



TRIDENT

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Run the Rock 2022

Members of HMCS St. John's have begun their annual Run the Rock campaign in support of Make-A-Wish Canada's Newfoundland & Labrador Chapter. The team will be running 900 kilometres relay style across Newfoundland from July 7-18, beginning in Port Aux Basques and wrapping up in the ship's namesake city.

Les membres du le NCSM St. John's ont commencé leur campagne annuelle Run the Rock au profit de la section Terre-Neuve et Labrador de Rêves d'enfants Canada. L'équipe parcourra 900 kilomètres à la manière d'un relais à travers Terre-Neuve du 7 au 18 juillet, en commençant à Port Aux Basques et en terminant dans la ville éponyme du navire.

MONA GHIZ, MARLANT / FMAR(A)



Kingston-class ships head to Operation Reassurance

By Joanie Veitch,
Trident Staff

When HMCS *Kingston* and HMCS *Summerside* left Halifax on Sunday, June 26, their departure marked a milestone for the Royal Canadian Navy, as the first deployment on Operation Reassurance for Kingston-class Maritime Coastal Defence Vessels (MCDV).

Both ships are headed to the Baltic Sea and North Atlantic region to join Standing NATO Mine Countermeasures Group 1, in support of NATO assurance and deterrence measures in Europe, for a four-month deployment.

HMCS *Halifax* and *Montreal* are both currently deployed on Operation Reassurance and will return to Canada in July. The move to send two further vessels demonstrates Canada's continued commitment to NATO, said Captain (Navy) Julian Elbourne, Chief of Staff, Maritime Forces Atlantic Command.

"About nine months ago, we started looking at other options as to how we could support the NATO alliance. The idea came up to deploy two MCDVs in the mine countermeasures role, which is an important role within the alliance. These two ships' companies have worked very hard to prepare for

this very important mission."

HMCS *Summerside* will deploy with an embarked RCN clearance diving team, supported by mine countermeasure search capabilities using autonomous underwater vehicles aboard HMCS *Kingston*.

In his remarks to the crowd of family members and other supporters gathered on the jetty to watch the ships leave, Lieutenant-Commander Jason Knowles, Commanding Officer of HMCS *Kingston*, talked about the upcoming deployment and the importance of international partnerships — reflecting on an "aha moment" he recently had while watching his daughter and wife take part in a dress rehearsal for the Royal Nova Scotia International Tattoo.

"I was watching all these performers and international acts... and thinking about the importance of partnerships in building community," he said. "Reassurance is a partnership that creates an international community and our involvement with NATO allows us to contribute to that international community — to contribute to our safety and security, and that of our allies, and to reassure our allies

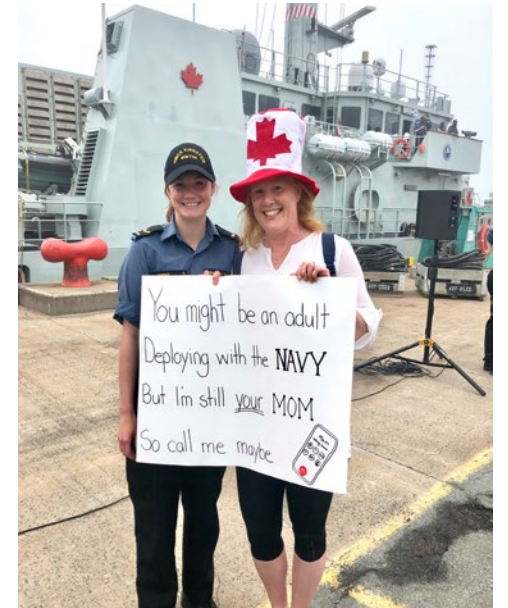
that we stand with them, now more than ever."

Looking around at the families and other supporters gathered to say goodbye to the two departing ships, Commander Jeffrey Anderson, Commanding Officer of HMCS *Summerside*, thanked the many people who helped get the ships ready for deployment and continue to provide ongoing support — in particular the Halifax and Region Military Family Resource Centre for their role in assisting family members.

Reid and Bonnie Conrad have volunteered with the Halifax & Region Military Family Resource Centre for the past seven years, attending ship departures and handing out resource packs for family members, to let them know that support is available to them.

"Whether it's your first time or you've said goodbye to your loved one many times, it's hard. I get emotional just thinking about it... we try to take the time to talk to people and connect with them. Let them know they're not alone," Reid said.

The ships are expected back in Halifax in October.



S2 Sydney Owens and her mother, Shauna Owens, at the ceremony prior to the ships leaving Halifax.

Mat2 Sydney Owens et sa mère, Shauna Owens, lors de la cérémonie précédant le départ des navires de Halifax.

JOANIE VEITCH, TRIDENT STAFF /
L'EQUIPE TRIDENT

Les navires de la classe Kingston déploient l'opération Reassurance

Par Joanie Veitch,
L'équipe Trident



HMCS *Kingston* is seen in the background as HMCS *Summerside* departs from Halifax Dockyard on June 26.

Le NCSM *Kingston* est vu en arrière-plan alors que le NCSM *Summerside* quitte l'arsenal maritime d'Halifax le 26 juin.

FORMATION IMAGING SERVICES / SERVICES D'IMAGERIE DE LA FORMATION

Lorsque le NCSM *Kingston* et le NCSM *Summerside* ont quitté Halifax le dimanche 26 juin, leur départ a marqué une étape importante pour la Marine royale canadienne, puisqu'il s'agit du premier déploiement dans le cadre de l'opération Reassurance pour les navires de défense côtière (NDC) de la classe Kingston.

Les deux navires se dirigent vers la mer Baltique et la région de l'Atlantique Nord pour rejoindre le Groupe

permanent de lutte contre les mines de l'OTAN 1 à l'appui des mesures d'assurance et de dissuasion de l'OTAN en Europe, pour un déploiement de quatre mois.

Les NCSM *Halifax* et *Montréal* sont tous deux actuellement déployés dans le cadre de l'opération Reassurance et rentreront au Canada en juillet. La décision d'envoyer deux autres navires démontre l'engagement continu du Canada envers l'OTAN, a déclaré le capitaine de vaisseau Julian Elbourne, chef d'état-major du Commandement des Forces maritimes de l'Atlantique.

« Il y a environ neuf mois, nous avons commencé à examiner d'autres options quant à la façon dont nous pourrions soutenir l'alliance de l'OTAN. L'idée est venue de déployer deux NDC dans le rôle de lutte contre les mines, qui est un rôle important au sein de l'alliance. Les équipages de

ces deux navires ont travaillé très fort pour se préparer à cette mission très importante. »

Le NCSM *Summerside* se déploiera avec une équipe de plongée-démineur embarquée de la MRC, appuyée par des capacités de recherche de contre-mesures de mines à l'aide de véhicules sous-marins autonomes à bord du NCSM *Kingston*.

Dans son allocution devant la foule de membres des familles et d'autres partisans réunis sur la jetée pour assister au départ des navires, le Capitaine de corvette Jason Knowles, commandant du NCSM *Kingston*, a parlé du déploiement à venir et de l'importance des partenariats internationaux, en évoquant un « moment de réflexion » qu'il a eu récemment en regardant sa fille et sa femme participer à une répétition générale du Tattoo royal international de la Nouvelle-Écosse.

« Je regardais tous ces artistes et ces numéros internationaux... et je pensais à l'importance des partenariats pour bâtir une communauté », a-t-il dit. « La réassurance est un partenariat qui crée une communauté internationale et notre participation à l'OTAN nous permet de contribuer à cette communauté internationale - de contribuer à notre sécurité et à celle de nos alliés, et de rassurer nos alliés sur le fait que nous sommes à leurs côtés, maintenant plus que jamais. »

En regardant les familles et les autres partisans réunis pour dire au revoir aux deux navires en partance, le Capitaine de frégate Jeffrey Anderson, commandant du NCSM *Summerside*, a remercié les nombreuses personnes qui ont aidé à préparer les navires pour le déploiement et qui continuent à fournir un soutien continu - en particulier le Centre de ressources pour les familles des militaires de la région de Halifax pour son rôle dans l'aide aux membres des familles.

Reid et Bonnie Conrad sont bénévoles au Centre de ressources pour les familles des militaires de Halifax et de la région depuis sept ans. Ils assistent aux départs des navires et distribuent des trousseaux de ressources aux membres des familles, afin de leur faire savoir qu'ils peuvent obtenir du soutien.

« Que ce soit la première fois ou que vous ayez dit au revoir à votre proche à plusieurs reprises, c'est difficile. Je suis ému rien que d'y penser... Nous essayons de prendre le temps de parler aux gens et de créer un lien avec eux, de leur faire savoir qu'ils ne sont pas seuls, » a déclaré Reid.

Les navires devraient être de retour à Halifax en octobre.



Capt(N) Williams' Farewell Message to the CFB Halifax Community



Dear CFB Halifax,

As I enter my final days as Base Commander, I would like to start by saying THANK YOU. These two words reflect everything my time in this position has come to represent: a profound sense of gratitude and acknowledgment that you – our military and civilian members – are the beating heart of the Base. Your service, perseverance and contributions, both individually and as a team, are immeasurable.

Our Base team has seen many challenges over the past two years, all of which have had a significant impact on morale and well-being in our community. We have faced a rapidly evolving and sustained pandemic environment that has changed how (and in some cases, where) we do business, and importantly, how we interact with one another. We have witnessed multiple cases of misconduct and discrimination which have caused an erosion of trust in our institution, while signaling the need for a real and meaningful shift in how we care for our most important resource: our people. The adversity faced over the last two years has been a catalyst for change, and I thank you all for meeting the moment with respect, dignity, compassion and humanity. Progress isn't linear or a short-term endeavour. I am optimistic that recent efforts (notably unconscious bias workshops, culture change town halls, Defence Advisory Group consultations, etc.) will foster a safer, stronger, more inclusive and increasingly accountable organization at the local level.

Despite these unprecedented challenges, I have been continuously impressed with the Base's ability to deliver. While we have faced a myriad

of challenges during a uniquely stressful time, the operational output delivered to the organizations we support has not changed at all. In fact, I would argue that our tempo is higher than it's been for quite some time. Whether ensuring our warehouses are stocked with materials for ship deployments; responding to thousands of IT-related help desk calls; ensuring our members on training are housed and fed; responding to emergency calls; keeping the Base finances in order and everything in between, our Base team has been getting the work done. To excel in times of strife and struggle is no small feat – you should all be proud of your accomplishments, as I am.

Over the last two years, I have met incredible people across CFB Halifax, many of whom are leading efforts with advisory groups, charitable campaigns and volunteering activities that require constant work, education and socialization to affect real change, all while ensuring that the Base ecosystem is not only running, but thriving every single day. I have also been privileged to be part of many organizations within the greater Halifax community – organizations that support and uplift community members, including our Defence Team, through innovative activities and programming. I have been inspired by each and every person I have met here, and will carry that inspiration with me.

Thank you, CFB Halifax. Your resilience, dedication and commitment to others make me as proud as ever to serve alongside you.

It has been an honour of a lifetime to have been your Base Commander.

Sincerely,

Captain (Navy) Sean Williams

Message d'adieu du Capv Williams à l'équipe de la BFC Halifax

Bonjour,

À quelques jours de la fin de mon mandat de commandant de la base, j'aimerais tout d'abord vous dire MERCI. Ce petit mot résume à lui seul tout le sens que revêt pour moi ce poste : un profond sentiment de gratitude et la reconnaissance de ce que vous, nos membres militaires et civils, êtes la force vive de la base. Votre service, votre persévérance et vos contributions, que ce soit sur un plan individuel ou en équipe, sont incommensurables.

L'équipe de la base a fait face à de nombreuses difficultés au cours des deux dernières années, qui ont toutes eu des répercussions importantes sur le moral et le bien-être de nos membres. Nous avons dû nous adapter à une situation de pandémie qui évolue rapidement et se poursuit, situation qui nous a amenés à modifier nos méthodes de travail (et, dans certains cas, nos lieux de travail) et, surtout, la façon dont nous interagissons. Nous avons été témoins de multiples cas d'inconduite et de discrimination

qui ont ébranlé la confiance en notre institution et qui ont également mis en évidence la nécessité de revoir la façon dont nous prenons soin de notre ressource la plus importante : notre personnel. L'adversité à laquelle nous avons été confrontés au cours des deux dernières années a été un catalyseur du changement, et je vous remercie d'avoir fait preuve de respect, de dignité, de compassion et d'humanité. Le progrès n'est pas un processus linéaire et à court terme. J'ai bon espoir que les efforts déployés récemment (notamment les ateliers sur les préjugés inconscients, les assemblées publiques sur le changement de culture, les consultations des groupes consultatifs de la Défense, etc.) contribueront à rendre l'organisation plus sécuritaire, plus forte, plus inclusive et de plus en plus responsable à l'échelle locale.

En dépit de ces difficultés sans précédent, j'ai toujours été impressionné par la capacité de la base à tenir ses engagements. Certes, nous avons dû relever une myriade de défis

pendant une période particulièrement stressante, mais la qualité des résultats opérationnels fournis aux organismes que nous soutenons n'a pas changé du tout. En fait, je dirais que notre cadence est plus élevée qu'elle ne l'a été depuis un certain temps. L'équipe de la base a assuré la continuité des activités, que ce soit en veillant à ce que nos entrepôts soient approvisionnés en matériel pour les déploiements de navires, en répondant à des milliers d'appels au service de dépannage informatique, en veillant à ce que nos stagiaires soient logés et nourris, en répondant aux appels d'urgence, en veillant à la bonne gestion des finances de la base, etc. Exceller en période de conflit et de lutte n'est pas un mince exploit. Soyez aussi fiers que moi de vos réalisations.

Au cours des deux dernières années, j'ai fait la connaissance, à la BFC Halifax, de personnes incroyables, dont bon nombre dirigent des projets au sein de groupes consultatifs, des campagnes de charité et des activités de bénévolat qui exigent de

l'assiduité, des connaissances et une certaine aptitude à la socialisation pour apporter des changements réels et veiller à ce que les unités de la base soient non seulement fonctionnelles, mais aussi productives au quotidien. J'ai également eu le privilège de faire partie de nombreux organismes au sein de la grande communauté d'Halifax, organismes qui soutiennent les membres de la communauté, y compris notre Équipe de la Défense, grâce à des activités et des programmes novateurs. Chacune des personnes que j'ai rencontrées ici a été pour moi une source d'inspiration qui me marquera à jamais.

Merci à vous, membres de la BFC Halifax. Votre résilience, votre dévouement et votre engagement envers les autres me rendent plus fier que jamais d'avoir servi à vos côtés.

C'est pour moi un grand honneur d'avoir été votre commandant.

Cordialement,

Le capitaine de vaisseau Sean Williams



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Canadian pilot lands on Chilean vessel

By Lieutenant (Navy) Michelle Scott,
HMCS Vancouver

Anticipation fills the helicopter air detachment's briefing room in HMCS *Vancouver* as Air Detachment Commander Major Peter Tomlik briefs his team on the upcoming flight plan.

It's June 24, and *Vancouver* is sailing with a number of foreign navies making their way to Hawaii for Rim of the Pacific (RIMPAC) 2022.

The day will be etched into the memory of pilot Captain Dan Simpson. He is about to land *Vancouver's* embarked CH-148 Cyclone helicopter on a foreign navy vessel for the first time. But this is not just a first for Captain Simpson, it is also a first for the CH-148 fleet: landing on a Type 23 frigate, the Chilean Navy's CNS *Almirante Lynch*.

Four pips sound across the ship's broadcast – flying stations!

Captain Simpson, from Ladner, B.C., has been flying with the Royal Canadian Air Force for seven years and has previous experience flying as an air cadet. This is also his second deployment on board a Canadian warship with the Cyclone. It was that experience he drew upon to help land on *Almirante Lynch*.

"There are a lot of differences between the vessels – almost all the references and line-up features are different on foreign vessels. Seeing dozens of faces on the upper decks with cameras and recording devices while landing added a little bit of extra pressure," he said. "But with a lot of studying the references and a strong pre-flight brief, we were able to do it safely and effectively."

Once Captain Simpson and crew landed on the Chilean frigate, they were able to get out and meet their counterparts on *Almirante Lynch* face-to-face and exchange morale patches

before taking off and returning to *Vancouver*.

"It was awesome; it was special to see the smiles and excitement on the faces of the ships' companies as we landed. I'm still buzzing about it," said Captain Simpson. "It's an incredible feeling to put loads of work into something and have it work without a hitch. The professionalism of the Chilean Navy was impressive."

On Sunday, June 26, as part of the cross-deck evolutions during the group sail, *Almirante Lynch's* helicopter landed on the flight deck of HMCS *Vancouver*. Cross-deck training is conducted to increase interoperability between Maritime Helicopter crews.

HMCS *Vancouver* and its embarked CH-148 Cyclone helicopter are participating in RIMPAC in and around the Hawaiian Islands from June 29 to Aug. 4.

Twenty six nations, 38 ships, four submarines, more than 170 aircraft and 25,000 personnel are participating. RIMPAC, the world's largest maritime exercise, provides a unique training opportunity while fostering and sustaining cooperative relationships among participants critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2022 is the 28th exercise in the series that began in 1971.



Capt Dan Simpson with HMCS Vancouver's embarked CH-148 Cyclone helicopter.

SGT GHISLAIN COTTON



Progression on HMCS Max Bernays

Royal Canadian Navy personnel, including future HMCS *Max Bernays* crew members, recently visited Irving Shipbuilding to tour the ongoing work on the ship as it gets set for upcoming sea trials. *Max Bernays* is set to be the first Arctic and Offshore Patrol Vessel to call Esquimalt, BC its home port. From left, LCdr Jeff Horne, Lt(N) Amiraslan Eskandari, CPO1 Tari Lightwood, and Cmdre David Mazur, Commander of Maritime Forces Pacific.

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New Brunswick Naval Memorial Unveiled after years of work

By LCdr Paul Pendergast,

The New Brunswick Naval Memorial was officially unveiled in Saint John, New Brunswick on Friday, June 24, causing a loud cheer to erupt from the crowd, who had waited a long time for this moment.

HMCS Brunswicker, the Naval Reserve Division in Saint John, initiated the project in 2017, but they needed a partner. They reached out to the Royal United Services Institute of New Brunswick to provide oversight and help with fundraising for the project.

A Naval Memorial Committee was formed, which included Commander Marc Brown, former HMCS Brunswicker Commanding Officer as an ex-officio member, along with Honorary Captain (Navy) Noel Kinsella and others including members from the Royal United Services Institute (RUSI) of New Brunswick, retired members of the Royal Canadian Navy, and academia.

In 2019, the committee made a presentation to the City of Saint John Common Council requesting support for the project by granting a licence to land along the city's Harbour passage. The request and project were enthusiastically supported by the Mayor and Council.

The land was eventually licenced to RUSI New Brunswick, who then began managing all financial donations to the project.

While the memorial's progress was slowed due to the pandemic, the committee was successful in garnering support from all levels of government, raised significant capital, and received backing from New Brunswick Legions and local industries.

Saint John has long been a naval shipbuilding center, with 9 of the 12 Halifax-class frigates that currently serve as the workhorses of the RCN being built in the city. HMCS Sackville, now a Naval Memorial and National Historic Site, was also built

in Saint John.

A sod turning ceremony was held on November 11, 2021, with construction taking place during May and June, 2022. The design is modelled after the bow section of HMCS Saint John, a River-class frigate that served with the RCN during the Second World War.

During the unveiling ceremony, Captain (Navy) (Retired) Paul Dempsey, Chair of the New Brunswick Naval Memorial Committee, described the purpose of the memorial.

"Our vision aims to have a special place in New Brunswick to honour, commemorate and to educate. We wish to honour the courage and sacrifice of New Brunswick mariners and maritime aviators who paid the ultimate price in the service of our great nation," he said.

"Also, we want to commemorate the efforts of generations of New Brunswickers who contributed to our nation's maritime security and the pursuit of our maritime interests. Finally, we aim to educate Canadians and visitors alike to New Brunswick's remarkable and important contribution to the naval and maritime heritage of Canada, and indeed the world."

Vice-Admiral Angus Topshee, Commander RCN, paid tribute to the city of Saint John, noting "Saint John has long been a key port and a vital part of the maritime history of Canada, so I can think of no more fitting place for a great memorial like this." Then added, "The war came to Canada in the Battle of the Atlantic. Many of the sailors who died in the war and the Merchant Marine have no grave to mark their final resting place. This memorial serves that purpose. They are not buried under rows of crosses, they are buried at sea. This is a place where we can come together and remember that sacrifice."

The unveiling capped a busy week



From left, PO1 Eric Anderson, the Coxn of HMCS Brunswicker, with VAdm Angus Topshee, Commander RCN, and Cdr Tom Watts, CO of HMCS Brunswicker.

SUBMITTED

for HMCS Brunswicker, who played a supporting role in the Memorial Cup, the national championship of the Canadian Hockey League, held in Saint John this year. The 103-year-old trophy was established by Captain James T. Sutherland to honour those who died in service during the First World War. It was then rededicated in 2010 to honour all those who died fighting for Canada in any conflict.

The trophy was lowered from a helicopter to a Coast Guard vessel, then brought to the waterfront and handed to two sailors from HMCS Brunswicker, who carried the trophy in a parade to the tournament opening ceremonies. Sailor 1st Class Robert Boulanger and Chief Petty Officer 2nd Class Judy Dietrich were given this

honour. In the opening game of the tournament, the Saint John Sea Dogs wore a commemorative jersey featuring the HMCS Brunswicker crest. The Sea Dogs won the game, and went on to win the tournament, hoisting the Memorial Cup as Canadian Hockey League champions.



Members of HMCS Brunswicker helped carry the Canadian Hockey League's Memorial Cup into the tournament opening ceremonies.

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The New Brunswick Naval Memorial was unveiled in Saint John on June 24.

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New position focuses on respectful relationship building

By Joanie Veitch,
Trident Staff

As part of their mandate, the crews of each of the new Arctic Offshore Patrol Ships (AOPS) will work to build respectful relationships with Indigenous communities in Canada's North.

Working towards that goal, and to promote a greater understanding of the rich history and diverse culture of Indigenous people across Canada, HMCS *Margaret Brooke* has created an Indigenous Liaison Officer position.

"This is new, it's something unique to *Margaret Brooke*," said Sub-Lieutenant Emily Gjos, a naval warfare officer with HMCS *Margaret Brooke* and the ship's Indigenous Liaison Officer.

"Some ships in the fleet have unit cultural advisors, but this is a newly created position for our ship."

As part of her role, SLt Gjos will advise both *Margaret Brooke's* command team and the wider ship's company on Indigenous issues, and she's already working to forge relationships with

local Indigenous groups.

"It's important to work in partnership with Indigenous communities as we build our cultural knowledge," said SLt Gjos.

As one of their first learning opportunities, the ship's company took part in a blanket exercise on June 21, National Indigenous Peoples Day — a day to honour the heritage, diverse culture and achievements of First Nations, Inuit and Métis people across Canada — at the Mi'kmaw Native Friendship Centre in Halifax.

"It's a powerful exercise that begins a conversation around our shared history, how that relationship has impacted Indigenous people and what that means for contemporary Indigenous people in Canada today," said SLt Gjos. "It's very emotional and reflective, it helps build awareness in a very approachable way."

SLt Gjos' family is from the Sault Ste

Marie Metis community. Before joining the Canadian Armed Forces (CAF) in September 2019, she was an elected council member in the Ottawa area with the Metis Nation of Ontario and worked in the federal public service, focusing on diversity and inclusion policies. She was also a co-chair of the Indigenous Advisory Circle for her department.

After she joined the military, SLt Gjos planned to continue her involvement with diversity and inclusion work through the Defence Aboriginal Advisory Group (DAAG). This new role has allowed her to take it even further.

"I never thought I'd be able to have a position like this, especially so early in my career," said SLt Gjos. "This is a really positive step. It shows that junior officers like myself can have a role to play in supporting strategic outreach and finding opportunities for

respectful relationship building."

SLt Gjos credits Hon Capt(N) Debbie Eisan as a guiding influence as she finds her way in her new role. Before she was named Honorary Captain of HMCS *Margaret Brooke* in 2021, Hon Capt(N) Eisan spent 36 years with the Royal Canadian Navy and had become a valued advisor to senior military leaders on Indigenous matters.

Now a representative of the Mi'kmaw Native Friendship Centre, Hon Capt(N) Eisan is a familiar figure at many RCN events, offering an Indigenous perspective and performing smudging ceremonies.

"I can't say enough good things about Elder Eisan. The relationship that HMCS *Margaret Brooke* has with her is incredibly important to the work that we're doing, as she helps us proceed in a good way," said SLt Gjos.

Un nouveau poste se concentre sur l'établissement de relations respectueuses

Par Joanie Veitch,
L'équipe Trident

Dans le cadre de leur mandat, les équipages de chacun des nouveaux navires de patrouille extracôtiers de l'Arctique (NPEA) s'efforceront d'établir des relations respectueuses avec les communautés autochtones du Nord canadien.

Pour atteindre cet objectif et promouvoir une meilleure compréhension de la riche histoire et de la culture diversifiée des peuples autochtones du Canada, le NCSM *Margaret Brooke* a créé un poste d'agent de liaison autochtone.

« C'est nouveau, c'est quelque chose d'unique à *Margaret Brooke* », a déclaré l'Enseigne de vaisseau de 1re classe Emily Gjos, un officier de guerre navale du NCSM *Margaret Brooke* et l'officier de liaison autochtone du navire.

« Certains navires de la flotte ont des conseillers culturels d'unité, mais ce poste est nouvellement créé pour notre navire. »

Dans le cadre de ses fonctions, l'Ens 1 Gjos conseillera l'équipe de commandement du *Margaret Brooke* et l'ensemble de l'équipage du navire sur les questions autochtones, et elle travaille déjà à établir des relations avec les groupes autochtones locaux.

« Il est important de travailler en partenariat avec les communautés autochtones pour développer nos connaissances culturelles », explique le l'Ens 1 Gjos.

Parmi les premières occasions d'apprentissage, l'équipage du navire a pris part à un exercice de couver-

ture le 21 juin, Journée nationale des peuples autochtones - une journée visant à honorer le patrimoine, la culture diversifiée et les réalisations des Premières nations, des Inuits et des Métis du Canada - au Centre d'amitié autochtone Mi'kmaw à Halifax.

« Il s'agit d'un exercice puissant qui permet d'entamer une conversation sur notre histoire commune, sur l'impact de cette relation sur les peuples autochtones et sur ce que cela signifie pour les peuples autochtones du Canada d'aujourd'hui », explique l'Ens 1 Gjos. « C'est très émotionnel et réfléchi, cela permet de sensibiliser les gens d'une manière très accessible. »

La famille de l'Ens 1 Gjos est originaire de la communauté métisse de Sault Ste Marie. Avant de rejoindre les Forces armées canadiennes (FAC) en septembre 2019, elle a été membre élue du conseil dans la région d'Ottawa avec la Métis Nation of Ontario et a travaillé dans la fonction publique fédérale, en se concentrant sur les politiques de diversité et d'inclusion. Elle a également été coprésidente du cercle consultatif autochtone de son ministère.

Après s'être engagée dans l'armée, l'Ens 1 Gjos avait prévu de poursuivre sa participation aux travaux sur la diversité et l'inclusion par l'entremise du Groupe consultatif autochtone de la Défense (GCAD). Ce nouveau rôle lui a permis d'aller encore plus loin.

« Je n'ai jamais pensé que je pourrais avoir un poste comme celui-ci, surtout si tôt dans ma carrière », a

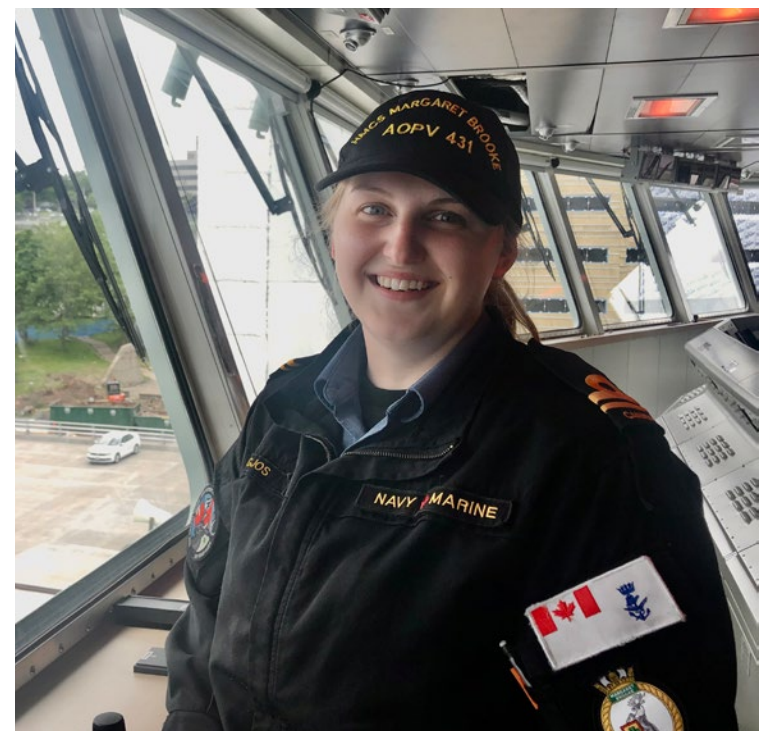
déclaré le l'Ens 1 Gjos. « C'est une étape vraiment positive. Cela montre que des officiers subalternes comme moi peuvent avoir un rôle à jouer pour soutenir la sensibilisation stratégique et trouver des occasions d'établir des relations respectueuses. »

L'Ens 1 Gjos reconnaît que le Capitaine de vaisseau honoraire Debbie Eisan l'a guidée dans ses nouvelles fonctions. Avant d'être nommée capitaine honoraire du NCSM *Margaret Brooke* en 2021, le Capitaine de vaisseau honoraire Eisan a passé 36 ans au sein de la Marine royale canadienne et est devenue une conseillère précieuse pour les hauts dirigeants militaires sur les questions autochtones.

Aujourd'hui représentant du Mi'kmaw Native Friendship Centre, le capitaine honoraire Eisan est une figure familière lors de nombreux événements de la MRC, où elle

offre un point de vue autochtone et organise des cérémonies de purification.

« Je ne peux pas dire assez de bien de l'ainé Eisan. La relation que le NCSM *Margaret Brooke* entretient avec elle est incroyablement importante pour le travail que nous faisons, car elle nous aide à avancer d'une bonne façon », a déclaré le l'Ens 1 Gjos.



SLt Emily Gjos is the Indigenous Liaison Officer with HMCS *Margaret Brooke*.



Padre's Corner: A time for resting well

by Lt(N) (Padre) John Evans,
BAdm

With the summer season well underway, many of us are looking forward to some rest and relaxation. Summer is a great time to enjoy the weather and experience what the east coast has to offer. But before we know it, the summer can pass us by as the busy fall season stares us in the face. If we are not careful, it is easy to return from leave more exhausted and tired than when we left. So, here are a few practical pieces of advice so that you can make the most of your time off.

1. Spend time outside. Especially if your job or trade has you spending

most of your time inside, make a point of spending quality time outdoors. Go for a hike, rent a canoe or kayak, or go for a walk on the beach. Nothing is better for the soul and relieves stress like breathing fresh air while spending time in nature.

2. Take a break from screens, particularly social media. Like me, you may like to relax by looking at your phone or binging on your favourite series. But take a break from screens for a few days. Social media can be particularly toxic. Leaving our cell phones on the counter and our TVs off can go a long way in alleviating the cares and worries of life.

3. Spend quality time with family,

friends, or your significant other. I have talked with people nearing the end of their lives and a common regret they have is not spending more time with their loved ones. Be present with those who are important to you. This can be as simple as playing a board game or cooking a meal together. Memories made with those we love are precious.

4. Sleep. Sometimes the best thing we can do is catch up on the sleep debt that can quickly accumulate when we live at a hectic pace. Don't feel guilty for sleeping in or taking a nap.

5. Read a book. If you aren't a reader, listen to an audio book. Reading can give birth to a new interest, challenge your worldview and transport

you away from the mundane. If you haven't read a book that you weren't forced to read recently, pick up something and give it a try.

6. Do a day trip. If you aren't able to travel this summer, see something you haven't seen before. Experience something new and become a tourist in your own backyard; it's easy, economical, and makes memories that last longer than your time off.

These are just a few ways to make the most of summer. Resting well is not only healthy for us as individuals, but it also benefits those around us and makes us more effective in serving the country we love.

Attn: Transitioning Military
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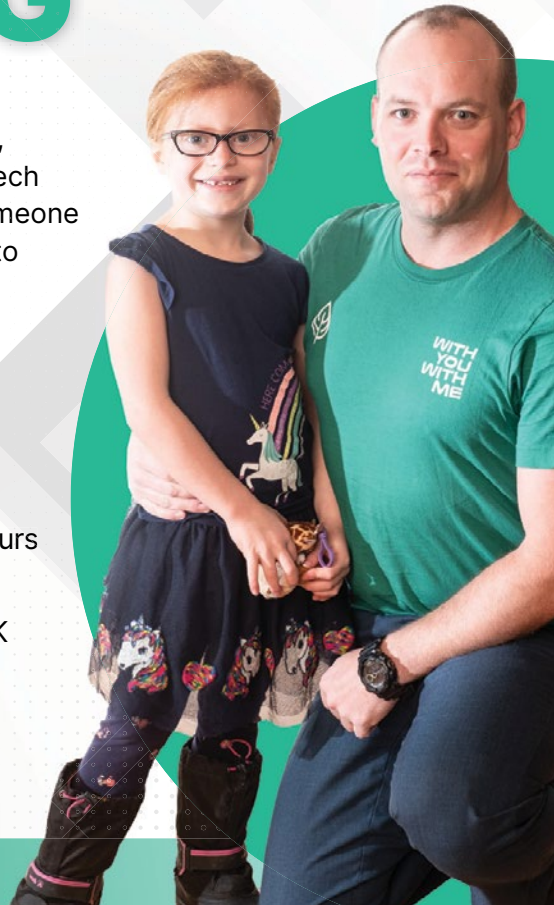
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New CO for HMCS *Harry DeWolf*



Cdr Guillaume Côté, the new Commanding Officer of HMCS Harry DeWolf, gave his first address to his new crew and assembled guests during a Change of Command Ceremony held on board the ship on June 30. Cdr Côté took over the role from Cdr Geoffrey Simpson, who had commanded the ship since fall 2019. Capt(N) Sheldon Gillis, Deputy Commander CANFLTANT, presided over the ceremony.



Royal Nova Scotia International Tattoo pays tribute to No. 2 Construction Battalion

By Joanie Veitch,
Trident Staff



Saturday, June 25 marked the opening night of the 2022 Royal Nova Scotia International Tattoo after a two-year hiatus from in-person performances.

S1 BRYAN UNDERWOOD

After the COVID-19 pandemic cancelled live performances for the past two years, the 2022 Royal Nova Scotia International Tattoo roared back to life with an exciting show at the Scotia-bank Centre from June 25 to July 2.

"It's been a long haul and a hard time through the pandemic but we're finally

here, in person again, and it's great to be back," said Scott Long, managing director and executive producer for the Tattoo, at a special launch prior to the event to highlight some of the performers.

The line-up featured local and international performers, including 14 Canadian Armed Forces bands, the German Army Band and, for the first time at the Tattoo, the Jordanian Armed Forces Band.

Three of the CAF's Regular Force bands performed — the Stadacona Band of Maritime Forces Atlantic, the National Band of the Naval Reserve, the Royal Canadian Airforce Band — along with 12 Wing Pipes and

Drums Shearwater, 14 Wing Greenwood Pipes & Drums, 2nd Battalion Royal Canadian Regiment Pipe & Drums, 36 Canadian Brigade Group (NS) Band, 438 Tactical Helicopter Squadron Band, and 5th Canadian Division Support Base Gagetown Pipes & Drums, as well as a number of volunteer-based military bands.

Regular performers at the Tattoo included

crowd favourites, such as the Flying Grandpas, the Tattoo Massed Pipes & Drums and the Tattoo International Highland Dance Team.

Making their Tattoo debut this year were the German Bicycle Team and High Flyer RB3, a circus group from Quebec, along with local performers, such as Anastasia, a Halifax-based aerial circus performer, Zamani, a young award-winning singer who grew up in Nova Scotia, and Eastern Eagle, a group of Mi'kmaq singers from the East Coast who have performed at pow wows internationally.

Also as part of the show, a special performance paid tribute to the No. 2 Construction Battalion, a segregated, non-combatant unit of Black soldiers who served during the First World War but had to fight racial prejudice and discrimination at every turn — to join the war effort, while serving overseas and again upon their return.

In the lead up to the federal government's formal apology for the mistreatment of the No. 2 Construction Battalion, 24 current serving CAF members from across the country — dressed in uniforms from the First World War — took part in an historic recreation of the unit's homecoming, reimagining it as the reception they deserved but didn't receive at the time.

"It's been a great honour to work with so many incredibly talented and accomplished soldiers," said Second-Lieutenant Jerome Downey, an officer with the Princess Louise Fusiliers in Halifax who headed up the group of CAF members performing the scene at the Tattoo.

The great-grandson of Private George Alexander Downey, one of the members of the No. 2 Construction Battalion, 2Lt Downey has had a lead role in the planning for the national apology, which was held in Truro on July 9.

In a written account of his connection to the unit, 2Lt Downey said he feels honoured by what he's learned

about the impact of the battalion, and to be part of their story.

"I've been blessed with amazing opportunities as a Canadian and I wanted to give back. The fact that my great-grandfather was denied the opportunity to serve in a combat role for which today, as an officer, I'm training to lead, is not lost on me," he said.

The Tattoo's director said the Tattoo was grateful to be able to feature the tribute and gave thanks to 2Lt Downey for his leadership in putting it together.

In total more than 250 CAF members took part in the 2022 Royal Nova Scotia International Tattoo, including rappellers from the RCN's Naval Tactical Operations Group and participants in an exciting tri-service obstacle course that featured teams from the Royal Canadian Navy, the Royal Canadian Air Force and the Canadian Army.

"The Tattoo really does celebrate our military culture and traditions," said Rear-Admiral Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic. "It lets us show how proud we are of what we do. It's great to be back at it."



The Royal Nova Scotia International Tattoo recognized the brave men of the No.2 Construction Battalion and their descendants during this year's performances through an historic scene that depicts the homecoming the Battalion deserved but never received.

S1 ALYSSA HENRY



The show featured 14 different Canadian Armed Forces bands as part of this year's cast, along with other returning regulars and exciting international acts.

S1 BRYAN UNDERWOOD



Base Clean-up for summer / Nettoyage de la base pour l'été

On June 15 and 16, local Defence Team members came together to clean up various Base properties including Windsor Park, Willow Park, NAD, Dockyard, CFAD, and Stadacona during the 2022 Base Clean-up event. Big thanks to all the organizers and to all involved in clean-up activities!

Les 15 et 16 juin, des membres de l'Équipe de la Défense locale se sont réunis pour nettoyer diverses propriétés de la Base, y compris Windsor Park, Willow Park, le NAD, l'arsenal, le DMFC et Stadacona, dans le cadre de l'activité de nettoyage de la base 2022. Un grand merci à tous les organisateurs et à tous ceux qui ont participé aux activités de nettoyage!

RAYAN SHEIKHONI, PUBLIC AFFAIRS/AFFAIRS PUBLIQUES



DWAO holds panel on women in STEM

By Joanie Veitch,
Trident Staff

There's a bright future for women pursuing a career in science, technology, engineering and mathematics (STEM) but there are still too few women entering the field, and even fewer who stay.

That "leaky pipeline" in retaining women in STEM careers — especially in leadership positions — was one of the challenges discussed at a Women in STEM panel hosted by the MARLANT Defence Women's Advisory Organization (DWAO) on June 23 at CFB Halifax's Tribute Tower.

Although 47 per cent of the total workforce are women, they make up only 23 per cent of people employed in STEM careers. In the military those numbers are even lower, especially in leadership roles, said Captain (Navy) Michel Thibault, Commanding Officer of Fleet Maintenance Facility Cape Scott (FMFCS) and — as local leadership champion for the DWAO — one of the nine panelists at the event.

"We really have a long way to go. Part of today's objective is to increase awareness and look at ways to encourage women to look at STEM as a career... and to support them at every step of the way," he said.

While there are many ways to make the physical working environment more welcoming to women, the biggest challenge is in changing how people think, especially in the military which is a more "male-dominated" environment, he added.

That shift in thinking has benefits beyond simply boosting the number of women working in STEM fields, said Commander Helga Budden, a Naval Engineering Officer with 30 years of experience and the senior female naval engineer on the East Coast.

"In making women feel at home we make everyone feel at home. It's not a zero-sum game," said Cdr Budden.

Inclusion and diversity is proven to strengthen the workplace, especially in the field of STEM, said Dr. Sarah Wells, Assistant Dean of Medical Sciences at Dalhousie University.

"The diversity of a team improves productivity, it improves the problem solving capabilities of the team... and the literature supports this," Dr. Wells added.

While there are no easy answers to increase the number of women working in STEM, young girls growing up need to see examples of women working in STEM, and the notion of what a STEM career is needs to be broadened, the panelists said.

"There are so many different things you can do. The best way forward is to keep an open mind and enjoy the journey," said Dr. Alexandra Merckx-Jacques, manager of the Energy, Environment and Resources division of the Natural Sciences and Engineering Research Council of Canada (NSERC).

Although she has had an impressive

career so far, Merckx-Jacques said she still feels she didn't get a full picture of what was possible when she was making decisions about her future.

"Now that I look back, I wish I had more opportunities to explore the trades. That wasn't something I thought about... there's so much more out there."

Cheyenne McPherson, a certified Red Seal Industrial Mechanic (Millwright) who works at FMFCS at the Halifax Dockyard, said even from a young age she knew that she wanted to work in the skilled trades and was thrilled after learning about millwright opportunities through a career exploration course with the Nova Scotia Community College.

"You get to do so much — you're machining, you're welding, you're working on pumps and hydraulics... there are so many routes you can take," she said.

As the only woman in her class, McPherson said the biggest lesson she learned was the importance of asking questions.

"You're there to learn. Most times there are others who don't know the answers either. You're on this earth to learn so don't be scared to speak up and ask when you don't know something," she said.

Growing up in Lebanon, Ghada Fakhri, a professional engineer and the Industrial Engineering Manager at FMFCS, said she always knew she wanted a career in engineering.

While learning technical skills is a crucial part of any career path in STEM, she said learning to push through fear is key to finding a career path as well.

"Don't be afraid to take math or science courses. It's important to keep trying, even if you're afraid you might not make it. Try, fail, start again," she said.

According to Holly Scothorn, DWAO's civilian co-chair and one of the event organizers, the panel discussion was the first in what is hoped to be an annual event.

Other panelists include Major Carole Garrett, Aircraft Maintenance Officer at 12 Air Maintenance Squadron at Shearwater, Captain Dani Vortisch, Requirements Officer with Real Property Operations at CFB Halifax, and S1 Meghan Johnston, a Weapons Engineering Technician with the future HMCS *Max Bernays*.

Commander Beth Vallis, past Commanding Officer at HMCS *Scotian*, gave the closing remarks. Thanking both the panelists and DWAO for making the event happen, Cdr Vallis emphasized the importance of talking about women in STEM.

"There are gender gaps in the workplace," she said. "We have to support one another and look for support among our male colleagues as well."



MARLANT Defence Women's Advisory Organization held a Women in STEM panel discussion at Tribute Tower on June 23.

MONA GHIZ, MARLANT PA

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New Canadian Defence Academy program offers education opportunities and funding

By Maj AF Berdais,
PAO CDA

A new educational expense reimbursement (EER) program went live in August 2021, reopening opportunities and funding to Canadian Armed Forces (CAF) – Regular and Primary Reserve members.

The new CAF Self-Development Program (MILPERS Instruction 01/21) allows CAF members to submit new applications in the Self-Development Reimbursement Education Expense Reimbursement software (SDPEER.)

Previously approved Individual Learning Plans (ILP) in the electronic ILP system will continue to be managed and funded until the end of Fiscal Year 2022/23, at which time they will be formally cancelled in accordance with CANFORGEN 96/22. Members with these old ILPs will have to transition their ILPs to the new program should they wish to continue to seek reimbursement under the new policy. During the transition, members with older ILPs will need to submit a SDP into the new SDPEER system in accordance with the new [Canadian Forces Military Personnel Instruction 01/21](#) (accessible only on the Defence

Intranet).

This new CF Mil Pers Inst 01/21 also outlines the process of supporting Ill and Injured Regular Forces members as they consider their transition options.

Primary Reservists will continue to be entitled to educational reimbursement and will be required to submit their ILP and Self-Development Plan within the year that they are seeking reimbursement. As with Regular Forces members, it is necessary for reservists to adhere to policy timelines to claim any entitled funds.

The new CAF Self-Development Program represents a modernization of the current CF Mil Pers Instr 17/04 program, and is designed to offer self-development educational expense reimbursement programs to a larger number of CAF members. The new program will also ensure that Canadian Defence Academy (CDA) funding is provided within defined funding envelopes, yet is agile enough to respond to increases in funding, if those opportunities arise. This will permit a more equitable distribution

of educational opportunities to all CAF members. The funding model will be based on a “course by course” approval process, using a prioritization matrix published on the SDPEER website ([SDPEER-PARFS](#)). Members without or with limited DWAN access can apply through the Help Desk: SDPEER-PARFS@forces.gc.ca.

Professional development and academic advancement of military members provide important value to the CAF, as they bring the fresh ideas, critical thinking, and deeper outlooks required by modern and effective professional armed forces. The new CAF Self-Development Program ensures that military members' educational pursuits are supported within available financial allocations.

The application and approval process takes about one week to complete. However, funding for a course must be submitted two months prior to the month in which the course will start and therefore, CAF members are encouraged to submit their application and courses as early as possible.

Note that the program for EER is

for a maximum of up to four funded courses per fiscal year. Each course start date must be during a different month, e.g. CAF members cannot be reimbursed for two classes starting in September. This seemingly bureaucratic limitation is based on providing a responsive, more equitable, and better-managed education reimbursement program to be available to all CAF members within the allotted budget. The policy instrument and program will be regularly reviewed to make any required improvements.

The new CAF Self-Development Program is ready to receive new requests from CAF members. To apply for a new Self-Development Program, all applications must be submitted through the new SDPEER application at: <https://sdpeer-parfs.forces.mil.ca/>.

For more information, visit contact Military Personnel Command's Administrative Response Centre (ARC) website at <http://cmp.mil.ca/en/support/military-personnel/administrative-response-centre.page> or by email and phone at CMPARC.CRACPM@FORCES.GC.CA and 1-833-445-1182.

Le nouveau Programme d'auto-développement offre des possibilités de poursuite académique et son financement

Par Maj AF Berdais,
OAP ACD

Un nouveau programme de remboursement des frais de scolarité a été mis en service en août 2021, rouvrant les possibilités de poursuites de qualifications pédagogiques ou professionnelles et son financement aux membres des Forces armées canadiennes (FAC) – Régulier et de la Réserve primaire.

Le nouveau programme d'auto-développement des FAC ([Instr Pers Mil des FC 01/21](#)) permet aux membres des FAC de soumettre de nouvelles demandes dans le logiciel du programme de remboursement des frais de scolarité (PARFS).

Les plans d'apprentissage individuel (PAI) approuvés antérieurement dans le système électronique du PAI continueront d'être gérés et financés jusqu'à la fin de l'exercice 2022-23, date à laquelle ils seront officiellement annulés conformément au CANFORGEN 96/22. Les membres de ces anciens PAI devront faire la transition de leurs PAI vers le nouveau programme s'ils souhaitent continuer à demander un remboursement en vertu de la nouvelle politique. Au cours de la transition, les membres ayant des PAI plus anciens devront soumettre un plan d'auto-perfectionnement dans le nouveau système PARFS conformément à la nouvelle Instruction 01/21 du personnel militaire des Forces canadiennes.

Le nouveau Instr Pers Mil des FC 01/21 décrit également le processus de soutien aux membres malades et blessés de la Force régulière dans l'examen de leurs options de transition.

Les membres de la Réserve primaire continueront d'avoir droit à un remboursement des études et devront soumettre leur PAI et leur plan de développement personnel au cours de l'année où ils demandent un remboursement. Comme pour les membres des Forces régulières, il est nécessaire que les réservistes respectent les échéanciers de la politique pour réclamer les fonds admissibles.

Le nouveau programme d'auto-développement des FAC représente une modernisation de l'actuel programme CF Mil Pers Instr 17/04 et est conçu pour offrir des programmes de remboursement des frais d'éducation d'auto-développement à un plus grand nombre de membres des FAC. Le nouveau programme veillera également à ce que le financement de l'Académie canadienne de la défense (ADC) soit fourni dans le cadre d'enveloppes de financement définies, tout en étant suffisamment souple pour répondre aux augmentations de financement, si ces possibilités se présentent. Cela permettra une répartition plus équitable des possibilités d'éducation à tous les membres des FAC. Le modèle de financement sera basé sur un proces-

sus d'approbation « cours par cours », à l'aide d'une matrice de priorisation publiée sur le site Web du PARFS (SDPEER-PARFS). Les membres sans ou avec un accès DWAN limité peuvent postuler via le service d'assistance: SDPEER-PARFS@forces.gc.ca

Le perfectionnement professionnel et l'avancement académique des militaires apportent une valeur importante aux FAC, car ils apportent les idées nouvelles, la pensée critique et les perspectives plus profondes requises par les forces armées professionnelles modernes et efficaces. Le nouveau Programme d'auto-développement des FAC veille à ce que les activités éducatives des militaires soient soutenues dans les limites des allocations financières disponibles.

Le processus de demande et d'approbation prend environ une semaine. Cependant, le financement d'un cours doit être soumis deux mois avant le mois au cours duquel le cours commencera et, par conséquent, les membres des FAC sont encouragés à soumettre leur demande et leurs cours le plus tôt possible.

Notez que le programme de remboursement des frais de scolarité est pour un maximum de quatre cours financés par exercice financier. Chaque date de début de cours doit être au cours d'un mois différent, par exemple les membres de la CAF ne peuvent pas

être remboursés pour deux cours commençant en septembre. Cette limitation qui pourrait être perçue comme bureaucratique repose sur la mise en place d'un programme de remboursement des études plus souple, plus équitable et mieux géré qui sera accessible à tous les membres des FAC dans les limites du budget alloué. L'instrument de politique et le programme seront régulièrement examinés afin d'apporter les améliorations nécessaires.

Le nouveau Programme d'auto-développement des FAC est prêt à recevoir de nouvelles demandes de la part des membres des FAC. Pour présenter une demande pour un nouveau programme d'auto-développement, toutes les demandes doivent être soumises par l'entremise de la nouvelle demande PARFS à l'adresse suivante : <https://sdpeer-parfs.forces.mil.ca/> (accessible uniquement sur l'intranet de la Défense).

Pour de plus amples renseignements, veuillez communiquer avec le site Web du Centre d'intervention administrative du Commandement du personnel militaire à l'adresse <http://cmp.mil.ca/en/support/military-personnel/administrative-response-centre.page> ou par courriel et par téléphone au CMPARC.CRACPM@FORCES.GC.CA et au 1-833-445-1182.



Awards ceremony for HMCS Montreal sailors

HMCS Montreal commanding officer Cdr Chris Devita presided over an honours and awards ceremony while the ship was alongside in Catania, Italy on June 4 as part of its ongoing Op Reassurance deployment. Bravo Zulu to all those who received medals, badges and certificates on the day. Pictured here, award recipients show off their HMCS Montreal Operation Reassurance mission patches along with Cdr Devita.

SI SAIF MORSY

SPORTS & FITNESS



Joggler wins Esquimalt 5K run ahead of world-record attempt

By Peter Mallet,
The Lookout

A fleet-footed ‘joggler’ set another personal record during Canadian Forces Base Esquimalt annual Navy Run on June 18.

Lieutenant (Navy) Michael-Lucien Bergeron of Naval Reserve Division HMCS *Queen Charlotte* in Charlottetown, P.E.I., recorded the fastest time in the Men’s 5 kilometre category while performing a circus-style juggling act for the entire race, known as ‘joggling’.

“Many were impressed and I heard a lot of ‘wows’ – some called me a ‘showoff’ – but I think overall everyone enjoyed the show,” Lt(N) Bergeron said. “It does show that anything is possible if you put your mind to it.”

Lt(N) Bergeron crossed the finish line with an impressive time of 17:03 with his three juggling balls suspended in mid-air. It is not the first time Lt(N) Bergeron ‘joggled’ his way to a win. Four years ago he won both the Navy 10K race and the 5km event at the Blue Nose Marathon race in Halifax. The last race he won while joggling was another 10km race in

Summerside P.E.I., in July 2021. Lt(N) Bergeron is also the Guinness Book of World Records holder for ‘Faster half-marathon joggling with three objects’, which he set in Toronto in 2018.

At this most recent race in Esquimalt, Lt(N) Bergeron beat his closest competitor, Matthew Carlson of Victoria, by 11 seconds.

“It’s definitely a racing experience I will not soon forget and I was quite surprised and amazed how fast he could run while joggling,” Carlson said.

Carlson, who works as a Projects Officer at Base Executive Services, has been hitting personal bests in his 5KM and 10KM times for the past year. He recently recorded a Top Ten finish in the Times Colonist 10KM run in April 2022.

Lt(N) Bergeron said his strategy in the race was fairly simple.

“I wanted to stay in the top five and then noticed the leader of the race was having some difficulty running up the hills on the course,” he says. “So, with 600

metres to go in the race I made a surge to take the lead and managed to keep it until the finish line. It feels great to be a champion and to have won Navy races on both coasts.”

Lt(N) Bergeron began running when he was 13 and learned juggling when he was in high school. He combined the two activities on a dare from a university friend. He then set the goal to juggle in a real race, which he first achieved in 2014 in Halifax.

Lt(N) Bergeron is set to compete in the Navy 10K in Halifax once again later this summer, but his next goal is to break the Guinness Book’s record for a 10km race while juggling, which he will attempt on July 10 at the University of Prince Edward Island track in Charlottetown.

Lt(N) Michael Bergeron, a member of HMCS Queen Charlotte in Charlottetown, PEI, finished first in the 5km event at the Esquimalt Navy Run on June 18.

MARPAC IMAGING





Un « joggler » remporte la course de 5 km d'Esquimalt avant de tenter d'établir un record du monde

Par Peter Mallet,
The Lookout

Un athlète peu orthodoxe de la flotte a établi un autre record personnel lors de la course annuelle de la marine de la base des Forces canadiennes Esquimalt le 18 juin.

Le Lieutenant de vaisseau Michael-Lucien Bergeron, de la division de la Réserve navale NCSM *Queen Charlotte* à Charlottetown (Î.-P.-É.), a enregistré le temps le plus rapide dans la catégorie des hommes de 5 kilomètres tout en exécutant un numéro de jonglage de style cirque pendant toute la course, connu sous le nom de « joggling ».

Beaucoup ont été impressionnés et j'ai entendu beaucoup de « wow » - certains m'ont traité de « frimeur » - mais je pense que dans l'ensemble, tout le monde a apprécié le spectacle », a déclaré le Ltv Bergeron. « Cela montre que tout est possible si on y met du sien ».

Le Ltv Bergeron a franchi la ligne d'arrivée dans un temps impressionnant de 17:03 avec ses trois balles de jonglage suspendues dans les airs. Ce n'est pas la première fois que le Ltv Bergeron « joggling » vers la victoire. Il y a quatre ans, il a remporté la course de 10 km de la Marine et l'épreuve de 5 km du marathon Blue Nose à Halifax. La dernière course qu'il a gagnée en joggant était une autre course de 10 km à Summerside (Î.-P.-É.), en juillet 2021. Le Ltv Bergeron est également le détenteur du Livre Guinness des records du monde pour le « joggling » plus rapide sur un semi-marathon avec trois objets », qu'il a établi à Toronto en 2018.

Lors de cette plus récente course à Esquimalt, le Ltv Bergeron a battu son plus proche concurrent, Matthew Carlson de Victoria, par 11 secondes.

« C'est définitivement une expérience de course que je n'oublierai pas de sitôt et j'ai été assez surpris et étonné de voir à quelle vitesse il pouvait courir tout en jonglant », a déclaré Carlson.

M. Carlson, qui travaille en tant qu'agent de projets pour les services exécutifs de la base, a battu ses records personnels dans ses courses de 5 km et de 10 km l'année dernière. Il s'est récemment classé parmi les dix premiers lors de la course de 10 km du Times Colonist

en avril 2022.

Le Ltv Bergeron a déclaré que sa stratégie dans la course était assez simple.

« Je voulais rester dans le top 5, puis j'ai remarqué que le meneur de la course avait un peu de difficulté à courir dans les collines du parcours », dit-il. « Alors, à 600 mètres de l'arrivée, j'ai fait une poussée pour prendre la tête et j'ai réussi à la garder jusqu'à la ligne d'arrivée. C'est formidable d'être un champion et d'avoir gagné des courses de la Marine sur les deux côtes. »

Le Ltv Bergeron a commencé à courir à l'âge de 13 ans et a appris à jongler lorsqu'il était à l'école secondaire. Il a combiné les deux activités sur un défi lancé par un ami de l'université. Il s'est ensuite fixé comme objectif de jongler dans une vraie course, ce qu'il a réalisé pour la première fois en 2014 à Halifax.

Le Ltv Bergeron doit participer une fois de plus au Navy 10K à Halifax plus tard cet été, mais son prochain objectif est de battre le record du Guinness Book pour une course de 10 km en jonglant, ce qu'il tentera le 10 juillet sur la piste de l'Université de l'Île-du-Prince-Édouard à Charlottetown.

Navy cheers on Blue Jays

RCN sailors in uniform have been spotted at Toronto Blue Jays games this summer. Personnel from HMCS Oriole took in a game on June 13 during their stop in Toronto as part of the 2022 Great Lakes Deployment, and then on July 1, members of HMCS Glace Bay were part of the 250-strong CAF component that supported the Blue Jays' Canada Day celebrations at the Rogers Centre.

SUBMITTED

Futsal soccer training sessions

By Trident Staff

Members of the CFB Halifax men's and women's base soccer teams have begun hosting futsal training sessions on Tuesday evenings for interested members of the greater CFB Halifax community. The intent of these sessions is to foster a strong community of soccer players in the region, to increase physical fitness, and, most importantly, to have fun.

Futsal is fast-paced, indoor version of soccer, played on a smaller surface than a traditional soccer pitch, with only five players per team on the court at a time. All CAF members are invited to come

learn the basics.

The details for the Futsal sessions are as follows:

When: 5 - 7 p.m. on Tuesdays
Where: Fleet Fitness and Sports Centre

Who: All CAF members in the CFB Halifax region

What: Yo-Yo test conditioning training (short beep test-like activity), followed by Futsal

Should you have any further questions, please contact SLt Eve Baker at Eve.Baker@forces.gc.ca or MCpl Ben Sullivan at Benjamin.Sullivan@forces.gc.ca

L'entraînement de football futsal a commencé

Par l'équipe Trident

Les membres des équipes de soccer de base masculine et féminine de la BFC Halifax ont commencé à organiser des séances d'entraînement de futsal le mardi soir pour les membres intéressés de la grande communauté de la BFC Halifax. L'objectif de ces séances est de favoriser la création d'une solide communauté de joueurs de soccer dans la région, d'améliorer la condition physique et, surtout, de s'amuser.

Le futsal est une version intérieure et rapide du soccer, jouée sur une surface plus petite qu'un terrain de soccer traditionnel, avec seulement cinq joueurs à la fois

sur le terrain. Tous les membres de la FAC sont invités à venir apprendre les bases.

Les détails pour les sessions de Futsal sont les suivants :

Quand : 17 h - 19 h le mardi
Où : Centre de conditionnement physique et de sports de la Flotte
Qui : Tous les membres des FAC de la région de la BFC Halifax
Quoi : Un court test de conditionnement suivi d'une séance de futsal.

Si vous avez d'autres questions, veuillez communiquer avec le Ens1 Eve Baker à Eve.Baker@forces.gc.ca ou le Cplc Ben Sullivan à Benjamin.Sullivan@forces.gc.ca

