

November - December 2017 • Volume 32, Issue 6



RESCUE MISSION

Photo by MARPAC Imaging Services

Demonstrating that the navy goes above and beyond the call of duty, members of HMCS Nanaimo rescue sea turtles entangled in a fishing buoy during Operation Caribbe on Oct. 27. Nanaimo joined Operation Caribbe on Oct. 16 and will be deployed in the Eastern Pacific region until December. The United States-led operation involves 14 countries and aims to stop drug trafficking.

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NATIONAL CONFERENCE MARKS CHANGE

Fall is upon us and as I write, the leaves are falling.

Rod Hughes and I are just back from our trip to St. John's where our fellow NAC members there did a great job with the Annual Conference and AGM.

This event also coincided with the 75th anniversary of the Crow's Nest Officer's Club, perched high on the waterfront overlooking the harbor. Indeed, it was like walking back in time as we climbed the small stairway to arrive at a bar that has not changed in over 70 years. Our first impression was enhanced by the very friendly bartender sharing with us a special, "Crow's Nest Ale" brewed for the occasion.

The conference itself started the next day at Memorial University of Newfoundland —MUN to the locals—with

some excellent speakers in the morning, a great fish and chip lunch, and then a trip out to the Marine Institute in the afternoon where we were able to experience the latest in simulators—the institute houses 24 of them. I gained a new respect for those tasked with setting anchors for large drilling rigs; the simulation was so effective that I am sure if you were inclined, you would have recycled your lunch back to "from where it came".

In the evening, it was back to the Crow's Nest for Captain D's Cocktail Party. Here, our own Rod Hughes was presented with a Bronze Medallion for his dedicated service to the Branch. There are two more medallions to come for NAC-VI.

On Saturday, we headed to HMCS Cabot for the Annual General Meeting and Direc-



Bill Conconi

tor's meeting. All unfolded as we would expect, but also included National President Jim Carruthers stepping down. This set up the agenda for the Board meeting that followed and the need to confirm a new president. This proved more difficult than thought due to the amount of time the job currently requires. After much discussion, Rod agreed to take on the NAC Newsletter, Starshell, and to stand in

as needed as vice-president and I agreed to stand in as chair for three months as the board re-evaluates the "job description". This should all be resolved in the next few weeks.

On Saturday evening, we went to a Mess Dinner at CFS St. John's, an excellent event, and to close it off, the bartender we met on arrival at the Crow's Nest on Thursday, came on to sing the Vera Lynn classic, "We'll meet again". A perfect ending to a great weekend.

Final thoughts: It is time to renew our membership for the coming year. I have just been on our website and renewed mine online, an almost painless process. See below for instructions.

Yours Aye,
Bill



MEMBERSHIP RENEWAL TIME

It's time to renew your NAC-VI membership. There are two ways to renew:

- Renew quickly and easily online at www.nac-vi.ca. Go to "Membership" and select "Membership Sign Up and Renewals" and complete the form. The online payment process is simple and secure.
- Mail in a cheque. Printable membership forms are available on the website under "Membership".

Note that the opportunity to donate online to one of the groups we support is not completed as part of the online renewal form. Instead, under "Membership", click on "Donate" and follow the prompts.

If you have questions, call Membership Director, Bill Macdonald, at 250-661-3731.

November 23 - \$30

Ray Protti on CSIS and the fight against Terrorism. \$30

December 14 - \$35

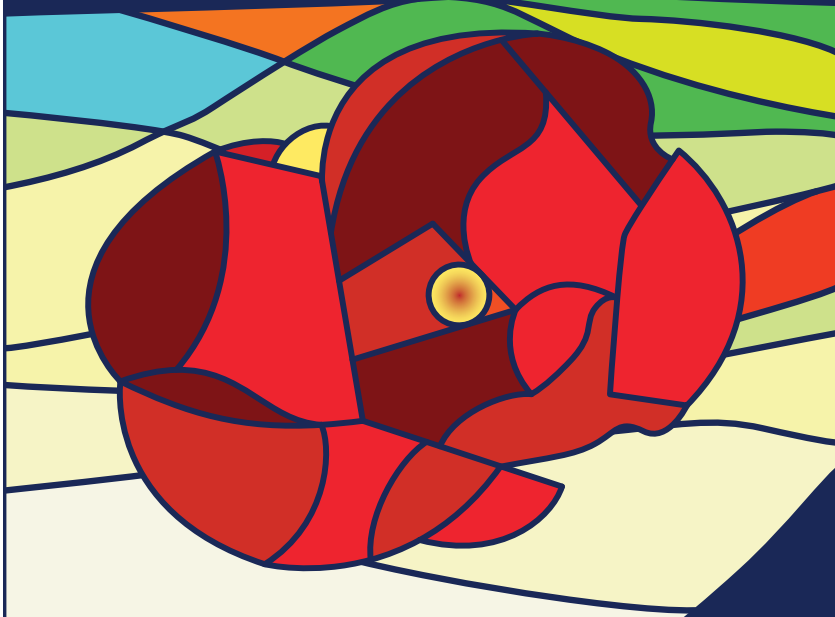
Commodore Buck Zwick will join us for our Christmas luncheon and bring greetings from the Admiral and the Fleet.

All luncheons are held at the **Royal Victoria Yacht Club, 3475 Ripon Road** (Cadboro Bay)

Doors open at 11:30 a.m. Lunch is served at 12:15 p.m. Members are asked to confirm their attendance with Peter Bey, 250-652-2225.

THE NADEN BAND OF THE ROYAL CANADIAN NAVY

In Remembrance



NOVEMBER 8, 2017 • 7:30 PM
CHRIST CHURCH CATHEDRAL
QUADRA AT ROCKLAND

ADMISSION
BY DONATION

ALL PROCEEDS TO
BENEFIT OUR PLACE
AND SOLDIER ON

NOVEMBER 11 WREATH LAYING NAC PARTICIPATION

NAC-VI members will be laying wreaths at Remembrance Day Ceremonies throughout Victoria. All who are able to join them in honouring the fallen are encouraged to attend.

- Victoria, Bill Macdonald
- Esquimalt, Bud Rocheleau
- Saanich, Stan Brygadyr
- Oak Bay, Derek Greer
- Broadmead, Geri Hinton
- Sidney, Peter Chance

CALL FOR SUBMISSIONS

If any of you have a story to tell or an article to share with your fellow readers, please send it along to leadandlineeditor@gmail.com for inclusion in our newsletter.

We want to hear from you!

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LIFE AFTER SERVICE SURVEY, 2016 RESULTS

Submitted by Rod Hughes

The Life After Service Studies (LASS) program of research is designed to understand the transition experiences of Canadian Veterans as they move from military to civilian life. LASS partners are Veterans Affairs Canada, the DND/CAF and Statistics Canada. The findings help support services being designed to support the well-being of Canadian Veterans and their families.

LASS 2016 expands on studies from 2010 and 2013. In 2016, 2,755 Regular Force Veterans (released between 1998 and 2015 at post-entry rank) participated in a Statistics Canada telephone survey. Some initial findings are outlined below.

Adjustment to Civilian Life

52% of Regular Force Veterans reported an easy adjustment to civilian life. However,

32% had difficulty. Factors associated with difficult adjustment included low rank at release, less than 10 years of service, unemployment and chronic health conditions.

Employment

In 2016, 65% of Regular Force Veterans were working. Their unemployment rate was similar to that of comparable Canadians (both about 8%). Of those who were working, 81% were satisfied with their job.

Low Income

At 4%, Veterans were much less likely than comparable Canadians (14%) to report low income (based on Statistics Canada's Low Income Measure threshold). Most (69%) were satisfied with their finances.

Chronic Medical Conditions

Common conditions such



Rod Hughes

as arthritis, back problems, depression, obesity, hearing problems, and activity limitations were more prevalent among Veterans than comparable Canadians. Veterans also reported chronic pain at much higher rates (41% versus 22%).

Effect of Release on Families

When asked about the effect their release had on their family, most Veterans reported that the transition was easy for their children (60%) and

their partner (57%). However, a difficult adjustment was reported for 17% of children and 28% of partners.

Snapshot of Characteristics

The mean age of participants was 48 with 88% male and 12% female. 77% were married or in a common law relationship. The mean number of years since release was 8.6, with those serving <10 years being 31%, and those >20 years at 54%. Those who had deployed on CAF operations were 74%. Of the participants, 84% said they were satisfied with life.

Note: This article is a republished Veteran Affairs Canada (VAC) notice, with a bit of editing for the Lead and Line format. If this précis has gained your interest and you would like more information, please email the VAC staff directly at VAC.research-recherche.ACC@vac-acc.gc.ca

STUDENTS REMEMBER THE FALLEN

In the lead up to Remembrance Day, No Stone Left Alone events will happen across the country.

No Stone Left Alone Memorial Foundation is a non-profit organization working directly with the Canadian Armed Forces, educators, and students to honour our military fallen in the Fields of Honour across Canada.

Island Ceremonies

- | | | |
|---|--|--|
| <p>Victoria</p> <ul style="list-style-type: none"> • November 3 at 10:45 a.m.
God's Acre Veterans Cemetery
School: Rockheights Middle School • November 6 at 10:30 a.m.
Ross Bay Cemetery
School: École Central Middle School
Military: Canadian Scottish Regiment | <p>Nanaimo</p> <ul style="list-style-type: none"> • November 10 at 10:00 a.m.
Cedar Valley Memorial Garden Cemetery
School: Stz'uminus Community School
Military: Canadian Scottish Regiment | <p>Campbell River</p> <ul style="list-style-type: none"> • November 1 at 10:30 a.m.
Old Campbell River Cemetery
School: Ripple Rock Elementary
Military: RCAF 19 Wing, Comox |
|---|--|--|

Participants recognize the sacrifices of military members by placing a poppy on every headstone.

The goal is to educate and engage the next generation of Canadians.

In 2016, 7,046 students gathered in 111 cemeteries and honoured 44,679 CAF members.

NAC NATIONAL CONVENTION A UNIQUE OPPORTUNITY FOR NAVAL CADETS

By NCdt Gavin Omand

Myself and NCdt Monika-Isabel Pinto Lee, were chosen to represent the Royal Military College of Canada (RMCC) at the Naval Association of Canada (NAC) conference in St. John's, Newfoundland.

Over the weekend, the two of us took part in a variety of social and educational events that gave us incredible insight into naval culture, the marine industry, and the history of the RCN.

At the conference, we had the opportunity to take part in discussions on topics such as human issues in passenger ship evacuation, training for maritime operations in the Canadian Arctic, and offshore safety and survival training at the Marine Institute of Memorial University of Newfoundland. In addition to the excellent briefings, we received tours of the multi-million dollar training simulators at the marine institute as well as their fire-fighting and survival training facilities.

We found these experiences to be captivating and informative; however, as I sit at my desk back here at RMC and reflect, what really made the trip special was the time I spent with the members of the NAC.

Over the four days, Monika and I had the opportunity to meet and speak with veterans and industry leaders,



From left to right: Gail Carruthers, NCdt Monika-Isabel Pinto Lee, Capt.(Ret) Jim Carruthers, NCdt Gavin Omand, Commander Steven Archer.

dine with four Battle of the Atlantic Veterans, and drink a special 75th anniversary brew in the time capsule that is the Crow's Nest Officers Club. For a fourth year naval cadet who is nearing his graduation (fingers crossed), getting to speak to those who have already seen and done it all gave me the kind of perspective you just cannot get anywhere else.

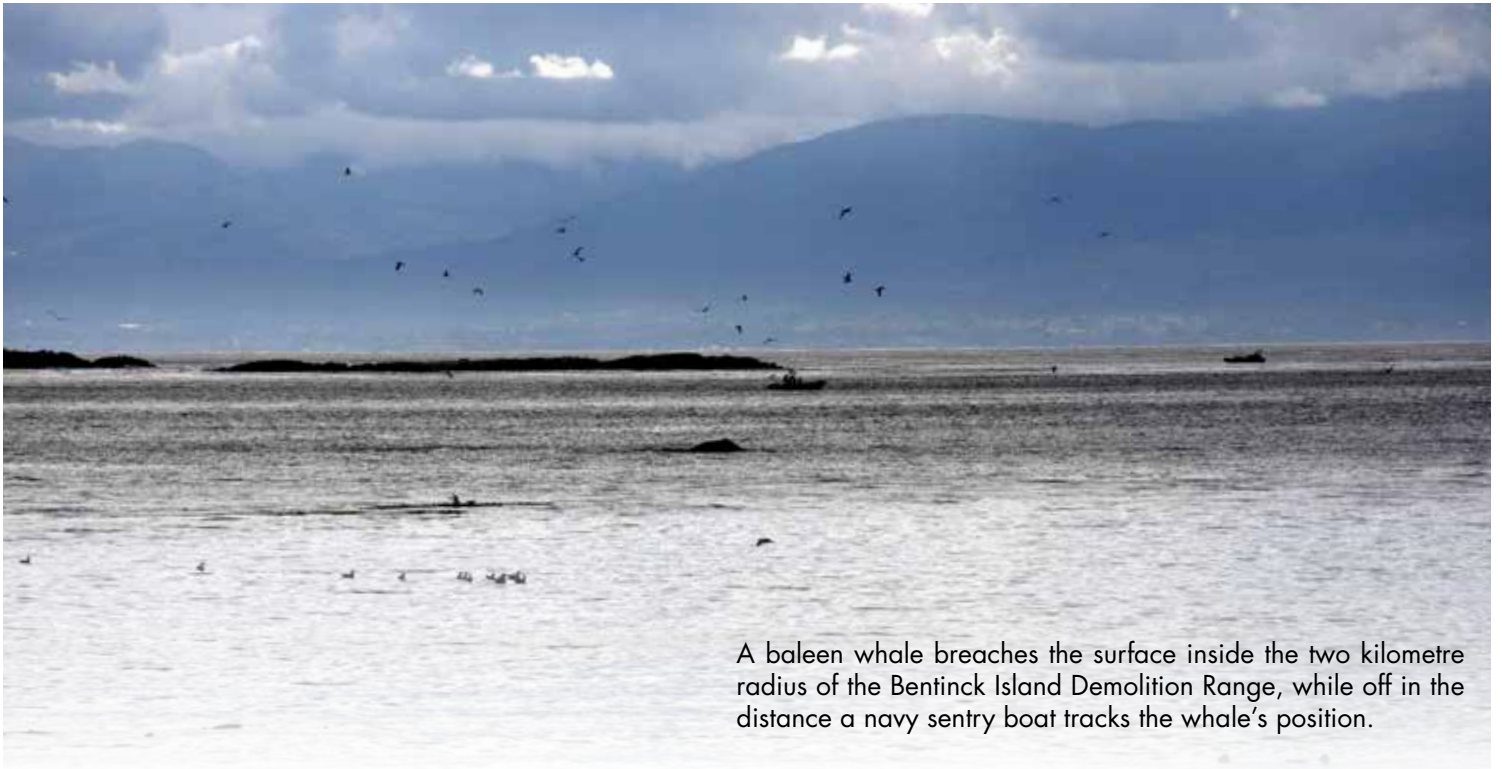
Monika shared in my sentiments: "Now a week back from our trip to the NAC Conference, it is easily the most memorable experience in the past year. Our interactions with the presenters, members and guests have

given plenty of insight as to what the NAC does for the RCN.

"I believe the most memorable quote of the experience was that 'The NAC works for the betterment of the Navy; not under or for it, but for its betterment.' This quote rings particularly true now, as both NCdt Omand and I will be leaving RMCC and joining the fleet next year. Our experiences this past weekend have given us a broader view of what it takes to keep our navy current and competitive. Having the experience of exploring the Crow's Nest and its history as well as St. John's gives deeper meaning

to what it is to be part of the longest serving element. I look forward to visiting St. John's as a LogO in a few years."

We would like to extend the most sincere thank you to Capt (Ret'd) Jim Carruthers and his wife Gail. Without their generous donation and interest in keeping naval cadets involved in functions of this nature, we would never have had an opportunity remotely like it. We feel truly fortunate to have had the opportunity. We hope the NAC can begin a tradition of having future naval officers from RMCC at this conference.



A baleen whale breaches the surface inside the two kilometre radius of the Bentinck Island Demolition Range, while off in the distance a navy sentry boat tracks the whale's position.

NAVY STEPS UP WHALE PROTECTION POLICY

By Peter Mallett

When the Royal Canadian Navy (RCN) showed local media its Marine Mammal Mitigation Strategy on the Bentinck Island Demolition Range near Victoria recently, it didn't anticipate that whales would play a role in the demonstration.

As media watched navy personnel set up demonstration demolition charges, they were alerted to a pod of killer whales and a group of baleen whales by on-the-water sentries whose job it is to search out marine life near the island.

"The presence of so many whales was a surprise, but they appropriately demonstrated how our procedures play out in real life because whales do frequent the area on a regular basis," said Duane Freeman, Senior Environment Officer with the RCN's Formation Safety and Environment office. "We had to delay our demonstration, and in a worst-case scenario, had they stayed in the area, we wouldn't have done the demonstration at all."

The event was arranged to show local media what goes on at the demo-

stration range and the steps the military takes to mitigate any harmful effects on surrounding marine life.

Regulations for activities on the property, located at the southwest corner of Rocky Point Ammunition Depot, include reductions in the amount of explosives used for detonations, a more restrictive explosives policy when whales are sighted in the area, and an expansion of safety zones.

The demonstration and strengthened policy come in the wake of concerns by the Pacific Whale Watching Association and tour boat operators in August 2017 that the use of explosives was harming a pod of killer whales in the vicinity.

A recent meeting between CFB Esquimalt and the whale watching association resulted in agreed improvements such as halting explosives training when aquatic mammals are sighted within a two kilometre radius of the detonation site, an increase from the previous one kilometre; limiting explosives used from 2.25 kg to 1.13 kg; increased scrutiny of the surrounding area by the navy's water-

borne sentries; and better communication between sentries, whale watching boats and the Range Safety Officer when whales are spotted.

Freeman says the new measures further enhance safety precautions and are designed to reduce the chance that whales and other marine mammals could be harmed by the explosions.

"We know from scientific studies conducted that the sound wave from explosions on land does not move through the water, but what we have done is expand our safety template, specifically when we see whales out at sea," he said. "The key thing about revisiting our policies is to ensure the sustainability of the range and the immediate environment and ecosystem around us so the navy can continue to train."

The demolition range at Bentinck Island has been in operation since 1953 and is near Race Rocks Provincial Ecological Reserve, which was established in 1980 as a Federal Marine Protection Area.

Article courtesy of Lookout Newspaper

WOUNDED WARRIORS LAUNCHES NEW PROGRAM

By Peter Mallett

A ground-breaking support program for military personnel, veterans and first responders suffering from Post-Traumatic Stress Disorder (PTSD) and other forms of trauma has launched in Victoria.

With the new B.C. Afghanistan Memorial at Pioneer Square as a backdrop, Wounded Warriors Canada announced the introduction of its Trauma Resiliency Program (TRP).

The announcement came a day prior to the kick-off of the group-based training program in Sooke, the opening phase of an intensive eight-day trauma-resilient skills development training program.

Developed by Dr. Tim Black, Associate Professor of Counselling Psychology at the University of Victoria, the program is being administered by the non-profit charity.

The program is designed for people diagnosed with trauma-related injuries.

Scott Maxwell, Executive Director of Wounded Warriors Canada, says all 60 spots for the roll-out at four separate trial sites were taken within a few days of the program's introduction.

"This is a completely new and first-of-its kind program," said Maxwell. "The demand in the country for TRP is significant, and with our launch complete we now need to focus our efforts on making the program available to anyone who needs it."



Scott Maxwell, Executive Director, Wounded Warriors Canada.
Credit: John's Photography

The initial phase of the TRP, called Regulation for Recovery Training, is a three-day course on the nature of trauma-related injuries. The opening phase is designed to educate attendees on the delivery models of the program.

The second and final phase of the course, Advanced Recovery Training, requires five consecutive days of intensive study with groups of approximately six people. At this phase they will develop skills, tools and resources needed in their recovery.

"The program is trying to teach people resiliency through their injury and learn the skills and tools to manage it," says Maxwell. "There are all sorts of recovery tools available, but the goal is to equip each individual with the right tools so they come out of the process more resilient than before starting TRP?"

Corporal (Retired) Jason Campbell of Chilliwack, B.C. took part in the opening

phase of the program. He was a member of the Princess Patricia's Canadian Light Infantry's First Battalion for over 14 years and did a tour of Kosovo in 1999. He didn't realize he suffered from PTSD until after his medical release from the military in 2011.

Campbell has already participated in three separate Wounded Warriors Battlefield Bike Rides, a cycling-oriented treatment program for military, veterans and first responders that takes them to some of Europe's most famous battle sites. He noticed during this summer's Battlefield Bike Ride in France that one of his PTSD symptoms—an overwhelming desire to be isolated—was getting worse.

"Taking part in the opening phase [of TRP] was very helpful to me, and I'm excited to see what will happen in the second phase of the program."

The concept for TRP was developed eight months ago by Wounded Warriors Canada.

Dr. Black, who researches and lectures in the field of PTSD and military-civilian transition training, agreed to volunteer his services. He is being assisted by Alex Stirling, a clinical advisor who specializes in group and individual approaches to treating trauma. The University of Victoria Counselling Psychology graduate had previously worked with Dr. Black after he had co-founded the Wounded Warriors' program COPE (Couples Overcoming PTSD Everyday).

Black says living and recovering from PTSD requires a "tremendous amount of resiliency" and he believes effective education, skills training and strategic use of responses can be a huge aid in the healing process.

"We want to change the culture around PTSD in our society, particularly with veterans and first responders who are exposed to traumatic events on a regular basis," said Dr. Black. "We are shifting away from the illness models and helping people understand that the 'blood, sweat and tears' required for recovering from PTSD is something that people can be proud of and even share within their communities. In an era of violence and ever-increasing trauma, recovery becomes an act of courage, resistance and resilience."

For more information about TRP, visit www.woundedwarriors.ca.

Article courtesy of Lookout Newspaper

INTERIM SUPPLY SHIP UPDATE

Commercial container ship MV Asterix has been converted into a supply ship to be the Royal Canadian Navy's interim supply ship while the future Protecteur class Auxiliary, Oiler and Replenishment vessel vessels are constructed. Here is the latest from the RCN on how Asterix will be crewed:

The MV Asterix will sail with a combined crew of civilian and military personnel, featuring 36 civilians and up to 114 military members.

The embarked basic military specialist crew consists of 67 personnel, which will provide sustained underway replenishment, aviation, and medical and dental services support for CAF requirements at home and abroad. The military crew design is fully scalable and flexible to enable task-tailored capabilities in order to conduct assigned missions and tasks up to the maximum allocated military berthing.

Due to an anticipated high operational tempo of the vessel, the RCN intends to generate additional basic crew specialists from either coast as necessary to sustain the required capabilities at sea. This will help to ensure a manageable deployment tempo for sailors, aviators



Above: The MV Asterix.

Right: The fully integrated state-of-the-art bridge of the MV Asterix.



and soldiers, keeping families in mind.

With MV Asterix's flexibility to operate for extended periods away from CFBs Halifax and Esquimalt, the coastal origin of embarked crew members will not be predicated by the ocean of operation that the vessel has been assigned. Instead, the RCN will employ a blended crewing scheme, using personnel from either coast (including naval reservists) to meet the various deployment periods throughout the year.

For some crew, this could mean a tour of one to two months in duration, while others may be five to six months in duration, depending on the mission requirements and needs to generate

trained and experienced sailors, aviators and soldiers.

The percentage of embarked east coast versus west coast crew will vary at any given time, dependent on personnel availability and other assigned geographic tasks and missions.

Once MV Asterix has completed operational acceptance, it is anticipated there will be approximately 40-60 additional military personnel

designated from either coast to sustain the rotation scheme of the embarked military crew. When not embarked, designated personnel will either be conducting pre-deployment readiness training, other career courses, post-MV Asterix employment ashore or, depending on their individual operational tempo, in other ships to meet RCN crewing priorities.



Artist's impression of the Protector-class Joint Support Ship.

NAVY DESIGNATES A NEW PROTECTOR CLASS

Navy News

The Royal Canadian Navy's (RCN) Joint Support Ships (JSS), its future Auxiliary, Oiler and Replenishment (AOR) vessels, will be known as Protector-class ships.

The renaming of the JSS to *Protecteur* and *Preserver* by the RCN recognizes the distinguished and remarkable service provided by its past Protector-class ships that have carried these names. The renaming perpetuates the Battle Honours awarded to the forbearers of these ships and allows the future ships to add their own Battle Honours to the *Preserver* and *Protecteur* legacy.

"Remembering the RCN's history is a way we can honour those who served, and ensure we do not forget lessons of the past as we make decisions in the future," said Defence Minister Harjit S. Sajjan. "To many Canadians in the navy community, the names *Protecteur* and *Preserver* evoke pride in Canada's naval history, heritage and identity.

As we move forward with the future fleet of the RCN, we will do so without forgetting where we come from and where we have been.

I have no doubt that the future *Protecteur* and *Preserver* will continue to serve Canadians with distinction."

In October 2013, the Government of Canada announced that the JSS ships would be named the Queenston class. Since that announcement, the original purpose-built AORs, the former *Protecteur* and *Preserver*, were paid off and are no longer part of the RCN fleet.

This fact presented the RCN, through its Ships Naming Committee, an opportunity to consider reusing the names of the original AORs, an option that was not available when the JSS

were originally named in 2013.

"As we move forward with the future fleet of the RCN, we will do so without forgetting where we come from and where we have been," said Vice-Admiral Ron Lloyd, Commander RCN. "Many sailors in the RCN, both serving and retired, have strong bonds to the former *HMC Ships Protecteur* and *Preserver*. This renaming serves as a tribute to the dedication and sacrifices of the generations of sailors who have served in the past ships of the Protector class."

The last ships to bear the name *Protecteur* and *Preserver* were brought into service in 1969 and 1970, then paid off in 2015 and 2016 respectively.

The new JSS *Protecteur* will perpetuate two Battle Honours: Gulf and Kuwait and Arabian Sea. *Preserver* will perpetuate one Battle Honour: Arabian Sea.

JSS will provide at-sea replenishment capabilities, limited sealift capacity, and support to operations ashore.

CALL FOR ADMIRALS' MEDAL NOMINATIONS

The Admiral's Medal Foundation is accepting nominations for outstanding achievement in a wide range of maritime affairs.

The Admirals' Medal—established in 1985 in conjunction with the 75th anniversary of the Naval Service of Canada—provides a means by which outstanding achievements in Canadian maritime activities can be publicly recognized. The name of the medal is associated with the diverse achievements of three distinguished men, now all deceased. Their outstanding personal performance illustrates how individuals can make a permanent and significant impact on the development of maritime affairs in Canada.

A group of prominent Canadians with backgrounds in various maritime fields serve on the Awards Committee and make the award annually, except when no qualified recipient is nominated.

The Admirals' Medal Foundation exists to provide public recognition to the significant personal contributions of individuals to Canadian maritime affairs. A rich maritime heritage representing the contributions and achievements of many pioneers over the years reflects the geographical fact that Canada has the longest coastline of any nation in the world and vast areas of maritime interest.

Nominees do not have to be members of any organization or a member of the nominating organization. A list of recipients can be found at www.navy-marine.forces.gc.ca/en/about/in-depth-admirals-medal-recipients.page

Nominations close on Dec. 31, and should be made by letter with a nomination form fully completed. Please include relevant biographical information, a brief description of the work, achievement or display of practical skill that it is proposed to recognize, along with the name of the individual or organization submitting the recommendations.

More information and nomination forms are available from:

Executive Secretary
 The Admirals' Medal Foundation
 PO Box 505, Ottawa, ON K1P 5P6
 Email: Richard.Gimblett@forces.gc.ca
 Tel: (613) 971-7696
 Fax: (613) 971-7677



Women in Force Program participants tried the FORCE Fitness Test, which all CAF members must complete every year.

WOMEN IN FORCE PROGRAM

DND

The Canadian Armed Forces (CAF) launched a program in May to give women an opportunity to learn about military life before they decide to join.

120 Canadian women participated in the new Women in Force Program (WFP) in August and October. They were able to talk with current CAF members while experiencing different facets of a military lifestyle, including fitness training, hands-on demonstrations of occupations, and tactical skills.

The program held two 10-day events in August: one at CFB Borden, Ontario, and the other at Saint-Jean Garrison, Quebec. Two three-day events were held in October at the same locations.

“The Women in Force Program provides a unique experience to Canadian women by providing

them the truth about military life, its opportunities and challenges,” said Brigadier-General Virginia Tattersall, Deputy Commander, Military Personnel Generation. “The program allows women thinking about becoming part of the Canadian Armed Forces team to have an opportunity to receive first-hand information before making a decision to enrol and serve their country.”

In accordance with Canada's Employment Equity Act and the direction from the Chief of the Defence Staff, the CAF is committed to increasing the number of service women to form at least 25.1% of its total personnel strength by 2026.

Women have been involved in Canada's military for more than 100 years. For over 20 years, women have been fully integrated in all occupations and roles in the CAF.

In October, marking Women's History month MARPAC tweeted: “All occupations in the #RCNavy are open to women! Engineers, Weapons Technicians, Naval Communicators are just a few #girls-fly2 #STEM” That's a big change from when women could only enter military service as nursing sisters during the First World War.

CANADIAN WHISKY FOUND IN AUSTRALIAN MAST

By Darlene Blakeley

It was a strange place to find a miniature bottle of Canadian whisky.

The bottle, hand-marked April 10, 1982, was recently discovered in the forward starboard leg of the main mast of Her Majesty's Australian Ship Sydney, a guided-missile frigate named after the state capital city of New South Wales.

The frigate was one of six modified Oliver Hazard Perry-class frigates ordered from 1977 onwards, and the third of four to be constructed in the United States.

We know the Royal Canadian Navy and the Royal Australian Navy (RAN) have close ties, but it was actually an American who placed the whisky in the main mast when the ship was being built at Todd Pacific Shipyards in Seattle, Wash., in 1982. Future crews of the ship had no idea it was there.

The bottle remained hidden for 35 years until earlier this year when Sydney, decommissioned in 2015, was towed to Henderson in Western Australia to be scrapped.

As part of the Sydney disposal activities, the RAN was contacted through the HMAS Sydney association that an individual from the United States who was involved in the construction of Sydney had placed a bottle of Canadian whisky wrapped in insulation tape inside the mast during construction.

"I was not sure if the story was valid or if the bottle still existed 35 years later,



Birdon Group disposal manager Trent Raines presents the whisky bottle and coin display to Captain Bradley.

thus have been waiting to get an opportunity to inspect," said RAN Captain Brad Smith. "This has now been done and the story is true. I think this is a fantastic story to finish the HMAS Sydney story."

Although it is not known why the shipyard employee placed the bottle of whisky into the main mast, Capt Smith thought it would be a great idea to contact him in order to send along a bottle of Australian whisky or Bundy rum (a dark rum

produced in Bundaberg, Australia) in a personalized bottle "35 years after his very personal gift."

The Canadian whisky bottle will be sent back to Sydney where it will be placed in the RAN Naval Heritage Collection for display.



The whisky bottle.

NAVY TERMINOLOGY

SKIVER

A person who is consistently not to be found when work opportunities are presented.

BAR PILOT

A bar pilot guides ships over the dangerous sandbars at the mouth of rivers and bays.

From "Jackspeak of the Royal Canadian Navy" 2015 by Mark Nelson. Available in print and Kindle formats on Amazon.ca.

MEMOIRS OF A NAVAL CAREER

BY JIM TRELOAR

Jim Treloar was in the navy from 1937-1945. He entered the British Navy as a boy seaman at age 15 and was medically discharged in 1945.

ENTRY TO ST. VINCENT'S IN PORTSMOUTH, 1936

At the end of the six-week new entry period, we were assigned to a class and a division. My class was 151 and the division was foretop. There were four divisions in all: foc'sle, foretop, maintop and quarterdeck. How many boys all together? Guessing, I would say three or four hundred. I was now Boy 1st class for which the pay was 7/6 (shillings and pence).

The commanding officer always ordered the “rig of the day”, and in cold weather, sweaters were worn. Shore going or inspection required gold badges (except then we didn't have any!) and blue uniforms. The sailor's rig was a blue serge jumper and trousers. For everyday training, we wore No. 5's, otherwise known as white ducks, which was a white canvas uniform which we scrubbed ourselves in the laundry. In addition to the canvas, we wore a flannel shirt with a straight blue band horizontally across the neckline, a navy collar and typical mat-loe hat with the cap band showing HMS St. Vincent. Blue caps were worn in winter and white caps in summer. The V of St. Vincent had to be in the midline, directly above the nose. The cap was to be worn square, i.e., not tilted. Of course, boys, being what they are, took



Marching at St. Vincent's. Inset: Jim Treloar, 1936.

every opportunity of wearing their caps tilted one way or the other. We also wore black boots and socks, khaki gaiters and a 3" khaki belt from which was slung our bayonets. The tradition of the uniform came down from Nelson. We were taught that the black silk we wore was in his memory. The three stripes on the sailor's collar were for his victories at the Nile, Copenhagen and Trafalgar. Our trousers had seven creases horizontally from ground to the crotch to indicate that we were sailors who sailed the seven seas. We all took great pride in this and used our trousers folded concertina wise as a pillow so that the seven creases would be very evident.

151 Class was assigned two Petty Officers (POs), instructors who would be responsible for us with regard to routine drill and instruction. Ours were PO Fry and PO Ashman. I suppose they were somewhere between 20 and 30 years of age, but to boys they seemed of another generation. “Tubby” Ashman was like his name, but he was relatively mild mannered—a torpedo man and I don't recall him being a disciplinarian given to violence. “Cookum” Fry was a gunnery PO and acted the part. He was of medium height and of slim build, appearing something like Henry Fonda with jowls and very blue eyes.

Foretop division dorm was one floor up in the barracks

building. When Charley (Reville) sounded at 0500, every boy jumped out of bed at the first note because we could also hear the steel studded boots of the POs on the stairs.

If any boy was still in bed when they reached the top, he would get the boot. After washing and teeth cleaning we had to stand before the PO with arms raised for inspection. Ashman would just nod OK but Fry always gave every boy a very hard slap on the back—routine.

To read more about Jim Treloar's naval experiences, you can purchase a copy of his ebook for Kindle (\$6.21), published this year by his daughter, Mary Treloar. Visit <http://bit.ly/treloar-memoirs>.