



# TRIDENT

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## HMCS Oriole family legacy / L'héritage familial du NCSM Oriole

*Bryan Gooderham, the great-great-grandson of HMCS Oriole's original owner, steered the ship into the Royal Canadian Yacht Club (RCYC) during Oriole's visit to Toronto as part of the 2022 Great Lakes Deployment. HMCS Oriole was launched in 1921, and was originally built privately for George Gooderham, who was then commodore of the RCYC. Bryan Gooderham is pictured with LCdr Robert Pelton, HMCS Oriole's current commanding officer.*

*Bryan Gooderham, l'arrière-arrière-petit-fils du premier propriétaire du NCSM Oriole, a dirigé le navire vers le Royal Canadian Yacht Club (RCYC) lors de la visite de l'Oriole à Toronto dans le cadre du déploiement la tournée des Grands Lacs 2022. Le NCSM Oriole a été lancé en 1921 et a été construit à titre privé pour George Gooderham, qui était alors commodore du RCYC. Bryan Gooderham est photographié avec le Capitaine de corvette Robert Pelton, le commandant actuel du NCSM Oriole.*





# Two more AOPS given official names honouring Canadian naval heroes

By Joanie Veitch,  
Trident Staff



Allyson Brooke, co-sponsor of HMCS *Margaret Brooke*, along with LCdr Nicole Robichaud, present the framed paperwork giving the ship its official name.

MCPL TREVOR MATHESON

Family members of two Canadian naval heroes took part in the official naming of HMCS *Margaret Brooke* and HMCS *Max Bernays* at a ceremony held at Irving Shipbuilding's Halifax Shipyard on May 30, along with members of the Royal Canadian Navy, shipbuilding personnel, and federal and provincial government representatives.

Both ships are part of the fleet of six Arctic and Offshore Patrol Ships (AOPS) being delivered to the Navy as part of the National Shipbuilding Strategy.

The ceremony opened with blessings from Capt Brenda Zwicker, Fleet Chaplain, and Anthony Thomas of the Mi'kmaq Native Friendship Centre. Following remarks by dignitaries — including VAdm Craig Baines, Commander of the RCN, on his last day before retirement — each of the ship's sponsors took the podium.

Allyson Brooke — the youngest niece of LCdr Margaret Brooke — is co-sponsor of HMCS *Margaret Brooke*

along with her older sister, Margaret Elizabeth Brooke. Having recently toured both HMCS *Harry DeWolf* — the first of the AOPS — and HMCS *Margaret Brooke*, she felt “awed by the technology and the craftsmanship” that went into the ships' construction, and said her Aunt Margaret would be very proud to see it. An RCN

Nursing Sister

during the Second World War, LCdr Margaret Brooke (then a Sub-Lieutenant), received a Member (Military Division) of the Order of the British Empire for her brave attempt to save Agnes Wilkie, also a Nursing Sister, after the steamship ferry they were on — SS *Caribou* — was torpedoed by a German submarine and sunk in the Cabot Strait on October 14, 1942.

Retiring from the Navy in 1962, LCdr Brooke went on to have a second career in paleontology, achieving her doctorate from the University of Saskatchewan.

LCdr Brooke learned that the second AOPS would be named for her — the first RCN vessel named after a woman — on April 10, 2016, her 100th birthday, after receiving a phone call from the Minister of National Defence. She died the following year.

“She was a very hardworking woman all her life,” Brooke said of her aunt, “she was not a complainer,

but every once in a while she would comment on how hard a woman must work in order to get the same recognition that comes so easily to men.”

Shannon Bernays — the granddaughter of Max Bernays and sponsor of the future HMCS *Max Bernays* — said her grandfather was a quiet but proud man who would have loved to know that the third AOPS was being named in his honour.

“His heart would be bursting with pride and joy right now if he could see this,” she said.

Acting Chief Petty Officer Max Bernays was a member of the Naval Reserve who served as Coxswain of HMCS *Assiniboine* during the Second World War. On August 6, 1942, during an intense battle with a German submarine, CPO Bernays ordered two junior telegraph officers clear before taking the helm.

Surrounded by smoke and fire, CPO Bernays single-handedly steered the ship and dispatched orders to the engine room, eventually managing to ram and sink the U-boat — receiving the Conspicuous Gallantry Medal for his courage.

In keeping with naval tradition, attendees watched as each of the ship's sponsors named the two vessels by smashing a bottle of sparkling wine — in this case both Blanc de Blancs from Nova Scotian vineyards — over the ship's hull, to

bring good luck and safe travel to each of the ships and their crews.

HMCS *Margaret Brooke* and the future HMCS *Max Bernays* are the second and third ships in the Harry DeWolf-class being delivered by Irving Shipbuilding to the RCN. Capable of operating in Arctic waters and sea ice up to one-metre thick, the AOPS are designed for versatility and can provide a variety of activities, including responding to search and rescue and humanitarian missions anywhere in the world.

Irving Shipbuilding delivered HMCS *Margaret Brooke* to the Navy on July 15, 2021. Having conducted more than a month of cold-weather and ice trials in Canada's north earlier this year, HMCS *Margaret Brooke* recently returned to its homeport of Halifax from warm-weather trials.

The future HMCS *Max Bernays* will be delivered to the RCN this fall and will be the first Arctic Offshore Patrol Vessel (AOPV) that will be homeported in Esquimalt, BC.



With HMCS *Max Bernays* in the background, Anthony Thomas of the Mi'kmaq Native Friendship Centre opened the ship naming ceremony at Irving Shipbuilding in Halifax on May 30.

MCPL TREVOR MATHESON

## Statement: HMCS *Halifax* Commanding Officer temporarily relieved of duties

By CJOC

Following several incidents onboard HMCS *Halifax* during Operation Reassurance, Vice-Admiral Bob Auchterlonie, Commander Canadian Joint Operations Command (CJOC), has temporarily relieved the Commanding Officer of HMCS *Halifax* of his duties so that an investigation into the details of the incidents may take place.

This investigation is in relation to incidents that took place onboard the

ship during a port visit in Swinoujscie, Poland, while deployed on Operation Reassurance. These incidents do not concern any sexual misconduct, harmful or inappropriate sexual behaviour.

This measure was deemed necessary to ensure the investigation can unfold while HMCS *Halifax* continues its deployment with Standing NATO Maritime Group 1.

Commander Paul Mountford, an experienced naval officer and Commanding Officer of HMCS *Charlottetown*, has assumed command in the interim. He will continue *Halifax's* deployment until the end of the deployment, with the ship scheduled to return home to Halifax, N.S. in mid-July. The ship's company has been informed of this decision.

The relieved CO of HMCS *Halifax*

will serve in other roles within Maritime Forces Atlantic Headquarters until the conclusion of the investigation. All individuals are presumed innocent until proven otherwise. Procedural fairness remains a priority and is respected throughout all Canadian Armed Forces investigations and administrative processes.





# VAdm Angus Topshee becomes 38th Commander RCN

By Joanie Veitch,  
Trident Staff



VAdm Angus Topshee assumed leadership of the RCN from VAdm Craig Baines during the Commander RCN Change of Command in Halifax on May 30. The Chief of the Defence Staff, Gen Wayne Eyre, presided over the ceremony. Left to right: VAdm Topshee, Gen Eyre and VAdm Baines.

MONA GHIZ, MARLANT PA

Vice-Admiral (VAdm) Angus Topshee assumed the duties of Commander of the Royal Canadian Navy (RCN) from VAdm Craig Baines on May 30, 2022, in a change of command ceremony presided over by General Wayne Eyre, Chief of the Defence Staff (CDS).

Thanking VAdm Baines for his service, Gen Eyre said command of the Navy is an “exceptional task” that demands “resolve and compassionate leadership.”

“Your career has been marked by your humility, dedication, loyalty and passion for the Navy and the people in it,” he said to VAdm Baines. “You’re leaving our Navy and VAdm Topshee in a good position to deal with a rapidly changing world, a world that’s

more dangerous now than at any time since the Second World War... where change is the only constant and unpredictability is the new steady state.”

Joking that he had sent VAdm Topshee a “four-page expectation letter”, Gen Eyre said he is confident the new Commander “will be a steady and expert hand on the tiller” as the Navy faces the challenges ahead.

“You will lead the modernization of the Navy to ensure it is ready for the future fight,” he said. “You will continue to drive cultural growth in the Navy to ensure we can attract and retain the best that Canada has to offer... the talent we so desperately need.”

Attaining the role of the Navy’s top position is not something VAdm Topshee said he could have foreseen when he started his career in the Canadian Armed Forces (CAF).

While he has served in a variety of command and staff roles throughout his career — most recently as Commander Maritime Forces Pacific and Joint Task Force Pacific — the Navy was VAdm Topshee’s

third option when he first signed up, he said.

“I joined to be a pilot... but as you can see that didn’t work out. After 17.2 hours on a CT-134 — the Mighty Musketeer — it was determined that I didn’t have the aptitude to be a pilot in the Royal Canadian Air Force,” he laughed.

Following an unsuccessful attempt to join the Canadian Army, VAdm Topshee began his naval officer training in 1996. Reflecting on both his own challenges in finding his way in the CAF, and following the career paths of some of his fellow officers in that naval officer training course — a class consisting of as many women as men — VAdm Topshee said he learned a huge lesson about how talent can easily go untapped.

“If you had told me at the time that one of us from that class would go on to take command of the Navy, I’d have rated several of those women as the most likely contenders as they were extremely talented,” he said.

While three men from the class have gone on to hold senior officer positions, he said, none of the women made it even to the position of Executive Officer.

“It was not a lack of talent or motivation on their part. This tremendous

loss to the Navy was as a result of systemic — often overt — sexism and discrimination,” he said. “While we have made considerable progress — and I am heartened by the great women we have in command of warships right now — I am determined that we never again squander our talent like that.”

VAdm Baines, who spent a year and a half as Commander of the RCN as part of his 35-year naval career, is retiring from the (CAF).

Thanking his family and friends for their support, VAdm Baines offered his gratitude to the sailors and public servants of the RCN for their work in what “can only be characterized as a challenging time in our history.”

“I’ve been inspired by your dedication, loyalty and service to your country,” he said.

Speaking directly to VAdm Topshee, VAdm Baines said he “couldn’t be leaving the RCN in better hands.”

The ceremony was held at Her Majesty’s Canadian Dockyard, Halifax, home of Maritime Forces Atlantic, and live streamed on Facebook.

On June 2, Chief Petty Officer 1st Class (CPO1) Thomas Lizotte assumed the role of Command Chief Petty Officer of the RCN from CPO1 David Steeves, who is retiring after 33 years of service.



VAdm Topshee delivers his first address as the new Commander RCN.

MONA GHIZ, MARLANT PA



At another ceremony held on June 2, CPO1 Tom Lizotte, right, was appointed the new RCN Chief Petty Officer, taking over from CPO1 David Steeves. Hon Capt (N) Debbie Eisan led the smudging ceremony prior to the Change of Appointment.

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# Working as a Meteorological Technician at sea

By Sgt Holly Wortman,  
HMCS *Halifax*

The life of a Meteorological Technician (Met Tech) at sea is a somewhat unique experience. We provide weather support to multiple departments for different types of operations onboard. Everything from flight operations, gun shoot exercises, replenishments at sea, navigational planning for transiting entrances to various harbours around the world, and even giving the ship's company a heads up when we're in for rough seas. We are briefers, observers, and forecasters each and every day.

As a Met Tech in general, each day ashore has the potential to bring its own set of challenges, as the weather is constantly changing. But at sea, we get the added bonus of forecasting for a moving platform, often in conditions where we have limited internet capabilities. On the ship, we don't have all of the tools and resources we do onshore, so we have to rely on our knowledge, our situational awareness (and honestly, sometimes, our gut and intuition), and be ready for any changes that may come up.

In addition to the weather support, the Met Techs on board Royal Canadian Ships also act as the postal orderlies. When deployed, we assist members in mailing out letters, postcards, and parcels to their loved ones, and we work with the logistics department to ensure the ship is set up to receive care packages while we're away. These care packages are often referred to as "morale mail," as it is a significant boost to morale on board when sailors receive gifts and treats from everyone back home.

This is my second deployment as the Senior Meteorological Technician in Her Majesty's Canadian Ship (HMCS) *Halifax* with Standing NATO Maritime Group 1 on Operation Reassur-

ance (I deployed from January to July in 2021 as well). As a Met Tech, the two experiences have been very similar, but as a sailor, they couldn't be more different. Last year, COVID-19 still had a firm grip on the world, and for most of our port visits, we were unable to go ashore. We worked together as a ship to make the port visits as much fun as possible, but visiting so many beautiful countries, so full of history and culture, and being unable to explore,

could be hard at times. This time around, we have the opportunity to go ashore, do some sightseeing, try the local cuisine, and essentially experience everything I was looking forward to when I heard that I was posted to a ship.

As unique and challenging as our job at sea is, it is also extremely rewarding, and my time posted to HMCS *Halifax* has been the highlight of my career thus far.



Sgt Holly Wortman is currently posted to HMCS *Halifax* as the Senior Meteorological Technician for the ship's Op Reassurance deployment.

SUBMITTED



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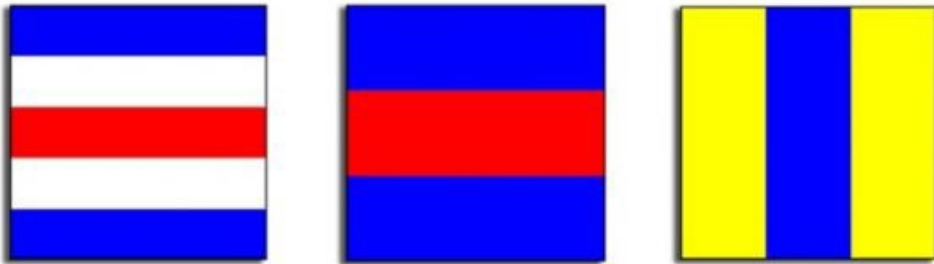
Staff at the Stadacona Canex held a contest in May, seeing who could get the most customers to present their CFOne cards during checkout through the month. The lowest total went to Mr. Frank Beals, which lined him up to have buckets of water poured on him outside the store by colleagues and customers on June 7. Beals said the contest was all in good fun, and that staff had success through the month in altering customers to the benefits and discounts available through the CFOne card. The cards are available to all CAF members, DND and CFMWS employees, and other members of the wider military community, learn more [here](#).

RYAN MELANSON, TRIDENT STAFF





# Vice-Admiral Topshee's Flag Hoist Signal



I am proud to assume command of the Royal Canadian Navy. In this era of diminished trust in senior leadership, I recognize that I must earn your confidence. I promise that the RCN will place as much importance on character as it does on competence and that we will be fair, equitable, and transparent in facing the challenges that confront our navy today.

My main focus and the top priority for the RCN is to attract, recruit, and train as many sailors as possible from across the full spectrum of Canadians. This will take a collective effort across the entire institution. Success here will ease the burden on all those sailors who are working hard to overcome our present shortage of personnel.

We can only succeed if we create a welcoming, inclusive and enabling environment for our new sailors as

well as everyone serving today. I am committed to ensuring that every member of the Navy team, military and civilian, part time and full time, is empowered to perform to their full potential and that they never doubt that we value and appreciate their hard work.

Finally, world events have made it clear that we must be a Navy that is Ready to Fight. I sincerely hope that we are never tested in combat but, should that come to pass, we must be ready as the lives of our sailors and shipmates depend upon it. That starts by being honest about how things are, not how we want them to be.

*Vice-Admiral Angus Topshee,  
38th Commander of the Royal Canadian Navy.*

## Signal de hissage des pavillons du vice-amiral Topshee

Je suis honoré de prendre le commandement de la Marine royale canadienne. En cette époque de perte de confiance dans les hauts dirigeants, je reconnais que je dois regagner la vôtre. Je vous promets que la MRC accordera autant d'importance aux caractères qu'aux compétences et que nous serons justes, équitables et transparents pour faire face aux défis qui se posent à la Marine aujourd'hui.

Mon principal objectif est d'attirer, de recruter et de former le plus grand nombre possible de marins venant de toutes les sphères de notre société. C'est là aussi la priorité de la MRC. Pour y parvenir, il faudra un effort concerté à l'échelle de l'organisation. Si nous y arrivons, nous allégerons le fardeau imposé à tous les marins qui travaillent dur pour pallier la pénurie actuelle de personnel.

Nous ne pourrions réussir que si nous assurons un milieu accueillant, inclusif et favorable aux nouveaux marins ainsi qu'à tous ceux qui servent

aujourd'hui. Je m'engage à faire en sorte que tous les membres de l'équipe de la Marine, militaires et civils, personnel à temps partiel comme à temps plein, soient en mesure de donner le meilleur d'eux-mêmes et qu'ils comprennent, sans aucun doute, à quel point leur excellent travail est apprécié.

Avec tout ce qui se passe actuellement dans le monde, la Marine doit être prête à combattre, c'est certain. J'espère sincèrement que nous ne serons jamais mis à l'épreuve au combat mais, si cela se produit, nous devons être prêts car la vie de nos marins et compagnons de bord y en dépend. Pour ce faire, nous devons d'abord faire preuve d'honnêteté et nous préparer comme il se doit.

*Vice-amiral Angus Topshee,  
38e commandant de la Marine royale canadienne*



*VAdm Angus Topshee*

*vam Angus Topshee*

RCN/MRC



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# CPO1 Mondelli continues making history as new Base/Formation Chiefs appointed

By Joanie Veitch,  
Trident Staff

Welcoming Chief Petty Officer 1st Class Troy Beazley as the new CFB Halifax Base Chief on June 7, outgoing Base Chief CPO1 Alena Mondelli assured him that he'll be working with "an amazing team of professionals" to help navigate the new role.

"They know the base inside and out, they know where to find information and are wizards of organization and administration," CPO1 Alena Mondelli said of the Base Administration personnel. "They look after each other and lift each other up, which means they will also lift you up."

CPO1 Mondelli — the first woman Base Chief — was appointed Formation Chief for Maritime Forces Atlantic (MARLANT) at a ceremony the previous day, making history for the second time in less than a year as the first woman to take on that role.

"I've said it before and I'll say it again, we are not a "new Navy" every time a significant event occurs that challenges our old-beliefs and way of being," she said at the Formation Chief Change of Appointment ceremony.

"Culture change does not mean we're a "new Navy"... We're evolving. And it's messy and dynamic and I believe, in time, we will get through this. Allons-y! Let's be the change we want to see."

Thanking CPO1 Mondelli for her service as Base Chief, Capt(N) Sean Williams, Base Commander of CFB Halifax, praised her ability to empower the people she works with.

"Alena gives people a voice and the opportunity to make a difference. She empowers people to be the best that they can be — the best version of themselves — and that, in my view, is how we're going to make a difference in this organization," he said.

The ceremony appointing CPO1 Beazley as the 24th Base Chief was

held outdoors at Juno Tower in Halifax, with music provided by the Jazz Ensemble of the Stadacona Band and a smudging ceremony once again offered by Hon Capt(N) Debbie Eisan from the Mi'kmaq Native Friendship Centre, along with songs performed by Garrett Gloade of Millbrook First Nation, a Mi'kmaq community near Truro.

Hon Capt(N) Eisan served 36 years in the Royal Canadian Navy. She attained the rank of Chief Petty Officer 2nd class and was appointed as Honorary Captain (Navy) to Her Majesty's Canadian Ship *Margaret Brooke* last year.

"I am truly honoured to be a part of these ceremonies, she said. "It starts the journey of reconciliation and what I call reconcili-action, recognizing the fact that there are many Indigenous men and women in uniform who are serving our country."

Offering advice to her successor in the Base Chief role, CPO1 Mondelli noted there are no easy answers to the set of complex and cascading challenges that he'll face on the job, but said communication and working together as a team is part of the solution.

"What is important in all of this is that we all had dialogue to understand the complexities at play. It's a dialogue I know you will continue," she said, praising CPO1 Beazley as a "true active listener" who can look beyond all numbers and statistics to "figure out the human factor" in any given problem.

CPO1 Beazley comes to CFB Halifax after most recently serving as the Naval Strategic Readiness CPO1 and RCN Succession Manager in Ottawa, and is also a former Coxn of HMCS *Charlottetown*.



On June 7, the Stadacona Band of the Royal Canadian Navy performed O Canada during morning colours in recognition of the Base Chief Petty Officer (BCPO) Change of Appointment ceremony taking place later that day. The entire BCPO team was on-hand to witness the performance and flag-raising ceremony, including outgoing Base Chief CPO1 Mondelli and incoming Base Chief CPO1 Beazley.

ARIANE GUAY-JADAH, CFB HALIFAX PA

## Join the next RCN Mentorship Program session on June 28

By RCN

Royal Canadian Navy (RCN) sailors – Regular and Reserve Force – at all ranks and civilian employees at all levels are invited to the next session of the RCN's Mentorship Program.

Over 300 people attended the first session at the end of May. Based on feedback from that session, the topic

of the next event is networking and work-life balance.

You are invited to attend the next group session:

**Date:** June 28

**Time:** 1 p.m. to 2:30 p.m. AST

**Location:** [Microsoft Teams](#)

The program is also open to all Ca-

nadian Armed Forces personnel and all Department of National Defence civilian employees.

At this stage, the RCN Mentorship Program consists of group sessions led by a subject matter expert on topics of interest to RCN Team members. These sessions will be available to all on

Microsoft Teams.

These group sessions will be held monthly and everyone is encouraged to actively participate, share their insights and ask questions. For more information, [visit the Mentorship Program's intranet page](#) (DWAN only).





# L'opération Sea Guardian de l'OTAN achève une nouvelle patrouille en Méditerranée occidentale

Par NATO MARCOM

Le 12 mai, le groupe opérationnel maritime de l'OTAN a achevé sa troisième série de patrouilles ciblées en Méditerranée occidentale dans le cadre de l'opération Sea Guardian (OSG) de l'OTAN.

Dirigée par le Commandement maritime allié de l'OTAN (MARCOM) à Northwood, l'OSG est une fusion d'informations destinée à dresser un tableau complet des activités quotidiennes en Méditerranée. Les unités de l'OSG comprenaient le navire de patrouille amiral de la marine italienne ITS *Borsini* (P491), soutenu par un sous-marin du Portugal, ainsi que

des unités aériennes du Canada, de la Grèce, de l'Italie, du Portugal, de l'Espagne et de la Turquie.

«Une coordination et une communication efficaces entre toutes les unités participantes ont permis de mener à bien une série de patrouilles ciblées», a déclaré le commandant Nicasio Falica, de la marine italienne, commandant du groupe opérationnel. «Ces patrouilles aident l'OTAN à fournir à tous les marins une image globale de l'environnement maritime en Méditerranée occidentale. Elles nous aident à comprendre les schémas de vie les plus récents dans la région, ce qui

améliore la connaissance de la situation pour tout le monde.»

À la fin des patrouilles, l'ITS *Borsini* a effectué une visite portuaire à Alger, en Algérie, l'un des pays partenaires de l'OTAN dans le cadre du Dialogue méditerranéen (DM). Le personnel de l'OTAN a rencontré le commandant de la zone maritime centrale de la marine algérienne, visité le musée central de l'armée et accueilli l'ambassadeur d'Italie en Algérie. Cette visite a permis de renforcer le partenariat et la coopération de l'OTAN avec l'Algérie dans le domaine de la sécurité maritime.

L'opération Sea Guardian de l'OTAN reste l'un des outils les plus importants dont dispose l'OTAN pour accroître la coopération et l'interopérabilité avec les Alliés et les pays partenaires en Méditerranée et pour renforcer les capacités dans le cadre de la sécurité maritime. Ces patrouilles ciblées contribuent à maintenir la connaissance de la situation maritime, à dissuader le terrorisme et à atténuer le risque de menaces pour la sécurité en mer Méditerranée.

## NATO Operation Sea Guardian wraps up another patrol in Western Mediterranean

By NATO MARCOM

NATO's maritime task group concluded its third round of focused patrols in the Western Mediterranean Sea as part of NATO's Operation Sea Guardian (OSG) on May 12.

Led by NATO Allied Maritime Command (MARCOM) in Northwood, OSG is a fusion of information designed to create a comprehensive picture of daily activities in the Mediterranean. OSG units comprised flagship Italian Navy patrol vessel ITS *Borsini* (P491), supported by a submarine from Portugal, as well as air units from Canada, Greece, Italy, Portugal, Spain, and Turkey.

“Effective coordination and communication between all participating units led to a very successful round of

focused patrols,” Commander Nicasio Falica, Italian Navy, Task Group Commander. “These patrols help NATO provide a broad picture of the maritime environment in the Western Mediterranean Sea to all seafarers. They help us understand the most up-to-date patterns of life in the region, enhancing situational awareness for everyone.”

At the end of the patrols, ITS *Borsini* conducted a port visit to Algiers, Algeria, one of NATO's partner Nations via the Mediterranean Dialogue (MD) framework. NATO staff met with the Algerian Navy Commander of the Central Maritime Zone, visited the Central Museum of the Army, and hosted the Italian ambassador to Algeria. The vis-

it strengthened NATO's partnership and cooperation with Algeria in the maritime security domain.

NATO's Operation Sea Guardian remains one of the most important tools for NATO to increase cooperation and interoperability with Allies and Partner nations in the Mediterranean Sea

and to enhance capacity building in the frame of maritime security. These focused patrols contribute to maintain maritime situational awareness, to deter terrorism and mitigate the risk of threats to security in the Mediterranean Sea.



## CAF supports Platinum Jubilee Celebrations

*Members from all three branches of the Canadian Armed Forces were represented during celebrations marking Her Majesty the Queen's Platinum Jubilee in London, England. Here, members march on The Mall towards Buckingham Palace during a parade rehearsal on May 31 ahead of the Platinum Jubilee Central Weekend from June 2-5.*

MCPL NICOLAS ALONSO

Attn: Transitioning Military Members

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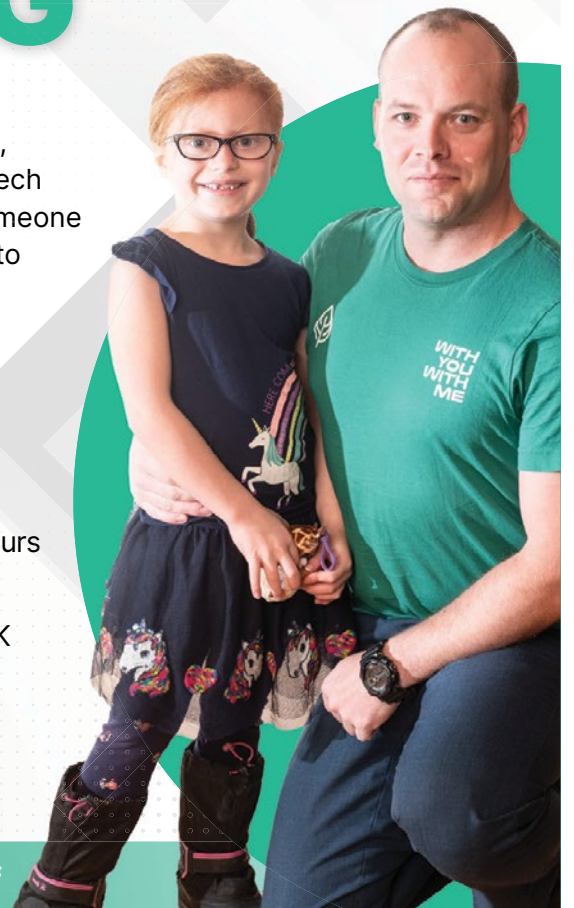
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## CPO1 Lyne Edmondson finds courage to be her true self

By RCN

For Chief Petty Officer 1st Class (CPO1) Lyne Edmondson, the past few years have been a testament to the positive impacts personal understanding and support from peers can have on a person's life trajectory.

"I was a grumpy old chief," Lyne admits.

As a transgender woman, before transitioning, CPO1 Edmondson wasn't able to be her true self with the people closest to her.

"And was I doing my job? Absolutely. Talk to any of my bosses. I was always a notable performer," said Lyne.

But she didn't realize that the people on her team were afraid to talk to her.

Now the Base Information Services Branch Chief at Canadian Forces Base (CFB) Esquimalt, B.C., Lyne says her path to transition was in many ways possible due to the positive support she received from both her peers and chain of command. However, she says she knows it's not true that the entire Department of National Defence is a positive space.

"But I know that we're also getting better. We've got some ways to go, but we have also come a long way."

Lyne says she had a good childhood, growing up in Tisdale, Sask., a small rural town with a close-knit community about two hours northeast of Saskatoon. She did all the "normal things" she says, even though there were things she didn't understand about herself at the time.

"I always felt different," she said of her childhood. "But I never knew what

it was, even all throughout my career. I could not define it or explain it."

A few years ago Lyne's ex-partner began asking her questions about why she was so unhappy, which led to her exploring those questions to learn more about herself.

When she looked at her HR profile, it was the wrong photograph, name and gender. "Even the uniform I put on every morning wasn't right."

"It feels like you're lying to people," she said. "I was lying to my best friend, I was lying to my commanding officer that I was supposed to be building trust with. I was lying to my supervisor that was taking care of me and giving me opportunities."

Knowing the way other transgender people had been treated in the Canadian Armed Forces (CAF) in the past, she kept putting off coming out as a transgender woman. She was worried it would affect her career and the way her superiors and colleagues would treat her.

But keeping track of all the lies led to mounting anxiety which eventually got so bad she started to break down at work.

"I don't want to feel like this anymore," she remembers deciding at the time.

So she went to speak with her Commanding Officer and some of the Formation's senior chief petty officers, specifically CPO1 Ian Kelly.

The meeting with her Commanding Officer and CPO1 Kelly turned out to be very positive. They made her feel safe

and recommended she speak with a psychologist at Health Services on the base so she could figure out how she wanted to move forward.

The day she spoke with her psychologist was the best day of her life, she says. After discussing what she was going through, the psychologist asked Lyne what she wanted to do.

"I said I am a transgender woman and I want to transition. I started crying my eyes out. I cried tears of happiness, tears of the removal of exhaustion. It was like the world was sitting on my shoulders and someone took it off."

CPO1 Kelly also recommended she meet with Alli Jones, an ambassador for Positive Space, a volunteer peer-based support group for lesbian, gay, bi-sexual, transgender, queer and Two Spirit personnel (LGBTQ2+) and allies of these community members.

"When I met Alli Jones and the Positive Space people, I found out that my anxiety could be worked on. I didn't feel like burying myself somewhere and not being part of society anymore. It drew me back into being in relationships," said Lyne.

Positive Space was a place for Lyne to tell her story in front of others as her true self and to learn more about herself. The experience was so significant she agreed to become an ambassador and facilitator.

And now that she has come out as a transgender woman, and the anxiety of leading that double life is gone, she has been able to focus on the relationships around her.

"My relationship with my daughters is even more amazing than it used to be," she said.

When it comes to her military career, Lyne doesn't think she would have been a good enough leader to be promoted to CPO1 without transitioning and working on herself at Positive Space and with her psychologist.

"A good leader talks to people and finds out their diversity, finds out their colours and creates an environment of inclusivity," she says. "As you include people and make them feel good coming to work, that's what allows them to flourish."

"My promotion ceremony to CPO1 was the second best day of my life," she said.

Lyne says she considers CFB Esquimalt to be a positive space. "It's an example to the Admiral and to the Base Commander that their people are doing it right. There are successes in all of the darkness we see."

She wants people to know that the Navy, the CAF and Canadian society are ready for people like her to succeed.

"If nothing else changes, the way we treat each other, if that can improve, I think we've already succeeded."



## Padre's Corner: Hurry up and wait

By Padre Lt(N) Tim Parker,  
Base Chaplain

We are so tired of waiting! Waiting for traffic lights, waiting on hold, standing in line-ups – in every aspect of life, including our lives as professional sailors and soldiers, waiting can be difficult and frustrating. We live in an on-demand culture, where normally, we can have it our way and we can have it right now! So when we find ourselves waiting for the duty watch to end, or new ships to come in, or posting messages to arrive, we find ourselves in a counter-cultural position: that of waiting.

Why wait? When we are forced to wait in service to whatever is good, the human spirit learns patience.

In some of the great religious traditions, patience is considered a key component of a healthy spirituality, for it means to endure suffering for the sake of the good. The good can be many things: love, children and family, the well-being of shipmates, service to

country, or joy of life, among others. In the major religious traditions, these goods are seen as aspects of the ultimate good, which is God.

St. Thomas Aquinas teaches that patience consists of holding on to what is good in the midst of sorrow or pain. Therefore, patience is a virtue for those who have found something worth suffering for. So, for example, a mother is willing to suffer for the good of her child, and a husband is willing to suffer for the good of his wife – to endure this suffering for the sake of the good is what patience is.

So there is wisdom in the old military expression 'hurry up and wait! Remember, in any suffering – personal or public, large or small – if you suffer for the sake of the good, you have learned what patience is, and you've taken a step toward making the world a better place.





# La PM 1 Lyne Edmondson trouve le courage de se révéler sous son vrai jour

Par MRC



CPO1 Lyne Edmondson/  
PM 1 Lyne Edmondson

RCN/MRC

Pour la première maître de 1re classe (PM 1) Lyne Edmondson, les dernières années ont permis de constater les effets positifs que la compréhension personnelle et le soutien des pairs peuvent avoir sur la trajectoire de la vie d'une personne.

« J'étais une vieille chef grincheuse », admet Lyne.

En tant que femme transgenre, avant sa transition, la PM 1 Edmondson était incapable de se révéler sur son vrai jour avec les personnes les plus proches d'elle.

« Et est-ce que je faisais mon travail? Absolument. Parlez-en à n'importe lequel de mes supérieurs. J'ai toujours offert un très bon rendement », dit Lyne.

Toutefois, elle n'avait pas réalisé que les membres de son équipe avaient peur de lui parler.

Étant maintenant chef des Services d'information de la Base des Forces canadiennes (BFC) Esquimalt, Lyne affirme que son cheminement vers la transition a été possible à bien des égards, et ce, grâce au soutien favorable qu'elle a reçu de ses pairs et de sa chaîne de commandement. Cependant, elle précise qu'elle sait qu'il n'est pas vrai que tout le ministère de la Défense nationale se veut un espace positif.

« Mais je sais également que nous progressons. Nous avons encore beaucoup de travail à faire, mais nous avons

fait un bon bout de chemin. »

À son sens, Lyne a vécu une bonne enfance. Elle a grandi à Tisdale, en Saskatchewan, une petite communauté rurale étroitement liée, environ à deux heures au nord-est de Saskatchewan. Elle a fait toutes les « choses normales », dit-elle, même si elle ne comprenait par certaines de ses facettes à l'époque.

« Je me suis toujours sentie différente », raconte-t-elle, lors de son enfance. « Mais je n'ai jamais su dire pourquoi, même tout au long de ma carrière. Je ne pouvais pas le définir ou l'expliquer. »

Il y a quelques années, l'ancien partenaire de Lyne a commencé à la questionner sur la raison de son mal-être, ce qui l'a poussé à approfondir ces questions pour en apprendre davantage sur elle-même.

Lorsqu'elle a consulté son profil des RH, la photographie, le nom et le genre qui y figurait ne convenaient pas. « Même l'uniforme que j'enfilais chaque matin n'était pas le bon. »

« On a l'impression de mentir aux gens », dit-elle. « Je mentais à mon meilleur ami, je mentais à mon commandant avec qui j'étais censée avoir une relation de confiance. Je mentais à mon superviseur qui prenait soin de moi et m'offrait des occasions de service. »

Compte tenu de la façon dont d'autres personnes transgenres avaient été traitées dans les Forces armées canadiennes (FAC) par le passé, elle a continué à repousser sa sortie du placard en tant que femme transgenre. Elle était inquiète que cela nuise à sa carrière et de la façon dont ses supérieurs et ses collègues la traitaient.

L'accumulation de tous ces mensonges l'a rendue de plus en plus anxieuse, à tel point qu'elle a commencé à s'effondrer au travail.

« Je ne veux plus me sentir comme ça », se rappelle-t-elle d'avoir décidé à ce moment.

Elle est donc allée parler à son commandant et à certains des premiers maîtres de 1re classe de la Formation, en particulier au PM 1 Ian Kelly.

La rencontre avec son commandant et le PM 1 Kelly s'est avérée très positive. Ils lui ont fait sentir qu'elle était en sécurité et lui ont recommandé de parler avec un psychologue ses ser-

vices de santé de la base afin qu'elle puisse déterminer la façon dont elle voulait aller de l'avant.

Elle affirme que le jour où elle a parlé avec son psychologue a été le meilleur jour de sa vie. Après avoir discuté de ce qu'elle vivait, le psychologue a demandé à Lyne ce qu'elle voulait faire.

« Je lui ai répondu : je suis une femme transgenre et je veux entreprendre une transition. J'ai versé des larmes de bonheur, de soulagement et d'épuisement. C'était comme si le monde reposait sur mes épaules et que quelqu'un l'en avait retiré. »

Le PM 1 Kelly lui a également recommandé de rencontrer Alli Jones, une ambassadrice de l'Espace positif, un groupe de soutien formé de bénévoles et de pairs pour les membres des communautés lesbiennes, gaies, bisexuelles, transgenres, queers et bispirituels (LGBTQ2+) et les alliés de ces membres de ces communautés.

« Lorsque j'ai rencontré Alli Jones et les membres de l'Espace positif, j'ai découvert qu'il était possible de travailler sur mon anxiété. Je n'avais plus envie de me terroriser quelque part et de ne plus faire partie de la société. Cela m'a permis de renouer des relations », déclare Lyne.

L'Espace positif a permis à Lyne de raconter son histoire devant d'autres personnes et d'en apprendre davantage sur elle-même. L'expérience a été si marquante qu'elle a accepté de devenir ambassadrice et animatrice.

Maintenant qu'elle est devenue une femme transgenre et que l'anxiété de mener une double vie a disparu, elle est en mesure de se concentrer sur les relations qui l'entourent.

« Ma relation avec mes filles est encore plus

extraordinaire qu'avant », dit-elle.

En ce qui concerne sa carrière militaire, Lyne ne pense pas qu'elle aurait été une assez bonne dirigeante pour être promue au grade de PM 1 si elle n'avait pas effectué sa transition et travaillé sur elle-même à l'Espace positif avec son psychologue.

« Un bon dirigeant parle aux personnes et détecte leur diversité, découvre leurs couleurs et crée une situation d'inclusivité », déclare-t-elle. « Lorsque vous incluez les gens et que vous les faites se sentir bien de venir travailler, cela leur permet de s'épanouir. »

« Le jour de ma cérémonie de promotion au grade de PM 1 a été le deuxième plus beau de ma vie », indique-t-elle.

Aux yeux de Lyne, la BFC Esquimalt est un espace positif. « Pour l'amiral et le commandant de la base, c'est un signe que les gens font bien les choses. Il y a des réussites dans toute la noirceur que nous voyons. »

Elle veut que les gens sachent que des gens comme elle peuvent réussir, que la Marine, les FAC et la société canadienne sont prêtes à accueillir des gens comme elle.

« À défaut d'autres changements, si la manière dont nous nous traitons les uns les autres peut s'améliorer, je pense que nous avons déjà réussi. »



Lyne Edmondson is promoted to the rank of Chief Petty Officer, 1st class by Commander Chad Naefken (right) on behalf of RAdm Casper Donovan. Lyne's daughter is on the left.

Lyne Edmondson est promue au grade de première maître de 1re classe par le commandant Chad Naefken (à droite) au nom du cam Casper Donovan. La fille de Lyne est à gauche.

RCN/MRC



## HMCS Harry DeWolf back in Halifax after Op Caribbe

HMCS Harry DeWolf is back in Halifax as of May 29, having returned from a two-month deployment that saw the ship take part in both Operation Caribbe and Exercise Tradewinds 22. Working with US Coast Guard partners, Harry DeWolf seized and destroyed approximately 375 kg of cocaine in the Caribbean Basin while deployed.

MONA GHIZ, MARLANT PA





# Message de remerciements de la part du cmdt MRC aux fonctionnaires

Aux fonctionnaires de la MRC,  
Je tiens à remercier chacun des fonctionnaires de la Marine royale canadienne. Au cours des deux dernières années, nous avons connu des circonstances sans précédent à cause de la pandémie de COVID-19. La persévérance, le dévouement et le professionnalisme dont vous avez fait preuve en dépit de toutes les difficultés sont tout simplement exceptionnels. Votre résilience, votre souplesse

et votre travail au quotidien ont été exemplaires. Vous pouvez en être très fiers.

Vous jouez un rôle essentiel au sein de l'équipe de la MRC. Vous fournissez l'expertise, la stabilité et la continuité indispensables au rendement opérationnel de la MRC. Avant la pandémie de COVID-19, et tout au long des deux dernières années, vous avez aidé la MRC à déployer des navires et des sous-marins en mer, à respecter

nos engagements envers l'OTAN et à continuer de travailler avec nos alliés partout dans le monde. La MRC compte un effectif de fonctionnaires vaste et diversifié qui appartient à neuf syndicats distincts et qui travaille dans 30 groupes professionnels différents. Sans la contribution de chacun d'entre vous, des travailleurs opérationnels de première ligne au personnel de soutien en coulisse, le succès que remporte la MRC au pays

et à l'étranger ne serait pas possible. Votre assiduité au travail ne passe pas inaperçue. Au nom de toute l'équipe de commandement de la MRC, je vous remercie de tout ce que vous faites pour la Marine royale canadienne, le ministère de la Défense nationale et vos concitoyens.

Cordialement,  
*Vice-amiral Angus Topshee*  
*Commandant de la Marine royale canadienne*

# CRCN Message of appreciation to Public Servants

RCN Public Servants,  
I want to take this opportunity to express my gratitude and appreciation to each member of the Royal Canadian Navy's Public Servant workforce. Over the past two years, we have been living in unprecedented times brought on by the COVID-19 pandemic. The perseverance, dedication and professionalism that you have displayed in spite of these challenges has been simply outstanding.

Your resiliency, flexibility and the quality of work that you perform on a daily basis has been exemplary. You should be very proud.

You are a vital members of the RCN Team. You provide the critical expertise, stability and continuity that is integral to enabling the RCN's operational output. Before the COVID-19 pandemic, and throughout the past two years, you have supported the RCN in deploying ships and sub-

marines to sea, meeting our NATO commitments and continuing to work with our allies around the world. The RCN has a wide and diverse public servant workforce that belongs to nine separate unions and is employed in 30 different occupational groups. Without the contributions from all of you, from frontline operational workers to behind-the-scenes support staff, the RCN's success at home and abroad would not be possible. Your hard work

does not go unnoticed. On behalf of the entire RCN leadership team, thank you for all that you do for the Royal Canadian Navy, the Department of National Defence and your fellow Canadians.

Yours Aye,  
*Vice-Admiral Angus Topshee*  
*Commander Royal Canadian Navy*

## TEME visit for Navy Co-op students



On June 3, our students visited the Base Logistics Transportation, Electrical and Mechanical Engineering (TEME) division for the ninth week of the CFB Halifax High School Navy Co-op Program. The students had the opportunity to enter different DND vehicles and learn about their parts in the transport bay. Next up were the Body/Welding and Non-Tech workshops where Cpl Hague showed the students different machines and how they work followed by a visit to the weapons shop where WO Holmes and Mr. Graham displayed, in a safe and controlled manner, various unloaded military weapons. The students then moved into the Electronics and Optics shop where Pte Thompson and MCpl Vigneault showed students the various pieces of electrical and optical equipment; students had the opportunity to try the night vision glasses! Finally, at the end of a busy day, the TEME visit concluded with a tour of the small engine shop and the main vehicle maintenance shop floor, where the students tried out the Civilian Pattern Flat Deck, the Medium Support Vehicle System (MSVS) and the Mobile Repair Truck Recovery vehicles. Many thanks to TEME for hosting this visit!

RAYAN SHEIKHONI, CFB HALIFAX PA INTERN



## DARRELL SAMSON

Member of Parliament • Député  
Sackville–Preston–Chezzetcook

*As Parliamentary Secretary  
to the Minister of Veterans  
Affairs Canada and Associate  
Minister of National Defence,  
wishing everyone a safe  
and happy summer!*

*Darrell*



902-861-2311  
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# SPORTS & FITNESS



## RCN sports history: First COTF win for HMCS *Skeena*

By Trident Staff

Following “a highly competitive season with spirited rivalries among ships of the Atlantic Fleet,” as described in the July 9, 1980 issue of *Trident*, HMCS *Skeena* was able to secure the ship’s first win in the annual Cock of the Fleet competition.

The article notes that every ship and submarine on the East Coast took part in the tournament, with

*Skeena* setting a new record for points through the year to stay just ahead of their closest competitors from HMCS *Margaree*. Along with points accumulated through victories, the competitive spirit and sportsmanship shown, along with full participation from the ship’s company across various sports, played a part in the victory. *Skeena* was also credited for keeping the

sports momentum up while deployed, winning the “Warmongering Sports Trophy” during a three-month deployment with NATO’s Standing Response Force Maritime Group 1 (STANAVFORLANT).

The trophy presentation was made in the ship’s hangar during divisions by Vice-Admiral John Allan, with individual awards going to Able Seaman Rocky Larochelle and CPO1 Paul Monette.

HMCS *Skeena* was a St. Laurent-class destroyer, commissioned in March of 1957 and decommissioned in November 1993.

### COTF Standings - 1979-1980

*Skeena* (1067 points)  
*Margaree* (898 points)  
*Fraser* (611 points)  
*Algonquin* (534 points)  
*Huron* (522 points)  
*Athabaskan* (521 points)  
*Ottawa* (436 points)  
*Saguenay* (428 points)  
*Protecteur* (425 points)  
*Iroquois* (398 points)  
*Nipigon* (351 points)  
*Assiniboine* (337 points)  
*Annapolis* (288 points)  
*Cormorant* (241 points)  
 Submarine Squadron (166 points)



From left, LCdr Carl Brent, Executive Officer, and Able Seaman Rocky Larochelle, receive the Cock of the Fleet trophy for 1979-80 base sports season.



HMCS *Skeena*’s Sgt Maurice St-Pierre, left, was also awarded for his overall dedication to base sports, serving as the Fleet Sports Coordinator and putting in many hours of work in support of the COTF tournament and other activities. His award was presented by Commodore Constantine Cotaras.





# Atlantic region runners bring back hardware from CAF nationals

By Trident Staff



Runners head off from the starting line at the beginning of the CAF National Running Championship, held as part of Tamarack Ottawa Race Weekend on May 28 and 29.

CANADIAN ARMED FORCES SPORTS

After a hiatus due to COVID-19 restrictions, the CAF National Running Championships returned for 2022, once again taking place alongside the civilian events at the Tamarack Ottawa Race weekend in Ottawa, with 5K and 10K races happening on May 28, and the half and full marathon events on May 29.

A number of athletes from the Atlantic Region, including CAF members who work in Halifax and Shearwater, were among those who qualified and traveled to the event. MS Mark Brown took the gold medal in his marathon category, while S1 Sarah Mason, Lt(N) Emilie Beland and Capt Daniel Gorman also earned top finishes in the

10K and 5K races.

Organizers with PSP said they were thrilled to have the event running again, noting that it was just one of many signature CAF and PSP events that have returned for 2022.

For local runners in Halifax, the season is still in full swing, and there's plenty of time left to register for this year's in-person Navy 10K run on August 21.

## CAF NATIONAL RUNNING CHAMPIONSHIP RESULTS MARATHON (all finishers)

MS Mark Brown (35-47) - Halifax: 2:47:50

Capt Kyle Goodwin (Under 35) - Gagetown: 3:08:26

A/SLt Emilie Caron (35-47) - Ottawa: 3:35:58

Cpl Frederic Dion (35-47) - Valcartier: 3:47:54

CWO Marco Cote (48+) - Ottawa: 2:49:58

## HALF MARATHON (top finisher in each category)

2Lt Logan Roots (Under 35 men) - Comox: 1:13:11

Maj Alana Cadieux (35-47 women) - Cold Lake: 1:42:24

S1 James Fielding (35-47 men) - Valcartier: 1:22:36

Cpl Helene Fortier (48+ women) - Ottawa: 1:49:26

Maj Paul Owens (48+ men) - Ottawa: 1:36:09

## 10K (top two in each category)

Maj Celine Best (Under 35 women) - Valcartier: 39:55:0

S1 Sarah Mason (Under 35 women) - Halifax: 41:47:08

MCpl Pat Ryan Albano (Under 35 men) - Edmonton: 36:06:02

Lt(N) Adrian Thow (Under 35 men) - Esquimalt: 37:12:02

Cdr Ellen Mariano (35-47 women) - Valcartier: 52:39:09

Lt Melissa Walcott (35-47 women) - Gagetown: 52:41:02

Capt Matt Setlack (35-47 men) - Trenton: 35:00:01

LCdr Johnathan MacDonald (35-47 men) - Comox: 35:11:07

MS Mark Ritchie (48+ men) - Esquimalt: 40:53:06

## 5K (top two in each category)

Capt Jessica Grace (Under 35 women) - Ottawa: 19:53:08

Lt(N) Emilie Beland (Under 35 women) - Halifax: 19:54:00

Capt Daniel Gorman (Under 35 men) - Halifax: 15:27:03

MCpl Jean-Phillippe Dion (Under 35 men) - Valcartier: 16:52:08

Maj Lesley Quinlan (35-37 women) - Ottawa: 20:36:09

Maj Heather Smith (35-47 women) - Comox: 21:20:02

WO Donald Evans (35-47 men) - Gagetown: 17:29:07

Capt Darren Kroeker (35-47 men) - Shearwater: 19:21:08

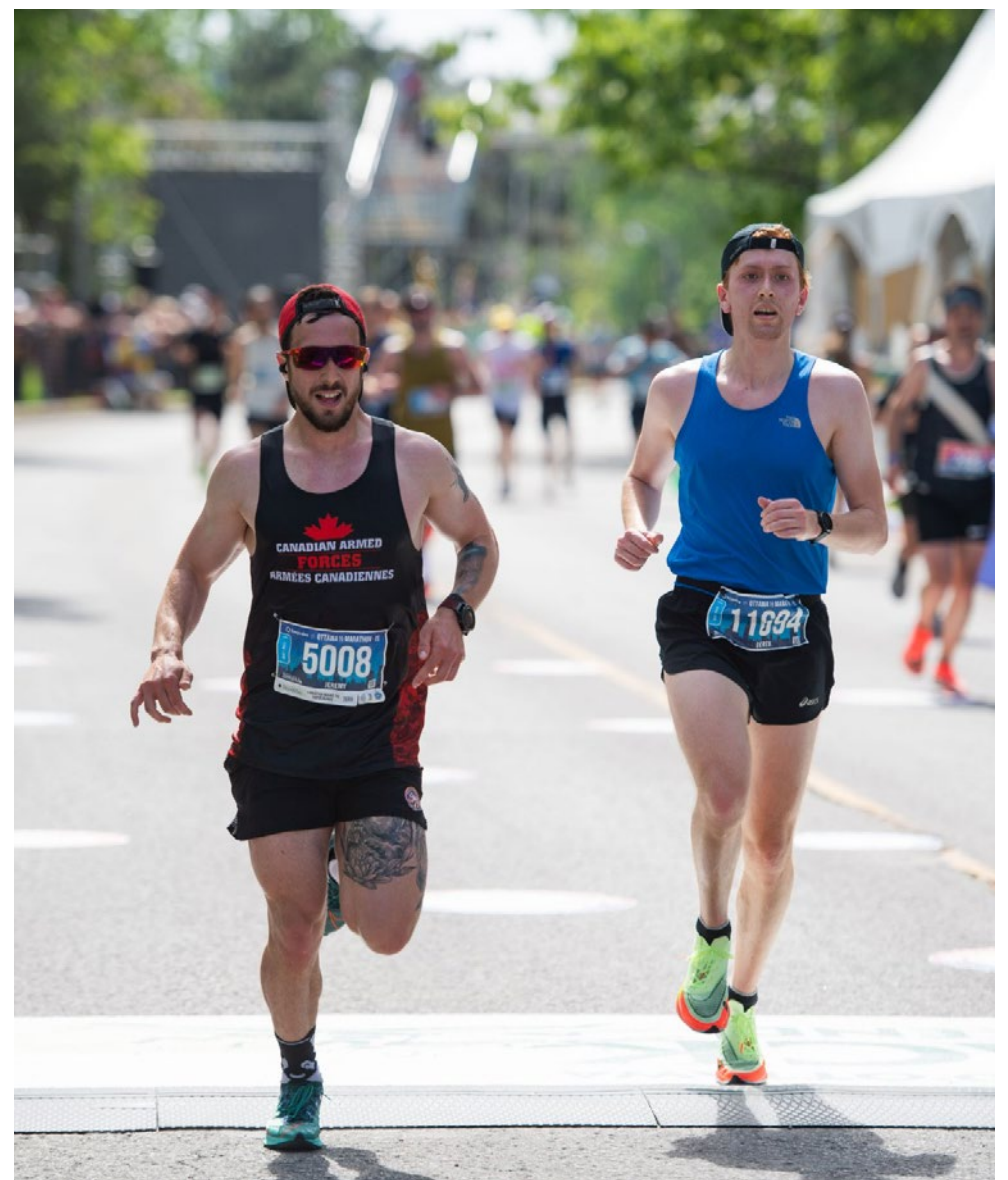
LCol Soo Owens (48+ women) - Gagetown: 19:06:01

Lt(N) Marie-Chantal Lechasseur (48+ women) - Yellowknife: 20:39:09



MS Mark Brown of Halifax was one of only six CAF competitors to complete the marathon course, posting the best time with a finish of 2:47:50.

CANADIAN ARMED FORCES SPORTS



CAF runners shared the course with civilians taking part in Ottawa Race Weekend.

CANADIAN ARMED FORCES SPORTS