



The
GARRISON COMMUNITY COUNCIL
London and Region

www.gcclondon.ca

October Newsletter



*Building closer connections
between Canadians and
our Military Community*



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Front Cover: The Navy's newest ship, HMCS Harry DeWolf; CF-18 Demonstration Hornet featuring a tribute to NORAD; a soldier makes his range card on Exercise Arrowhead Shield.

*You are most welcome
to join us*

Like reading this Newsletter? Perhaps you have attended a meeting as a guest, enjoyed our monthly speaker and had a chat with some of the members.

The GCC holds monthly lunch meetings that include guest speakers on a range of topics such as military history, current issues and subjects of topical interest.

For a membership application, contact our Secretary, Beth Saylor on 519 851 0730 or e-mail us at

garrisoncommunitycouncil@gmail.com



... or just come to a meeting



FROM THE EDITOR

Welcome back to our first Newsletter after the Summer hiatus. The material for this month's Newsletter has copiously flowed in from all corners in a very timely fashion. I see this as a good sign of vibrancy and enthusiasm in the GCC community. We said in our last Newsletter that the summer months were busy ones for the Navy and the Army and there is plenty in this issue to show you what they have been up to.

We have been working on an initiative to use our Newsletter to reach further into both the community and the military to raise awareness of the GCC and help promote our primary aim of building closer relationships between Canadians and our Armed Forces. See Page 7 for a "SITREP".

Enjoy the read and don't hold back in letting the outside world know what we are about.

Dave Barton

The GCC Newsletter

Submissions and suggestions are welcome from our members at any time. Information about upcoming events is always appreciated. Please contact any us with an e-mail to:

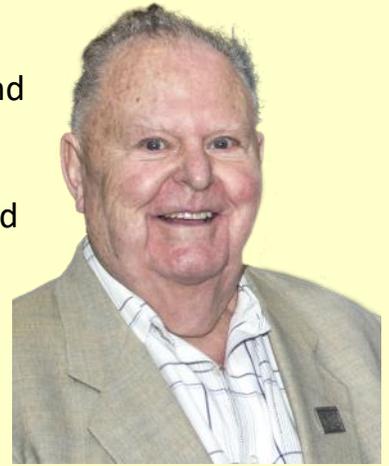
garrisoncommunitycouncil@gmail.com

Take photos of your events and send them in with a short write-up. We'll put them in the Newsletter.



From the President

It was good to see everyone after the Summer break and most pleasing to have a good turnout at our September meeting to kick-off the second part of the year. I'd like to think that we've kept things ticking over during the Summer and have now hit the ground running. Tom Dean welcomed our newest member, Mike Stapleton, which now gets us to 61 on-board.



Our guest speaker program continues in fine form. For September, Detective Constable Robert Fraser treated us to an excellent talk about money laundering which gave us all something to think about. One of our members quipped that his only prior knowledge of money laundering was seeing what came out of his trousers after the laundry. This month, noting that this year is the 60th anniversary of NORAD (*with the CF-18 Demonstration Hornet in tribute colours*), we will hear about the North Warning System. Looking forward to that!

The salient ingredient in sustaining the GCC is membership. From our people flows the energy, commitment and ideas that keep us doing what we do – building closer connections between Canadians and our military community. It is essential that we bring new members to the GCC from the full spectrum of the community in our region. We have some recruiting initiatives on the go such as advertising cards for each member to hand out and widening the circulation of our Newsletter to raise our visibility to a wider audience than just ourselves. It may take some time for these efforts to bear fruit but I ask for your support in recruiting new members and attending GCC events, possibly with a friend or two.

While we do not have a large Air Force presence in our Region, it's was wonderful to finish the Summer with Air Show London to show us what the air side is all about. Doug Acton and Dave Barton spent the Friday with the **Canadian Forces Skyhawks** and Doug practically lived at the airport the whole weekend, being involved with the T-33 Red Knight. It is truly an event of which London can be proud.

The Invictus Games take place in Sydney, Australia 20-27 October. We wish all the best to "our" Corporal Andrew Knisley, a London lad. On a broader note, our donation to support his participation gave us cause to consider our approach to donations in general with a view to putting a bit of rigour to such things. Tom Dean has drafted a Donations Policy to commence our considerations. Its early days yet and we will keep you posted.

And lastly, **note the deadline for Student Bursary applications is 12 October** (Page 6). See you at our General Meeting. Be sure to ask Tom for your cards.

Doug McAndless

The GCC Executive

President:	Doug McAndless	Past President:	Doug Acton
1st Vice President:	Geoff Hutton	Secretary:	Beth Saylor
2nd Vice President:	Tom Dean	Treasurer:	Barry Graham
3rd Vice President:	Dave Barton	Garrison Advisor	





THE GARRISON COMMUNITY COUNCIL London and Region

www.gcclondon.ca

The October General Meeting Wednesday 10 October



Warrant Officers' & Sergeants' /Officers' Mess

Beaver Hall, Wolseley Barracks

Meet & Greet

11:15

Lunch

11:30

Please remember to advise your attendance in advance to **Beth Saylor** by e-mail (garrisoncommunitycouncil@gmail.com) or phone (519 851 0730) by **11:00 am** the **MONDAY** prior so *The Catering Company* can provide sufficient sandwiches for purchase.



General Meeting

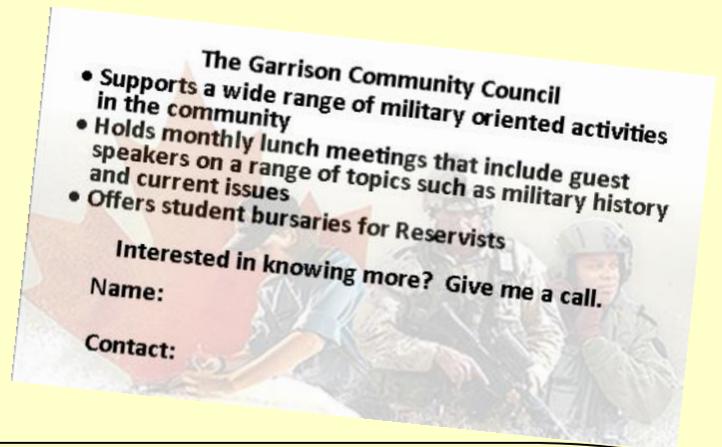
12:00

Speaker

The North Warning System

John Hampson

Zone 4 Manager, North Warning System, LSS Iqaluit, Iqaluit, NU



Check out our new cards to help us recruit new members. Carry a couple with you and when somebody asks about the GCC, write your name and contact details on the back and hand it to them. See Tom Dean for your cards.



How many members have you introduced to the GCC?



The North Warning System

John Hampson

Born in Wainwright, Alberta, John Hampson entered the Regular Officer Training Plan (Carleton) and graduated a Bachelor's of Engineering Degree. In his 38 years with the military, he served with the Airborne Engineers in 2 Combat Engineer Regiment, Special Service Force, (where he commanded the construction of a 5,000 ft runway on the North Pole).



On subsequent years, John was employed as a Junior Officer in many diverse and demanding leadership roles such as a Regular Force Advisor 3 Field Engineer Squadron, a Tactics Instructor at CFSME and a Member of Explosive Ordnance Disposal Team 24.

John further served his country home and abroad in even greater demanding and challenging roles such as Operations and Training Major and Combat Diving Officer with 26 Engineer Regiment with the British Army on the Rhine (BAOR) and as a Tactics Instructor at the Combined Arms Tactics School in Gagetown. In early 90's, he was employed as a Military Observer in El Salvador, Central America where he was co-located with various guerrilla and government units prior to and during the ceasefire. After that he was the Engineer Battalion Commander deployed to Tuzla, Bosnia where he commanded 600 soldiers from 8 Nations.

Following Bosnia, John was employed as the Move Coordinator with the Canadian Forces School of Military Engineering (Chilliwack BC to Gagetown, NB) and was responsible for the design and letting contracts to move and build the Engineer School a total cost of \$67M. John then deployed to Cambodia, for a one year period as the Senior Technical Advisor for the Cambodian Mine Action Centre which was responsible for demining in Battambang Province one of the most densely mined areas on the planet and simultaneously constructed an orphanage.

John was employed as the Deputy Commander of 31 Combat Engineer Regiment (The Elgins). He then attended the Canadian Forces Command and Staff course in Toronto, which enabled him to complete his Master's in Defence Studies. Upon completion of his Master's he was then posted to Sarajevo in Bosnia for two years working with the Military Cell of the Office of the High Representative. John then joined the Reserves and assumed command of 31 Combat Engineer Regiment in 2005-2009 and then Commanded the Windsor Regiment from 2009 -2012. During his time in the Reserve he also commanded Battle Group Dragon that consisted of 1200 soldiers from across Ontario culminating in a major exercise held at the Maneuver Training Centre in Wainwright.

Since retiring after 38 years in the military John has worked in the Arctic first as the Site Manager at CFS Alert for a year and then for the last 5 years with the North Warning System as a Zone Manager.

John has a horse farm where he lives with his wife Susan south of St Thomas. He has two grown daughters and two grandchildren,



*We appreciate the
service of all members
of the
Primary Reserve.*

Student Bursaries

In appreciation for your service, London and Region's Garrison Community Council will award a minimum of **\$5,000 in student bursaries** in 2018 to serving members of **local Primary Reserve Units*** who are enrolled in a post-secondary educational program.

Each bursary is **\$1,000** and may be used for any educational expense. Application forms are available on GCC website www.gcclondon.ca

Deadline for submission, *via email only* **, of your completed application including all support documentation is **Friday 12 October 2018**.

****Email to: garrisoncommunitycouncil@gmail.com
Attention: GCC Bursary Selection Committee**

* Primary Reserve members serving in local Units (located in GCC's Region: Elgin, Middlesex, Perth and Lambton Counties) may apply for a GCC Bursary. Specifically:

- 1st Hussars [London, Sarnia]
- 31 Combat Engineer Regiment (The Elgin's) [St. Thomas]
- 31 Signal Regiment [London]
- 4th Battalion, The Royal Canadian Regiment [London, Stratford]
- 31 Service Battalion [London]
- 31 Military Police [London]
- 31 Canadian Brigade Group HQ
- HMCS Prevost

**DEADLINE
12 OCTOBER**



18.08.09

In support of our mission, GCC has several outreach projects. One of our most significant is the Student Bursary Program. In appreciation for their service, Primary Reserve members serving in local Units (Elgin, Middlesex, Perth and Lambton Counties) may apply for a \$1,000 GCC Bursary. Applications are on the GCC website (www.gcclondon.ca) as is the list of eligible Units. With the generous support of GCC membership fees and sponsorship from **General Dynamics Land Systems-Canada**, GCC will award up to \$7,000 in student bursaries this year.

The bursaries are for approved local unit members who are enrolled in a postsecondary education program and may be used for any educational expense. Deadline for submission (via email only to garrisoncommunitycouncil@gmail.com) of completed applications, including all support documentation, is **Friday 12 October 2018**. Commanding Officers sign off on each application indicating eligibility of the member to apply for the Bursary and that they have demonstrated leadership and teamwork in the Unit.

The GCC Student Bursary Selection Committee consists of all former presidents available to participate with the immediate Past President serving as chairperson. A list of recommended applicants to be awarded a Student Bursary is presented to the Executive Committee and arrangements made for appropriate presentations to award recipients.



Doug McAndless, GCC President thanks Detective Constable Robert Fraser for his presentation on money laundering.

September's Speaker Money Laundering

We've all heard the term but how many of us knew the depth and breadth of money laundering on an international scale? DC Robert Fraser gave us an insight into a world that lurks beneath the surface of our everyday lives and how difficult it can be to track criminals moving their monies. Cash is a favourite but if you plan to travel internationally, \$50,000 could take 25kg of your baggage allowance and you will be asked a few questions.

Getting Our Newsletter Out There

The more the community knows about the GCC, the better we can achieve our goals and objectives. One way to do this is to increase the circulation of our Newsletter beyond our Members to reach further into the military, educational institutions, business and service clubs in our region. So far we've identified about sixty potential recipients with a view to them passing our Newsletter on within their organisations.

In mid-September we sent out the first wave of offers to 26 people - 16 in our regional military units, 5 in academia and civilian organisations and 5 to GCC members asking them to promote the Newsletter in their respective club or organisation. Responses are starting to trickle in ... slowly.

If you have a suggestion for a recipient, please tell the Editor and be sure to provide the following information: **NAME, POSITION, ORGANIZATION & E-MAIL.**


*Our Newest Member
Mike Stapleton*



Tom Dean, Mike Stapleton, Doug McAndless



The Invictus athletes on the Canadian team are responsible for providing their own equipment. The GCC donation of \$500 to Andrew's cause went a long way in providing him with the racing bike he needs to compete at this level. The bike is painted in team Canada colours; it's the same bike our Olympic athletes compete with and it's been customized to best suit his needs. Andrew will be very busy during the Games competing in cycling, swimming, wheelchair rugby and wheelchair basketball. Best of luck Down Under mate!

Andrew Knisley The Invictus Games



October in Our History

1 October 1918	WWI	The battle of Cambrai begins. Lieutenant Milton Gregg of The Royal Canadian Regiment is awarded the Victoria Cross for his actions near Cambrai.
2 October 1952	Korea	<i>HMCS Iroquois</i> is hit by shore batteries. Three sailors are killed and 10 wounded. They were the only RCN battle casualties in the Korean conflict.
5 October 1813	War of 1812-14	Battle of Moraviantown between American and British forces. Tecumseh is killed.
5 October 1944	WW II RCAF	Pilots from No. 401 Squadron destroy a German ME-262 becoming the first jet propelled aircraft shot down by the Royal Air Force or the Royal Canadian Air Force.
8 October 1992	Peacekeeping	The Peacekeeping Monument in Ottawa is unveiled by the Governor General.
11 October 1958	Army	The formation of the fourth regular armoured regiment, The Fort Gary Horse, is announced.
13 October 1937	Spanish Civil War	The Mackenzie-Papineau Battalion first sees combat in Fuentes de Ebro, Spain
16-24 octobre 1690	La Nouvelle France	Québec repousse une armada compose de 2 300 hommes mené par l'amiral William Phips. Quatre jours plus tard, Madelaine de Verchères et quelques défenseurs repoussant une attaque des Iroquois à Fort Verchères.
18 October 1954	Army	The Army provides aid to the civil power in the crises caused by <i>Hurricane Hazel</i> . 81 Canadians died.
20 October 1940	RCN	<i>HMS Windflower</i> , the first Corvette built in Canada, is commissioned into the Royal Navy with a Canadian crew. She is turned over to the Royal Canadian Navy in 1941.
21 October 1942	WW II RCN	<i>HMCS Royal Roads</i> becomes the Royal Canadian Naval College and commences training cadets.
23 October 1941	WW II RCAF	The Manning Depot for airwomen taking administrative courses opens at Havelock College, Toronto.
25 October 1982	CF Air Command	The first CF-18's are delivered in a ceremony at Uplands, Ottawa.
28 October 1955	RCN	<i>HMCS St Laurent</i> (second of the name) is commissioned as the first warship of all Canadian design and construction.





HMCS Prevest

By Lt(N) Jamie Hutton, HMCS Prevest

HMCS Prevest is excited to commence our 2018/2019 training year with many new crewmates and new experiences from the summer months. At the beginning of May, the Naval Reserve let go all lines and swiftly undertook the **Full Time Summer Employment (FTSE)** initiative. At Prevest, this meant employment for 36 sailors with exciting positions from May 1st to August 31st. This initiative provides guaranteed summer employment for the first four years of a sailor's career once joining the Naval Reserve.

With the onset and excitement of the FTSE program, Prevest saw 23 new sailors complete their basic training at CFB Valcartier in Québec, enabling them to become full-fledged members of the ship's company. These 23 sailors are now able to refocus their energy towards becoming trade qualified over the next few years, thus becoming capable sailors within our ship.

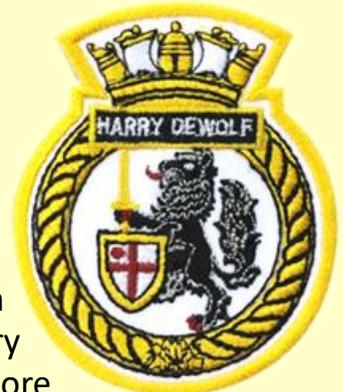
The FTSE program has enabled a further 13 sailors to conduct their trade training, consolidate their skills and knowledge through gainful employment opportunities, and to participate in Operation Regulus; Canada's exchange program with like-minded navies.

Outside of summer employment, Prevest sent two sailors, Lt(N) Julian Budd and OS Will Bergen, to Esquimalt BC as a part of the Naval Security Team (NST). The NST is designed to provide security and force protection measures for HMC Ships while alongside in foreign ports. Lt(N) Budd and OS Bergen will be a part of the Naval Security Team that will be deploying to Greece to protect the Canadian ships while alongside. For Prevest, we are very excited that two of our sailors were selected for this exceptional opportunity and we look forward to having them relay their experience to us, and the GCC upon their return.

Launch of HMCS Harry DeWolf

By Lt(N) Jamie Hutton, HMCS Prevest

A first for the Royal Canadian Navy, under the National Shipbuilding Strategy; the first of its class, the future **HMCS Harry DeWolf (AOPV 430)** was launched at the Halifax Shipyard in Nova Scotia in September. It's been 20 years since the last commissioned ship was launched, so this was a very exciting event. It also marks a significant milestone for the Arctic and Offshore Patrol Ship (AOPS) Project and is a step closer towards delivering these new ice-capable patrol vessels to the Royal Canadian Navy.





The launch evolution, where the ship was moved to water for the first time, began Friday 14 September in the morning on the rising tide. Then she was lifted and rolled onto a submersible transport barge. On Saturday the 15th, the barge was transported to the Bedford Basin where it was slowly submerged. AOPV 430 was towed back to the pier alongside Halifax Shipyard later in the evening.

The news of AOPV 430's launch is especially exciting for HMCS PREVOST as one of our own sailors, Lt(N) Scott Patchett, has just recently been selected to become a part of the first crew for the **HMCS Harry DeWolf** ! He accepted a two and a half year contract to become a part of the crew in the position of Bridge Watchkeeper. This means that he will be running the bridge watch and participating in acceptance trials, harbour readiness trials, reduced readiness work-ups exercises, and eventually high readiness work-ups exercises in preparation for her first operational tasking to the Arctic. Again, we are very excited to hear back from Scott as he relays his experiences aboard the future **HMCS Harry DeWolf**!

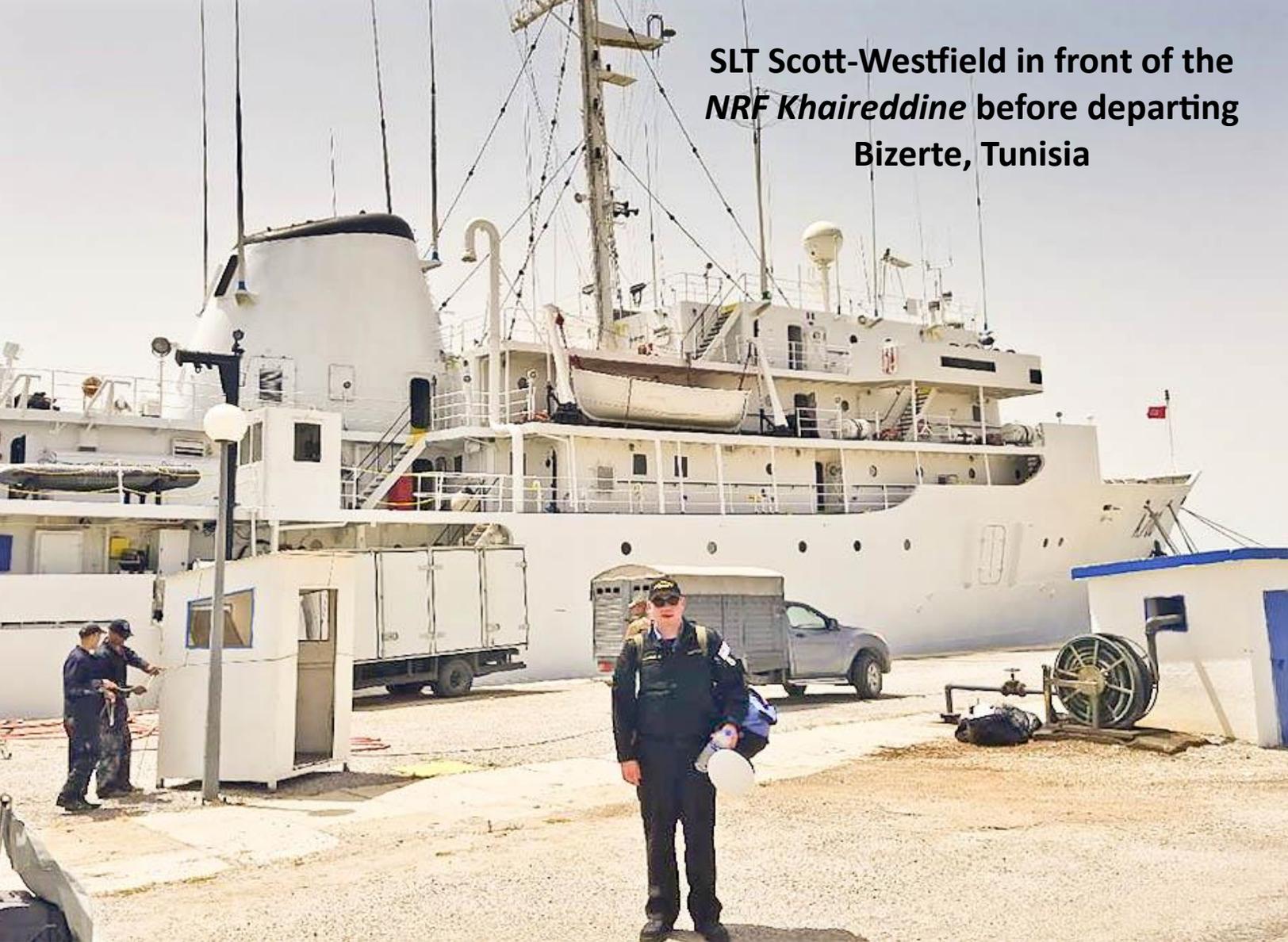


OP REGULUS with the Tunisian Navy

By SLt Jayson Scott-Westfield, HMCS Prevost

With the Damage Control phase of my training nearing completion and my course graduation imminent, I was trying to find my next contract. I made myself available for all positions and just as my course was finishing an opportunity presented itself to sail on an international tasking. I immediately volunteered. The tasking was onboard the Tunisian research and training vessel, the **Khaireddine** as part of the Royal Canadian Navy's REGULUS program. The RCN's REGULUS program allows RCN sailors the opportunity to gain train with foreign navies. Selected participants gain exposure to other cultures, and are exposed to how other navies function. It also reinforces the Royal Canadian Navy's commitment to peace and security by building relationships with other nations.

**SLT Scott-Westfield in front of the
NRF Khaireddine before departing
Bizerte, Tunisia**



I remember when I first found out that I was selected for this opportunity. I told all of my course mates. Immediately, a couple people asked “*Why would you want to go to Africa? You hate the heat.*” I was confused. It turns out I had no idea where Tunisia was. I was given all of the information that was available with regards to the upcoming sail, which was not a lot. I was the first person to sail with the Tunisian Navy. The unknown made it all the more exciting for me. I was determined to be a good representative of Canada and to give a good impression of the Royal Canadian Navy.

I read up on all the places I would visit while sailing onboard the ***Khaireddine*** which had intended port visits in Toulon, France and Casablanca, Morocco. My research lead me to understand that Tunisia is a country where democracy is still relatively new. They face economic struggles as well as issues with extremist groups in nearby countries. I also discovered while conducting my research that both alcohol and Pokemon Go are not permitted in Tunisia.

I left from London, Ontario in early July and travelled first to Frankfurt, Germany. After spending a day discovering just how expensive shopping in Europe can be, I carried on to Tunisia. I remember landing and immediately the air on the inside of the plane began to look foggy. I was told this is completely normal, it was just hot outside. There was nothing normal about the temperature when I stepped off the plane. Forty-five degrees and not accounting for the humidity; humid it was.

I then met up with the representatives from the Tunisian Navy and was taken to the Tunisian Naval Academy in Bizerte. If I had to pick one aspect of this experience which sticks out it would be the kindness of the Tunisians. They are excellent hosts. They are fun to be around and are personally wonderful people. They repeatedly went out of their way to make me feel at home.

The personalities of the Tunisians made it very easy to integrate with the crew onboard the *Khairredine* as well. Within hours you felt like part of the group. There was no delay and no awkwardness. They were eager to chat and spend time together. They all held good views of Canada and almost everyone you spoke to had a friend or family member living in Canada. There was genuine interest on both sides to understand each other's culture.

The way in which the Tunisian Navy runs their ships have some similarities to the RCN practices. The watch rotation is very similar. But there are a lot of differences in how things are run and their evolution's are conducted. They were all shocked at our standards for emergencies such as a Man Overboard. I still do not think they believe me.

While I was onboard, the command team showed me every kindness and the food was very good. I enjoyed having meals with the officers in the Wardroom. The captain prayed before meals, as did I. He taught me his prayer in Arabic and I taught him mine in English. His English was far better than my Arabic however. My pipes in Arabic were always followed by laughter as I butchered the language.

As the ship sailed from France to Morocco, we crossed the Greenwich Meridian and I took part in their crossing the line ceremony. I begged the goddess for permission to cross as I drank the very salty water direct from the Mediterranean.

Overall, it was a tremendous learning experience. I would recommend taking part in the REGULUS program and sailing with the Tunisian Navy to anyone should the opportunity arise. Some of the Tunisian cadets and officers have asked me to return next year for their graduation from the Naval Academy and I would happily accept.



SLt Scott-Westfield, 2nd from left is ready for the ships reception party in Toulon, France





THE GARRISON COMMUNITY COUNCIL London and Region



31 Canadian Brigade Group

These short articles, normally penned by members of the Brigade, offer a casual look at 31 CBG. Written without heavy use of military lexicon, acronyms and abbreviations, they support information sharing to groups with diverse backgrounds and will, hopefully, offer a less formal view of the Brigade, or the examination of specific issues or events.

*C.W. Poole
Colonel
Comd 31 CBG*

EXERCISE ARROWHEAD SHIELD

By SLt Andrew McLaughlin, PAO, 31 CBG

Approximately 500 members from 31 Canadian Brigade Group (31 CBG), the Canadian Army Reserve in Southwestern Ontario, conducted Exercise ARROWHEAD SHIELD (Ex AS 18) at Camp Grayling, Michigan from August 24-31, 2018.

Ex AS 18 was a 31 CBG exercise led by 31 Territorial Battalion Group (TBG) and included training within the framework of highly integrated sub-units comprised of infantry, armoured, artillery, engineer, service and signals elements. “This challenging exercise was an incredible opportunity for our soldiers to test their survivability and sustainability in defensive operations, while utilizing an exceptional training area provided to us by our allies in the Army National Guard,” said Lieutenant-Colonel Mark Poland, 31 Territorial Battalion Group Commander. “We definitely appreciated the support of the local community and our partners at Camp Grayling.” The exercise focussed on basic soldiering skills in the conduct of Defensive Operations within a learning environment with the aim of meeting specific Battle Task Standards (BTS).



“Exercise ARROWHEAD SHIELD clearly demonstrated our ability to deploy a capable and well-led Territorial Battalion Group consisting of various combat arms and sup-



port units,” said Colonel Chris Poole, Commander 31 Canadian Brigade Group. “The exercise helped to improve and sustain our readiness in support of Canada’s -- and our allies’ -- defence priorities both at home and abroad.”

Photos: SLt Andrew McLaughlin

Exercises like Ex AS 18 fulfill one of the pillars of Canada’s Defence Policy: *Strong, Secure, Engaged*. The Government of Canada is ensuring that Canadian Armed Forces (CAF) reserve forces meet the various requirements of modern militaries through training and certification. *Strong, Secure, Engaged* provides the CAF with the force size and equipment it needs to succeed across the full spectrum of military operations including humanitarian assistance and disaster relief, peace support operations, or combat.



EXERCISE ARROWHEAD SHIELD

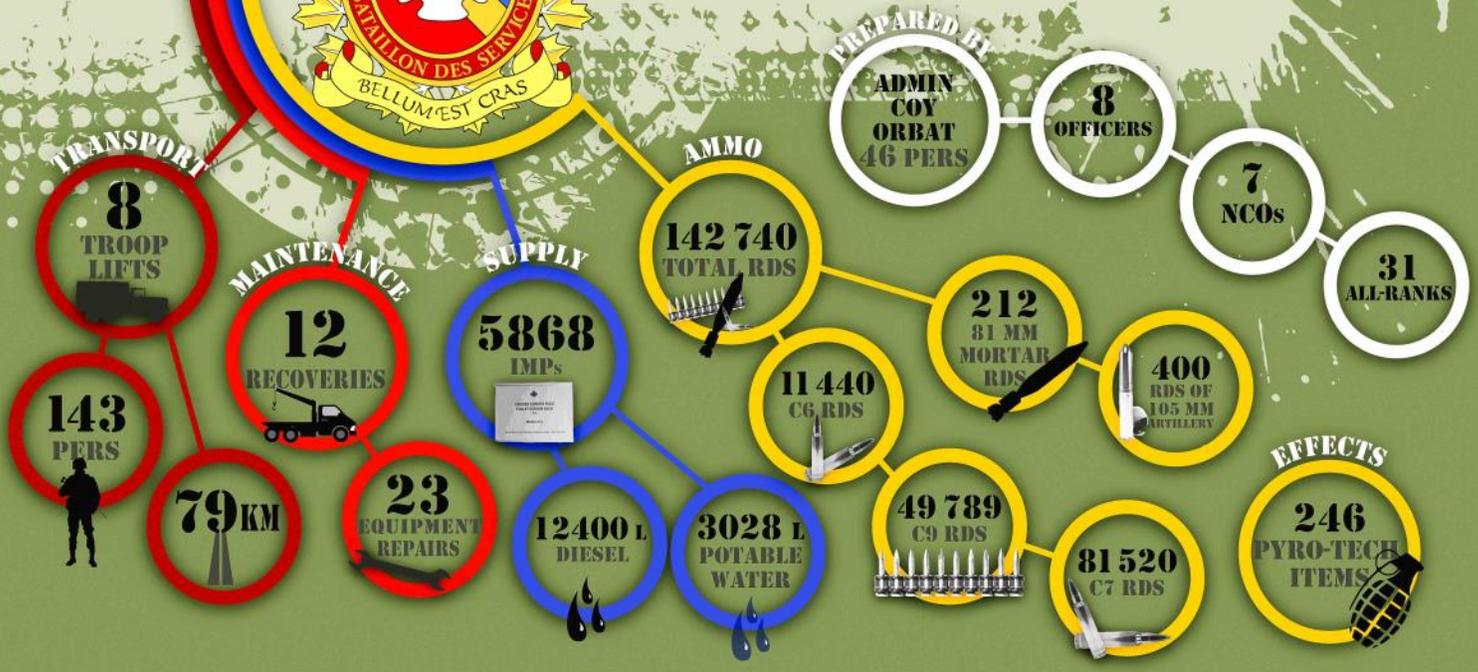


Chart By: MCPL DONNIE MCDONALD, 4 CDN DIV PUBLIC AFFAIRS

The exercise replicated defensive operations in both conventional and urban environments, and soldiers were trained in planning for and responding to various combat situations. Along with combat and associated tasks, soldiers also demonstrated the use of established tactics, techniques and procedures through the planning and execution of TBG tasks. This included weapons familiarization, operating communications and navigation equipment, building and defending fortifications, Military Operations in Urban Terrain (MOUT), and conducting patrol operations.

Professionals practice logistics, goes an old saying...

31 TBG Admin Company, CALL SIGN 8, provided the following support on Ex ARROWHEADSHIELD 18:

Transport

8 x Troop Lifts – Transporting 143 pers a cumulative distance of 79 kms
 18 x Non-Troop Lift tasks – (Casualty evacuation and transport to UMS, defensive stores dumping and remediation, water buffalo forward positioning and replenishment)

Supply

5,868 IMP Meals delivered (including Halal, Kosher, and Vegetarian)
 12,400 L Diesel Fuel delivered from HLVW FAR
 3,028 L of Potable water delivered

Maintenance

12 x Vehicle recoveries
 23 x Equipment repairs (engines, generators, drive train, weapons)

Ammunition

81,520 C7 rds (5.56 clip)
 49,780 C9 rds (5.56 link)
 11,440 C6 rds (7.62 link)
 246 items of pyrotechnics (smoke grenades, trip flares, para-flares, arty sims)
 212 rds of 81mm Mortar in support of the Mortar Course Mission Task
 400 rds of 105mm Artillery (200 each of High Explosives and Illum)

Admin Coy got all this sourced, packaged, bulk-broken, and distributed in the right quantity at the right place at the right time, while keeping immaculate accountability. The Coy consists of 8x Officers, 7 NCOs, 31 All-Ranks, a total of 46 personnel, as follows: 1x Maj; 2x Capt; 3x Lt; 2x OCdt; 1x MWO; 3x WO; 3x Sgt; 5x MCpl; 7x Cpl; 19x Pte;



*By Sgt Cory Vale,
31 Service Battalion*

Petawawa Iron Warrior 31 Service Battalion

On 6 September 2018, four members of 31 Service Battalion, and an Officer Cadet from

31 Canadian Brigade Group Headquarters completed the Petawawa Iron Warrior (formerly Iron-man). The Iron Warrior is a 50km race undertaken annually by approximately 500 Canadian Armed Forces members. Carrying a 40 lb rucksack, participants march 32km, then portage a canoe for 4km. After that they paddle down the Ottawa river for 8km, leave the canoe behind, and close with a 6km march to the finish line.



The race started at 0400 hours with a blank round fired from a 105mm Howitzer and until sunrise the route through the Petawawa training area was illuminated only by moonlight and the occasional headlights of safety vehicles. For many of the first-time participants, there would be a point in the race that they would count each step as the longest they'd ever walked. The pride from accomplishing the 32km would be replaced for a short time by doubt of finishing the gruelling 4km portage. At the end of the portage, participants put their canoe in the Ottawa river and paddle 8km with two canoe oars duct taped together to make the same double sweeping motion when kayaking. The paddle would typically be an easy task but the pain and exhaustion from the march makes the canoe portion a major chore. As the participant gets out of the river and puts the ruck back on, grinding out the final 6km, they're as tired as they've ever been; but happy because the hardest part is behind them and the months of training are paying off. When they finally reach the end of the race, each finisher is given a commemorative coin for their efforts, and takes their place along the finish to cheer on those still marching.

In the name of unit pride, special 31 Svc Bn Iron Warrior shirts were worn for the event. On race day the shirts showed other 4th Canadian Division units who we are and what our unit represents. Now

that the race is over, the shirts in conjunction with the coin and the memories, will become a lasting reminder to each participant of what they are capable of. In my opinion this is the best part of the Iron Warrior: It changes a person's perception of what hard work can accomplish and what was once seen as impossible, becomes attainable with effort and dedication.



Left to right: MCpl Steve Giza (team support), Cpl Buttazzoni, Sgt Vale (team captain), Cpl McGuigan, OCdt LaForce, Cpl Lightfoot, Cpl Reimer (team support), Marvin Guinaso (PSP support).



With the Skyhawks Air Show London 2018

By Dave Barton & Doug Acton

Airshow London (ASL) was a great success this year and drew over 30,000 to Canada's largest military air-show. The best of the best, from the present and past of the armed forces of Canada and the United States, as well as from private collections, were on display on the ground and in the air.

GCC also took to the skies at ASL. At the invitation of the CAF Public Affairs Office in Toronto, Doug Acton and Dave Barton spent the Friday with the Canadian Forces Skyhawks Parachute Team. Doug went for a tandem jump with Warrant Officer Mike Dwyer and Dave hung out the back of the Skyvan at 12,500 feet getting a few shots. The CAF Teams, their crews, and PAOs are splendid ambassadors of the Canadian Armed Forces. They put on a world-class show.

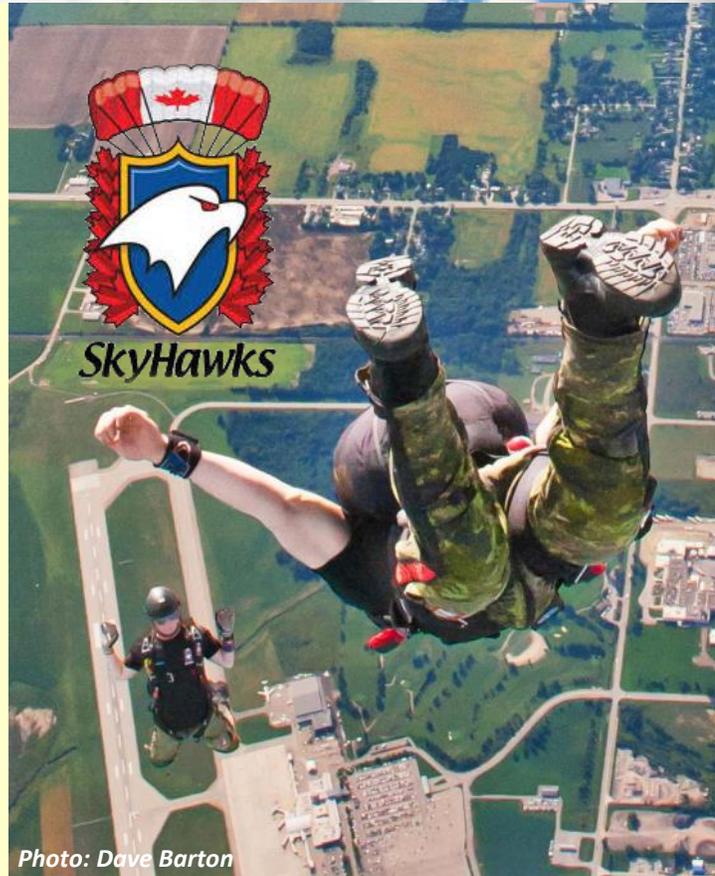


Photo: Dave Barton



Feet on the Ground

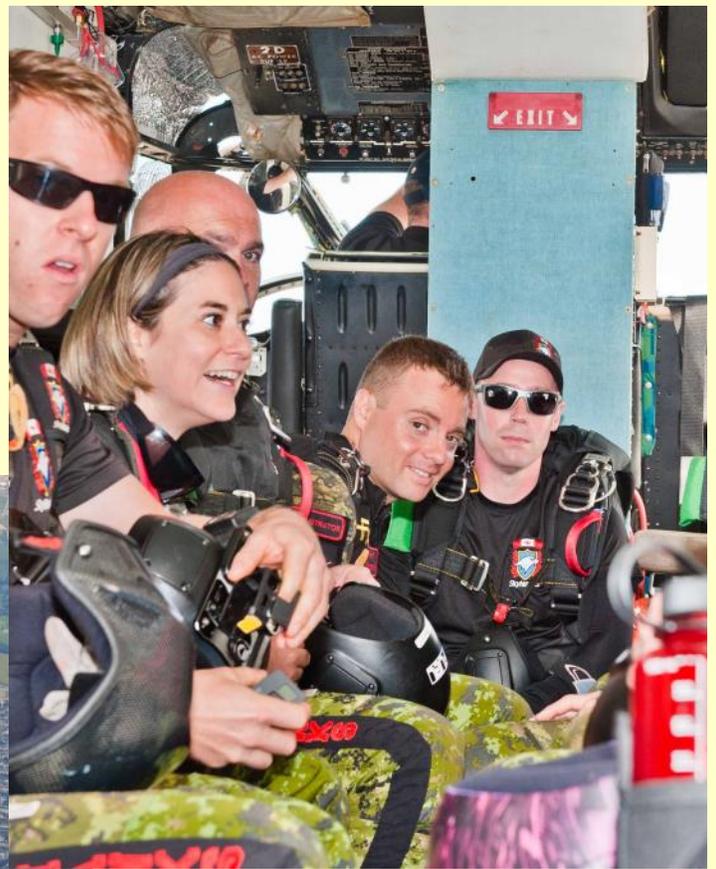


Feet Not on the Ground



Skyhawk GoPro photo

**WO Mike Dwyer had
Doug's back !**



Red Knight words compliments of Doug with his Jet Aircraft Museum hat on and all photos are from Dave.

And for those who think people should stay inside the aircraft ...

A local feature was the return to the air of the Red Knight. Exactly 60 years ago, the original Red Knight took to the skies as the first jet demonstration aircraft of the RCAF. The Jet Aircraft Museum has restored one of its CT-133 Silver Stars (T-Bird) as a replica of the original. It flew a solo show as well as a Heritage Flight with the current RCAF F-18 Demonstration Hornet. The two of them in the sky together was a stirring sight and produced some striking photos.



The CF-Demonstration Hornet

The blue, white and red paint scheme represents the flags of Canada and the United States, with a nod to the tri-colour RCAF roundel. Ribbon elements on the top-side wings are deliberately interpretive - meant to symbolise flight, protection and continuous monitoring. Finally, silver elements including globes, north-pointing swords and parallel lightning bolts represent the irrefutable might of NORAD.





Upcoming Events

Garrison Community Council

General Meeting 14 November Wolseley Barracks

London and Region *(and one in Australia)*

South Western Ontario Military Family Resource Centre *October Calendar is on Page 21*

The Secret History of Soldiers: How Canadians Survived the Great War. A Talk by Tim Cook 15 October Strathroy

The Veterans' Classic 19 October Western Fair District

Contact Beth Sayler for details 519 438 7203 x381
bsayler@Westernfairdistrict.com

1st Hussars

Association Meeting	21 October	Byron Legion
1H Remembrance Service	4 November	Holy Roller
Association Meeting	18 November	Byron Legion

The Invictus Games 20-27 October Sydney, Australia

Remembrance Day 11 November

Author Talk: Tim Cook

Award-winning author Tim Cook will speak about his new book "The Secret History of Soldiers: How Canadians Survived the Great War".

Mon, Oct. 15
1:00 - 2:00pm

*This limited seat event that will take place at the **Strathroy & District Seniors Centre** at 137 Frank St.*

Contact Strathroy Library or Museum Strathroy-Caradoc to reserve your ticket today!



MUSEUM
 STRATHROY-CARADOC

Strathroy Library
 34 Frank St
 519-245-1290



2nd Annual Veterans' Classic

The 2nd Annual *Veterans' Classic* will be held at Western Fair Raceway on Friday, October 19, 2018. Commemorating the 100th Anniversary of the Armistice, several races will be named in honour of well known Canadians who served in The Great War. As well, four local veterans, including our own Scotty Martin, will have their service honoured. Opening Ceremonies are at 5:00 p.m.

GCC, along with many other “usual suspect” organizations, will have a display at the fair. GCC’s table will display our tablecloth, banner, and brochures.

Contact **Tom Dean** if you would like to be involved in the display

Remembrance Day

The 100th Anniversary of the Armistice

The Cenotaph Victoria Park	https://www.london.ca/calendar/Pages/Remembrance-Day.aspx
Wolseley Barracks	
The Pub on Richmond	To all Military Members and Members of GCC, RLMI, Vimy Legion Br 145 & 427 Wing. Following the Remembrance Day Services at the Cenotaph on November 11 th , you are invited to the The Pub on Richmond for a period of social remembrance and comradeship. Refreshments/finger foods will be served. Christian DiBattista, (owner) The Pub on Richmond
1 st Hussars	Parades in Sarnia and Cenotaph, London

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 H-PC Cooking Class	3 L-WW	4 L-"Deployment Dish" evening 6-8 pm	5	6
7	8 Thanksgiving All Centres Closed	9	10 L, H, W-AGM L-WW: "Explore London" Breakfast	11	12 L-Midnight Village Walking Tour	13 London, Windsor, Hamilton Link, Laugh & Learn
14 W-"Trot With The Troops"	15	16	17 L-WW	18 H-Social Media Awareness for 11yrs and up	19 L-Teen Night	20
21	22	23	24 L-WW	25	26 L-PA Day Hallowe'en Theme W-Children's Halloween Party	27 L-SBU H-CFL Tiger Cat H-Mind Matters #3 W-MHFA
28 W-MHFA	29	30	31 L-WW/Celebrate Hallowe'en			

Hamilton Events

Oct 2: PC "Hands On" Cooking Class—A Taste of Sicily, 6-9pm \$35.00/person at Real Canadian Superstore 361 South Service Rd Grimsby, ON.

October 13: Building Resiliency: Link, Laugh & Learn 1-9 pm \$25/person
For ALL SWO deployment families, to be held in Cambridge.
Includes Accommodation with breakfast. Must be 19yrs.

Oct 18: Social Media Awareness 7-9pm HMCS STAR Age 11 and up, free.

Oct 27: Mindfulness Matters Series #3 9:30-2:30pm includes 2 workshops, Lunch, Interactive Activity, Royal Cdn. Legion Branch #622, 12 King St. Stoney Creek, Free, must be 19 yrs.

Oct 27: CAF Hamilton Tiger Cat Military Family Appreciation Game 4:00pm Tim Horton's Field, 64 Melrose Ave. North Hamilton ON \$35/person

Hamilton Events Contact Donna Pickering
P: 905-972-4000 x 6623
E: Donna.Pickering@forces.gc.ca

Caregiver Zone-Supporting Caregivers of Veterans in Canada

<http://caregiver.ca/#1/forefront/home>

Contact Deborah Smith for information regarding services for Veterans and their families
Deborah.Smith2@forces.gc.ca
519-660-5275 x5005

Events subject to change

Windsor Events Contact Erin Jordan
P: 519-254-2535 x 4501
E: Erin.Jordan@forces.gc.ca

London Events

Oct. 3, 10, 17, 24, 31: Wonderful Wednesdays Coffee Morning Call Kym for details 519-660-5275 ext: 5432

Oct. 4: "Deployment Dish" 6-8 pm at Growing Chefs, \$35/person 460 King St. **SPACE IS LIMITED**

Oct. 12: Midnight Village \$8/person 14yrs+ Call Bev

Oct. 13: Building Resiliency: Link, Laugh & Learn 1-9 pm

For ALL SWO deployment families, to be held in Cambridge

Oct. 14: Twin Pines Apple Orchard Outing \$5/person Bus leaves MFRC at 10:00am and returns at 3:00pm, sign up with Bev

Oct. 19: Teen Night

Oct. 19: Veteran's Harness Race Western Fair

Oct. 26: PA Day Hallowe'en Theme 7:30-4:00pm \$25/child

Oct. 27: Strength Behind The Uniform Dinner 6-8pm

London Events Contact Brenda Willsie

P: 519-660-5366

E: Brenda.Willsie@forces.gc.ca

Windsor Events

Oct. 13: Building Resiliency: Link, Laugh & Learn 1-9 pm

Oct. 14: 'Trot With The Troops' registration at 9:00am, Trot at 10:30am at the Ansell Armoury 280 Bloomfield Rd, Chatham. No Cost, 1-5km walk/run/blade, Hot-dogs, drinks and activities provided. Donations of \$10+ receive an event T-shirt.

Oct. 26: Children's Halloween Party at the Tilston Armouries 4007 Sandwich St. Windsor. Drill Hall. From 5:30pm-8:30pm Cost: TBA
Please RSVP by October 23/18.

Second Language Training (SLT) Visit www.CAFconnection.ca



Recent Events



Royal London Military Institute

www.rlmi.ca

Ontario Police College Tour

The 15 June 2018 tour of the Ontario Police College, as well as Rush Creek Wines with dinner at the Wayside Dining Lounge Buffet, was a great success. Tour participants were members and guests of the Royal London Military Institute, 427 (London) Wing RCAFA, and the Royal Canadian Legion, Byron-Springbank Branch 533...more pictures may be viewed on the RLMI website.



HMCS ORIOLE

A number of RLMI members attended a 20 July 2018 Reception at the Port Stanley Royal Canadian Legion Branch 410. These members were also invited to participate in tours on the HMCS Oriole that same day.

HMCS Oriole is the sail training vessel of the Royal Canadian Navy based at CFB Halifax in Halifax, Nova Scotia. She is a sailing ketch, currently the oldest commissioned vessel in the Royal Canadian Navy, and also the longest serving commissioned ship. Originally the yacht Oriole IV, the vessel was first acquired by the Royal Canadian Navy during the Second World War, then returned to private ownership at the end. Oriole IV was reacquired during the Cold War for use on the East Coast of Canada before switching to the West Coast of Canada in 1956. In 2018, the training vessel returned to the East Coast.

