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# TRIDENT

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

## Coming alongside in Poland

Royal Canadian Navy members in HMCS St. John's in the Baltic Sea handle lines and fenders during the port entry to Gdynia, Poland while on Operation REASSURANCE, on March 18, 2018.

CPL TONY CHAND, FIS



Atlantic Fleet Sailor  
of the Year Pg 3



Op PROJECTION West  
Africa Pgs 10-11



HMCS Chicoutimi returns from  
Asia-Pacific Pgs 12-13



Training camp for  
CISM Running Pg. 20



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Front row from left, Elspie and Charles Caterer, Brian Lapierre, Jim Mosley. Middle row from left, Patti Christie, Dinger Bell, Valerie Griffin and Dick Tilley. Back row from left, CAF members from 144 and 143 CEF – Corporal (Cpl) Rob White, Captain Marc Lukaszczyk-Therien, Sgt Joe Wynands, Avr Travis Decker, Cpl Clarence Parnell, and Avr Joshua McKay.

MONA GHIZ, MARLANT PA



Members of 144 and 143 CEF, based out of Pictou and Bridgewater, conducted the repair work on the Bonaventure Memorial, and used a crane on March 19 to connect the anchor to the newly built metal mounts.

RYAN MELANSON, TRIDENT STAFF

# CAF engineers conduct repairs on Bonaventure Memorial

By Ryan Melanson,  
Trident Staff

The HMCS *Bonaventure* Anchor Memorial has sat at Point Pleasant Park since 1973, with the anchor and chain from Canada's last aircraft carrier serving as a monument to sailors who lost their lives during peacetime. Over the last decade, however, it became clear the memorial needed repairs, and without a clear owner to take responsibility for the site, some feared for its future.

Through the last two weeks of March, a group of CAF engineers took over the site, assessing the condition of the Anchor Memorial, making necessary repairs, and ensuring the piece of RCN history will continue to honour those who died while being visible to all ships traversing in and out of Halifax Harbour.

The work was carried out predominantly by RCAF Reservists from 144 and 143 CEF in Pictou and Bridgewater. Capt Marc Lukaszczyk-Therien was the lead on the project; he said the main issue was with the anchor's metal mounts, which were rusted and deteriorating from years of exposure to the weather.

"We came in, moved a lot of the rocks out of the way, disconnected the ship's cable, and freed the anchor from the original mounts and set it off to the side," Capt Therien said. The team rebuilt the metal supporting structures, replaced the rocks surrounding the monument, and on March 19, moved the anchor back to its original position to be secured to the new mounts. Next steps were to pour a new concrete base to cover up the metal, add more rocks, and make some repairs to the anchor's chain before running it back into the water.

"And then later on this spring we'll hopefully be doing some painting, refinishing and other aesthetic types of work around the area," Capt Therien added.

"This was a great project for us to take on and I think everyone enjoyed it."

And the CAF members weren't the only ones happy to see the anchor back in place after the needed repairs. A group of retired sailors, including some who fought to ensure the monument would receive the repair and

maintenance work, came to the site to see the progress as a crane lowered the anchor back into position.

AB (Ret'd) Allan "Dinger" Bell, a survivor of the 1969 HMCS *Kootenay* explosion that killed nine of his shipmates, has been pushing for more than a decade for the monument, part of which includes the names of those who lost their lives in *Kootenay*.

"I wasn't sure I'd ever see it happen, so I'm happy today," he said.

Others on the beach included Brian Lapierre, a member of the Submariners Association of Canada who also sailed in HMCS *Bonaventure* in 1967 when a Sea King crashed during an exercise, killing two members of the crew. He was especially pleased by news that the memorial will be incorporated into this year's Battle of the Atlantic commemoration, with the Lieutenant Governor and Commander MARLANT/JTFA set to stop and lay wreaths following the ceremony at the larger Sailors' Memorial.

"To a sailor, this anchor, this memorial really means something. I think it will be a big moment on Battle of the Atlantic Sunday this year," he said.

Part of the catalyst for getting the work done this year came from the latest Halifax International Security Forum last fall, when in a change from previous years, the Defence Minister's morning run with conference participants went through Point Pleasant Park rather than along the Halifax Waterfront. 12 Wing Hon Col Tom Birchall said that run generated extra interest in the Bonaventure Anchor, providing more ammo for he and others who felt it was the right time for the CAF to conduct the repairs and reaffirm the commitment to those who died serving their country in times of peace.

Hon Col Birchall said credit was due to MARLANT and JTFA, CFB Halifax Base Commander Capt(N) Paul Forget, his predecessor Cmdre Chris Sutherland, AB (Ret'd) Bell, all three levels of government and others who've lobbied for the repairs to take place, along with the CAF members who were able to sharpen their engineering skills while doing important work.

"We're happy to see the work get done now and it's a win-win for everyone involved."

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# Sailor of the Year was to key to *Charlottetown's* success through 2017

By Ryan Melanson,  
Trident Staff

While HMCS *Charlottetown* was conducting a replenishment at sea in the Baltic during its recent Op REASSURANCE deployment, one of the probes fell out of place, causing fuel to burst out onto the ship. The immediate action of the ship's rapid response team, including MS Stewart Riggs, ensured the potentially dangerous spill was contained and quickly cleaned up.

"Basically, we just did our jobs," MS Riggs said, shortly after receiving the MARLANT Sailor of the Year Award on March 23 during a ceremony on the ship's flight deck.

"We ensured there was no injuries, because casualties are the first priority, but then we cleaned the fuel up and got the job done safely."

That successful task was just one of the many examples pointed to by his superiors in describing MS Riggs as a worthy recipient of the award, which is presented annually to a member of the Atlantic Fleet who consistently goes above and beyond their regular duties to support their ship and colleagues. Cmdre Craig Skjerpen, CCFL, and Fleet Chief CPO1 Daniel Mercier made the presentation, which comes with a plaque, gift cards to Falls Lake and the CFB Halifax Curling Club, and plenty of bragging rights.

With so many members of the ship's company having excelled through 2017, particularly during *Charlottetown's* six-month Op REASSURANCE stint, MS Riggs said he was surprised to be chosen, and appreciative of the recognition.

"A friend of mine, MS Amy Dumas, won this award last year, so it's an honour to dethrone her and take the title for now."

In addition to being a Marine Technician as his main trade and a member of the rapid response and helo crash rescue firefighting teams, he's also described as an integral part of the ships' dive team, going in the water multiple times to conduct poker gauge readings in rough diving conditions while deployed. He said his



From left, HMCS *Charlottetown* Coxn CPO1 Barry Eady, Fleet Chief CPO1 Daniel Mercier, MS Stewart Riggs, the Atlantic Fleet's new Sailor of the Year, Cmdre Craig Skjerpen, and *Charlottetown* CO Cdr Nathan Decicco.

MONA GHIZ, MARLANT PA

work as a diver was a highlight from his time at sea in 2017, specifically the chance to train with the team of Croatian Clearance Divers and building interoperability among allies.

The transition to the new Mar Tech trade was also a challenge for *Charlottetown* sailors last year, and MS Riggs gave a lot of credit for his success on that front to the ship's MSE department for their support to former Hull Techs as they progress

through new training packages.

"We had a lot to catch up on for the new trade, and everyone working hard and supporting each other was a big part of getting that done," he said.

Originally from British Columbia, he's been on the East Coast for more than a decade, and has become a leader in terms of local community involvement. He helped *Charlottetown's* Children's Wish team raise

more than \$40,000 during their annual run across PEI last year, and outside of work, he's an active member of the volunteer Eastern Shore Ground Search and Rescue group.

"LS [now MS] Riggs consistently shows the qualities that we rely upon to form the foundation of our future fleet; skill, proficiency, initiative, tenacity and respect," said Cdr Nathan Decicco, *Charlottetown's* Commanding Officer.



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Schedule  
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January 8 — MFRC; 12 Wing Shearwater centenary special  
January 22  
February 5 — MFRC; Money Matters  
February 19  
March 5 — MFRC  
March 19 — Posting Season  
April 2 — MFRC; Car Sales, used  
April 16 — Spring Automotive Maintenance  
April 30 — Battle of the Atlantic special  
May 14 — MFRC; Spring Home & Garden  
May 28  
June 11 — MFRC and DND Family Days special  
June 25  
July 9 — MFRC  
July 23  
August 6 — MFRC  
August 20 — Back to School  
September 4 — MFRC; Car Sales, new models & leftovers  
September 17 — Fall Home Improvement  
October 1 — MFRC  
October 15 — Fall Automotive Maintenance  
October 29 — Remembrance special  
November 13 — MFRC  
November 26 — Holiday Shopping  
December 10 — MFRC and Year End review

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**Nova Scotia Naval Officers Association Bursaries**

**Date: Apply by May 1**

The Nova Scotia Naval Officers Association Bursary Trust is once again offering two bursaries in the amount of \$1500 each to financially assist deserving students for the coming school year. Eligible applicants must be residents of Nova Scotia, who have a naval connection, e.g. dependents of Regular Force (Navy) or former naval members; members of the Naval Reserve, Sea Cadets, and relatives or dependents of NSNOA members. Applicants must be enrolled as, or have applied to enroll as full time students in any Canadian university. Major considerations will be financial need, academic grades, community involvement and other activities. Application and reference forms may be downloaded from the NSNOA website at nsnoa.ca or obtained by calling 902-477-474.

**Musings from a Life at Sea with Patricia Martinson**

**Time: 7 p.m.**

**Date: Tuesday, April 3**

**Location: Maritime Museum of the Atlantic**

Irish-born Patricia Martinson served in the Royal Indian Naval Volunteer Reserve during World War II and between 1947 and 1980, was an officer in the British Merchant Navy.

She has assisted with operations for the Royal Nova Scotia International Tattoo and is a member of the Canadian Naval Memorial Trust. Travelling thousands of miles during her career has given Patricia a remarkable insight in the life of a sailor. Join her for an evening of reminiscences and anecdotes that will be sure to entertain and inspire.

**A Tale of Two Ships: Atlantic and Titanic**

**Time: 7 p.m.**

**Date: Tuesday, April 10**

**Location: Maritime Museum of the Atlantic**

The White Star Line was one of the great steamship companies in the glorious age of steam, but it is best known for two infamous disasters. The first was the Atlantic, in 1873, and the worst was the Titanic, in 1912. In this free illustrated presentation, Bob Chaulk, co-author of SS Atlantic: the White Star Line's First Disaster at Sea, shows how the two events were in some ways strikingly similar and in other ways starkly different. The presentation includes White Star Line history before and after the Titanic and examines the ships and how each was lost. Titanic enthusiasts won't want to miss this opportunity to broaden their understanding of the company that gave the world, not one, but two record-breaking shipwrecks.

**Dalhousie University Belong Forum**

**Time: 7 p.m.**

**Date: Tuesday, April 17**

**Location: Rebecca Cohn Auditorium**

Join the Dal community for a conversation with famed Indigenous singer-songwriter and social activist Buffy Sainte-Marie, as she shares her unique perspective on diversity and inclusion and receives an honorary degree from Dalhousie. The evening is part of the university's bicentennial celebrations, as well as the latest installment of the Belong Forum, a series of speaking events centred around the question "What would it take to create a world where we all feel like we truly belong?" Tickets are free to the public, but must be reserved through eventbrite.ca. For more information, contact 200years@dal.ca.

**Halifax Harbour with Mac Mackay**

**Time: 10 a.m. - 12 p.m.**

**Date: Wednesday, April 25**

**Location: Halifax Central Library**

Mac Mackay, CBC Nova Scotia's Harbour Watcher, will present a course on the history, geography, and geology of Halifax Harbour, including the harbour's shipping history and governance. Topics include the evolution of ships and shipping in Halifax; fish and other resources related to the harbour; and the container revolution.

Cancelling debts and forgiving others

By Padre Capt Glen Eagleson,  
Fleet Chaplain

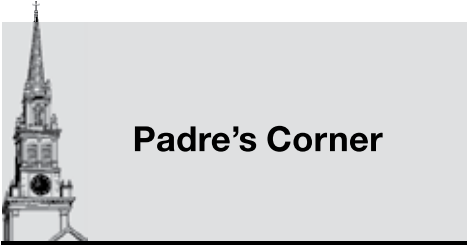
Debt. I think we all know what it is like to be in debt; a mortgage, credit cards, car payment, etc. I am sure SISIP has some great advice about this, but imagine for a moment what it would be like to wake up tomorrow and have all your debt cancelled, gone, kaput. If you're like me, your mind is drifting off right now as a smile slowly grows across your face.

Ok, back to reality. This idea of having all your debt cancelled is one way the Bible teaches us about forgiveness. If you google the word "forgive" one of the pages that comes up refers to "cancel a debt." The story in the Bible relates to two men who were in debt. The first man, we'll call him Bob, owed the King a huge amount, estimated to be about \$250 billion in today's currency. My mortgage doesn't look so bad anymore. The King, knowing that there was absolutely no way for Bob to repay the debt, "forgave him the debt". So, go back to the feeling you had a few minutes ago, imagining your debt cancelled, gone,

kaput, then multiply it by 250 billion. That's how Bob must have felt.

The story goes on to tell us that while Bob was leaving the King, and I'm sure singing the entire way, he runs into the second man, we'll call him Jim, who owes Bob some money, estimated at about \$14,000 in today's currency. Not a small amount, but in comparison...well. Bob demands payment in full and when Jim can't pay Bob throws him in prison. Nice, real nice. But, when the King finds out he is furious, we read: "Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' Then the angry king sent the man to prison to be tortured until he had paid his entire debt."

So here's the deal; unforgiveness throws us into our own personal prison and tortures us. Let me explain from experience. It was during a port visit. We were in a beautiful part of the world, it was warm, picturesque, and just an ideal spot before another lengthy time on ship. The problem was



that one day I felt that a local had taken advantage of me, had ripped me off, which really ticked me off. The entire time I was walking around this beautiful, warm port I was steaming over what happened, playing it over and over in my mind, getting more upset with every replay. And...I was missing out on all the great stuff around me. I was, without a doubt, in a prison of my own making, being tortured mentally, while the offender was probably not even thinking twice about it.

If as you read this, there is someone you are ticked off at and you cannot forgive them, then I can pretty much guarantee it has a hold on you and is eating you up inside. Forgiving is for your benefit, not for the other person. Maybe you need to talk to someone to help you along the path to forgiveness. We have just come through the Easter season which has forgiveness as its central message. Take advantage of it.



LS Justin Daoust, a pay writer on board HMCS Charlottetown, has been named the Atlantic Fleet's Sailor of the Quarter for Q3 2017.

PHOTO: MONA GHIZ, MARLANT PA

## HMCS Charlottetown's financial whiz named Sailor of the Quarter

By Ryan Melanson,  
Trident Staff

As the junior pay writer on board HMCS Charlottetown, LS Justin Daoust said his finance-focused trade sometimes has him feeling out of place among the engineers, electricians and other sailors who make up the ship's company.

"It's not a seagoing trade and it's not a job that would typically make you think of the Navy. Even though it's an important support role, I often don't think of myself as a natural sailor."

According to his superiors, however, that couldn't be further from the truth. LS Daoust was recently named the East Coast's Sailor of the Quarter for Q3 2017, and was described as someone who makes meaningful contributions to the betterment of both his section and the ship as a whole.

He's used his Bachelor of Commerce degree along with additional training to work above his pay grade, performing the functions of a ship's senior pay writer, a job normally held by a PO2. He's even been involved in mentoring and training his colleagues to help them be more familiar with RCN pay policies and protocols. His coding background also helped to develop multiple programs, spreadsheets and trackers for the ship, including for things like supply replenishment status and fitness activity among the crew. While deployed on Op REASSURANCE through the summer and fall of 2017, he was also responsible for processing more than 1,600 pay transactions.

"This is my first ship where I've had my first experiences sailing, so I still feel like a new guy around here. To be recognized in this way is pretty amazing," he said after being presented the award from Cmdre Craig Skjerpen, Commander CANFLTANT, and Fleet Chief CPO1 Daniel Mercier.

Working in financial services with the CAF, he once assumed that his experiences would be similar whether wearing the RCN, RCAF or Army uniform, but after spending a year with Charlottetown and becoming a valuable member of the crew, he realizes that's not the case.

"I'm really starting to appreciate the Navy, learning about how operations work on the ship, and the amount of training and knowledge that's required on board. The uniform is becoming more meaningful to me," he said.

The Sailor of the Quarter award goes to those who've demonstrated outstanding dedication and contributions to their ship and the overall Fleet. Aside from his main trade, LS Daoust also earned the recognition through his involvement in the replenishment at sea team and his advanced first aid skills, as well as filling the important role of MFRC liaison during the ship's deployment.

His supervisor and command team called him a key driver of Charlottetown's successful 2017 program, and LS Daoust said he'll continue to help out and soak up knowledge wherever he can.

"I tend to look to the experienced people around me for guidance and to throw myself in wherever I can. I'm always trying to learn."

## RCN promotes gender inclusiveness in West Africa

By Lt(N) Linda Coleman,  
MARLANT PAO

Equal gender representation at the leadership level is not always easy to come by in any organization, but the RCN is paving the way and proving that it's possible.

"Between the two ships this year, the Command Teams combined are fifty percent women, and fifty percent men – a great milestone," said LCdr Matt Woodburn, Commanding Officer of HMCS Kingston during an International Women's Day reception in Lagos, Nigeria.

HMC Ships Kingston and Summerside are on Op PROJECTION West Africa – a strategic engagement with regional nations to support capacity building, foster relationships with partner navies, and participate in Obangame Express 2018.

The Commanding Officer of Summerside is LCdr Emily Lambert, her Executive Officer is Lt(N) Patricia Corbeil, and the Executive Officer of Kingston is Lt(N) Andrea Murray. The Commanding Officer of Kingston is LCdr Matt Woodburn, the Coxswain is PO1 Sherman Lillington, and the Coxswain of Summerside is Adam Boone.

The 50/50 representation couldn't have happened at a better time as the ships conducted port visits along the West African coast in consort with Global Affairs Canada, which included seven women's events aimed at promoting gender inclusiveness and discussions on women working in non-traditional roles – a concept that's still uncommon in everyday life for the majority of West African women.

From meeting with female influencers in Senegal or Cote d'Ivoire, to holding discussions with high school age girls in Liberia and Nigeria about their aspirations and dreams, male and female RCN members talked openly about their personal experiences of working with women, for women, or being a woman in a non-traditional role.

"My role was much bigger than I thought," said LCdr Lambert when asked about her thoughts on being at the forefront of many of the women's events. "Instead of saying, just treat me like one of the guys, I realized that my role was much more important – the role of being a role model and inspiring young women. I'm the sev-

enth female Commanding Officer in the Royal Canadian Navy and I'd like to continue to encourage and pave the way for other women at home and abroad," added LCdr Lambert.

It wasn't just all about the women though. An important message as Canadians the RCN wanted to get across was that gender inclusiveness is a joint effort. While standing with LCdr Woodburn during a women's event in Ghana, LCdr Lambert explained how they support each other. "It's important that both men and women work together. For women to progress, you need to have support from the men as well. So we must carry on this conversation together."

"Being a leader is about traits, and they're traits that are found within any person. And I'm talking about traits like teamwork, intelligence, decision making, and problem solving – those aren't linked to a gender," said LCdr Woodburn at the same event in Ghana. "Those traits are very much alive within Emily, and leaders in the Royal Canadian Navy. Develop those traits within yourself, and you can be a leader," he added to the young women from Ghana who came to listen.

Lt(N) Guillaume Desjardins, the Operations Officer in Summerside also participated in many of the women's events to discuss how he shares household responsibilities with his wife – another uncommon notion in West African culture. "When I'm deployed, my wife juggles work while also taking care of our child. So when I come home from deployment, it's my turn to help out around the house by cleaning and cooking." The reaction of many of the young women in the audience included everything from wide eyes to giggling. But that was the whole point of these discussions, to broaden their horizons, and raise issues and challenges faced by women in Africa.

As part of Op PROJECTION, the ships visited seven West Africa countries, which included Cape Verde, Senegal, Liberia, Cote d'Ivoire, Nigeria, Benin, and Ghana. Upon conclusion of the strategic engagements, HMCS Kingston and HMCS Summerside began Obangame Express, a U.S. Naval Forces Africa led exercise designed to improve cooperation amongst participating nations in order to increase maritime safety and security in the Gulf of Guinea.

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# Uncomfortable conversations are necessary ones, says HRP Superintendent

By Ryan Melanson,  
Trident Staff

Halifax Regional Police Officers and CAF members have very different jobs, but when it comes to combating racial discrimination and making progress on diversity and equity issues, the two organizations can likely find similar avenues for success, says Superintendent Don MacLean, the officer in charge of HRP's Patrol Division.

"We've learned that regardless of all our good intentions, having inclusivity in your organization is not something that just spontaneously occurs," Supt. MacLean said, speaking to a MARLANT audience at the Piers Military Community Centre in Windsor Park on March 21.

"And we've done ourselves a great disservice by making these conversations so uncomfortable."

Supt. MacLean was the guest speaker for an event marking the 2018 International Day for the Elimination of Racial Discrimination (IDERD). He talked about his path toward the high-ranking position he currently holds within HRP, the pressures and responsibilities that came with being Halifax's first Diversity Officer and later its first African Nova Scotian Superintendent, and about the organization's efforts to diversify its ranks and build trust with the public they serve, particularly those in marginalized communities.

He said a major push for change came following the 1991 riot-like incident that stemmed from issues around black men often being denied entry to downtown Halifax bars and clubs. A number of reviews and recommendations followed that event, one being that Halifax's police force should be more representative of their local communities, and also make more effort to treat all members of the public with the same level of respect.

Some of the work towards those goals has included training to help officers recognize and correct their own biases, think critically, and under-



Halifax Regional Police Superintendent Don MacLean speaks to MARLANT and DND personnel on March 21 at an event marking the 2018 International Day for the Elimination of Racial Discrimination.

stand privileges. Supt. MacLean, who also sits on the board of the Halifax Region Community Justice Society and Africville Heritage Trust, said issues of discrimination within HRP, whether internal or as part of policing the public, can't be fixed without tackling the root of the problems. Adopting a 'colour blind' approach, or pretending race issues don't exist, is not helpful, he added.

"We must see our different colours, and see our different backgrounds and privileges, if we want to achieve equity."

The IDERD event was hosted by MARLANT Employment Equity Manager Dan Peppar and members of the Atlantic Region Defence Visible Minority Advisory Group (DVMAG), who are responsible for advising senior leaders regarding systemic racism in the CAF and issues that negatively impact visible minority members.

LS Jordan Tatton, military co-chair for DVMAG, said despite good-faith efforts aimed at diversity, inclusiv-

ity and ending racial discrimination, these problems still exist in the workplace for many CAF and DND members.

"Many times, even in the last year or two, I've had people of all ranks

look at me and go 'Really? We still have that in the Canadian Forces, in this day and age?' Unfortunately, it still exists."

This makes it all the more important, LS Tatton said, to encourage things like bystander intervention, and even for victims of discrimination to come forward and use their experiences to educate others. A hope is that members feel they're able to speak out against discrimination or harmful behaviour without fear of reprisal.

DVMAG also has a secure DWAN email – +DVMAG.MARLANT@MARLANTHQ@HALIFAX – where members are encouraged send in their experiences or situations they've witnessed regarding discrimination. This should be considered as something separate from any official policies and protocols dealing with harassment or other inappropriate behaviours, and won't lead to repercussions for anyone involved, LS Tatton said.

"We're not investigators, we're not pursuing any of this stuff, this is simply so that when we report or give advice to command, we have the metrics to go along with that and we can back up our advice with real information and examples."

MONA GHIZ, MARLANT PA

## A new Naval Warfare Officer



Cdr Noseworthy, CO of HMCS St. John's, presents SLt Steven Otter, a Regular Force member from Victoria, BC, with his Bridge Watchkeeping Ticket.

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# Health and wellness initiative kicks off at CFMWC

By Ryan Melanson,  
Trident Staff

Most members of the defence community continually balance their busy work days and home lives while trying to find time for things like exercise, full nights of sleep and other means of self care. In recognition of this, the Canadian Forces Maritime Warfare Centre (CFMWC) has started a series of monthly sessions meant to give its members new strategies to take care of themselves both physically and mentally.

The unit is teaming up with PSP Halifax Health Promotion services

for a Total Health and Wellness initiative that will see the unit come together once a month for sessions or activities designed to help members make healthier choices regarding physical exercise, food, finances, stress, relationships and other life factors.

The idea was sparked by LCdr Kimberly Chu, who previously started a similar program when she was posted to CFRC Halifax and achieved positive results. It was stressed that the days are not part of a replacement for unit PT or anything else, but rather an entirely new effort in addition to existing health-focused initiatives.

Harold White with Health Promotion Services attended the inaugural session along with EAP Manager Holly Scothorn, and while there was talk about exercise, proper diets and heart health, the focus was on brainstorming with the CFMWC members about topics to explore in the coming months. Things like financial stress, retirement planning, conflict resolution, healthy cooking and grocery shopping tips and low-impact workouts were all presented as themes to explore on a given day.

"We're really opening it up to them, to say 'What would you like some education and interaction on to help you live a better life,'" said Capt(N) Darren Garnier, Commanding Officer at the Warfare Centre.

"I know not everyone is always going to be interested in every topic, but they'll be here and learn something anyway, and I think it will be very worthwhile."

With a workforce that has an older average age than most CAF units, along with a number of civilian employees, CFMWC offers a good test group to gauge the impact of the sessions.

"And it's very unique to have this kind of support from the Chain of Command; that's not an opportunity that everybody gets, so we're going to try to make the most of it," White said.



Harold White with PSP Health Promotion Services Halifax brought some heart health props along as he spoke to CFMWC members in the building's lower auditorium on March 5.

RYAN MELANSON, TRIDENT STAFF



Army Cadet Chelsea Dicks achieved a high level of training and fitness to qualify for the International Army Cadet Expedition.

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## Lower Sackville teen conquers ultimate Army Cadet challenge in Chile

By Capt Liam Mather,  
Regional Cadet Support Unit (Atlantic)  
PAO

Chelsea Dicks, of Middle Sackville, Nova Scotia, recently spent 12 days backcountry trekking and kayaking the Patagonia mountains as part of the International Army Cadet Expedition to Chile.

Chelsea, a member of the 3036 Sackville Lions Royal Canadian Army Cadet Corps in Lower Sackville, N.S. participated in two days of fitness testing and expedition preparation before heading to Chile along with 18 other top army cadets selected from across Canada. The expedition itself included a multi-day backcountry trekking experience followed by sea kayaking and visiting the famous Penguin Island before returning to Canada.

"We had a great time on International Expedition," adds Chelsea.

"There were a lot of good challenges, but being with such a great group really made it an experience I'll never forget!"

Hosted in 2018 around the Torres Del Paine area of Chile, the International Army Cadet Expedition is an annual event designed for senior army cadets ages 16 to 18. The expedition challenges cadets' core skills of leadership and teamwork in a unique outdoor setting that helps improve upon the skills introduced at their local Army Cadet Corps. Annually, 18 army cadets from across the country are selected for the opportunity that acts at the top level of the Army Cadet Expedition Program. To be selected to attend, cadets must have achieved one of the highest levels of training at their Army Cadet Corps, participate in zone and regional expeditions, and have achieved a minimum of gold level in the Army Cadet Fitness Test.



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### Happy Harry's gives back to military families

Every year, local businesses give back to countless non-profit organizations as a way to support causes and charities that are important to them within their community. John Canning, owner of Happy Harry's Affordable Building Centre in Burnside, adopted this same philosophy and looked for a charity he could relate to. Growing up with a strong military heritage, having a father serve in the Korean War and a grandfather who lost his life in Italy during the Second World War, he decided to support the military community by donating to the Halifax & Region MFRC.

"Since I grew up with military ties I understand the challenges that are associated with this lifestyle. I also have a large clientele of military folks who are undergoing home renovations after being posted here, so it's important for me to support those who support us. The H&R MFRC seemed like the right fit," said Canning.

For the past seven years, Happy Harry's has generously donated 10% of all sales made between November 1 and 10 to the H&R MFRC in remembrance of his family's military roots and commemorating his nephew's current service with the CAF.

This year's fundraiser raised \$20,561.44, which will be used to provide a variety of vital programs, services and support to CAF families in our community.

In total, Happy Harry's has donated \$113,245.15. On behalf of the H&R MFRC, thank you to Happy Harry's for supporting military families.

### Happy Harry's donne en retour aux familles des militaires

Chaque année, pour soutenir les causes et les œuvres de charité qui leur tiennent à cœur, les entreprises locales donnent en retour à d'innombrables organismes sans but lucratif de leur collectivité. John Canning, propriétaire de Happy Harry's Affordable Building Centre à Burnside, a adopté la même philosophie en cherchant un organisme de bienfaisance auquel il pouvait s'identifier. Ayant grandi dans une famille de longue tradition militaire – son père a servi pendant la guerre de Corée et son grand-père a perdu la vie



*Happy Harry's Affordable Building Centre staff present the H&R MFRC with a cheque for \$20,561.44 raised during their November campaign. From left to right: CPO1 Dave Steeves, CFB Halifax Base Chief Petty Officer; Colin Logan, Happy Harry's comptroller; John Canning, owner and president of Happy Harry's; Capt(N) Paul Forget, CFB Halifax Base Commander; and Shelley Hopkins, Executive Director at the H&R MFRC.*

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en Italie au cours de la Seconde Guerre mondiale – il a décidé de soutenir la communauté militaire, en faisant des dons au CRFM d'Halifax et régions.

« Étant donné que j'ai grandi dans une famille de militaires, je comprends les difficultés inhérentes à ce mode de vie. J'ai également de nombreux clients qui entreprennent des travaux de rénovation de leur maison, après leur affectation ici. Il est donc important pour moi de soutenir ceux qui nous soutiennent au départ. Le CRFM d'Halifax et régions semblait être le bon choix, » a affirmé Canning.

Au cours des sept dernières années, Happy Harry's a généreusement fait don de 10 % du total des ventes effectuées entre le 1er et le 10 novembre au CRFM d'Halifax et régions, en hommage aux racines militaires de sa famille et en l'honneur de son neveu qui est actuellement en service dans les FAC.

Cette année la collecte de fonds a récolté 20 561,44 \$, ce qui sera utilisé pour fournir une gamme de programmes, de services et de soutiens aux familles des FAC dans notre communauté.

Au total, Happy Harry's a donné 113 245,15 \$. Au nom du CRFM d'Halifax et régions, merci à Happy Harry's pour leur soutien des familles militaires.

### Vacation Lottery Extravaganza Winner for March / Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de mars

Congratulations to Lt(N) Ryan Levasseur, MARLANT HQ, grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for March. Félicitations à Lt(N) Ryan Levasseur, MARLANT HQ grand gagnant du tirage de mars de la loterie Extravaganza Vacances au soleil du CRFM H et R.

### National Volunteer Week is approaching

This year, National Volunteer Week is April 15 to April 21. On behalf of the H&R MFRC, thank you to all of our amazing and dedicated volunteers for your continued support.

Throughout National Volunteer Week we will highlight the impact of volunteers at the H&R MFRC. Check us out on Facebook: [www.facebook.com/HalifaxRegionMFRC](http://www.facebook.com/HalifaxRegionMFRC), Twitter: [www.twitter.com/hrmfrc](http://www.twitter.com/hrmfrc) and our website: [www.halifaxmfr.ca](http://www.halifaxmfr.ca) for photos and to learn how you can volunteer at the H&R MFRC.

### La Semaine de l'action bénévole se rapproche

Cette année, la Semaine de l'action bénévole se déroule du 15 au 21 avril. De la part du CRFM H et R, merci à tous nos bénévoles extraordinaires et dévoués pour votre appui continu.

Tout au long de la Semaine de l'action bénévole nous mettrons en évidence l'impact des bénévoles au CRFM H et R. Vous pouvez visiter : [www.facebook.com/HalifaxRegionMFRC](http://www.facebook.com/HalifaxRegionMFRC), Twitter : [www.twitter.com/hrmfrc](http://www.twitter.com/hrmfrc) et notre site Web : [www.halifaxmfr.ca](http://www.halifaxmfr.ca) pour des photos et pour apprendre à faire du bénévolat au CRFM H et R.

### Virtual Workshops at the H&R MFRC

The H&R MFRC is committed to

reaching more families by offering workshops and sessions virtually. Virtual programs allow family members to join us from the comfort of your own homes or wherever else you might be. Virtual sessions are also recorded so they can be accessed afterwards on our website if the original dates and times are not convenient.

To provide this new method of program delivery, staff at the H&R MFRC are led by Margaret Mackenzie, a military spouse and award winning virtual program development and delivery coordinator. By working closely with Margaret, we are able to offer a number of interactive virtual workshops, as an extension of the high quality programming currently available to military families.

### The following program is coming up:

#### H&R MFRC Military Family Resiliency Series

Guest Speaker: Monica Bobbitt- A Goat's Rodeo

April 25, 8 p.m.

We are thrilled to kick off this new series by welcoming military spouse Monica Bobbitt to our interactive virtual classroom. Authentic, honest, and at times raw, Monica describes her life as a goat rodeo. She will share what she has learned about resiliency, happiness and building community after she lost her husband in May 2014.

To access these workshops and to learn more, please visit: [www.halifaxmfr.ca](http://www.halifaxmfr.ca). Do you have suggestions for future topics? Please email your ideas to: [kara.macneil@forces.gc.ca](mailto:kara.macneil@forces.gc.ca) for consideration.

The H&R MFRC is able to provide some of this alternative method of programming to families with the generous funding of the True Patriot Love Foundation (TPL). TPL is a national charity with the mission to inspire every Canadian to contribute to the resilience and wellbeing of our military and veteran families. Since 2009, TPL has provided more than \$18 million to support military families, including supporting more than 100 community-based programs across the country. For more information, visit [www.truepatriotlove.com](http://www.truepatriotlove.com)

### Dartmouth Yacht Club Youth Learn to Sail Program

Dartmouth Yacht Club offers a Youth Learn to Sail Program. It offers several sponsorship spots for children of military families to participate in this program. Each session runs for two weeks (Monday to Friday). Youth aged 8 to 15 who are interested are asked to submit a 200 word essay on why they should be chosen. Essays will be judged and the selected youth will be notified. Please send essays to [sarah-jean.mannette@forces.gc.ca](mailto:sarah-jean.mannette@forces.gc.ca) no later than Friday, May 4 to be entered. New applicants only please.



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# CBSA maintains security through influx in irregular migration

By Ryan Melanson,  
Trident Staff

An increase in asylum seekers and refugee claimants in 2017, specifically those coming into Canada outside of the regular ports of entry, put a strain on the staff and resources of the Canada Border Services Agency (CBSA).

Backlogs were created, and CBSA was required in some cases to tap into partner organizations or move personnel around the country to help process more than 20,000 individuals who arrived in this irregular manner last year, with the bulk coming in through areas near Lacolle, Quebec (18,836) or Emerson, Manitoba (1,018). The trend is continuing into 2018, with the period from January-March seeing an additional 3,562 individuals entering Canada without using an official port of entry.

The influx has generated plenty of headlines and some concern among the public, but does not create an increased risk to Canadians, according to one of CBSA's top officials in Atlantic Canada.

"It's really important for us to let the public know that these people have gone through security and screening and that we're not jeopardizing Canada's national security," said Gina Kennedy, the Director of North-West New Brunswick for CBSA Atlantic.

"We're processing very thoroughly, we're doing all security checks that need to be done, and we're ensuring the policies and legislation are being abided by."

Kennedy spoke recently to members of the Royal United Services Institute of Nova Scotia, delivering a briefing that touched on the quick planning and response needed to deal with the surge of refugee claimants, the challenges the organization faced, the causes behind the spike in crossings, and the work being done now in other areas of the country to prepare for scenarios like the ones that played out in Quebec and Manitoba.

Kennedy and other members of her New Brunswick team travelled to



*Gina Kennedy, Director of North West New Brunswick, Canada Border Services Agency Atlantic, speaks to members of RUSI(NS) on March 14.*

RYAN MELANSON, TRIDENT STAFF

Quebec as extra manpower behind the operation last year, and CBSA also relied heavily on government partners like the RCMP, who are responsible for the first interdiction of an individual when outside of a port of entry, as well as Immigration, Refugees and Citizenship Canada, Shared Services, Public Services and Procurement, and more, including the Canadian Armed Forces.

The CAF was involved in August of last year when a queue of 700 asylum seekers created a two-to-three day wait for processing in Lacolle. About 375 troops from 2 Canadian Division and Joint Task Force (East) were tasked under Operation ELEMENT with erecting a set of tents equipped with lighting and heating at the Quebec border site, as well as at the Nav Centre in Cornwall, Ontario, where some of those who crossed the border in Quebec were transported. The temporary structures were made to accommodate up to 2,000 at once. Procuring something

similar for CBSA would be timely and costly, making the CAF contribution an important piece of support, Kennedy said.

"There was a significant influx of families coming across at that time. Some of them needed medical care, some of them didn't have items for personal hygiene, and we needed to provide for them, even if it's not typically what we do. We're all human here."

One factor in the increased traffic as identified by CBSA, specifically in Quebec, is the United States' decision to end Temporary Protected Status for Haitian nationals in 2017. Others, including many Somali nationals who crossed the border in Manitoba, also cited worries of potential future changes in US policy that could impact them. The Canada-United States Safe Third Country agreement requires individuals to make their refugee claim in the first country they arrive in, barring some exceptions. This means many of those who

entered Canada irregularly would have been turned away from a proper port of entry. Kennedy said CBSA doesn't delve into the political questions or controversy around the issue, but rather carries out their mandate according to the laws and agreements in place.

Future goals for the agency include establishing a 24-hour timeline from intercession to further processing, in hopes of eliminating the need for interim lodging, and for CBSA offices across the country to reach a level of readiness that now exists in Quebec or Manitoba, with CBSA and IRCC planning to train mock scenarios with mobile units along the border in New Brunswick later this year.

"You might say the CBSA developed a new kind of Port of Entry in Lacolle just to deal with this asylum file. We'll learn from that," Kennedy said.

"We'll make ensure that these people are processed efficiently and respectfully, and according to the Canadian laws."

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# Exchange Officer gains nautical miles and a new RCN family

By Lt(N) Linda Coleman,  
MARLANT PAO

Sailing across the Atlantic is quite routine for the RCN, however for many African nations, it's a rare occurrence. So for SLt Lassina Traoré, a member of the National Navy of the Ivory Coast, to spend five weeks sailing with the RCN to West Africa is a pretty big deal.

"I am most likely the one person who traveled the most nautical miles in my navy," said SLt Traoré upon conclusion of his time with HMCS *Summerside*. "It was a once in a lifetime opportunity for me to sail on a Canadian warship and, most of all, crossing the Atlantic Ocean."

As part of Op PROJECTION West Africa, the RCN offered spaces for two exchange officers from Africa on each ship, HMCS *Kingston* and HMCS *Summerside*. One was SLt Traoré, and the other an exchange officer from the Ghana Navy. SLt Traoré was selected among all the junior officers of the National Navy of the Ivory Coast to participate in this exchange.

His adventure began in Halifax mid-January, one week prior to their departure for Op PROJECTION. While in Halifax, he met the Command Teams and crews of both ships, as well as Commodore Craig Skjerpen, Commander Canadian Fleet Atlantic, who welcomed him to the fleet. The junior officers also showed him around Halifax to experience traditional Maritime hospitality.

During the deployment, SLt



SLt Lassina Traoré, exchange officer from the Navy of Cote D'Ivoire, receives a framed photo of HMCS *Summerside* from LCdr Emily Lambert, CO of *Summerside*, during OP PROJECTION West Africa, Atlantic Ocean.

OS JOHN IGLESIAS, FISV

Traoré stood watches and participated in ship evolutions. "He participated in multiple events on board, including our small arms shoot. When we approached his home country, he provided important advice on navigation and pattern of life in the area. We also had some very interesting conversations with him about his home, politics in his

country, and about Canada," said Lt(N) Guillaume Desjardins.

"Ce fut une occasion précieuse pour moi d'acquérir des expériences nouvelles avec vous dans les eaux bleues et les opérations côtières," said SLt Traoré. « J'ai suivi avec beaucoup d'intérêts les procédures opérationnelles de la MRC en matière de navigation, de matelotage, de veille

et de leadership avec les navires de classe Kingston. Ces expériences seront très constructives pour moi dans l'exercice de mes fonctions. »

Back home, SLt Traoré is the Executive Officer of coastal defence vessel EMERGENCE P1401, the first out of three coastal defence vessels that the National Navy of the Ivory Coast received in 2014. "Je saurai faire de meilleurs propositions à mes supérieurs sur l'architecture de votre navire, l'organisation des services, l'harmonie entre les membres d'équipage que je n'ai cessé d'apprécier," added SLt Traoré.

SLt Traoré disembarked in his home country when HMC Ships *Kingston* and *Summerside* arrived in Abidjan on March 4. Although happy to be home to return to his wife and children, SLt Traoré left on a high note.

« Je souhaite que ces échanges puissent continuer pour permettre aux jeunes officiers comme moi d'acquérir de nouveaux savoirs-faire et d'avoir l'expérience d'une longue période de navigation et de présence en mer. I will never forget this experience and the crew of HMCS *Summerside*. »

"SLt Traoré will certainly be missed but we hope he knows that he has a new family back in Canada now, his HMCS *Summerside* family," said LCdr Emily Lambert, Commanding Officer of HMCS *Summerside*.

HMC Ships *Kingston* and *Summerside* are deployed on Op PROJECTION West Africa until mid-April 2018, engaging with local communities and contributing to regional stability and security.

## Career progress aboard HMCS St. John's

Congratulations to Lt(N) Stephanie Maxim, a Naval Reservist from Toronto, ON. Cdr Gord Noseworthy, CO of HMCS St. John's presents her with her Bridge Watchkeeping ticket. This is a major career milestone that comes with the responsibility of charge over all souls aboard, excepting the CO and the XO, while on watch. HMCS St. John's is currently deployed on Op REASSURANCE.

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# Naval Exchange Officer from Ghana shares first-hand her experience with the RCN

By Lt(N) Linda Coleman and  
SLt Synclesia Wenia Pwatirah

SLt Synclesia Wenia Pwatirah was provided with an opportunity that not many members of her Navy have experienced before – an exchange position with the RCN and the chance to sail across the Atlantic Ocean.

Coming from the Ghana Navy, SLt Pwatirah joined HMCS *Kingston* and HMCS *Summerside* for Op PROJECTION West Africa, a strategic engagement with West African nations to support capacity building, foster relationships, and participate in Obangame Express 2018.

She joined the ships in Halifax and disembarked once they arrived in her home country on March 17. She spent a total of 51 days with the RCN, including port visits and alongside engagements in Antigua, Cape Verde, Senegal, Liberia, Abidjan and Nigeria. She shares her story and experience with us below:

“I was excited about this experience because it was going to provide me with a great opportunity to see how the Royal Canadian Navy worked, and we could also exchange ideas on how practices were carried out in both navies. There was also another exchange officer from Cote D’Ivoire. Since there were two ships embarking on the passage, there was one of us on each ship.

My journey started on January 20, 2018 when I departed Ghana for Halifax. I arrived quite late and was met by the Executive Officer of HMCS *Kingston*, Lt(N) Andrea Murray. She came to the airport with some warm clothing for me since the temperatures were quite low. I was then taken to my accommodation at Juno Towers.

I knew the weather would be extremely cold. As to the country and the people, I usually like to keep an open mind about new places but I hoped it would be nice and the people would be welcoming. One of my fears though was the fact that I was travelling alone to a place so far away from home. All I hoped for was an exciting experience.



SLt Synclesia Wenia Pwatirah of the Ghana Navy spent 51 days with HMC Ships *Summerside* and *Kingston*.

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The next few days were spent getting our kit from the clothing store and then we joined the ship’s company for pre-deployment training. We also paid a courtesy call with

the Commander Canadian Fleet Atlantic, Commodore Craig Skjerpen, who welcomed us to the Royal Canadian Navy Fleet and also encouraged us to learn as much as we could whilst on the passage.

My experience onboard HMCS *Kingston* has been a great one. I was made to feel welcomed as a member of the ship’s company. I was attached to each of the officers as they went to perform Watches on the bridge. I observed all the evolutions that were carried out at sea and I also actively involved

myself in community relations activities carried out whilst alongside. This offered me a great opportunity to see first-hand how practices were carried out. I observed that most of

the evolutions and exercises that were carried out were similar to how the Ghana Navy also did theirs. Evolutions that were performed included firefighting, replenishment at sea, and towing among other on-board evolutions whilst underway. A few differences were observed, but these could be linked to best practices adopted to suit the different environments in which each force operated.

I believe this program has been a good experience for me because it has offered me an opportunity to work with different nationals. It has also broadened my ideas about how these exercises are conducted. Another great experience I have had from this trip is the visit to the

different countries. In total, seven countries were visited on this passage and I have only been to one out of these. Hence it was an opportunity for me to visit unique places in these countries.

Personally, now I feel I can integrate very well and confidently into any society. This is the first time I have had to work for an extended period of time in a completely different environment and I would say it has been a good experience. Also, I have made some really good friends I hope to keep for many years to come. The navy is not just a job, it is a way of life. Live it as best as you can.”

HMCS *Kingston* and *Summerside* are deployed on Op PROJECTION West Africa until mid-April 2018.



SLt Pwatirah participated in community outreach activities with the command team of HMCS *Summerside*. From Left: Lt(N) Patricia Corbeil, XO of *Summerside*; LCdr Emily Lambert, CO *Summerside*, and SLt Pwatirah.

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# Submarine celebrates achievements

**By Darlene Blakeley,**  
Senior Editor and Writer, Navy Public  
Affairs

Her Majesty's Canadian Submarine (HMCS) *Chicoutimi* has piled up a lot of firsts on its lengthy deployment to the Asia-Pacific region.

It's the first time a Victoria-class submarine has deployed from the Royal Canadian Navy (RCN) to the region; been deployed for so long – nearly 200 days; participated in the previously bilateral ANNUELEX with the U.S. Navy (USN) and the Japanese Maritime Self-Defence Force (JMSDF); and made port visits to Yokosuka and Sasebo, Japan and Guam.

It's also the first time a Victoria-class submarine has undertaken a large-scale deployed maintenance activity conducted by personnel from Maritime Forces Pacific (MARPAF) and Fleet Maintenance Facility Cape Breton (FMFCB) in Japanese ports – all while Super Typhoon Lan raged around them.

"It has been a phenomenally successful deployment," says Capt(N) Chris Robinson, Commander of the Canadian Submarine Force.

*Chicoutimi*, under the command of Commander Stephane Ouellet, left

its home base in Esquimalt, B.C., in early September last year. Its simply stated mission was to "support Canada's global engagement strategy through strategic partnerships, port visits and operational interactions."

But it has been anything but simple. Over the course of several months, *Chicoutimi* conducted intelligence, surveillance and reconnaissance; carried out seven interactions with the USN, JMSDF, the French Navy, the Royal Air Force and the Royal Australian Air Force; operated with more than 20 surface ships and 50 aircraft; and conducted more than 180 hours of submarine-on-submarine engagements.

The success of this hectic tempo is a testament to the crew, according to Capt(N) Robinson, who says they worked hard and overcame challenges prior to deploying. In particular he mentions the unexpected swapping out of the submarine's main battery last May.

"The battery, the lifeblood of a submarine, was functioning below performance specifications," Capt(N) Robinson explains. "Normally we have to take a submarine out of the water to change batteries, but this time we were able to do it safely in the



*HMCS Chicoutimi arrives in Yokosuka, Japan on November 27, 2017.*

SUBMITTED

water thanks to the expertise of FMFCB. It enabled us to get back to work much more quickly."

One of the highlights of *Chicoutimi*'s tour has been the ability to gain a greater understanding of the challenges facing the deployment of a Victoria-class submarine to a distant, strategically important area.

"We had very complex logistic and maintenance arrangements with partner nations that we navigated throughout the deployment," says Capt(N) Robinson. "We gained a much better understanding within the RCN of the multi-faceted logistical arrangements needed when supporting a deployed submarine."

Successful routine maintenance was carried out in Japanese ports, with USN support. More than 30 personnel from FMFCB conducted over 1,800 hours of maintenance in eight days. Additionally, there was a month-long maintenance period in Guam, the first deployed submarine short-work period ever conducted by MARPAF and FMFCB. During this time significant repairs were made to fridge and hydraulic plants, diesel engines and motor generators.

Capt(N) Robinson is quick to praise

both FMFCB and a deployed joint logistic coordination cell from Esquimalt.

"They provided stellar support in moving both parts and people," he says. "They also overcame significant challenges in moving military gear in and out of Japan. This has enabled us to learn valuable lessons for future deployed submarine work periods."

Capt(N) Robinson says one of the most rewarding aspects of the deployment has been building relationships with both the USN and the JMSDF.

"These strategic partnerships are built on trust and experience working together in major ways," he says.

*Chicoutimi* developed increased interoperability with the USN's Seventh Fleet and forged strong bonds with the JMSDF. For the first time a Canadian submarine participated in ANNUELEX, normally a bilateral exercise between the USN and JMSDF. It is carried out every year in the Southern Sea of Japan to practise and evaluate the coordination, procedures and interoperability elements required to effectively respond to the defence of Japan or to a regional contingency in the Indo-Asia-Pacific.

NAME	CHARRON, MICHEL //
ENROL DATE	1978 //
RETIRED AS	COMMODORE //
	CHIEF MILITARY PERSONNEL (NDHQ) //
DEPLOYMENTS	ADRIATIC STANDING NAVAL FORCE ATLANTIC PACIFIC ATLANTIC //
LOCATION	OTTAWA //
TITLE	DIRECTOR OF HR & SHARED SERVICES //
SERVICE	2015-PRESENT //

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*HMCS Chicoutimi sails beside a French frigate on January 30, 2018.*

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# in the Asia-Pacific region

“This was a major achievement and a real manifestation of Canada’s defence policy ‘Strong, Secure, Engaged’,” Capt(N) Robinson explains. “It represents a clear indication of the RCN’s commitment to peace and security in the region, and shows that our navy is fully engaged and able to project sea power far from Canada’s shores.”

*Chicoutimi*’s prowess did not go unnoticed by the USN. “*Chicoutimi* has provided exceptional support for the 7F (Seventh Fleet) team during the past few months and I sincerely appreciate all of the work to make its deployment happen. Hopefully 2018 will bring even more,” says VAdm Phillip Sawyer, Commander of the Seventh Fleet.

Over the course of this historic deployment, the 59 crewmembers have been exceptionally busy. They have been able to qualify 50 per cent of new submarine crew and progress several higher level qualifications, all while conducting operations.

“Through it all the crew has been enthusiastic and morale has been very good,” says Capt(N) Robinson. “The families back home have also been incredibly supportive of this long deployment.”

Unlike surface ships, submarines have no way to communicate with

family and friends while submerged, except through coded familygrams once a week.

“This is always a challenge,” says Capt(N) Robinson. “There is no phone and no internet while the boat is under water.”

During port visits communications can take place as usual, and families can also get information through the Military Family Resource Centre in Esquimalt.

As *Chicoutimi* arrives home, crewmembers are looking ahead to some time off before the submarine continues operations later this year.

“They can take great pride in knowing that they have contributed to maritime peace and good order abroad by patrolling, building strategic relationships and interacting with our partner nations,” says Capt(N) Robinson. “It has been an exceptional deployment on so many levels.”



*A photo of a warship from the Japanese Maritime Self-Defence Force taken through HMCS Chicoutimi’s periscope in November 2017.*

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*HMCS Chicoutimi sails with ships of the U.S. Navy and the Japanese Maritime Self-Defence Force during ANNUALEX on November 14, 2017.*

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# KICK OFF to SUMMER



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## Promotion at Whidbey Island



PO1 Marchand (left) receives his CD from LCdr Graham Collins, CO Trinity Detachment Naval Ocean Processing Facility Whidbey Island (NOPFWI).

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## CDs presented at Whidbey Island



MS Gillan receives his CD from LCdr Graham Collins, CO Trinity Det NOPFWI.

SUBMITTED

# Naval reservists experience life in New Zealand warship

By Darlene Blakeley,  
Senior Editor and Writer, Navy Public Affairs

Eleven members of Canada's Naval Reserve are experiencing a once-in-a-lifetime opportunity to see first-hand what service is like in a Royal New Zealand Navy (RNZN) warship.

Nine bo'suns and two cooks from Naval Reserve Divisions across the country are sailing aboard the RNZN's Anzac-class frigate *Te Kaha* as it transits from Honolulu, Hawaii to Victoria.

The sailors joined the ship as part of the REGULUS program, which facilitates exchanges with partner navies from around the world, providing unique training opportunities and exposing sailors to the diverse cultures of allied navies. While sharpening sailors' skills, the REGULUS program also helps strengthen relationships with allied nations, increasing interoperability and reinforcing the Royal Canadian Navy's commitment to international peace and security.

MS Kaitlin Braithwaite from the Naval Reserve Division HMCS *Prevost* in London, Ont., was the catalyst for this group's deployment. While working and training as a civilian primary school teacher in Auckland, NZ, she was given the opportunity to consolidate her skills as a bo'sun in the Naval Reserve as well. Through the REGULUS program, she requested and was authorized to sail aboard the *Te Kaha* when it departed Devonport, NZ, en route to Victoria where it will be undergoing a frigate system upgrade.

"Joining a new ship is always a bit daunting but I could not have been welcomed any better," she says. "Every sailor welcomed me on board and helped me become a member of the crew."

MS Braithwaite was able to join the RNZN gunners (similar to bo'suns) on bridge watches and says that functions such as lookouts and officer-of-the-watch duties are the same.

"However, once we left New Zealand there was not much for the lookout to see – open ocean with no contacts for over nine days," she says. "All of my experience sailing in Canada has been on the Kingston-class maritime coastal defence vessels, which mainly keep to the coast for calmer waters."



MS Kaitlin Braithwaite of HMCS *Prevost* spent several weeks sailing in HMNZS *Te Kaha*.

SUBMITTED

As soon as we departed New Zealand it was a straight course north to Canada experiencing sea state seven [six to nine metre waves]."

By mid February, *Te Kaha* had come alongside Pearl Harbour Naval Base in Honolulu en route to Canada.

"This was a welcome R&R stop that showed me just how welcoming the New Zealand navy could be. Their crew was always planning activities such as surfing, sky diving, and cage diving," explains MS Braithwaite.

It was in Honolulu that 10 additional naval reservists joined MS Braithwaite in the ship as part of the REGULUS program.

"I was happy to see some familiar faces and was encouraged that I could help them adjust to ship life onboard the *Te Kaha*," she says.

She explains that the name "*Te Kaha*" is Maori, meaning "fighting prowess" or "strength." The ship's motto is "He Ponanga Kaha" or "Service with Strength", embodying the strength of the ship, the RNZN and service to country.

"This experience has shown me that even though thousands of nautical miles separate New Zealand and Canada, we are much the same," says MS Braithwaite. "Our values and traditions as sailors translate across oceans."

Her time with the crew of *Te Kaha* ended when the ship reached Victoria on March 5, but, she says, "The new friendships and lessons I learned while onboard *Te Kaha* will last a lifetime."

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# HMC Ships *Whitehorse* and *Edmonton* begin Operation CARIBBE deployment

By Lt(N) Paul Pendergast,  
CJOC Public Affairs Officer,

As HMC Ships *Whitehorse* and *Edmonton* slipped all lines and proceeded to sea from San Diego, California on February 26, there was a palpable sense of seriousness among both crews.

As they exited the harbour, they turned south to begin their two-month deployment on Operation CARIBBE, Canada's contribution to an international operation to stop illicit trafficking of drugs, weapons, money and people.

The eastern Pacific Ocean is a huge body of water, stretching for thousands of miles along the coast of South and Central America and up to North America. It is along this maritime highway that drugs have been making their way onto the streets of Canada and the United States.

Since the Canadian Armed Forces (CAF) began participating in Op CARIBBE in 2006, they have contributed to the seizure of more than 83 tonnes of cocaine, and the mission shows no signs of slowing down. In 2017 alone, the CAF helped the US Coast Guard seize or disrupt over 11.5 metric tonnes of cocaine.

Those are drugs that are not reaching our streets and causing harm to our people. There is also a disruptive effect, where it becomes more difficult for criminal organizations to conduct their business.

For the crew of HMCS *Whitehorse*, deploying on this operation is the culmination of an intense period of planning and preparation. In October 2017, the crew of HMCS *Brandon* conducted a hull transfer to *Whitehorse*, which had just completed a six-month docking work period of planned maintenance, painting, and the installation of some new equipment.

Then began the process of bringing the ship and crew to the level of proficiency that is required for this type of deployment. That is achieved through a tiered readiness program, where Sea Training Pacific tests the ship and crew in increasingly realistic and complex scenarios, until they are determined to be fully ready for the mission. The program ensures the ship meets safety and administrative standards, and that the crew can conduct the full gamut of seamanship evolutions. These include replenishment at sea, tow exercises, and helicopter hoists.

During the program, HMCS *Whitehorse* also visited Seattle to train in foreign port duty watch routines,



*Armada de México Centenario de la Revolución (right) conducts manoeuvres with HMCS Edmonton (left) off the west coast of Mexico during Operation CARIBBE on February 27, 2018.*

MARPAC PUBLIC AFFAIRS

and conducted a number of other Royal Canadian Navy activities. In January, the U.S. Coast Guard Law Enforcement Detachment (LEDET) travelled to Esquimalt to see the ship and meet with the crew, where they began to develop a working relationship that will be critical to the success of the mission during Op CARIBBE.

Before departing Esquimalt Feb. 16, all crew members had to be assessed to ensure they were medically fit to deploy, and any members that were not had to be replaced. With Sea Training Pacific embarked, they conducted mission readiness training, designed to prepare them for the specific task of monitoring and interdiction of illicit drug shipments.

The first stop was in San Diego, where Sea Training disembarked, having achieved their job of bringing the ships to the required level of readiness. With a U.S. Coast Guard LEDET now embarked in each ship, they were ready to begin the operation. It takes several days to transit to the patrol areas on the west coast

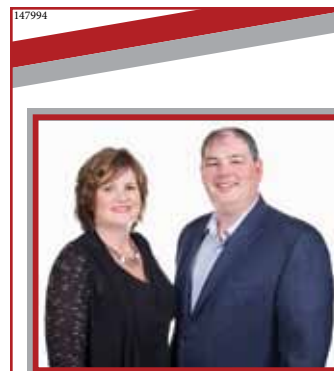
of Central America. The first few days of the operation were dedicated to LEDET integration training, to confirm tactics and procedures were aligned, and to get the crew of *Whitehorse* working with the LEDET as one team.

LCdr Collin Forsberg, Commanding Officer of *Whitehorse*, was eager to begin the hunt. This is his second Operation CARIBBE, and his first in command.

"This crew is the most capable I have ever seen on a vessel of this size, and with the addition of the LEDET,

they are fully ready to carry out this mission," he said.

"Although these criminal organizations will continue trafficking to North America, the effective partnership between the Royal Canadian Navy, the US Coast Guard, and all the other nations involved in JI-ATFS (Joint Interagency Task Force South), has caused a serious disruption of their efforts, and the result is less drugs reaching the streets of cities like Los Angeles, Toronto and Vancouver."



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# Canada announces second peacekeeping smart pledge

By DND

Canada is committed to building a more peaceful and prosperous world. Ensuring the safety and security of our citizens – and those of our allies – means working to confront instability and conflict around the world. Canada's support for United Nations peacekeeping will help vulnerable and marginalized communities build a better future for themselves.

Last November, in Vancouver, the Government of Canada announced its return to peace operations, including: the Vancouver Principles – focused on ending the recruitment and use of child soldiers around the world; the Elsie Initiative – a pilot project aimed at rapidly increasing the number of women police and military deployed on UN peace operations, supported by the expertise and political commitment of a group of countries who share Canada's ambition for change; and a range of Smart Pledges and military capabilities – aimed at leveraging Canadian expertise.

The first smart pledge – a C-130 Hercules aircraft to provide tactical airlift support for the UN's Regional Support Centre in Entebbe, Uganda – was announced in Vancouver and

preparations for deployment are currently underway.

As part of Canada's return to peace operations, the Honourable Harjit S. Sajjan, Minister of National Defence, and the Honourable Chrystia Freeland, Minister of Foreign Affairs, on March 19 announced the Government of Canada's second smart pledge: a commitment to deploy an Aviation Task Force to the United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA) for a period of 12 months.

The Aviation Task Force will include Chinook helicopters to provide urgently needed transport and logistics capacity for the MINUSMA mission, as well as Griffon helicopters to provide armed escort and protection. The Task Force will be accompanied by a number of CAF personnel for support. Canada remains committed to advancing gender equality in its deployment.

Canada's contribution will join 57 MINUSMA partner countries in their continued efforts to bring sustainable peace and stability to Mali and the Sahel. Today's announcement builds on the Government's significant development, peace and security initiatives in the region.

In the coming days, the Government

will register its pledge with the UN, and the CAF will begin their planning process, in conjunction with the UN, partners and the host nation.

"As a responsible member of the international community, we recognize the importance of working collaboratively with our partners to promote peace and security. Supported by our diplomatic negotiations, I am confident we can help make a real difference in this region through the deployment of the Aviation Task Force," said Minister of National Defence, Hon. Harjit S. Sajjan.

"Today's smart pledge is another way Canada is contributing its expertise to create a safer, more peaceful world. We are committed to improving the effectiveness of UN peace operations. We are doing this by working with partner countries to increase the meaningful participation of women, through the Elsie Initiative for Women in Peace Operations, implementing the Vancouver Principles to end the recruitment and use of child soldiers, and providing specialized training to meet the needs of the UN," said Minister of Foreign Affairs, Hon. Chrystia Freeland, P.C., M.P.

During the UN Peacekeeping Defence Ministerial conference hosted

by Canada in Vancouver in November 2017, Canada pledged to improve the effectiveness of UN peace operations in a number of ways.

Canada committed a number of smart pledges of high value military capabilities to be deployed in a five-year timeframe with planned and predictable rotations with other member states. They are: a Quick Reaction Force and accompanying equipment; an Aviation Task Force of medium utility and armed helicopters; and a tactical airlift support to address critical gaps in the UN's ability to transport troops, equipment, and supplies to their missions.

The Elsie Initiative for Peace Operations is a Canadian-led pilot project to test new ways of eliminating barriers to the participation of women police and military in peace operations. Canada will lead this search for a breakthrough, working closely with a Contact Group of countries who will bring their experiences, expertise and political commitment to the project. A tailored package of technical assistance and training will be offered to a select partner country (or two), and an innovative financial mechanism will be designed to incentivize progress among countries that contribute police and military to UN operations.

## Adoption de solutions modernes en milieu de travail au MDN

Par La Feuille d'érable

Dans le monde au rythme accéléré d'aujourd'hui, les gens cherchent souvent des façons de gérer leurs horaires professionnel et personnel chargés, ainsi que de concilier les aspirations professionnelles, les obligations familiales et les autres priorités concurrentielles. Pour certains, la possibilité de travailler à domicile, de faire des semaines de travail comprimées ou d'adopter un horaire variable peut en faire beaucoup pour assurer le bien-être personnel.

Afin d'aider ses employés à mieux concilier leur vie au travail et à domicile, le ministère de la Défense nationale (MDN) a récemment mis en œuvre un programme sur les régimes de travail de rechange (RTR). Le programme à jour renferme des procédures et des lignes directrices simplifiées aux fins d'utilisation appropriée des RTR au ministère.

Le recours aux RTR est un outil clé de la politique de défense du Canada Protection, Sécurité, engagement, dont l'objet est d'améliorer la santé et le bien-être des employés, tout en cré-

ant des solutions à la fois modernes et flexibles en milieu de travail qui sont axées sur de nouvelles façons de faire les choses.

Du point de vue de l'employé, avoir le droit d'adopter un RTR permet, par exemple, de prévoir des rendez-vous, de s'occuper des affaires personnelles ou familiales, de conclure des ententes concernant la garde d'enfants ou de suivre un cours. De plus, des études montrent que, dans certains cas, l'utilisation de RTR accroît la productivité, rehausse le moral et améliore la qualité du travail tout en réduisant les niveaux de stress et le temps de déplacement, ainsi que les coûts qui y sont associés.

Au dire de Cindy, employée du MDN dont le mari est membre des FAC, «la possibilité pour moi de travailler à domicile lorsque mon mari était en affectation et, plus tard, en déploiement, a permis de réduire considérablement le stress auquel ma famille était soumise pendant son absence. Par après, je ressentais en moi une plus grande loyauté envers mon organisation et je me sentais appréciée en tant qu'employée, ce

qui a permis à mon organisation de continuer à tirer parti de mon expérience. De plus, c'était plus facile pour moi de m'acquitter de mes responsabilités familiales pendant que mon mari était outre-mer.»

Outre les avantages pour les employés, le recours aux RTR donne lieu à de nombreux avantages organisationnels. Les RTR constituent une solution à la main-d'œuvre changeante et ils offrent une certaine flexibilité en matière de gestion des ressources humaines, tout en rehaussant la capacité d'attirer et de garder des travailleurs hautement qualifiés.

Bien qu'employés et gestionnaires puissent tirer parti de RTR, ceux-ci ne constituent pas un droit des employés. Les demandes sont évaluées au cas par cas et approuvées à la discrétion du gestionnaire.

Les employés civils et leurs gestionnaires peuvent se renseigner davantage sur l'utilisation des RTR à visiter la page intranet sur les RTR.

Les membres des FAC doivent transmettre à leur chaîne de commandement leurs questions relatives aux régimes de travail de rechange.



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*Lt(N) Tristan is Navigation Officer in HMCS Summerside.*

AB JOHN IGLESIAS, FIS

## Saint-Jérôme naval officer deploys to West Africa with the RCN

By Lt(N) Linda Coleman,  
MARLANT PAO

There's a first time for everything, and for Lt(N) Tristan Lapointe of Saint-Jérôme, Québec, deploying with the Royal Canadian Navy on Operation (Op) PROJECTION provided him with a couple – his first time in Africa, and his first time sailing in a different class of ship.

"I've never sailed on a Maritime Coastal Defence Vessel before," said Lt(N) Lapointe. "I have more experience on the frigates, but learning about a new platform and how the ship handles itself in the water is really exciting."

Lt(N) Lapointe, is a Naval Warfare Officer in HMCS *Summerside*. He's been deployed since January 26, 2018 to West Africa as part of Op PROJECTION – a strategic engagement with regional nations to support capacity building and foster relationships with partner navies. The deployment consisted of port visits to seven different West African countries, including several community relations events.

"I've never been to West Africa before. Learning about the culture and sharing quality experiences with the local communities is amazing. I feel very fortunate to be part of this operation," said Lt(N) Lapointe.

In addition to learning about West Africa, Lt(N) Lapointe is honing his navigation skills during the deployment. He's the Navigation Officer, which is also known as the Pilot. "I'm in charge of the safe navigation of the ship at sea, especially when coming in and out of harbours," said Lt(N) Lapointe. He's practicing these skills during Op PROJECTION in anticipation of an important navigation

course he's taking this summer in Esquimalt, B.C. "Learning about navigation is definitely my favourite part on this operation, especially since I'm planning the navigation passages for the West African ports," added Lt(N) Lapointe.

Lt(N) Lapointe's interest in the military started at a young age. "After I joined the Royal Canadian Army Cadets at 12 years old, I realized the military lifestyle was always something that I admired," said Lt(N) Lapointe. He wanted to be a leader, so after graduating high school from École Polyvalente in Saint-Jérôme, he went on to Royal Military College in Kingston, ON, and graduated with a Bachelor of Arts degree in Military Strategic Studies.

When asked about what he loves about his job, Lt(N) Lapointe replies, "Being at sea, driving warships as a Bridge Watchkeeper, and having the opportunity to travel the world on the water; it doesn't get much better than this! I also love the people I meet and work with. I'm still a junior officer, so I learn every day from experienced sailors, both members of the ranks and officers. I fuel on challenges and enjoy overcoming seemingly impossible obstacles. I also learn new things about myself regularly as I progress through my career," he said.

Lt(N) Lapointe returns to his hometown of Saint-Jérôme three to four times a year, for at least one week at a time. "I am the person that I am today because of my friends, family and entourage from Saint-Jérôme and la région des Laurentides."

Despite having an experience of a lifetime in West Africa, Lt(N) Lapointe says that he'll always "miss my home and my country, always."



*LS Daryl Ross interacts with children from Di-araf Falla Paye, a local school in Dakar, during Operation PROJECTION West Africa.*

SUBMITTED

## West African deployment "eye-opening" for New Brunswicker

By Lt(N) Linda Coleman,  
MARLANT PAO

LS Daryl Ross is a long way from home. The sailor, from Oromocto, N.B., has been deployed in HMCS *Summerside* since January 26, 2018 as part of Operation PROJECTION West Africa – a strategic engagement with regional nations to support capacity building and foster relationships with partner navies.

"It's been one of the most eye-opening experiences I've ever had – probably my favorite deployment I've taken part in," said LS Ross.

LS Ross joined the RCN Reserve in 2014 as a Naval Combat Information Operator. "I joined for the amazing opportunities to travel across the world," he said.

And seeing the world is exactly what he's doing. "I am doing this challenge called #30by30, which means my goal is to visit 30 countries by the time I'm 30 years old," he said. "After this deployment, I'll have visited 23 countries out of 30, and I plan on visiting a lot more places in the near future."

The RCN is certainly helping make his dream come true with Op PROJECTION West Africa taking him to seven West African countries (Cape Verde, Senegal, Liberia, Cote d'Ivoire, Nigeria, Benin and Ghana) to conduct com-

munity relations, including interacting with children and helping with repairs at local elementary schools in need.

"Having the opportunity to visit some of the poorest countries in the world comes with a very humbling feeling. Seeing the smile on the kids' faces when they see that they have someone to play with, or their reaction when they see the work we accomplished in the schools we visited, is incredibly satisfying," added LS Ross.

During Op PROJECTION, LS Ross also participated in OBANGAME EXPRESS, a U.S. Naval Forces Africa-led engagement to conduct maritime security capacity building and develop a greater knowledge and understanding of operating conditions within the Gulf of Guinea region.

LS Ross is no rookie to international operations though. In his four years since joining the RCN, LS Ross has also deployed on Op CARRIBE and Exercise BOLD ALLIGATOR in the United States, and has deployed to Europe and the Arctic.

"I love that it's challenging and very different from a routine job," said LS Ross when asked what he loves about being in the RCN. "The friendships I've made in the military environment cannot be compared to any civilian job. Travelling across the world while earning a competitive salary is unbeatable."



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# New light weight diving gear increases capabilities for clearance divers



*The Ultra Lightweight Surface Supply Diving System includes lightweight carbon fiber reserve and regulator tanks, a more portable surface supply system, and a much smaller umbilical cord, the long yellow hose that supplies divers with an unlimited supply of high pressure breathing gas, along with enhanced communication and sensory capability.*

SUBMITTED

**By Peter Mallett,**  
The Lookout Staff

A new, light-weight surface-supplied diving system will increase operational diving capability during deployments and exercises for Fleet Diving Unit (Pacific) Clearance Divers.

The Ultra Lightweight Surface Supply Diving System, manufactured by Swedish-based respirator manufacturer Interspiro, is also being acquired by FDU (Atlantic), the Canadian Army divers, and SARTECH divers.

The new lighter and modern equipment supplies breathing gas and vital two-way communication between the surface and diver conducting dives to a maximum of 54 meters (175 feet).

Divers, including the Unit's Commanding Officer LCdr Rick Kappel, trialled the system last month in Esquimalt Harbour at Fleet Diving Unit Pacific.

LCdr Kappel noted that, among other operational advantages, this ultra-lightweight diving system will make diving from small boats in an operational environment safer and more effective.

"Another significant advantage of having this lighter and modern equipment is what takes place above the water while divers are diving," he said. "Clearance Divers often do their jobs in cold and hostile conditions, with boats rocking back and

forth. This streamlined equipment will make these dives easier from a setup perspective, safer from a diver support perspective, and will also help save backs while moving the tanks and gear in and out of boats and vehicles. We are often prone to back injuries when going back and forth from land to water because we are carrying bulky, heavy, sometimes awkward gear while keeping balance all at the same time."

LCdr Kappel and nine other divers participated in this two-of-four three-day training course designed to qualify all FDU(P) divers on the new equipment. He conducted the diving system safety test and dawned the gear, and entered the cold waters of Esquimalt Harbour, diving to a depth of about 10 metres for this initial training dive. He will carry on with deeper, longer dives later this month. His progress was monitored by personnel on the jetty through the system's two-way communications system as he descended below the surface.

With a large bubble of air preceding his ascent, LCdr Kappel breached the surface and gave the thumbs-up sign completing this short and shallow proficiency training dive.

The Ultra Lightweight Surface Supply Diving System includes lightweight carbon fiber reserve and regulator tanks, and a more portable surface supply system with modern-

ized regulators, underwater gauges, and communications panels built into lightweight face masks that can be monitored by the diver.

It also includes a much smaller umbilical cord, the long yellow hose that supplies divers with an unlimited supply of high pressure breathing gas, along with enhanced communication and sensory capability.

PO1 Robert Majore, who, along with PO1 Giles Pease, is overseeing the education and training required to qualify divers on this new gear, says the older system was much heavier and more cumbersome to operate. An older regulator tank weighs about 60 lbs compared to the ultralight system's 40 lbs.

The older system also requires a larger umbilical cord that sends low pressure air (instead of high pressure air) down to the divers resulting in greater drag on the line from underwater tides and currents.

Another advantage of the new system, says PO1 Majore, is that it offers enhanced portability and folds up easily into pelican cases that can easily be loaded onto and off boats, trucks and other vehicles worldwide.

FDU(P) plans to deploy the Ultra Lightweight Surface Supply Diving System for the Humanitarian Assistance and Disaster Relief (HADR) portion of RIMPAC 2018 Exercise to be conducted this summer in Hawaii.

## CFB Halifax cook part of silver medal team

**By RCAF Public Affairs**

We all know how challenging it can be to put together a family meal in our own kitchens, stocked by our own hands. Imagine putting together a three-course meal in a limited time period based solely on the unknown contents of a basket handed to you in an unfamiliar kitchen.

Cpl Melissa Miller, a chief cook from 19 Maintenance Support Section at 19 Wing Comox, British Columbia; LS Dustin Vickers, a cook from CFB Halifax, Nova Scotia; and cook Cpl Jordan Hoare, from 4th Canadian Division Support Base Petawawa, Ontario, did just that, competing in the US Army 43rd Annual Joint Culinary Training Exercise (JCTE) held from March 9 to 15, 2018, in Fort Lee, Virginia.

And brought home the silver medal.

The three were supported by team manager CPO2 Thomas Dalling, of Director Personnel Generation Requirements in Ottawa, Ontario; and pre-training coaches WO Chiu Tsang, a chief cook with 1 Canadian Mecha-

nized Brigade Group in Edmonton, Alberta, and Sgt Jean Louis Lassonde, from Canadian Forces Logistics Training Centre at CFB Borden, Ontario.

The two RCAF and one RCN cooks competed against cooks from France, Germany, the United Kingdom and the United States. This year's exercise showcased the talents of 237 military chefs from all military services around the globe.

"It's an honor and privilege to speak to you today," said Lieutenant General Aundre F. Piggee, Headquarters Department of the Army, deputy chief of staff, G4, Pentagon, D.C., at the opening of the awards ceremony. "I wish I could have spent more time [at JCTE]; I looked online and my mouth was watering.

"I applaud your competition," he added. "You all are winners by just participating; you now are better as individuals, and will take back your knowledge and make your organizations better. It is great to see all the services and our coalition partners. Nothing we do on the battlefield is

alone; we do it together."

Competing chefs were judged based on American Culinary Federation guidelines; they were not competing against each other but against industry standards. Those who exceeded industry standards were given medals – 56 gold medals, 135 silver medals and 141 bronze medals were presented to military chefs who met the judging criteria.

The exercise, administered by the Joint Culinary Center of Excellence, is the largest U.S. Culinary Federation-sanctioned competition in North America.

*With files from Dani Johnson, Combined Arms Support Command Public Affairs, Fort Lee, Virginia.*

*From left, Cpl Melissa Miller; LS Dustin Vickers and Cpl Jordan Hoare during the Joint Culinary Training Exercise held from March 10 to 15, 2018, in Fort Lee, Virginia.*

DANI JOHNSON, PUBLIC AFFAIRS OFFICER,  
FORT VIRGINIA



# Triumphant return for HMCS *Chicoutimi*

By Peter Mallett,  
The Lookout Staff

Holding homemade banners and signs, family and friends of HMCS *Chicoutimi* crewmembers waited anxiously for the submarine to appear in Esquimalt Harbour March 21, sail past Dunzette Head and come alongside A Jetty.

After that it was tears, cheers and heartfelt hugs as families were re-united, ending the historic deployment of the Royal Canadian Navy (RCN) submarine.

The uplifting music from the Naden Band added to the excitement and emotion.

RAdm Art McDonald, Commander Maritime Forces Pacific, described the homecoming as a “payday” and “return on investment”, not only for the RCN but also the families of the sailors.

“You can see the love, you can see the pride, and you can see the sense of accomplishment in the faces of the sailors that came off the sub,” said RAdm McDonald. “This has been a far-reaching, long, successful, and very historic deployment. What this means is we have a great tool in our toolbox that has gone places and is proven.”

The Victoria-class submarine and its crew of 59 left Esquimalt mid-September 2017 on 197-day deployment, its first ever in the Asia-Pacific, and the first major RCN submarine deployment to the region in nearly 50 years.

The mission also marked the longest deployment of a Victoria-class submarine to date.

First across the brow was MS John Beaton who had been selected in an on-board lottery to give the traditional first kiss at the homecoming to his wife Cendra Beaton. With his young daughter



HMCS *Chicoutimi* returns to CFB Esquimalt after a six-month deployment.

LS VICTORIA IOGANOV, MARPAC IMAGING

ter Ariana and son Xavier in the full embrace during the kiss, a large cheer and “hurrah” went up from the crowd.

“It was a long deployment and it’s so good to be reunited with Cendra and the kids who seemed to have grown so much since I left,” said MS Beaton. “It was my first deployment on a sub; it was a tight-knit crew on *Chicoutimi*. There were challenges during the deployment but overall the morale was very good.”

Also moved by the return home was

Cdr Stefan Ouellet, *Chicoutimi* Commanding Officer, who fought back tears as he declared the homecoming an “extremely proud moment.”

“I think the deployment proved we could sustain operations at sea. This platform is very robust and we were able to remain at sea and do the job of patrolling the Asia Pacific.”

Cdr Ouellet detailed the highlights of the deployment: participating in USN-JMSDF ANNUALEX, a three week bi-lateral exercise with the

United States Navy and the Japan Maritime Self Defense Force that was made tri-lateral for the first time; and the success of crossing the Pacific and returning safely, a feat, he says, that only a few nation’s navies have realized.

*Chicoutimi* also visited Hawaii, Guam, and Japan during the deployment. The visit to Yokosuka, Japan, was the first by a Canadian submarine since the visit by HMCS *Grilse* in May 1968.

## VAdm Lloyd enrolls a new recruit during visit to HMCS *Scotian*



During a recent visit to HMCS *Scotian*, VAdm Ron Lloyd, Commander Royal Canadian Navy, enrolls Arina Bokov as a Naval Cadet in the Naval Reserve.

LS TRENT GALBRAITH, FIS

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# TRIDENT Sports

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



Members of the CAF CISM Running Team and coaches in Esquimalt, BC.

SUBMITTED

## What does it take to be a CAF CISM Running athlete?

By Lt(N) Michael Bergeron,  
NTDCA

*Note: Twelve members of the CAF CISM Running Team, including Lt(N) Michael Bergeron and Lt(N) Natalia Borszczow of Campus Atlantic and WO Charlene Arsenault of CF H Svcs C(A), recently completed a week-long training camp in Esquimalt, BC.*

What does it take to be a CISM Running athlete? It takes many early mornings to get kilometres in before a full day of work, dedicating your Saturdays to long runs and going that extra mile every single time. For most people, this goal seems out of reach and this standard too high to achieve. For many years I felt the same way. It took me many kilometres, many early mornings, many races, and many practices working on form, agility, and speed to become the runner I am today. If you asked my teammates at training camp, they would say it takes a lot of heart and a lot of dedication to put in the hours and the focus to run at the national and international level.

Why do high performance runners need a training camp? As runners, we can all benefit from focusing on our weaknesses and learning how to improve technique, endurance, and

pace through specific guidance/lessons by training experts and coaches. This was one of the main focuses during the training camp with new coach Aaron Grainge who joined team manager Major Mike Mueller. Having guidance and support from personal trainers and coaches can benefit the athlete tremendously, by reducing injury and allowing athletes to reach their peak running potential.

Our running adventure began on March 12 and ran until the 16th in Esquimalt, BC. During this time we didn't just run, we spent hours in the gym, the classroom, and the cafeteria fuelling our bodies for peak performance. We spent our mornings running through the beautiful scenery of Elk Lake, Thetis Lake, and the track at the Pacific Institute for Sport Excellence. We also participated in a VO2 max testing, allowing our coaches to individualize training, and determine accurate paces for our workouts. VO2 max helps measure the maximum rate of oxygen consumption an athlete can attain while running at peak speed. We spent many afternoons at the Naden Athletic Center learning about proper weightlifting techniques while also developing our running muscles. I enjoyed the critical feedback from the coaches that helped me



Lt(N) Michael Bergeron and Lt(N) Natalia Borszczow of Campus Atlantic on the track at the Pacific Institute for Sport Excellence

SUBMITTED

improve my technique and helped me to prevent future injuries. I also enjoyed learning from others as we had a diverse group of athletes, from 5k specialists to the marathon runners. It was a great opportunity to trade training success, tips, and tricks to help each other perform to our potentials.

During this week we also focused on nutrition, learning how, and what, to eat to fuel our bodies for our training, workouts, and races. We even had a few briefs on injury prevention which I found helpful, and I'm eager to implement what I learned into my everyday training to stay healthy and injury free.

Next on the agenda for the CAF CISM Running Team is the marathon in Beirut, Lebanon 9-13 Nov 2018 and a cross country race in Luanda, Angola 8-13 Nov 2018.

### Team selection:

Only marathon results will be considered for marathon team selection and only 5k\* and 10k results will be used for cross country team selection. \*Note Women's cross country race is only 5k distance; it is recommended 5k results be submitted. Results for all races will be due by August 27, 2018, in order to select teams and allow time for goal race training and event travel planning. The fastest times submitted will be used for team selection and rolling down to the next fastest times will occur if primary athletes are not able to race. Competitive times for the marathon are sub 2:40:00 for men and 3:10:00 for women; for Cross country sub 16:00 minute 5k for men and 18:00 for women.



# Sailors stay fit during Op REASSURANCE

Members of the ship's company of HMCS St. John's get ready for a fitness class led by PSP fitness instructor Keira Lee during Operation REASSURANCE, off the Norwegian coast on February 21, 2018.

CPL TONY CHAND, FIS

# Fitness and sports updates

By Trident Staff

The Navy Tridents Triathlon and Duathlon takes place on Sunday, June 3.

The second annual Navy Bike Ride is on Friday June 8 in the same location as last year: the Rails to Trails system in Shearwater/ Cole Harbour/Lawrencetown. More details to follow.

Noon Rec Bowling League meets at the Stadacona Lanes in STADPLEX. Every Monday, Wednesday and Friday 12 – 1 p.m. Shoes supplied. Teams can be made up of as many players as you wish, however, only three bowlers per team can bowl on a given day. DND civilian employees are welcome, however, will be required to pay the Community Rec user fee at the STADPLEX front desk.

Intersection/Drop-In Pickleball. Come and learn a fun new sport.

Shearwater Gym, Mondays and Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or rick.austin@forces.gc.ca

12 Wing Shearwater drop-in basketball is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or philip.gagnon@forces.gc.ca

# Major League baseball franchise records

By Stephen Stone and Tom Thomson

### Questions

1. Who holds the (Atlanta, Milwaukee, and Boston) Braves record for games played as a first baseman?

2. Who holds the Seattle Mariners record for runs scored with 1219?

3. Since the Twins were born in 1961, he set the Minnesota record of 414 doubles.

4. Playing for the Angels for 14 years, he holds the franchise record with 299 home runs.

5. Who holds the Cincinnati Reds' franchise record for walks in a career? This questions is a gift, folks.

6. Sandy Koufax had 2,396 Ks for the Dodgers playing in Brooklyn and Los Angeles but the franchise record for LA belongs to this man with 2,696.

7. Who holds the Boston Red Sox record for home runs hit by a 2nd baseman?

8. Who set the Chicago White Sox franchise record for hits with 2 749?

9. Who is the face of the Pittsburgh Pirates with 186 saves?

10. Who is the Bash Brother who holds the Oakland Athletics franchise record for taters with 363?

11. During his career from 1953 until he retired in 1971, who set the Cubs record for RBIs with 1 636? Another gift
12. Who is the Blue Jays career leader in saves?

13. As a catcher with the Cardinals who set the record with 159 home runs?

14. With 949 runs scored, who is the Mets' record holder?

15. His career with the Rangers stretched from 2000 to 2012 during which he set a franchise record 1 823 games played. Who is this iron horse (with apologies to Gehrig and Ripken jr.)?

16. One shy of 400, at 399, who holds the Tigers' record for home runs?
17. In a 20 year career, all with the Houston Astros, who set a franchise record with 3 060 base hits?

18. With 224 career dingers, who is the Arizona Diamondbacks single season record setter?

19. Which Yankee workhorse set a franchise record of 2060 K in his career?

20. Who was the Giant of a man who gave the Giants of New York a franchise record of 2 507 strike outs; averaging 143 K per year for 16 years?

Answers on page 22

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Answers

Super Crossword



# 2017/2018 Wing Cup Championship



LAST UPDATED Nov 30 2017	October	September	November								
	VB	Fitness Challenge	Basketball	Ice Hockey	Squash	Badminton	Curling	Floor Hockey	Running		
TEAMS					DNR	DNR			TBC	TOTAL	PLACE
WOPS/HQ/WTISS		70		50						120	5th
406 SQN			70	60			80			210	3rd
ARO/12 AMS	80	60	50	70			60			320	1st
AMSO/WSO										0	
423 SQN	60		80							140	4th
HOTEF										0	
FDU		80	60	80			50			270	2nd
RCSU	70						70			140	4th

\*After each event, points are awarded as follows: 1st 80 points • 2nd 70 points • 3rd 60 points • 4th 50 points • 5th 40 points • 6th 30 points • 7th 20 points • 8th+ 0 points

## ASK THE EXPERT:

# What are trans fats and why are they bad for me?

By Nicole Houghtaling,  
RD, Acting Nutrition Wellness Educa-  
tor

**Q: I heard in the news that trans fats are being banned in Canada. What are trans fats and why are they bad for me? – Kelli.**

**A:** Dear Kelli, I see you've already heard the great news that Health Canada is banning industrially produced trans fat.

Trans fats can be found naturally in some animal-based foods or can be industrially produced. Industrially produced trans fats are formed during food processing.

Studies have found that industrially produced trans fats can increase the risk of heart disease, which is one of the leading causes of death in Canada. Trans fats are known to raise LDL 'bad' cholesterol and lower HDL good cholesterol levels. High levels of LDL cholesterol can lead to plaque buildup and plaque clogs blood vessels, reducing oxygen and blood flow.

Intake of trans fats should be limited as much as possible. Most trans fat comes from partially hydrogenated oils which are found in products such as vegetable oil shortening, stick (hard) margarine, commercially prepared baked goods, potato and corn chips, crackers, microwave popcorn, and deep-fried foods.

As part of Health Canada's Healthy Eating Strategy, partially hydrogenated oils, which are the main source of industrially produced trans fats in food, will be banned as of September 15, 2018. The ban will apply to all foods sold in Canada, including imported products and foods prepared and served in restaurants and food service establishments.

If you're looking to learn more about nutrition, Strengthening the Forces, the CAF's Health Promotion program, offers quality programs with evidence-based research and skill building. Contact your local health promotion office and take advantage of what they have to offer.

*Nicole.Houghtaling@forces.gc.ca*



# 12 AMS hurries hard

*Personnel of 12 Air Maintenance Squadron enjoy a day of unit curling at the CFB Halifax Curling Club on March 8, 2018.*

CPL BRIAN D. WATTERS, 12 WING IMAGERY SERVICES

# Major League baseball franchise records

Questions on page 21

## Answers

1. Joe Adcock with 1003: 1953-1962

2. Edgar Martinez 1987-2004

3. Kirby Puckett, 1984-1995

4. Tim Salmon- 1992-2006

5. Charlie Hustle - AKA - Pete Rose

6. Don Sutton, a Dodger from 1966-1980, 1988

7. Bobby Doerr, 1937-1951. He missed 1945 for Military Service.

8. Luke Appling

9. Elroy Face, 1953-1968
10. Mark McGwire; 1986-1996

11. Mr. Cub - Ernie Banks who averaged 105 runs batted in per 162 game season

12. Tom Henke, 1985-1992 with 217

13. Ted Simmons, 1968-1980

14. David Wright, 2004-2016

15. Elvis Andrus

16. Al Kaline, 1953 – 1974

17. Craig Biggio

18. Luis Gonzalez with 57 in 2001

19. Andy Pettite

20. Christy Matthewson, 1900-1916

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# Super Crossword

## SILENT DUO

ACROSS

- 1 Watchful
- 8 Abjectly submissive
- 15 Floral shop receptacles
- 20 More candid
- 21 Fingernail surrounder
- 22 Novelist Munro
- 23 Bands of fibrous tissue enclosing muscles
- 24 Inept warrior in armor?
- 26 Like escaped convicts
- 28 See 17-Down
- 29 Slaughter of the diamond
- 30 Member of a certain antelope fraternity?
- 34 Plasma particle
- 36 "Hurlyburly" playwright David
- 37 Med. drips
- 38 Certain book of liturgy
- 43 Anti-DUI ad, e.g.
- 46 Ending for Alp or salt
- 47 Concept, to Jean-Luc
- 49 Activity when shopping for sweaters?
- 51 Person who repositions tiny flies?
- 54 "Life of Pi" novelist Martel
- 55 Something easy-peasy
- 56 Apia resident
- 57 "Nothin' --!" ("Easy-peasy!")
- 59 In the dossier, e.g.
- 60 First-class
- 63 Sword stopper
- 67 Bireme tool
- 68 Shoelace snarl of note?

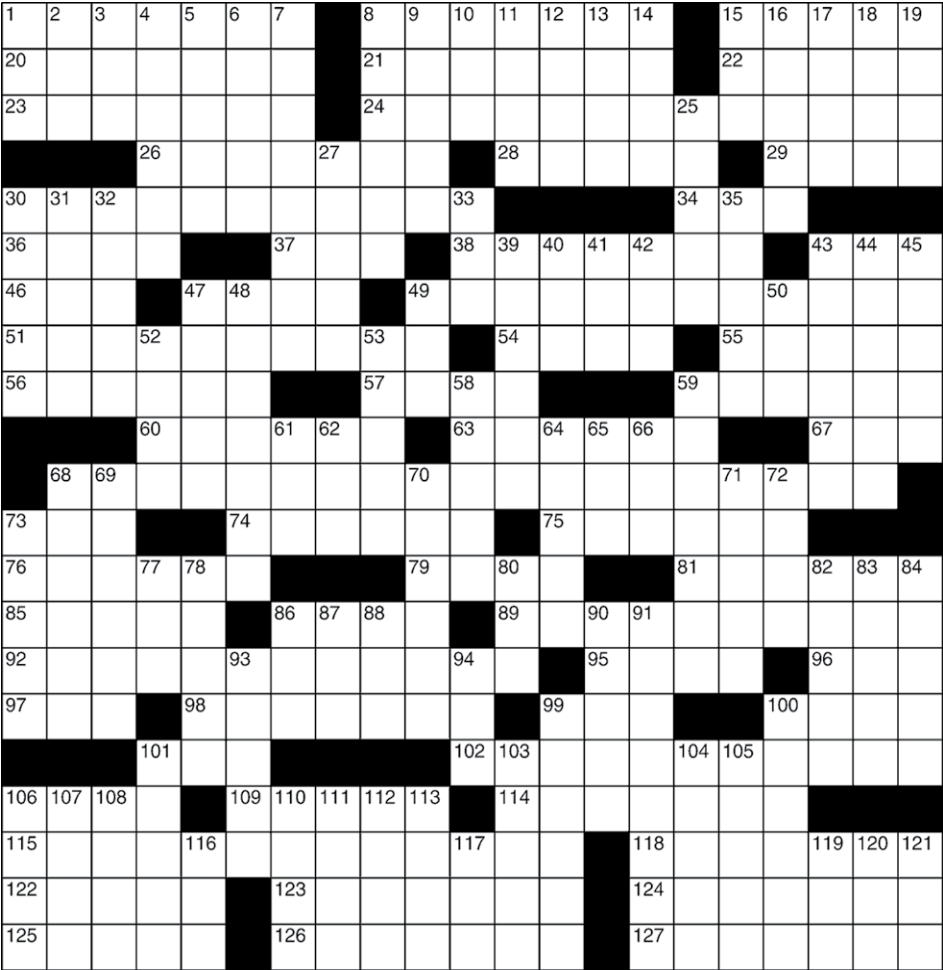
- 73 Young male, urban-style
- 74 Like many offshore rescues
- 75 Outdoor enclosure for tabbies
- 76 In a mischievous way
- 79 Inside: Prefix
- 81 Beautiful guy
- 85 Persian-founded faith
- 86 "That feels go-o-od!"
- 89 " 'One-l lama' poet, grind your teeth!?"
- 92 Had some friends south of the border?
- 95 Poker cost
- 96 Norma -- (Field role)
- 97 Horse's kin
- 98 Call halfway to a walk
- 99 "Delish!"
- 100 Wound, after a few days
- 101 Twisty letter
- 102 Far northern city inhabited by trolls?
- 106 Sheep's hair
- 109 Wear down
- 114 Convenient kind of shopping
- 115 Confession after hitting your physician with your leg joint?
- 118 Angel, musically
- 122 Big rig, e.g.
- 123 Lava spewer
- 124 Automaker Maserati
- 125 Impetuosity
- 126 Very vivid
- 127 Totally faded

DOWN

- 1 Out of whack
- 2 Pro-gun org.
- 3 Auto fluid
- 4 Set free
- 5 Spitz variety
- 6 Province
- 7 More moony
- 8 Singer Boz
- 9 Light unit
- 10 -- glance
- 11 "La Dolce --"
- 12 Chilled
- 13 Pivot
- 14 Wife of Zeus
- 15 With 90-Down, actor Jean-Claude
- 16 Foreign
- 17 With 28-Across, ink the contract
- 18 Canyon reply
- 19 Puts (down)
- 25 -- light (lamp on a film set)
- 27 Ominous bird
- 30 Prudish sorts
- 31 -- -Barbera
- 32 Flanged girder
- 33 News svc.
- 35 Like Mork, per his planet
- 39 Reaping tool
- 40 Alias lead-in
- 41 Maya of architecture
- 42 Cable TV's Spike, once
- 43 Rack-and- -- steering
- 44 Camp for Colonel Klink
- 45 According to

- 47 "But is --?"
- 48 Faye of films
- 49 NBAer, e.g.
- 50 Rubber check abbr.
- 52 Food-order option
- 53 French political units
- 58 "What a piece of work --"
- 59 Aromatic substance
- 61 "Where -- start?"
- 62 Bungle
- 64 Wearing a disguise, informally
- 65 Airport info
- 66 Illuminated
- 68 Holy books of Islam
- 69 Cubbyholes
- 70 Bray sound
- 71 Slight push
- 72 A party to
- 73 Easter cake
- 77 Hem and --
- 78 Bird perches
- 80 Toledo "two"
- 82 User busters
- 83 Rockabilly singer Chris
- 84 "Come Back, Little --"
- 86 Rocker Rose
- 87 Be laid up
- 88 Drama unit
- 90 See 15-Down
- 91 Got tangled
- 93 Slacked off
- 94 Eggy quaff
- 99 Marilyn of "The Misfits"

- 100 Depleted
- 101 Opt
- 103 Lunchtimes, often
- 104 Early name in arcades
- 105 "Bonanza" star Greene
- 106 Among
- 107 Creole pod
- 108 Difficult task
- 110 Shankar of Indian music
- 111 Take too much, briefly
- 112 Knucklehead
- 113 Nero's "Lo!"
- 116 Stretch (out)
- 117 Almond-hued
- 119 Prefix for "equal"
- 120 Erwin of films
- 121 Young kid



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# HMCS Summerside crosses the line

Members of HMCS Summerside pose for a group photo as the ship crosses the equator during Operation PROJECTION West Africa on March 14, 2018.

PO 2 PETER REED, FIS



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