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ORIOLE ON TOUR

HMCS Oriole participates in a formation sail past at the Port of Quebec during Rendez-vous 2017 in Quebec City, Quebec, on July 23. Oriole has been on an epic East Coast journey to celebrate Canada's 150th anniversary. The CFB Esquimalt-based ship will go through a maintenance refit in Halifax this fall before returning home in the spring of 2018.

Photo by Corporal Andrew Kelly, Canadian Forces Combat Camera

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AN EXCITING YEAR OF CHANGE AHEAD

As summer winds down and the fall program builds, it's time to consider our course going forward. Forest fires keep us in a bit of a haze, but clearing is predicted and our schedule of activities is falling into place.

Our first luncheon is scheduled for September 28th, again at the Royal Victoria Yacht Club in Cadboro Bay. Our guest speaker will be Rear Admiral Art McDonald, Commander MARPAC. He will be accompanied by some of his senior staff.

On October 26 we will host Captain David (Duke) Snider, who is now the President of the Nautical Institute, an international representative body for maritime professionals.

On November 23, Ray Protti, former head of CSIS, will be coming to speak on current international security challenges.

Mike Brossard is our OPI for luncheons and I ask that you contact him at mbrossard1@shaw.ca or 250-544-1425 to confirm your attendance.

This October, Rod Hughes and I will be attending the NAC National Conference and AGM in St. John's. As we did last year, we will take as many proxies as we can back with us. To this end, Steve White will bring copies of the forms with him to the next luncheon to facilitate your voice at the AGM. The latest issue of Starshell has information on the conference and a



Bill Conconi

listing of who will be letting their name stand for election as a Director. Please consider the list of candidates and mark your proxies accordingly.

Issues going forward have to do with the continuance of Starshell—long time editor George A. Moore will produce his final issue this fall—and

further development of our Naval Affairs work. This will be a good time to explore opportunities and build a solid course going forward.

An e-letter will be out shortly featuring our Executive and the various tasks they have taken on in support of our members and our Navy. Stay tuned.

We have an interesting course coming together for the next year and will continue to add options in the way of tours and special events.

It's time to consider your membership renewal and encourage friends and acquaintances to come on board and make the trip with us.

Yours Aye,
Bill

NATIONAL CONFERENCE AND AGM

ST. JOHN'S, NEWFOUNDLAND

The National Conference is a one-day event hosted by the Fisheries and Marine Institute of Memorial University on Oct. 20. The theme is "The North Atlantic: Past and Present". The AGM will be held on Oct. 21 at HMCS Cabot.

Concurrent with the conference will be several special events celebrating the 75th anniversary of the Crow's Nest Officers Club. These include a naval mess dinner at CFS St. John's on Oct. 21.

More details and registration forms are posted on the NAC website www.navalassoc.ca/occasions/2017-conference-and-agm.



ACCOMMODATIONS

Murray Premises Hotel/St. John's Executive Suites,
5 Beck's Cove, St. John's, NL
www.murraypremiseshotel.com
Phone (709) 738-7773 or (866) 738-7773

The group block is under the Naval Association of Canada and delegates should ask for this block when calling. Complimentary continental deluxe breakfast is offered along with complimentary parking and Wi-Fi. Delegates should book by Sept. 19, after which date any rooms remaining will be released, but may be booked after that date if still available.

FAMILY CAREGIVER RELIEF BENEFIT REPLACED

By Rod Hughes

In the last Federal government budget, it was announced that a number of initiatives were being put in place to further support veterans' families and caregivers.

One of the Veterans Affairs Canada (VAC) initiatives is replacing the Family Caregiver Relief Benefit with a monthly benefit paid directly to a Veteran's caregiver. This benefit comes into effect next spring.

The proposed change delivers directly on commitments of the Minister of VAC and DND, and was specifically requested by the Veterans caregiver stakeholder

community.

The budget allocated \$187.3 million over six years to create the Caregiver Recognition Benefit to provide the \$1,000 per month to caregivers of ill and injured Veterans to better recognize their vital role.

The definition of a Caregiver is a person 18 years of age or older who plays an essential role in the provision or coordination of ongoing care for that Veteran in the Veteran's home, for which that person receives no other forms of remuneration.

This new tax-free benefit of \$1,000 a month will be paid directly to a Veteran's caregiver and, importantly,



Rod Hughes

the benefit will be indexed annually to keep pace with inflation.

To illustrate the new program, the VAC website (<http://bit.ly/2vQTIeP>) offers an example:

Florence is a 28-year-old

woman who takes care of her grandfather, who is a Veteran and continues to live at home. Florence is not receiving compensation for the care she is providing, which includes daily supervision, cooking, maintaining the home, and running errands. The new Caregiver Recognition Benefit will provide Florence with the monthly amount of \$1,000 paid directly to her in acknowledgment of the care and support she provides.

This initiative is intended to provide additional support to Veterans and their families, and recognizes the integral role of the caregiver in a Veteran's well being.

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Naval Security Team working with Fiji

The Naval Security Team (NST) of the Royal Canadian Navy deployed a team of a dozen sailors on Aug. 11 from CFB Esquimalt to Fiji to conduct force generation training with the Republic of Fiji Navy.

This deployment was part of the Royal Canadian Navy's (RCN's) POSEIDON CUTLASS series of deployments and provides a persistent Canadian Asia-Pacific presence and an ongoing opportunity to engage in numerous exercises with regional partner navies at sea.

The NST is a globally deployable naval team designed primarily to provide enhanced force protection for the safety and security of deployed RCN ships and personnel at home or overseas.

HMCS Charlottetown joins SNMG1

HMCS Charlottetown joined Standing NATO Maritime Group One (SNMG1) in early August on its way to the Mediterranean Sea, North Atlantic Ocean, and Baltic Sea as part of Canada's support to NATO assurance and deterrence measures in Central and Eastern Europe.

On its second deployment under Operation Reassurance, Charlottetown replaces HMCS St. John's, which arrived in its home port of Halifax on July 17 after a six-month deployment.

CFB Esquimalt Changes of Command



HMCS Vancouver's outgoing Commanding Officer, Capt(N) Clive Butler is rowed ashore after passing command of the ship over to Cdr Christopher Nucci. –Photo by LS Valerie LeClair, MARPAC Imaging Services.



HMCS Saskatoon

Reviewing Officer, LCdr Lucas Kenward (centre), signs the certificate officiating the command change between Saskatoon's Outgoing Commanding Officer, LCdr Todd Bacon (right), and Incoming Commanding Officer, LCdr Kristina Gray (left). – Photo by LS David Garipey, MARPAC Imaging Services.

Fleet Maintenance Facility

Outgoing Commanding Officer, Cap(N) Christopher Earl (left) handed command of FMF to Capt(N) Ed Hooper (right). Commander Maritime Forces Pacific, RAdm Art McDonald was the Reviewing Officer. –Photo by Cpl Blaine Sewell, MARPAC Imaging Services.



Combat Camera Photo

HMCS Kingston sails past a gigantic iceberg as it proceeds northbound in the Davis Strait, north of the Arctic Circle. The Royal Canadian Navy is assisting the Canadian Coast Guard by capturing data on each iceberg to track and assist with reporting to mariners operating in the North.

HMCS OTTAWA COMPLETES LAYERED MISSILE ENGAGEMENT DURING POSEIDON CUTLASS

By SLt Jacob Booth

HMCS Ottawa achieved a milestone during its recent deployment, successfully completing a layered missile engagement against a Hammerhead target.

After many weeks of training, the exercise concluded with the launch of an Evolved Sea Sparrow Missile (ESSM) and engagements with the Bofors 57mm Mark III and 20mm close-in weapons system in an impressive display of firepower.

Conducted off the coast of Okinawa, Japan, a first for the Royal Canadian Navy, the trial was intended to demonstrate the capabilities of the ESSM when used in surface-to-air and in surface-to-surface (SASS) mode against a small boat attack as might be experienced during asymmetric warfare.

The target for the event was provided by QinetiQ Target Systems Canada (formerly Meggitt), a Canadian company based out of Medicine Hat, Alta. Intended for destruction, these targets provide an outstanding opportunity for ships to exercise their skills while employing weapons systems to their full potential.

Preparations were extensive and undertaken over countless hours of training and study. From refining a checklist of actions by individual team members, to refining the optimal employment of weapons and sensors, and participating in increasingly complex training scenarios, the Operations Room worked on every detail to hone their operational skills and warrior spirit, not only to ensure the success of the shoot, but also to defend the ship against asymmetric threats such as small boats.

Although everything was well prepared by the time *Ottawa* arrived on the range, Fire Control Operator, LS



An evolved sea sparrow missile is launched from Ottawa.

Derek Urichuk, noted the anticipation in the Operations Room: “I couldn’t believe the nervous excitement that was felt throughout the ship as we all awaited the shoot.”

An early morning start saw the commencement of checklist items, which culminated in a mid-morning action alarm energizing the ship to Action Stations.

Closing at high speed, the target was piloted towards *Ottawa* to simulate a small attack craft, triggering the above water warfare team to action. With the ship’s Surface Warfare Controller, PO1 Eric Lemay, barking out orders, the team went through the layers of defensive weapons, from the missile engagement, quickly transitioning to the 57mm main gun, and finally an engagement with the close-in-weapons system, ultimately disabling the target

and halting it from closing the ship any further.

When asked about witnessing the experience, the officer of the watch, Lt(N) Stephan Oxley, remarked, “Participating in this exercise has been a highlight of my career - this is why I joined the navy!”

This exercise, combined with the previous missile shoot in March off the coast of San Diego, Calif., demonstrated the navy’s ability to conduct and support force generation overseas. Additionally, as part of the objectives of Poseidon Cutlass 17-1, ships were re-supplied with missiles while alongside in Guam, and reloaded with targets in Malaysia. Building the knowledge and skills to accomplish these complex logistical tasks was also a key element of the navy’s goals for this deployment.

Article courtesy of Lookout Newspaper

ROUGH RIDER MASCOT STARS ONBOARD REGINA

HMCS Regina will soon be featured in a Saskatchewan Roughriders promotional video.

Gainer The Gopher, the official mascot of the Saskatchewan Roughriders, along with Roughriders President and Chief Executive Officer Craig Reynolds and two staff, spent some time on Regina this summer and filmed part of the experience.

The Roughriders first toured the ship, enjoyed a barbecue on board and presented Cdr Colin Matthews, Regina's Commanding Officer, with a gift bag stuffed with Roughriders souvenirs including a team flag and autographed football signed by members of the team.

For the filming, Gainer visited the ship's bridge where he sat in the captain's chair, sounded the alarm, helped maintain the vessel's 57 mm gun, took a ride on a Rigid-Hulled Inflatable Boat, stopped by the galley for a snack, and took a nap in the Commanding Officer's cabin.

"We were excited to come out to Victoria and visit the ship because it is such a special relationship we have with HMCS



Personnel from HMCS Regina (left to right): Lt(N) Craig Newman, Lt(N) Jessica MacMillan, MS Jamie Boparai, Cdr Colin Matthews, and SLt Dan Presseau gather on the flight deck with Saskatchewan Roughriders' mascot Gainer the Gopher and ship's mascot Gunner the Gopher (right). Photos by Peter Mallett, Lookout Newspaper

Regina," said Reynolds. "We are very football team."

aware of their strong naval connection to our city, and it's always nice to reinforce that connection to the navy and our

The trip was a thanks to the ship for flying the Riders colors and being international ambassadors for the team.



Lt(N) Krista Seguin waves the Invictus Games flag at CFB Esquimalt Aug. 16. Photo by LS David Garipey, MARPAC Imaging.

INVICTUS GAMES FLAG RELAY KICKS OFF AT CFB ESQUIMALT

The Invictus Games Flag Relay set off from CFB Esquimalt on Aug. 16.

Lasting 37 days, the 10,000 km relay will see 152 Canadians carry the Invictus Games Flag across the country as it visits 22 military bases, 15 Legions and more than 50 communities. Its final stop is Toronto where it will arrive in time for the opening of the third Invictus Games, held from Sept. 23 to 30.

Founded by the United Kingdom's Prince Harry in 2014, the Invictus Games are an international multi-sport event involving wounded, injured and ill military personnel and veterans.

Athletes from military around the world will show that wounded does not mean defeated.

'PROUD BOYS' RETURN TO REGULAR DUTIES

Four military members—including three sailors—have resumed their regular duties following an investigation into their conduct in early July.

Carrying a Red Ensign flag (Canada's former national flag) and singing God Save the Queen, the members, calling themselves "The Proud Boys, Maritime Chapter", interrupted an Indigenous ceremony in Halifax on Canada Day.

The ceremony attendees were gathered around the statue of Edward Cornwallis as B.C.'s Chief Grizzly Mamma shaved her head in a ceremony to mourn Canada's treatment of Indigenous Peoples.

Cornwallis, as the first governor of Nova Scotia, issued a bounty on Mi'kmaq scalps in response to an attack on colonists in 1749.

The July 1 confrontation was verbal and the military members left the ceremony after about 10 minutes.

The four must pass a probation period to continue their employment with the military.

Though the members didn't face charges following the investigation, RAdm John Newton, then-Commander Joint Task Force Atlantic and Maritime Forces Atlantic, told the CBC on Aug. 31 that the punishment is sufficiently stringent.

"This is a permanent mark on a member's record," he said. "Any trespass against those conditions, any repeat, leads to their release from the Canadian Armed Forces, or, it's good potential depending on those circumstances, will lead to their release."

Newton said the members violated the military's code of conduct, which says members cannot be seen or heard by members of the public doing anything that could "reflect discredit on the Canadian Forces or on any of its members."



HMCS SACKVILLE A BIG DRAW FOR SUMMER TOURISTS IN HALIFAX

By Ryan Melanson

HMCS Sackville is once again one of the top destinations for tourists along the Halifax Waterfront and across the region.

The last of Canada's Second World War Corvettes—now a museum ship under the care of the Canadian Naval Memorial Trust—recently received its 2017 Certificate of Excellence from Trip Advisor. These are awarded each year based on the attractions or businesses that get consistently strong reviews from the website's users, and Sackville has been chosen a number of years in a row.

"It shows that we're still getting good reports from guests, and we're pretty pleased to be included in the top 10 year after year, out of about 150 sites in the HRM," said Doug Thomas, the executive director of the Memorial Trust.

Every summer, Sackville crewmembers meet visitors or cruise ship passengers who have family naval or Second World War connections, who are military or history buffs, or who sim-

ply want to get a small look at what life was like for sailors during the Battle of the Atlantic.

For those who aren't planning on stepping on board Sackville before touring the waterfront, the imposing structure and its unique camouflage paint tends to capture attention, and the Trust has found the ship's visual presence downtown is also its most effective form of publicity.

"We've spent considerable sums through the years to advertise ourselves, but the best advertising seems to be the eyeball itself," says Thomas.

The ship is now open for tours at the waterfront seven days a week from 10 a.m. – 4 p.m., and visitors can choose to explore Sackville on their own or get a guided tour.

For more information about Sackville, the Canadian Naval Memorial Trust, or the ongoing Battle of the Atlantic Place project, visit <http://hmcssackville.ca>.

Article courtesy of the Trident Newspaper.



HMCS Goose Bay sails past Percé Rock near the Gaspé Peninsula, Quebec during the Great Lakes Deployment on June 18, 2017. Photos courtesy of CF Combat Camera.

WARSHIPS TAKE TO THE GREAT LAKES

By Lt(N) Diane Larose

For Canada's 150th anniversary *HMC Ships Goose Bay* and *Toronto* participated in the annual Great Lakes Deployment, the Royal Canadian Navy's (RCN) major outreach event.

A Great Lakes Deployment sees one or more ships based out of Maritime Forces Atlantic travel from their home port of Halifax to cities along the Great Lakes, giving Canadians, who would otherwise never have the opportunity, a chance to see a warship first-hand.

These deployments take place almost every summer and have been happening since 1959 when the opening of the St. Lawrence Seaway made it possible for larger ships to travel through the locks.

Each year the cities visited by the ships changes. Typically the ships will visit major cities such as Québec City, Montréal and Toronto, in addition to many smaller communities. Previous Great Lakes Deployments have traveled as far inland as Thunder Bay, Ont.

The ships went the extra mile this year to welcome the community onboard, all in the spirit of Canada 150. Events included tours, Indigenous welcoming ceremonies, displays about life in the RCN, and day and overnight sails for local leaders. Sailors also traveled into the communities to take part in local sporting events and even citizenship ceremonies to welcome new Canadians. As well, *HMCS Toronto* participated in Cana-

da Day festivities in its namesake city.

This deployment also hopes to attract talented, diverse and dedicated individuals who may have never previously considered a career in the navy or Naval Reserve. A few lucky individuals from the Saguenay region in Québec who have already made the decision to join the Canadian Armed Forces had their enrolment ceremony at Chicoutimi's Naval Reserve Division *HMCS Champlain* on the jetty next to *HMCS Goose Bay*. All new candidates had a tour of the ship following the ceremony.

Article courtesy of the Crowsnest.



HMCS Goose Bay in Toronto.



Vice-Admiral Ron Lloyd, left, and Chief Petty Officer 1st Class Michel Vigneault were on hand for the unveiling of the converted MV Asterix.

INTERIM AOR UNVEILED IN QUEBEC

By Ryan Melanson

The Royal Canadian Navy's (RCN) interim Auxiliary Oiler Replenishment ship was unveiled to the public in its nearly-completed state during an open house at Davie Shipbuilding's Quebec shipyard on July 21.

Vice-Admiral Ron Lloyd, Commander RCN, was at the unveiling, along with a number of representatives from industry and the federal government. He said it was a privilege for both himself and RCN Chief Petty Officer, Chief Petty Officer First Class Michel Vigneault, to be some of the first people to see the converted container ship in its new, freshly painted state.

MV Asterix, as it will remain known during its service to the navy, has been dubbed the first Resolve-class naval

support ship by Davie Shipbuilding.

In a news release, the shipbuilder said Asterix will provide "a wide range of functions from at-sea replenishment of fuels and cargo to aviation support, fleet medical support and humanitarian and disaster relief" to the RCN.

The ship is intended to fill the navy's replenishment-at-sea capability gap as it awaits the construction and arrival of the Queenston-class Joint Support Ships. The federal government has agreed to lease the ship for a five-year period, with a crew of Canadian Armed Forces specialists serving alongside civilian mariners and a civilian master employed by Davie sister company Federal Fleet Services.

The ship is expected in Halifax this fall to begin trials, and is set to be in

service supporting the Atlantic or Pacific fleet by early next year.

The unveiling event included the traditional breaking of a champagne bottle on the bow by the sponsor of the ship in order to bless the ship and its crew, which was performed by Pauline Th  berge, spouse of J. Michel Doyon, the Lieutenant Governor of Quebec.

Davie Shipbuilding Chairman Alex Vicefield said the day was a celebration of what the company's team of shipbuilders has achieved in a short time frame. Work on the conversion began in May of last year.

"The delivery of this ship will restore Canada's ability to form a naval task group. What a great way to celebrate Canada's 150th anniversary," he said.

Article courtesy of the Trident Newspaper

COMMUNICATION CHANGES ON RCN SHIPS

Royal Canadian Navy sailors have an easier time staying in touch with family and friends due to a recent cell phone policy change and efforts to bring WiFi to deployed ships.

New regulations introduced earlier this summer greatly expand the areas where ships' companies can use their cell phones and other personal mobile devices.

Most high-tech gadgets including cell phones, tablets, E-Readers, game consoles, Blu-Ray players, wireless speakers, smart wear and virtually any device capable of wireless transmission, can now be used in almost every location on a surface vessel. Their use continues to be restricted in areas where classified defence processes is taking place, such as the bridge and Operations Room.

The old policy limited the use of wireless technology to the flight deck, quarter decks and hangar of Halifax-Class Frigates, and similar areas on other RCN vessels.

"This is a time where the RCN emphasizes our motto that says: People First, Mission Always. This new policy is a progressive one that allows sailors to have a much better quality of life while they are away from their loved ones, all the while maintaining a high degree of security," says CPO2 Carl Dixon, Information and Security Systems officer for Joint Task Force Pacific N6.

MARPAC Information and Protection Officer, Robert Sayle says the policy change had been in the works for some time, and after a careful review of the policy by senior leadership, the thumbs up was given for the changes.

"There has been a big push for this initiative and a risk analysis was recently done by DND to investigate the impacts of permitting these devices on board its vessels," says Sayle. "Mobile devices are ubiquitous and DND officials in Ottawa have established that the [security] risk is minimal."



And last month, the navy announced it was working towards having WiFi available across the fleet of Halifax-class frigates and maritime coastal defence vessels.

"If having WiFi allows sailors to stay better connected with family and friends while away from home, then this is a positive step forward in reducing the hardships that often disconnect them from the normal world," said Cmdre Casper Donovan, Director General Naval Force Development, who is leading efforts to introduce the capability into the RCN.

Part of that effort also means staying in sync with technology given that new devices such as tablets and some laptops, and certainly cell phones, are being developed without an ability to connect to traditional network cables and jacks.

"Communicating is a huge priority for the RCN," says Cmdre Donovan. "We want our sailors to be able to stay connected, not just with their loved ones, but also their social networks. The RCN is being innovative in how it communicates and social media is another means to allow us to communicate on various fronts, both externally and internally, from the top down. If this means Commander RCN can connect broadly and meaningfully with sailors through social media while they are at sea, then it is beneficial to

all of us."

In the longer-term, developing a WiFi capability in ships will help recruit and retain new sailors who will see that the RCN understands that staying connected is an important consideration, according to Cmdre Donovan. "Young Canadians today can't live without their phones; why would we think they can just because they are in a ship?"

The first step is to have WiFi available in the ships' three messes and the captain's cabin. Sailors in ships that are alongside or close to shore will then be able to connect using their personal devices because the ship is connected to cellular networks. Eventually, new satellite communications terminals in ships will enable them to connect anywhere in the ocean.

"Eventually, we hope to expand the WiFi footprint beyond the messes and into sleeping quarters," Cmdre Donovan says. "It will be a kind of crawl, walk, run approach."

To begin the trial, WiFi was introduced in *HMCS Toronto* while the frigate was alongside in Québec City during Rendez-vous 2017 in mid-July.

It was an instant hit with the crew. One sailor immediately tweeted out: "Having WiFi in the C&POs is pretty cool!"

"When we have figured out the equipment and finalized the engineering specifications, another ship will have WiFi installed in the messes, hopefully in September," says Cmdre Donovan. "Once we ensure it all works well, we will roll out WiFi in all the ships' messes, and then begin to move forward with satellite communications technology so that sailors can connect from anywhere. This will mean one less hardship to endure as they head to sea, away from family and friends."

-With files from Crowsnest and Lookout Newspaper

FRANK POOLE RECEIVES LEGION OF HONOUR

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

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

Poole says the Legion of Honour holds special cultural significance for his entire family.

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

The Legion of Honour award was originally established in 1802 by Napoleon Bonaparte and has been awarded to approximately 93,000 veterans worldwide. In 2015 the French Government began honouring 1,000 Canadian veterans with the award to commemorate the 70th Anniversary of the D-Day Landing.

The award is a five-armed cross with a v-shaped cut out at the end of each point, and surrounded by a wreath of laurel leaves.

Poole was an aviator and air gunner during the Second World War.

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

Poole survived by bailing out of the plane and landing in a snow bank.

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

After falling into a river and nearly freezing to death, he was eventually



RAdm Art McDonald personally awarded the Legion of Honour Medal to Frank Poole with wife Melodie was by his side. Inset: Frank Poole's portrait taken during his military career.

captured and interrogated in solitary confinement before being sent to Moosburg in southern Bavaria and the infamous Stalag VII-A, Germany's largest Prisoner of War Camp.

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

"The solitary confinement wasn't good and neither was the prison camp. The memories of it haven't gone away to this day and I'm not completely over the experience," he says.

When Poole returned to Cape Breton he couldn't stand to be around other people or large groups.

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

"There were only two who escaped the plane wreck that day and it was a miracle that I survived both the crash and the POW camp," says Poole. "But the question I couldn't get out of my mind was how come I was so lucky, and what was I

being saved for?"

What helped him through his trauma and depression was a chance reunion with an old friend whose cottage was located near Poole's campsite.

When a brush fire raged through the forest, the pair worked together to dampen the ground and trees with a hose to save the cottage. Poole said the moment was big and helped ease his guilt and rebuild his self-esteem.

"I finally had a feeling of self-worth again, that I was part of the community, and had contributed something," he said.

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

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

Editor's note: This is a condensed version of a story written by Peter Mallett for the Lookout Newspaper. To read a more detailed account of Frank Poole's experience during the war, visit <http://bit.ly/2gHrjNP>