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Breaking the ice

S1 Vincent Hebert observes ice floes from the quarter deck of HMCS Margaret Brooke in the Labrador Sea. The ship departed Halifax on February 17 for cold weather and ice trials ahead of its planned commissioning later this year.

S2 TAYLOR CONGDON



HMCS *Montreal* stops in Italy ahead of NATO exercise



HMCS *Montreal* passes by Turkish ship TCG *Göksu* during NATO Exercise *Dynamic Manta* off the coast of Italy on February 21. The annual exercise included nine allied nations and focused on anti-submarine warfare and surface warfare training.

CPL BRADEN TRUDEAU



MS *Steven Pelletier*, a member of HMCS *Montreal*'s Force Protection Component, closes up during their transition into Catania, Italy during Operation *Reassurance* in the Mediterranean Sea on February 18.

CPL BRADEN TRUDEAU



Members of the ship's Combat Systems Engineering department load the Phalanx CIWS (sea-wiz) while at sea after departing from Italy on February 21 to begin the at-sea phase of Exercise *Dynamic Manta*.

CPL BRADEN TRUDEAU



The team of divers aboard HMCS *Montreal* conduct diving procedures while alongside on February 18.

CPL BRADEN TRUDEAU



SLt Gabrielle Rochon-Beaudoin, a Marine Systems Engineering Officer, analyzes measurements after a poker gauge test on February 18 to ensure HMCS *Montreal*'s ship integrity.

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The best of both worlds: Life as a naval reservist

By Joanie Veitch,
Trident Staff

When CPO1 (ret'd) David Hutt joined the naval reserves in 1975, he thought it would just be for the summer. He ended up staying for 40 years and was coxswain of HMCS *Scotian*, the Naval Reserve Division in Halifax, not just once, but twice — in 1995 and again in 2002.

"I stuck with it, I never thought I would when I started but there was such a sense of camaraderie, it was just amazing. I made so many friends during my time, many that I still keep in touch with more than 40 years later," said CPO1 (ret'd) Hutt.

An electrician in his civilian life, CPO1 (ret'd) Hutt served full-time for six years, first working on the base in Halifax, then as coxswain with HMCS *Kingston* and finally with Sea Training Group Atlantic. In March 2001, he went back to part-time reserve life after he took on an electrician position, working on traffic signals for the city's transportation department.

"I always thought I had the best of both worlds. I had my trade in the civilian world and as a bosun, I got to work on boats and have so many great experiences," he said. "For 20-odd years, I never really took a vacation... but I really, truly enjoyed my time in the reserves. I was truly inspired by the commitment, dedication and loyalty — as well as the hard work and sacrifice — people were willing to make for the organization."

There were difficult times too, said CPO1 (ret'd) Hutt. When Swissair Flight 111 went down off the coast of Nova Scotia on September 2, 1998, HMCS *Kingston* was the ready duty ship.

"I was coxswain with *Kingston* at the time and we were sailing out of the harbour within two hours of getting the call. We were the first ship on scene and we stayed at the Swissair site for almost two weeks," he said. "It was tough, we had a really young crew at the time. We tried to keep them from seeing the worst of it, but it was nearly impossible."

The following year, CPO1 (ret'd) Hutt was still with *Kingston*, the lead ship in its class, when they were the first Maritime Coastal Defence Vessel (MCDV) to cross the Atlantic in 1999.

CPO1 Hutt retired on July 4, 2015.

"Learning the ropes"

Growing up in a military family, A/SLt Emma Baines never imagined she would join the Canadian Armed Forces (CAF) but as she was nearing completion of her BSc at Saint Mary's University in Halifax, she began to see it as a good option while she applied to medical school.

"I was in this transition time but the application process for med school can be quite lengthy so I wanted to do something that would keep me feeling like I'm moving forward. My dad was a big influence as he talked a lot about the benefits of being in the reserves. I decided to give it a shot."

Joining HMCS *Scotian* in the spring of 2021, A/SLt Baines spent much of last summer in training as she — and other new reservists — developed their knowledge and skills, and worked on "learning the ropes" of seamanship.

At first, A/SLt Baines kept it quiet that her dad is Vice-Admiral Craig Baines, Commander of the RCN, but word eventually got out. When he attended her promotion to her current rank last November, "the cat was definitely out of the bag," she said.

"I have to say, I'm a lot more interested in hearing what he has to say about his work now than when I was growing up. It's given us a lot to talk about and I feel I can relate more to him now. It's been really good."

While she still has medical education in her sights, A/SLt Baines said she is mulling the possibility of joining the CAF full-time and becoming a medical officer.

"We'll see what happens. I know I want to stay involved. It's such a great experience and you meet people from so many different backgrounds from all across Canada. I've made some really close friends and could definitely see this becoming my career."

"It becomes who they are"

Having watched, and worked with, hundreds of young reservists over the years, CPO1 Peggy Bradford said people forge strong friendships as they work together.

"If we can keep them for more than five years, we have them for life. It offers so much in the way of opportunity and experience... those who stay, it becomes who they are," she said.

Now Naval Reserve Support Branch Chief, CPO1 Bradford was coxswain with HMCS *Scotian* from May 2018 to July 2021 and celebrated 40 years of service with the naval reserves last summer.

As HMCS *Scotian* approaches its 75th anniversary on April 23, 2022, CPO1 Bradford said she's been reflecting on milestones.

"It's significant. It gives us a chance to celebrate and think about our longevity... we can see where we've come from to get to where we are now."



CPO1 (ret'd) David Hutt

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A/SLt Emma Baines

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A/SLt Baines is seen with her father, VAdm Craig Baines, Commander of the Royal Canadian Navy.

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Pacific Fleet names 2021 Sailor of the Year

By Peter Mallett,
The Lookout Staff

A sailor from HMCS *Vancouver* didn't know what to make of a surprise phone call informing her she had been selected Canadian Pacific Fleet Sailor of the Year.

S2 Jesse Roberts, a 21-year-old boatswain who hails from Yellowknife, NT, was completing a demolition course on Bentinck Island when she received the unexpected phone call from CPO1 Arvid Lee, Fleet Chief, and Capt (N) Jeffrey Hutchinson, Base Commander.

"I didn't know how to react and I was almost certain they had called the wrong person," she says. "Once the shock wore off, I was excited to call my family in Yellowknife and inform them of the good news."

S2 Roberts joined the Canadian Armed Forces in 2018 and enrolled in the RCN later that year. She says it's not too often people from the far north join the Navy, and even more unheard of for one of them to be named Sailor of the Year.

She has primarily worked in *Vancouver*, with a brief attachment to HMCS *Winnipeg* in November 2019, and HMCS *Nanaimo* for Operation Caribbe in February 2020.

"With my career in the

RCN [Royal Canadian Navy] I have had the opportunity to be a part of a professional work environment where both individuals and the team are faced with high-stakes, high-stress situations. This has given me the opportunity to cope and strive under unprecedented circumstances, always adapting and overcoming the unique conditions."

While the basic job description of boatswain is akin to a modern day deckhand, she says it is much more complicated than that.

"When it comes to the operation of small boats, maintaining small arms, rigging, and rope work, boatswains are the experts on board. But we are also required to perform many diverse tasks, each one unique and crucial to the performance of an HMC ship."

Sailor of the Year is chosen by Canadian Pacific Fleet leadership based on job performance, community service, dress, and deportment.

S2 Roberts volunteers for the Sooke Sea Cadet Corps, is dedicated to the boatswain trade, and exceeds as a storeperson for the department, all top qualities that made her a good candidate.



S2 Jesse Roberts has been named Canadian Fleet Pacific's Sailor of the Year.

SUBMITTED

"However, these are skills any sailor might acquire and achieve," she says. "More so, I believe my positive attitude, dedication, and professionalism have aided my recognition as Sailor of the Year."

She also credits support from her chain of command as key to her success. She wouldn't have acquired the skills and attributes that have led to a successful naval career without them, she notes.

Vancouver is currently completing its Intermediate Multi-ship Readiness Training in anticipation for deployment this summer. However, S2 Roberts will not be sailing with them. Instead, she will be transferring to Naval Reserve

unit HMCS *Malahat*.

That's because her next big career goal lies outside of the military. Later in 2022 she will be enrolled in the full-time Practical Nursing Program at Sprott Shaw College in Victoria. Her mother and grandmother were both nurses and this is a chance to follow in their footsteps.

"Although I am unsure of my future ambitions in the navy at the moment, I hope to have the opportunity to serve on board HMC Ships in the future," she says.

She will be presented the award in a ceremony later this year.

HMCS Ville de Québec Change of Command

Deputy Commander Canadian Fleet Atlantic, Captain (N) Sheldon Gillis (right) in the mess aboard HMCS *Sackville*, presents a Burden of Command plaque to HMCS *Ville de Québec*'s incoming commanding officer, Cdr Russell Hodgson, on the occasion of the vessel's Change of Command ceremony on February 16. Cdr Hodgson takes over the role from outgoing CO LCdr Andrew Tunstall.

CPL SIMON ARCAND





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CDS/DM Directive on DND/CAF Operating and Reconstituting in a Persistent COVID-19 Environment

By General Wayne Eyre, Chief of the Defence Staff,
& Bill Matthews, Deputy Minister of National Defence

Defence Team,

As we approach the two-year mark since the Defence Team began operating within a COVID-19 environment, we recognize the reality that COVID-19 has become part of our lives and appears as though it will remain for some time. As such, we have released the new [CDS/DM Directive on DND/CAF Operating and Reconstituting in a Persistent COVID-19 Environment](#) which moves away from a mindset focused exclusively on avoidance to one more tailored towards risk mitigation.

The new directive – which supersedes the Summer 2021 posture – provides you with important information and guidance as we begin to revert some processes back to pre-pandemic conditions and increase our presence

in the physical workplace, including information on the continuation of Public Health Measures (PHMs), a revised Rapid Antigen Detection Testing (RADT) program, and updated travel guidance.

You're likely wondering – what does the immediate future of work look like for the Defence Team? Specific decisions about day-to-day operations and the reintegration of Defence Team members into the physical workplace will continue to be made at the local-level, based on regional realities, local health conditions and operational requirements, and will be communicated to you. L1s will be responsible for seeking advice from Senior Medical Authorities and local Workplace Health and Safety Committees, consulting regional authorities,

and ensuring mitigation measures are properly communicated prior to resuming activities in the workplace. The Defence Team will continue to employ a hybrid workforce where it makes sense, leveraging the success that we have experienced thus far by affording our teammates flexibility.

All Defence Team members are encouraged to read the [directive in full](#). We also suggest you review the [Maple Leaf to read an article outlining key changes](#) within the new directive as well as visit the [FAQ: Business Resumption Directive web page](#) for new questions and answers. If you have any additional questions, you are encouraged to consult your Chain of Command or submit them through the [Ask Anything: COVID-19 inbox](#).

The resilience and strength of the

Defence Team is remarkable. Thank you for your hard work throughout these past two years. We ask all of you to continue adhering to PHMs and ensuring both the [DND and CAF COVID-19 Vaccination policies](#) are upheld, including maintaining accurate and current attestation information for all current and future personnel on MCS – Monitor MASS for CAF members and GC-VATS for public service employees. As we make transitions to our posture, we must continue to remain vigilant for signs of stress among Defence Team members. Everyone's situation will differ; the need for compassion and understanding applies to all.

Please remain vigilant, stay safe, and take care of yourselves and others. Together, we will get through this.

Directive du CEMD/SM sur le fonctionnement et la reconstitution du MDN/des FAC dans un environnement COVID-19 persistant

Par Le général Wayne Eyre, Chef d'état-major de la Défense,
& Bill Matthews, Sous-ministre de la Défense nationale

Équipe de la Défense,

Il y aura bientôt deux ans depuis que l'Équipe de la Défense a commencé à œuvrer dans un milieu touché par la COVID-19, et nous reconnaissons que la COVID-19 fait désormais partie de nos vies et que les choses seront ainsi pendant un certain temps. Par conséquent, nous avons publié la nouvelle [Directive du CEMD/SM sur les opérations et la reconstitution du MDN et des FAC dans un contexte où perdure la pandémie de COVID-19](#), laquelle s'éloigne d'une mentalité visant exclusivement à éviter le virus pour en adopter une qui repose plutôt sur l'atténuation des risques.

La nouvelle directive – qui remplace et annule la directive relative à la posture pour l'été 2021 – renferme des renseignements importants et des lignes directrices au moment où nous commençons à rétablir des processus datant d'avant la situation de pandémie et à accroître notre présence

dans le lieu de travail physique, notamment de l'information sur la mise en œuvre continue des mesures de santé publique (MSP), un programme révisé de tests antigéniques rapides et des conseils à jour en matière de voyages.

Vous vous demandez probablement à quoi ressemblera dans l'avenir immédiat le travail effectué au sein de l'Équipe de la Défense. Les décisions relatives aux opérations quotidiennes et à la réintégration des membres de l'Équipe de la Défense dans le lieu de travail physique continueront d'être prises à l'échelle locale, en fonction des réalités régionales, des conditions sanitaires locales et des exigences opérationnelles, et celles-ci vous seront communiquées. Les N1 seront tenues d'obtenir des conseils des autorités médicales supérieures et des comités locaux de santé et sécurité en milieu de travail, de consulter les autorités régionales et de veiller à ce que les mesures d'atténuation soient communiquées efficacement

avant la reprise des activités dans le lieu de travail. L'Équipe de la Défense continuera d'exploiter un modèle de travail hybride lorsqu'il est judicieux de le faire, tirant ainsi parti du succès que nous avons connu à ce jour grâce à la souplesse accordée aux membres du personnel.

On encourage tous les membres de l'Équipe de la Défense à [lire la directive dans son intégralité](#). Nous vous conseillons aussi de consulter l'article paru dans [La Feuille d'érable qui énonce les principaux changements](#) découlant de la nouvelle directive, ainsi que de vous reporter à la [FAQ : Directive sur la reprise des activités](#) où vous trouverez de nouvelles questions et réponses. Si vous avez d'autres questions, nous vous encourageons à discuter avec votre chaîne de commandement ou à les faire parvenir par l'intermédiaire du [site Demandez-n'importe quoi – COVID-19](#).

La résilience et la force de l'Équipe de la Défense sont remarquables. Nous

vous remercions d'avoir travaillé d'arrache-pied au cours des deux dernières années. Nous demandons à chacun d'entre vous de poursuivre la mise en œuvre des MSP et d'assurer le respect des [politiques du MDN et des FAC sur la vaccination contre la COVID-19](#), notamment en veillant à ce que les renseignements d'attestation des membres actuels et futurs du personnel soient exacts et à jour dans le LCM Gestion SSAM (membres des FAC) et le SSAV-GC (employés de la fonction publique). Au moment où notre posture évolue, nous devons demeurer vigilants pour déceler des signes de stress parmi les membres de l'Équipe de la Défense. Chacun vit une situation différente; la compassion et la compréhension sont de mises dans tous les cas.

N'oubliez pas de demeurer vigilant, de vous protéger et de prendre soin de vous et des autres. Ensemble, nous allons y parvenir.



Frequent flyer awarded at 12 Wing Shearwater

12 Wing Shearwater Commander Col Patrick Macnamara presents LCol Bill Thom-ey, 423 Maritime Helicopter Squadron Commanding Officer, with the Sikorsky Flight Hour Award for attaining 2,000 flight hours in a Sikorsky helicopter. The presentation was made on February 22.

S1 MELISSA GONZALEZ



Diving below the ice on Op Nanook-Nunalivut

A diver from the 2nd Foreign Engineer Regiment of France looks across his Canadian counterpart before diving into Arctic waters on Operation NANOOK-NUN-ALIVUT 22 on February 24. The annual exercise involved divers from across the CAF along with their French counterparts.

LT MIGUEL MOLDEZ, JOINT TASK FORCE (NORTH)

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Capt(ret'd) Travis Rivard was deployed on Operation Nanook-Nunaliut in Resolute Bay, NU in March of 2019. After retirement, he found work as an IT professional with help from With You With Me.

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Unique program aids transition to an IT civilian workforce

By Peter Mallett,
The Lookout Staff

Attention veterans and currently transitioning military personnel: There's a free training program designed to prepare you for a career in information technology.

Australian-based company With You With Me (WYWM) works with government agencies to combat the shortage of digital skills through their unique coaching and instruction.

"We want CAF transitioning members to understand they have numerous opportunities outside the military in the tech field," says Travis Rivard, WYWM Engagement Officer.

Rivard speaks from experience, as he is a retired Major in the CAF who found a place in the IT domain. The company's founder, Tom Moore, is also a veteran who experienced the struggle of leaving the military and moving into the civilian workforce.

WYWM began its involvement with the Government of Canada as a partner in their Cyber Workforce Enablement Program in 2020. It is a supply arrangement where the government can call up cyber and technology-trained Canadian Armed Forces veterans to fill the overwhelming cyber resource demand in the Public Service.

The process

With You With Me provides aptitude, psychometric, cultural fit, and learning style assessments to match candidates to an IT job best suited for them, such as Cyber Analyst, Data Analytics, and Software Developer.

Following the assessment, virtual training begins, lasting anywhere from six to 12 weeks depending on the program. Trainees use the WYWM Potential Software Platform to learn their

tech-industry skills.

In a 12-month period, WYWM says it helped more than 100 veterans get hired with the Government of Canada and the private sector.

"Veterans have exceptional aptitudes and skills," says Rivard.

WYWM tested more than 30,000 veterans and found that 67 per cent of respondents had the same aptitude traits as software engineers and other skilled occupations.

What's with the name?

The company name is derived from Australian military speak.

"With You With Me" is a catch phrase used by Australian soldiers during urban entry drills.

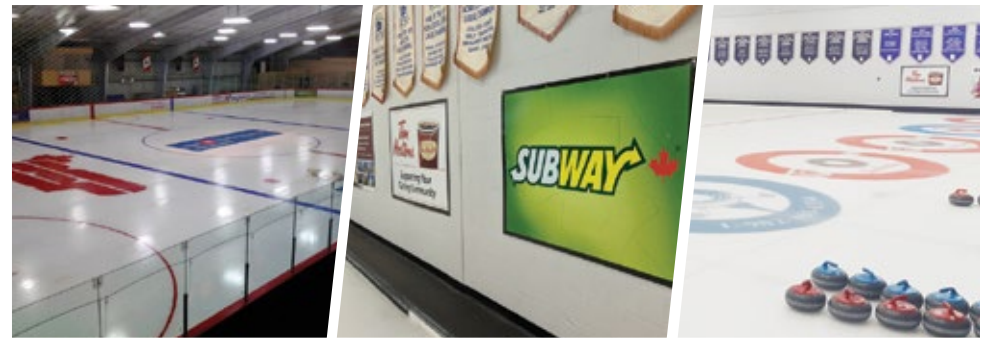
"Essentially, it means I have your back, but it has also become a rallying cry for veterans to band together, solve their own problems, and change the system," explains Rivard.

WYWM has forged strong relationships with the Australian Defence Force, various departments within Australia's federal government, and large financial insurance partners such as Suncorp and Westpac.

The company says its mission has also transformed. While WYWM initially focussed on helping veterans transition successfully into the tech industry, its reach has expanded. It now supports military spouses, Indigenous refugees in four countries, and the neurodiverse (learning disorders) with similar training and employment opportunities.

For more information about WYWM visit their website:

www.withyouwithme.com/caf-veterans



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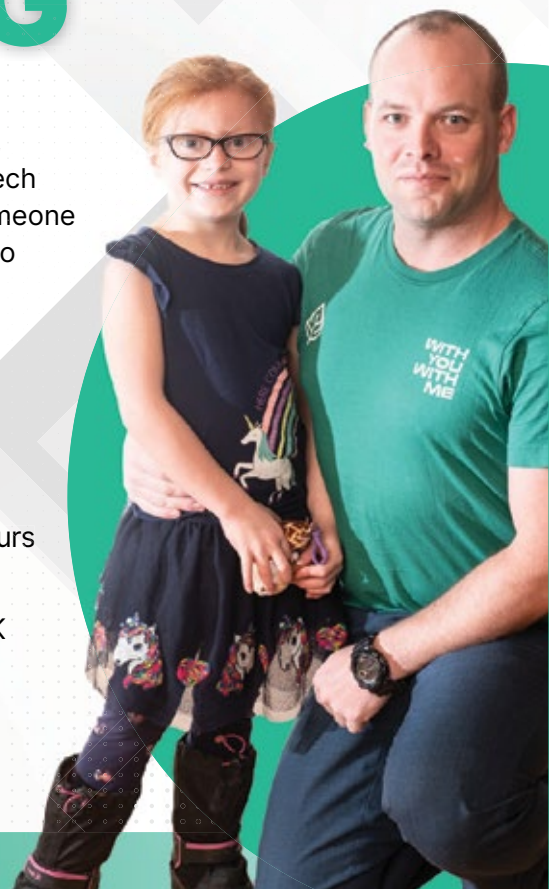
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MV Asterix (right) conducts a Replenishment at Sea with HMCS Montreal in the Atlantic Ocean on January 25, during one of LCdr Jayne's last days in command of the Naval Replenishment Unit.

CPL BRADEN TRUDEAU

Outgoing Asterix CO felt right at home on supply ship

By Joanie Veitch,
Trident Staff

A successful replenishment-at-sea (RAS) requires planning, precision and plenty of prior practice. And although there's always inherent risk involved in the operation, LCdr Amanda Jayne sees a measure of grace and poetry in the manoeuvre as well.

"It's a fine dance between the two ships as they meet in the middle of the ocean. Everyone knows that at this moment, this signal will come across the radio and the ship will be right there. It's beautiful," said LCdr Jayne.

LCdr Amanda Jayne was Commanding Officer of Naval Replenishment Unit (NRU) Asterix from July 2021 to February 2022, when LCdr Kyle Hopper took the helm.

Now Executive Officer of HMCS Ville de Quebec, LCdr Jayne said that although she was in command of the ship for less than a year, she never felt out of place.

"I like to joke that I grew up on the tankers... it was good to be back on the right side of a RAS," she said.

The "tankers" she's referring to are the two Auxiliary Oil Replenishment

(AOR) ships that were operated by the Royal Canadian Navy (RCN) until recently — HMCS Protecteur and HMCS Preserver. Decommissioned in 2015 and 2016 respectively, the AORs supplied fuel and other necessary supplies to RCN ships at sea.

In 2018, the RCN entered a five-year agreement with Federal Fleet Services to lease Motor Vehicle (MV) Asterix, a commercial container ship built in Germany and converted into an RCN supply ship by Davie Shipbuilding in Quebec.

Operating with a core civilian crew, the NRU is the military component that oversees RAS operations aboard Asterix.

"Replenishment-at-sea, that's the business, that's the mission," said LCdr Jayne.

Along with refueling warships, Asterix carries other cargo and supplies to ships at sea, such as spare parts and mechanical equipment, food and medical supplies... whatever is needed while a ship is at sea.

"When a request comes in, we re-

spond. We look at what we can provide... it takes a lot of coordination and planning," said LCdr Jayne.

Formative years

Growing up in Grand Falls-Windsor, NL, LCdr Jayne joined the Royal Canadian Navy in 2002. Initially signing on as a marine engineering officer, partway through her engineering studies at Royal Military College (RMC), LCdr Jayne realized that it wasn't the career for her. She transferred to naval warfare officer training, completing a science degree at RMC before going on to maritime studies at Memorial University through the Continuing Education Officer Training Program (CEOTP).

"A few years in and I was on a whole new trajectory. It was tough at the time, but now, at 19 years in (RCN service), I can see it was for the better," she said.

Her first fleet posting was with HMCS Preserver, where LCdr Jayne did most of her naval warfare officer training. Between Preserver and Protecteur she was "on the tankers" for

about six years.

"I grew up on those ships. Those were my formative years as a young officer so I was really happy to be back doing a RAS again," she said.

Life onboard Asterix

At more than 182 metres in length, Asterix is a big ship — the biggest in the Navy.

The ship's crew is made up of more than 100 people, a mix of civilian personnel from Federal Fleet Services and the military component — the Canadian Armed Forces (CAF) mission specialists who make up NRU Asterix.

While the civilian crew look after the operation and maintenance of the ship — including food services and cleaning — military personnel handle RAS taskings, provide force protection for the ship and helicopter operations.

"It's a very integrated crew. We all have one goal, one focus and one mission," said LCdr Jayne. "The spirit the crew brought to everything they did was invigorating."

Next steps

Now as second-in-command with HMCS Ville de Quebec, LCdr Jayne said she's looking forward to the challenge of building up the ship's unit as the frigate comes out of refit and gets ready to sail, scheduled for 2023.

Having spent a lot of time at sea over the past two years, she's also looking forward to being home a bit more with her husband, Matthew, and two-year-old daughter Eliza-beth.

"It's challenging, balancing family life with work but I try to really focus on taking the time to be with my family when I can. I benefit from having a very supportive partner. I couldn't do it without him."

Reflecting on 19 years of service so far, LCdr Jayne said she's seen a lot of changes in her time in the Navy.

"There are far more female officers now than when I started, and that's a good thing," she said. "We deserve those roles as much as anyone else. From my experience, what women bring to the table is significant."



LCdr Jayne, right, snapped a selfie with Lt(N) Béchard on Asterix's bridge wing while conducting a RAS.

SUBMITTED



Face of Base: Capt Nicole Lively

By CFB Halifax Public Affairs

This week's #FaceofBaseHFX is Captain Nicole Lively, Aeronautical Search and Rescue (SAR) Mission Coordinator at Joint Rescue Coordination Centre Halifax!

Capt Lively is from Marion Bridge in Cape Breton, NS. With 15 years of military service so far, it's no wonder Capt Lively chose this career: her grandparents, great uncles, uncles and cousins alike have served!

While awaiting her training as a Royal Canadian Air Force helicopter pilot, Capt Lively was posted to 403 Squadron in Gagetown, NB. After attaining her wings, her first posting was to 417 Combat Support Squadron (CSS) in Cold Lake, AB to fly the CH 146 Griffon. Capt Lively then went on to fly the CH 149 Cormorant at 103 Squadron in Gander, NL. From there, she was posted to 3 Canadian Forces Flying Training School (CFFTS) in Portage la Prairie, MB where she taught initio helicopter flying as a Category B instructor on the Bell 206 Jet Ranger.

Capt Lively has been employed as an Aeronautical SAR Mission Coordinator since July 2020. In this role, she is responsible for the planning, coordination, control and directing the response to aeronautical SAR incidents, tasking primary SAR aircraft (CH 149 Cormorant and CC 130 Hercules) and initiating requests for secondary SAR aircraft (both military and civilian). She is also responsible for tasking and coordinating aircraft in support of maritime incidents as requested by the Maritime SAR Mission Coordinator, as well as assisting the Maritime SAR Mission Coordinator and other mission coordinators as necessary. At times, Capt Lively may also assist during ground SAR and humanitarian incidents in support of a province or territory as requested by the responsible agency.

Capt Lively was inspired to join JRCC in 2016 when she had the opportunity to take a tour of JRCC Halifax. She spent a few hours talking about the SAR mission system and how the RCAF works with the Canadian Coast Guard (CCG) to prosecute missions with an Aeronautical Assistant Coordinator. In 2020, Capt Lively requested a posting to Halifax for family reasons and was given a position at JRCC Halifax!

A few highlights of her military career include receiving her wings in March 2012; being deployed to High River, Calgary and Medicine Hat, AB in 2013 as part of OP LENTUS with 417 CCS where they rescued 9 people and a dog from the flood waters and delivered 2 doctors to the hospital; completing the Arctic Survival course in Resolute Bay, NU in January 2017 where she learned how to build an igloo



Capt Nicole Lively

from the Canadian Rangers; and receiving the RCAF Commendation for rescuing 5 fishermen in fear of capsizing form F/V Norther Provider in March 2017 with 103 SAR Squadron.

Capt Lively's interests include hiking, running, swimming, baking, and spending time with her two dogs. She completed the 5K Army Run, the Gagetown 10K run, the RCAF Half Marathon, the Miquelon 25Km and most recently the Army Run Commanders' Challenge. In September 2021, Capt Lively completed the Long Range Traverse in Gros Morne National Park, NL with her significant other.

A fun fact about Capt Lively? She has been fortunate to take her mom for a flight in each of the helicopters she has flown in the CAF as part of Wing/Unit Family Appreciation Days throughout her career.

Gens de la Base: Capt Nicole Lively

Par des affaires publiques de la BFC Halifax

Cette semaine, la personne des #Gens-de-la-BFCHfx est la capitaine Nicole Lively, coordonnatrice de mission de recherche et sauvetage (SAR) aéronautique au Centre conjoint de coordination des opérations de sauvetage - Halifax!

La capitaine Lively est originaire de Marion Bridge au Cap-Breton, en Nouvelle-Écosse. Avec 15 ans de service militaire jusqu'à présent, il n'est pas étonnant que la Capt Lively ait choisi cette carrière : ses grands-parents,

la direction de l'intervention en cas d'incidents SAR aéronautiques, de l'affectation des aéronefs SAR principaux (CH-149 Cormorant et CC-130 Hercules) et de la présentation des demandes d'aéronefs SAR secondaires (militaires et civils). Elle est également chargée d'affecter et de coordonner les aéronefs à l'appui des incidents maritimes, à la demande du coordonnateur de mission SAR maritime, et d'aider le coordonnateur de mission SAR maritime et les autres coordonnateurs de mission, au besoin. La Capt Lively peut également parfois apporter son aide lors d'incidents SAR au sol et d'incidents humanitaires à l'appui d'une province ou d'un territoire, à la demande de l'organisme responsable.

La Capt Lively a été inspirée à se joindre au CCCOS en 2016 lorsqu'elle a eu l'occasion de faire une visite du CCCOS Halifax. Elle a passé quelques heures à parler du système de mission SAR et de la façon dont l'ARC collabore avec la Garde côtière canadienne (GCC) pour poursuivre les missions avec un coordonnateur adjoint aéronautique. En 2020, la Capt Lively a demandé une affectation à Halifax pour des raisons familiales et a obtenu un poste au CCCOS Halifax!

Voici quelques faits saillants de sa carrière militaire : elle a reçu son brevet de pilote en mars 2012; elle a été déployée à High River, à Calgary et à Medicine Hat en Alberta, en 2013, dans le cadre de l'Op LENTUS avec le 417 Esc SC, où ils ont sauvé neuf personnes et un chien des eaux de crue et remis deux médecins à l'hôpital; elle a suivi le cours de survie dans l'Arctique à Resolute Bay, au Nunavut, en janvier 2017, où elle a appris à construire un igloo avec les Rangers canadiens; et elle a reçu la mention élogieuse de l'ARC pour avoir sauvé cinq pêcheurs qui craignaient de chavirer à bord du navire de pêche Norther Provider en mars 2017 avec le 103e Escadron de recherche et de sauvetage.

Les intérêts de la Capt Lively comprennent la randonnée pédestre, la course, la natation, la boulangerie et la pâtisserie et passer du temps avec ses deux chiens. Elle a terminé la Course de l'Armée de 5 km, la course de 10 km de Gagetown, le demi-marathon de l'ARC, le 25 km de Miquelon et, plus récemment, le Défi du commandant de la Course de l'Armée. En septembre 2021, la Capt Lively a terminé la traverse Long Range dans le parc national du Gros-Morne, à Terre-Neuve, avec son être cher.

Un fait amusant au sujet de la Capt Lively? Elle a eu la chance d'emmener sa mère faire un vol dans chacun des hélicoptères qu'elle a pilotés dans les FAC dans le cadre des Journées de reconnaissance des familles des escadres/unités tout au long de sa carrière.

grands-oncles, oncles et cousins ont tous servi!

En attendant de recevoir son instruction de pilote d'hélicoptère de l'Aviation royale canadienne, la Capt Lively a été affectée au 403e Escadron à Gagetown, au Nouveau-Brunswick. Après avoir obtenu son brevet de pilote, elle a été affectée au 417e Escadron de soutien au combat à Cold Lake (Esc SC), en Alberta, pour piloter le CH-146 Griffon. La Capt Lively a ensuite piloté le CH-149 Cormorant au 103e Escadron à Gander (T.-N.-L.). De là, elle a été affectée à la 3e École de pilotage des Forces canadiennes (EPFC) à Portage la Prairie, au Manitoba, où elle a donné l'instruction initiale de pilotage d'hélicoptère en tant qu'instructrice de catégorie B sur le Bell 206 Jet Ranger.

La Capt Lively est employée comme coordonnatrice de mission SAR aéronautique depuis juillet 2020. À ce titre, elle est responsable de la planification, de la coordination, du contrôle et de

SUBMITTED/SOUMIS



Padre's Corner: Look up!

By Padre (Capt) Brenda Zwicker,
Fleet Chaplain

There has been a lot of interesting discussion lately around the new Netflix-produced film "Don't Look Up." One article I read called it a parable of our distracted society. I found the movie entertaining while I watched, but then it stayed on my mind afterwards as I wondered if society has reached that level of foolish thinking where common sense is no longer heard.

If it has reached that level, we certainly don't have to stay there. One antidote for the ills of being blind to the problems of the community around us and entrenched in our own narrow views is to care for others. In the Christian Bible, Jesus taught what is now called the Golden Rule; we are to treat others the way we want to be treated ourselves. We can do this.

The peer support program called Sentinels equips sailors to be that person who looks around and notices if someone is struggling. We all want a workplace

where we feel seen and cared for so the Sentinels are living the Golden Rule, they are watching out for others. They are caring for others in the same way they hope to be cared for themselves.

The Royal Canadian Navy has enthusiastically embraced the Sentinel program. The beautiful part of taking the time to care for others is it also improves our own sense of well-being. A study in the Psychiatric Rehabilitation Journal found peer support services afford individuals the opportunity to benefit themselves from helping others. Sounds like a win-win to me.

Let's ignore the bad advice of "Don't Look Up." Look up! See this unique military community we belong to. Serving our country doesn't come without challenge and stress but our job should not be a place we dread. A little TLC to those around us helps us all stay strong so we can finish this journey well.



Small arms training: Operation Reassurance

A member of the ship's company of HMCS Montreal partakes in live-fire training with the Sig Sauer P226 during Operation Reassurance in the Mediterranean Sea on February 26, 2022.

CPL BRADEN TRUDEAU

H&R MFRC Presents A Special Session On Gender-Based Violence

By Sarah-Jean Mannette,
Halifax & Region Military Family Resource Centre

In our series called Empowering Military Families, we focus on supporting military families experiencing Gender-Based Violence (GBV). In our first session, we address the important topic of GBV. To view a recording of this session, please [click here](#).

We are proud to partner with Transition House Association of Nova Scotia (THANS) to offer this program that focuses on GBV and parenting. Please see below for more information.

Empowering Military Families: Gender-Based Violence & Parenting

Date: Thursday, March 10, 2022

Time: 6:30 – 8pm (Atlantic)

Location: Virtual (Zoom)

Cost: \$0

Register: [click here](#)

Deadline to register: Wednesday, March 9, 2022

Please join us for an informative virtual discussion on parenting in an environment where gender-based violence has or is currently happening. In this discussion, you will learn what gender-based violence is, who is at risk, as well as tips, tools and parenting strategies. Local resources will be provided to help support families experiencing gender-based violence within the home. For those wishing to take part, there will also be an interactive question and answer period anyone can participate in.

The goal of this session is to provide practical information and awareness: participants are not required to participate or self-identify in any way.

Outils les familles militaires : Violence sexiste et rôle parental

Date : jeudi 10 mars 2022

L'heure : 18 h 30 à 20 h

L'endroit : Virtuel (Zoom)

Coût : 0\$

Enregistrer : [Cliquez ici](#)

Date limite pour s'inscrire : mercredi 9 mars 2022

Rejoignez-nous pour une discussion virtuelle informative sur le rôle de parent dans un environnement où la violence sexiste s'est produite ou se produit actuellement. Au cours de cette discussion, vous apprendrez ce qu'est la violence sexiste, qui y est exposé, ainsi que des conseils, des outils et des stratégies parentales. Des ressources locales seront fournies pour aider les familles confrontées à la violence sexiste à la maison. Pour ceux qui souhaitent y participer, il y aura également une période de questions et réponses interactive à laquelle tout le monde pourra participer.

L'objectif de cette session est de fournir des informations pratiques et de la sensibilisation ; les participants ne sont pas tenus de participer ou de s'identifier de quelque manière que ce soit.



SPORTS & FITNESS



Register now for CISM Virtual Running Series

By Trident staff

Calling all Canadian Armed Forces runners! Registration is now open for the Canadian Armed Forces CISM Virtual Running Series, which involves three separate races, with different race distance options, over the coming months. Signing up is free for all CAF members, with only a valid Forces account required for registration, and it's the perfect opportunity for those who wish to try out for the 2023 CISM team.

Those who finish the full series (by completing at least one distance from each of the 3 races) will also be entered into a draw for a CAF CISM Running Team Singlet.

Race 1:

5km, 10km, ½ Marathon
Registration dates: 15 Feb – 25 Mar
Race Dates: 26 Mar – 4 Apr
Results due: 5 Apr
[Race 1 2022](#) — [Race Roster](#)

Race 2:

5km & ½ Marathon
Registration dates: 15 Feb – 27 May
Race Dates: 28 May – 5 Jun
Results due: 6 Jun
[Race 2 2022](#) — [Race Roster](#)

Race 3:

5km, ½ marathon, Marathon
Registration dates: 15 Feb – 14 Oct
Race Dates: 15 Oct – 23 Oct
Results due: 24 Oct
[Race 3 2022](#) — [Race Roster](#)

The Conseil International du Sport Militaire (CISM)* is an international military sports organization with 136 member countries that regularly come together for friendly competition. Interesting in keeping up with the CAF's international running team? Find them at <https://www.facebook.com/CISMRunningCanada.ca/> for regular updates, and more details on the Virtual Running Series can be found at <http://CAFConnection.ca/CAFRunning>



One of CFB Halifax's own at the Brier

Kevin Ouellette has been a familiar face to many at CFB Halifax for nearly 20 years, but did you know that Juno Catering's Banquet Chef is a pro on the ice as well as in the kitchen? Ouelette is an accomplished curler, currently competing at the Tim Hortons Brier, which is the Canadian men's national curling championship. The tournament runs March 4 to March 13. Ouelette, standing in back, is the alternate for Team Nova Scotia, pictured here with skip Scott McDonald, third Paul Flemming, second Scott Saccary, and lead Phil Crowell.

CURLING CANADA



JUNE 18 2022

NAVY RUN

CFB ESQUIMALT



VIRTUAL AND IN PERSON
VIRTUELLE ET EN PERSONNE

18 JUIN 2022

COURSE DE LA MARINE

BFC ESQUIMALT



REGISTRATION FEES

VIRTUAL - EVERYONE

Feb. 1 – March 31: \$36.75
April 1 – June 12: \$40.00

VIRTUAL - KIDS RUN

Feb. 1 – March 31: \$25.00
April 1 – June 12: \$30.00

IN-PERSON

Feb. 1 – March 31

\$29.40 – Active and Retired Military
\$34.65 – DND/NPF Civilians
\$39.90 – General Public

April 1 – June 12

\$34.65 – Active and Retired Military
\$39.90 – DND/NPF Civilians
\$45.15 – General Public

IN-PERSON - KIDS RUN

Feb. 1 – June 12: \$20.00



LATE FEES FOR IN PERSON EVENTS

CAF – \$45, DND – \$50, Public – \$55

FRAIS D'INSCRIPTION

VIRTUELLE – TOUT LE MONDE

Du 1er février au 31 mars : 36,75 \$
Du 1er avril au 12 juin : 40 \$

VIRTUELLE – COURSE DES ENFANTS

Du 1er février au 31 mars : 25 \$
Du 1er avril au 12 juin : 30 \$

EN PERSONNE

Du 1er février au 31 mars

29,40 \$ – Militaires en activité et retraités
34,65 \$ – Civils du MDN/FNP
39,90 \$ – Grand public

Du 1er avril au 12 juin

34,65 \$ – Militaires en activité et retraités
39,90 \$ – Civils du MDN/FNP
45,15 \$ – Grand public

EN PERSONNE – COURSE DES ENFANTS

Du 1er février au 12 juin : 20 \$

FRAIS DE RETARD POUR LA PARTICIPATION EN PERSONNE

FAC : 45 \$, MDN : 50 \$, public : 55 \$

REGISTER TODAY TO SECURE YOUR 2022 NAVY RUN TECHNICAL SHIRT / INSCRIVEZ-VOUS DÈS AUJOURD'HUI POUR RECEVOIR LE CHANDAIL TECHNIQUE DE LA COURSE DE LA MARINE 2022

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Soldier On when you register.
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en mouvement lorsque vous
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