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Homecoming for HMCS *St. John's* Pg. 3



CDS speaks to RUSI Nova Scotia Pg. 5



CANFLTLANT Sailor of the Quarter Pg. 8



Sailor takes top spot at cycling provincials Pg. 20

Monday, July 24, 2017



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THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 - LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

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Commander for a Day: HMCS *Charlottetown* and “Captain” Patrick Murphy

By Lt(N) Meghan Jacques,
HMCS *Charlottetown*

Every year, a number of ships in the fleet contribute to the Children’s Wish Foundation of Canada in support of children diagnosed with a high risk life threatening illness. This year marked HMCS *Charlottetown*’s 15th annual Run for the Wish, an awareness and fundraising campaign conducted across PEI to support the PEI chapter of the Children’s Wish. During their weeklong campaign, our team of eight runners raised over \$33,000 – the equivalent of three wishes.

The team’s success was recognized throughout *Charlottetown*’s port visit to Charlottetown, P.E.I., but culminated in a small ceremony on the jetty on July 3 before the ship departed, during which the Director of the PEI chapter of the Children’s Wish, Beth Corney Gauthier, and one of this year’s Wish recipients, Patrick Murphy, congratulated the team personally and presented Certificates of Appreciation to each member.

This year however, the ceremony on the 3rd served as a more than just an occasion to recognize the hard work and dedication of our Run for Wishes team; it was moment of special welcome to Patrick Murphy himself. Patrick, a member of RCSCC #85 Summerside, and sail enthusiast, had been invited to sail with *Charlottetown* from Charlottetown back to Halifax as Commander for a Day.

“The Crew of HMCS *Charlottetown* is excited to meet their new Commanding Officer,” said Cdr Jeff Hutt, CO *Charlottetown*, in anticipation of the embarkation “...We are so excited to have Patrick and his family on-board. I personally love the idea that the crew will be able to experience the incredible power of the organization that they work year-round to support.”



Patrick Murphy (front row, third from left), members of HMCS *Charlottetown*’s Command Team accept well wishes from The Honourable Kent Hehr, Minister of Veterans Affairs and Associate MND (front row, right) before the ship sails back to Halifax.

CPL J. W. S. HOUCK, FIS

Shortly after taking command of *Charlottetown* in December, 2016, Cdr Jeff Hutt had made a standing offer to the Children’s Wish branch in PEI that if ever they were helping a child who would appreciate a visit to, or tour of, a naval ship, *Charlottetown* would be happy to facilitate—it was a perfect way to get the whole ship involved in the rewarding work that the Children’s Wish makes possible and truly have a profound impact on the community. When Mrs. Corney Gauthier heard about Patrick, she knew that Cdr Hutt’s offer could be the chance of a lifetime for him. Patrick loves sailing so much that his wish—which has been granted!—is a catamaran, and his time with Sea Cadets had piqued his interest in the navy already.

“When I found out that I would be

going on the HMCS *Charlottetown* for a one and a half day trip it was a wonderful feeling. I felt like it was the best day of my life!” Patrick told the Children’s Wish when asked about his upcoming Command tour, “Not many kids get to go on a naval ship...It is an honour to be going on this ship and a wonderful opportunity.”

Patrick suffers with Polyarticular Juvenile Arthritis which causes joint stiffness and pain. The news that he was going to be made Commander for a Day aboard *Charlottetown* was exciting for Patrick and provided him something positive to look forward to, and the sail itself, according to Patrick’s smiling face throughout the visit, did not disappoint.

On July 3, we held the Change of Command Ceremony for Patrick, including the signing of a change

of command certificate modelled exactly off of those used for official ceremonies in the RCN, to honour and welcome him as Captain on our transit back to Halifax from Charlottetown, PEI. The Minister of Veterans Affairs and Associate Minister of National Defense, the Honourable Kent Hehr, attended the ceremony as the reviewing authority, allowing Patrick to leave with a wonderful memento of his time aboard *Charlottetown*.

Once the paperwork was out of the way, he embarked the ship and was piped aboard by a ceremonial Piping Party—like a Commanding Officer of a seagoing, commissioned unit.

For the next day, he acted in many capacities like the Commanding Officer. This included partaking in tours of the ship and demonstrations of *Charlottetown*’s basic capabilities, all while living, sleeping, and eating aboard the ship. He supervised the departure from Charlottetown from the bridge wing, sat in the Captain’s chair on the bridge for 57mm gun-shoot, stood as lookout using binoculars to search for ships, and took his turn at the helm to see what it felt like to actually drive a warship. Even the movement of the ship and slight seasickness couldn’t keep Commander Patrick off his feet long, and he spent hours talking to the crew about our experiences and learning everything he could about life at sea and what the navy really does.

He departed the ship the following day on July 4 just after 5 p.m., and was presented with pictures of him and his family that our photographer had taken during his visit and some small keepsakes made for him by the crew. It is unlikely that any of us will forget our time under Commander Patrick Murphy, and we hope that happy memories of *Charlottetown* remain with him and his family as well.



The ship’s company poses for a photo with Commander Patrick Murphy.

CPL J. W. S. HOUCK, FIS



As Commander for a Day, Commander Patrick Murphy is piped aboard HMCS *Charlottetown*.

CPL J. W. S. HOUCK, FIS

HMCS *St. John's* returns from Op REASSURANCE

By Virginia Beaton,
Trident Staff

We heard it before we saw it.

The fog on the harbour was too thick to see anything, but shortly after 9 a.m. on Monday, July 17, the sound of a ship's engines became audible and HMCS *St. John's* finally came into sight, after more than six months of deployment on Op REASSURANCE.

There was cheering, laughter, applause, flags waving in the air, shouts of welcome, and the Stadacona Band played *Heart of Oak*. As the ship came alongside, a choir comprised of family members of the deployed sailors burst into a song from the musical *Rent*, accompanied by a piano. "Five hundred twenty-five thousand six hundred minutes/Five hundred twenty-five thousand moments so dear," they sang, following that with a rendition of *Ain't No Mountain High Enough*.

Before the ship arrived, Adria Jackson, a choir director who is married to the ship's padre, Lt(N) David Jackson, told Trident that she got the idea for the choir while the family was living in England. "There was a big military family choir there that ended up singing for the Queen and the choir had a number 1 [hit] in England." Assembling the group of approximately 15 to welcome home *St. John's* "was a great way to build community, and it's been fun getting to know the people," said Jackson.

The first sailor ashore, SLt Tristan Lapointe, warmly embraced his girlfriend, Gabrielle Lambert, before dropping to one knee and proposing marriage. She accepted, and the newly engaged couple was quickly surrounded by well-wishers.

The crew was happy to return to Halifax, said Cdr Sheldon Gillis, *St. John's* Commanding Officer. "They're reunited with their families after six months. They achieved some incredible effects on behalf of the people and government of Canada. As the ship's captain, I can't tell how proud I am of each and every one of them today. They performed marvelously."

RAdm John Newton, Commander JTFA and MARLANT, praised Cdr Sheldon Gillis and the ship's crew for their accomplishments during the deployment. "The ship was busy throughout the deployment. It had some very tough missions in the Black Sea and along the Syrian Coast and North Africa and then all the way up into the northern Atlantic Ocean and the Norwegian sea waters. It's all about reassuring NATO, the NATO alliance and especially the eastern European nations, that NATO stands for all members."

RAdm Newton describes *St. John's* mission as "probably one of the most

challenging to date." However, "The ship is working beautifully. A modernized Halifax class frigate, a beautiful Sea King helicopter, really high numbers for all the statistics for the maintainability of the ship, and the helicopter performed flawlessly, so we have a lot to be proud of."

According to RAdm Newton, foreign military commanders and government officials have sent letters to communicate their appreciation "for what Canada does through its Navy, through the air policing mission and through our soldiers in Ukraine. They come back to us, and this goes to demonstrate how much the Canadian presence is valued and how professional the ships' companies are. They are put on the front line every time for that professionalism."

One of the exercises in which *St. John's* participated was Ex DYNAMIC MONGOOSE. Before that, the ship had been doing undersea surveillance in the eastern Mediterranean "on some very important targets. We took that ship as the vanguard of NATO power in undersea surveillance, and pushed it all the way up into the Norwegian Sea off Iceland." Working with the Icelandic Chief of Defence and their Ministry of Foreign Affairs "and with all the NATO partners, we convened a very large undersea surveillance and undersea warfare event to demonstrate NATO power in the North Atlantic."

NATO depends on transatlantic security, RAdm Newton emphasized. "NATO and the European alliance depend on commerce moving from the United States and Canada, to all points in Europe. The sea lanes, whether in the Mediterranean or in the Atlantic, depend on us having a good clear picture of what goes on across the entire North Atlantic." The Greenland/Iceland/United Kingdom gap "is probably the most difficult area of surveillance for the NATO alliance. So this ship, after working in the eastern Mediterranean, brought those skills to NATO and for that, we have received a lot of accolades."

To celebrate the return, Tim Hortons sent a van that dispensed free coffee to sailors, families, and Dockyard personnel.

Dignitaries present for *St. John's* arrival included His Honour the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia, and the Honourable Geoff Regan, MP for Halifax West and Speaker of the House of Commons.

In early August, *Charlottetown* will replace *St. John's* on Op REASSURANCE. This will be *Charlottetown's* second deployment to Op REASSURANCE as part of the Standing NATO Maritime Group (SNMG).



She said yes! SLt Tristan Lapointe, first ashore from HMCS *St. John's*, rejoices as his girlfriend Gabrielle Lambert accepts his marriage proposal.

MCPL CHRIS RINGIUS, FIS

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January 9 – MFRC
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February 6 – MFRC
February 20
March 6 – MFRC
March 20 – Posting Season Special Feature
April 3 – MFRC
April 17
May 1 – MFRC, and Battle of the Atlantic Special Feature
May 15
May 29 – MFRC
June 12 – DND Family Days Special Feature
June 26
July 10 – MFRC
July 24
August 7 – MFRC
August 21 – Back to School
September 5 – MFRC
September 18 – Home Improvement Special Feature
October 2 – MFRC
October 16
October 30 – MFRC – Remembrance Day Special Feature
November 13 – Holiday Shopping Special Feature
November 27
December 11 – MFRC – Year End Review

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Community Calendar

Reunion and event notices must be submitted by mail, fax or internet.

editor@tridentnews.ca include the sender's name and phone number.

A notice will not be published if the event is to happen more than one year from publication date. Submissions may be edited.

Halifax Pride Festival

Date: July 20-30

This year marks the 30th anniversary of the Halifax Pride Festival, which has grown to become one of the premier Pride events in Canada and the largest of its kind in the Maritimes. This year's festival runs from July 20-30; Visit halifaxpride.com for the most up-to-date information.

Celebrate Nova Scotia Concert

Time: 11 a.m.

Date: Tuesday, July 25

Location: Halifax Central Library

Celebrate Nova Scotia's vibrant musical landscape with this lush, lively, and free concert experience for the whole family. Featuring Symphony Nova Scotia, singer Reeny Smith, and drummer Trevor Gould, this full-orchestra event brings together Mi'kmaq chants and drumming, African Nova Scotian songs, Acadian fiddling and dancing, and new music from acclaimed local composers - plus traditional favourites like Stan Rogers' *The Bluenose* and *Farewell to Nova Scotia*. The event is being supported by the Provincial Government through the 150 Forward Fund.

National Acadian Day Live Concert

Time: 7 p.m.

Date: Tuesday, August 15

Location: Halifax Central Library

Come out and celebrate National Acadian Day with fantastic music from our rich East Coast. Maxim Cormier is an award-winning Acadian/Métis guitarist, composer, producer and educator from Chéticamp, Nova Scotia. Maxim is trained in classical, jazz and world music and has performed across Canada and the world. He'll be giving a free performance at the Central Library's Paul O'Regan Hall.

Canada at War: 1917

Time: 2 - 4 p.m.

Date: Saturday, July 29

Location: Tantallon Public Library

The Halifax Public Library's Let's We Forget program, normally reserved for schools, is open to the general public for this First World War commemoration event. Adults and teens are invited to read military records to get glimpses into the lives of Nova Scotian soldiers and nursing sisters. Those interested in attending are asked to register ahead of time for this free event.

Military-inspired Art Show

Date: August 1 - September 28

Location: Gallery 97, 11 Glendale

Drive, Lower Sackville

An art show of military paintings and paintings by retired military members will be on display at Gallery 97 in Lower Sackville, corner of Cobequid Road and Glendale Drive, starting on August 1. The show will be open for viewing from 9 a.m. - 4 p.m. on weekdays and 1 p.m. - 3 p.m. on Saturdays. All paintings are for sale and a portion of proceeds will be used to support the 97.5 community radio station.

The Yarmouth Shantymen in Concert

Time: Shows at 2 p.m. and 7 p.m.

Date: Tuesday, August 1

Location: Maritime Museum of the Atlantic

The Maritime Museum of the Atlantic is welcoming back the Yarmouth Shantymen, who will be giving two free concerts as part of the museum's summer music - Tuesday Night Tunes. The Yarmouth Shantymen formed in 1984 when Eric Ruff, former curator of the Yarmouth County Museum, recruited some musical friends to accompany him to illustrate a talk about sea shanties at the museum. The group has toured around the Maritimes and has also released an album. More information is available at yarmouthshantymen.org

Joy! Joy! Joy!

By Capt Padré Denis Dion,

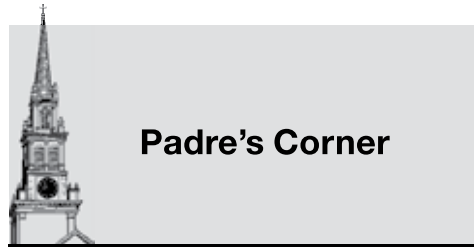
Chaplain Campus Atlantic NFS(A),
NTDC(A)/Faith Community Coordinator (Roman Catholic), CFB Halifax

As new military recruits, we learned very early how to announce a dangerous situation in progress. The words, uttered in high voices and repeated three times, show all who hear them the occurring danger and the measures that have to be taken immediately to face it. We just have to hear FIRE, FIRE, FIRE or LOCK-DOWN, LOCKDOWN, LOCKDOWN to take the appropriate measures right away.

With all the tragic and dramatic events that are brought to us at the speed of light by the various Media, and which are now taking place within our society and those elsewhere, we can be exposed to the danger of gloominess, cynicism, negativism, despair, disengagement, and withdrawal. All these attitudes are dangers to which we can be exposed without realizing it, and which can subtly and subconsciously affect our life, our relationships, our mood, and our morale.

In the midst of all these dangers we are facing together, I have the wish to shout loudly: JOY, JOY, JOY. So, what is joy? And how it could be more present in us and around us?

Thinking of JOY, the figure of an old gentleman from my native village comes back to my mind. This man, a widower, had lived many trials. He had, among others, a few years after his marriage experienced the death of his wife. A few years later, having remarried, he again saw the ordeal of seeing his second wife die as a result of cancer. Without children, this man was always ready to serve, cheerful, overflowing, with a smile on his face and always ready to joke to make his audience laugh. Watching him live without gloominess, cynicism, negativism, despair, disengagement, and withdrawal, I wondered what could be the source of his joy. After reflection, I noticed that this man had the gift of marveling at the sight, the sound, the feel, the touch, and the taste for the slightest thing. The sight of the setting sun, the flowers that grew in his garden, the sound of the rain falling on the roof of his veranda, the taste



Padre's Corner

of his vegetables freshly gathered from his garden; all this filled him with wonder. He also shared with me one of his secrets: he was spending time with his Boss, as he loved affectionately to name him. His days of meditation, of presence with the Presence, brought him serenity and joy.

JOY, JOY, JOY. Let these words urge us to take appropriate measures to spread the joy around us. Let them lead us to visit our inmost selves in order to become more aware of these different sources that can feed our joy. May we make our provision of joy each day, in the form which constitutes the highest and purest joy, in the form of wonder. May we, with the gentleman of my native village, marvel at the slightest thing, may we develop in our life the delightful wonder of children. May we also take these times to present ourselves to the Presence, which has no other desire but to fill us with serenity and joy.

CDS talks defence policy during visit to Halifax

By Ryan Melanson,
Trident Staff

Canada's top military officer says he's encouraged and optimistic about the future of the CAF and the wellbeing of its members after the release of the federal government's new defense policy, titled "Strong, Secure, Engaged."

Gen Jonathan Vance was in Halifax on July 5 to speak with members and highlight aspects of the new policy, and he also delivered a keynote speech during a meeting of the Royal United Services Institute of Nova Scotia, a defence organization largely made up of retired military members. The speech at RA Park was also attended by senior leaders from MARLANT and 12 Wing Shearwater as well as academic and industry guests.

Gen Vance's stop in Halifax follows an earlier visit from Defence Minister Harjit Sajjan on June 12, which was also focused on the new government policy. While the minister spoke at HMC Dockyard and mainly about the specific Navy-related elements of the policy, Gen Vance put the focus on people – serving and retired CAF members and their families – and how they'll be impacted in the near future as implementation begins to roll out.

"My main effort as CDS has been, and will continue to be, on our people, because it's the hardest part, and we put it up front in this policy for a reason," he said.

This commitment to CAF members and their families becomes clear when looking at the nuts and bolts of the newly-announced policy. It includes a number of personnel focused initiatives – a \$198 million investment over the course of the policy into a new Total Health and Wellness Strategy focusing on promotion, prevention treatment and support, as well as a \$6 million per year investment to modernize family support systems



Chief of the Defence Staff Gen Jonathan Vance speaks to RUSI(NS) members and other guests at RA Park during a visit to Halifax on July 5.

CAPT LISA EVONG, NATIONAL DEFENCE PUBLIC AFFAIRS

during deployment preparations and time away from home. The policy document also commits to establishing a 1,200 person CAF Transition Group to ease transitions back into or away from military life, and to implementing teams at Military Family Resource Centres to prevent and respond to gender-based violence.

The intent is to allow for a better quality of life for CAF members, and the policy also outlines the goal of increasing the number of those members by 3,500 in the Regular Force and 1,500 in the Reserve Force, while striving for a 25 percent representation of

women in the military by 2026.

"Those numbers won't be easy to reach, but it's very possible," Gen Vance said. To achieve the goal, he added, the CAF must once again become known for the support and care it offers its current and former employees, and recruitment efforts must be modernized in a way that can compete with private industry for young, diverse talent from all backgrounds and walks of life.

"People once flocked to the military because it put you in a great place to live and work and raise your family. I want to see that again, and I have to be able to access all the population, to inspire all the population, and to be an Armed Forces that people want to join."

He also theorized about a future in which the classic archetype of a military recruit could shift in certain cases to capitalize on special skills, with the area of cyber security given as an example, or where CAF members who suffer life-altering injuries have a higher likelihood of being repurposed and continuing their career

despite physical limitations.

"We cannot become an organization that opens its doors to absolutely everyone, because it would impact our operational effectiveness, that's a fact, but there are opportunities to do things differently," Gen Vance said.

The CDS also expressed his pleasure with the overall spending priorities outlined in the Defence Policy and their costing accuracy, which stretches as far as 50 years into the future. He participated in a lengthy question and answer session with the group, responding to topics like procurement issues, personnel morale, and harassment and racial prejudice within the Armed Forces. Without shying away from problems that exist on those fronts, he said he's encouraged to see plans begin to form around the new policy document and to see Canada's military progress through the rest of his time as CDS and into the future.

"I'm optimistic right now and I'm deeply, deeply motivated to get on with the enormous amount of work ahead."

Annual Arctic Backpacks for Kids

By CP02 Richard Bungay,
Sea Training Atlantic

As in previous years during Op NANOOK, I am organizing a school backpack community outreach initiative for our northern neighbors. The north is famous for its generosity and I was on the receiving end of one such act during a previous deployment to the Arctic, so I would like to give something back to the communities that support the RCN so much. This was also a continuation of initiatives started by HMCS Labrador ship's company back in the early 1950s.

HMC Ships *Goose Bay* and *Kingston* have graciously agreed to transport the backpacks to communities they will visit during OP NANOOK and OP LIMPID. If you are interested in donating, we are seeking school supplies and new or gently used backpacks. I strongly encourage ship's companies to support this worthy cause. The Halifax & Region MFRC has again volunteered to act as a drop-off point for donations. The cut-off date for all donations is August 1.

Any questions can be directed to me at richard.bungay@forces.gc.ca.

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NFS Atlantic and NTDC Atlantic hold Divisions

By Virginia Beaton,
Trident Staff

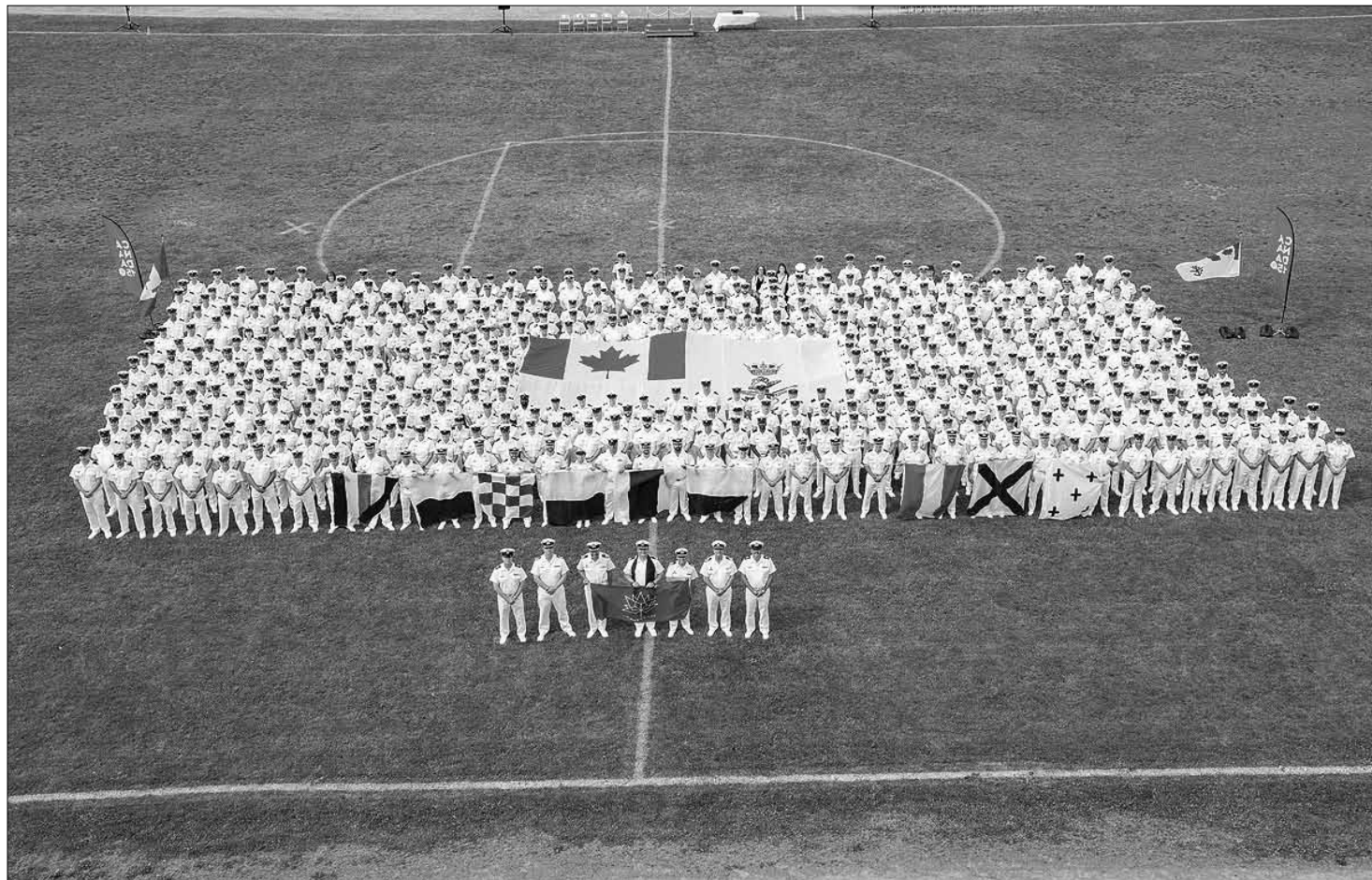
Promotions and professional achievements were celebrated during Naval Fleet School Atlantic and Naval Training Development Centre Atlantic divisions, held on Porteous Field in Stadacona on Thursday, June 29, 2017.

A number of personnel were promoted, as follows: PO1 Lavigne promoted to the rank of CPO2; PO2 Vigneault promoted to the rank of PO1; PO2 Arnold promoted to the rank of A/L PO1; MS MacGillivray promoted to rank of PO2; MS Smith promoted to the rank of PO2; LS Phillips promoted to the rank of MS; LS Fleming promoted to the rank of MS; and OS Bryan promoted to the rank of A/LS.

Medals were awarded, as follows: LS Wills received the South West Asia rotation Bar; LS Smith received the NATO Active Endeavour medal; and LS West received the CD1, and MS Harlow received the Watchkeeping Certificate.

“What a great day, and really well done, everyone,” said Cdr Pete Lebel in his remarks to the assembled military members. “We as a team are making very good strides, real strides.” He thanked personnel for their participation in the saying, “Thanks for your honesty on how to have a better learning experience. We’re acting on your feedback.”

Cdr Lebel pointed out that NFS Atlantic works to prepare personnel for the RCN’s future requirements, and to contribute to operational excellence, observing, “The Royal Canadian Navy is always ready to respond when called upon.” During the flooding cri-



Naval Fleet School Atlantic and Naval Training Development Centre Atlantic form up for the Ceremonial Division Parade Canada 150 Group Shot at Porteous Field, Halifax on July 29.

MONA GHIZ, MARLANT PA

sis in Quebec in May, for example, he said, “Naval Fleet School Atlantic responded immediately.” Noting that the July 1 holiday was approaching and with it, Canada’s 150th birthday, Cdr Lebel concluded by wishing everyone well and stating, “I am confident that we are well positioned for the future.”

Cdr Allen Fry also congratulated the assembly, observing, “You have worked hard this year.” He described the role the RCN has played in Canadian history, referring to some of its challenges especially in wartime, saying that it “must be able to defend the maritime frontier.” The RCN “is

achieving effect for Canada,” according to Cdr Fry.

At the end of the ceremony, Cdr Fry invited all the military personnel and guests at the ceremony to join him in a photo that would include the Canada 150 flag, as a memento of the occasion.

What's the buzz?

By Mike Bonin,
BPAO

Honey bees were the buzz!

Earlier this summer, someone was enjoying the sunny weather and eating lunch near Admiralty House. She noticed that there seemed to be a lot of wasps around. After investigating, Jordan Yetman, from RPOSH Property Services realized that the swarm was from a hive of honey bees located in the building and they needed special treatment.

Jeremy Gammon from Formation Safety and Environment was contacted and next thing you know, he was in touch with Annie Jenkins from the Halifax Honey Bee Society.

Jenkins has been working with bees for quite a while and was trained at the Bello Uccello Honey Bee Sanctuary, a fully Demeter certified biodynamic honey bee apiary, in Digby, NS about four years ago.

“Bees pollinate our food. Without

bees, we would not have a lot of fruits or vegetables. Oranges, apples, squash and blueberries, for example, rely on bees to buzz around and spread the pollen,” stated Jenkins.

Annie has six fully functioning hives on her properties and has noted that her neighbours have said that even their plant gardens seem to be doing better now that there are lots of bees pollinating the flowers.

This recovery project was a bit challenging to Jenkins. Due to the location of the honeycombs under the museum’s floor joists, she had to climb from one scaffolding to another to gain access, as worker bees were curiously flying around her. Once she was able to safely relocate the queen bee to a temporary hive, about 90 percent of her colony quickly followed. A return to the site the next morning assisted her gather almost all of the bees before taking the temporary hive away.

“They are doing well and are out foraging as we speak,” she added.



Annie Jenkins, a certified beekeeper inspects part of a honeycomb she removed from the floor joists of Admiralty House. About 10,000 honey bees were successfully relocated to a new hive.

JEREMY GAMMON, FSE

Branding and the Naval Reserve

By LCdr David Lewis,
Special Projects SSO, Naval Reserve
Headquarters

Branding is a part of our daily lives. Our recognition of brands and the identity they incur influences which soft drinks we buy, hotels we stay at, cars we drive, and coffee we drink. The brand is the promise. It is the expectation which the name, history and marketing represent. The green disc of Starbucks, the golden arches of McDonalds or the clawed M logo of Monster power drinks each produce an immediate and reasonably accurate expectation of the brand.

If you are unsure of what this idea of branding entails, ask yourself what vision comes to mind when you hear The Red Cross. How about NASA or Marriot or even Red Bull? All of these produce a strong and immediate recognition of what they are and what they do.

What if I say Royal Canadian Navy (RCN)? Is there clear brand recognition or is there a clouded montage of Second World War wavy navy, bellbottom trousers, old newsreel footage, veterans on parade and a random clip on CBC? If it is the latter, then we have no strong brand recognition, and this is what branding is all about.

So how do we move from an incoherent or non-existent RCN brand to an end state where people recognize us as an active, exciting relevant force for the future? To reach this end state we must work together to define our brand and to consistently communicate that brand through each of the 24 Naval Reserve Divisions (NRDs) across the country.

Identity

What defines us? What image do we want first and foremost in 2017 and beyond? When we think of NASA, we immediately think of a force for the future. We know it was built on the service and sacrifice of many who came before, but the branding of NASA is a brand for the future. Simi-



This is a ship's brow presenting a modern and engaged Naval Reserve Division.

LCDR DAVID LEWIS

larly, the RCN must define, identify and brand itself as relevant to today and capable for the future.

Our brand is our promise. Our brand was created and that promise kept by the service and sacrifice of the generations who have gone before us. Their brand was forward looking. At a time when darkness threatened the world it was their capable, strong, secure force for the future brand which was recognized. We honour them by inheriting their brand, and like them, we are moving forward with eyes beyond the horizon.

Consistency

When I walk into the lobby of a Sheraton Hotel, I know by the lobby décor and even the smell exactly where I am. I know and trust this brand and their 'brow' connects me to past experiences and sets certain expectations. In the same way, all points of entry to RCN establishments must make the connection to the RCN's modern branding.

I recently had a well-intentioned

individual at a NRD send me images of six glass cabinets on the brow of the unit. The request was, from a branding perspective, that I look at each image and respond with what should stay and what should go. Each cabinet contains wonderful historic items relating to the unit, its members, and their service. All are vital to the historic imprint which this unit had made in its service to Canada and the world and these artefacts should always be a part of this NRD. After all, these items exist because of those forward-looking sailors who have gone before us.

The NRD, however, is not a museum; it is not the Legion. It is, as it always has been, the RCN's link to local communities for the augmentation of a capable, globally engaged, technologically sophisticated, forward-looking force through which Canadians express their values and will.

So, in determining whether or not the items in the display case belong in our lobby where people subconsciously make their connection to the

institution, we simply ask ourselves whether or not the items in the display case reinforce our brand? If you asked the heroes in the photos what they would sooner have on display; their photo or photos of young active present day sailors, inspiring their own generation? What do you think their response would be? These historic items will always figure into our history and will always be displayed in a reverent and honoured location within the NRD.

Communicate

Interestingly, most of our experience with a brand is created through the associations that we've made and not through personal experience. I assume I would like to own and drive a prestigious sports car, not because I have driven one, but because I recognize and associate speed and superior quality with that brand.

Good branding not only defines a product, it shows the direction and the experience we associate with a particular product. A brand of power drink doesn't show the snowboarder drinking the power drink, it shows him high in the air, snow trail behind him, arms raised in victory. It is this experience we begin to associate with the brand.

We must be vigilant in our NRDs to ensure that the RCN brand experience is reinforced at the local level.

Imagery which shows events at our units, staged in front of a 1963 photo of the Queen, detract from that brand.

We own the brand. We are the brand. When sailors understand our mission and raison d'être, their pride in the brand increases. When their pride increases they begin to share their experiences on social media and within their community. This is how a brand is built.

Good brands don't just happen. They are created through a dedicated group of people working together for a product they believe in. We have the dedication, the people, and we certainly have the product.

Change of Command at 406 Squadron

406 (M) OTS Squadron bids farewell to Col P.J.W. Saunders (right) and welcomes LCol J.R.C.A. Lafreniere (left) during the 406 (M) OTS Change of Command ceremony on July 7, 2017, presided over by Col Allan, 12 Wing Commander. Each year, 406 Squadron trains the necessary air crew and technicians to ensure that 12 Wing has the personnel ready to provide Wings for the Fleet aboard Royal Canadian Navy ships on the east and west coasts. The maritime helicopter community plays a vital role in the Royal Canadian Air Force's overall air power on missions at home and around the world.

CPL JENNIFER CHIASSON, 12 WING IMAGING





Sailor of the Quarter got her start with Aboriginal Entry Program

Ryan Melanson,
Trident Staff

After making her own decision to join the CAF upon completing the Canadian Forces Aboriginal Entry Program (CFAEP), LS Stephanie Vallee endeavoured to give back to the program this year by volunteering with the newest group of recruits. She spent long hours on nights and weekends guiding and mentoring the program participants, and was awarded for that initiative with the MARLANT Sailor of the Quarter title for Q2 2017.

RAdm Craig Baines, Commander CANFLTANT, visited HMCS *Ville de Quebec*, where LS Vallee is posted as an RMS Clerk, to make the presentation on July 11. The award is presented for outstanding dedication and contributions to Canadian Fleet Atlantic during the prescribed time period, though in this case, she was awarded largely for her dedication to the three-week long Aboriginal Entry program. Her nomination letter for the award describes LS Vallee as being enthusiastic to volunteer as a mentor, giving up a big chunk of her free time to help instill CAF and RCN values to the group of young potential CAF members.



LS Stephanie Vallee was presented the MARLANT Sailor of the Quarter award, for the second quarter of 2017, on July 11 by RAdm Craig Baines, Commander CANFLTANT.

OS JOHN IGLESIAS, FIS HALIFAX

“As a strong Aboriginal female, she jumped right in,” it reads.

“LS Vallee ensured the candidates learned about the long and proud history of Aboriginal People’s in Canada’s military and took part in exercises similar to basic training,

such as morning inspections, daily pt and sports, navigation with compass and maps, basic weapons training and military drill.”

The group completed the CFAEP with a graduation ceremony on May 26, and 11 of the 13 participants, all

of First Nation, Metis or Inuit background, indicated they would be moving on to pursue CAF careers.

LS Vallee was nominated for the title by her divisional supervisor PO1 Shawna Gagne, who also noted that the sailor works well above her rank level, and recently spent time filling in as the ship’s Chief Clerk with no loss of customer service to the rest of the crew.

“LS Vallee continuously demonstrated the professionalism and dedication required to become a future leader within the RCN,” she wrote.

Ville de Québec’s Commanding Officer, Capt(N) Guillaume Lafrance, also made mention of her contribution in going above her normal duties as a clerk, which he said led to higher morale on the ship during a busy sailing period.

RAdm Baines also took the occasion to speak to the ship’s company about Canada’s new Defence Policy and to take questions from sailors, as well

as to oversee promotions for four crew members. Jonathan Paradis was promoted from PO2 to PO1, Matt Dumas was promoted from MS to PO2, Bruno Lafrance was promoted from OS to AB, and Jean-Sebastien Pelletier was promoted from OS to AB.

A CH148 Cyclone executes a Wet Hoist

Helicopter Operational Test and Evaluation Facility’s CH148 Cyclone conducts Wet Hoist training operations with assistance from CAF Divers and Fleet Diving Unit (Atlantic) in and above the Halifax harbour, Nova Scotia, on July 10, 2017.

CPL ANTHONY LAVIOLETTE, 12 WING IMAGING





PO2 Raef Wilson of the Stadacona Band has performed at the Royal Nova Scotia International Tattoo each year since 1981.

RYAN MELANSON/TRIDENT STAFF

Stad Band member has long history with the Nova Scotia Tattoo

By Ryan Melanson,
Trident Staff

The Royal Nova Scotia International Tattoo has been a yearly attraction in Halifax for nearly 40 years, and PO2 Raef Wilson has been there almost every step of the way. The long-time member of the Stadacona Band has played his trumpet at the Tattoo for an astounding 37 years in a row, crossing paths with thousands of different performers along the way.

The Tattoo made its debut in the city in 1979, and PO2 Wilson made his first appearance in 1981 with the Land Forces Atlantic Area Band. He remembers an experience that was new and exciting as a 21-year-old university student, being paid to go to work downtown alongside other young musicians.

“The first show was quite spectacular, after going through all the rehearsals and then stepping out on the first night and seeing all those people,” he said.

“I’ve been going nonstop since then.”

The basic format of the show has gone largely unchanged over the years, but PO2 Wilson said the different talents brought in each year, with both military and civilian performers from all corners of the world having been featured, always keep things from getting stale.

“Seeing all the different acts is what I’ve really enjoyed over the years. That’s what keeps it fresh and gives us that little bit of culture and colour each year.”

As for one of his all-time favourites, he brought up the US Marine Corps Silent Drill Team, and how their calculated drill movements and precise handling of their rifles left the audience in awe during one of his early shows in the late 1980s.

“They were just an absolutely spectacular scene for the show, but there’s so been so many, and from all over the world.”

When tallying up all the work put in over the years, PO2 Wilson will have spent a significant amount of time during his 42-year military career at the Tattoo, blocking off three and a half weeks every summer. He’s done and seen it all, and knows the format of the show inside and out, but said the little differences and getting to know new colleagues each year is always enjoyable, and with social media keeping people in touch, friendships always get formed.

“There’s times where you’re tired at rehearsals or waiting behind the curtain for things to happen, but everyone’s always talking and laughing. It’s hard work but you make the most of it.”

And those who caught PO2 Wilson and his trumpet at the show this year may just have seen him on his final run. No decisions are made yet, but he is approaching the end of his time in the CAF, and his next visit to the Tattoo may be for, for the first time, as a spectator.

“I’ve never actually seen it from that side. We’ll have to wait and see what happens,” he said.

CANEX Championship Gaming Series Returns

By Peter Mallett,
The Lookout Staff Writer

Canada’s military store is once again offering video gamers a chance to compete for \$7,000 in prizes when the CANEX Championship Gaming Series (CCGS) returns next month.

The 2nd Annual CCGS launches on the Twitch Game Platform Aug. 18 to 20, with this year’s competition featuring six-player teams matching their gaming skills in the popular online combat-based action video game Overwatch®.

Vivian Ngai, Segment Marketing Manager for CANEX, a Division of the Canadian Forces Morale and Welfare Services (CFMWS), says they and their corporate sponsors are excited about the return of the gaming contest following the success of last year’s inaugural gaming series launch. Last year featured the video game Counter-Strike: Global Offensive, and Ngai says it wasn’t just the game action itself but also the interaction between players and spectators that created a social media buzz.

“We had an overwhelming response last year with participation numbers of over 4,000 users and viewers either playing, watching the action on Twitch, or participating in our CCGS live event contests on the CANEX Facebook page,” said Ngai. “Our target audience are gamers from the Canadian Armed Forces (CAF) and the defence community and we’re confident that we can build on last year’s popularity.”

Last year’s winning five-member team, Five Guys and Fries, included Cpl Jeff Johnson and Cpl Michael Ryer, both from Base Logistics, CFB Halifax. They were on hand at their local CANEX store October 26, 2016, to collect their team’s prizes and have the team’s name engraved on the CCGS Trophy.

Ngai says the gauntlet has now been thrown down to this year’s competitors.

Team size will increase by one member, and players will compete in one of Blizzard Entertainment’s highly popular creations, Overwatch®, which was named Game of the Year by The Game Awards, D.I.C.E. Awards and the Game Developers Choice Awards. Overwatch® is available on Microsoft Windows, PlayStation 4, and Xbox One, and requires players on the team to work together, to secure and defend control points on a map in a limited amount of time.

First and second place teams will receive prize packages from the official sponsors including a selection of popular gaming accessories from gold sponsor MSI. Prizes will also be awarded for Players Lucky Draw and Viewers Draw categories with multiple prizes including MSI Hard Shell Gaming Backpacks, ASUS Gaming Laptop, Acer Predator Gaming Monitor and more from sponsors NVIDIA and Cougar.

Ngai says the promotion is meant to encourage friendly competition and social media interaction among participants and viewers in the CAF community.

The contest helps raise awareness in the military community that their gaming needs can be found at CANEX in-stores or online.

“CANEX is trying to create events that are of interest to our audience,” said Ngai. “We really want to do something for CAF gamers and we think this is a great form of entertainment that they will want to engage in.”

There is no fee for participating or following the action. Participants only need a CFOne Card (indicating their eligibility to the many CFMWS programs and services) to register and compete in the 2017 CCGS. Deadline to register is August 11.

For more information and to register, visit www.canex.ca/ccgs or via the CANEX Facebook Page or by searching #CCGS2017.

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135127



"Mighty Ike" and US Navy Strike Group celebrate Canada 150 in Halifax

By Ryan Melanson,
Trident Staff

According to the Commander of the US Navy Carrier Strike Group that visited Halifax from June 28 to July 5, the chance to be north of the border during the Canada 150 celebrations was one that he and his crew had to fight to get.

"The Navy held a little contest and we were the lucky ones who ended up winning," said RAdm Jim Malloy, who led CSG-10 and its flagship aircraft carrier USS Dwight D. Eisenhower into the city for the high-profile port visit.

"We couldn't imagine a better place to be than here celebrating Canada's big birthday, and I know Halifax is one of the best cities to do it in."

The visiting contingent included the massive nuclear-powered Nimitz-class Carrier Eisenhower, which sits 24 storeys high and more than three football fields in length, as well as destroyers USS Stout, Roosevelt, Mason and Nitze, Guided-Missile Cruisers USS Monterey and San Jacinto, and the Replenishment Ship USNS Arctic. The group's air component, Carrier Air Wing Three, included Seahawk and Hawkeye helicopters, as well as EA-18G Growler and FA-18 Superhornet jets.

The visit from the strike group was the talk of the town around Canada Day weekend, with the imposing Eisenhower hard to miss from downtown Halifax as it sat anchored in the harbour off George's Island, and with the rest of the visiting ships visible at HMC Dockyard. A lucky few had the chance to be ferried aboard for visits to the "Mighty Ike" during its stay – a number of tours were held for local media, who were able to meet with sailors and interview senior officers, and a grand reception was held in the ship's 300-metre long hangar bay on July 3, with more than 800 military and civilian guests from across the region in attendance.

And while there was high local interest in the visiting ships, the more



The aircraft carrier USS Dwight D. Eisenhower anchored in Halifax Harbour.

COURTESY OF U.S. NAVY

than 5,000 American sailors who came into port with the strike group were more interested in getting off those vessels for a few days to experience the city and spend both the July 1 Canadian holiday and the July 4 American Independence Day in Halifax. RAdm Malloy said it was a trip many of his crew had been looking forward to for months, and he credited strong support from the RCN and Military Police Unit Halifax in providing a level of security that allowed the military guests to enjoy some rest and relaxation.

"Every time that we're protected as well as we are, that allows for more of our sailors to go to the beach. Much like everything else with this trip, the Canadian Navy's gone above and beyond our expectations and what we're used to. Everyone has bent over backwards to make sure this is the place for us to be for Canada's birthday and for our birthday as well."

RAdm Malloy said he personally has worked very closely with the CAF all around the world for as long as he's been part of the US Navy, most recently in the Mediterranean alongside ships deployed to Op REASSURANCE, and that interoperability is seamless, whether working while deployed in theatre or collaborating on security in port.

The two militaries also linked up for some friendly competition, with a Sports Day held on June 30 pitting US Navy against RCN teams in a number of different events across the Stadacona and Fleet gyms. MS Korey Tynes, the Formation Master Seaman and PMC for Fleet Club Atlantic, said athletics are always a great way to break the ice when sailors from visiting countries come to town.

"Once people come together and start playing sports and chatting and socializing, all of a sudden the things that make you different from country

to country start to fade away."

The American visit also had a community relations aspect, with US sailors volunteering for a day with Habitat for Humanity.

The time alongside to Halifax followed a successful seven-month deployment for USS Eisenhower and its strike group near Iraq and Syria, conducting maritime security operations and missions in support of the US Armed Forces Operation Inherent Resolve. CSG-10 departed Halifax on July 5, and will remain the US fleet's "surge carrier" for the time being, ready to respond at a moment's notice where it might be needed.

"During this period of sustainment, we're maintaining our readiness both on the equipment side and on the sailor training side, so that we can respond worldwide to any contingency or any operation that may come up for us," said Capt Paul Spedero, Eisenhower's Commanding Officer.



Capt Paul Spedero, left, and RAdm Jim Malloy, met with media on USS Dwight D. Eisenhower's flight deck during their time in Halifax on June 29.

RYAN MELANSON/TRIDENT STAFF



A view of downtown Halifax from inside the hangar bay of USS Dwight D. Eisenhower.

RYAN MELANSON/TRIDENT STAFF



RAdm John Newton, Commander MARLANT and JTFA, addresses guests during a reception held on board USS Dwight D. Eisenhower on July 3.

COURTESY OF U.S. NAVY

Enter the CAF Imagery Contest

By Adam Lemm,
Communications Advisor, CFMWS

Ladies and gentlemen, get your cameras ready for the 50th anniversary of the CAF Imagery Contest. The 2017 contest will be open for submissions from June 15 – September 1, and we want you to send us your best shots.

Whether you're a seasoned professional or an amateur photography lover, this is the contest for you. The Photography portion of the Contest accepts images in eight diverse categories, and is open to all members of the Defence Team and their families.

In addition to the photography contest, we're excited to announce that this year's contest will also have two video categories as well, Actuality and Social Media. Send us your real world 30 second to 2 minute video footage for Actuality submissions, and your 30 second to 1 minute inspirational message videos for Social Media entries.

Photographers and Videographers will be eligible to win \$10,000 in prizes from our sponsors. Even if you don't win the grand prize, participating in the contest automatically enters you in a draw for 2 tickets to anywhere* Westjet flies.

The CAF Imagery Contest will also be again welcoming nominations for the Military Photographer Achievement Award, a prize introduced in 2015 to recognize the contributions that CAF Imagery Technicians have made to the CAF community.

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

Please visit www.cafimagerycontest.ca to enter and for full contest details.

*Excluding Hawaii.

Participez au Concours d'imagerie des FAC

Par Adam Lemm,
Conseillère des Communications,
SBMFC

Mesdames et messieurs, préparez vos appareils photos en vue du 50e anniversaire du Concours d'imagerie des FAC. L'édition 2017 du concours aura lieu du 15 juin au 1er septembre, et nous vous invitons à nous envoyer vos plus belles photos.

Que vous soyez un professionnel chevronné ou un amateur passionné de photographie, ce concours est pour vous. Le volet photographie du concours comprend huit catégories différentes, et tous les membres de l'Équipe de la défense et leur famille peuvent y prendre part.

Nous sommes heureux d'annoncer que le volet vidéo du concours de cette année comportera deux catégories : Réalité et Médias sociaux. Dans la catégorie Réalité, faites-nous parvenir une séquence vidéo de 30 secondes à 2 minutes illustrant un événement réel et dans la catégorie Médias sociaux, un message vidéo inspirant de 30 secondes à 1 minute.

Les photographes et les vidéographes courent la chance de gagner 10 000 \$ en prix offerts par nos

commanditaires. Même si vous ne remportez pas le grand prix, en participant au concours vous êtes automatiquement inscrit en vue du tirage de deux billets d'avion à n'importe quelle destination* desservie par WestJet.

Dans le cadre du Concours d'imagerie des FAC, la candidature de techniciens en imagerie des FAC peut être proposée en vue du Prix d'excellence du photographe militaire. Lancé en 2015, ce prix vise à reconnaître leur contribution à la communauté des FAC.

Depuis cinq décennies, le Concours d'imagerie des FAC met en vedette les œuvres de photographes talentueux qui croquent sur le vif la vie dans les communautés des FAC à l'échelle pancanadienne. Quand vous prendrez des photos ou réaliserez des vidéos cet été, gardez à l'esprit le concours. Réunions de famille, tournois sportifs, paysages pittoresques en vacances, événements professionnels... les occasions sont illimitées. Pour connaître tous les détails du concours et pour vous y inscrire, rendez-vous au www.concoursdimageriedesfac.ca.

*sauf Hawaï.



HMCS Sackville visitors break a record

On Canada Day 2017, HMCS Sackville was dressed overall for the big event. Canadian Naval Memorial Trust Executive Director Doug Thomas says, "We had 2511 visitors to the ship on 01 July – a record we believe for one day!"

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Le Relais de motocyclettes de la PM prêt pour une nouvelle traversée du Canada cet été

Par Ltv Blake Patterson,
OAP Grand prévôt des FC/Groupe de la Police militaire des FAC

L'aventure commence par un pneu arrière dans l'océan Pacifique et se termine avec un pneu avant dans l'Atlantique.

Le Relais national de motocyclettes de la Police militaire (RNMPM) prendra les routes du Canada d'assaut encore une fois cet été afin d'amasser des fonds pour les enfants ayant une déficience visuelle de tout le Canada.

Le RNMPM est le plus long relais à motocyclette annuel du monde, couvrant chaque année une distance de plus de 10 000 kilomètres d'un océan à l'autre, avec des arrêts dans des établissements des FAC et des lieux d'intérêt en chemin.

« La Police militaire des Forces canadiennes est fière de diriger ce relais annuel qui a tant contribué à satisfaire des besoins des enfants ayant une déficience visuelle au Canada, » dit le Bgén Robert Delaney, Grand Prévôt des Forces canadiennes et commandant du Groupe de la Police militaire des FC. « Chaque année, grâce aux contributions des gens partout au pays, le Relais national de motocyclettes de la Police militaire aide à améliorer la vie des enfants ayant une déficience visuelle et celle de leur famille. »

Le relais de 2017 commencera à Victoria (Colombie-Britannique) le 30 juillet, et se terminera le 23 août à St. John's (Terre-Neuve-et-Labrador). On prévoit la participation d'environ 300 motocyclistes.

Fondé en vue de favoriser la camaraderie entre les amateurs de motocyclettes membres de la Police militaire, le relais est maintenant ouvert à tous ceux (militaires ou civils) qui souhaitent faire une balade d'un jour, traverser une province ou se rendre d'un océan à l'autre.

Pour connaître les arrêts prévus pendant le relais cette année ou pour savoir comment faire un don ou s'inscrire au relais, visitez le site Web du Relais national de motocyclettes de la Police militaire à l'adresse www.nationalmotorcyclrelay.ca (en anglais seulement).

De l'aide pour les enfants aveugles

En 2016, le relais a permis d'amasser 60 000 \$ pour le Fonds de

la Police militaire pour les enfants aveugles (FPMEA), et les organisateurs du relais de 2017 ont pour objectif de recueillir la même somme cette année.

« Diriger le Relais national de motocyclettes de la Police militaire et contribuer à la collecte de fonds pour le Fonds de la Police militaire pour les enfants aveugles est un honneur, » dit le maître de 2e classe Tony Brooks, président national du Relais national de la Police militaire. « C'est une expérience inoubliable en tant que Canadien et membre des Forces armées canadiennes. Je suis très fier lorsque je pense au travail que nous accomplissons tous en vue d'amasser des fonds pour les enfants ayant une déficience visuelle de partout. »

Change of Command at Sea Training Atlantic



Cdr Jean Couillard, RAdm Craig Baines, and Cdr Trevor MacLean sign the Change of Command certificates as Cdr Couillard assumes command of Sea Training Atlantic on July 6, 2017 in HMC Dockyard, Halifax.

MONA GHIZ, MARLANT PA

MP Motorcycle Relay ready to ride across Canada again this summer

By Lt(N) Blake Patterson,
PAO CF Provost Marshal/CF Military Police Group

It starts with a back tire in the Pacific and ends with a front tire in the Atlantic.

The Military Police National Motorcycle Relay (MPNMR) will hit Canadian roadways again this summer to raise funds for visually impaired children across Canada.

The MPNMR is the world's longest annual motorcycle relay, travelling more than 10 000 kilometres from coast to coast each year with stops at CAF establishments and points of interest along the way.

"The Canadian Forces Military Police take pride in leading this annual relay that has contributed so much to helping meet the needs of visually impaired children in Canada," said BGen Robert Delaney, CF Provost Marshal and Commander CF Military Police Group. "Each year, thanks to the contributions of people across this country, the Military Police National Motorcycle Relay helps improve the lives of visually impaired children and their families."

The 2017 Relay will begin on July 30 in Victoria, British Columbia, end

on August 23 in St. John's, Newfoundland. About 300 riders are expected to participate.

Founded as a way to build camaraderie between Military Police motorcycle enthusiasts, the Relay is now open to anyone (military or civilian) who wishes to ride for a day, a province or from coast to coast.

To see the scheduled stops for this year's Relay or to find out how to donate or participate, visit the Military Police National Motorcycle Relay website at: www.nationalmotorcyclrelay.ca.

Helping blind children

In 2016, the Relay raised \$60 000 for the MPFBC, and organizers of the 2017 Relay have set a goal to reach that mark again this year.

"It's an honour to lead the Military Police National Motorcycle Relay and help raise funds for the Military Police Fund for Blind Children," said PO2 Tony Brooks National Chairperson for the Military Police National Relay. "This is an experience that is unforgettable as a Canadian and a member of the Canadian Armed Forces. I am filled with pride when I think about the work we are all doing to raise funds for visually impaired children everywhere."

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A festive display of lights



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Esmeralda, the Chilean Navy's barquentine, is brightly lit at night. The Tall Ship was one of the ships in Halifax to celebrate Canada 150.

JOHN CLEVETT



CANADA 150



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Getting ready for the Four Day Marches of Nijmegen

The Canadian Flag is raised at Camp Heumensoord on July 16, 2017, alongside flags from other nations participating in the Four Day Marches of Nijmegen 2017.

MCPL CHARLES A. STEPHEN, FIS HALIFAX



Cpl Murray is a piper and sentry in this year's Sentry Program at Government House in Halifax.

MCPL CHRIS RINGIUS, FIS

The sentry who pipes

By Josée Poirier,
MARLANT PA

As a musician in the Nova Scotia Highlanders (NSH) Pipes and Drums, Dartmouth resident Cpl Liam Murray is honoured to be filling an important historic role as a sentry, at Government House in Halifax.

The sentries are provided in support of the Government House Tour Program, which is recognizing and celebrating Canada's 150th birthday this year. The sentries help to increase interest in Government House, and demonstrate the support of the CAF for the province.

Growing up in Dartmouth, Cpl Murray's life revolved around sports and athletics. Winter was hockey season and summers were for paddling, and later, football. The emphasis on sports and recreation in Murray's youth

reflects the importance placed on physical fitness in the CAF.

A graduate of Mount Saint Vincent University, Cpl Murray originally joined the CAF to help pay for his education. He has remained with the CAF for four and a half years because of the camaraderie and friendships made within his unit, as well as the unique challenges and opportunities a career in the CAF provides.

When he is not working with the NSH, Cpl Murray teaches social studies and science to junior high and high school students as a public school substitute teacher with the Halifax Regional School Board.

Cpl Murray believes that the CAF has a lot of incredible experiences to offer, and hopes to travel in the future and take part in international commemorations such as Juno beach or Vimy Ridge.



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Halifax Shipyard reveals future HMCS *Harry DeWolf*

During an open house for the public on Saturday, July 15, Irving Shipbuilding revealed and then moved outside two large mega-blocks of what will become HMCS Harry DeWolf, the first of the Royal Canadian Navy's six Arctic Offshore Patrol Ships.

JOHN CLEVETT



Black Battalion remembered

On Saturday, July 8, 2017, the annual parade and ceremony to honour No. 2 Construction Battalion took place in Pictou, NS. Here, the parade marches past the reviewing party.

MCPL CHRIS RINGIUS, FIS



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PSP & Canadian Tire Jumpstart, a natural partnership

By Adam Lamm,
Communications Advisor, CFMWS

For one military family, the unique challenges of life in the CAF resulted in financial hardship. With a change in trade and three moves, a Cpl in the CAF was worried about the not being able to afford sports for their children. "Sports are very important to our family, that is how we make most of our friends. It would have broken my heart if they had not played this year," says the Cpl.

The Cpl's family has an important history with being involved in sports and recreation, regardless of where they are posted. "The only thing constant was sports. These sports are extremely important. They have made friends through sports even before going to school, so when they start school they have friends there. We have made so many family friends because of sports. I have always thought that playing sports is the best thing to ever happen to me and my children, with every move this is the foundation for making friends."

Thankfully, the Cpl saw a poster at the gym advertising PSP's partnership with Canadian Tire Jumpstart. PSP has partnered with Jumpstart to bring financial assistance to CAF members and their families, in accessing recreation programs, equipment and transportation for children. From there he went to the website to find out more about the application. There were a couple of extra steps because of being in the military, but overall it was fairly easy, the Cpl explained.

The Jumpstart program began in 2005 as a registered charity with the

goal of removing financial barriers so every Canadian child aged 4 to 18 can have the opportunity to participate in sport and recreation activities. Jumpstart supports over 70 different activities, from more mainstream sports like hockey, soccer and basketball, to other active pursuits such as dance and martial arts classes. With PSP's focus on health through an active lifestyle for CAF members and their families, this partnership was a natural fit.

PSP and Jumpstart both believe that no child should miss out on healthy, life-enriching activities like sports and recreation programs due to financial considerations. Through consultations with PSP, a unique Jumpstart application and set of funding criteria for the program are specifically designed to meet the needs of the CAF community.

As one CAF member responded when asked what the Jumpstart program has meant to him and his family, "It was important to me because I needed financial assistance at the time. Sports are very important to our family, because that is how we make most of our friends. Sports also give our children the chance to learn important things like teamwork, respect, and what you can achieve with hard work."

Another CAF member explained that the funding was important to her because "being a single mother of two very active children as well as myself trying to stay active and healthy I find it hard to keep up with the constant money needed for sports throughout the year."

For more information about the Jumpstart program, and to complete an application, please visit: www.caf-connection.ca/National/Jumpstart



PSP has partnered with Jumpstart to bring financial assistance to CAF members and their families, in accessing recreation programs, equipment and transportation for children. Le partenariat entre les PSP et la Fondation Bon départ de Canadian Tire à offrir de l'aide financière aux militaires et à leur famille afin qu'ils puissent inscrire leurs enfants à des programmes de loisirs, leur procurer de l'équipement et assurer leurs déplacements vers les installations sportives.

SUBMITTED

Les PSP et la fondation Bon départ de Canadian Tire: une combinaison gagnante

By Adam Lamm,
Conseillère des Communications,
SBMFC

Les défis uniques du mode de vie militaire peuvent entraîner certaines difficultés financières, comme peut en témoigner un père de famille membre des FAC. Après un changement de métier et trois déménagements, ce caporal s'inquiétait de ne pas avoir les moyens d'inscrire ses enfants à des activités sportives. « Les sports sont très importants pour notre famille, car ils nous permettent de nouer la plupart de nos amitiés. J'aurais eu le cœur brisé si les enfants n'avaient pas pu jouer cette année, » explique-t-il.

La famille du caporal a toujours participé aux sports et loisirs de sa communauté, peu importe le lieu de l'affectation. « La seule constante, c'était le sport. Ces activités sont extrêmement importantes pour nous. Grâce à elles, les enfants ont pu se faire des amis avant même le début de l'année scolaire, ce qui a facilité leur intégration. Nous avons lié de nombreuses amitiés avec d'autres familles par l'intermédiaire du sport. Depuis toujours, j'ai la certitude que l'amour du sport est la meilleure chose qui nous ait été donnée à moi et à mes enfants. À chaque déménagement, c'est ce qui nous permet de créer de nouveaux liens. »

Par chance, alors qu'il était à son centre de conditionnement physique, le caporal a vu une affiche annonçant le partenariat entre les PSP et la Fondation Bon départ de Canadian Tire. Cette alliance vise à offrir de l'aide financière aux militaires et à leur famille afin qu'ils puissent inscrire leurs enfants à des programmes de loisirs, leur procurer de l'équipement et assurer leurs déplacements vers les installations sportives. Le caporal s'est ensuite rendu sur le site Web pour en savoir plus sur le processus de demande. Malgré les quelques étapes supplémentaires pour les militaires, tout s'est déroulé assez facile-

ment, selon lui.

Canadian Tire a lancé Bon départ en 2005 comme organisme de bienfaisance enregistré visant à contrer les obstacles financiers empêchant les enfants canadiens âgés de 4 à 18 ans de participer à des activités sportives et récréatives. Le soutien offert couvre plus de 70 activités différentes, des plus populaires comme le hockey, le soccer et le basket-ball aux plus rigoureuses comme la danse et les arts martiaux. Étant donné que les PSP consacraient déjà beaucoup d'efforts à favoriser un mode de vie actif chez les membres des FAC et leur famille, ce partenariat était tout naturel.

Les PSP et la Fondation Bon départ croient tous deux qu'aucun enfant ne devrait passer à côté d'activités enrichissantes comme les sports et les loisirs en raison de difficultés financières. Dans le cadre de consultations avec les PSP, un formulaire de demande et des critères de financement ont été élaborés spécialement pour répondre aux besoins de la communauté des FAC.

Un militaire ayant profité du programme témoigne : « C'était important pour moi, car j'avais besoin d'aide financière à l'époque. Les sports sont très importants pour notre famille, parce qu'ils nous permettent de nouer la plupart de nos amitiés. De plus, ils donnent à nos enfants la chance d'apprendre l'importance du travail d'équipe, du respect et du travail assidu. »

Un autre membre des FAC a expliqué que le financement l'avait grandement aidée : « Étant une mère monoparentale de deux enfants très actifs qui tente elle-même de maintenir un mode de vie sain et actif, il n'est pas toujours facile d'avoir l'argent nécessaire pour les activités sportives pendant l'année. »

Pour en savoir plus sur le programme Bon départ et remplir un formulaire de demande, rendez-vous au www.connexionfac.ca/Nationale/Bondepart

End of an era



After more than 67 years as the primary Single Quarters for Junior Ranks, Stadacona's Atlantic Block is being deconstructed. Over the years, literally thousands of sailors called A-Block their home away from home. A project to re-align the base's main gate and build a training facility will soon be seen on the site. If only the walls could talk!

MIKE BONIN, BASE PAO

Vos indemnités de déplacement à l'étranger

Par CPM

La planification d'un voyage peut être stressante, surtout lorsque vous vous réunissez avec votre famille pendant une affectation à l'étranger. Le fait de connaître vos indemnités de déplacement en tant que membre des FAC peut être utile.

Selon votre situation personnelle, quatre indemnités de déplacement sont disponibles lorsque vous êtes en service extérieur : l'indemnité de retour au domicile (IRD) - pour vous aider à payer les frais de déplacement pour vous ou vos proches; toutefois, vous devez être en congé pour y être admissible; l'indemnité de déplacement pour réunion de famille - pour vous aider à payer les frais de déplacement pour vous ou un membre de votre famille pour une réunion de famille; l'indemnité de frais de déplacement en congé (IFDC) - pour vous aider à prendre des vacances avec votre famille ailleurs qu'au lieu de votre affectation; l'aide au transport pour raisons personnelles ou de famille (ATPFP) - pour que vous puissiez rendre visite à un membre de votre famille mourant ou récemment décédé.

Conseils de voyage

Discutez de vos plans de voyage avec le personnel de votre salle des rapports avant d'effectuer la réservation pour éviter les dépenses personnelles. Si vous voyagez à l'extérieur du Canada et des États-Unis, vous devez absolument présenter un avis d'intention de voyager (<http://collaboration-vcds.forces.mil.ca/sites/vcdisIM-GIvcemd/RM5/web/noit/SitePages/NOIT.aspx>) à l'Unité nationale de contre-ingérence des Forces canadiennes (formulaire accessible sur intranet seulement).

Ne tentez pas de combiner différentes indemnités de déplacement, y compris le service temporaire, car ce n'est pas autorisé par le Conseil du Trésor. Envisagez l'assurance voyage du RARM (https://hermes.manulife.com/can/affinity/travel/travel.nsf/public/sisip_landing_fr) pour être protégé contre l'annulation de voyage ou la perte des bagages.

Enregistrez vos bagages gratuitement avec WestJet (<https://www.westjet.com/fr-ca/integration/info-voyage/bagages/enregistres-excedentaires>) (jusqu'à quatre bagages) et Air Canada (https://www.aircanada.com/content/dam/aircanada/portal/documents/PDF/fr/military_baggage_policy.pdf) (jusqu'à trois bagages) grâce à la franchise de bagages bonifiée d'Air Canada et de WestJet mentionnée dans le CANFORGEN 110/14.

Profitez de la voie de contrôle réservée aux voyageurs dignes de confiance de l'Administration canadienne de la sûreté du transport aérien (<http://www.acsta.gc.ca/voyageurs-dignes-de-confiance?ga=2.268046158.1921892959.1498220907-1665667932.1490360852>).

Conseils sur l'IRD :

Si vous prévoyez voyager à un troisième endroit, soyez conscient de votre montant d'affectation et des limites de la politique sur les voyages, et conservez tous les reçus aux fins de vérification à votre retour; Notez que vos dates de congé doivent correspondre à vos dates de voyage, même lorsque vous accueillez un proche en demandant une indemnité de retour au domicile inversée.

Conseil sur le déplacement pour réunion de famille : vous devez vous déplacer en suivant un itinéraire direct si vous allez à la maison, puisque cette indemnité est plus restrictive que l'IRD.

Conseil sur l'IFDC : conservez votre preuve de voyage pour obtenir un remboursement puisqu'une déclaration solennelle n'est pas suffisante.

Conseils sur l'ATPFP :

Réservez un billet en classe économique ou un billet spécial à tarif réduit avec un itinéraire direct puisque les escales et les billets d'avion en première classe, en classe affaires ou leurs équivalents ne sont pas couverts. Le montant du remboursement des frais de voyage est limité. Les repas, les frais accessoires et la location de voiture ne seront pas remboursés; Vous pouvez demander le remboursement des frais d'un bagage enregistré pour le tarif aérien le plus bas.

Pour obtenir plus d'informations, consultez : Directives sur la rémunération et les avantages sociaux (DRAS), chapitre 10 (<http://www.forces.gc.ca/fr/communaute-fac-avantages/dras-avantages.page>) : DRAS 10.12.03(3) (indemnité de déplacement pour réunion de famille); DRAS 10.21 (ARDC); DRAS 10.22 (IDV); et DRAS 10.23 (ADEFM).

Directives sur le service extérieur du Conseil national mixte (DSE) : DSE 50 (ADV) (<https://www.njc-cnm.gc.ca/directive/d132/v216/fr>); DSE 51 (indemnité de déplacement pour réunion de famille) (<https://www.njc-cnm.gc.ca/directive/d133/v233/fr>) ; DSE 54 (ADEFM) (<https://www.njc-cnm.gc.ca/directive/d134/v217/fr>).



About your out-of-country travel benefits

By CMP

Planning a trip can be stressful, especially when you're reuniting with your family while posted out-of-country (OUTCAN). Knowing your travel benefits as a CAF member can help.

Depending on your personal situation, there are four benefits available when you are on Foreign Service: Home Leave Travel Assistance (HLTA) to help you cover travel expenses for you or your next of kin, but you must be on leave to be eligible; Family Reunion Travel (FRT) to help you cover you or your family member's travel expenses to reunite; Vacation Travel Allowance (VTA) to help you and your family take a vacation away from your post; and Compassionate Travel Assistance to help you reunite with a recently deceased or dying family member.

Travel Tips

Discuss your travel plans with your Orderly Room prior to booking to avoid out-of-pocket expenses. If traveling outside of Canada or the USA, it is imperative that one submits a Notice of Intent to Travel form to the Canadian Forces National Counter-Intelligence Unit (link accessible via intranet only). Don't try to combine any Travel Allowances, including Temporary Duty, since it is not authorized by Treasury Board.

Consider SISIP Travel Insurance (https://hermes.manulife.com/can/affinity/travel/travel.nsf/public/sisip_landing) to protect against trip cancellation or lost baggage.

Check your baggage for free with WestJet (up to four pieces) and Air Canada (https://www.aircanada.com/content/dam/aircanada/portal/documents/PDF/en/military_baggage_policy.pdf) (up to three pieces) with CANFORGEN 110/14 WestJet (<https://www.westjet.com/en-ca/travel-info/baggage/checked-excess>) and Air Canada Enhanced Baggage Allowance.

excess) and Air Canada Enhanced Baggage Allowance.

Use the trusted traveller security line with the Canadian Air Transport Security Authority (CATSA) (<http://www.catsa.gc.ca/node/11>)

HLTA tips

If you plan to travel to a third location, know your allocated amount for your post, know the policy travel limitations and keep all receipts to complete your verification when you return from leave; Know how your leave and travel dates must align, including when you host your next of kin using reverse HLTA.

FRT tip: You must travel within a direct routing as if you are going home, since this benefit is more restrictive than HLTA.

VTA tip: Retain proof of travel for your reimbursement since a statutory declaration is not accepted.

CTA tips

Book economy class or with special discount fares on a direct route since stopovers, first class, business class or equivalents are not covered. Your reimbursed transportation expenses are limited, with no entitlement to meals, incidentals or car rental; and you can claim one piece of checked baggage on the lowest available airfare.

For more information, read: Compensation and Benefits Instructions (CBI) Chapter 10: (<http://www.forces.gc.ca/en/caf-community-benefits/cbi-benefits.page>)

CBI 10.12.03(3) (FRT); CBI 10.21 (HLTA); CBI 10.22 (VTA); and CBI 10.23 (CTA).

The National Joint Council's Foreign Service Directives (FSD):

FSD 50 (VTA) (<https://www.njc-cnm.gc.ca/directive/d132/v216/en>); FSD 51 (FRT) (<https://www.njc-cnm.gc.ca/directive/d133/v233/en>); and FSD 54 (CTA) (<https://www.njc-cnm.gc.ca/directive/d134/v217/en>).

Cooks at work

Pte Matthew Ridgeway (left) and AB Ian Rathwell (right) prepare food for the Admiral's Reception held during the visit of the US Navy's Carrier Strike Group 10 in late June 2017.

MIKE BONIN, BASE PAO



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"In the beginning was the Word, and the Word was with God, and the Word was God"

- Gospel according to John

Talented mid-level RCN leaders show the way

By Darlene Blakeley,
Crowsnest Editor

"A leader is one who knows the way, goes the way and shows the way."

This quote from John C. Maxwell is a perfect description of what it means to be a leader in the Royal Canadian Navy (RCN).

Over the past few months wide-ranging global activity, high expectations and a superior quality of response have showcased the capabilities, drive and talent of those mid-level leaders (both officers and non-commissioned members) who could be the next generation of senior leadership in the RCN.

Whether it be working with children in Sierra Leone, seizing illicit drugs off the coast of Central America, circumnavigating North America in the RCN's only commissioned sailing ship, creating a new tactical operations group and training with North African partners, or completing intense workups to get a submarine ready for operations with allies, these leaders have raised the bar of trust, teamwork and mentorship to extraordinary levels.

"The RCN is committed to building leaders at every level and the high intensity of recent activity both at home and abroad has provided opportunities for mid-level leaders to put their extensive training and unique capabilities into action. They are what right looks like," says VAdm Ron Lloyd, Commander RCN. "I couldn't be prouder of what they have accomplished and what it means for our future fleet."



The crew of HMCS Oriole say farewell to Esquimalt before departing on a lengthy trip to mark Canada 150.

CPL ANDRE MAILLET, MARPAC IMAGING

Leadership means leading by example

Deployed on Neptune Trident 17-01 in West Africa this spring, LCdr Nicole Robichaud, commanding officer of HMCS Moncton, set the example for her crew. Not only did they participate in maritime training exercises designed to improve cooperation among participating nations in the Gulf of Guinea, they also worked ashore to help improve the lives of local residents.

"In Freetown, Sierra Leone, I was very fortunate to host the United Nations Woman's Ambassadors group

onboard our ship," LCdr Robichaud says. "Female crew members and I learned what it was like to be a woman in Sierra Leone. We had the honour to speak with local young women and female dignitaries to learn more about how women are overcoming adversity and promoting equal rights so that future generations of women can succeed. I have been fortunate throughout my career, so sharing my story and possibly influencing or inspiring young women, is truly moving."

In Monrovia, Liberia, she took the crew to a community called West Point, the poorest and most densely populated area of the country. It houses over 80,000 people and was hit hard by the Ebola crisis.

"We went to the local school in the area that teaches about 1,500 students," she explains. "The school was closed down during the Ebola crisis and opened up as an Ebola Crisis Centre. Our crew refurbished their basketball court, fixed desks and painted the classroom floors. The students, teachers and counsellors all helped out. The crew was amazing, approaching every task with open eyes and pushing to get as much done possible in the short amount of time that we were there. Afterwards, we played a game of soccer where there were about 1,000 children watching and cheering us on."

PO1 Sylvie Simoneau, Moncton's coxswain, was captivated by the children. "Working with the kids was the most fascinating connection one could ever have. It didn't matter where we were, the kids were always happy to see us and they knew we were there for them. We worked, read and played with them. I feel that I have made a difference to them with the help of an amazing commanding officer and crew."

Also deployed on Neptune Trident was Summerside, commanded by LCdr Paul Smith. The ship's crew worked with Spanish, Moroccan, French, Senegalese and Sierra Leo-

nean warships, and also represented Canada as a floating embassy, hosting military and civilian officials from several nations including China, Russia, Mali, South Africa, Ghana, Togo and the United Kingdom.

Crewmembers also demonstrated Canadian values by conducting outreach engagements such as repairing a generator at an orphanage for young girls who lost both parents during the Ebola outbreak, providing donations to elementary schools in need, and supporting youth organizations that are themselves providing support to their communities through education and mentorship.

"Without a doubt, this has been the most spiritually rewarding experience of my career," says LCdr Smith. "The RCN has never had ships alongside in these countries before, and it was an eye-opening experience for myself and my ship's company. Distinct countries with their own cultural and historical differences, the Western African nations we visited all share the same determination to improve the lives of their people."

Leadership means inspiring teamwork

On the other side of the world, HMCS Saskatoon patrolled the Eastern Pacific as part of Operation CARIBBE, Canada's contribution to an international counter-narcotics operation.

In March, SASKATOON seized 660 kilograms of cocaine, and then in April another 460 kilograms, in international waters in the eastern Pacific in just two of several drug interdictions during the mission. In both cases, the ship intercepted suspicious vessels initially spotted by maritime patrol aircraft. Saskatoon launched a rigid-hulled inflatable boat with an embarked United States Coast Guard Law Enforcement Detachment team to halt the panga-style vessels, which were then boarded and the suspected smugglers apprehended. Several bales of cocaine were recovered from both the panga and the ocean after the suspected smugglers attempted to jettison their cargo.

LCdr Todd Bacon, Saskatoon's commanding officer, says this impressive achievement comes down to preparation and teamwork. "I am extremely pleased to see that the great training the crew has received in recent months came together for a successful interdiction in support of regional stability."

He adds that the dedication and hard work of the crew of Saskatoon during Op CARIBBE has been "incredibly rewarding" to see. "Saskatoon sailed from Esquimalt, BC, with a new crew in January 2017 and through hard work and excellence in training, they have grown together and performed seamlessly in theatre. Their ability to work together operationally has enabled international joint operations, ultimately reducing the volume of drugs reaching North America."

New Lieutenant Governor for Nova Scotia



In a ceremony on June 28, 2017, His Honour the Honourable Arthur Joseph LeBlanc became Lieutenant Governor of Nova Scotia, replacing the Honourable J. J. Grant. A military guard of honour comprised of military members from CFB Halifax was present for the occasion.

OS TYLER ANTONEW, FIS

Continued on page 19

Talented mid-level RCN leaders show the way

Continued from page 18

The ship's executive officer, Lt(N) Christopher Shook, says he has learned first-hand the challenges facing the ship's commanding officer over the course of the deployment. "Being the XO of a Canadian ship on an international deployment has helped me understand the challenges my superiors face and better prepared me to assist them."

His thoughts are echoed by the ship's coxswain, PO1 Joseph Dagenais. "Throughout Operation Caribbe, the crew has remained focused and vigilant, aided by the unwavering dedication of HMCS Saskatoon's leadership. Personnel of all ranks and trades worked tirelessly to ensure their subordinates were well rested so they could continue to achieve mission success."

Leadership means inspiring and mentoring junior leaders

LCdr Wil Lund is the commanding officer of the RCN's new Maritime Tactical Operations Group, or MTOG. Since its inception in 2014, MTOG has deployed four maritime interdiction teams on international deployments and also contributed to training events with partner navies, capacity-building tasks and exercises in numerous countries around the globe, as well as across Canada.

The team recently completed a series of activities in Tunisia, Liberia and Sierra Leone as part of the RCN's engagement strategy. MTOG worked in the area to enhance partner capabilities in planning, command and control, tactical movement and combined operations with foreign nations.

"The critical component in the success of MTOG's operations hinges on the significant mentorship and development of its junior leaders to operate in a small team environment," says LCdr Lund. "The trust these members have earned to con-

duct these operations independently and with limited oversight is a direct result of their ability to understand and execute the commander's intent in volatile, uncertain, chaotic or ambiguous situations."

The greatest challenge for LCdr Lund was the unit's first 12 months of operation. During this period the MTOG was tasked to select, train and equip a 10-member team in time to support operations with HMCS Winnipeg.

"This was an incredibly busy, almost frantic, time for the original 12 MTOG members who were constantly challenged with obstacles and problems that none had encountered before, or even expected," he says. "This original team showed outstanding leadership, creativity and determination in solving problems, while also ensuring that MTOG delivered the capability as tasked and on time."

CPO2 Class Brent Bethell, the MTOG's unit chief petty officer, agrees. "Being part of a team of highly motivated goal-orientated personnel, continually problem-solving and being creative in resource management opened my eyes to how effective an inspired team can be, regardless of rank level."

Leadership means working together to achieve common goals

After an intense training program, HMCS Windsor transited the Atlantic earlier this year, participating in Exercise Joint Warrior and visiting Faslane, Scotland and Lisbon, Portugal. After the port visits, the sub transited to the western coast of Spain to participate in Trident Juncture and its first exercise was to conduct a Special Forces rendezvous and insertion.

"Weeks of training, coordination and hard work paid off and the pick-up and insertion went flawlessly," says LCdr Peter Chu, Windsor's commanding officer. "I remember in

the middle of the night talking to the Special Forces team leader just before the insertion, who expressed numerous times what an awesome team Windsor had and what an incredible experience it was for his team. I was extremely proud of my crew, how far they had come, the sacrifices they had made and how we had all come together."

He says that as a commanding officer he realizes that the operational schedule, training program and assigned missions are not the highlights of command. Instead they're "the enablers that develop camaraderie, cohesiveness, teamwork and most importantly, a strong bond."

"I have been extremely privileged and humbled to have had the opportunity to command extraordinary submariners, and it is these relationships that I have built over the past three years that I cherish the most and will continue to cherish once my command is over," LCdr Chu says.

Leadership means overcoming challenges together

The RCN's only commissioned sailing ship, HMCS Oriole, is facing its own challenges during a 10,000 nautical mile voyage from CFB Esquimalt to Nova Scotia. As part of celebrating Canada's 150th birthday, the ship will visit 27 ports of call in its longest deployment since 1998.

The first leg of its journey was particularly challenging as Oriole encountered un-forecasted 50-knot southerly winds, which both halted the ship progress to San Diego, Calif., and presented a significant challenge for the majority of the crew who had never sailed prior to being assigned to Oriole.

"Preparing the ship for this voyage to the East Coast has been particularly challenging," says LCdr Michael Wills, Oriole's commanding officer. "Ensuring the ship and its company were ready took many months of

surveys, maintenance and crew training. This effort required dedication from the ship's company, technical authorities, fleet maintenance and other Canadian maritime industry technicians, and above all the support of our families. Departing on the voyage April 16 was the culmination of this effort and was particularly rewarding."

PO1 Jason Bode, who took over as Oriole's coxswain in January, says that despite having extensive sea time in other RCN ships, it was "a steep learning curve" as he joined in the midst of preparing for this six-month deployment. Once at sea however, he quickly learned his duties as officer of the watch while under sail and found his respect for the entire crew growing as they faced challenges together.

"I am very impressed at the crew's determination and teamwork," he says. "This level of commitment is what we need to ensure we arrive safely and demonstrate our professionalism as ambassadors of Canada and the RCN."

Leadership means preparing for future fleet

The diverse and challenging activities of these RCN ships over the past few months have highlighted the ability, dedication and commitment of their mid-level commanding officers and senior non-commissioned members.

"As the RCN prepares for the future fleet and new classes of ships, it's great to know they will be in good hands," says VAdm Lloyd. "Our young leaders have shown they are more than capable of taking on the big tasks. Along the way they are demonstrating that leading by example, taking care of their people and mentoring those under their command enables them not only to achieve mission success, but also to pave the way for future generations of dedicated leaders."



The XO of HMCS Saskatoon, Lt(N) Christopher Shook and a crewmember move bales of cocaine into a net for transfer to US Coast Guard custody on April 8, 2017 after an interdiction on April 6, 2017 during Operation CARIBBE.

RCN PA



LCdr Paul Smith, Commanding Officer of HMCS Summerside, delivers donations to St. Edwards Primary School in Freetown, Sierra Leone during Neptune Trident March 21.

MCPL PAT BLANCHARD/COMBAT CAMERA

TRIDENT Sports

What's the score with local sports in your community? Send write-ups, photos, and results to editor@tridentnews.ca

NFS(A) sailor bounces back from injury to race at provincial championships



MS James Gillett in action at the Riverport Road Race on June 18.

COURTESY OF BRIANNE STEINMAN

By Ryan Melanson,
Trident Staff

After suffering a serious back injury while deployed to Op REASSURANCE in 2016, MS James Gillett is on the rebound and recently made that clear with a winning performance at the Bicycle Nova Scotia Provincial Road Championships on June 18.

MS Gillett, the Regulating Master Seaman at Naval Fleet School (Atlantic) Damage Control Division, secured first place and the gold medal in Category B at the Riverport Road Race, finishing the 110 kilometre course with a time of 3:09:35.5, barely a second ahead of the second and third place finishers. He's been cycling his whole life, but with only a couple years of racing under his belt at the 110 km distance, and an injury thrown into the middle of that, he said a first place finish at provincials was a big accomplishment as he gets back into the swing of things.

"I spent last summer in bed, mainly, so it feels good to be rebounding from that after a long recovery."

As for the race itself, he said it was a mix of speed and strategy that led to the victory, using friendly competition with some of his rival team members from the VeloLab Racing Team to make a push down the stretch.

"It's a very tactical sport and it's a huge team sport as well," which a lot of people don't realize. Things went my way, I managed to put in the work and get to the front of the group."

MS Gillett said cycling is his main method of exercising and keeping fit, with a little bit of running mixed in, and he recently took part in both the MARLANT Navy Bike Ride as well as his unit's annual Tour de Sambro bike ride. He does both road racing and mountain biking, and often commutes from home in Fall River to DC Div in Purcell's Cove on his bike. He's already competed again in smaller races since the Provincial Championship in June, and said he's looking forward to being on his bike as much as possible through the rest of the season.

Fitness and sports updates

By Trident Staff

Please note that the ball field located at Windsor Park will not be open for the season. The Shearwater ball field is open and is taking bookings for the season. Please contact Tony Hamilton at 902.721.8412 or at Tony.Hamilton@forces.gc.ca.

The Formation Women's Soccer Team has started weekly practices in preparation for the Atlantic Regional Tournament hosted by CFB Gagetown from August 8-11. The team is a great opportunity to meet new people and increase your soccer skills and fitness – no experience required. If you are interested, please contact Emily Bowen at Emily.Bowen@forces.gc.ca for additional details and to be added to the team email list.

Shearwater Ball Hockey Team

practices start now. Practices are 11:30 a.m. – 1 p.m. Mondays, Wednesday and Fridays

For more information please contact: Cpl Robbins at 902-720-1141 or MCpl Hayes at 902-720-3214.

Join PSP Community Recreation for pick-up beach volleyball on Tuesdays and Thursdays from 7-9 p.m. at the Shearwater Fitness, Sports and Recreation Centre. All equipment will be provided and teams will be organized upon arrival. For more information, please call 902-720-3463.

Join PSP Community Recreation for pick-up basketball at the Shearwater Fitness, Sports and Recreation Centre. All equipment will be provided and teams will be organized upon arrival. Mondays and Wednesdays, 7 – 9 p.m. For more information, please call 902-720-3463.

Navy Tridents Triathlon members compete in Epic 5



Members of the Navy Tridents Triathlon team participated in the open water race challenge of the Epic 5 over Canada Day weekend. A/SLt Sam Kehler (second from left) and CPO2 Patrick Lavigne (second from right) raced the 5 km and finished 4 and 5 in the men's category, only 5 seconds apart.

SUBMITTED

Local Jiu Jitsu grapplers win medals at military championships

By Ryan Melanson,
Trident Staff

Members of the 12 Wing Brazilian Jiu Jitsu club recently came back to Shearwater with a gold and silver medal after testing their skills against other Jiu Jitsu practitioners from across the CAF.

The fifth annual Military Combatives Grappling Championships were held on June 24 at CFB Petawawa, and MCpl Scott Rose, PO2 Greg Fillmore and Lt(N) Matt Snow all competed in the tournament's advanced category, facing off against some of the best grapplers the Armed Forces has to offer. The event is a fundraiser each year for Soldier On, and has been growing steadily since its debut in 2013, with about 150 competitors from 35 different units taking part this year, raising \$3,000 for the charity.

The tournament is strictly for CAF members, and MCpl Rose, the club manager and instructor, who has a decade of Brazilian Jiu Jitsu experience, said organizers put together an event on par with any international competition he's competed at.

"They did an outstanding job putting it on, and the talent level was much higher than what I anticipated."

The high calibre of competition didn't stop the experienced grappler from taking gold in his weight class, however, catching his opponent in a



PO2 Greg Fillmore (left) and MCpl Scott Rose (second from left) brought home medals from the Military Combatives Grappling Championships, which took place June 24 in Petawawa.

SUBMITTED

variation of an ankle lock to get the submission victory.

PO2 Fillmore, who settled for the

silver after a tough-fought final match in his class, still came away pleased with his performance overall, with a

number of close matches and one particularly exciting overtime victory.

"My first win was a pretty crazy match, it was really back and forth and everybody was going wild for it. It was exciting."

Lt(N) Snow, who came away from the competition with a winless 0-3 record, was trying his hand with more difficult opponents after winning gold at a lower skill level at a civilian tournament in Windsor this past April.

"He stepped up to the next level, so that's an accomplishment on its own," MCpl Rose said.

A number of club members will be back in action soon at the Chokes by the Ocean Tournament and PPV show taking place on July 29 in Pictou, and they can always be found three days a week at the Shearwater gym. Sessions run Monday, Wednesday and Friday from 4 - 6 p.m., and grapplers of any skill level are welcome to attend. A typical practice will see a range of experience among the group, with some trying the unique sport for the first time, alongside others who might be preparing for competition. Practices are led by MCpl Rose, and consist of a warmup, lessons in new techniques, and then the chance to execute those techniques against an opponent.

"We definitely invite everyone to come check it out. All skills levels are welcome," MCpl Rose said.

Team Greenwood wins Atlantic regional Golf championship

The Atlantic Region Golf Tournament took place from July 10 to 12 at Hartlen Point Golf Course. The event takes place annually and this year had teams representing CFB Halifax, 12 Wing Shearwater, Gagetown, 14 Wing Greenwood, 5 Wing Goose Bay, and CFS St. John's. Team Greenwood earned First Place honours in the tournament.

LS BRAD UPSHALL, 12 WING IMAGING SERVICES





Basketball game between buddies

American and Canadian sailors compete in a game of basketball at the Fleet gym during a sports day on June 30, during the visit of the US Navy's Carrier Strike Group 10.

MONA GHIZ/MARLANT PA



2017/2018 Formation Halifax (COTW/COTF /WING CUP)			
Sport	COTW	COTF	WING CUP
CRAIG BLAKE MEMORIAL FITNESS CHALLENGE	29-Sep-17	29-Sep-17	29-Sep-17
BADMINTON	11-15 Sept 2017	11-15 Sept 2017	TBC
SQUASH	11-15 Sept 2017	11-15 Sept 2017	TBC
RUNNING	Oct-17	Oct-17	Oct-17
VOLLEYBALL	26-30 Nov 17	26-30 Nov 17	18-22 Sept 17
CURLING	08-12 Jan 18	08-12 Jan 18	19-23 Feb 18
HOCKEY	26 Feb - 02 Mar 18	26-30 Mar 18	16-19 Jan 18
FLOOR HOCKEY	16-20 Apr 18	23-27 Apr 18	10-13 Apr 18
BOWLING	04-08 Dec 17	04-08 Dec 17	
BASKETBALL	02-06 Apr 18	02-06 Apr 18	04-07 Dec 17
SOCCER	07-11 May 18	07-11 May 18	18-20 Oct 17
SLOPITCH	28 May - 01 Jun 18	28 May - 01 Jun 18	20-24 Aug 18
Ball Hockey (arena)	11-15 June 2018	11-15 June 2018	04-08 June 2018
SWIMMING	TBC	TBC	TBC
GOLF	Jul-18	Jul-18	Jul-18



Gagetown takes gold at CAF Ball Hockey Regionals

The Halifax Mariners faced off against the Gagetown Warriors in the final game of the CAF Atlantic Regional Ball Hockey Championships, held at the Shearwater Arena on July 7. The final score was 5-1 for the gold-medal winning team from Gagetown.

CPL JENNIFER ROBINSON-MCGUIRE, 12 WING IMAGING

Super Crossword

BROADWAY OPENINGS

ACROSS

- 1 China's Mao -- -tung
- 4 Thumb locale
- 8 Cries of unveiling
- 13 Spanish fleet
- 19 Post-bender headache
- 21 Poetry Muse
- 22 One-sided views
- 23 Old stage actress Duse
- 24 "Things go by so fast!"
- 26 "As far as I'm aware ..."
- 28 Brunched, e.g.
- 29 Kwik-E-Mart clerk
- 30 Writer Seton
- 31 Iris locale
- 32 Pres. advisory gp.
- 34 New -- (Yanni, e.g.)
- 35 Become king after being a prince, say
- 43 Quirk of behavior
- 46 -- Schwarz (toy retailer)
- 47 Kuwaiti royal
- 48 A third of IX
- 49 Totally up the creek
- 55 Semi section
- 58 Witty writer Bombeck
- 59 Hornswoggle
- 60 Actress Swenson
- 61 Hill's partner
- 62 Nose partition
- 65 Piece for two
- 67 Paid no heed
- 70 "We've been raking in the profit"

- 75 Advance markdown
- 77 Requirement
- 78 Church decrees
- 81 Painter of melting watches
- 82 Camera varieties, for short
- 86 Vientiane's country
- 88 "My Country" author Abba
- 89 Hole-poking tool
- 90 Phrase just before an act is introduced
- 95 Pouchlike body part
- 96 Incantation opener
- 97 River of Bern
- 98 Veer off course
- 99 What Thomas became, in kid-lit
- 107 Alone
- 108 See 102-Down
- 109 Love-letter "hugs"
- 110 Former toy company
- 114 Alley- -- (court play)
- 115 Juicer
- 117 Overdoing the effort
- 123 Writer of the Tony-winning musical featured in this puzzle
- 126 Flavored with a certain spice
- 127 Introduced acts, e.g.
- 128 Lenya of "Cabaret"
- 129 IRS part
- 130 Tallies again
- 131 Arctic people
- 132 Central part of a church

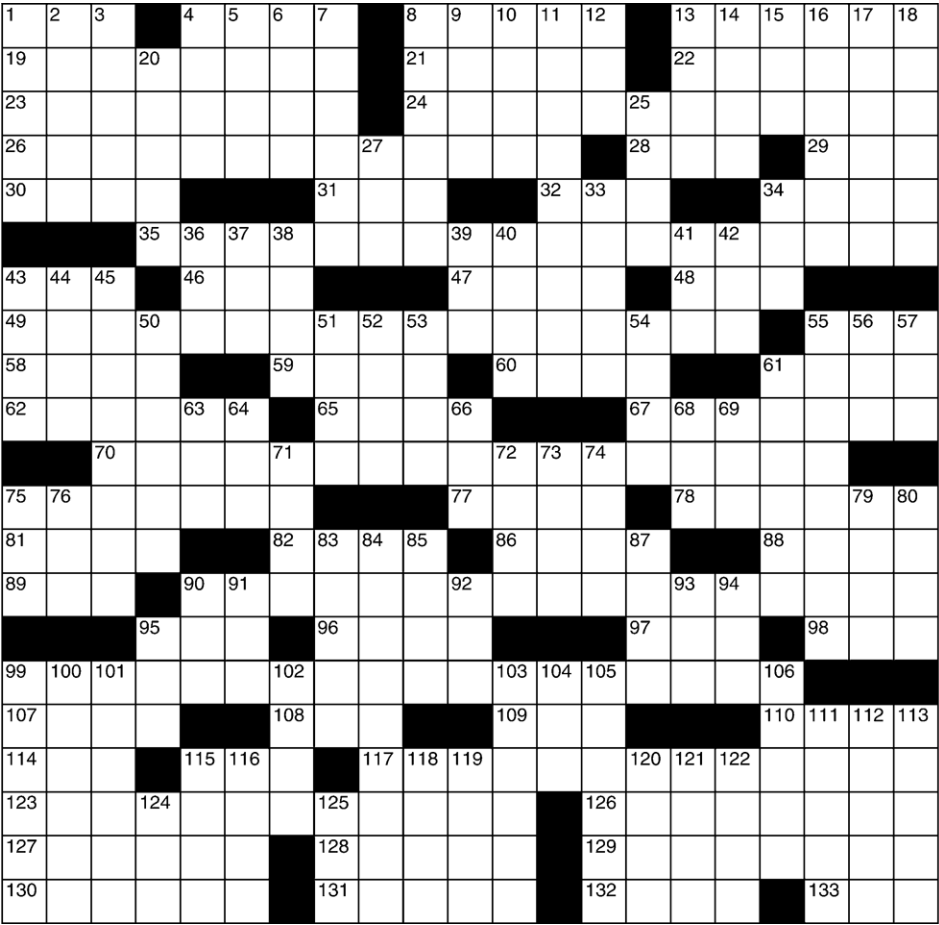
DOWN

- 1 Greek letter
- 2 Perm place
- 3 Foe
- 4 Toot
- 5 Bristol's river
- 6 Pianist Peter
- 7 Party to a financial transaction
- 8 Giggled
- 9 Yank with a #13 jersey
- 10 Hip-hop bud
- 11 "Listen up!"
- 12 "-- lied!"
- 13 Help do bad
- 14 Plentiful
- 15 Bad start?
- 16 Cheese in an Italian deli
- 17 Intensify
- 18 Make certain
- 20 Some Spanish paintings
- 25 Spiked staff
- 27 Harsh cleanser
- 33 "I dunno" gesture
- 34 Financier Onassis
- 36 ET ship
- 37 Avis rental
- 38 Unemotional
- 39 Vietnamese New Year
- 40 Actor Katz
- 41 Dusk-dawn linkup
- 42 Move quickly

- 43 Rail supports
- 44 Pertaining to
- 45 Singer Glen
- 50 Fad dance of the 1960s
- 51 Bro
- 52 Sonata, e.g.
- 53 Honoraria
- 54 Actor Scott
- 55 Payload area
- 56 Bitter brew
- 57 Part of B&B
- 61 One of Santa's reindeer
- 63 Old Glory's nation
- 64 Wire measure
- 66 "Sn" element
- 68 Sierra maker
- 69 Actress Peeples
- 71 Lark's home
- 72 -- -confident

- 73 Boyfriend
- 74 Hound's clue
- 75 High-tech "appt. book"
- 76 Uncooked
- 79 Zippo
- 80 Winter drifter
- 83 -- apso
- 84 Pat of the Christian right
- 85 Ride a wave
- 87 Antler sporter
- 90 -- -Mart (retail chain)
- 91 Unemotional
- 92 Greek letter
- 93 "Bali --"
- 94 Suffix with southeast
- 95 Wily
- 99 Worker on a housetop
- 100 Huge, in French
- 101 Camel kin

- 102 With 108-Across, of acceptable quality
- 103 Department in northern France
- 104 Near-eternity
- 105 Noodle
- 106 Erstwhile anesthetic
- 111 Spun tales
- 112 Floorboard sound
- 113 Curiously
- 115 Lineup 121-Down: Abbr.
- 116 REO part
- 118 Post-Q string
- 119 Himalayan legend
- 120 Funny Fey
- 121 Showing via the idiot box
- 122 Arch with a double curve
- 124 Composer Rorem
- 125 Manning of football



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12 Wing welcomes new Wing Chief

Col Peter Allan, Commanding Officer 12 Wing presided over a Change of Appointment ceremony on July 12, 2017, during which CWO David Hepditch succeeded CWO Michael Whitman as Chief Warrant Officer of 12 Wing Shearwater.

CPL ANTHONY LAVIOLETTE, 12 WING IMAGING SERVICES

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Creating a little Canada while away

By Lt(N) Rudee Gaudet,
Naval Ocean Processing Facility,
NAS Whidbey Island

On July 1, 2017, a group of CAF members, their families and American colleagues carved out a little patch of an American base, Naval Air Station Whidbey Island, to call Canada for an afternoon. The Canada Day 150 celebrations included a BBQ, a goodbye ceremony for families posted back to Canada, and the retirement of CPO2 Brad Main, Coxswain of the Canadian Detachment.

At Naval Air Station Whidbey Island, located in northwestern Washington state, a group of approximately 50 CAF members, primarily RCN sonar operators, work alongside American counterparts at the Naval Ocean Processing Facility. Their mission is to monitor the Pacific Ocean for above and underwater threats. More than 120 CAF members, USN sailors and their families came out for the BBQ, awards and presentations.

During the July 1 event, LCdr Graham Collins, Commanding Officer of the Canadian Detachment, presented CPO2 Main with a shadow box containing CPO2 Main's CAF medals and service awards. He also received a Canadian Detachment hockey jersey in honour of his upcoming retirement after serving 35 years in the RCN as a Sonar Operator. CPO2 Main's



The Canadian Detachment of Naval Ocean Processing Facility on Naval Air Station Whidbey Island hosted a BBQ in celebration of Canada Day, July 1, 2017. CAF members and their families celebrated Canada's 150th birthday alongside American colleagues.

LS STEVEN EPPLE

wife Helen, two children, and his grandchild were in attendance for the presentations.

CPO2 Main will be retiring to Victoria, BC to continue his hobby of model making and to enjoy his time as a new grandfather.



Inscrivez votre enfant aujourd'hui!

Le Conseil scolaire acadien provincial offre une éducation en français langue première de la maternelle à la 12e année.



Pour de plus amples informations
www.csap.ca



CPO2 Main (left) receives a shadow box containing his medals and service awards, from LCdr Graham Collins, Commanding Officer of the Canadian Detachment.

LS STEVEN EPPLE



CPO2 Main awards Benjamin Brookings a medal at the Canada Day celebrations on Naval Air Station Whidbey Island. Children of families being posted back to Canada were awarded medals for their contribution to the Canadian community while being posted abroad.

LS STEVEN EPPLE



LCdr Graham Collins, CPO2 Main, and Cdr Tom Karney, USN, Commanding Officer of the NOPF celebrate Canada Day 150 at Naval Air Station Whidbey Island.

LS STEVEN EPPLE