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TRIDENT

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



Ball hockey on the jetty

Sailors from HMCS Halifax made time for a game of ball hockey during a recent port visit to Lisbon, Portugal. The ship is currently deployed to Op REASSURANCE as the flagship of SNMG2.

CPL BRADEN TRUDEAU, FIS



New exhibit at Naval Museum
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HMCS Goose Bay back from Caribbean
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Highlights from Op REASSURANCE
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Vice Admiral's flag hoist signal

AS I assume command from my long-time shipmate, Vice Admiral Ron Lloyd, I am humbled and honoured to follow in the wake of the admirals that preceded me upon being chosen as your 36th commander.



S SHIPS, because fleet recapitalization remains a critical enabling imperative;



T TRAINING system overhaul, to enable us to operationalize the ships we get immediately upon on delivery and inspire the new sailors joining in this exciting time in our history;



E EMPOWERMENT, because leadership at all levels - and especially from the lowest possible levels - is the key to the hardest fought victories;



A ACCOUNTABILITY, the turbo charger to empowerment;



D DIVERSITY and inclusion, because as a trusted national institution we are stronger in reflecting the core values, beliefs and cultures of all Canadians as a moral and operational imperative at home and abroad; and,



I INNOVATION (I because that's how innovative we can be), because today's RCN is a navy characterized as much by progress as it was once by tradition, a critical-enabler and advantage upon which we are coming to depend.

After all, you, today's sailors, are an impressive lot to command: inspired equally by a rich history and the bright future that the ongoing largest peacetime fleet recapitalization in our history ensures.

You are equal parts warrior and diplomat as you inspire with the depth and breadth of your successes alongside partners and allies at home and around the globe; as you routinely combat crises - man-made or naturally occurring; as you ensure that you remain ready to help, ready to lead and ready to fight.

CPO1 David Steeves, the great new Command Chief with whom I am proud to once again share a watch, and I are excited to have this opportunity to continue supporting and enabling you. Standing on the cusp of a ship delivery every year for the next two decades, our future is bright.

That future has been carefully crafted in recent years with the precision of a master carpenter by our dear, now-retired shipmates, VAdm Ron Lloyd and CPO1 Michael Vigneault, who have created the enormous momentum from which we will benefit for years to come.

The Command Chief and I join all of you in celebrating the storied careers of these fine gentlemen whose exceptional service and leadership we all salute as they retire.

As the next watch in our journey kicks-off, you can rest assured that Navy leadership will continue to be seized with caring for and enabling you, the amazing Canadians who are RCN sailors, our shipmates and the families that support you, while we ensure together that the great people-delivered successes for which the RCN is known can continue to be realized.

People first, mission always remains the prime directive.

Not surprisingly, therefore, we need to continue to be particularly proud that the RCN/CAF continues to be at the forefront of the social and institutional issues that matter to Canadians: from listening to and working with our First Nations and Inuit, to championing inclusion and diversity, and to tackling conduct issues head-on. We need each do our part to ensure that continues.

Our status as a Forbes-recognized best Canadian employer depends upon it.

Our shipmates depend upon it. Those whom we serve depend upon it.

As we look to the future, shipmates, the "how" behind what we do will continue to matter enormously.

As you consider this, I just ask that you remain focussed on what is core to our name: ships. Yes, our warships for sure - job one - but also the other ships that are key to our success: in addition to warships, there is relationships, ownership, mentorship, shipshape and shipmates. These need be the watchwords that serve as the lead marks of our pursuits and the keys to addressing the challenges that will inevitably arise.

Meanwhile, as we continue to effect with success a decade-long transformation impacting every tenet of our business and the pursuit of the programme defined in our RCN strategic plan 2017-2022, in the immediate term, I share with you that I believe there will be no significant course corrections ahead.

In fact, to borrow on assuming the watch, the order is STEADI.

This defines not only an intent, an approach, a course, but I suggest in this case, today, it is also an acronym that defines what we will prioritize in the programme as we remain focussed on impressive change and sustain agendas:

S - Ships, because fleet recapitalization remains a critical enabling imperative;

T - Training system overhaul, to enable us to operationalize the ships we get immediately upon delivery and inspire the new sailors joining in this exciting time in our history;



E - Empowerment, because leadership at all levels - and especially from the lowest possible levels - is the key to the hardest fought victories;

A - Accountability, the turbo charger to empowerment;

D - Diversity and inclusion, because as a trusted national institution we are stronger in reflecting the core values, beliefs and cultures of all Canadians as a moral and operational imperative at home and abroad; and,

I - Innovation (I because that's how innovative we can be), because today's RCN is a navy characterized as much by progress as it was once by tradition, a critical-enabler and advantage upon which we are coming to depend.

Shipmates, the Command Chief and I look forward to being "wind in your sails," supporting you and your families as we strive to celebrate, champion and enable you.

VAdm Art McDonald, CRCN36, Sends



Naval Museum takes deep dive into submarine history with new exhibit

By Ryan Melanson,
Trident Staff

The Naval Museum of Halifax always has a team of helpful volunteers ready to lend a hand, but a group of retired submariners have taken it to a new level over the past 16 months, and the result of their hard work is now officially on display for visitors to enjoy.

The museum held an official opening on August 8 for a new exhibit focused on the history of Canada's submarine service. Titled *Diving Now! Diving Now! Submarines in the Service of Canada*, the new room features a mix of physical artifacts and mementos, diorama-style recreations, and beautifully designed informative displays, stretching back from the very first CC-Class boats, through the Second World War and Cold War era, and up to the present with the Victoria-class fleet that currently serves.

"It's been a lot of hard work, but it's very rewarding to have the room ready for everyone to see today," said Brian Lapierre, a former submariner who sailed in both HMCS *Okanagan* and *Onondaga* as an electrician during his 21-year naval career. Lapierre, along with fellow retired submariner Jim Northrup, led the creation of the new exhibit on the volunteer side, and the two were credited with putting in more than 500 hours at the museum since the project began.

"I used to come in on my time off and spend a couple days a week inventorying all the artifacts in the basement, but I could not have imagined it coming together with a project like this," he said.

Included in the exhibit are a recreated mess and sleeping quarters from an Oberon-class boat, a feature on the submarine escape hatch, handmade boat models, archival photos, documents like books, journals and design plans, and informative displays focusing on topics like women in the service, noted submarine commanding officers, and each class of submarine that Canadians have sailed in, along with much more.

The room was packed with submariners for the official opening, from currently serving members of the Victoria-class subs all the way back



CFB Halifax Base Commander Capt(N) David Mazur, left, and CPO2 (Ret'd) Brian Lapierre, a former submariner, cut the ribbon to officially open the Naval Museum of Halifax's newest exhibit.

CPL THOMPSON, FIS

to those who served on Royal Navy A-Class boats following the Second World War.

Museum Director Jennifer Denty said working with the many current and former submariners who contributed to the project was an educational experience that gave her a glimpse into their tight-knit community. She was also forced to brush up on her submarine lingo, and learn why 'skim-mers' couldn't be trusted to properly tell the Canadian submarine story.

"The sense of community they've introduced us to has been so striking. Watching Brian and Jim work with younger submariners, as well as those who are a bit wiser in years, has shown that they have a strong, noble and fierce community," she said.

"They take these moments from the history books and bring them alive.



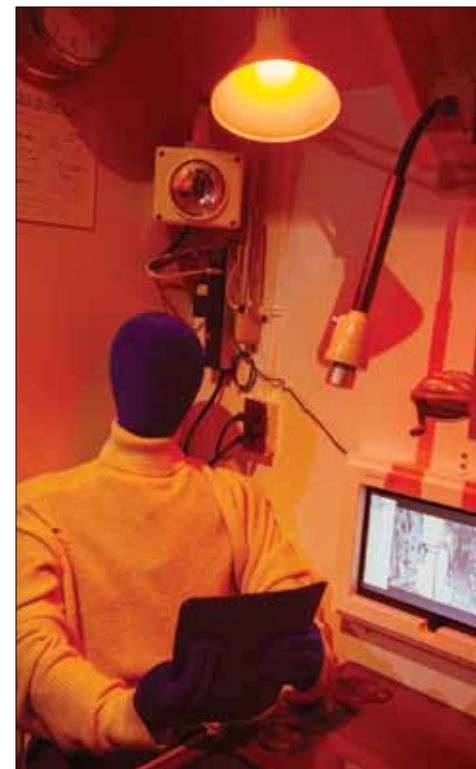
Naval Museum of Halifax Director Jennifer Denty speaks to attendees at the opening of the new exhibit on August 8.

CPL THOMPSON, FIS

We're very proud to be able to present that history."

The museum team thanked the many people who helped make the project a reality, including their civilian volunteers, members of MOG 5,

HMCS *Windsor*, trainers from the Submarine Simulator, and students from NSCC's Graphic Design program, who developed engaging and creative displays for the wealth of information included in the exhibit.



Sections of the new submarine exhibit, titled *Diving Now! Diving Now! Submarines in the Service of Canada*, recreate scenes inside an Oberon-class submarine, including a mess and sleeping quarters.

CPL THOMPSON, FIS

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Schedule
for 2019

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 that one year from publication date. Submissions may be edited.

3036 Sackville Lions Army Cadet Corps

Time: 6:30 - 9 p.m.

Date: Starting September 9

Location: 255 Damascus Drive, Bedford

The 3036 Sackville Lions RCEME Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps starting September 9. New cadets are welcome to drop by for more information and to register on Monday nights between 6:30-9:00 p.m. from September 9th, 2019 onwards. To join the unit youth must be accompanied by their guardian on the first night and bring with them government issued photo ID and their health card. There are no registration fees. For more information: cadets3036@gmail.com or Facebook.com/cadets3036

615 (Bluenose) Royal Canadian Air Cadet Squadron

Time: 6:15-915 p.m.

Location: CFB Halifax

Flight principles, air navigation, meteorology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership. Some of the things you will learn as a member of 615 (Bluenose) Squadron. If you are 12 -18 years of age you can join. Air cadet activities are centered on aeronautics

and leadership. There are no fees to join and uniforms are provided. Summer training courses from 2-7 weeks in length are available. 615 (Bluenose) Squadron meets Wednesdays from 6:15-9:15 p.m. at CFB Halifax. The main entrance to CFB Halifax is at the corner of Gottingen Street and Almon Street. For more information, find us on Facebook at 615 Bluenose Air Cadets or email 615aircadets@gmail.com

Tuesday Night Tunes

Time: 7 - 8 p.m.

Date: Tuesday, August 20

Location: Maritime Museum of the Atlantic

The Maritime Museum's annual series of summer concerts is wrapping up for the season, and the last concert of the year takes place on August 27, with the museum welcoming back singer-songwriter Dan McKinnon. McKinnon has performed in various venues throughout the United Kingdom, the United States and Australia, conveying his passion and commitment to songs and stories of his Atlantic Canadian home.

Author's Stage: *The Innocents* by Michael Crummey

Time: 7 - 8:30 p.m.

Date: Thursday, September 19

Location: Halifax Central Library

This free event will feature award-winning novelist Michael Crummey as he discusses his long-awaited new novel *Innocents*, a beautiful and haunting book that chronicles the coming-of-age of a young brother and sister orphaned in Newfoundland. Michael will be in conversation with bestselling author and Chronicle Herald columnist John DeMont. Books will be available for purchase.

The Sea in her Blood

Time: 9:30 a.m. - 5:30 p.m.

Date: Open until February 1, 2020

Location: Maritime Museum of the Atlantic

Like the land we call home, every generation of maritime women is shaped by the sea – through maintaining tradition and pushing boundaries, work and play, struggle and triumph. Many of their stories have been lost to time. Today maritime women continue to both redefine traditional ways of living with the sea, and shape new ones. The Sea in Her Blood, a special exhibit at the Maritime Museum of the Atlantic, highlights 17 of these extraordinary women, including five RCN members. The exhibit opened in June and will remain open until February 1.

USS Gravely stops in Halifax on way home

By Trident Staff

Fresh off a stint as the flagship of Standing NATO Maritime Group 1 (SNMG1), the American Arleigh Burke class destroyer USS Gravely came alongside in Halifax for a port visit on August 7, tying up at Jetty NH.

The ship was recently deployed for six months with SNMG1 in the Baltic and North Sea; this included operational patrols, training programs, and exercises – the ship also worked with Canadians during Exercise JOINT WARRIOR off Scotland and during the ASW Exercise DYNAMIC MON- GOOSE in the Arctic Circle. Gravely's sister ship USS Gridley took over as the flag-

ship of SNMG1 on July 26.

Gravely and its roughly 300 crewmembers sailed out of Halifax on August 13, and was expected back at its homeport in Norfolk, Virginia later in the week.

The ship was commissioned in 2010 and is named after Samuel L. Gravely, who in 1961 became the first African-American officer to command an American warship.

USS Gravely arrived at HMC Dockyard for a port visit on August 7.

MONA GHIZ, MARLANT PA



From Mozart to Freddie Mercury

By Virginia Beaton,
Trident Staff

The National Band of the Naval Reserve gave a lunchtime concert at Stadacona on Thursday, August 8.

The band, under the direction of LCdr Alexandra Kovacs, played a program that ranged from a classic military band march composed by one of the band members, to disco versions of music by classic composers such as Mozart and Tchaikovsky, to Frank Sinatra's signature tune *My Way*, with vocal soloist AB Blackburn.

The band, which comprises musicians who belong to Naval Reserve units from across Canada, was here earlier this summer for the Royal Nova Scotia International Tattoo, and a small combo from the band also played an outdoor concert at Stadacona in July.

The program included music with a Latin flair, such as *Tico Tico*, and popular medleys from Disney movies such as *Aladdin* and *The Lion King*.

A number of band members stepped out front for solos. In particular, three of the trumpet players did a fast and furious version of the Leroy Anderson classic, *Bugler's Holiday*.

And then there was PO2 Hall, who in addition to playing French horn, also played piano. Special mention goes to him for his soulful rendition of Freddie Mercury and Queen's hit *Somebody to Love*, backed up by singers and the rest of the band.

And there was a disco blast from the past. To a thumping disco beat, the band played brief but recognizable snippets of classical tunes: a snippet from the *Marriage of Figaro*, by Mozart; one from *The 1812 Overture*, by



The National Band of the Naval Reserve performs for an audience of military and civilian guests outside the Faith Centre at Stadacona on August 8, 2019.

CPL DAVID VELDMAN, FIS

Tchaikovsky; a snippet from Mozart's *Symphony # 40*; and more, that flew by almost too quickly to identify.

No concert by a Navy band would be complete without the Navy's ceremonial march, *Heart of Oak*, which was augmented by a small choir made up of band members.

It was a lively way to spend a lunch hour, and the audience included not only civilian and military Defence Team members, but several veterans and family members.



Musicians from the band do double duty as singers during several of the band's selections.

CPL DAVID VELDMAN, FIS

HMCS Ottawa deploys to Asia-Pacific

By Peter Mallett,
The Lookout Staff

As family and friends waved their farewells from the Esquimalt Lagoon shore, HMCS *Ottawa* sailed away for a five-month deployment on August 6.

Ship and crew are heading to the Asia-Pacific region to take over the ongoing Op PROJECTION and Op NEON mission from HMCS *Regina*, which returns home soon.

Op PROJECTION is the Royal Canadian Navy's ongoing commitment to global peace. The deployment to the Asia Pacific region contributes to making the world more secure and stable. It also shows how the RCN is ready to support Canada's interests around the world. Op NEON is Canada's contribution to a coordinated effort to support the implementation of United Nations Security Council

sanctions imposed on North Korea.

"The crew of HMCS *Ottawa* has been working hard for months to prepare for this deployment and I have every confidence in our ability to carry out our mission," said Cdr Alex Barlow, *Ottawa's* commanding officer. "I would also like to acknowledge our families whose love and support gives us the strength we need to work hard to remain operationally effective and deploy to support Canada's presence in the Asia-Pacific region."

In a media scrum at Duntze Head, just after taking the salute from the ship, RAdm Bob Auchterlonie, Commander Maritime Forces Pacific, spoke about the ship's upcoming mission.

"In order to have a persistent presence [in the Asia-Pacific region] we have been keeping our ships forward-deployed in the region," he said.

"Last year we had *Calgary* there; *Regina* has been in the region for the last six months and she's now on her way back home; *Ottawa* is currently deployed, and early next year *Calgary* will be heading back there again."

Ottawa will work with navies from the United States, Japan, and the Re-

public of Korea to enhance military cooperation and partnerships. The ship will make six port visits in four countries - Japan, the Republic of Korea, Thailand, and the United States. These port visits will directly support Canada's diplomatic, strategic, and operational efforts in the region.

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- Gospel according to John

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Steele Hyundai supports PSP Halifax with new vehicle

By Ryan Melanson,
Trident Staff

Personnel Support Programs (PSP) personnel in Halifax have a shiny new vehicle to be used in supporting military programs and events in the region thanks to a partnership with Steele Auto Group and Steele Hyundai.

The 2019 Hyundai Santa Fe Turbo, valued at \$54,000, will be with PSP Halifax on a two-year lease, continuing a partnership with different Steele Auto Group dealerships that's been ongoing since 2011. Steele Hyundai will also provide regular inspections and maintenance to the vehicle for the two-year period.

Steele Hyundai General Manager Mike Currie came to the base on August 7 to officially present the keys to the new vehicle to Base Commander Capt(N) David Mazur and PSP Halifax Manager Joni Sawler.

"Our programs in Halifax are second to none across the country, and a large part of that is because of the



sponsorships and this type of support that we get from the community," Capt(N) Mazur said, explaining that the unique community relationships enable CFB Halifax to have a reputation as one of the best bases in Canada to serve at. Support from corporate partners like Steele Auto help to offset

the Base Fund/NPF budget and allow more money to go directly to programs that benefit CAF members and their families. The vehicle itself will be used to support ship arrival and departure ceremonies, sports tournaments, and other PSP events.

"Without our sponsors, we wouldn't

From left, Steele Hyundai General Manager Mike Currie, PSP Halifax Manager Joni Sawler, Base Commander Capt(N) David Mazur, PSP Corporate Services Manager Missy Sonier, and PSP Corporate Services Coordinator Peter McNeil with the new 2019 Santa Fe Turbo from Steele Hyundai.

RYAN MELANSON, TRIDENT STAFF

be able to manage our programs and we wouldn't be able to put on the wonderful events that we do," Sawler said.

"The vehicle will be well used, it will be well viewed around the community, and we'll make sure people know where it's coming from. We're very appreciative of the support."

In exchange for the vehicle lease, Steele Auto Group will participate as a Platinum level sponsor at DND Family Days in 2020 and 2021, and Currie said his Steele Hyundai dealership is excited to represent Steele Auto at that event and others over the next two years.

RCN modernizes approach to sea command development and assessment

By RCN Public Affairs

The Royal Canadian Navy (RCN) is modernizing the sea command development and assessment process for Naval Warfare Officers (NWOs). During Executive Governance Week in Halifax in June, the Naval Board approved a new process for Command Development and Assessment (CDA) that will evaluate a NWO's command potential throughout his or her career, as opposed to focusing on singular events such as courses or the command review board.

The traditional system is designed so that as Naval Warfare Officers complete their Director (D-level) training and go on to attain a Surface Command Qualification (SCQ), they must pass a command-potential evaluation in the form of a 2-3 hour performance review board. Beginning in 2020, a new Surface Command Potential Assessment (SCPA) process, borrowing from the submarine community, will replace the review board with a career-spanning evaluation tool.

This SCPA tool will be a two-page form that allows the NWO to summarize his or her relevant ship-command experience. It will also contain an assessment of the NWO by his or her commanding officer against the four NWO pillars – Leader, Mariner, Warrior, Manager. To provide background information for the tool, all NWOs will be required to maintain a log book which will record their bridge and operations time and other relevant experiences at sea and in simulators. The log books are

being developed by the Naval Personnel and Training Group and will be similar to those maintained by aircrews, and will be maintained throughout a NWO's career. Once the evaluation form is completed, the Deputy Fleet Commander or Fleet Commander will provide additional review to ensure consistency across the fleets and identify any exceptional talent.

The first PDF-iteration of this new tool will be tested in fall 2019 on all D-level qualified NWOs in sea-going positions who are not yet in command appointments. After gathering feedback, the intent is to implement a digital tool when the process officially launches in 2020.

This new assessment tool does not replace the Personal Evaluation Report (PER) that will remain the formal assessment of an officer's overall performance and potential within the RCN and CAF. The new tool will be a developmental aid for NWOs and will provide input to the Naval Succession Planning Board (NSPB), the RCN's talent management governance body, which meets in November and April each year.

The intent will be to complete the form in the fall (September/October) to help differentiate it from the PER and to ensure that it provides timely feedback for the NSPB's November session. In order to benefit from the system, NWOs in shore postings who seek command development opportunities will also have an assessment form completed to cover any period when they are at sea, such as being an Orca officer in charge,

or operating in the maritime domain, such as being part of a maritime staff at sea or ashore.

As the assessment of command potential will be conducted over the length of a NWO's career, the traditional, stand-alone command board will no longer be required. The Command Development Course (CDC) course report and the annual SCPA will provide an extensive track record showing each NWO's progression along the path to command.

Effective April 1, 2020, the SCQ Part II will be granted to a NWO who has successfully completed the CDC and the Operations Room Officer (ORO) course, once he or she has 18 months of ORO experience in a sea-going position. Those officers who feel that their experience and performance warrant earlier qualification may apply to their respective fleet commanders to be granted the qualification after six months of ORO service. For reservists, the requirement will be CDC and 12 months of leadership at sea (as an Orca officer in charge or an executive officer of a Maritime Coastal Defence Vessel).

On that date, all Regular Force NWOs who have completed their ORO tours, remain in the surface command stream (i.e. have not transferred to the staff sub-occupation) and do not already have their command qualification will be granted their SCQ as long as they have completed CDC and met the ORO Experience Quotient (EQ). NWOs who remain in the command stream and who do not meet these criteria may apply to Director General Navy Strategic

Readiness for a path to qualification which will detail requirements based on individual circumstances.

While significant, the SCQ is only one of the indicators of readiness for command appointments, which remain the purview of the NSPB. The key factor is not that a NWO has the qualification but that he or she has been deemed suitable and ready for the command opportunity by NSPB (with the final decision made by the Commander Royal Canadian Navy). The new assessment tool will ensure that the NSPB has more and better information on which to base its decisions. Like merit boards, NSPB employs carefully considered scoring criteria to evaluate files equitably and discusses them in detail to choose the most suitable slate of appointments. The active role of Deputy Fleet Commanders in leading the CDA effort on both coasts will ensure equity and consistency in the process.

The transition to the new CDA process will be effective April 1, 2020. The 2019 NSPB will continue with the current model and only those officers with a SCQ gained through the current board system will be eligible for appointment. Starting in 2020, the NSPB will consider all officers who are command qualified under either system with additional points given to NWOs who hold the legacy board qualification. A final surface command board will be conducted this fall prior to NSPB to afford a last opportunity for all NWOs with CDC to become qualified under the current system.



Ceremony honours Peacekeepers

By Virginia Beaton,
Trident Staff

Veterans, serving CAF personnel, family and friend joined dignitaries and invited guests for a ceremony to mark National Peacekeepers' Day on August 9, 2019.

The ceremony was hosted by Veterans UN – NATO of Nova Scotia, and took place at the World Peace Pavilion located near the Dartmouth waterfront.

Dignitaries present for the occasion included His Honour the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia, and Her Honour Mrs. Patsy LeBlanc; BGen Roch Pelletier, Commander 5th Canadian Division; Capt(N) David Mazur, Base Commander CFB Halifax; Andy Fillmore, MP; Leo Glavine, provincial Minister of Communities, Culture and heritage, and Seniors; Mike Savage, Mayor of Halifax Regional Municipality; Superintendent Jason Popik of the RCMP; and Chief Dan Kinsella of Halifax Regional Police.

CPO2 Ben Broome, master of ceremonies, reminded the audience that peacekeepers include not only members of the CAF, but also members of the RCMP and of municipal and provincial police forces, as well as diplomats, and civilians.

The day is an occasion “for recognition and remembrance” noted



PO1 (ret'd) Nicola Fiander speaks about her experience as a peacekeeper in Rwanda.

MCPL BRIAN WATTERS, 5 DIV HQ PA IMAGE TECH

CPO2 Broome. He spoke about the history of Canadian peacekeeping, which had its origins in 1956, when Canada's then foreign affairs minister Lester Pearson, suggested that the UN send a peacekeeping force to deal with the Suez crisis.

Many of the speakers echoed and added to CPO2 Broome's observations. BGen Pelletier stated that “as a veteran of a peacekeeping mission, I appreciate this ceremony.” He also noted that 122 peacekeepers have paid the ultimate sacrifice.

Among the speakers was RCN veteran PO1 (ret'd) Nicola Fiander, who spoke with deep emotion about

her deployment as a peacekeeper to Rwanda. Though it was 25 years ago, the memories linger, she stated.

Wreaths were laid by many organizations and individuals including the Lieutenant Governor, BGen Pelletier on behalf of Commander MARLANT and JTFA, Halifax Regional Municipality, Halifax Regional Police, the RCMP, Veterans Affairs Canada, the Royal Canadian Legion Nova Scotia Nunavut, and Veterans UN – NATO Nova Scotia.

The event was followed by a meet and greet at the Army, Navy, Air Force Veterans' Club in Dartmouth.

BGen Roch Pelletier, Commander 5th Canadian Division, lays a wreath during the ceremony.

MCPL BRIAN WATTERS, 5 DIV HQ PA IMAGE TECH



Louisiana style shrimp with rice

By Kevin Ouellette,
Juno Catering Banquet Chef

Serves: 4
Ready In: 30 minutes

Ingredients:

- | | |
|-----------------------|--|
| 3 cups | cooked white rice |
| 2 Tbsp | olive oil |
| 1 Tbsp | butter |
| 3 cloves | garlic, minced |
| 1 Tbsp | Cajun spice |
| 1 lb | large shrimp, peeled and deveined, tail on |
| 4 each | plum tomatoes, chopped |
| 2 bunches | green onion, chopped |
| 1 each | red pepper, seeded and diced |
| 2 cups | fresh spinach, chopped |
| 3 Tbsp. | fresh parsley, chopped |
| ¼ cup | Water |
| sea salt | |
| freshly ground pepper | |
| lemon wedges | |

Directions:

1. Cook the rice according to directions on the package. Set aside.
2. Prepare all of your vegetables and keep separate.
3. Peel and devein the shrimp (if they weren't already purchased cleaned). Toss with the Cajun spice in a bowl until evenly coated.
4. In a large skillet, heat the butter, olive oil, and garlic over medium-high heat for about 1 minute.
5. Add the Cajun seasoned shrimp and sauté for about 1 minute stirring often.
6. Add the tomatoes, green onion, red pepper, and spinach. Continue to sauté for another minute while stirring. Add the cooked rice and water and simmer for about 3 minutes.
7. Stir in the parsley and season with salt and pepper as required.
8. Serve with lemon wedges.

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Life at sea, and mowing the lawn

By RCN PA

"First and foremost, I joined the navy for service to Canada - but there's also the added benefit of having a comfortable income so that my family doesn't have to worry about just eating Kraft Dinner," said family-focused Coxswain PO1 Adam Yardy, currently on a Great Lakes Deployment (GLD) aboard HMCS *Oriole*.

PO1 Yardy has had 1050 days at sea, with some highlight deployments that involved searching vessels in the Middle East on Op APOLLO in 2002 and protecting food shipments between Kenya and Somalia on Op ALTAIR in 2008.

PO1 Yardy said his wife Kristen's strength is part of the secret of how they have been able to raise two children - Amy, 9, and James, 7 - and keep the family running during his multiple-month voyages at sea.

"The biggest challenge of it all is that she's like a single parent when I'm deployed," he said. "But, she's just a strong person and she's aware of the challenges associated being with a military sailor."

PO1 Yardy said the secret to successfully navigating the sometimes rough

seas of a navy marriage is planning ahead of time. For example, before his current summer deployment, he made sure to have all the small house repairs done so that there were no extra hassles for his wife while he was away.

"It's also important to have strong communication before you deploy and talk about potential challenges that may come up. Then do things ahead of time like sign the kids up for school, or summer camp and make sure if anything is coming up that you are both aware of it," he said.

Oriole's current GLD sees it acting as an ambassador for the Royal Canadian Navy and showing the public what opportunities are available for recruitment. PO1 Yardy has advice to give for potential sailors.

"There really are a ton of opportunities, we need a lot of people. You just have to do your homework and choose what you will most likely enjoy. If your goal is to be at sea, choose a trade that has a lot of sea experience," he said.

PO1 Yardy and his wife, Kristen.

MONA GHIZ, MARLANT PA



What students need to know about the Federal Student Work Experience Program

By Darnell Skinner,
CFB Halifax FSWEF student

Many students in Canada have never heard of the Federal Student Work Experience program (FSWEF).

Introduced through the Public Service commission in 2003, FSWEF is a federal initiative dedicated to helping full-time students secure paid, full-time summer employment in the federal public service. Whether you're in high school, college or university, don't let working for the federal government or applying to the FSWEF program intimidate you. The application process may seem lengthy but the professional development opportunities, education and experience are well worth the preparation if you end up being selected for a position. Here are some benefits of the program, tips and tricks and what you need to know if you are considering applying for the program.

Interesting and rewarding work. The FSWEF program enables full-time Canadian students to gain valuable real world work experience and marketable skills that can be applied in the classroom and in their future careers. Students from across the country come to work at CFB Halifax each year; this summer, 53 FSWEF students are employed on Base. Our

FSWEF students hail from Western provinces such as Saskatchewan and Alberta, as well as Central and Eastern provinces such as Ontario, New Brunswick and Nova Scotia. Many students attend Dalhousie, Saint Mary's, Mount Saint Vincent, Memorial and Carleton University, as well as the Nova Scotia Community College and are studying business administration including accounting, finance and marketing, as well as automotive trades, environmental studies, engineering, law, and so much more. They are working in a range of positions such as financial analyst, automotive technician, administration assistant, team building coordinator, public affairs liaison as well as general laborer, retail service, and much more. Unlike co-operative education students, FSWEF students are not required to work in their field of study, and are encouraged to apply for work in any areas that may interest them.

All students can apply. FSWEF is not just a program offered to college or university students; high school students who meet the minimum age requirement in their province/territory of work as well as mature post-secondary students with full time Canadian student status are eligible to apply as well.

Full time and part time employment opportunities are available. College and university students have an opportunity to work a four-month paid employment position during the summer, while high school students are eligible to work a paid position spanning two months. Graduate students pursuing a full-time graduate degrees are also encouraged to apply. There are sometimes part-time job opportunities available during the school year as well. This gives students great incentive to apply.

Potential to work two, three or more terms. The FSWEF program is not a one-time program. As long as you are a Canadian citizen, and are returning to school in the fall to resume full-time student status, you're eligible to apply every year all the way up to graduation. Your name and profile remain in the FSWEF database; all you need to do is keep your resume updated every three months and upload it to the FSWEF website. Student inventory is ongoing, as all Federal Government departments pull from the database throughout the year and begin pulling from the FSWEF database for summer students starting in February. As the summer months approach, departments post specific student job posters. Visit the FSWEF

website for details. <https://www.canada.ca/en/public-service-commission/jobs/services/recruitment/students/federal-student-work-program.html>

Financial stability. FSWEF helps to ease some of the financial burdens often experienced by students, by providing an opportunity for paid summer employment in a field of interest, at a rate of pay related to your level of education. These rates are often more competitive than average private-sector summer jobs. FSWEF students use their earnings to save for school in the fall, pay down some debt, or to simply enjoy the summer with friends and family.

Opportunities for future employment and student bridging. Exposure to the federal public service through FSWEF provides you with potential opportunities for future full time employment. The FSWEF program provides students with an inside track to getting hired, as previous students have been known to be hired after graduation. Known as student bridging, this opportunity happens when a manager has a position available and the budget to fill it. Did you know Canadian students are bridgeable for up to five years after graduation?

Continued on page 9



FSWEP students at CFB Halifax

SUBMITTED PHOTOS



Rebecca MacDonald – Halifax, NS

Rebecca MacDonald, a second year student at Mount Saint Vincent University. This is Rebecca's first summer employed at CFB Halifax through FSWEP, and she loves it. She first heard about the program in February 2019 from her father who also works at CFB Halifax. She was originally hired as a clerical worker but within one month of complet-

ing a financial analysis project, her talents in accounting were recognized, and Rebecca was asked to join the accounting department at Real Property Operations Section (Halifax). Her day-to-day activities include financial expenditure analyses, data entry of the utility invoice information into excel spreadsheets for cost analyses purposes, various filing and mail organization, and managing invoices. She feels lucky as this opportunity aligns with her background in accounting. Rebecca was surprised to hear that graduate students are accepted into the FSWEP program – an option that may suit her when she pursues her Chartered Professional Accountant designation. Rebecca believes that the FSWEP program enriches the lives of students because it offers a wide variety of jobs and experiences that are sometimes lacking in the private sector.



Ryan MacDougal – Dartmouth, NS

Ryan MacDougal is a Cyber Security student at the Nova Scotia Community College IT campus. Currently employed at CFB Halifax through the

Federal Student Work Experience Program (FSWEP), Ryan is excited to be gaining hands-on experience at such an early stage in his education. He works in CFB Halifax's Base Information Services Information Technology (IT) warehouse where he issues and manages IT equipment, updates issues and returns, and does stock counts throughout the warehouse. His FSWEP experience has provided Ryan with the opportunity to jump-start his career and pave his way to success in the cyber security field. Ryan says he has made great connections with co-workers and mentors within his department, describing them as supportive, patient, and inspiring teachers.



Janine Melvin – Halifax, NS

Janine Melvin is a first-time FSWEP student at CFB Halifax. She first heard about FSWEP while completing her first year of the Business Administration Program at the Nova Scotia Community College Ivany Campus, and knew right away it was something she wanted to pursue. Janine works in

the Real Property Operations Section (Halifax) and her primary role is to support the Operations Officer. This position consists of a lot of clerical support, information management, data entry, researching and updating resource information. Janine's favourite things about working at CFB Halifax are the culture, the great people, and the autonomy. She would like to continue her career at CFB Halifax, stating that her involvement with FSWEP has inspired her oldest son to learn more about the Canadian Armed Forces. Janine's colleagues have shown enormous support in celebrating students like her, while highlighting her contributions. Enjoying an optimal work/life balance, while feeling supported and having work contributions valued all serve to help Janine's career aspirations of working in management.



Allison Meikle – Moncton, NB

When asked what her FSWEP job at CFB Halifax means to her, Allison Meikle doesn't hesitate to say it's the best job she's ever had. Allison is extremely driven and focused on her ultimate goal of becoming a social

worker, which makes her placement in the Mental Health unit at Canadian Forces Health Services Centre (Atlantic) the ideal position. In her role, Allison performs case studies, data analytics, works with the patients, and so much more. This paid summer employment opportunity has exposed Allison to many different aspects of a career in this field, and has allowed her to gain on-the-job skills as well as hands-on experience, mentors, knowledge, and support. "If the FSWEP didn't exist, then I wouldn't be able to experience the things that I've experienced nor would I have the opportunity to work in this field while I complete my undergraduate degree," she explained. Allison is currently a part-time student, and a full-time employee through FSWEP.

What students need to know about the Federal Student Work Experience Program

Continued from page 8

When applying to positions or opportunities on www.jobs.gc.ca, let your recruiter know that you're a former FSWEP student and are therefore bridgeable. Resumes of graduating students are kept on file in case opportunities become available. There are opportunities to work within other branches of the federal government as well, so interested students who are graduating should upload their resume into the post-secondary recruitment section on the FSWEP website. All branches of the federal government pull from these pools. Set up your GC jobs account and set alerts for jobs and locations. <https://www.canada.ca/en/services/jobs/opportu->

[nities/government.html](https://www.canada.ca/en/services/jobs/opportunities/government.html)

There are lots of perks to being an FSWEP student at CFB Halifax beyond the work itself.

CFB Halifax amenities/events. Feel free to use our various meal halls/cafeterias, visit the Naval Museum of Halifax, and attend events happening on Base. There's always lots to do.

Diversity is welcomed and encouraged. CFB Halifax is very much a community that supports diversity and inclusion, employing FSWEP students from every walk of life. Students are encouraged to join one of the Base's Defence Advisory Groups which include the Defence Visible Minority Advisory Group, the Defence Women's Advisory Organization, the

Defence Aboriginal Advisory Group and the Defence Advisory Group for Persons with Disabilities along with the Maritime Defence Pride Network and the Positive Space Working Group.

Mentors. Build your confidence and experience through mentoring with colleagues, networking with peers, and creating friends along the way.

Permission to use social media at work. The CFB Halifax Facebook, Instagram and Twitter pages exist to share events and information about what's happening on Base and in the community. Students can share work experiences, provide interesting comments, share tips, or simply share pictures of their time and experiences

while working on base. Tag CFB Halifax and hashtag #SummerontheBase, or submit your images and content to P-HFX.PA@forces.gc.ca to have them shared on Base social media.

Facebook: @BaseHalifax **Instagram:** cfbhalifax_bfchalifax **Twitter:** @CFBHalifax

Are you convinced yet? **Set up an account and apply now.** Visit the FSWEP website for more details on how to apply. (<https://www.canada.ca/en/public-service-commission/jobs/services/recruitment/students/federal-student-work-program.html>)

For more information regarding the FSWEP program at CFB Halifax, contact Student Services at DND-BESStudentSvcs@forces.gc.ca. Will you be the next FSWEP student on Base?

HMCS *Goose Bay* returns after Exercise TRADEWINDS and Op CARIBBE

By Ryan Melanson,
Trident Staff

After 88 days at sea working with allies and supporting drug interdiction efforts in the Caribbean, HMCS *Goose Bay* and its ship's company sailed back into Halifax Harbour on August 15, reuniting with loved ones in time to enjoy some summer at home.

LCdr Daniel Rice, *Goose Bay*'s Commanding Officer, described a rewarding trip to the Caribbean that began with Ex TRADEWINDS, an American-led multinational exercise off the coast of the Dominican Republic. Activities included seamanship and damage control competitions between different navies, and at-sea scenarios like a towing exercise and a formation weapons shoot, working closely alongside partners from the Dominican Republic, Mexico, and Haiti, with 19 countries in total participating.

"TRADEWINDS gave us an opportunity to work with countries that we don't often get to work with, which was a fantastic experience for my crew to get to know our allies and exchange best practices," LCdr Rice said.



Members of HMCS Goose Bay assist SVG Coast Guard evacuate actors playing refugees from an island in St. Vincent and the Grenadines as part of a volcanic eruption training scenario during Exercise TRADEWINDS 2019, June 17, 2019.

AB J. IGLESIAS,
IMAGERY TECHNICIAN, FIS

The deployment wrapped up with *Goose Bay* focusing on the Operation CARIBBE mission from June 23 to August 8, embarking eight United States Coast Guard personnel to patrol the Caribbean and Eastern Pacific to help thwart illegal trafficking at sea. While *Goose Bay* didn't take part in any seizures of narcotics at sea, they did participate in 18

investigations of suspicious vessels, which led some of those boats to jettison suspicious cargo into the water.

LCdr Rice said he was immensely proud of his crew following his first major deployment in command of the ship, and said everyone's ready for a bit of summer leave with their families, himself included.

Lt(N) Brigid Woodman, *Goose Bay*'s Navigation Officer, echoed those comments, after stepping off the ship to a number of hugs from waiting family members and friends.

"We had a great deployment and we were fortunate to be able to do important work, but it feels very good to be home," she said.



A crewmember launches the PUMA, a Maritime Miniature Unmanned Aircraft System (MMUAS) from HMCS GOOSE BAY for a training flight during Op CARIBBE 2019, in the Caribbean Sea, July 7, 2019. Image has been digitally altered for operational security.

OP CARIBBE IMAGERY TECHNICIAN



Lt(N) Brigid Woodman had no shortage of hugs for family members after disembarking HMCS Goose Bay on August 15.

RYAN MELANSON, TRIDENT STAFF



HMCS Goose Bay departs Kingstown, St. Vincent & the Grenadines for Op CARIBBE 2019, June 25, 2019. Image has been digitally altered for operational security.

OP CARIBBE IMAGERY TECHNICIAN

Les FAC publient une politique révisée sur les tatouages

Par la Feuille d'érable

Le 12 août 2019, les FAC ont publié de nouvelles directives concernant les tatouages afin de mettre à jour la politique actuelle sur les tatouages pour les militaires.

Alors que les FAC continuent de déployer des efforts afin d'attirer, de recruter, d'entraîner et de garder le bon personnel ayant les compétences et les capacités nécessaires pour assurer l'efficacité des opérations grâce à un effectif diversifié et inclusif, la politique sur les tatouages a été mise à jour pour refléter l'acceptation générale de l'art corporel par la société canadienne. Cette politique révisée permet à davantage de candidats qualifiés et souhaitant s'enrôler dans les FAC d'être admissibles, tout en respectant les droits des membres actuels des FAC et des employés du ministère de la Défense nationale de travailler dans un environnement de travail non discriminatoire et exempt de harcèlement.

« En tant qu'adjudant-chef des Forces armées canadiennes, j'observe toujours qui nous sommes en tant que force et dans quelle mesure nos reflètent la population que nous servons. Les tatouages sont de plus en plus chose courante au Canada, et c'est la raison d'être de la mise à jour de cette politique. Le fait d'avoir un plus grand contrôle sur notre apparence personnelle est excellent pour le moral des militaires et nous permet d'attirer de nouveaux membres au sein de notre équipe, » explique l'adjudant-chef Guimond. « En tant que dirigeant des FAC, je suis fier de la façon dont nous modernisons notre culture professionnelle, et nous poursuivrons en ce sens. »

La nouvelle politique précise que seuls les tatouages sur le visage et sur la tête sont maintenant interdits. Un militaire peut présenter une demande d'accommodement s'il a des tatouages

sur le visage ou sur la tête pour des motifs religieux ou culturels, ou s'il a l'intention d'en avoir. Les tatouages cosmétiques qui ont une apparence naturelle de forme et de couleur font exception et sont acceptés.

Les restrictions comprennent les tatouages qui représentent la nudité ou tout élément lié à des activités criminelles ou faisant la promotion ou l'expression de la haine, de la violence, de la discrimination ou du harcèlement sur des motifs interdits par la Loi canadienne sur les droits de la personne.

Afin d'être admissibles à l'enrôlement, les recrues sont soumises aux mêmes règles sur les tatouages que les membres actuels. Le non-respect de cette politique peut avoir pour résultat la prise de mesures administratives et disciplinaires.



CAF issues updated policy on tattoos

By The Maple Leaf

On August 12, 2019, the CAF issued a Direction and Guidance to update the current tattoo policy for members.

The CAF continues efforts to attract, recruit, train, and retain the right people with the necessary skills and abilities to ensure operational effectiveness through a diverse and inclusive workforce. The tattoo policy was updated to reflect the more mainstream acceptance by Canadian society of body art. The updated policy expands the eligibility of suitable applicants interested in joining the CAF, while also respecting the rights of others in the Department of National Defence and the CAF to work in a non-discriminatory and harassment-free environment.

“As the Canadian Armed Forces Chief Warrant Officer, I’m always observing who we are as a force and

how well we are reflecting those we serve. Tattoos are more and more mainstream in Canada and that’s what this policy update is all about. Greater control over your personal appearance is good for the morale of our people and it helps us attract future members to our team,” Chief Warrant Officer Guimond said. “As part of the CAF leadership, I’m proud of how we are modernizing our work culture and we will continue to do so.”

The new policy states that tattoos are now only prohibited on the face and the scalp. Members can request an accommodation if they have, or intend to have, cultural or religious-based tattoos on the face and scalp. Exceptions are also being made for cosmetic tattoos that are natural looking in shape and colour.

Restrictions include tattoos displaying any connection with criminal activity, nudity, or promoting or expressing hatred, violence, discrimination, or harassment on the grounds prohibited by the Canadian Human Rights Act.

In order to be eligible for enrolment, recruits are subject to the same rules on tattoos as existing members. Any non-compliance with the policy can result in administrative and disciplinary measures.

The CAF continues efforts to attract, recruit, train, and retain the right people with the necessary skills and abilities to ensure operational effectiveness through a diverse and inclusive workforce. The tattoo policy was updated to reflect the more mainstream acceptance by Canadian society of body art.

DND/MDN 2018

DEFSEC Atlantic returns in October

By Trident Staff

One of Canada’s largest defence industry trade shows is returning to Halifax once again. The Canadian Defence Security and Aerospace Exhibition (DEFSEC) Atlantic will be held from October 1-3 at the Cunard Centre, and organizers are promising another exciting year with a sold-out floor of exhibitors.

The show is unique in that it offers small and medium-sized businesses the chance to meet and network with some of the largest players in the de-

fence industry, like Irving Shipbuilding, Lockheed Martin, Thales and others, as well as representatives from government and the CAF.

As always, registration is free for serving CAF members, which includes access to the DEFSEC Exhibition Hall and Seminar Series. Please visit <http://defsecatlantic.ca> to register, and be ready to present ID upon request when checking in at the Registration Desk. Stay tuned for more information regarding government and industry presentations at DEFSEC as the date nears.





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Red Arrows fly over Halifax



The Red Arrows display team of the Royal Air Force fly over the Halifax waterfront on Sunday, August 11.

MONA GHIZ PHOTOGRAPHY



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Retired UK veterans face pension freeze

By Colin J. Rainsbury

Most Canadians when asked are basically against injustice but unfortunately in Canada it may come in subtle ways unknown to many.

This is the case for nearly 150,000 expats who have settled in Canada over the years as immigrants from the United Kingdom and whose pensions have been frozen, no longer increasing in line with inflation, and are therefore fall in real value year-by-year.

They came to seek a new life and have helped build a better Canada with their varied skills and enthusiasm for their adopted country. However, they are being penalized by the UK because their UK Pensions are frozen now that they live in Canada. Many of these are veterans of the Second World War, the Suez Crisis, and the Korean conflict. If they had chosen another country such as the United States, this would not have been the case.

One such person is 94-year-old Anne Puckridge, a Second World War Royal Naval Services UK veteran who now lives in Calgary and is a perfect example of such injustice and discrimination. Anne moved to Canada in 2001 to be near her family but she has been penalized by the freezing of her pension at the 2001 level of 72.50GBP (C\$118) a week, instead of the current rate of 129.20GBP (C\$212) a week.

To view a recent BBC - TV interview with Anne visit <https://endfrozenpensions.org/media-coverage/>

While this loss of income to Anne and others is paramount, the reduction of potential millions of dollars coming into Canada should not be ig-



Anne Puckridge
SUBMITTED

nored, as all such incomes are subject to Canadian income tax.

Last fall, Anne was part of a delegation that delivered to 10 Downing Street in London, a petition calling on the UK Government to end its unfair, unjust and immoral frozen pension policy. This petition now has more than a quarter of a million signatures. See this link for more details: <https://www.change.org/p/stop-denying-my-mum-and-510-000-other-brits-their-full-uk-pension>

Those with frozen pensions are not asking for anything they do not deserve, but just to be treated fairly. They and the companies they worked for paid into a compulsory system the same as everyone else and therefore should be treated equally. Many were

encouraged over the years to top-up their pensions but were never told that future payouts would be frozen because they emigrated to certain designated countries, predominantly in the Commonwealth.

Recently, the former UK Prime Minister Theresa May made a statement that post Brexit, pensioners living in EU countries would not be frozen which will require new agreements. It therefore raises the question: if new rules can now be written for those in Europe, why not for those living in Canada & other frozen countries?

The Canadian Government can do more to push this matter as trade talks are currently ongoing as Brexit looms. Canada indexes its pensions for its citizens regardless of where they live in the world and the UK is the only country of the OECD nations that discriminates in such a way.

So what can you do as an individual Canadian to make a real difference? Here are some suggestions:

- Visit the Canadian Alliance of British Pensioners (CABP) website www.britishpensions.com to obtain more information especially if you lived and worked in the UK, as you might be eligible for a State Pension;
- Become a member of CABP and join the thousands of volunteers who are fighting this injustice and

responding to various timely calls for action;

- E-mail the Prime Minister's Office (justin.trudeau@parl.gc.ca) and leaders of the various Canadian political parties, and visit your MP to urge their involvement in pushing the government to become more proactive in their discussions on this subject with the UK government and other affected Commonwealth governments. Trade deals are also being sort by the UK with Canada, so this is an opportunity to insist on having the un-freezing of UK state pensions in certain countries included as part of any final deal.

Finally, visit www.endfrozenpensions.org and sign the petition.

Colin J. Rainsbury served in the British Army as a National Servicemen from 1955 to 1957. On emigrating to Canada he joined the Princess of Wales Own Regiment, a Militia Unit based in Kingston, Ontario, where he received his Commission in 1962. He later served with the Cameron Highlanders of Ottawa. Now retired, Rainsbury serves as the Volunteer Secretary/Treasurer of the International Consortium of British Pensioners (ICBP) a non-profit volunteer organization dedicated to un-freezing UK pensions world-wide.

*colin.rainsbury@icbp.info
Cell Phone: 416-938-5790*

The Sea King to fly again

By The Maple Leaf

You can't keep a good aircraft down!

Following the retirement of the Sea King helicopter in December 2018, the Department of National Defence and Public Services and Procurement Canada have been working on the divestment of the venerable aircraft. While nine will be displayed publicly and one will be kept as a training aid, some of the aircraft were identified for future sale.

We are happy to confirm that a sale has now gone through and Rotor Maxx Support Limited, a Canadian-based company, has purchased the

remaining 15 helicopters and associated spare parts. The company intends on refurbishing the aircraft and remarketing them to eligible customers.

The Sea King aircraft provided the Royal Canadian Air Force and the Royal Canadian Navy with 55 years of service. They were used to conduct anti-submarine warfare and search and rescue operations, provide disaster relief, undertake counter-narcotic operations, as well as participate in fisheries, international peacekeeping, and pollution patrols.

We look forward to seeing the Sea King fly again.



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HMCS *Halifax* in Op REASSURANCE

HMCS *Halifax* has replaced HMCS *Toronto* and has assumed the role of flagship for Standing NATO Maritime Group 2 (SNMG2), one of four multinational, high readiness maritime forces composed of vessels from allied countries. It is the ship's first deployment on Op REASSURANCE. For the first time, SNMG2 is being commanded by a Canadian woman, Cmdre Josée Kurtz of the Royal Canadian Navy, who is embarked aboard *Halifax*. During the six-month deployment, *Halifax* will lead and execute a range of missions across a broad spectrum of operations to enhance interoperability and cooperation with Canada's allies and NATO partners in the region.

Medical Technician, Cpl Patrick McLeod (left) and Supply Technician, LS Samuel Kearsley (right) aid a simulated casualty as part of a man overboard drill on-board HMCS Halifax.

CPL BRADEN TRUDEAU, FIS



MS Stuart Moffat, a Naval Combat Information Operator and rescue swimmer on-board HMCS Halifax, participates in a man overboard drill.

CPL BRADEN TRUDEAU, FIS



Members of the Naval Tactical Operations Group aboard HMCS Halifax rappel into a special operations rigid hulled inflatable boat as part of training drills during Op REASSURANCE.

CPL BRADEN TRUDEAU, FIS



The ship's embarked Cyclone helicopter and air detachment are a vital part of HMCS Halifax's capabilities.

CPL BRADEN TRUDEAU, FIS



Cutlass Fury 2019 to take place in September

By Trident Staff

Ships from eight NATO nations will visit Halifax from September 9-20 for Exercise CUTLASS FURY 2019, which will take place in the waters and skies off Nova Scotia and Newfoundland.

This is a medium-scale international exercise for which the visiting warships will be open for tours for two days, and the public is invited to attend a soccer match between the North American and European teams.

On Friday September 6 and Saturday September 7 from 1 – 4 p.m., the public is invited to tour Canadian and Allied warships. Visit HMCS *Scotian*, the Naval Reserve unit located at 2111 Upper Water St., to access HMC Dockyard. The event will also include

a food truck fair, with food trucks selling a variety of specialty and gourmet food selections. Valid Canadian identification is required for entrance into HMC Dockyard.

On Saturday September 7 from 9 – 11 a.m., there will be a soccer game on the field at Stadacona. Admission is free, entrance is through the Gottingen Street gate at Stadacona, and valid Canadian identification is required. This game will be for the inaugural CUTLASS FURY cup.

On Monday September 9 at 1 p.m., the public is invited to view the fleet review of warships as they sail past HMCS *Sackville*, en route to Exercise CUTLASS FURY 2019. Aircraft, including several RCAF aircraft such as CF-18s, will fly over the ships as they depart the harbour.



A CF-188 Hornet from 401 Tactical Fighter Squadron takes-off during Exercise MAPLE FLAG 51 on June 19, 2018 at 4 Wing, Cold Lake, Alberta.
CPL MANUELA BERGER, 4 WING IMAGING

Naval Boarding Party grads get new badges

By Peter Mallett,
The Lookout Staff

The latest candidates of the Naval Boarding Party (NBP) Basic course at Naval Fleet School (Pacific) graduated August 15 at a ceremony in Work Point. They were the first in the Royal Canadian Navy to receive the new Specialist Skill Badges for the NBP qualification.

The new NBP badge is one of three new skill badges introduced by the navy in May to recognize the specialized skill sets of the NBP, the Naval Security Team (NST), and the Naval Tactical Operations Group (NTOG). All three badges consist of a shield, a traditional symbol of protection, and the NBP badge has a stylized naval compass and a fouled anchor.

While addressing the 11 graduates, Lieutenant-Commander Danny O'Regan, Acting-Commandant of NFS(P), congratulated them for their achievement following the six weeks of physically and mentally demanding training.

"Boardings are an important part of what the RCN does operationally dur-




Naval Boarding Party graduates of the Naval Tactical Operations Group (NTOG) gather for a group photo at Work Point on August 15.
SUBMITTED

ing deployments around the globe and these new specialist skill badges are a visible recognition that you have attained this significant qualification," said LCdr O'Regan. "I hope you will wear them with pride as you take your

new skills to your shipboard teams." A recent CANFORGEN (CF General Order) stipulates that those receiving skill badges shall wear them centred above the left pocket, with production of cloth badges expected to come through the National Procurement Authority. Once the cloth badges are issued, the existing NBP badge, a blue badge with a naval crown over top a pair of crossed cutlasses, will no


longer be authorized for wear. As part of its operations this year, the NTOG and naval boarding parties have worked with international partners in North and West Africa and a detachment was also embarked in HMCS *Regina* supporting Operation ARTEMIS. The team conducted multiple interdictions, assisting in the seizure and destruction over 9,000 kilograms of illegal narcotics.

The NBP Basic Qualification badge is a silver shield bordered by gold trim. A stylized naval compass is centred on the shield in the background with a gold fouled anchor centred on top of the compass.



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The Naval Tactical Operations badge is a black shield encased in gold trim. A gold trident is centred in the background with a red maple leaf centred on the staff of the trident.



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True colours of the H&R MFRC

By Sarah-Jean Mannette,
H&R MFRC staff

On Saturday, July 20, 2019, 12 colourfully clad colleagues from the H&R MFRC joined the large party of military members in this year's Pride Parade.

For the past four years, we have been participating in Halifax's annual street celebration of the LGBTQ community. "It's important to be part of this community event," says Shelley Hopkins, executive director at the H&R MFRC. "We believe it's a great opportunity to show our true colours to the crowd of tens of thousands. We strive to have an inclusive environment and we welcome and support all military members, Veterans and their families, every day."

Our doors are open to CAF members, veterans, and their families. We believe that family means anyone the CAF member/veteran cares about: spouse, partner, parents, children and relatives.

We work with you and your family to create a safe space at the Centre. For more information on inclusion services and resources at the H&R MFRC, please contact Melissa Clarke, Special Needs & Inclusion Navigator: 902-720-2168 / Melissa.Clark@forces.gc.ca.

Operation Backpack Heads to the Arctic

On behalf of HMCS *Kingston*, the H&R MFRC collected donations in the form of school supplies for their upcoming deployment to the Arctic. Referred to as Operation Backpack, the campaign ran for a few weeks in June and July and received a total of 62 backpacks that will be donated to children in a community in the Arctic. Each backpack had all the supplies that a child would need to effectively participate in their studies. There were also two dozen brand new pairs of sneakers and over 70 lunch bags that will be given out.

This is the fifth year for the initiative, which was developed after an act of kindness from a citizen in one of the communities CAF members has visited during their deployment to the Arctic. PO1 Richard Bungay has been championing Operation Backpack in addition to his regular duties as Chief Engineer in HMCS *Glace Bay*. "This is a tradition that our first icebreaker, HMCS *Labrador*, started in the 1950s. Members delivered toys to children in some of the northern communities they visited. Fast forward to 2015 when there was a recognized need for school supplies, it made sense to do what we could to help."

Currently, MCDVs transport the backpacks to an identified community.



H&R MFRC staff and Youth Committee members show their pride at this year's Pride Parade.

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It's Bungay's hope that this tradition will continue with the Harry DeWolf Class of Arctic and Offshore Patrol Ships (AOPS).

Donations poured in from military families, members, units, H&R MFRC staff and volunteers, as well as community organizations. LS Chuck Burridge reached out to Hamster, Division of Novexco, one of the suppliers he works with in his role at MOG 5, with a request for donations. This one little ask resulted in a pallet towering with school supplies. Hamster donated dozens of backpacks, lunch bags, binders, pencil cases, scissors, duotangs, highlighters, markers, pencils, calculators, rulers, math sets, hundreds of notebooks, folders, packs of loose leaf, scribbles, pens, and graph paper. It was an outstanding selection of supplies that will help students start the school year prepared.

And the generosity continued. For the second year in a row, members of

the congregation at Trinity United Church in Timberlea were eager to support Operation Backpack. Their donation of very well stocked backpacks and shoes are a fine example of the kind-hearted spirit that is all around us.

The backpacks were loaded onto HMCS *Kingston* in time for their departure last month.

From everyone at the H&R MFRC, we wish to thank all those who supported this initiative. We look forward to doing it again next year.

It's beginning to look a lot like... fall

Our Community Fall Fair is a great way to embrace all that September means for many of us (start of school, end of summer leave, settling into a new community). The H&R MFRC believes in creating opportunities to connect so spend your Saturday with us to meet your neighbors, commu-

nity partners and local organizations that make up the military community you live in.

In addition to the food trucks, a farmer's market, and live music, we will also host drop-in workshops that include yoga, Nordic Pole walking, guided trail walk by Cole Harbour Parks & Trails Association, all-ages drop-in floor hockey game at the Youth Centre, rock painting, graphic drawing facilitation session exploring what the military community would like to see from their MFRC, and so much more.

Date: Saturday, September 14, 2019

Time: 11 a.m. – 4:30 p.m.

Location: Shearwater Site, H&R MFRC

Ages: All ages

Cost: There is no cost for entrance to the event. Food trucks and vendors will accept cash only. Visit our website for more info: www.halifaxmfr.ca. See you there.

Former submariner completes Great Loop in aid of HMCS Sackville

By Phil Chard,
Leading Writer (ret'd), Royal Navy

Supporters of HMCS *Sackville* gave Steve Chard a special reception when he completed a 10,000 kilometre kayaking challenge to raise funds for one of Canada's oldest warships.

The veteran submariner finished his mammoth 'Great Loop' of Canada and United States inland and coastal waterways by paddling alongside the old warship in Halifax harbour on August 16.

He had set off from the same spot in Nova Scotia on June 1 last year — waved goodbye by Cdr (ret'd) Wendall Brown, chairman of the Canadian Naval Memorial Trust, and other ex-sailors.

Chard's anticlockwise route saw him paddle as far north as the St Lawrence River; head over to Ottawa, down the Mississippi River, to Florida and up the Eastern Seaboard back to Halifax.

To mark the former Royal Navy Petty Officer's return at the end of his 15-month journey, the crew of *Sackville* pulled out all the stops in tribute to the British adventurer's staggering efforts.

First, off the aft bow they flew a Canadian national flag, which had once fluttered above the Peace Tower on Parliament Hill in Ottawa.

They also vertically flew the naval flag signals 'Bravo Zulu' and spelt out 'Steve' by flag, which, in non-naval terms, means 'well done, Steve'.

Then, the traditional British Royal Navy command 'splice the mainbrace' was ordered by Cdr Brown during his speech onboard *Sackville* welcoming Chard back from his trip.

Chard, who undertook the challenge to mark his retirement from

work aged 60, drank a tot of rum in front of a gathering of about 30, comprising *Sackville* crew and volunteers, and his friends and family.

The Cold War veteran — who served in submarines off the Russian coast during his RN service in the 1970s and 1980s — was then made an honorary life member of the CNMT.

Cdr Brown, who watched the Brit's return from *Sackville*'s bridge, told Chard: "You deserve that tot of rum.

"Splice the mainbrace is the naval way of saying 'a job well done' and you've certainly completed a job well done."

Asked why Chard had been bestowed honorary life membership, Brown added later: "Any fella who shows such pluck and determination like he did, it's only fair we award him that. He's earned it.

"Steve's journey has been a very exciting one for us. It was a big challenge for him to think he could leave here 15 months ago and paddle that kayak that far. But damn, he's done it.

"It's been a major, major effort Steve has put in, so I'd like to say 'very well done, Steve', and we really appreciate your efforts made for our benefit."

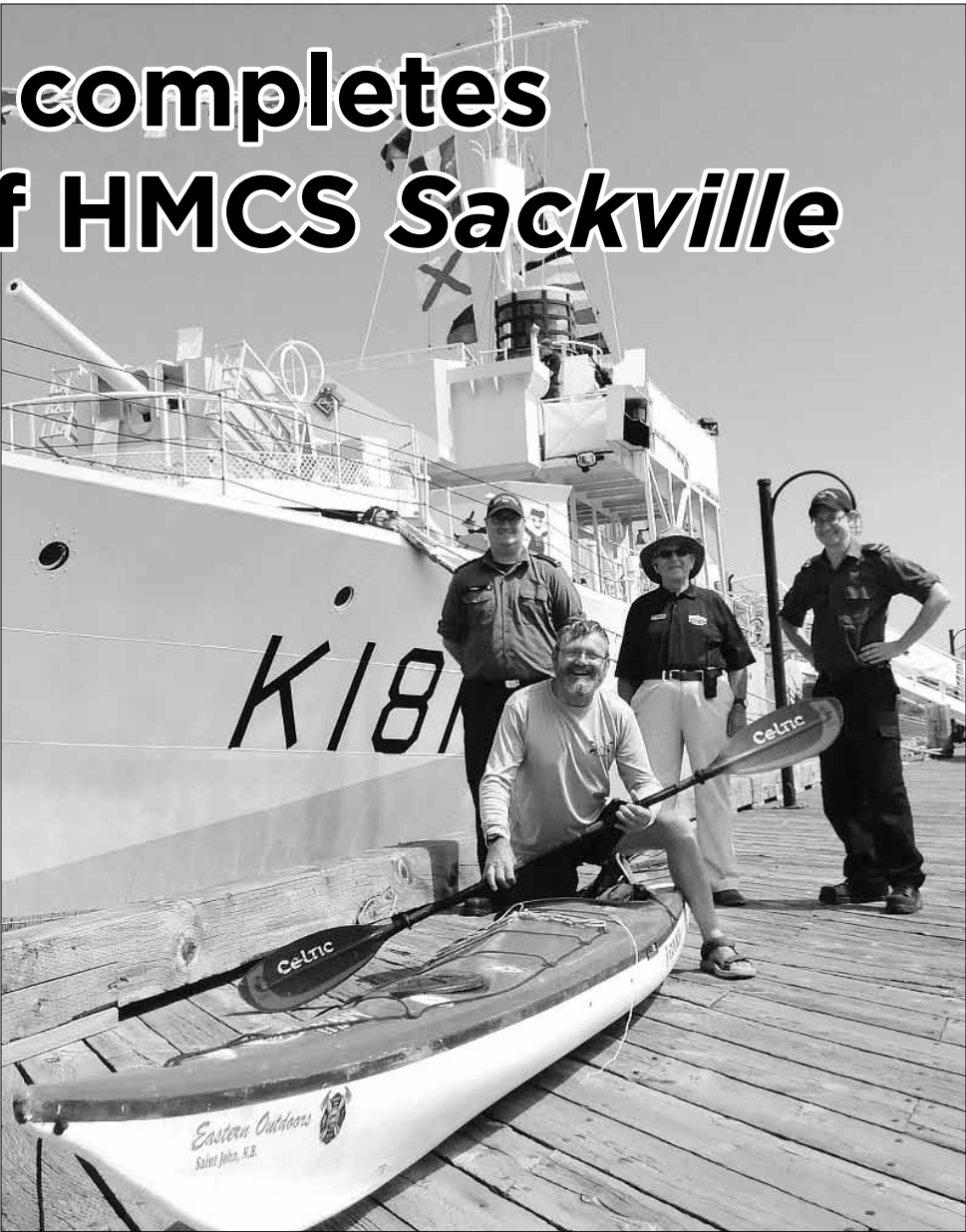
Online donations in appreciation of Chard's efforts can be made until December 31, and Brown's message is: "Please make a donation. We are a charity. We find now the ship is 79 years old and requires very major repairs to keep it in perpetuity, so any donations, large or small, are greatly appreciated.

"We have to get some big donations to repair the hull plating so we can keep afloat the ship, which is basically an icon and memorial to those sailors who lost their lives during the Second World War; and also to the ones who came back from service.

"The Battle of the Atlantic was the most crucial of the war. It kept the islands (of Britain) on the go and enabled preparations for the invasion of Europe to go ahead.

"If that supply line had been cut, it would have been disastrous to us here in Canada and the United Kingdom.

"So *Sackville*, the last remaining of 269 corvettes built, is an apt tribute for us as a country, and to the Canadian Navy."



A job well done: Kayaker Steve Chard (foreground), from Dorset, England, with HMCS *Sackville* crew members, OS Ryan Hurry (left), and LS Chad Fulford (right), and Canadian Naval Memorial Trust chairman, Cdr (ret'd) Wendall Brown.

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Steve Chard passes the Statue of Liberty as he enters New York Harbor.

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The map of Steve Chard's Great Loop route.

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Chard has been raising funds for nine charities, four British, three American, and two Canadian.

You can make a donation to HMCS *Sackville*, CNMT, or his other Canadian charity, the Kidney Foundation

of Canada, by logging on to <https://www.canadahelps.org>.

You can read Chard's blog about his trip by logging on to his Facebook page, Kayak 'The Great Loop' - paddle with Steve.



Avis de règlement proposé dans les recours collectifs pour inconduite sexuelle dans les FAC/MDN

Par DND

Êtes-vous un membre ou un ancien membre des Forces armées canadiennes, ou un employé ou un ancien employé du ministère de la Défense nationale (MDN) ou du Personnel des fonds non publics, Forces canadiennes (PFNP)? Avez-vous vécu du harcèlement sexuel, une agression sexuelle ou de la discrimination fondée sur votre sexe, votre genre, votre identité de genre ou votre orientation sexuelle en lien avec le service militaire ou en lien avec l'emploi au sein du MDN ou du PFNP? Si c'est le cas, ces recours collectifs pourraient vous toucher. **Veillez lire cet avis attentivement. Le présent avis a été autorisé par la Cour fédérale. Le présent document ne constitue pas une sollicitation de la part d'un avocat.**

Bien qu'il n'ait pas admis sa responsabilité, le gouvernement du Canada (le « Canada ») a accepté un règlement concernant les recours collectifs intentés pour les membres et anciens membres des Forces armées canadiennes (« FAC »), et les employés et anciens employés du ministère de la Défense nationale (« MDN ») ou du Personnel des fonds non publics, Forces canadiennes (« PFNP ») qui ont vécu du harcèlement sexuel, une agression sexuelle ou de la discrimination fondée sur le sexe, le genre, l'identité de genre ou l'orientation sexuelle (« Inconduite sexuelle ») en lien avec leur service militaire ou en lien avec leur emploi au sein du MDN ou du PFNP. Sept anciens membres des FAC (« représentants demandeurs ») ont intenté des recours collectifs.

Tous les membres ou anciens membres des FAC et les employés ou anciens du MDN ou du PFNP qui ont vécu de l'Inconduite sexuelle peuvent recevoir une indemnisation en vertu du règlement proposé s'il est approuvé par la Cour. Pour être admissible à un paiement, vous devez être Membre du groupe des FAC ou Membre du groupe des employés du MDN/PFNP.

« Membre du groupe des FAC » est défini comme suit :

Tous les membres ou anciens membres des FAC qui ont vécu de l'Inconduite sexuelle jusqu'à la Date d'approbation et qui n'ont pas demandé l'Exclusion des recours collectifs Heyder ou Beattie.

« Membre du groupe des employés du MDN/PFNP » est défini comme suit :

Tous les employés et anciens employés du MDN et du Personnel des fonds non publics, Forces canadiennes, qui ont vécu de l'Inconduite sexuelle jusqu'à la Date d'approbation

et qui n'ont pas demandé l'Exclusion des recours collectifs Heyder ou Beattie. Une audience visant à déterminer si le règlement proposé est juste, raisonnable et dans le meilleur intérêt des Membres du groupe doit avoir lieu à Ottawa les 19 et 20 septembre 2019.

Que prévoit le règlement proposé?

S'il est approuvé, le règlement prévoit ce qui suit :

- une indemnisation financière pour certains Membres du groupe qui ont vécu de l'Inconduite sexuelle en lien avec le service militaire ou en lien avec l'emploi au sein du MDN ou du PFNP;

- l'option de participer à un programme de démarches réparatrices pour permettre aux survivants de partager leurs expériences d'Inconduite sexuelle avec les hauts représentants des FAC ou du MDN;
- des changements aux politiques des FAC et d'autres mesures visant l'Inconduite sexuelle dans les FAC;
- des mises à jour aux politiques d'Anciens Combattants Canada (ACC) relatives à l'admissibilité aux prestations d'invalidité et le réexamen des demandes par une unité spécialisée d'employés établie pour aider à traiter ces demandes.

Si la Cour fédérale approuve le règlement proposé, vous pourrez présenter une demande d'indemnisation financière et demander de participer au programme de démarches réparatrices. Pour ce faire, vous devrez remplir un Formulaire de demande/réclamation individuelle et l'envoyer à l'administrateur des réclamations pendant la période de réclamation. De plus amples renseignements sur la façon de présenter une réclamation et une demande de participation au programme de démarches réparatrices seront disponibles si le règlement proposé est approuvé.

Si le règlement proposé est approuvé par la Cour, les Membres du groupe peuvent également demander leur Exclusion s'ils ne veulent pas être liés par les modalités du règlement. Des renseignements sur l'option d'exclusion sont présentés ci-dessous.

Quels sont vos droits et options juridiques?

Ne rien faire

Si vous appuyez l'entente de règlement, vous n'avez rien à faire pour l'instant. Veuillez noter qu'en ne faisant rien, vous renoncerez à tout droit de vous opposer au règlement et vous renoncerez au droit de poursuivre le Canada ou d'autres personnes de votre propre chef ou de déposer une plainte en matière de droits de la

personne relativement à l'Inconduite sexuelle que vous avez vécue pendant votre service militaire ou votre emploi au sein du MDN ou du PFNP.

Option d'exclusion

Si vous ne voulez pas être lié par le règlement s'il est approuvé par la Cour, vous pourrez demander l'Exclusion du recours collectif à ce moment-là. De plus amples renseignements sur la façon et le moment de demander l'Exclusion seront fournis lorsque le règlement sera approuvé, le cas échéant. Vous aurez 90 jours à partir de la date à laquelle la Cour rendra une ordonnance approuvant le règlement pour prendre votre décision. Si vous demandez l'Exclusion, vous n'aurez droit à aucune indemnisation financière en vertu du règlement, mais vous conserverez votre droit de poursuivre le Canada ou d'autres personnes de votre propre chef ou de déposer une plainte en matière de droits de la personne relativement à l'Inconduite sexuelle que vous avez vécue pendant votre service militaire ou votre emploi au sein du MDN ou du PFNP, sous réserve de tout délai de prescription ou de toute autre limitation d'ordre légale s'appliquant à votre réclamation.

Si vous avez entamé une procédure judiciaire contre le Canada pour des dommages-intérêts découlant de l'Inconduite sexuelle visée par le présent règlement et que vous ne l'abandonnez pas avant le Délai d'exclusion fixé par la Cour, vous serez automatiquement réputé avoir choisi de demander l'Exclusion du règlement et vous ne pourrez pas demander d'indemnisation.

Les Membres du groupe qui sont décédés avant le 15 mars 2019 ne sont pas admissibles à une indemnisation en vertu du règlement. Les succèsions des Membres du groupe décédés le ou avant le 15 mars 2019 qui souhaitent obtenir une indemnisation doivent obtenir rapidement des conseils juridiques au sujet de leurs options.

Soumission d'une déclaration d'appui

Si vous ne souhaitez pas assister à l'audience, mais que vous souhaitez expliquer pourquoi vous appuyez le règlement, vous pouvez remplir un Formulaire de participation. Ce formulaire comprendra votre nom, votre adresse et les raisons pour lesquelles vous appuyez le règlement. Le Formulaire de participation se trouve à fac-mdn-recourscollectifinconduite-sexuelle.com. Vous devez envoyer ce formulaire par la poste au Centre Baie Adélaïde, Tour Est, 8 rue Adélaïde Ouest, Toronto (Ontario) M5H 0A9, ou

par courriel à facmdninconduite@deloitte.ca, et il doit être reçu ou oblitéré au plus tard le 30 août 2019.

Opposition au règlement proposé

Si vous ne souhaitez pas assister à l'audience, mais que vous souhaitez expliquer pourquoi vous vous opposez au règlement, vous pouvez également remplir un formulaire de participation. Ce formulaire comprendra votre nom, votre adresse et les raisons pour lesquelles vous vous opposez au règlement. Le Formulaire de participation se trouve à fac-mdn-recourscollectifinconduitesexuelle.com. Vous devez envoyer ce formulaire par la poste au Centre Baie Adélaïde, Tour Est, 8 rue Adélaïde Ouest, Toronto (Ontario) M5H 0A9, ou par courriel à facmdninconduite@deloitte.ca, et il doit être reçu ou oblitéré au plus tard le 30 août 2019.

Participation à l'audience de règlement

Vous pouvez assister à l'audience d'approbation à la Cour fédérale à Ottawa, au 90, rue Sparks, les 19 et 20 septembre 2019, à 10 h, pour participer à l'instance et exprimer en personne votre appui ou votre opposition au règlement proposé. La Cour décidera si vous serez autorisé à présenter des observations orales au moment de l'audience. Toutefois, pour être admissible à participer, vous devez avoir rempli et soumis le formulaire de participation indiquant les raisons pour lesquelles vous appuyez le règlement proposé ou que vous vous y opposez.

À quel genre d'indemnisation suis-je admissible?

Votre paiement dépendra du type d'Inconduite sexuelle que vous avez vécue en lien avec le service militaire ou en lien avec l'emploi au sein du MDN ou du PFNP, ou les deux, et d'une évaluation du préjudice que vous avez subi. Il dépendra aussi du nombre de Membres du groupe qui présenteront des réclamations. L'échelle d'indemnisation individuelle pour la plupart des Membres du groupe se situe entre cinq mille dollars (5 000 \$) et cinquante-cinq mille dollars (55 000 \$). Les Membres du groupe qui ont subi un préjudice exceptionnel (et dans le cas de ceux qui se sont déjà vu refuser des prestations ACC à l'égard de ce préjudice et dont la demande de réexamen a également été refusée) peuvent être admissibles à des montants pouvant atteindre cent cinquante-cinq mille dollars (155 000 \$). Les détails sont fournis dans le règlement proposé. Une copie du règlement proposé se trouve à l'adresse fac-mdn-recourscollectifinconduitesexuelle.com.



Notice of proposed settlement in the CAF/DND sexual misconduct class action

By DND

Are you a current or former member of the Canadian Armed Forces, or a current or former employee of the Department of National Defence or Staff of Non-Public Funds, Canadian Forces? Have you experienced sexual harassment, sexual assault or discrimination based on your sex, gender, gender identity or sexual orientation in the connection with your military service or DND or SNPF employment? If so, this lawsuit may affect you. **Please read this notice carefully. The Federal Court authorized this notice. This is not a solicitation from a lawyer.**

While not admitting liability, the Government of Canada ("Canada") has agreed to a settlement regarding a class action lawsuit for current and former members of the Canadian Armed Forces ("CAF"), current and former employees of the Department of National Defence ("DND") and/or Staff of the Non-Public Funds, Canadian Forces ("NPF") who experienced sexual harassment, sexual assault or discrimination based on sex, gender, gender identity or sexual orientation ("Sexual Misconduct") in connection with their military service and/or employment with the DND/SNPF. Seven former members of the CAF (the "Representative Plaintiffs") initiated class action lawsuits.

All current or former CAF members, employees of DND and/or SNPF who have experienced Sexual Misconduct may be eligible to receive compensation under the proposed settlement if it is approved by the Court. To be eligible for a payment you must be a member of either the CAF Class or the DND/SNPF Class.

"CAF Class" is defined as:

All current or former CAF Members who experienced Sexual Misconduct up to and including the Approval Date, who have not opted out of the Heyder or Beattie Class Actions.

"DND/SNPF Class" is defined as:

All current and former employees of DND and of the Staff of the Non-Public Funds, Canadian Forces, who experienced Sexual Misconduct up to and including the Approval Date, who have not Opted Out of the Heyder or Beattie Class Actions. A hearing to determine if the proposed settlement is fair, reasonable and in the best interests of the Class Members is scheduled to take place in Ottawa on September 19 and 20, 2019.

What does the proposed settlement provide?

If approved, the settlement provides:

- financial compensation for certain Class Members who experienced Sexual Misconduct connected with their military service and/or employment for DND/SNPF; the option to participate in a restorative engagement program with opportunities for survivors to share their experiences of Sexual Misconduct with senior CAF and/or DND representatives;

- changes to CAF policies and other measures addressing Sexual Misconduct in the CAF; and

- updates to Veterans Affairs Canada (VAC) policies related to eligibility for disability payments and reconsideration of claims.

If the Federal Court approves the proposed settlement, you may make a claim for financial compensation, and you may seek to participate in the restorative engagement program. To do so, you will have to complete an Individual Application/Claim Form and send it to the claims administrator during the claims period. More information on how to make a claim and how to request restorative engagement will be available if the proposed settlement is approved.

If the proposed settlement is approved by the Court, Class Members can also "Opt Out" if they do not want to be bound by the terms of the settlement. Information about opting out is set out below.

What are your legal rights and options?

Do nothing

If you support the settlement agreement, you do not have to do anything right now. Please note that by doing nothing, you will give up any right to object to the settlement and you will give up the right to sue Canada or others on your own or bring a Human Rights complaint in relation to any sexual harassment, sexual assault or discrimination you experienced while serving in the military or as a DND/SNPF employee.

Opt Out

If you don't want to be bound by the settlement if it is approved by the Court, you can Opt Out of the class action, at that time. More information about how and when to Opt Out will be provided when and if the settlement is approved. You will have 90 days from the date the Court issues an order approving the settlement to make your decision. If you

Opt Out, you will not be entitled to any financial compensation from the settlement, but you will keep your right to sue Canada or others on your own or bring a Human Rights complaint in relation to any sexual harassment, sexual assault or discrimination you experienced while serving in the military, or as a DND/SNPF employee, subject to any time or other legal limitations applying to your claim.

If you have commenced a legal proceeding against Canada for damages resulting from the Sexual Misconduct covered by this settlement and you do not discontinue it before the Opt Out Date fixed by the Court, you will be automatically deemed to have Opted Out of the Settlement and you will not be able to claim compensation.

Class Members who died before March 15, 2019 are not eligible for compensation under the settlement. Estates of Class Members who died before March 15, 2019 that wish to seek compensation should seek legal advice promptly regarding their options.

Submit a statement of support

If you do not wish to attend the hearing, but you would like to explain why you support the settlement, you can complete a Participation Form. This form will include your name, address, and the reasons why you support the settlement. The Participation Form can be found at www.caf-dnd-sexualmisconduct-classaction.com. You must mail this Form to Deloitte, Bay Adelaide Centre, East Tower, 8 Adelaide Street West, Toronto, ON M5H 0A9, or email it to cafdndmisconduct@deloitte.com and it must be received or postmarked no later than August 30, 2019.

Object to the proposed settlement

If you do not wish to attend the hearing, but you would like to explain why you object to the settlement, you can also complete a Participation Form. This form will include your name, address, and

the reasons why you do not support the settlement. The Participation Form can be found at www.caf-dnd-sexualmisconductclassaction.com. You must mail this Form to Deloitte, Bay Adelaide Centre, East Tower, 8 Adelaide Street West, Toronto, ON M5H 0A9, or email it to cafdndmisconduct@deloitte.com and it must be received or postmarked no later than August 30, 2019.

Participate at the settlement hearing

You can attend the approval hearing at the Federal Court in Ottawa, 90 Sparks Street, on September 19 and 20, 2019 at 10:00 a.m. to participate in the proceeding and voice your support or objection to the proposed settlement in person. The Court will decide if you will be permitted to make oral submissions at the time of the hearing. However, in order to be eligible to participate, you must have completed and submitted the participation form setting out your reasons for supporting or objecting to the proposed settlement.

What kind of compensation am I eligible for?

Your payment will depend on the type of Sexual Misconduct you experienced in connection with your military service and/or DND/SNPF employment and an assessment of the harm you suffered. It will also depend on how many Class Members submit claims. The range of individual compensation for most Class Members is between five thousand dollars (\$5,000) and fifty-five thousand dollars (\$55,000). Class Members who experienced exceptional harm (and in the case of those who have previously been denied VAC benefits in respect of that harm, and whose application for reconsideration also denied), may be eligible for amounts up to one hundred and fifty-five thousand dollars (\$155,000). Details are explained in the proposed settlement agreement. A copy of the agreement is available here: www.caf-dnd-sexualmisconductclassaction.com.



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We look forward to speaking with you!

National MPU motorcycle relay nears completion

By Peter Mallett,
The Lookout Staff

Motorcyclists across Canada are revving their engines and rocking down the highway in the final stages of a coast-to-coast motorcycle relay ride to benefit blind children.

With bright blue skies overhead, the 11th annual Military Police National Motorcycle Relay had their grand send-off from Work Point in Victoria on July 25. Local volunteer riders participated in the opening leg of a 10,000-kilometre road trip that is making stops in 19 different communities and military bases in an effort to raise money for the Military Police Fund for Blind Children (MPFBC).

The relay concludes in St. John's, Nfld. on Aug. 22.

LCdr Todd Kennedy marked his second year volunteering for the Motorcycle Relay. He volunteered as Rendezvous Coordinator and was also one of 32 riders who participated in the opening leg from Victoria to the BC Ferries Terminal in Sidney.

"People from all walks of life just want to help and be part of the process of helping out blind children," said LCdr Kennedy. "This comes by first gaining awareness about their needs and then by donating their time and charitable nature to help make the future brighter for our youth."

That glimmer of light began in 1957

when late Canadian Army Provost Marshall, Col James Riley Stone, founded the non-profit. His initiative came from the personal tragedy of the death of his daughter Moira Stone who became visually impaired following an eye cancer diagnosis.

In the years following Moira's death, Stone canvassed military police members and established a charitable organization that helps visually impaired children with financial assistance and support programs. Today the charity has branches at military bases across the country and is operated by military police volunteers.

Since the inaugural motorcycle relay in 2009, a toy teddy bear nicknamed for Moira Stone has accompanied the riders on their journey. This year's 120-centimetre mascot, Ordinary Cadet Moira Stone, and her travels across the country, have developed a large following on the relay's Facebook page, said LCdr Kennedy, and helped further the reach and appeal of their cause and fundraising efforts.

Since its inception, the motorcycle relay has raised over \$600,000. National Chairperson Maj Dale Troia of CFB Trenton heads this year's fundraiser and says that popularity of the relay continues to grow. He thanked the "reliable and hard-working network" of volunteers for the event's continued success.

"It takes a lot of preparation by our

devoted volunteers who have again this year done a great job," said Troia. "The riders crossing our magnificent country are volunteers too and they know this is a worthy journey because as a team they are committed to helping visually challenged children receive services and support."

LCdr Kennedy and Maj Troia also wanted to thank some of the many individuals who helped make this year's event a success here in Victoria. They included: lead planner and organizer, retired naval warfare officer Kyle Steel, Commissionaire James Sidel, Commissionaire Howie Becker, Captain Evan Foster of the MPU Comox Detachment, Cpl Bailey Pearce, PO1 David Davies, Cpl Alex Millham, Cpl Pierson York, MS Leigh Walls, Lt(N) David Utzinger, the CFB Esquimalt Auto Hobby Club, Maj (ret'd) Barton Dennis; along with organizations including Canex Esquimalt, the CFB Esqui-



This oversized teddy bear, nicknamed for Moira Stone, has accompanied the MPU riders on their journey since the ride was founded in 2009.

SUBMITTED

malt Motorcycle Hobby Club and MARPAC Riders Club; Tim Horton's on Head Street and the CFB Esquimalt Wardroom members.

The MPNMR is still accepting donations for this year's fundraiser with more information on how to participate available on their website <http://www.nationalmotorcyclerelay.ca/>

Ceremony marks promotion for new PO2s

By Trident Staff

A promotion ceremony was held in Stadacona's Admiralty Garden on August 9, marking a major career milestone for three sailors being pro-

moted from the rank of Master Seaman to Petty Officer, 2nd Class. Those promoted during the ceremony were MS Vincent-De-Paul Nameni-Yamsi, MS Stephen Tremblett, and MS David Keneford.

The promotion ceremonies have been held regularly since the beginning of 2019 as a way to mark the significant achievement of reaching the PO2 rank, which comes with membership to a new mess and new

leadership responsibilities.

This latest ceremony was presided over by Capt (N) David Mazur, Base Commander CFB Halifax, Base Chief CPO1 Kent Gregory, and Formation Chief CPO1 Derek Kitching.



MS Stephen Tremblett is promoted to the rank of Petty Officer, Second Class by Captain(N) David Mazur, along with his family, during a ceremony at Stadacona on August 9.

CPL DAVID VELDMAN, FIS



MS Vincent-De-Paul Nameni-Yamsi is promoted to the rank of PO2.

CPL DAVID VELDMAN, FIS



MS David Keneford is joined by his family as he's promoted to the rank of PO2.

CPL DAVID VELDMAN, FIS

TRIDENT Sports

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

Smart training – it's a balancing act

By Dr. Darrell Menard,
OMM, MD, Dip Sport Med, CFMWS

Being physically active is one of the most important things anyone can do to stay healthy and fit. Regular physical activity can help you feel more energized, look better and live longer. Many chronic diseases such as diabetes, obesity, high blood pressure, cancer, depression, and heart disease can be prevented or at least considerably improved with a prescription of daily exercise. The bottom line is that regular physical activity will not only improve your quality of life, it may actually save your life.

Staying physical active isn't always easy especially when you are faced with the demands of a busy life. It is important that each of us takes ownership of our own health and wellness and finds the motivation to do something about it. Leading by example, looking good in your uniform, reducing your cholesterol, enjoying retirement and staying operationally ready are all examples of goals you can use to motivate yourself to stay physically active. Visualizing the benefits that come with achieving your goal is one way to remind yourself that your physical fitness program is worth doing.

Whether you are just getting started or trying to maintain a physical fitness program, it is very important you ensure your program is balanced so you get the most from your efforts while minimizing your risk of injury. A well-balanced physical fitness program should include the following three basic components of fitness:

Aerobic training: involves activities that require your heart and lungs to work harder than normal. The Canadian Physical Activity Guidelines recommend all adults do at least 150 minutes of moderate to vigorous aerobic activity every week. Use the Talk Test to determine how hard you are working. Exercising at an easy level – you have no trouble breathing and can talk comfortably. During moderate exertion – your breathing increases and you can talk taking 1-2 breaths/sentence. Working an intense level – you will breath rapidly and comfortable speech is impossible. You could meet the activity guidelines by doing something as simple as walking for 30 minutes, 5 days/week. This may not sound like a lot but research shows a significant number of CAF personnel fail to meet this basic activity standard.

Strength training: involves challenging different muscle groups with



Sailors from HMCS Halifax relax with a game of ball hockey on the jetty on a port visit during Op REASSURANCE, August 2019.
CPL BRADEN TRUDEAU, FIS

resistance exercises. This can include doing exercises such as squats and bench presses using free weights or machines. You can also subject your body to resistance training doing things such as push-ups, climbing stairs, chin-ups, rucksack marching, lifting or carrying boxes and doing physically demanding work. The recommendations are that you do this at least 2 times/week. Be sure to start out low and progress your training slowly.

Flexibility training: involves holding or reaching a position in which specific muscles in your body are stretched. You should hold these positions for a minimum of 30 seconds and have a routine where you end your workouts with approximately 10 minutes of stretching at least 3-4 times a week. This is very important especially if you are stuck working at

a computer for many hours/day. Employing the above training strategies is a good start to developing a well-balanced physical fitness program. Improving your physical fitness will help you function more effectively in virtually every aspect of your life. If you have any questions about building yourself a safe physical fitness program please contact your local PSP sports and fitness staff for help. So, get up, get going and keep going – your body will love you for it.

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.

Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert informa-

tion, skills and tools for promoting and improving CAF members' health and wellbeing.

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Answers

Super Crossword



From top competitor to trainer

By Peter Mallett,
The Lookout Staff

Four years ago, a friendly quip from a co-worker spurred MS Laura Allan to raise the bar on her fitness.

While working in HMCS *Victoria's* engine room on a repair, a fellow submariner commented on her impressive strength and said, "You should compete as a powerlifter."

She decided to test his idea by venturing to the gym weight room. Powerlifting is a strength sport and she quickly found she had a natural aptitude.

"Today I am in the best shape of my life," said the 34-year-old Marine Technician.

Beyond elevating her fitness, she has stepped on to the IPL World Powerlifting stage and competed in multiple international events.

She hired local strength and conditioning coach Stephen MacKinnon, who works mainly with elite athletes in different sports.

In her most recent competition, May 18 in the Kabuki Strength Pacific Northwest Classic in Portland, she had an unbeatable combined score in squats, bench press, and deadlift. She finished top in the women's 90kg category and went nine-for-nine on her lifts, finishing the day with



MS Laura Allan is a talented powerlifter and now, a coach as well.

SUBMITTED

a 202.5kg/446lb squat, 97.5kg/215lb bench press, 200kg/441lb deadlift, totalling 500kg/1,103lbs.

Less than 48 hours later, she returned to Victoria and competed in the 2019 Highland Games Strongman competition at Topaz Park, finishing as the top female. She defeated her closest female opponent in three of five events, one of which she carried

two 220lb weights in each hand a distance of 50 feet.

"I am not an overly competitive person. I am more competitive against myself," said MS Allan. "When someone else at an event scores a personal best, I am the first one to congratulate and admire them for that success."

She's sitting out at IPL Worlds 2019 to give her body a rest. Instead she's

heading there to coach a client and friend to compete October 25 in Limerick, Ireland.

"My coach and I decided it would be smarter for me to take some time off from competing and not risk burnout," said MS Allan. "I am not done with competing as a powerlifter, but I need to be sensible and think about longevity and preserving a healthy balance between work and my private time."

Powerlifters Rachel Burgess and Cpl Kayla Miller are two locals benefitting from her experience and coaching.

"I really like coaching, it gives me time to focus on my training, not think about competing, all while helping others achieve their own fitness goals," said MS Allan.

Competing as a powerlifter and now coaching has also been beneficial in overcoming the symptoms of an operational stress injury, which she was diagnosed with during her days as a submariner.

"I used lifting weights as an outlet to solve my issues and then turned myself into something I never thought I could be," said MS Allan. "I like to treat the athletes I am coaching the way I was treated by my coach – it's nice to hear from them how much more confident they are, and to know I am helping other people build their confidence."



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Super Crossword

SHOW HONOR

ACROSS

- 1 Inflate
- 7 Cattle pen
- 13 Sucks up
- 20 Ida of old Hollywood
- 21 Excite
- 22 Graduation document
- 23 Verdi opera set in Cyprus
- 24 Carrot, tater or cuke
- 25 Barn bash
- 26 "Spread the news!"
- 29 Sore, as muscles
- 30 Mermaid setting
- 31 Dernier -- (newest fashion)
- 32 Mauna -- (Hawaiian peak)
- 35 Mom's mate
- 38 Give relief of
- 40 "Hip, hip, hooray!"
- 45 "-- From Muskogee" (country hit)
- 47 Tons of, informally
- 50 Down a meal
- 51 Author Nin
- 52 1975 Joni Mitchell hit
- 55 Feed voraciously
- 57 Conan O'--
- 58 Rialto glower
- 59 Itinerary specification
- 61 Piqued state
- 62 Totally fill
- 65 Santa -- (some winds)
- 67 Warm up
- 69 USN jr. officer
- 70 Country that one's forebears are from
- 74 Unwell
- 76 "Farewell!"
- 77 City near Grenoble
- 78 Enjoys anew, as a book
- 81 Wine valley in California
- 83 Sonic the Hedgehog's creator

- 85 Pouchlike parts
- 87 Lower leg bone
- 88 Refrigerator part for 24-Acrosses
- 90 1953 Bing Crosby film
- 94 Metropolis in Japan
- 95 Find a sum
- 96 Lucky number
- 97 Actress Liu
- 98 Title dance in a 1962 novelty song
- 102 River in Germany
- 104 Blue Jays, on sports tickers
- 105 Grammy-winning Brian
- 106 Kauai wreath
- 107 Peak periods
- 110 "Yeah, right!"
- 112 Prize won by the ends of 26-, 40-, 52-, 70-, 90- and 98-Across
- 120 Its capital is Kingston
- 123 Quite polite
- 124 "Damien: --" (1978 sequel)
- 125 Structure near a tonsil
- 126 Voting item
- 127 Thread puller
- 128 1949 Tony winner Fabray
- 129 Derisive smiles
- 130 Sergeant Bilko and others

DOWN

- 1 Ink spot
- 2 Mandolin kin
- 3 German auto
- 4 "One of Ours" writer Cather
- 5 Loosen, as a skate
- 6 Place to play snooker
- 7 Guinea pig
- 8 Cookies since 1912
- 9 Knavish one
- 10 Toddler
- 11 "Yeah, right!"

- 12 Roue's look
- 13 Hang on (to)
- 14 Having artificial body parts
- 15 Hurried
- 16 It made the Cutlass
- 17 Joey, e.g., informally
- 18 German auto
- 19 SFPD part
- 27 Common disinfectant
- 28 "Power" rapper
- 32 Heard of
- 33 Inception
- 34 Good traits
- 35 Pundit Lou
- 36 Film director -- Kurosawa
- 37 Yamaha or Casio product
- 39 Princely school
- 41 Witch's spell
- 42 Sortie, e.g.
- 43 Witch
- 44 Slaughter in the outfield
- 46 "There wasn't a dry -- the house"
- 48 Take a vow
- 49 Not in any key
- 53 Ratify
- 54 Market researcher
- 55 Old numbing liquid
- 56 Zora -- Hurston
- 60 PIN taker
- 63 Rib
- 64 Aspartate, for one
- 66 Young pigs
- 68 Toadlike, in a way
- 71 Gift stick-on
- 72 Aunt's spouse, in Soissons
- 73 Actor Sam of "Backtrack"
- 74 Earned pay
- 75 Cartoonist Gary
- 79 Style for the Bee Gees
- 80 Lustful deity
- 82 Queries

- 84 Actor Alan of "The Aviator"
- 86 Golfer Ballesteros
- 89 Margarine square
- 91 Billfold items, briefly
- 92 Make hazy
- 93 In single file
- 95 Gal pal, in Grenoble
- 99 Bring to light
- 100 Like "Carrie" in 2013

- 101 Modest
- 103 Juicing gizmo
- 108 Norman Vincent --
- 109 Tijuana Mr.
- 111 12-year-old, say
- 112 Glazier's unit
- 113 Large brawl
- 114 Rubber duck locales
- 115 Where shahs ruled

- 116 New York ball team
- 117 "... -- in my cap ..."
- 118 Vex
- 119 Goes totally kaput
- 120 "Brady Bunch" sister
- 121 Toothpaste box abbr.
- 122 Pawns, e.g.

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Fitness and sports updates

By Trident Staff

CAF Sports Day 2019 takes place on September 20. Each base or wing will present a variety of fitness and sports events. Stay tuned for more details regarding the schedule for CFB Halifax and 12 Wing shearwater, in upcoming editions of Trident.

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 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 Tri-idents 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.

2019/2020 Formation Halifax COTW/COTF/WING CUP May 2019 - April 2020			
SPORT	COTW	COTF	WING CUP
Slo-Pitch	Oct 7-11, 2019	Oct 7-11, 2019	Sept 23-27, 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	TBD	TBD	TBD



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