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170636

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TRIDENT

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



Between the sea and the sky

The Bluenose II is escorted by a CH-148 Helicopter from 12 Wing Shearwater as the ship sails in Peggy's Cove on June 11, 2019. This image has been digitally altered.

AVIATOR JACLYN BUELL, 12 WING IMAGING SERVICES



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HMCS York cheers the Raptors Pg. 10



MEGA soccer 2019 results Pg. 20



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New Commander RCN focused on people and the future

By Ryan Melanson,
Trident Staff

It was a blustery day at HMC Dockyard in Halifax on June 12, but VAdm Ron Lloyd wouldn't have had it any other way.

The strong winds out of the north reminded him of his first sailing days in Halifax with HMCS *Iroquois*, he said, and made for the perfect setting to end both his tenure as Commander of the Royal Canadian Navy and his 38-year Canadian Armed Forces career.

The Change of Commander Ceremony saw VAdm Lloyd hand over command of the RCN to his longtime friend and shipmate, VAdm Art McDonald, in front of a crowd that included serving and retired Admirals and flag officers, colleagues from industry and government, including Deputy Minister of National Defence Jody Thomas, sailors from the Atlantic Fleet and Naval Reserve Division HMCS *Scotian*, and other friends of the Navy.

"I have been exceptionally blessed to finish my career as the Commander of the RCN. The Command Chief and I have had the pleasure and privilege of witnessing firsthand the incredible difference that Canadian sailors are making globally on behalf of Canada and Canadians," VAdm Lloyd said during his outgoing address to the Navy community.

"I've had the pleasure of being Art's shipmate when we commissioned HMCS *Calgary* together, and I had the privilege of being Fleet Commander to watch him lead HMCS *Halifax* so brilliantly," he added, also mentioning VAdm McDonald's time as Commander MARPAC, which saw highlights in submarine operations and planning for the future fleet.

"The RCN couldn't be in better hands."

The ceremony was presided over by Gen Jonathan Vance, Chief of the Defence Staff, who referenced a number of recent RCN milestones in recalling VAdm Lloyd's three years at the head of the organization. Progress on shipbuilding files saw the launch and official naming of HMCS *Harry DeWolf*, along with the start of construction on the first Joint Support Ship; the first deployments for the CH-148 Cyclone and NRU Asterix showed off new RCN technologies and capabilities; and RCN warships and submarines operated at a high tempo around the world, including increased Arctic operations, multinational exercises, and the first-ever RCN visits to ports in West Africa and the Asia-Pacific region.

"Recent years have seen the Royal Canadian Navy growing, adapting to meet the challenges of the modern world, and setting the course for what comes next. That success was all underpinned over the last three years by VAdm Lloyd's guidance, but it's also

consistent with the long line of superb commanders who preceded him," Gen Vance said, adding his confidence that successes will continue with the RCN under the command of VAdm McDonald.

The ceremony also included the Change of Appointment for the RCN Command Chief Petty Officer, with CPO1 David Steeves taking over the Navy's senior NCO role from outgoing Chief CPO1 Michel Vigneault, who is now retiring after his own 35-year RCN career. Both VAdm Lloyd and VAdm McDonald welcomed CPO1 Steeves to the RCN command team while lauding CPO1 Vigneault for the leadership he brought to the office. In fact, VAdm Lloyd made his final administrative act as Commander RCN at the podium, signing a Commander RCN Commendation Award and presenting it to CPO1 Vigneault in front of those assembled.

For the new RCN command team, the focus will be on continuing the people-first approach that has guided the Navy in recent years and preparing for a revitalization that will see an average of one new ship delivered each year for the next 15 years.

"We'll ensure together that the great people-delivered successes for which the RCN is known can continue to be realized," said VAdm McDonald, who is the first Cape Breton-born sailor to become Commander RCN.

"Despite the significant and enduring transformation that's coming, we remain steadfastly committed to affording maximum optionality to government via our naval readiness."

VAdm McDonald credited his wife Sabina for years of support and sacrifice, and thanked the many naval mentors,



VAdm Art McDonald makes his first address to the Navy community as the new Commander RCN.

MONA GHIZ, MARLANT PA



From left, outgoing Commander RCN VAdm Ron Lloyd, Chief of the Defence Staff Gen Jonathan Vance, and incoming Commander RCN VAdm Art McDonald.

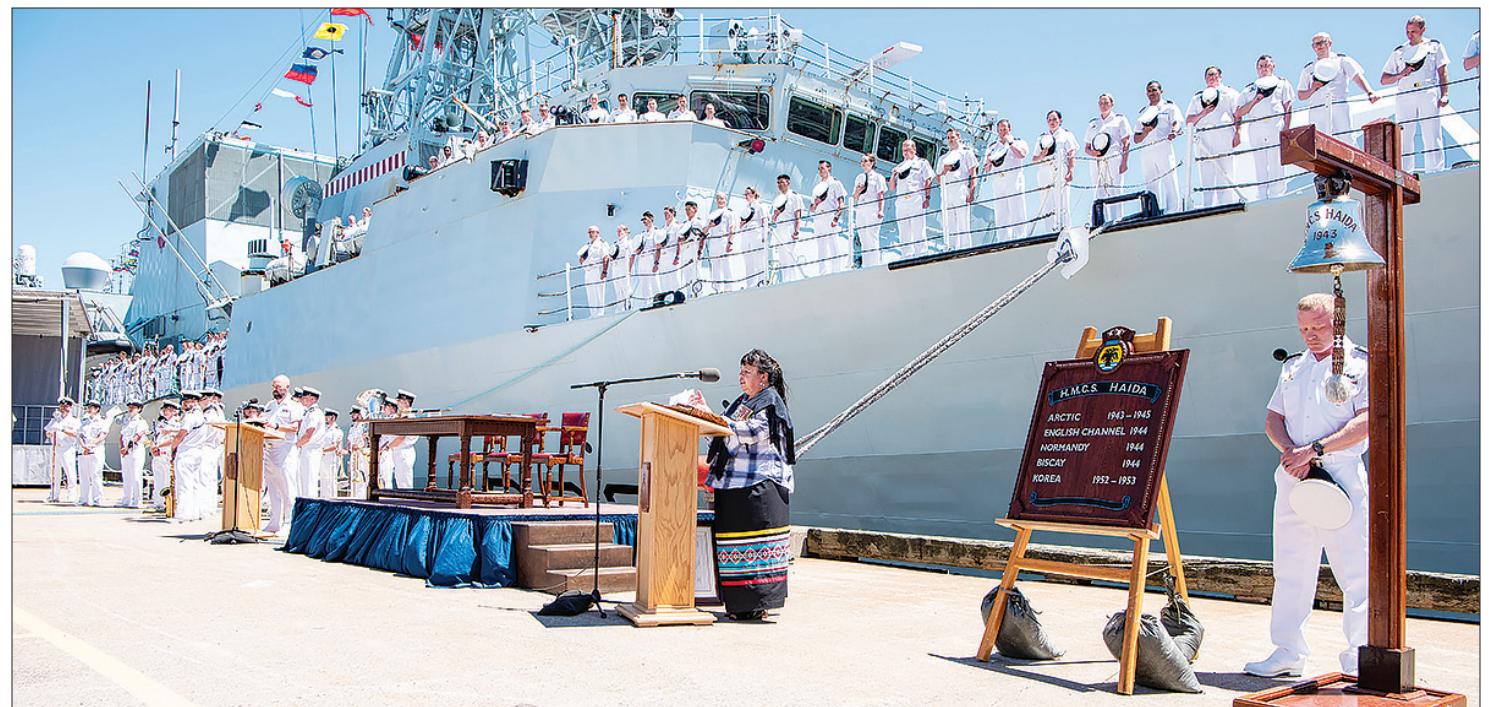
MONA GHIZ, MARLANT PA

including VAdm Lloyd, who helped him reach this point. He expressed pride in the Navy in particular for pursuing innovation in training and equipment as they look to the future, and for prioritizing efforts to become recognized as a diverse and inclusive employer.

"I'm very proud of what we've done, but I'm equally proud of the way we've

become known as a Navy for doing it, for evolving our business," VAdm McDonald said.

"I've already asked so much of my shipmates as we've grown and leaned in together, and they remain those whom I'll continue to rely on as Commander, as we continue to celebrate, champion and enable sailors and their families."



CPO2 (Ret'd) Debbie Eisan performed a smudging at the Change of Command ceremony. To her right is the HMCS Haida bell and a replica of the ship's battle honour board, which were incorporated into the ceremony.

MONA GHIZ, MARLANT PA



CFB Halifax Base Commander and Base Chief CPO1 Gregory escorted Canadian Hockey League staff, Memorial Cup host committee members, hockey fans and families to 12 Wing Shearwater and HMC Dockyard during the Memorial Cup CAF Experience Day on May 23. This event was one of many CAF contributions to the 2019 Memorial Cup hockey tournament which was held May 16 – 26 in Halifax.

AVR RENZO RUIZ-HAAS, FIS HALIFAX

Memorial Cup 2019 - BZ to the Defence Team

By Capt(N) David Mazur,
CFB Halifax Base Commander

As I'm sure everyone is aware, the 101st Memorial Cup was hosted by the Halifax Mooseheads right here in Halifax from May 16 – 26. This year, as in the past, the CAF was proudly involved and played an important role in the history and heritage of the Memorial Cup, a tournament and trophy dedicated to honour all fallen Canadian military personnel who died fighting for Canada in any conflict. Thanks to the dedication and resolve of the Defence Team in Halifax including members from MARLANT, CFB Halifax, 5th Canadian Division, 12

Wing Shearwater, 36 CBG and HMCS *Scotian* and the CDS' office in Ottawa, this significant event was markedly enhanced through CAF participation.

Our participation was widespread and visible throughout the 10-day tournament. There was a Cup arrival onboard HMCS *Glace Bay*; the hosting of receptions and unit tours; a well-received Confidence Course at the Fan Zone; music from our military bands; and pre and post-game ceremony and in-game support including flag parties and sentries, puck droppers, video messages and more. Through it all, units from across all three elements worked together to create an unforgettable experience for visitors and those

watching across Canada and around the world.

Our Defence community was surprised and delighted to have a private viewing of the Stanley Cup and complimentary Tim Hortons beverages during the 2019 Memorial Cup CAF Experience Day at HMC Dockyard. Players and support staff from the four competing hockey teams were equally as delighted to receive a special souvenir coin created by Missy Sonier from PSP to commemorate the event.

Imagery and social media were two simple ways we were able to show Canadians that the CAF was fully engaged in this memorable event. Local public affairs teams worked with the

highly skilled imaging technicians to ensure our participation was captured to the fullest.

Whether talking about sports or the CAF, teamwork and commitment are the cornerstones of success. The CAF team, like the Memorial Cup players, clearly demonstrated its passion and drive throughout this tournament. The success of this tournament relied on many, and our Defence Team certainly played a contributing role. Most importantly, we were very successful in maintaining the link between this tournament and the intent of the Memorial Cup to honour the Fallen. BZ to all who supported Memorial Cup 2019; it was certainly One to Remember.

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January 14 — MFRC & Money Matters
 January 28
 February 11 — MFRC
 February 25
 March 11 — MFRC
 March 25 — Posting Season
 April 8 — MFRC & Spring Automotive
 April 22 — Battle of the Atlantic
 May 6 — MFRC
 May 21 — Spring Home and Garden
 June 3 — MFRC & Family Days
 June 17
 July 2 — MFRC
 July 15
 July 29 — MFRC
 August 12 — Back to School
 August 26 — MFRC
 September 9
 September 23 — MFRC & DEFSEC
 October 7 — Fall Home Improvement
 October 21 — MFRC
 November 4 — Remembrance Day
 November 18 — MFRC & Holiday Shopping
 December 2
 December 16 — MFRC & Year End Review

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Community Calendar

Reunion and event notices must be submitted by email.

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

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

CFB Halifax Walk

Time: 10:30 a.m.

Date: Wednesday, July 31

Location: CFB Halifax Stadacona

The CFB Halifax Walks are now taking place on the last Wednesday of each month. Both military and civilian members are welcome to participate. The group will convene in front of S-90 at Stadacona for a PSP led warmup. The walk will take approximately 30 minutes and will cover 2.5 - 3 kilometres, heading towards Fort Needham and back. For more information, please contact Lucas Hardie at 902-427-6335.

Author Reading: Matthew Ferrance

Time: 7 p.m.

Date: Wednesday, July 3

Location: Halifax Central

Library

Matthew Ferrance's book *Appalachia North* is an examination of the cultural position of northern Appalachia, which is roughly the zone that lies above the Mason-Dixon Line. For Ferrance, this region fits into a tight space of not quite "regular" America and yet not quite Appalachia. Part exploration of geology and place, part memoir, Appalachia North also chronicles Matthew's recovery from a brain tumor, and how the natural beauty of his summer home in Prince Edward Island helped him to heal.

VTECS Speaker Series: Child Detention

Time: 7 p.m.

Date: Wednesday, July 10

Location: Halifax Central Library

Each year as part of the Veteran

Trainers to Eradicate the use of Child Soldiers (VTECS) Program hosts a Speaker Series that brings renowned international peace and security experts to Halifax to discuss innovative and groundbreaking approaches to protecting children and civilians in conflict zones. This year's Speaker Series will focus on child detention and how this issue is transcending conflict zones. Many countries detain children, including former child soldiers, and the treatment endured during detention requires the attention and action of the international community. Presented as a partnership between VTECS, Wounded Warriors Canada; The Romeo Dallaire Child Soldiers Initiative and Dalhousie University.

Halifax Pride Parade 2019

Date: Saturday, July 20

Time: Assemble at Rainbow Gate for 1200

The Halifax Pride Parade is the signature event of one of Canada's largest Pride festivals. CFB Halifax will once again be placing its float in the parade along with the Stadacona Band. While there is limited space on the float, Defence Team personnel and their families are encouraged to participate in the parade both as passengers on the float and on foot. To reserve a space on the float or to sign up to walk alongside the float, please contact AB Caitlynn Mace, Acting military co-chair, Maritime Defence Pride Network, at 427-3711 or Caitlynn.Mace@forces.gc.ca. Dress for military members is 3B (3B summer whites for RCN personnel).

Historical Association of Annapolis Royal celebrates its 100th Anniversary at Fort Anne

Date: Saturday, July 20

Time: 12 noon-3 p.m.

Location: Fort Anne National Historic Site

Join Parks Canada on Parks Day as we help celebrate the 100th anniversary of a community partner, The Historical Association of Annapolis Royal (THAAR). Visitors may view the items THAAR has collected over the decades and donated to Fort Anne's Officers' Quarters Museum. Anniversary cake will be served and happy birthday will be sung at 12:30 pm in the parade square. In recognition of this community milestone, Parks Canada is pleased to provide free entry. 323 St. George Street, Annapolis Royal, NS B0S 1A0 902-532-2397

Halifax Busker Festival

Date: July 31 - August 5

The 33rd annual Halifax Busker Festival takes place on the Halifax Waterfront starting Wednesday, July 31. The festival stretches from Historic Properties and the Nathan Green Stage at the Ferry Terminal, to Sackville Landing at the Wave, to the Helipad Stage at Bishop's Landing. The East Coast Amusements Midway also returns to the 2019 festival with carnival rides and games in the Salter Street lot. The week will feature a mix of local and international performers who are sure to bring electrifying entertainment to the multiple stages. For updates on the festival schedule and more information visit www.buskers.ca.

Am I my brother's and sister's keeper?

By Capt David Ferguson,

Fleet Chaplain, Canadian Fleet Atlantic

Summer is officially here. The kids are free from school, summer leave is coming, the smell of barbecue is filling the air. Exciting times are anticipated at the lake, club, resort or even our own backyard. Yet the days are getting shorter.

For those suffering with their mental health, there is never a holiday. No matter where you are or what you do, mental health challenges can follow you everywhere.

Most of us are acutely aware of our own struggles and we are preoccupied with our own problems. We sympathize with ourselves because we see our own difficulties so clearly. But as Ian MacLaren noted wisely, "Let us be kind to one another, for most of us are fighting

a hard battle." (Chicago Tribune 1965).

The Canadian Armed Forces recognizes and supports fully its members who are suffering with mental health challenges. CFMAP, base hospital, MH nurses, MFRC, and chaplains are people you can approach when needing a helping hand.

But what about you? What can you do to help your brother-or-sister-in-arms? How responsible are you in helping your neighbour? Or as I would say; 'loving your neighbour as you love yourself.'

Chaplains are now running a program called "Sentinels."

"What is a Sentinel?" you may ask. A Sentinel is a chaplain-led, peer support group that is recognised and supported by the CAF. It is a person in your workplace, civilian or military, who has been recognised by your



Padre's Corner

chaplain and COC as a caring person.

A Sentinel will approach and listen to you in your time of need. The Sentinel can then direct you to where you can find help. Sentinels are needed in all ranks from Ordinary Seaman to Captain(N). When you need help and don't know where to turn, a Sentinel can be there to help.

If you are a caring person and interested in helping to support others in their time of need, then consider becoming a Sentinel. Ask your local chaplain for information.



Changes must be embraced, outgoing RCN Command Chief says

By Ryan Melanson,
Trident Staff

As the Royal Canadian Navy prepares to receive HMCS *Harry DeWolf* later this year and transition to a new fleet of warships over the next decade and a half, CPO1 Michel Vigneault said sailors' attitude towards the new equipment and technologies will be crucial.

He was still in the early years of his career when the first Halifax-class Frigates were being commissioned in the late 80s and early 90s, and saw plenty of hesitancy among the generation of Chiefs and Petty Officers who made their careers in steamers or Tribal-class destroyers.

"There was a crowd of older Chiefs and POs who didn't buy into the new technology. They fought to stay on the old ships. Many of them ended up being left behind because of that attitude," he said.

"Now I'm challenging my Chiefs and POs to not act the way my generation did, to really dive into this. I want them to be excited about new ships and new capabilities. It's not only for us, it's for the young sailors and to keep them motivated and excited."

CPO1 Vigneault, the outgoing RCN Command Chief Petty Officer, is preparing to release from the CAF after 34 years, and officially stepped down from the Command Chief position on June 12 to make way for new CCPO CPO1 David Steeves, who most



From left, outgoing Command Chief Petty Officer CPO1 Michel Vigneault, VAdm Ron Lloyd, and new Command Chief Petty Officer CPO1 David Steeves. The Change of Appointment Ceremony was held during the Commander RCN Change of Command Ceremony on June 12.

MONA GHIZ, MARLANT PA

recently served as Formation Chief for Maritime Forces Pacific.

CPO1 Vigneault grew up on the Magdalene Islands, and said a childhood surrounded by water prepared him well for a naval career. He joined the RCN when he was 17 years old in 1984 with a goal of travelling the world, forming new connections, and making a difference.

"When I joined, I didn't have a big plan beyond the first three years," he said, adding that his first shipmates, many of whom he still calls friends today, and the mentorship of strong leaders, made a big impact.

"It was not always easy, but there

are so many memories, highlights, and deployments where our work truly made a difference. Beyond all that, I was fortunate in always having the chance to work with great leaders and mentors; that's what kept me in and brought me to where I am today."

While it's bittersweet to make his exit at such an exciting time, with the RCN set to be revitalized over the next 15 years, he said he's grateful to step away after having been at the very top of the organization, with confidence in the work that he, VAdm Ron Lloyd and other members of the Command Team have done to prepare sailors for the change ahead.

Challenges in the near future will revolve around taking care of people, CPO1 Vigneault said. This includes scheduling and work/life balance, physical and mental health, and keeping the rank and file informed about new changes and initiatives coming down the pipe. The move to a modern Navy and the push to be recognized as a diverse, respectful and supportive employer has already brought positive change, he added.

"We have to look forward, to progress, and to not be afraid of trying new things or even failing sometimes as we set things up for the next generation... We should be celebrating our past, and commemorating our proud history at every occasion, but we can't be living in it."

CPO1 Vigneault also used his time as Command Chief to

advocate for the Navy League Cadets and Royal Canadian Sea Cadets programs, encouraging sailors of all ranks to get involved.

"Whether it's volunteering at a local corps, showing up at the annual review or helping out with a summer camp, it's important. In my opinion, these are the best youth programs in Canada," he said.

"I'm so impressed by the future leaders and strong young people I've met. These are not recruiting programs, but it's an incredible way to expose our youth to the Navy as an option they can pursue in the future."

Chillin' with homemade iced tea

By Kevin Ouellette,
Juno Catering

Summer weather has finally arrived and it is time to sit back and enjoy it with a nice glass of iced tea.

Makes: 8 cups

Ingredients:

8 cups water
6 each tea bags (your favourite variety of tea)

¾ cup honey

Directions:

- Bring 8 cups of water to a boil. Remove from the heat and add the tea bags and honey.
- Let steep for about 4 minutes or until it reaches the strength you prefer.

- Remove the tea bags. Let cool. Place in a pitcher, cover and refrigerate until completely chilled.

Options:

There are many different ingredients that you can use to flavor your iced tea. Simply add these ingredients to the hot water with the tea bags during the steeping process to infuse their flavor. Strain out the ingredients at the same time that you remove the tea bags. Using a sieve will help in this process.

Here are some suggested ingredients. You can use one or more ingredients at a time.

Be creative... use your imagination.

- Orange zest – 6 strips
- Blackberries – 1 cup

- Cinnamon sticks – 2 each
- Fresh mint – 3 springs
- Ginger root – 1 cup sliced
- Lemon zest – 8 strips
- Cucumbers – 2 cups chopped

- Fresh rosemary – 2 sprigs
- Fresh Thyme – 4 springs
- Strawberries – 1 cup
- Raspberries – 1 cup
- Pineapple – 1 cup

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"In the beginning was the Word, and the Word was with God, and the Word was God" - Gospel according to John

CPO1 Lizotte becomes new Fleet Chief CANFLTLANT

By Virginia Beaton,
Trident Staff

During a Change of Appointment ceremony on the flight deck of HMCS *Halifax*, CPO1 Tom Lizotte succeeded CPO1 Tim Blonde as the Fleet Chief Petty Officer of Canadian Fleet Atlantic.

Cmdre Craig Skjerpen, Commander CANFLTLANT, was the presiding officer for the ceremony.

In his farewell address, CPO1 Blonde noted that though he had been Fleet Chief for just under a year, that was enough time for him to be very impressed by the caliber of the personnel in the fleet and in the CANFLTLANT headquarters, saying, "Thank you to everyone at Canadian Fleet Atlantic. The fleet staff is awesome."

He particularly acknowledged Cmdre Skjerpen, saying "Thank you for your vision of moving the fleet forward to a better place."

CPO1 Blone listed some of the accomplishments and advancements that have taken place during the past year, including the deployment of ships with embarked Cyclone helicopters, the use of Pumas, the progress in the building of Arctic and Offshore Patrol Ships such as



Cmdre Craig Skjerpen, Commander Canadian Fleet Atlantic, (centre) presides over the Change of Appointment ceremony between outgoing Fleet Chief, CPO1 T.D. Blonde (left), and incoming Fleet Chief CPO1 T.A. Lizotte aboard HMCS *Halifax* on May 24, 2019.

CPL SIMON ARCAND, FIS HALIFAX

the future HMCS *Harry DeWolf* and the future HMCS *Margaret Brooke*, and deployments to Op REASSURANCE.

"It was a big year," CPO1 Blonde summarized. "The fleet and its personnel are truly fantastic."

Cmdre Skjerpen observed that CPO1 Blonde "is a doer. He knows how to make things happen." Cmdre Skjerpen added that during his time on the east coast, CPO1 Blonde

"learned about change management."

Of the incoming Fleet Chief, Cmdre Skjerpen welcomed him to the job and added, "I've had the opportunity to work with Tom before."

After thanking CPO1 Blonde and Cmdre Skjerpen "and all the people who have mentored me," CPO1 Lizotte paid tribute to his family for their support. He stated that he looked forward to meeting members

of the fleet, saying, "The job that they are doing today in the Navy is outstanding, so, well done, and thank you."

CPO1 Lizotte enrolled in the CAF as a Marine Engineer in 1989. He has served in HMC Ships *Margaree*, *Fraser*, *Charlottetown*, *Anticosti*, *Halifax*, *Toronto*, and *Montreal*, and served as Coxswain of *Montreal*.

His shore appointments include being a fire field instructor at the damage control school of the then CFNES; Technical Service Supervisor for the Mechanical Engineering Team at FMF Cape Scott; Chief Engineer at Fleet Diving Facility; Fleet Technical Authority at FMF Cape Scott where he also was East Coast Advisor for the Marine Engineering Occupation.

CPO1 Lizotte's deployments include sailing in *Charlottetown* to Op APOLLO in 2001, and in HMCS *Halifax* to Haiti in 2010 following the earthquake. He was admitted to the Order of Military Merit in 2010 and was Coxswain of Sea Training Atlantic fro, 2016 to 2018. In May 2019 he completed Second Language Training at 12 Wing Shearwater.

CPO1 Blonde is now Formation Chief Petty Officer for CFB Esquimalt.

Trident Newspaper wins national award

By 2Lt Nicolas Plourde-Fleury,
CFB Halifax Public Affairs

Many Halifax residents and local Defence Team members have, over the course of their lives, seen paper stands containing copies of the Trident, Maritime Forces Atlantic's Navy newspaper. Published bi-weekly since 1966, the Trident newspaper showcases and celebrates members of the CAF and Department of National Defence whose contributions at home and abroad contribute to the peace, security and stability of Canada and its allies. The paper's present-day power team is small but mighty. Editor Virginia Beaton and reporter Ryan Melanson have spent a combined 20+ years working for the Trident. They work out of an unassuming building nestled right along Barrington Street between CFB Halifax's Stadacona and HMC Dockyard properties. Their workplace, a venerable warehouse converted

into a precious few office spaces is easy enough to miss. However, one thing that is absolutely impossible to ignore is the quality of their work and their dedication to reporting and publishing. Their excellent work certainly did not go unnoticed this year by the judging committee for News Media Canada's 2019 Canadian Community Newspaper Awards (CCNA). The Trident earned first place in the Canadian Forces Base Newspaper category. Since there are over a dozen other military newspapers all across Canada, winning this distinction was no easy feat.

Despite this, both Beaton and Melanson were insistent that the recognition was not theirs alone, but that it had to be shared with everyone who had contributed stories and time to help them in the process of creating every single edition of the Trident. "Every issue happens because other people in ships, squadrons and shore units send us content,"

explains Beaton. "I'm really happy that [their work and ours] is being acknowledged." Over the years, the Trident has consistently placed itself in the top echelons of the CCNA submissions. While the diversity of naval operations within Maritime Forces Atlantic and a sizeable local Army and RCAF presence help in developing interesting and varied content, both Beaton and Melanson are adamant that the broad and enthusiastic support they receive from the community remains the main contributing factor to their success.

When asked what story she thought gave them the win this year, Beaton immediately settled on one particular Trident issue's cover photo of a rigid hull inflatable boat training at Peggy's Cove. She mused that, while this type of training is normal for many local sailors and Defence Team members, it can be really compelling and dramatic to an outside observer. "[That photo] really represented what we do here,

what we're all about. It's the kind of photo that people outside the military would not often get to see."

Melanson echoed a similar sentiment while reminiscing about his coverage of a naval exercise that included a visit to Sable Island. Members of Parliament were also present on that visit and were as amazed and appreciative as he was to be there. "It was very exciting getting to do something really unique and see people do their jobs to make that happen. We got a nice story and some really cool photos out of it."

The pride that Beaton and Melanson take in showcasing the work of the Defence community is easy to see and is a true testament to their professionalism and dedication to journalistic excellence. They are a humble team, but the award is a welcome recognition to both. "It's really nice to know that people are seeing it, reading it and appreciating it," says Melanson.



Kognitiv Spark Operational Support Manager Devin Patterson gave a demonstration of the company's RemoteSpark augmented reality technology at the seminar.

RYAN MELANSON, TRIDENT STAFF

Naval Technical Officers explore new ideas, technologies at seminar

By Ryan Melanson,
Trident Staff

Members of technical occupations from across MARLANT recently held their two-day leadership, mentorship and networking sessions designed to bring members of the engineering community together, explore new, innovative ideas for moving the Navy forward, and identify issues and concerns.

The East Coast Naval Technical Seminar was held from May 29-30 at Tribute Tower. The event is held annually and occurs on both coasts and in the National Capital Region as an opportunity for Naval Technical Officers, but was opened up recently to encourage and enable junior sailors and NCOs to attend and offer their input.

Topics ranged from personnel-focused matters like the ongoing MAR-TECH trade creation, as well as career management and retention strategies for NTOs, to the Naval Technical Innovation Program, demonstrations from DRDC, and presentations on other topics like Arctic operations, wireless internet, and agile engineering concepts. Senior leaders attending the seminar included Cmdre Christopher Earl, Director General Maritime Equipment Program Management, Capt(N) David Benoit, CO of FMF Cape Scott, Capt(N) Jaques Olivier, Director Naval Platform Systems, CFB Halifax Base Commander Capt(N) David Mazur and Base Chief CPO1 Kent Gregory, as well as others.

The seminar also brought in industry representatives, including industrial augmented reality firm Kognitiv Spark. The company recently partnered with the RCN to start a test project for its Mixed Reality Remote

Assistant Support (MIRRAS) system, and Operational Support Manager Devin Patterson was on hand to demonstrate the software. The goal is to use the mix of augmented and mixed reality, combined with artificial intelligence, to improve training and add efficiencies in repair and maintenance during ship operations.

Sessions and presentations took place through the morning on both days, while the first afternoon saw interested members tour through the Submarine Shed, CFAD Bedford, and the DRDC Dockyard Lab, and the second afternoon included the screening of a video on the 2014 fire aboard HMCS Protecteur and a town hall event with Cmdre Earl.

Cmdre Craig Skjerpen, Commander CCFL, spoke to members to kick the seminar off on May 29, and said these kind of opportunities for networking, breaking down silos and solving problems can be hard to come by. He encouraged the members to make the most of the two days.

"When we're trying to find solutions to some of the challenges we have, we have to talk about some of the impediments that are in place within our organization, the things that are hindering from getting to where we want to be," he said.

"I'm always envious of the ability of a team of people to get together and talk about how to improve things in their area of responsibility. This seminar does a fantastic job of that," Cmdre Skjerpen added.

Capt(N) Benoit thanked the team for putting together the event and the East Coast NTO Mess Dinner, including main organizers LCdr Dominic Dupuis, Lt(N) Dale Molenaar, Lt(N) Chris Chang, and Lt(N) Eric Pitre.

Veterans Ombudsman Releases 2019 Report Card

By Veterans Affairs Canada

On June 10, Veterans Ombudsman Craig Dalton released his office's 2019 Report Card, which reports on the Government's progress to improve services and support for veterans and their families. The release was made before the House of Commons Standing Committee on Veterans Affairs. The Report Card, first introduced in 2017, is a tool used by the Office of the Veterans Ombudsman to capture, track and report on action taken in response to recommendations made by the Ombudsman to the Minister of Veterans Affairs. Progress is measured against these evidence-based recommendations.

"As of 2019, the Government has implemented – at least in part – 79 per cent (or 50) of the Office's 63 recommendations made over the last 10 years," said Dalton. "Of particular note, are the following changes that have been implemented to improve programs and services for veterans: veterans will now be retroactively compensated for treatment benefits from the date of their disability application, as opposed to the date of decision; veterans at the age of 65, with a diminished earnings capacity, will now receive 70 per cent of their Income Replacement Benefit; and, the issuance of a Veterans Service Card. While this shows progress, there is still more to be done – little progress has been made on addressing recommendations related to health care."

At the same time, the Veterans Ombudsman shone a light on areas that have not received the level of attention necessary to effect change. Of the 13 recommendations to be implemented, the majority focus on health care supports and service delivery. He advised the committee that his office will be monitoring progress on these recommenda-

tions, including: expanding access to caregiver benefits that assist injured veterans with meeting their daily needs; covering mental health treatment for family members in their own right; and, providing fair and adequate access to long term care and the Veterans Independence Program.

The Ombudsman also took the opportunity of his committee appearance to outline his priorities developed over past months based on what he has heard from individual veterans and their families and through engagement with veterans' organizations, veterans advocates, the Veterans Ombudsman Advisory Council and a variety of other stakeholders and partners. Particularly, the Veterans Ombudsman will be monitoring health care supports; quality of service delivery to veterans; supports to families; and the unique experiences and needs of women veterans and Reservists. Regardless of the type of service, the length of service or where that service occurred, the goal of the Veterans Ombudsman is to ensure that Veterans and their families are treated fairly.

2019 Report Card themes are: health care and support; veterans' experience; financial security; life skills and preparation; purpose; and social integration.

2019 Report Card Results: Since 2009, 50 out of 63 recommendations were implemented or partially implemented, or 79 per cent. The 13 outstanding recommendations include: eight in health care and supports; four in veterans' experience; and one in the financially secure theme.

This is the third report card issued by the Office of the Veterans Ombudsman. In 2017, 65 per cent of recommendations were acted upon; in 2018, 72 per cent, and in 2019, 79 per cent were met.

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Inclusion at the H&R MFRC

By Sarah-Jean Mannette,
H&R MFRC

For the H&R MFRC, evolving to meet the needs of families is essential to continue to provide meaningful support to families living the military lifestyle. Inclusion is one of the areas in which we are expanding.

The following is our statement of practice on inclusion:

The H&R MFRC is committed to fostering a sense of belonging to military families of all abilities by providing an environment and experiences that promote positive social relationships, development and learning.

Inclusion means participants are able to access programs in meaningful ways that will create positive experiences. The H&R MFRC supports both child and adult rights to be valued as individuals and as members of families, communities and society. We recognize all children and adults have unique needs; some reflecting their family's background and culture. It is our goal to provide inclusive and diverse programs and services that meet social, cultural and linguistic considerations by providing appropriate group experiences for all participants.

The H&R MFRC views families as partners, who lead the decision-making process, meaning that families know what their needs are and what works best and therefore must influence the approaches developed by service providers. We are committed to staff accessing professional development to acquire and enhance knowledge and skills to implement inclusive practice.

How inclusion support is provided

Some children and adults may need additional supports and accommodations to fully participate in programs. Families are requested to disclose unique needs, exceptional circumstances or diagnosed disabilities to ensure appropriate supports are in place to maximize participation in all programs they wish to attend.

The H&R MFRC works directly with the families and participants to determine and implement program accommodations or adaptations to ensure the participant can actively partake in all aspects of the program, to the best of our ability, recognizing our own limitations.

The H&R MFRC Special Needs & Inclusion Navigator, in collaboration with the Inclusion Coordinators, will work one on one with families to assist them to navigate and

connect with community resources and agencies.

Melissa Clark, Special Needs & Inclusion Navigator, says, "It's essential for us to create a safe space, so that families can feel comfortable disclosing information on their needs, and know that they will receive compassionate care."

For more information on the H&R MFRC's inclusion services, please call: 902-720-2168

Operation Backpack is back

The H&R MFRC is collecting backpacks and school supplies on behalf of the members of HMCS Kingston prior to settling sail this summer. These donations will be given to youth in an Arctic community. Last year we donated 62 backpacks full of supplies and we hope to surpass this. Donation boxes are set up at the Halifax and Shearwater sites, H&R MFRCs. The deadline to drop off donations is July 17. For more information, please contact: sarah-jean.mannette@forces.gc.ca. Thank you for your support.

Looking for ideas? Here is a list of school supplies that are helpful:

one-inch binders; duo tangs; pencils; washable markers; crayons; pencil crayons; glue sticks; scissors; erasers; plastic rulers; scribblers; highlighters; loose leaf; backpacks; pens; and pencil sharpeners.

What's been going on at the H&R MFRC

H&R MFRC's Annual General Meeting

On Wednesday, June 12, the H&R MFRC Board of Directors hosted the Annual General Meeting at the Shearwater site H&R MFRC. Thank you to everyone who attended! There were laughs, highlights, good discussion, farewells and even some fun with numbers. If you were not able to attend, the H&R MFRC Annual General Report is available on our website: www.halifaxmfr.ca.

Highlights of the meeting included the presentation of the approved budget, election of new board members, review of proposed bylaws, words from the Base Commander, and several presentations.

Leaving the Board are: Meghan Maher, Martin Constantine, Erica Parrill, and CWO Bob Lundy.

We welcomed the following two newly appointed military members, representing RCN Base Chief: CWO Bruno Poirier and

Fleet Chief CPO1 Tom Lizotte. The motion of accepting nominated military family members, Kim Bulger and Leah Wood, was passed. Welcome, Kim and Leah.

For more information on the AGM, the Board of Directors, and all things H&R MFRC, please visit our website: www.halifaxmfr.ca



NFS(A) sailor receives HMCS Sackville award

PO2 Craig Smith was presented the HMCS Sackville Award by award sponsor Capt(N) David Benoit at the 2019 Annual East Coast Engineering and Technical Seminar at CFB Halifax on May 29. The award is presented annually to one of the top four Weapons Engineering Technician (W Eng) Maintenance Manager Course graduates after they compete in a mini-board for the honours. PO2 Smith presented an excellent board and won the honours. He is currently attached posted to Naval Fleet School(Atlantic) managing the Personnel Awaiting Training cell.

BRIAN MCCULLOUGH, MARITIME ENGINEERING JOURNAL

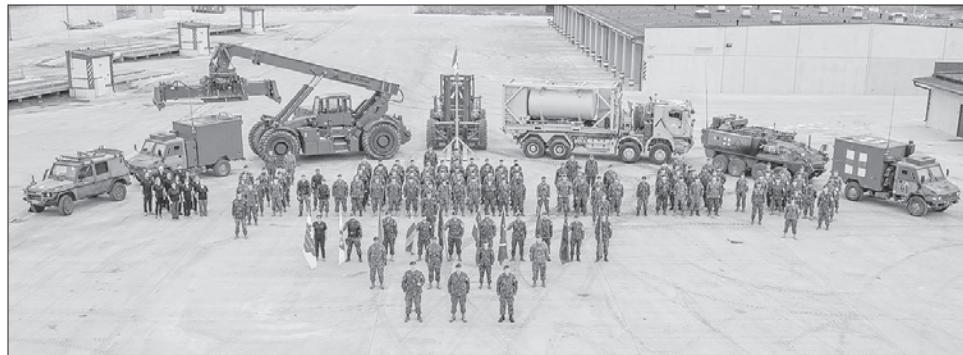
Op REASSURANCE: the Canadian National Support Element within NATO

by Lieutenant Ben Zuo,
NSE Operations Duty Officer

The Canadian National Support Element (NSE) is a unit under Task Force Latvia (TFL), within the larger scope of OP REASSURANCE. Commanded by LCol Kieran Kennedy along with Chief Warrant Officer Patrick White, the unit is roughly 100 personnel strong augmented with roughly 50 TAV personnel, consisting of Headquarters (HQ); Garrison Services Company with functional Transport/CMTT, Supply/LPO, and Kitchen sections; Health Services (HSS) Company; Engineer Services (ESS) Company; and functional Military Police (MP), National Rear Link (NRL), and Personnel Support Programs (PSP) sections. The unit consists of both Regular and Primary Reserve force personnel from various home units across Canada, although currently predominantly from Garrison Petawawa.

The NSE provides essential second and third line support to the enhanced Forward Presence Battle-group (eFP BG) as well a range of garrison services that require liaison with the Host Nation (HN) Latvia. The eFP BG consists of Canadian-lead Head Quarters, Canadian Mechanized Infantry Company (Dukes Company) and Canadian-led Multi-National (MN) Combat Support (CS) Company; consisting of Canadian Recce Platoon, Canadian Electronic Warfare Platoon, Albanian EOD Platoon and Slovenian Recce Platoon. The remaining sub-units consist of three mechanized infantry companies (Italian - Aquile Coy, Spanish - Pelayo Combat Team and Slovakian - Stefanik Coy), Polish Armoured Squadron (Hussars), Spanish Engineer Squadron (Sappers), Canadian-led Artillery Squadron incorporating the Czech Republic Mortar Troop, and the Canadian-led MN Combat Service Support (CSS) Coy.

The Sending Nations (SN) have deployed NSEs which consist of the A-Echelon elements which are detached to the sub-units during operations and exercise. As the framework nation (FN), the Canadian NSE is the focal point for SN NSEs from Spain, Italy, Poland, Slovenia and Slovakia for institutional and second line support. Furthermore, limited service support is provided to Albania and the Czech Republic which have deployed without an integral NSE element. The Canadian NSE serves as the sole point of contact between the SNs and the HN, bringing SNs in line with a single set of Standard Operating Procedures (SOPs) in order to control and ensure critical requests and requirements are fulfilled in a timely manner. Common requirements for HN support



Enhanced Forward Presence, Latvia R10, Canada NSE Group Photo.

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include base infrastructure, provision of general goods, transportation, feeding on garrison and deployed, storage facilities for many classes of supply, base refueling and local contracting capacity. Each of these requirements is supported by the sub-units and sections within the NSE.

As the largest sub-unit within the NSE, **Garrison Services Company** consists of Supply, Transport, and Food sections, as well as specialised Ammo, Traffic and Postal functions.

The Supply Section supports second and third line BG stores requirements as well as all garrison functions and helps to restock SNs when required. Additionally, the framework has been established for a CQ in order to separate the functions of integral support to the NSE and support to the BG and SNs.

Transport Section is one of the most commonly leveraged sections within the NSE as they support the movement of NSE personnel and equipment as well as SN equipment and refueling for all of the eFP. Its dispatch and drivers work a rigorous schedule to ensure that all tasks are successfully and safely accomplished.

The Postal Section, deployed as CFPO 5004, provides full postal support to entire eFP as well as postal advice to the CoC. They enable personnel to send and receive mail with Canada and the Postmaster ensures all mail, such as care packages, received in theatre is accounted for and distributed properly.

The KO and his staff run the on-base dining facility, feeding roughly 1500 eFP soldiers and all HN personnel posted to Camp Adazi with delicious and healthy meals. The cooks work long, 12 hour shifts, 6 days a week, in order to achieve this feat; on top of regular feeding they also support official functions, BBQs and meals for exercises.

HSS Coy provides routine Role 1+ care to approximately 1500 deployed soldiers with a Role 1 deployable facility to support forward operations. They also develop medical plans in support of exercises to ensure effective employment of all MN medical

resources within the battle space.

ESS Coy takes care of engineering projects and sustainment issues on a day-to-day basis that span the gamut of combat engineer functions from infrastructure project management to the construction of targets for range practice. Having a dedicated ESS sub-unit allows for tasks to be completed efficiently without drawing on external personnel or financial resources.

The Signals Troop runs the NRL and provides communication links between Camp Adazi and Ottawa. The NRL team is comprised of Information System Techs (ISTs), and Computer System Techs (CSTs). In addition to a 24/7 Service Desk, NRL provides services such as repair of NRL equipment and maintenance of open and secure networks for CAN BG and NSE with plans to incorporate support to TFL HQ in the near future.

The Canadian MP team helps to run the Military Police Coordination Center in partnership with the HN and provides professional policing and security services to the eFP in Camp Adazi. Working alongside SN MPs, they ensure all soldiers strictly adhere to policies and regulations while representing their nations. The MPs also support the Battle Group by ensuring safe road moves, professional handling of prisoners of war

and that NATO assets are secured in accordance with a high physical security standard.

A number of **civilian personnel are also deployed under PSP**. They operate the gym and retail store, provide services such as the barber and travel office, and coordinate activities such as fitness, sports & recreation, and weekend excursions. In order to support all of these functions, PSP utilises and manages the Non-Public Funds.

On the public finance side, **the NSE Finance section** supports the Canadian contingent in all financial matters such as TD, R&R, MTECs, etc. They also manage the accounts payable for goods and services on camp and training exercises, accounts receivable for the SNs, and the overall Canadian mission budget of approximately 20 million CAD.

Under HQ, the Orderly Room team consists of seven HRAs that provide support to both the BG and NSE chains of command and complete crucial administration for all soldiers in the areas of pay, claims, leave, and mission specific logistical management. The Operations cell consists of three officers and one Senior NCO. Under extremely challenging conditions due to the operational tempo, this team effectively resolves a myriad of logistical requests from Canadian elements and SNs, ensuring resolutions are consistently achieved. During major exercises, the Ops team manages the Logistic Coordination Centre alongside SN duty officers to provide critical support to BG operations.

All Canadian NSE personnel work tirelessly to provide the support required to maintain maximum operating capacity of the eFP BG and always conduct their business to the highest professional standard all while reinforcing Canada's reputation as a well-organised Framework Nation for the NATO eFP mission in Latvia.

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Ready Aye Ready for a championship: HMCS *York* cheers the Raptors

By SLt Kevin Vuong,
HMCS *York*

History made with Canadians, ashore and at sea, cheering for Canada's team.

With the Toronto Raptors' historic win, they showed the world what the Royal Canadian Navy (RCN) already knows – people first, mission always is a winning formula.

The ethos of sport is something the RCN understands well. And we saw the Raptors' esprit de corps through their mission for the NBA Championship.

The Raptors have players from six countries – Cameroon, Canada, Congo, England, Spain and the United States. From the players to the team's fans, the Raptors reflect the faces of Canada and the diversity of the RCN.

Their president, Masai Ujiri, is the NBA's first African-born executive, which evoked memories of LCdr Paul Smith's historic appointment in 2017 as the commanding officer (CO) of HMCS *Summerside*.

The first black CO in the RCN who is also of African heritage, he led a once-in-a-lifetime mission that retraced the historical footsteps of freed slaves that migrated from Nova Scotia to settle Freetown, Sierra Leone.

So when the Raptors made NBA history as the first Canadian team to win the championship, HMCS *York*, Toronto's naval reserve division (NRD), was there to commemorate the moment.

With a 'We The North' flag flying proudly at the unit, HMCS *York*'s sailors and officers joined 4 million Canadians for what Mayor John Tory of Toronto had proclaimed as 'We The North Day'.

The parade lasted 5 hours, the longest in NBA history, and nearby fans took the opportunity to speak to their local NRD, and take photos with their hometown sailors.

When the world champions arrived at the unit, HMCS *York* cheered ship with Head Coach Nick Nurse among others returning thanks and salutes.

That was not the only time HMCS *York* has engaged with the Raptors during their championship run. During the NBA Finals, PO1 Jonathan Crangle, PO2 Joan Emode, and PO2 Kerry Chan joined their American counterparts to form the Flag Party for Game 5.

Aboard HMCS *Toronto*, the city's namesake ship, is a Cyclone code-named the 'Raptor' after the team. The Raptors' historic win was one for the history books, and HMCS *York* and the RCN was with them every step of the way.

From Kawhi Leonard's load management to the Coach's expert navigation on and off the court, the Raptors took care of their people. And as we know in the RCN, when you put people first, you achieve your mission, always.

Congratulations to the Toronto Raptors on completing their historic mission to win the NBA Championship. Bravo Zulu to our world champions.



During the NBA Finals, PO1 Jonathan Crangle, PO2 Joan Emode, and PO2 Kerry Chan joined their American counterparts to form the Flag Party for Game 5.

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A group of sailors from HMCS *York*, together with other Raptors fans, stand on the parade route in Toronto on Monday June 17, awaiting the victory parade for the Raptors following their historic NBA championship win.

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HMCS *York* members PO2 Joan Emode (left) and SLt Kevin Vuong (right) are joined by Raptors fans Lanrick Bennett Jr. and his son Jackson, as they wait for the parade.

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Keeping a naval tradition alive

By Capt Aaron Lee
and AB Keiran Sidle

Being a boatswain demands a lot from an individual. Attention to detail, teamwork and physicality are all part of the job. However, one aspect of the trade remains integral but often taken for granted...rope work! There is one young sailor, however, who considers rope work more than just part of the job. AB Keiran Sidle of Naval Replenishment Unit (NRU) Asterix has turned this skill into a hobby that he is extremely passionate about.

AB Sidle has been in the RCN for three years and it was during his QL3 trade training that he was first introduced to rope work and it has taken off ever since. In addition to the traditional knots like the bowline, sailor's hitch and square knot, he has taken his skills to the next level by creating knots that are intricate and decorative works of art.

In one deployment alone, with NRU Asterix, AB Sidle made over 50 small rope work projects for the ship or his fellow crewmembers. His smaller projects include knife lanyards, belts, and binocular straps but it's the decorative jobs that really get his creative side flowing. Some of his more decorative works include the adornment for the ship's bell, a rope knot ship's wheel and a beautiful rope knot anchor, all of which currently decorate the bulkheads of Asterix. He's even had the opportunity to present one of his creations to the former Commander, Royal Canadian Navy, VAdm Lloyd, during a recent visit to the ship while in theatre.

For anyone interested in starting his or her own decorative rope projects, AB Sidle has practical advice: try to be as creative as possible, and have a lot of patience. As he says, "It might not turn out how you'd like the first time but learn from the



AB Kieran Sidle, a boatswain in NRU Asterix, became interested in rope work during his QL3 training.

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mistakes, take your time, and you'll be rewarded for it. Practice makes perfect."

For a boatswain with NRU Asterix, rope work is critical to mission success, but for AB Sidle this skill has amplified into a hobby that gives him a chance to relax and unwind after

a hard day's work. It allows him to express himself in addition to giving something back to the ship in which he sails. He would like to bring rope work back to the modern sailor as he believes it helps teach sailors to take pride in what they do. It is a vis-



An adornment for the ship's bell of NRU Asterix is among AB Sidle's decorative rope work projects.

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During his deployment in NRU Asterix, AB Sidle has made more than 50 small rope work projects for the ship or his fellow crewmembers.

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ible reminder of all the hard work that has been done.

AB Sidle's rope work is very much appreciated by his shipmates who always look forward to his next work of art.

Asterix and her crew are proud to have a young sailor on board who is keeping a long-standing naval tradition alive and well in the Royal Canadian Navy.



HMCS Oriole sails in the St. Lawrence Seaway

Cadet CPO1 Skye Watson-Campbell and Cadet CPO1 Thomas Wood, demonstrate weighing anchor to junior cadets on board HMCS Oriole in the St. Lawrence Seaway during the Great Lakes Deployment, June 18, 2019.

LS A.J. DOMINGO

Service and sacrifice honoured as Halifax

By Ryan Melanson,
Trident Staff

It was May of 1944 and a young SLt Harold Tilley was preparing for leave, after completing his technical courses, when he learned that “something big was about to happen.”

Soon after, his son Richard said, SLt Tilley found himself volunteering to be the navigator for a formation of three large landing craft, with the goal of getting ground troops to Juno Beach, the beginning of a massive campaign to liberate France during the Second World War.

It was a daunting task to guide the 158-foot long landing craft through a battle zone, with bombs falling from the sky, mines and shellfire all around, and about 200 seasick men on board.

“These weren’t small boats. Dad was a good navigator, but these landing craft were the only vessels on which he had no training,” Richard Tilley told a crowd assembled at the Willow Park Armoury on June 6 to mark the 75-year anniversary of D-Day.

Despite the difficulties, his father’s crew successfully landed a first wave of troops, and attempted to go back for more, before holes in the hull forced them to head to shore instead.



D-Day veterans were accompanied by Cadets to lay roses next to the pairs of combat boots on display at the ceremony. The boots represented the journey of the tens of thousands of Canadians who travelled to Halifax to sail overseas ahead of D-Day.

MICHAEL BAYER, FIS

They later realized they had been in the water with live mines just feet away on either side of the boat.

“He was a good navigator, but I

think he was also a lucky navigator on that day,” Tilley said.

His father rose to the rank of Captain(Navy) through his 39-year

Navy career, and though he died in 2013, his photo is featured on this year’s Veterans Affairs D-Day poster. His son wears a Memorial Cross in his name, recognizing that Capt(N) Tilley’s death was attributable to his military service.

“Dad’s story is just one of thousands of D-Day stories, but I hope it can still give others a small personal window into what happened that day,” he said.

The ceremony in Halifax was the Government of Canada’s national D-Day commemoration event, and was attended by Her Excellency the Right Honourable Julie Payette, Governor General of Canada, as well as other dignitaries, political representatives, senior military leadership, and community members.

Seven living veterans of D-Day were in attendance – Albert Hubley, Russell Hubley, Havelyn Chiasson, Fred Turnbull, George Couture, Charles Starks and Henry Ardwell Eyres provided a link between those commemorating the actions in 1944 and those who actually experienced the horrors on the beaches of Normandy.

“From the bottom of the hearts of a very grateful country, thank you,” Payette said to the veterans during her address.

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The Governor General also spoke about the terrible cost of victory, and of those who sailed to France for Operation Overlord and never returned. Of the tens of thousands who served on land, in the air, and at sea during the Battle of Normandy, 5,000 Canadians would end up paying the ultimate price.

“They did not lose their lives in vain. We all benefit from their sacrifice and we have a duty to remember them,” she added.

Also on display during the ceremony were pairs of combat boots that have made their way across Canada by Via Rail train in recent months, meant to symbolize the journey of the Canadians who travelled from all corners of the country to sail out of Halifax on D-Day. A ceremony was held earlier in the week to mark the end of the journey and the boots’ arrival in Halifax. Each of the D-Day veterans in attendance, accompanied by young cadets, placed a rose next to a pair of boots, commemorating colleagues who died overseas.

HCol Donald Julien, representing 5th Canadian Division Training Centre and the Confederacy of Mainland Mi’kmaq, spoke at the commemoration to specifically highlight the Mi’kmaq experience in D-Day operations, which he said included more than 125 who volunteered to serve and at least five deaths.

HCol Julien focused on the story of Pte Charles Doucette of the Member-tou First Nation in Cape Breton. He was one of at least 18 Canadians who



Her Excellency the Right Honourable Julie Payette, Governor General of Canada, inspects troops on parade during the D-Day Commemoration Ceremony held at Willow Park on June 6.

MICHAEL BAYER, FIS

were captured by the 12th SS Panzer Division on June 7 and summarily executed.

“They thought that they would

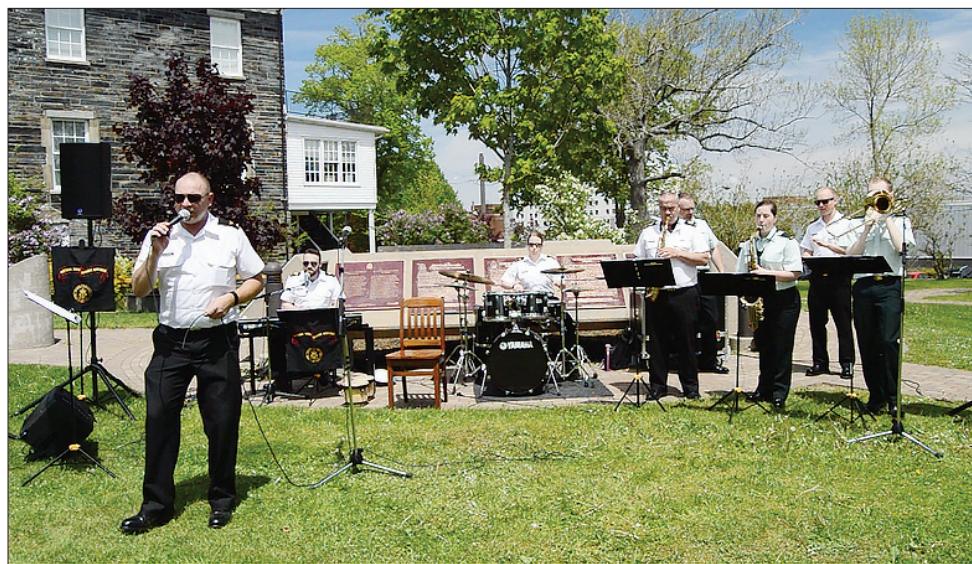
spend the rest of the war in concentration camps. Instead, they were shot in the back of the head.”

Pte Doucette was one of many who answered the call to serve his country and fight tyranny despite facing significant racism and discrimination at home, he added. Pte Doucette’s youngest daughter Marie and his two grandchildren were on hand to hear their father’s story shared on the national stage.

“We’re honoured to have his family members here with us, and

we thank them for their sacrifice, as we honour his memory and the memory of others who served and died in the Second World War and on D-Day,” HCol Julien said.

The ceremony at Willow Park was just one of many held across Canada and around the world marking the 75-year anniversary of D-Day, with Prime Minister Justin Trudeau and other world leaders gathering at Juno Beach itself in France for the largest commemoration event.



Jazz at noon

The jazz combo from the National Band of the Naval Reserve treated members of the local Defence Team to a lunch hour performance at CFB Halifax Stadacona’s Admiralty Gardens on June 7 and 11. They’ll be back on August 8 for another show that’s open to both the Defence community and the general public. Bring your lunch and come have a listen.

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Students to spend summer working at CFB Halifax

CFB Halifax Base Commander Capt(N) David Mazur welcomed Federal Student Work Experience Program and Co-operative Education students to the base during a student orientation event at Tribute Tower on June 19.

2LT NICOLAS PLOURDE-FLEURY, CFB HALIFAX PUBLIC AFFAIRS



HMCS *Brunswicker* opens satellite initiative in Moncton

Commodore Michael Hopper, Commander Naval Reserve, officially opened a new satellite of HMCS Brunswick in Moncton, New Brunswick on June 6, 2019. Brunswick was first established in Saint John, NB in 1923. The Moncton satellite initiative demonstrates the Royal Canadian Navy's commitment to grow the Naval Reserve while expanding its footprint in Canada. Moncton area sailors will now have the opportunity to serve closer to their home community by parading at the 37 CBG HQ building on Park St. During the opening ceremony, Cmdre Hopper also presented Brunswick's newest recruit, Sarah Henwood, with her certificate of enrollment.

LS KARINE CHARETTE-GOURLIE

Honorary Naval Captain brings years of experience to CF Hlth Svcs C (A)

By Ryan Melanson,
Trident Staff

While Dr. Alice Aiken may be brand new to her role as the Honorary Naval Captain attached to Canadian Forces Health Services Centre (Atlantic), she's no stranger to the CAF community.

Before beginning her academic career – she's now Dalhousie University's Vice President of Innovation and Research – Hon Capt(N) Aiken served for 14 years in the RCN, first as a naval navigator and then as a physiotherapist. She also co-founded the Canadian Institute for Military and Veterans Health Research (CIMVHR) in 2010, which has grown to become a network of 41 Canadian universities and international partners that studies the health and well-being of Canadian military personnel, Veterans and their families.

"The military is where I really found a camaraderie, a home, and a way of being that spoke to me," Hon Capt(N) Aiken said at her investiture ceremony on May 12 at the Naval Museum of Halifax.

She met her husband, a 27-year Army veteran, and many of her closest friends through the CAF, and remained close with the organization after releasing. She also previously held an Honorary Colonel position with 33 CF Hlth Svcs C in Kingston.

"We're a military family and I've always felt at home in this environment. I'm happy to be back," she said, after accepting the appointment and signing the official documents alongside LCol Rochelle Heudes, Commanding Officer of CF Hlth Svcs C (A), and RAdm Craig Baines, Commander MARLANT and JTFA.

RAdm Baines spoke about the importance of the Honorary Naval Captain and Honorary Colonel programs, which have existed since 1895, initially as a way for retired officers to stay connected to military life and give back. Today, the appointments are also open to individuals and community leaders who have no previous service experience, but for someone like Hon Capt(N) Aiken who does bring a CAF background, the position



From left, Hon Capt(N) Alice Aiken, RAdm Craig Baines, Commander MARLANT and JTFA, and LCol Rochelle Heudes, CO of CF Hlth Svcs C (A).

RYAN MELANSON, TRIDENT STAFF

can be even more meaningful.

"It means that all the work she does as an Honorary Captain will be that much more nuanced and textured," RAdm Baines said.

"I know she's going to get a lot out of this appointment, but we will get so much more for having her."

In welcoming Hon Capt(N) Aiken to CF Hlth Svcs C (A), LCol Heudes recalled her time working with 1st Canadian Field Hospital in Petawawa, when she was first introduced to CIMVHR and the wide network of academics and health professionals who contribute to the non-profit research group. As a young officer, she said the exposure to the Institute helped her

recognize the importance of collaboration with academia to better understand the health care issues facing veterans and their family members.

With Hon Capt(N) Aiken, a co-founder and former scientific director of CIMVHR, now attached to her unit, it feels like that experience has come full circle, LCol Heudes said.

"She's been a part of this family for a long time, and we're thrilled to have her back home and serving once again with Canadian Forces Health Services."

The CO added her hope to pursue a closer relationship with Dalhousie University in the coming years, including professional development

opportunities or combined research efforts.

Hon Capt(N) Aiken thanked her many friends in the CAF community, along with colleagues from Dalhousie, for attending the investiture ceremony, and said she's excited to get rolling on this new chapter of her ongoing relationship with the CAF. The position is a perfect way to bring her professional academic career together with her volunteer efforts that have focused on veterans and CAF families, she said.

"It's something I'm very passionate about, and I hope this gives me even more opportunities to continue to give back."

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Lancement de mesures à maintenir et à accroître le niveau d'expérience du personnel de l'ARC

Par lieutenant-général
Al Meininger,
Commandant de l'ARC

Le chef d'état-major de la défense a récemment lancé l'« opération EXPERIENCE », qui prescrit aux Forces armées canadiennes de prendre immédiatement des mesures afin de stabiliser et d'accroître rapidement le niveau d'expérience des pilotes. Ces mesures s'inscrivent dans un plan d'action plus large à l'échelle de l'ARC, l'opération TALENT, qui porte sur la qualité de vie et la qualité de service de tous les membres de notre personnel et de leur famille. Il touche notamment au recrutement, à la formation, à l'intégration et à l'emploi de notre personnel.

Bien que ces deux directives aient été publiées séparément, rassurez-vous, elles portent sur deux aspects d'un seul problème et nous prendrons des mesures qui découleront de chacune de manière harmonieuse, complémentaire et globale.

Ensemble, ces mesures revêtent un caractère vital compte tenu du niveau sans précédent de la concurrence mondiale pour les compétences de pilote, de technicien, de spécialiste en aviation hautement qualifié et de personnel de soutien. Nous risquons de perdre l'expérience considérable de notre personnel supérieur et, par conséquent, notre capacité d'assurer le mentorat et la formation des nouveaux aviateurs, ainsi que de leur transmettre les connaissances nécessaires, autant de choses essentielles afin de les préparer à mener des opérations avec efficacité.

Si nous n'agissons pas afin de stabiliser nos niveaux de personnel d'expérience, la capacité de l'ARC de s'acquitter de ses opérations en souffrira davantage. Toutefois, ac-



L'Aviation royale canadienne a lancé des mesures visant à maintenir et à accroître le niveau d'expérience de son personnel afin de veiller au maintien de l'état de santé de l'ARC et de son aptitude à réaliser ses missions avec brio.

MONTAGE: CPL DESIRÉE THOMAS-BOURDON

croître l'enrôlement et la formation ne suffit pas. Nous devons favoriser l'établissement d'un milieu dans lequel la qualité de vie et la qualité de service de l'ARC font en sorte que rester en poste présente plus d'avantages que d'inconvénients pour les membres de notre personnel.

Il s'agit d'un problème complexe qui nécessite des solutions également complexes. Nous travaillons à élaborer plusieurs solutions en vue d'alléger la situation. Nous en adopterons quelques-unes rapidement, mais d'autres, il faut que vous le sachiez, pourraient prendre de cinq à sept ans avant de voir le jour.

Nous constatons déjà des progrès dans le processus de création d'un nouveau métier de technicien de soutien des opérations aériennes (Force de réserve), qui vise à augmenter les capacités de protection de la force, ainsi qu'à soutenir les activités d'entretien des aéronefs et de recherche et de sauvetage, ce qui permettra aux techniciens en aviation et en recherche et en sauvetage hautement qualifiés de se concentrer sur leurs responsabilités principales. Nous commencerons à accepter les candidatures pour ce métier dès cet été. Nous procédons également à la planification nécessaire à

l'établissement d'un poste d'officier des opérations aériennes (Force régulière), qui portera, lui, sur les activités qui ne sont pas liées au vol, permettant ainsi à plus de membres du personnel de rejoindre les équipes sur la piste. Parmi les mesures à prendre très prochainement figurent la modification de la politique de libération restreinte et la prolongation de la première période de service aérien à un minimum de quatre ans. Consultez la fiche de renseignements (Les mesures portant sur la qualité de vie et la qualité de service sur le site web www.rcf-arc.forces.gc.ca/fr) pour connaître d'autres mesures.

Vous aurez l'occasion d'en apprendre plus sur les deux opérations lors de futures assemblées générales qui se tiendront près de chez vous. Nous vous ferons également parvenir une « trousse d'outils » par l'intermédiaire de la chaîne de commandement; celle-ci sera utile aux dirigeants à tous les niveaux. Par ailleurs, nous créerons une page intranet où vous trouverez les dernières nouvelles sur les progrès accomplis au sujet de chacune des mesures. Entre-temps, je vous invite à lire le prochain numéro de PERSpectives (<http://rcf.mil.ca/fr/d-air-pers-strat/perspectives/rcf-perspectives.page>), qui traitera plus en profondeur de notre plan pour l'avenir.

Tout au long de notre travail afin de faire en sorte que l'ARC puisse rester en mesure d'exercer une puissance aérienne et spatiale avec efficacité au nom des Forces armées canadiennes et du gouvernement du Canada, je vous encourage à vous informer, à contribuer aux efforts et à toujours garder à l'esprit notre devise : Telle est la voie vers les étoiles, « *Sic itur ad astra* ».

Reserve Force pay: what's in your paycheque?

By DND

As promised in Canada's defence policy, *Strong, Secure, Engaged*, the CAF has changed how it calculates Reserve Force pay so it aligns with the Regular Force.

While not a pay increase per se, reservists will now receive 7.8 percent more money in their paycheque. Reservists will begin receiving the new rate by the end month pay in August 2019. That rate will be retroactive to April 1, 2019.

What's changed is the methodology used to calculate pay. Regular Force pay is composed of two parts: base pay plus Military Factor. In the past, Reserve Force pay was a simple 85 percent calculation of the sum of that

total. The new methodology means the Reserve Force will have the same base pay as the Regular Force, plus the elements of the Military Factor that apply to reservists.

The base salary that all members of the CAF receive aligns with the salary earned by public servants in comparable roles. The Military Factor is a percentage added on top of the base salary that compensates members for additional requirements that do not affect most public servants. The difference between Reserve and Regular Force members' pay is the amount of that extra percentage.

The Military Factor is calculated using three military and two additional elements. The military considerations are: personal limitation and liability,

separation, and posting turbulence. The two additional elements are overtime and acting for supervisors without an increase in pay.

Reservists cannot be posted to a different geographic location or sent away from their families on an operation or exercise without their personal consent. This is different from Regular Force members, who are expected to move or deploy when directed, often frequently and on short notice. That is reflected in the Military Factor.

The Military Factor for Regular Force members includes all five elements. For Reserve Force members, it includes three: personal limitation and liability, overtime, and acting for supervisors.

The Reserve Force is an integral component of the CAF. Reservists come from all walks of life, and include students, civil servants, labourers, business people, academics, and former members of the Regular Force. The restructuring of pay is part of an overall vision outlined in Canada's defence policy, *Strong, Secure, Engaged*, which includes increasing the Reserve Force by 1,500 members and further integrating reservists into operations.

Reservists on Class A and Class B periods of service are paid a daily rate, based on their rank and time in that rank. Reservists on Class C periods of service, such as those who deploy on operations, receive the same pay as Regular Force members, which is calculated at a monthly rate.

Initiatives to retain and increase RCAF personnel experience levels

By LGen Al Meininger,
Commander of the RCAF

The CDS recently launched Operation EXPERIENCE, which directs the CAF to implement immediate actions to stabilize and rapidly increase levels of pilot experience. These actions are nested within a broader RCAF campaign plan, Operation TALENT, which focuses on the quality of life and quality of service of all our personnel and their families. It addresses, in particular, the intake, training, absorption and employment of our members.

Although these two directives have been published separately, be assured that they address two aspects of a single challenge and we will implement measures arising from both in a seamless, mutually complementary and holistic manner.

Together, these initiatives are vital in face of an unprecedented level of global competition for the skills of pilots, technicians, highly trained aviation specialists and support personnel. We are at risk of losing the depth of experience that our more senior personnel possess and, thus, the ability to mentor, train and transfer knowledge to our newer aviators and bring them to an operationally effective level.

Without action to stabilize our levels of experienced personnel, the RCAF's operational output will be further impacted. Increasing our intake and our training capacity is not enough. We must nurture an environment where the RCAF's quality of life and quality of service make it more



The Royal Canadian Air Force has launched initiatives to retain and increase the levels of its personnel's experience to ensure the RCAF's continuing health and ability to achieve mission success. L'Aviation royale canadienne a lancé des mesures visant à maintenir et à accroître le niveau d'expérience de son personnel afin de veiller au maintien de l'état de santé de l'ARC et de son aptitude à réaliser ses missions avec brio.

MONTAGE: CPL DESIRÉE THOMAS-BOURDON

attractive for our members to stay than to leave.

The challenge is complex, however, and will require equally complex solutions. We are already working on several solutions to alleviate our situation. We will implement some of them quickly but others, I want to

be clear, may take up to five to seven years to put in place.

We're already seeing progress on the establishment of a new Air Operations Support Technician occupation (Reserve Force) that will augment force protection capabilities and provide support to aircraft

maintenance and search and rescue activities. This will allow highly qualified Aviation and Search and Rescue Technicians to focus on their primary functions. We will begin accepting applications to this occupation this summer. Planning is also under way to establish an Air Operations Officer occupation (Regular Force) that will focus on non-flying activities, thereby returning more aircrew to the flight lines. More immediate actions include adjusting the restricted release policy and increasing the length of first flying tours to a minimum of four years. Additional initiatives are outlined in our Fact Sheet (www.rcaf-arc.forces.gc.ca/en/index.page).

You will be able to learn more about both operations at future town halls in your locations, and we will distribute a toolbox through the chain of command for leaders at all levels to use. We will also set up an intranet page that will keep you up to date on the progress of all our initiatives. In the meantime, I encourage you to read the upcoming edition of PERSpectives (<http://rcaf.mil.ca/en/d-air-pers-strat/perspectives/rcaf-perspectives.page>), which contains a more detailed account of our planned way ahead.

As we work to ensure the RCAF remains an effective provider of air and space power for the CAF and the Government of Canada, I encourage you to become informed, do your part and always keep in mind the words of our motto: Such is the pathway to the stars – *Sic Itur Ad Astra*.

En quoi consiste la solde de la Force de réserve?

Par MDN

Comme l'énonce la politique de défense du Canada intitulée *Protection, Sécurité, Engagement*, les FAC ont modifié le calcul de la solde de la Force de réserve afin de l'harmoniser avec celle de la Force régulière.

Bien qu'il ne s'agisse pas d'une augmentation en tant que telle, la solde versée aux réservistes augmentera de 7,8 pour 100. Les réservistes commenceront à toucher la nouvelle rémunération d'ici la fin d'août 2019. Les nouveaux taux s'appliqueront rétroactivement au 1er avril 2019.

C'est la méthode de calcul qui a changé. La solde de la Force régulière comporte deux parties : le solde de base et le facteur militaire. Par le passé, la solde de la Force de réserve se résumait tout simplement à 85 pour 100 de ce total. Avec la nouvelle méthode, la Force de réserve aura droit

à la même solde de base que la Force régulière, à laquelle s'ajouteront les composantes du facteur militaire s'appliquant aux réservistes.

La solde de base versée à tous les membres des FAC correspond au salaire des fonctionnaires occupant des postes aux rôles comparables. Le facteur militaire est un pourcentage s'ajoutant à la solde de base et a pour but de compenser les exigences supplémentaires visant les militaires et ne touchant pas la plupart des fonctionnaires. La différence entre la solde de la Force de réserve et celle de la Force régulière résulte de la valeur de ce pourcentage.

Le facteur militaire est fondé sur trois composantes militaires et deux composantes supplémentaires. Les composantes militaires sont les restrictions et responsabilités personnelles, la séparation de sa famille et les perturbations liées aux affecta-

tions. Les deux autres composantes sont les heures supplémentaires et les fonctions intérimaires de supervision sans augmentation de la solde.

Les réservistes ne peuvent pas être affectés à l'extérieur de leur région ou séparés de leur famille en raison d'une opération ou d'un exercice sans leur consentement. La réalité est tout autre pour les membres de la Force régulière, qui doivent déménager ou partir en mission lorsqu'ils en reçoivent l'ordre, ce qui peut arriver fréquemment et à bref préavis. Le facteur militaire en tient compte. Le facteur militaire de la Force régulière inclut les cinq composantes. Pour ce qui est de la Force de réserve, trois composantes sont incluses : restrictions et responsabilités personnelles, heures supplémentaires et fonctions intérimaires de supervision.

La Force de réserve fait partie intégrante des FAC. Les réserv-

istes sont issus de tous les milieux et comprennent des étudiants, des fonctionnaires, des manœuvres, des gens d'affaires, des universitaires et d'anciens membres de la Force régulière. La restructuration de la solde s'inscrit dans la vision d'ensemble décrite dans la politique de défense du Canada Protection, Sécurité, Engagement. La politique vise notamment l'ajout de 1 500 nouveaux membres à la Force de réserve et une plus grande intégration des réservistes dans les opérations.

Les réservistes en service de classe A et de classe B sont rémunérés selon un taux journalier en fonction de leur grade et de leur ancienneté dans ce grade. Les réservistes en service de classe C, dont ceux qui participent à un déploiement, reçoivent la même solde que les membres de la Force régulière. Cette solde est calculée sur une base mensuelle.

The power of listening

Dear CCMS, what does active listening mean?

Sincerely, a leader in need of clarification.

Dear Leader,

One of our Senior Conflict Management Practitioners put together some thoughts, and a poem, on **The Power of Listening**.

Often in our workplaces we forget the power of listening effectively. Whether it be the leadership training, the mentors to which people are exposed, or the workplace culture that encourages us to act quickly and decisively, we may overlook the trade-off that happens when we strive for timeliness instead of effectiveness. There will always be a time and place for quick decisions from the top down, however they may come at a considerable cost to the effectiveness of the organization and the people in it. When we do not

fully understanding the depth and significance of the issues at hand, or the impact these issues have on the people involved, we may inadvertently rob these people of the opportunity to develop their leadership skills, their communication and their problem solving skills. In effect, we can create a type of co-dependency that actually disempowers them. When they look to us for advice, direction, or just as a sounding board, what we do and how we do it is critical for their future, and the future of the organization. By empowering and supporting them we build the people, and the unit, towards a successful future. How will we recognize these opportunities..... we listen. Taking a few minutes to resist the shortcuts, and opting to listen, actively listen, can be the greatest gift we give the people that are important to us and our organizations. It signals to them

that they are important, that we hear and support them to develop the competence to deal with their situation and those of others.

The following poem is a great reminder of how important it is to listen, and for the speaker to be heard. I came across it almost 30 years ago, and I offer it to you to share as well. I hope this gift will serve you and your people as you pay it forward.

Listen

When I ask you to listen to me and you start giving advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problems, you have failed me, strange as that may seem.

Listen! All I asked, was that you

listen. Not talk or do – just hear me! Advice is cheap;

And I can do for myself; I'm not helpless. Maybe discouraged and faltering, but not helpless,

When you do something for me that I can and need to do for myself, you add to my fear and weakness.

But when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and can get about the business of understanding what's behind this irrational feeling. And when that's clear, the answers are obvious and I don't need advice.

Irrational feelings make sense when we understand what's behind them.

Perhaps that's why meditation works for some people.

So please, listen and just hear me.

And, if you want to talk, wait a minute for your turn.... And I will listen to you!

CAF/DND trades careers highlighted at Skills Canada competition

By Sgt Dianne Lambert, CFRC (Atlantic), and Margaret Conway, CFB Halifax Public Affairs

On May 28 and 29, Canadian Forces Recruiting Centre (CFRC) Atlantic, FMF Cape Scott, CFB Halifax and other local Defence organizations participated in the 2019 Skills Canada National Competition (SCNC) held at the Halifax Exhibition Centre.

SCNC, the only national, multi-trade and technology competition for students and apprentices in the country, takes place annually in cities across Canada. Each year, more than 550 competitors from all regions come to SCNC to participate in over 40 skilled trade and technology competitions.

The 2019 competition in Halifax was impressive, to say the least. The students and apprentices competing were the most highly skilled from their respective provinces and territories, having competed in provincial and territorial events to qualify for the national competition. They wowed all in attendance, showing their aptitudes in skilled trades and technologies such as plumbing, electronics, baking and 3D character computer animation.

In addition to the many competitions that are the foundation of the event, the 2019 SCNC also included essential skills talks, essential skills stage presentations, an exhibitor



Sgt Tim Keith from CFRC assists a student as she experiences the CAF through virtual reality. This was one of many skilled trades and technology activities available at the 2019 Skills Canada National Competition, held May 28 and 29 at the Halifax Exhibition Centre.

SGT DIANNE LAMBERT, CFRC ATLANTIC

career zone and a Young Women in Construction Conference, to name a few.

There were various Try-a-Trade® and Technology activities set up by private and public companies and government organizations during the competition. These activities provided students and the public with hands-on experience and cre-

ated awareness of skilled trades careers in the local, regional and national workforce. Thousands of students from across the province arrived in bus loads during the two-day competition and filtered through the Try-a-Trade® and Technology area.

Our local Defence Team presented an impressive array of activities

that highlighted some of the amazing skilled trades careers, both military and civilian, that support CAF operations at home and abroad. Boatswains offered lessons on rigging, allowing guests to try a knot; FDU (A)'s display saw eager students pick up an item on the floor using the Explosive Ordnance Disposal robot; 77 Line Regiment explained how to fuse fibre optic cable using a fusion splicer; civilian members from FMF Cape Scott made personalized key chains with the Engravograph engraving machine; and Real Property Operations Section (Halifax) set up a scaffolding area so those in attendance could climb to oversee the entire show. These were only some of the activities available from our local Defence Team members.

Recruiting staff from CFRC Atlantic eagerly greeted visitors to answer questions and offer opportunities to experience the Canadian Armed Forces (CAF) through virtual reality.

"The CAF is working hard to be seen as an employer of choice for all Canadians. Promoting the CAF and DND at events like the Skills Canada National Competition allows us to showcase the numerous opportunities for trades within our organization," explains LCol James Falldien, Commanding Officer CFRC (Atlantic).

Continued on page 19

Le pouvoir de l'écoute

Chers collègues des SGCP, qu'est-ce que l'écoute active? Signé, un leader ayant besoin de clarification.

Cher leader,

Un de nos praticiens principaux de la gestion des conflits a rassemblé des idées et a même trouvé un poème sur Le pouvoir de l'écoute.

Souvent, au travail, nous oublions l'importance de l'écoute efficace. Que ce soit en raison de la formation en leadership, des mentors auxquels nous sommes exposés ou de la culture au travail qui nous incite à agir rapidement et de manière décisive, nous négligeons parfois les concessions que nous faisons en favorisant la rapidité plutôt que l'efficacité. Il y aura toujours un moment et un endroit propice pour les décisions prises rapidement par les supérieurs, mais ces décisions peuvent aussi nuire considérablement à l'efficacité de l'organisation et des personnes qui en font partie. Lorsque nous ne comprenons pleinement ni la profondeur ni la portée de la situation actuelle et

que nous ignorons ses répercussions sur les personnes touchées, nous pouvons priver ces personnes, par inadvertance, de l'occasion de développer leurs compétences en leadership, en communication et en résolution de problèmes. En réalité, nous pouvons créer un type de co-dépendance qui mine totalement leur autonomie. Lorsqu'elles se tournent vers nous pour obtenir des conseils, des directives ou simplement une opinion, ce que nous faisons et la manière dont nous nous y prenons sont essentiels pour leur avenir et pour l'avenir de l'organisation. En les responsabilisant et en les soutenant, nous permettons aux gens de s'épanouir et à l'unité de mûrir; nous leur offrons ainsi un avenir prometteur. Comment pouvons-nous reconnaître les occasions de le faire : en écoutant! Prendre quelques minutes pour résister aux raccourcis et opter pour une écoute active peut être le plus beau cadeau que nous puissions offrir aux personnes qui sont importantes pour nous et nos organisations. Nous leur démontrons ainsi qu'ils sont impor-

tants, que nous les entendons et que nous les aidons à acquérir les compétences nécessaires pour régler leur propre situation et composer avec celle des autres.

Le poème suivant nous rappelle combien il est important d'écouter et de faire entendre la personne qui parle! Je l'ai découvert il y a près de 30 ans et je vous en fais part pour que vous le diffusiez également. J'espère qu'il vous sera utile, à vous et à vos collègues.

Écoute

Quand je te demande de m'écouter et que tu commences à donner des conseils, tu ne fais pas ce que je t'ai demandé.

Quand je te demande de m'écouter et que tu commences à me dire pourquoi je ne devrais pas me sentir comme ça, tu bafoues mes sentiments.

Quand je te demande de m'écouter et que tu sens que tu dois faire quelque chose pour résoudre mes problèmes, tu me fais défaut, aussi étrange que cela puisse paraître.

Écoute! Tout ce que je te demande,

c'est que tu écoutes. Je ne veux ni que tu parles ni que tu fasses quelque chose : tu n'as qu'à m'écouter.

Je peux agir par moi-même, je ne suis pas impuissant. Peut-être découragé ou chancelant, mais pas impuissant.

Quand tu fais quelque chose pour moi, que je peux et que je dois faire moi-même, tu contribues à ma peur et à ma faiblesse.

Mais quand tu acceptes le simple fait que je ressens bien ce que je ressens, si absurde que cela te paraisse, je peux alors cesser d'essayer de te convaincre et je peux enfin tenter de comprendre ce qui se cache derrière ce sentiment irrationnel. Et quand ce sera clair, les réponses seront évidentes et je n'aurai pas besoin de conseils.

Même les émotions absurdes ont un sens lorsqu'on comprend ce qu'elles cachent.

C'est peut-être pour cette raison que la méditation fonctionne pour certaines personnes.

Alors s'il te plaît, écoute et entend ce que je dis.

Et, si tu veux parler, attends juste un peu à ton tour... Et je t'écouterai!

CAF/DND trades careers highlighted at Skills Canada competition

Continued from page 18

Students and members of the public also learned about some of the civilian skilled trades careers available with DND. In Halifax, for example, FMF Cape Scott employs a predominantly civilian workforce of more than 1200 people who provide engineering and maintenance services to the Royal Canadian Navy's East Coast Fleet. There are 16 trades occupations at Cape Scott, 12 of which are recognized by the Provincial Apprenticeship Program.

"Our highly skilled civilian tradespeople in FMF Cape Scott are extremely valued within the Royal Canadian Navy and the Canadian Armed Forces," explains Capt(N) David Benoit, FMF Cape Scott's Commanding Officer.

"Not only are they our largest group of employees who help deliver operational combat capability at sea, they are also the heart and continuity in the organization as our technical sailors get posted in and out every few years."

Capt(N) Benoit sits on the Skills

Canada Nova Scotia volunteer board of directors outside of his day job, so he was thrilled to participate as a panelist during an SCNC 2019 Essential Skills Talk that focused on essential skills and recruitment.

Other members of the local Defence Team participated in the competition as well. Formation Chief Petty Officer CPO1 Derek Kitching and CPO1 Doug Currie were judges during the Millwright competition, members of the Naval Reserve showcased Reserve employment opportunities in the skilled trades through their interactive recruiting bus display, CFB Halifax's transportation unit provided support to the event and 12 Wing Pipes and Drums performed at the opening ceremonies.

Many thanks to all local Defence organizations and individuals who contributed to the success of our SCNC 2019 involvement, Bravo Zulu to all SCNC 2019 competitors on a job well done and congratulations to the organizers, volunteers and all others involved in this incredible event!



Diving during Exercise TRADEWINDS 19

Divers slowly ascend with a simulated drug pallet as they participate in a drug recovery scenario during Exercise TRADEWINDS 19 in St. Vincent and the Grenadines, June 11, 2019.

MCPL GABRIELLE DESROCHERS, CANADIAN FORCES COMBAT CAMERA

TRIDENT Sports

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

Campus Atlantic takes MEGA Soccer championship

By Ryan Melanson,
Trident Staff

A base MEGA Soccer tournament was held at Porteous Field in Halifax from June 11-14, with teams competing for COTE, COTW, and Wing Cup points. Participants teams included FMF Cape Scott, Campus Atlantic, HMCS *Montreal*, Trinity, 12 AMS, FDU(A), 406 Squadron, and 423 Squadron. MEGA tournaments are held to bring units from around the Formation together in friendly competition, and to allow for fuller rosters.

With three wins and no losses through the round robin tournament, Campus Atlantic came away with the championship plaque, COTW points, and bragging rights. Opportunities for more COTE, COTW, and Wing Cup points in the coming months include the base MEGA Golf tournament on July 15, and the PO2 Craig Blake Memorial Fitness Challenge on September 27.



Campus Atlantic, the winning team

RYAN MELANSON, TRIDENT STAFF



MEGA soccer was held on Porteous Field at Stadacona.

RYAN MELANSON, TRIDENT STAFF



Campus Atlantic takes on 12 AMS during the MEGA Soccer tournament from June 11-14. Campus ended the tournament with the most wins, earning the victory.

RYAN MELANSON, TRIDENT STAFF

Fitness and sports updates

By Trident Staff

The Atlantic Regional Golf Championship takes place at Hartlen Point Golf Club from July 7-10.

The Atlantic Regional women's and men's slo-pitch championship takes place at Naugle Field in Eastern

Passage from July 15-19.

The PO2 Craig Blake Memorial Fitness Challenge takes place on September 27 at MacDonald Beach.

The CFB Halifax Walk takes place at 10:30 a.m. on the last Wednesday of every month. Both military and civilian members are welcome to participate.

The group will convene at the STAD gardens in front of S-90 for a PSP led warm-up. The walk will take approx. 30 minutes and be approx. 2.5-3km, heading towards Fort Needham and back. For more information please contact Lucas Hardie at 902-427-6335 or email Lucas.Hardie@forces.gc.ca

The FORCE Rewards Program is designed to recognize CAF personnel who achieve high levels of health-related fitness and operational readiness on their FORCE Fitness Profile, as part of their annual FORCE

Continued on page 21

Fitness and sports updates

Continued from page 20

Evaluation. In line with the CAF objective of maintaining high levels of health-related fitness and operational readiness, this program is being implemented to motivate CAF personnel to pursue physical activity while recognizing those who achieve excellence. FORCE Program location: Fleet Gym location, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS Scotian location: Fridays, 10 a.m. and 1:30 p.m.

Has competing a triathlon been on your bucket list? Don't know where to start? Join the Navy Tridents Triathlon Club. Membership is \$50 for military members and their families, \$60

for DND employees and their families, and \$65 for civilian friends. Contact club president Lt(N) Sam Kehler at samuel.kehler@forces.gc.ca or search Navy Tridents Triathlon Club on Facebook.

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



Cheering runners during the Blue Nose Marathon

SONAR, the RCN mascot, joined members of HMCS Scotian as a volunteer in the Blue Nose Marathon by handing out water and encouraging the participants on June 9, 2019.

AVIATOR RENZO RUIZ HAAS, FIS HALIFAX

2019/2020 Formation Halifax COTW/COTF/WING CUP May 2019 - April 2020			
SPORT	COTW	COTF	WING CUP
Soccer (MEGA 3)	June 10-14, 2019	June 10-14, 2019	June 10-14, 2019
Slo-Pitch	Oct 7-11, 2019	Oct 7-11, 2019	Sept 23-27, 2019
Golf (MEGA 3)	July 15, 2019	July 15, 2019	July 15, 2019
Running	TBD	TBD	TBD
Badminton	Nov 18-22, 2019	Nov 18-22, 2019	Nov 18-22, 2019
Fitness Challenge	Sept 27, 2019 TBC	Sept 27, 2019 TBC	Sept 27, 2019 TBC
Volleyball	Oct 21-25, 2019	Oct 21-25, 2019	Oct 21-25, 2019
Basketball	Sept 16-17-19	Sept 16-17-19	Jan 20-24, 2020
Ice Hockey	Jan 20-24-19	Jan 20-24-19	Dec 2-6, 2019
Curling (MEGA #)	March, 2020		
Floor Hockey	April 27-01 May-2020	April 27-01 May-2020	April 13-17, 2020
Deadlift Ladder	??	??	??

And down the stretch they come: horse racing trivia

This episode of Trivia deals with the Triple Crown of Thoroughbred racing. More specifically with those horses which have won the Kentucky Derby and The Preakness but not the Belmont Stakes. So, grab your racing form and place your bets. Hope to win, place, or show.

And they're off...

Questions

1. Pensive was the first horse to win the first 2 legs of the Triple Crown but placed 2nd in the Belmont. Who beat him?
2. Tim Tam was defeated by which horse that ran neither the Derby nor the Preakness?
3. Carry Back was unanimously voted U.S. Champion colt in 1961. After winning the first 2 legs of the triple crown, how did he finish in the Belmont Stakes?
4. Where did Canadian-bred Northern Dancer ridden by Bill Hartack finish in the Belmont in 1964?
5. 1966 saw Maryland born Kauai King try for the crown only to come up short at the Belmont. Who won and where did Kauai King finish?
6. Forward Pass, the first horse declared winner by Disqualification in the Derby, won the Preakness and finished where in the Belmont?
7. Which horse stopped Majestic Prince and his Triple Crown bid in 1969?
8. 1971 saw Venezuelan Canonero II win 2/3 of the triple crown. Where did he place in the Belmont?
9. Spectacular Bid lost his bid for the crown in 1979. Where did he finish?
10. In 1981 Pleasant Colony suffered a similar fate as Spectacular Bid. Which two horses in the Belmont that day were better than he?
11. Bet Twice, Cryptoclearance and Gulch placed 1, 2, 3, in the 1987 Belmont. Which Derby and

12. Sunday Silence placed in the 1989 Belmont. Who won and showed?
13. 1997 had Silver Charm's bid spoiled in the Belmont. To whom did he place and which pony showed?
14. Real Quiet lost the 1998 Belmont by a nose in a photo finish. Who won and who showed?
15. In 1999 Charismatic came 3rd in the Belmont. Which 2 horses beat him?
16. War Emblem stumbled at the gate and finished 8th 2002. What were the win, place, and show horses?
17. In 2003 Funny Cide, the first New York bred horse to win the Derby, came 3rd in the Belmont. Which 2 horses beat him?
18. 2004 saw Smarty Jones attempt to win the crown fall short. Who beat him at the Belmont?
19. In 2008, Big Brown was pulled up in the home stretch of the Belmont, eased to a last-place finish. Who were the top 3 in that Belmont (I really mean top 4)?
20. California Chrome finished in a dead heat for 4th in the 2014 Belmont. Which horses finished ahead of him?

**In 2012 I'll Have Another was scratched the day before the Belmont

Answers on page 23



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Registration open for PO2 Craig Blake Memorial Fitness Challenge

By Ryan Melanson,
Trident Staff

Nearly a decade after his tragic death in Afghanistan, members of the RCN and CAF community continue to honour the memory of PO2 Craig Blake, and that includes the annual military fitness event that bears his name.

Registration is now open for the ninth annual PO2 Craig Blake Memorial Fitness Challenge, a mini-triathlon event being held September 27 at MacDonald Beach in Shearwater. Active and retired CAF members and DND/NPF civilians are encouraged to either sign up as an individual or form a team for a morning of exercise and to honour a fallen sailor.

PO2 Blake was a Clearance Diver with Fleet Diving Unit (Atlantic) who was highly respected among the close-knit family of RCN divers. He was killed by an improvised explosive device on May 3, 2010. He was known as a hockey coach, an avid cyclist, and frequently participated in Triathlons,



Participants swam, biked and ran through wet weather at last year's PO2 Craig Blake Memorial Challenge. This year's event is set for Friday, September 27, and registration is now open.

RYAN MELANSON, TRIDENT STAFF

which led to the former Navy Fitness Challenge being altered and renamed in his honour. Members of his family

often participate in the triathlon, including his two sons, one of which, OS Cain Blake, is now a reservist

with HMCS *Scotian*.

Those interested in participating can benefit from registering early, and signing up before July 31 will earn an entry into the early bird draw, with a chance to win a \$500 Via Rail travel voucher.

The triathlon course consists of a 300 metre swim, 6.5km bike ride and 2km run; it can be completed by an individual, or teams (maximum three people) can come together to complete the course. Eligible military units can enter teams for COTW, COTF and Wing Cup points, and PSP will waive registration fees for one team from each unit that participates. Registration fees are \$20 for individuals or \$45 for a team.

The race starts at 10 a.m. on September 27, with race kit pick up and race-day registrations (cash only) from 8 - 9:30 a.m. The bike trail is a combination of road and gravel trail; participants are responsible for transporting their own bikes and required to wear a helmet while riding. For more information and to register, visit caf-connection.com/halifax/fitchallenge.

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FOR MORE INFORMATION PLEASE CONTACT
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Super Crossword

CATCHING FISH

ACROSS

- 1 Like Rambo
- 6 Reporters' tablets
- 14 Gets into some 1940s jazz
- 20 Sidestep
- 21 Professors' milieu
- 22 Quarter-mile, for many tracks
- 23 Compound of elements #29 and #17
- 25 Deceived with a fib
- 26 Lamb raisers
- 27 Irish Gaelic language
- 28 Hosp. ward
- 29 Extend as far as
- 30 Flamenco dance shout
- 31 Bedroom furniture with a low seat and a high back
- 33 Large shrimp
- 37 Kissing pair
- 39 "I see what you're up to!"
- 40 Some NFL blockers
- 41 Effort toward a law degree, informally

- 43 Irish whiskey brand
- 47 Coliseum
- 48 "First Take" channel
- 49 Watson of "Colonia"
- 50 French version of an Oscar
- 54 Photos
- 56 Freshening up of a baby
- 59 - Cola
- 62 Go well with
- 64 AL-to-OH dir.
- 65 Big name in taco kits
- 66 Bobby of the NHL
- 67 Cessna Skyhawk competitor
- 71 Give relief to
- 72 Long past
- 74 Conjuror Geller
- 75 Pale tan hue
- 76 Fruit-flavored drinks
- 77 Spicy dairy product
- 81 Large asteroid
- 83 Funnywoman Fields
- 84 Red-ink entry
- 85 Grad
- 87 Colt bearers

- 91 Joins up
- 93 Mag for some auto enthusiasts
- 95 Donkey
- 98 Crackerjack
- 99 Quail group
- 100 Juvenile cow
- 101 Smaller house in a legislature
- 106 Pesci of film
- 107 "Sorry, you missed it"
- 108 Bar brew
- 109 Ponied up
- 111 Lane of song
- 115 "I found it!"
- 116 What to go through when following protocol
- 119 Online newsgroup system
- 120 Burn balm
- 121 Gnawed on persistently
- 122 Dwell
- 123 Five-star
- 124 Fish "caught" nine times in this puzzle

DOWN

- 1 Old war club
- 2 Assert
- 3 Make do
- 4 They're below waists
- 5 Pindar poem
- 6 Abalone shell lining
- 7 Protest singer Phil
- 8 Bit of lore
- 9 Tokyo, formerly
- 10 Dangers
- 11 Friends, in Italian
- 12 Prepared fancily
- 13 RSVP encl.
- 14 Triple-time Spanish dances
- 15 Pioneering '40s computer
- 16 Tree with prickly burs
- 17 Out of date
- 18 Peppermint - (York product)
- 19 Wild animal tracks
- 24 Old object
- 29 Try again, as a case
- 30 Celebrity with a book club
- 31 Use up
- 32 - de terre (potato, in Paris)
- 33 Scrub offerer
- 34 Road vehicle

- 35 Simian beast
- 36 High-IQ crew
- 37 TV collie
- 38 AOL or MSN
- 42 All excited
- 43 Dixon of astrology
- 44 Unit of current
- 45 Earthy colour
- 46 In tidy order
- 51 Golfer Sam
- 52 Texas A&M athlete
- 53 Interprets
- 55 Willow used in basketry
- 57 "He's Got the Whole World - Hands" - d'Alene, Idaho
- 58 Use as one's own
- 60 "- ed Euridice" (1762 opera)
- 61 Burial place
- 63 Least false
- 67 Fuss over feathers
- 68 Pungent green
- 69 Dwell in
- 70 Krispy -
- 73 Andy Taylor's kid
- 76 Japanese brand of 112-Down
- 78 Tired saying

- 79 Biblical book after Daniel
- 80 Mitigator
- 82 Intro offerer
- 86 Adore, on candy hearts
- 88 NHL official
- 89 Just-prior time
- 90 Med. nation
- 92 Secrete milk
- 94 1974-78 sitcom
- 95 Distinctive filmmaker
- 96 Wife, e.g.
- 97 Pollen bits
- 99 Paging device
- 102 1985 title film role for Kate Nelligan
- 103 Did a leaf-gathering job
- 104 "That Girl" star Thomas
- 105 Short, arcing baseball hit
- 106 Fierce crusade
- 109 - a-porter
- 110 Lot measure
- 111 Cost to play
- 112 Bar brew
- 113 - Chyna (model with the makeup line Lashed)
- 114 Bible bk. after Nehemiah
- 116 Bit of butter
- 117 Actress Green
- 118 Forty winks

Horse racing trivia

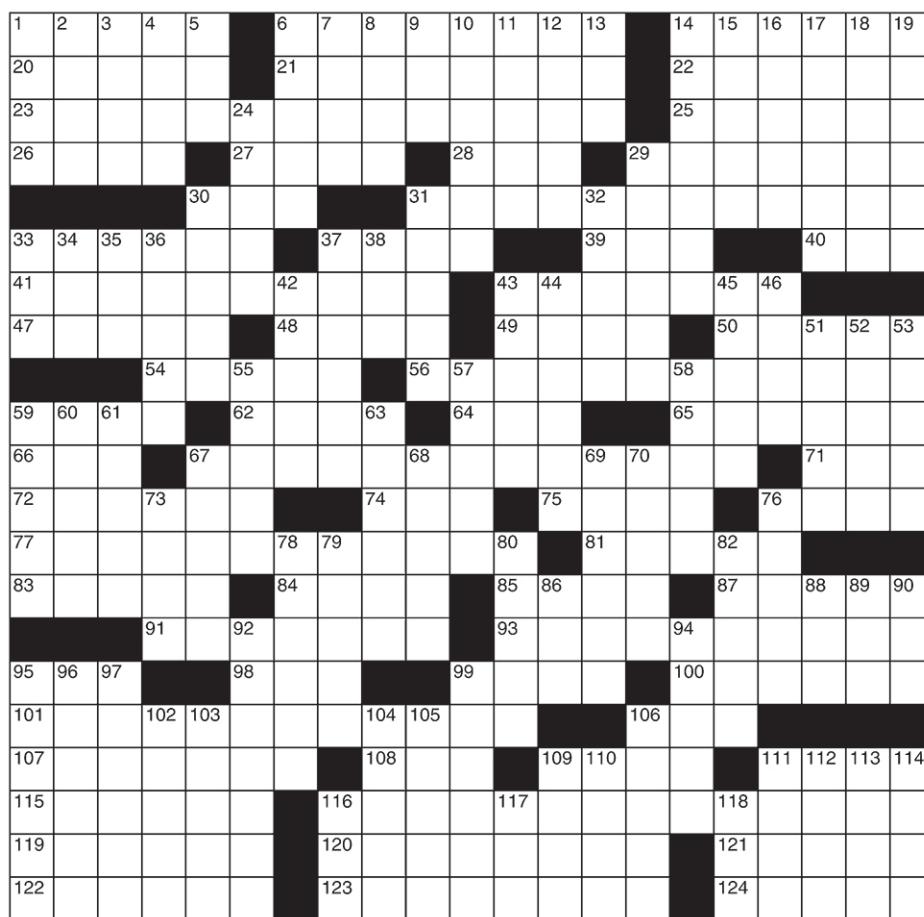
Questions on page 21

Around the turn they come, heading for home and the winner is...

Answers

1. Bounding Home a 16-1 long shot. Pensive 2nd and Bull Dandy 3rd
2. Cavan. Tim Tam broke his front right leg in the stretch and still finished second. I think his jockey should have pulled him up and Flamingo 3rd
3. 65-1 long shot Sherlock won 15 lengths ahead of 7th place finisher Carry Back. Globemaster was 2nd and Guadalcanal 3rd
4. He finished 3rd behind Quadrangle and Roman Brother.
5. Kauai King finished 4th behind winner Amberoid, Buffle 2nd, and Advocator 3rd.
6. He finished 2nd behind Stage Door Johnny and ahead of Call Me Prince
7. Majestic Prince was behind Arts and Letters and ahead of Dike at the finish of the '69 Belmont.
8. Pass Catcher 1st, Jim French 2nd, Bold reason 3rd, and Canonero II 4th
9. He placed 3rd behind the winner,

- Coastal, and a neck behind 2nd place Golden Act.
10. Pleasant Colony was a length and a half behind winner Summing and 2nd place Highland Blade.
 11. Alysheba
 12. Easy Goer won and Le Voyageur showed.
 13. Touch of Gold by 3/4 of a length and Freehouse 3rd.
 14. Victory Gallop by a nose and Thomas Jo
 15. Lemon Drop Kid and Vision and Verse. Charismatic had the lead in the stretch but fractured his leg. He was quickly pulled up by jockey Chris Antley who dismounted and cradled the horse's fractured foreleg to prevent further injury.
 16. Sarava, at 70-1, Medaglia d'Oro, and Sunday Break.
 17. Empire Maker by half a length over Ten Most Wanted. Funny Cide was 5 lengths back.
 18. Birdstone by a length with Royal Assault 3rd.
 19. Da'Tara was the winner with Denis of Cork 2nd. A dead heat for 3rd with Anak Nakal and Ready's Echo.
 20. Tonalist in a photo, Commissioner, and Medal Count.



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