemetery, friends, family, and other organizations,” Capt Garcia-Salas said



RCN sailor salutes during a Remembrance ceremony in Esquimalt on Oct. 17.



Left – Sailor First Class (S1) Espinoza, S1 Charlie Devine and S1 Damien Caci lay a wreath to remember Latino soldiers from Canada, Mexico and the United States during a Remembrance ceremony at Veterans Cemetery in Esquimalt on Oct. 17.  
Photo: Peter Mallett/Lookout



The flags of Canada and Mexico are displayed at the grave of First World War soldier Private (Pte) Rafael Rodriguez during a Remembrance ceremony for Canada’s unsung Latin American soldiers, Oct. 22 at Toronto’s Mount Hope Cemetery. Pte Rodriguez was born in Guadalajara, Mexico, in 1894 and fought with the 42nd Infantry Battalion of Montreal. A sharpnel wounded him during battle, and he died in Toronto on Jan. 20, 1919. Photo: Captain Rey Garcia-Salas.



The Latin American Heritage participants pose for the closing ceremony at the Canadian Parliament on Oct. 30



Cutting the Ribbon of Fields of Sacrifice Photographic Exhibition on Sept. 24 at Gallery 55 in Ottawa. L-R: Lieutenant-Colonel Cassie, Military Attache from Colombia; Capt Garcia-Salas, Mexican Consul in Ottawa; Juan Gabriel Morales; Gladys Hunter, Terry Hunter, and Fabiola YZeta-Vincent from Gallery 55.



David Aguilar Carranza and Ana Mariah Salas Beard present a plaque to Captain Rey Garcia-Salas for the research on the participation of the Latin Americans Defending Canada in the First and Second World War on Oct. 17 at Beechwood National Cemetery in the First Latin American Remembrance Ceremony.



# HMCS WINNIPEG

## I WEAR A POPPY ...

Lieutenant (Navy) Riley Perrior



My family has served in the military for 13 generations, starting in the UK and moving into Canada, and so the poppy is not just a way for me to remember them, but also to carry on the lineage of service.

Sub-Lieutenant Xiang Zhou



... to remember all the history of the Armed Forces and to show respect for the fallen.

Private Alex Measures



... to remember all the sacrifices of the people who have come before me.

Sailor Second Class Justyn Ramharrack



... to remember those who gave their life for this country.



LEST WE FORGET



HMCS  
WINNIPEG



# HMCS WINNIPEG

## I WEAR A POPPY ...

Sailor First Class Ryan Smith



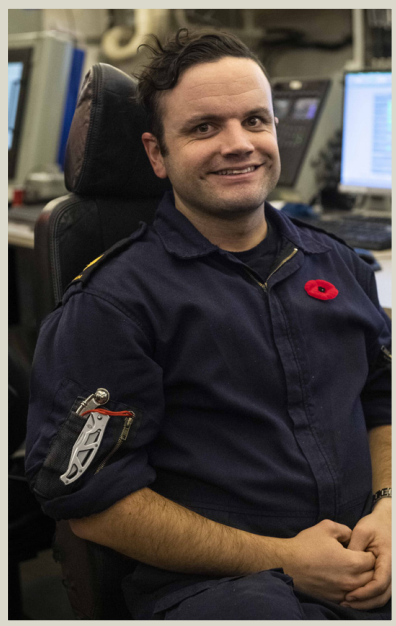
... for all the soldiers, sailors and aviators who served before me.

Chief Petty Officer Second Class Raymond Ferguson



... to remember our fallen soldiers, those who went before us.

Sailor First Class Sebastien Swann



... for remembering all the troops that have fallen in war.

Sailor First Class Anne Marie Russell



... to honour and remember all the people before me that made the ultimate sacrifice and served our country.

Corporal Adam Weddel



... to remember the Airmen and Airwomen who came before me.

Captain Joe Anderson

... to remember all those who came before me and laid their lives on the line for our freedom.

Petty Officer Second Class Luc Pelletier



... because my grandfather fought in the Second World War and whenever I wear it reminds me of the sacrifices that he made for everything that I have today.





# Canadians busting records in Korea TRAINBUSTING

Reprinted article  
courtesy of  
Legion Magazine  
/ Sharon Adams

**Sharon Adams**  
Legion magazine

In late-October 1952, during the Korean War, HMCS Crusader joined the Trainbusters Club in Korea. Within six months, Crusader garnered the club's championship for Canada.

The club was an informal competition between ships in the conflict which took out enemy trains.

"We had some of the finest gunners in the Canadian navy," said Irving Larson of Crusader.

It began in July 1952 after an American destroyer, the USS Orleck, demolished two trains in two weeks. It was declared trainbusting champion and a challenge was issued to beat the score.

A ship could only claim a train if they destroyed the engine, regardless of how many rail cars were obliterated.

In one area, there was a series of five tunnels.

"We caught a train between tunnels

and destroyed all the boxcars," recalled Norman Heide of Sioux. But without the engine, Sioux received no credit toward the championship.

Trains carried supplies for North Korean forces along the eastern coastline bordered by the rugged Taebak Mountains. In some places, the rail line came within range of guns on UN coalition navy ships, which had to stay some distance from land to avoid being targeted by Korean coastal batteries.

A ship would spot the trains, then radio the vessel whose guns were already loaded ready to fire.

"The guns would level off and then fooom, fooom, blew them up," Ken Kelbough said.

Then the crew had to get out of there because they would bring up shore batteries and you're a sitting duck on a ship.

Most ships escaped, except for HMCS Iroquois, which was the only Canadian ship to suffer losses from enemy action. It came afoul of shore batteries on Oct. 2, 1952. Three sailors died and 10

others were casualties.

The success of the Canadians was no fluke. They were careful hunters.

At night, in the dark, they'd shut down everything onboard the ship and just glide along the coast, listening to see if they heard a train or whistle.

When they did, up went a star shell, flooding the coast with light so gunners could hit it before it heads into a tunnel, recalled Daniel Kendrick of HMCS Huron.

Crusader was initiated into the club by taking out a 13-car train, and engine, on Oct. 28.

HMCS Haida joined the club on Jan. 29, 1953, and scored its second hit on May 26.

It was around 11:20 p.m., when a train was spotted. At first sight, the gunner fired at the lead engine, hitting dead centre. It caused an explosion and rail cars spilled along the line. Then Haida gunners obliterated what was left of the train.

Another opportunity was missed just three days later when an engine squeaked into the safety of a tunnel after uncoupling

its cars.

In April, Crusader moved the bar higher, destroying three trains and engines in a 24-hour period. Two of the trains were running in opposite directions: they were neutralized simultaneously.

HMCS Athabaskan was the last to join the club, taking out its first train on May 24, 1953.

"Hitting a train was quite an achievement truthfully because the ship is going up and down, you've got to get your guns right exactly where the train is, or just below a bit, to destroy the track and knock it off. And it became quite a feat," said Haida gunner Jim Wilson.

In the end, 28 trains and their engines were destroyed by the Trainbusters Club. Eight of them owed their demise to the three Canadian ships. Athabaskan and Haida equalled Orleck's record, taking out two trains apiece. But Crusader crushed the competition, credited with destruction of four trains and engines.



The Royal Canadian Navy C-class destroyer HMCS Crusader (DD 228), circa 1946 after the transfer to the RCN. Crusader had been commissioned in 1945 as HMS Crusader (R20). It was later converted to an anti-submarine frigate (DDE 228) and scrapped in 1964. Imperial War Museums - Wikimedia



Through adversity,  
our most honourable flourish.

# 11.11.22

C'est dans l'adversité  
que les plus dignes s'épanouissent.

Lest we forget. N'oublions jamais.



# Honouring those who served.

# Lest we forget.

**Laurel Collins**  
MP for Victoria

1057 Fort Street,  
Victoria, BC, V8V 3K5

Laurel.Collins@parl.gc.ca  
250-363-3600







## In Flanders Fields

In Flanders Fields, the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

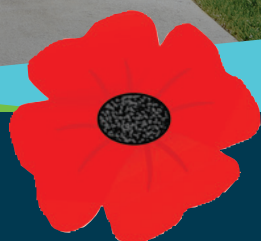
We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

~John McCrae, May 3, 1915



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**We will never forget.**



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# REMEMBRANCE DAY 2022

## We do remember them

**Fardous Hosseiny**  
**President and Chief Executive Officer**  
**Atlas Institute for Veterans and Families**

Remembrance Day truly is a day of memorial — a way we, as Canadians, join the citizens of other Commonwealth countries to recognize those who have served our nation, those who fought and died. In Canada alone, we have lost more than 100,000 brave soldiers across conflicts throughout our country's history. These span from the Boer War to the First World War, to service in Afghanistan, and include those recently lost in training.

Many of those who did return home to Canada returned fundamentally changed, often bearing both physical and emotional wounds because of the courage of their service. We cannot ignore the reality of those we lost long after their time in the conflict zone where these injuries originated.

We are a young country, but we've contributed to global freedom in a significant way.

I think of a story I heard last year when we at the Atlas Institute for Veterans and Families were going through a process of deep engagement with Veterans and Families to develop our five-year strategic plan.

A Veteran with more than 40 years of service, retiring as a Chief Warrant Officer, spoke about a memory he had of leading his troops during Operation *Harmony* in 1993 in the region of the Medak Pocket. In some of the most brutal fighting in the former Yugoslavia, where Canadians were part of the engagement, he met with his section before setting off to support those engaged. He asked if they were scared and prepared to provide words of encouragement.

"I'm not scared of dying," one soldier replied. "I am more scared that if anything were to happen, our sacrifice won't be remembered or understood. I'm scared for my family back home should I die. Will they be looked after? But no, I'm not scared of dying."

I didn't think to ask if this young soldier did indeed survive. There were Canadians lost in the heavy fighting. But this story stays with me because it speaks volumes about many things that are part of the experience of service that those of us who haven't borne arms cannot comprehend.

On Remembrance Day, the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month, these are the individuals we honour.

It is that freedom which should call us to remember those who serve mindfully. Beyond simply a day or week set aside each year, we should continue to honour their sacrifices by also remembering the service of their friends and comrades, the more than 600,000 Veterans living today in Canada and the loved ones who have made their sacrifices at home. In so doing, we honour the quiet contemplations of the brave facing uncertainty on the battlefield.

If I were able to speak to that young soldier today, I hope that he would see in our work that we have not forgotten him, his sacrifice and that of his comrades, and we have not forgotten their Families.

*Indeed, we do remember.*



## Thanking all Veterans and their Families



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# Veteran perfects THE ART OF PORTRAITURE in remembrance

**Peter Mallett**  
Staff Writer

Soldiers and veterans come to life through impressionist portraits in a home studio of one Bedford, N.S. artist.

Retired warrant officer Gilles Boudreault says art lets him reflect with remembrance on friends and colleagues that has passed on from his former units.

"I don't usually think of one particular unit or person on Remembrance Day but this year, more than ever, I will be thinking of all the people I served with who are no longer here," he said. "It makes me wish I took the time to reconnect and visit with them after our service was complete."

Boudreault retired from the Canadian Armed Forces (CAF) in 1999 after 21 years of service. He joined the CAF in September 1978 and was posted to Third Battalion of Royal 22<sup>nd</sup> Regiment (3R22R) and then Canadian Airborne Regiment in Petawawa, which included a deployment to Cyprus in 1982. In 1988, he trained to change trades from Infantryman to Topographical Surveyor and moved on to the Department of National Defence Mapping and Charting Establishment (MCE) in Ottawa, where he worked until his retirement in 1999.

Today, the married father of two paints every chance he gets. Boudreault says it's not hard to get inspired by his subject matter.

The smiling portrait of the late Major-General Herbert Pitts of the Canadian Army is one of many photographs that inspired him to pick up the brush. Boudreault says the warmth of Pitts' smile made the portrait a delight to paint.

"The fact that the subject was wearing a maroon beret – which are the airborne colours of my former regiment – made the creative process easier and gave it a familiar feel to me," he said.

Pitts, a Korean War veteran, was a former Colonel of the Regiment of Princess Patricia's Canadian Light Infantry (PPCLI) and the Canadian Airborne Regiment. Pitts spent the later years of his life in Victoria, B.C., where he died in 2018.



Gilles Boudreault as an infantryman (left) and today. Photos supplied.

*"I tried to capture ... the tension on the subject's face and the colours, uniform and surroundings."*

He says his paintings and style of portraiture reflect his admiration for legendary impressionist John Singer Sargent, and Rembrandt, one of the great masters portrait of all time. He paints with acrylic on canvas and tries to capture his immediate impression of the subject using light, colours, and short or textured brush strokes to capture a feeling or mood.

"I always paint the person's face last because if I don't, I will go back and change it too many times."

Boudreault's talent for portraiture quickly caught the eye of many, including Barbara Brown, a former paramedic and founder of the Steel Spirit Gallery in Barrie, Ont, which showcases the unique artwork of military, police, firefighters, paramedics, hospital practitioners and other first responders.

"Gilles artwork is all the more impressive because he didn't focus on his art until later in life," says founder Barbara Brown. "It goes to show how it's never too late to dive into a creative chapter."

Last year, four of Boudreault's paintings were hung at a gallery in St-Jean Sur le Richelieu, Q.C., for Remembrance Day. Some of his artwork is also donated to the non-profit True Patriot Love, which is then sold to help in their fundraising efforts.

*Brown says the Steel Spirit is always looking for new and emerging artists, with and without experience, from every background and every age. For more information or if you would like to be involved, please visit: [thesteelspirit.ca](http://thesteelspirit.ca)*



Major-General Pitts painted by Gilles Boudreault.



Another favourite is a commissioned piece of his former colleague, Wayne Deaves. Boudreault says knowing the subject so well made it easier to paint him but getting the various shades of green in his uniform was challenging. "What I tried to capture turned out very well; the tension on the subject's face and the colours, uniform and surroundings of a military setting; I was happy with the results," he said.



# Youth Remember Canada's Mission in Afghanistan

## I REMEMBER AFGHANISTAN WORD SEARCH

Find the words relating to Canada's military mission in Afghanistan in the word grid. You can use a dictionary to look up words you do not fully understand or you can ask others.

B	D	H	U	U	Y	S	J	C	O	U	R	A	G	E
R	E	X	E	X	V	O	W	F	R	E	E	D	O	M
A	S	T	E	L	E	L	I	L	D	P	M	Q	S	
V	E	H	K	M	P	D	R	E	K	A	H	P	L	J
E	R	O	A	O	R	I	O	P	M	T	G	O	I	Y
R	T	N	N	U	E	E	N	H	I	H	O	M	E	K
Y	C	O	D	N	M	R	C	G	A	H	T	T	Q	K
O	A	U	A	T	E	S	P	B	C	A	S	N	U	C
K	N	R	H	A	M	F	R	S	P	E	A	C	E	T
W	A	R	A	I	B	F	I	M	O	R	C	N	A	H
Y	D	S	R	N	E	L	D	R	K	A	B	U	L	A
U	A	A	N	S	R	E	E	C	Y	A	E	Z	E	N
Q	Z	D	A	F	G	H	A	N	I	S	T	A	N	K
V	W	I	V	O	C	A	S	U	A	L	T	Y	S	S
A	H	O	P	E	G	E	B	V	E	T	E	R	A	N

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BRAVERY  
CANADA  
CASUALTY  
COURAGE  
DESERT  
FLAG  
FREEDOM
- HELPING  
HEROES  
HOME  
HOPE  
HONOUR  
KABUL  
KANDAHAR  
MOUNTAINS
- PEACE  
PRIDE  
REMEMBER  
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The Lookout would  
like to thank Legion  
Magazine for their  
partnership in helping  
us to share stories of  
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## Museum Volunteer Janet Curley Keeps on Running

### CFB Esquimalt Naval & Military Museum

Janet Curley, CFB Esquimalt Naval and Military Museum volunteer, has given a long-running commitment and contribution to the museum over the past decade, fuelled by the same energy and staying power that characterize her career as a recreational runner for community charities.

Janet's late husband, Lou, was in the Canadian Forces Air Command, motivating her to become a major booster of the Canadian Armed Forces (CAF). She has also maintained her CAF connection by running the CFB Esquimalt 5K and the Royal Canadian Air Force Half Marathon in Winnipeg, Man.

She said she enjoys volunteering at the museum partly because it brings back happy memories of when her husband was in the CAF.

Even though she has decided to ease back on her volunteerism in the museum visitor centre, Janet is always willing to lend a hand for museum and Base special events.

While assisting the museum with its displays and outreach for the Defence on the Dock event at Ship's Point on Sept. 17, Janet Curley was recognized for her enthusiastic support for the museum and the CAF. Captain (Navy) J. Jeffrey Hutchison presented her with his Commander's Coin and a citation thanking her for her 'exceptional service to Canada through the promotion and education of Canadian naval and military history'.

For Janet, receiving the Base Commander's recognition was a 'very moving experience'.

A member of the CEEVACS Roadrunners group in the Cowichan Valley, Janet began working with the museum's volunteer group after being encouraged to join by another volunteer. Her ability to engage with visitors, her warmth and friendliness have been great assets to the museum. She always went the extra distance in answering their enquiries. In the same way, she goes the extra mile when running marathons and half marathons for charitable causes supported by CEEVACS. Going the distance was also a literal part of her commitment to the museum because she regularly commuted from her home in Mill Bay to cover her shift.

We would like to wish her well in all her future endeavours, and say a heartfelt 'keep on running'.

**To learn more about volunteering with the museum, please get in touch with Curator Tatiana Robinson at [Tatiana.Robinson@forces.gc.ca](mailto:Tatiana.Robinson@forces.gc.ca).**

**To discover more about Canada's military history, visit the CFB Esquimalt Naval and Military Museum, open Mon-Sun from 10 a.m.-3:30 p.m. The Museum is situated inside the Naden Gate, and visitors must present a government-issued photo ID before entering. Once inside the gate, the blue arrows on the road will guide you to the Museum. To learn more, visit, [navalandmilitarymuseum.org](http://navalandmilitarymuseum.org)**



# WE REMEMBER





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**FOUNDED BY VETERANS, FOR VETERANS**





WE SALUTE  
OUR CANADIAN  
ARMED FORCES  
FOR ALL THEIR SACRIFICES



### Meet Elsie.

During WWII, Elsie worked in the Royal Army Pay Corp in London. After the war ended, she came to Canada, having married a Canadian soldier. Elsie lives at Veterans Memorial Lodge, and is a delight to all who meet her.

Learn more of Elsie's story in a video at [www.broadmeadcare.com/video-gallery](http://www.broadmeadcare.com/video-gallery).



### We Remember, in gratitude.

We are grateful for the veterans who sacrificed so much for us. It is our privilege to care for veterans like Elsie, pictured above, at Veterans Memorial Lodge. You can help care for them too, by making a donation today at [www.broadmeadcare.com/veterans-at-broadmead-care](http://www.broadmeadcare.com/veterans-at-broadmead-care).

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## LEST WE FORGET





# Esquimalt senior goes on annual pilgrimage of Remembrance



Jim Connor brings a poppy in remembrance of his Aunt Cecilia Connor who has a permanent display at the CFB Esquimalt Naval and Military Museum. Photo provided.



Private Cecilia Connor

To see the display in honour of Private Connor, and learn more about Canada’s military history, visit the CFB Esquimalt Naval and Military Museum, open Mon-Sun from 10 a.m.-3:30 p.m.

### CFB Esquimalt Naval & Military Museum

For Jim Connor of Esquimalt, B.C., honouring the memory of his late aunt Evelyn of the Canadian Women’s Army Corps (CWAC) is a family obligation and a vital duty.

Private Evelyn Connor (service #W/11688) of Esquimalt, B.C., is one of 25 CWACs who died while on active duty during the Second World War. In 2014, CFB Esquimalt Naval and Military Museum created a permanent display to commemorate and recognize her service and sacrifice.

Since 2014, Jim has made a special annual visit to the museum during Remembrance Week to add a

poppy to the display that features his aunt. It is his way of keeping her memory alive.

“I think Evelyn has a home here,” says Jim, 87. “I feel close to her and happy to know she isn’t forgotten.”

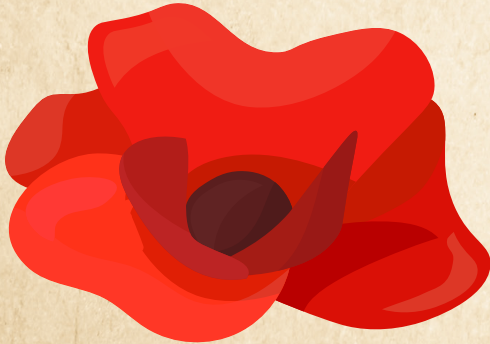
Evelyn Cecilia Connor was one of seven children and lived with her parents, James and Elizabeth Connor, on Ellery Street in Esquimalt. She enlisted with the CWACs in Victoria, B.C., on June 15, 1942.

In July 1942, she was sent to Vermilion, Alta, for training. Evelyn returned to Victoria on Oct. 26, 1942, and was sent across the country to Ste. Anne

de Bellevue near Montreal. She returned to Victoria again on Dec. 1, 1942, to 28 Company (Coy), and on March 12, 1943, was sent to Vancouver to No. 13 Coy and then to No. 111 Coy.

She went back to Macdonald College at Ste. Anne de Bellevue in 1943. Private Connor was sent overseas in July 1943 and posted to No. 1 Static Base Laundry. She was 24 when she was struck and killed by a bus at 2220 hours on Sept. 24, 1944, in Farnham, England, during a blackout. She had been overseas for just over a year.

Private Evelyn Connor is buried at Brookwood Military Cemetery in Surrey, England.



To learn more, visit [navalandmilitarymuseum.org](http://navalandmilitarymuseum.org)

## On Remembrance Day We Salute our Nation’s Heroes Both past and present

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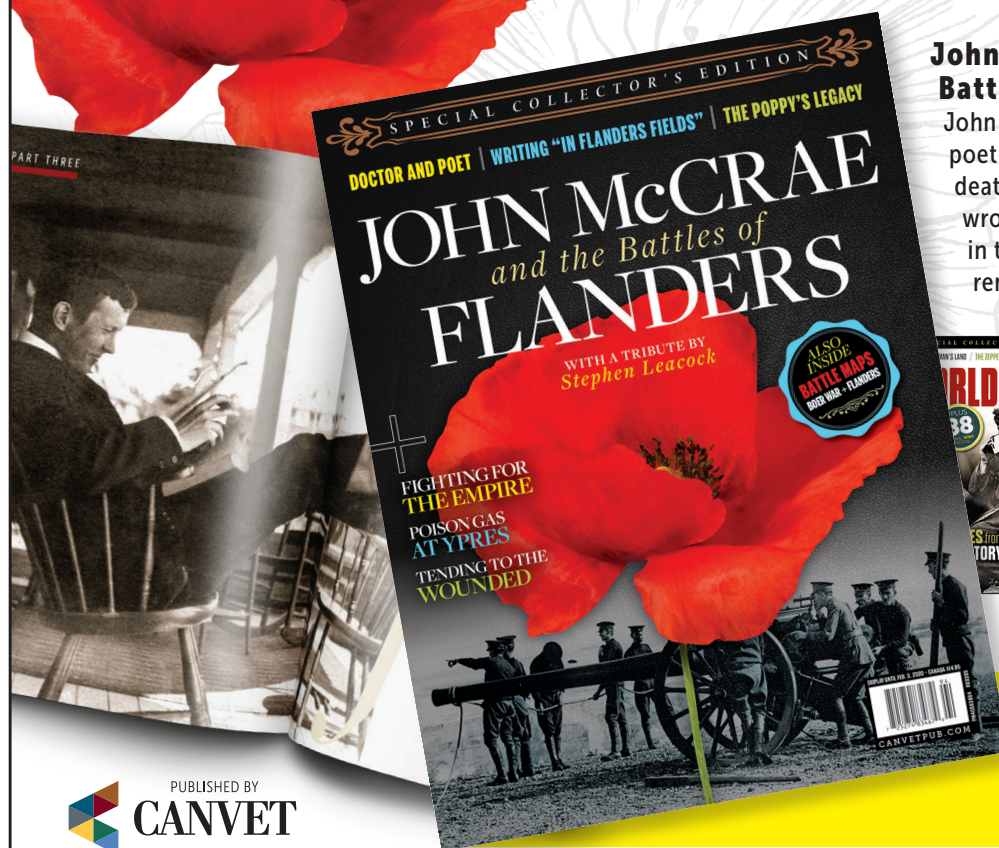
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FEATURE REMEMBRANCE DAY ISSUE

## John McCrae and the Battles of Flanders

John McCrae—doctor, gunner and poet—was shaken by the battlefield death of a friend in May 1915, and wrote the poem “In Flanders Fields” in tribute. The poem remains today a renowned symbol of remembrance.

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# DAY SAIL WITH THE BASE MEDICAL TEAM



Photo: Courtesy of Lt(N) Adrian Thow.



**Kelley Stark**  
Maritime Forces Pacific Public Affairs

On Oct. 27, health services professionals from CFB Esquimalt were invited to sail the high seas for a day to experience a small portion of a sailors' life aboard.

Having exposure to how sailors work, live and fight at sea gives our medical team a better understanding on what each sailor needs to stay healthy and remain functional aboard a ship.

"Sometimes, when medical professionals prescribe limitations for our members, they may not fully grasp what work they can or cannot do," says Lieutenant (Navy) Adrian Thow, Pacific Fleet Chief's Flag Lieutenant.

He explains that having the health services professionals experience life onboard means they can prescribe more meaningful limitations.

"To prevent losing track of our sailors, we aim to gainfully employ our members as much as we can," says Lt (N) Thow.

When the medical staff understands the positions and the movement of the ships, they can work together with the sailor and unit to find a way for them to contribute and continue working.



## Lest We Forget

Babcock Canada salutes our veterans and members of the Canadian Armed Forces






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## For the Fallen



With proud thanksgiving, a mother for her children,  
England mourns for her dead across the sea.  
Flesh of her flesh they were, spirit of her spirit,  
Fallen in the cause of the free.  
Solemn the drums thrill; Death august and royal  
Sings sorrow up into immortal spheres,  
There is music in the midst of desolation  
And a glory that shines upon our tears.  
They went with songs to the battle, they were young,  
Straight of limb, true of eye, steady and aglow.  
They were staunch to the end against odds uncounted;  
They fell with their faces to the foe.  
They shall not grow old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.  
They mingle not with their laughing comrades again;  
They sit no more at familiar tables of home;  
They have no lot in our labour of the day-time;  
They sleep beyond England's foam.  
But where our desires are and our hopes profound,  
Felt as a well-spring that is hidden from sight,  
To the innermost heart of their own land they are known  
As the stars are known to the Night;  
As the stars that shall be bright when we are dust,  
Moving in marches upon the heavenly plain;  
As the stars that are starry in the time of our darkness,  
To the end, to the end, they remain.

- Laurence Binyon - September 1914



# HMCS CALGARY UNDOCKING AT FLEET MAINTENANCE FACILITY CAPE BRETON



**Gabrielle Brunette**  
Communications Coordinator  
Student at FMF CS

On Oct. 3, the Fleet Maintenance Facility Cape Breton (FMF CB) workforce and ship staff (SS) worked together on the undocking evolution of His Majesty's Canadian Ship (HMCS) *Calgary* from the FMF CB dry dock after a recent work period.

The ship was docked in the FMF CB dry dock for 10 weeks.

"Having a dry dock in our facility that we can use at any time, and the staff to be able to complete that job, is a strategic asset in its own for the RCN (Royal Canadian Navy)," said Captain (Navy) Sebastien Richard, FMF CB

Commanding Officer.

HMCS *Calgary* docked this past August as part of its Extended Work Period 1 (EWP1). During this time, FMF CB worked to remove all required systems to prepare the ship for its deep maintenance cycle every five years. The personnel removed the rudder, the rotary vane actuator (a significant component of the steering systems), combat systems and deck equipment while ensuring the preservation of marine systems equipment. The staff also conducted hull maintenance and repairs.

Five FMF CB shops were involved in the docking and undocking of HMCS *Calgary*:

- Personnel from the Scalers/Cleaners Shop;

- Shipwright Shop;
- Rigging Loft;
- Mechanical Fitters Shop;
- Electrical Shop.

The teams in the Naval Architecture, Industrial Engineering, and RpOPS departments were also integral to the success of these evolutions.

This is not the first time the FMF CB workforce has worked closely with ship staff to succeed in docking and undocking evolutions, and it will not be the last. The FMF CB team routinely displays work of excellence in concert with ship staff, demonstrating the broad abilities of all involved in support of RCN operations.

Christian Parisé, Project Leader and Ship Service Officer for HMCS

*Calgary*, said collaboration between the FMF CB workforce and ship staff during the docking and undocking of a ship is incredibly important.

"SS play a pivotal role to ensure the ship is ready in all aspects," Parisé said. "They ensure that during the docking and undocking, they have enough personnel onboard to monitor all spaces below the water line for water ingress and report it to the docking officer and docking master."

"I am, and continue to be, amazed by the dedication and professionalism that our staff shows in the daily activities they take on. The pride that they show in their work is simply outstanding," Capt(N) Richard said.

Bravo Zulu to everyone involved!



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# CFB ESQUIMALT

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<https://ca.movember.com/team/2403637>



# HALLOWEEN AT CFB ESQUIMALT



## Lookout Staff

Dinosaurs, ghosts, princesses, and other magical creatures visited CFB Esquimalt on Oct. 29 as the community came together to celebrate a Haunted Halloween. Supported by the Base and hosted by Personnel Support Programs' Community Recreation, Special Events, Chief and PO's Mess, and the Lookout, this year's event was one for the storybooks.

Beginning with a spooky tour around the Lookout Haunted House, participants were met with hiding creatures, eerie graveyards, and surprised by a real-life knight! Families then made their way to the Chief and PO's mess for a Tricky Magic show. Families created spooky designs for carving into the pumpkins, courtesy of Cold Star Freight Systems, designed trick-or-treat bags, and participated in colouring activities. With mummy bowling and other Halloween-related games to follow, the event concluded with goodie bags as a final 'treat' for all whom attended.

A special thank you to all who came out on the exceptionally rainy day to celebrate. Stay tuned for details on the next PSP Holiday event on Dec. 3.





## ENTER YOUR Best Photos TO THE CAF IMAGERY CONTEST

Ladies and gentlemen, get your cameras ready! The 55th annual Canadian Armed Forces (CAF) Imagery Contest will be open for submissions from 1 – 27 November, and we want you to send us your best shots.

Whether you're a seasoned professional, or an amateur photography lover, this is the contest for you. We want to see your best photos of the Canadian Armed Forces community in action! Whether you're a service member, family member or friend, we want to see your photos that capture the spirit of the CAF community in one of the following categories:

• Military Community Life • Military Operations • Canadian Pride

**ENTER FOR A CHANCE TO WIN \$1,000 GIFT CARD TO CANADIAN TIRE!**

For five decades, the Imagery Contest has been celebrating the talented photographers who capture life in CAF communities from coast to coast. As you take photos this winter, keep the Imagery Contest in mind. Family gatherings, scenic vacations, sports tournaments, or special work events...the possibilities are endless!

TO ENTER AND FOR FULL CONTEST DETAILS PLEASE VISIT

**[www.cafimagerycontest.ca](http://www.cafimagerycontest.ca)**

## CONCOURS D'IMAGERIE DES FAC : FAITES-NOUS PARVENIR

# vos plus belles photos et vos meilleurs vidéos

Mesdames et messieurs, à vos marques, cliquez! La 55e édition annuelle du Concours d'imagerie des Forces armées canadiennes (FAC) aura lieu du 1-27 novembre 2022, et nous vous invitons à nous envoyer vos plus belles créations photos.

Que vous soyez un professionnel chevronné ou un photographe, ce concours est pour vous. Nous voulons voir vos meilleures photos de la communauté des Forces armées canadiennes en action! Que vous soyez un militaire, un membre de votre famille ou un ami, nous voulons voir vos photos qui capturent l'esprit de la communauté des FAC dans l'une des catégories suivantes :

• Vie communautaire militaire • Opérations militaires • Fierté canadienne

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**POUR CONNAÎTRE TOUS LES DÉTAILS DU CONCOURS  
ET POUR VOUS Y INSCRIRE, RENDEZ-VOUS AU**

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REMEMBRANCE DAY • NOVEMBER 11

There can be no dedication  
to Canada's future without a  
knowledge of its past.

— John Diefenbaker, 13th Prime Minister of Canada

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# 2022 National Silver Cross Mother – Mrs. Candy Greff



## Lookout Staff The Legion

On Nov.1, Mrs. Candy Greff was announced as this year's National Silver Cross Mother, an honour bestowed by the Legion to represent the mothers who have lost a child in the military service of Canada at the National Remembrance Day Ceremony in Ottawa.

As the National Silver Cross Mother, Candy will place a wreath at the National War Memorial on Nov. 11, and will be called upon to perform specific duties to honour the Fallen.

First authorized in 1919, The Memorial Cross (also known as the Silver Cross) recognizes the personal loss and sacrifice of mothers and widows of Canadian sailors, aviators and soldiers who died during the war.

In an announcement by the Canadian Legion, Candy spoke about how she feels to be the new National Silver Cross Mother.

"I am honoured to represent those who know what it feels like to lose a child, the pain, the daily struggle, but you do it for your child," she said.

Candy's son, Master Corporal Byron Greff from Swift Current, Sask., died in Afghanistan on Oct. 29, 2011, while serving as an advisor to Afghan military personnel with the Canadian Army. He was the last Canadian soldier to lose his life in Afghanistan.

Byron, a proud member of the Third Battalion of Princess Patricia's Canadian Light Infantry (PPCLI), was killed when a suicide bomber detonated an explosives-filled car while he was riding in an armoured NATO bus.

In hopes of inspiring people, especially children, to remember and never forget the losses in Afghanistan, Candy told the Legion, "I hope that more kids will come to realize the meaning of the ultimate sacrifice".

For more information on the National Silver Cross Mothers, visit [Legion.ca](http://Legion.ca).



Master Corporal Byron Greff  
Canadian Army



Mrs. Candy Greff

Every year, Legion Provincial Commands and individuals forward nominations for the selection of a National Silver Cross Mother.

These nominations are reviewed by a selection committee at Dominion Command and one mother is chosen for the year which begins November 1 until October 31 of the following year.



## WE REMEMBER

The Triangle RV family is proud to salute all those who serve.

10299 McDonald Park Road, Sidney, 250-656-1122



# RESOURCES

While Remembrance Day is about honour, it can trigger tough emotions. Here is a list of support programs that are available.

## » EMERGENCY

**Ambulance, Fire, Police**  
9-1-1

**Vancouver Island Crisis Line**  
1-888-494-3888 (24hr) or  
250-800-3806 (to text)

**Crisis Centre BC Distress Line**  
1-800-784-2433  
(1-800-SUICIDE) (24hr)

**Military Police (MP)**  
250-363-4032

**Poison Control Centre**  
1-800-567-8911 (24hr)

**Victim Link BC**  
1-800-563-0808 (24hr)

**Victoria Women's Transition House**  
250-385-6611 (24hr)

## » MILITARY COMMUNITY

**Base Accommodations**  
250-363-4087

**Base Personnel Selection Officer**  
Occupation transfer/reassignment,  
commissioning, special employment,  
career/educational/transitions  
counselling/support, education  
reimbursement info (Individual  
Learning Plan assistance).  
250-363-4091

## **CF Health Services (Pacific)**

Offers outpatient care to those within  
the Formation:  
Medical reception and case  
management: 250-363-4122

## **CF Member Assistance Program**

Free, confidential counselling  
assistance for CAF members and  
their families.  
1-800-268-7708 (24hr)

## **Employee Assistance Program**

**(EAP):** Provides confidential info,  
support, and referral services to  
civilian employees experiencing  
personal difficulties.  
Peer Referral Line: 250-363-7968  
24 hour line: 1-800-268-7708

## **Family Information Line (MIL)**

Provides confidential, bilingual  
and free info, support, and referral  
services and crisis management for  
the military community including CAF  
members, veterans, and their families.  
1-800-866-4546 (24hr) or 613-995-  
5234

## **Chaplains (Padres)**

Supporting the spiritual needs of  
personnel and their families, wedding,  
baptisms, sacramental preparations,  
counselling and referral services.  
250-363-4106 (office)

## **Health Promotion**

Educational courses and  
presentations on addictions, nutrition,  
and mental/social wellness.  
250-363-5621

## **Military Family Resource Centre (MFRC)**

Programs and services that address  
the unique military lifestyle.  
250-363-2640 or 1-800-353-3329

## **Operational Stress Injury Social Support (OSISS)**

1-800-883-6094 or OSISS.CA

## **Veterans Affairs Canada**

1-866-522-2122 or  
[www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

## **MARPAC Peer Support Group**

A local peer support group for all  
DND members who are looking for  
additional non-judgmental support  
to compliment other mental health  
services during the healing process  
from sexual trauma.  
[ESQ.MARPACPeerSupport@intern.mil.ca](mailto:ESQ.MARPACPeerSupport@intern.mil.ca)

## **Sentinel Peer Support Program**

Sentinels are a group of peer support  
members of all ranks who are trained  
and supervised by Chaplains and  
whose purpose is to increase human  
connectedness on a day to day basis.  
[ESQ.SENTINELTC@intern.mil.ca](mailto:ESQ.SENTINELTC@intern.mil.ca)

## » OMBUDSMAN

### **DND/CF Ombudsman**

Will review and investigate concerns  
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