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Photo by Peter Mallett, Lookout

Rockheights Middle School Grade 7 student Frinz Adulta cleans a headstone at God's Acre Veterans Cemetery on May 17. He and his classmates were cleaning the gravestones in preparation for the upcoming Candle Light Tribute. For more coverage see page 3.

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# 443 Squadron Hornets impress in TC 10K



**Peter Mallett**  
Staff Writer

Runners from 443 Maritime Helicopter Squadron surprised everyone, including themselves, with a fifth-place finish in the Team category of the Times Colonist 10K race this year.

The Hornets celebrated an average time of 46:36, the top finish in the Police, Fire and Military category and better than 172 other teams registered in the annual race through the streets of downtown Victoria on April 29.

The North Saanich-based squadron took an unlikely path to the top of the race standings. They normally enter a team every year, but didn't in 2017 after the previous team con-

nor transferred to another base. Hornets Team Captain Sergeant Richard Jomha agreed to take over team convening duties this year, but suffered an achilles tendon injury days ahead of the race. Those factors, coupled with a roster shortage, put their chances for success in doubt, said Sgt Jomha.

"We had three members join just days before the race, but we were finally able to put a team together," he said. "We were hoping to have good results, but had no idea we would do so well in

such a large field of teams."

Sgt Jomha's wife, Nikki, and son, Spencer, a late edition to the 15-person team, were critical to the victory. Spencer was runner up for best time on the team, finishing the course in 44:29 while Nikki had the fifth best finish on the team, crossing the finish line at 46:20. Captain Brandon Philp had the top individual time for the Hornets at 42:10, good for 23rd place in the Male 25 to 29 category.

The top male and female fin-

ishers from the Hornets, Capt Philp and Nikki Jomha, will have their names engraved on the squadron's own race trophy.

The other military participants, from Canadian Naval Reserve Unit HMCS Malahat, competed in the Government category of the race and finished with an average time of 57:43 to take eighth place in the team standings.

The next competition for the Hornets is the Navy 10k race in Esquimalt on June 17.

Photos by Richard T. Jomha  
Major Trevor Cadeau of 443 Maritime Helicopter Squadron shows off his finisher's medal following the race.



Members of the 443 Helicopter Squadron Times Colonist 10K Run team.

## Hornets 10K Results

(With finish, name and time)

5th place. Combined time: 7:45:51. Average time: 46:36.

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1. Capt Brandon Philp, 42:10  | 9. Capt Steven Rios, 48:48      |
| 2. Spencer Jomha, 44:29       | 10. Capt Cody Hansen, 50:00     |
| 3. Maj Trevor Cadeau, 44:31   | 11. Sgt Maxime Gravel, 50:19    |
| 4. Capt Tyler Molloy, 45:20   | 12. Cpl David Peterson, 50:50   |
| 5. Nikki Jomha, 46:20         | 13. Stacy McDonald, 1:02:24     |
| 6. Capt Marina Aude, 47:35    | 14. Maj Sarah Thornton, 1:11:48 |
| 7. Sgt Paul Van Bommel, 48:13 | 15. Seamus McDonald, 1:11:48    |
| 8. MCpl Rene Rossignol, 48:25 |                                 |

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Photos by Peter Mallett, Lookout

# PREPARING GOD'S ACRE

**Peter Mallett**  
Staff Writer

School District 61 (Greater Victoria) students and sea cadets got down to work last week, taking care of some vital spring cleaning at God's Acre Veterans Cemetery.

On May 17, 30 Grade 7 students from nearby Rockheights Middle School fanned out across the National Historic Site armed with buckets of water and scrub brushes. They cleaned and polished the headstones of 120 military veterans who served Canada and Britain, removing moss and other marks left behind from winter.

The students were continuing clean-up efforts that had been started on the weekend of May 12 by members of Esquimalt's Royal Canadian Sea Cadets and Navy League Cadets.

The efforts of the young volunteers were in preparation for this year's Candlelight Tribute, which will be held on May 31 at 6:45 p.m. The annual ceremony normally has a theme and this year's ceremony has two. It will commemorate both the end of the First World War and the 150th anniversary of the cemetery itself.

The significance of the clean-up and the historical importance of the site had a personal connection for Rockheights student Drew Abercrombie, who's great-grandfather was a gunner aboard

Canadian warships during the Second World War.

"It's good for the community and a good way to honour the veterans. They worked hard for us and it's time to give back to them," he said.

Classmate Brayden Barber's parents are both members of the Canadian Armed Forces with many other family connections to the military.

"I know the importance of this because I have a huge string of army relatives. Many of them fought in the Second World War and a few of them have recently passed away, so doing this reminds me of them," he said.

Some of the cadets and students who took part in the maintenance work will also play a meaningful role in this year's tribute. After musical performances and speeches, military personnel, veterans and dignitaries will gather at individual grave sites and pass a candle to each youth who will then place the candle on the gravesite.

Veteran's Commemorative Committee Chair, Petty Officer First Class (retired) Bob Haldane described the efforts of the cadets and school students as "wonderful."

The former Marine Engineer, who enjoyed a 24-year career with the Royal Canadian Navy, says the chapel and cemetery grounds of God's Acre are nothing short of breathtaking.

"Many of those who haven't attended the event don't even know

the cemetery is there because it's so secluded," said Haldane. "That's because the cemetery isn't so easy to get to and requires a short walk from behind the base hospital on Colville Rd., and across the 12th fairway [of Gorge Vale Golf Course] to get there."

Last week, Haldane was busy in his home office putting the finishing touches on organizing and advertising this year's tribute. Dignitaries attending the ceremony include B.C.'s recently installed Lieutenant Governor, Janet Austin; Commander Maritime Forces Pacific, Rear-Admiral Art McDonald; Base Commander, Captain (Navy) Jason Boyd; Mayor of the Township of Esquimalt, Barb Desjardins and other community leaders.

Music will be provided by the Canadian Scottish Regiment's Pipes and Drums, Victoria Children's Choir and the Naden Band of the Royal Canadian Navy. Free food and drinks are being provided by Thrifty Foods. Other sponsors for the event include The Township of Esquimalt, CFB Esquimalt and Veterans Affairs Canada (VAC).

Haldane said the golf course will temporarily alter its course to allow safe passage of patrons to and from the ceremony. Past tributes have seen attendance of over 1,000 people and he advises everyone to show up early to find parking in the limited spaces located nearby.

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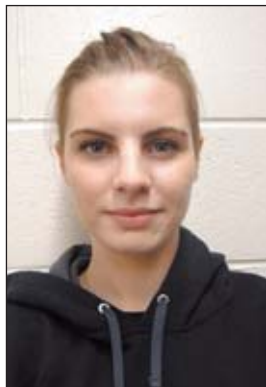


## WHAT SAY YOU

### People Talk

Cadets from all across Canada converged on Wurtele Arena May 7 to 10 for the national marksmanship competition. The Lookout asked competitors the following question:

*What are the most important lessons you've learned from the Cadet Marksmanship program?*



One of my coaches taught me that you can't live and die with every shot. I say this to myself when I am shooting, but also apply this in many other situations.

**Warrant Officer  
Maya Neumann,  
Royal Canadian Army  
Cadets Corps 2799,  
Aurora, ON.**



Marksmanship has taught me many important lessons about life, especially how to be more calm and reserved.

**Chief Warrant Officer  
Miguel Gordon,  
Royal Canadian  
Army Cadets Corps,  
Yellowknife, NWT**



To be honest and confident in yourself. I was bullied when I was younger, but after I got into marksmanship, it taught me these values and I now understand that they should be applied in all facets of life.

**Flight-Sergeant  
Jana Elkheir,  
622 Royal Air Cadets  
Squadron,  
Montreal, QC**



If I try hard enough and practice long enough I can accomplish anything. This is something I truly believe in.

**Sergeant Daniel Comben,  
Royal Canadian Army  
Cadets Corps 2293,  
Saskatoon, SK**



To be both strong and humble because, when you are shooting, the results can be good and sometimes bad. You need to stay focused, and overconfidence is something to avoid.

**Master Warrant Officer  
Dylan Logan,  
Royal Canadian Army  
Cadets Corps 2610,  
Sheet Harbour, NS**

## WHAT SAY WE

# CAF female narrators wanted for DND/CAF video

Military Personnel Generation (MILPERSGEN) is coordinating the production of a three-minute video titled "Women in the Canadian Military - A Generational Success" to spark the interest of Generation Z girls and young Millennials in the CAF. This video will feature accomplishments made by Canadian military women from the First World War to today.

The ADM(PA) multimedia team, supported by Chief Military Personnel (CMP) PA, will conduct the in-studio recording and the post-production of this video.

The support of CAF units is requested to identify possible women narrators to read a short script on camera, with teleprompter, in both english and french. Narrators must be comfortable in front of a camera, enthusiastic in their speech and presentation, and energized by their career in the CAF.

This will be an all ranks video. The following organizations are requested to provide candidate narrators:

- Navy (including submariners)

- Army (from the infantry, armoured corps, artillery and combat engineer regiment)
- Air Force (all MOSIDS including SAR techs)
- MILPERSCOM (from non-combat arms occupations), and
- CANSOFCOM (any trade)

Narrators are expected to meet the following selection criteria:

- Have a record of exemplary conduct
- Able to read in both official languages with ease

Nominations must be submitted by May 24, 2018 to [bernard.dionne@forces.gc.ca](mailto:bernard.dionne@forces.gc.ca) for selection with the following information:

- SN, rank, INITS, MOSID, parent unit
- Enrolment date
- POC at unit
- A 1-page narrative supporting the recommendation

Auditions will take place via Telecon/VTC to confirm narrators suitability and capability to read short text in both official languages. Details will be provided to the units once

nominations have been selected.

Units of participants selected will be provided studio dates by May 31.

Recording in studio is scheduled to take place between Jun 4 and 12 for 1 to 1.5 hrs maximum, at the Malone Multimedia Centre, located on the lower floor of NDHQ at 101 colonel by drive, Ottawa, ON. Fin code will be provided by MILPERSGEN for TD. Detailed admin instructions will be provided to selected participants in advance of studio dates.

All participants will be required to sign a release to give DND/CAF permission to air the video on social media platforms.

Production of the video is part of operation generation efforts to achieve our goal of increased numbers of women in the CAF. Your support with this initiative is key to its success.

Queries can be directed to the POC: MILPERSGEN Senior Public Affairs Officer Maj J.B. Dionne at [bernard.dionne@forces.gc.ca](mailto:bernard.dionne@forces.gc.ca) or by phone at 613-541-5010 ex 3973.

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Photo by Leading Seaman Ogle Henry, MARPAC Imaging Services

Commanding Officer of the Naval Security Team, Lieutenant Commander Michael Wills (left), is congratulated by Commander Canadian Fleet Pacific, Commodore Jeff Zwick (centre) during a Change of Command Ceremony on May 11. LCdr Wills took command of the unit from LCdr Jeff Chura (right).

## Naval Security Team change of command

By **SLt M.X. Déry**  
MARPAC Public Affairs

Lieutenant Commander (LCdr) Jeff Chura passed command of the Naval Security Team (NST) to LCdr Michael Wills on May 11.

"I was honoured to be chosen for such a unique opportunity," said LCdr Chura, "I look back in awe at what we have accomplished."

In his remarks prior to handing over command, LCdr Chura was thankful for all the hard work put in by the NST over the last two years.

"I was impressed by the energy, enthusiasm and drive of everyone involved," he said.

Speaking as CO of the unit for the first time, LCdr Wills emphasized that he is open and ready to support them.

"I look forward to the challenge of bringing to fruition the vision of NST," he said. "Flexibility will be key to providing the Royal Canadian Navy with a deployable and capable security force."

LCdr Wills was, until recently, the commanding officer of *HMCS Oriole*,

in which he sailed from CFB Esquimalt, through the Panama Canal to CFB Halifax, covering over 16,000 km.

This year, the NST returned from Denmark where they supported the deployment of *HMCS St. John's* on Op Reassurance. Members are currently training for deployments to Fiji and Greece in the coming months.

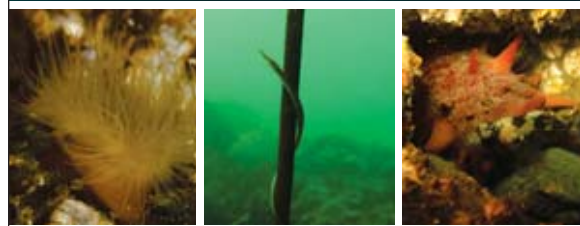
NST members are trained to conduct local force protection operations to address asymmetrical threats in and around sea ports where RCN ships may be located.

*I was honoured to be chosen for such a unique opportunity. I look back in awe at what we have accomplished.*

Lieutenant Commander Jeff Chura

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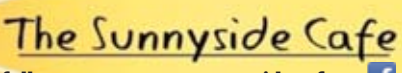
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The Sai Wan Cemetery in Hong Kong.

**HMCS VANCOUVER REMEMBERS**

*Canadian Soldiers*

**THE BATTLE OF HONG KONG**

Photos by Master Corporal Brent Kenny, MARPAC Imaging Services

**Lt(N) Tony Wright**  
HMCS Vancouver

On May 6, during a recent port visit to Hong Kong, the crew of *HMCS Vancouver* spent time at the Sai Wan War Cemetery to pay tribute to Canadian soldiers who died defending Hong Kong from the Japanese in the Second World War.

The island of Hong Kong fell to the Japanese on Christmas Day, 1941, following 17 days of fighting by British, Canadian, Indian and

Chinese soldiers. Two hundred and ninety Canadian soldiers of the Royal Rifles of Canada and the Winnipeg Grenadiers lost their lives during the battle and most are buried at the Sai Wan War Cemetery in Hong Kong.

Of the Canadians captured after the battle, 267 eventually perished in prisoner of war camps.

The Sai Wan Memorial, at the entrance to the cemetery bears the names of more than 2,000 Commonwealth servicemen who died in

the Battle of Hong Kong or in captivity, and have no known grave. Many of the names are Canadian.

Twenty crew members from the ship travelled to the cemetery to visit the graves and lay a wreath in remembrance. Accompanying them were Deputy Commander, Royal Canadian Navy, Rear-Admiral Gilles Couturier; Commanding Officer, *HMCS Vancouver*, Commander Christopher Nucci; *Vancouver's* COXN, Chief Petty Officer First Class, Steve Wist; Consul General to

Hong Kong, Jeff Nankivell.

The sailors were able to walk through the cemetery and were given a brief tour by historian Tony Banham. After some words of remembrance by RAdm Couturier, Cdr Nucci and CPO1 Wist laid a wreath at the Cross of Sacrifice, found in the Canadian section of the cemetery. After a moment of silence, the crew continued to visit the graves, asking questions of Banham who shared stories of the battle and the sacrifices of the men who fought.



Commanding Officer of *HMCS Vancouver*, Cdr Christopher Nucci, accompanied by ship's Coxswain CPO1 Wist, lays a wreath at the Cross of Sacrifice at Sai Wan Cemetery on May 7.





Photos by Master Corporal Brent Kenny, MARPAC Imaging Services

Above: HMCS Vancouver Commanding Officer, Commander Christopher Nucci, Coxswain Chief Petty Officer First Class Steve Wist and members of the ship's company present Kids4Kids with a donation of \$2,500, made possible by Boomer's Legacy. Right: A child wears Master Corporal Kenny's Royal Canadian Airforce Wedge, as the Kids4Kids group tours HMCS Vancouver.

## HMCS Vancouver gives to kids in Hong Kong

**SLt Jordan Bornholdt**  
HMCS Vancouver

One of HMCS Vancouver's objectives while deployed on Operation Projection is to contribute to outreach activities coordinated through organizations that empower children to make positive change in their community.

During the ship's port visit in

Hong Kong, Vancouver was proud to make a donation to Kids4Kids, a non-profit organization that supports literacy development and youth empowerment. Kids4Kids has partnered with over 65 schools, 40 charity organizations, and has involved over 15,500 students.

Vancouver's contribution to Kids4Kids objectives was made possible by the Boomer's Legacy

Fund. Named after Corporal Andrew "Boomer" Eykelenboom, who was tragically killed by a suicide bomber in Afghanistan, the fund helps men and women in uniform have a positive impact on the communities they visit while deployed. The money provided by Boomer's Legacy Fund helps ensure that Andrew's humanitarian spirit lives on.

Vancouver was proud to emulate Andrew's example by creating a positive legacy with Kids4Kids in Hong Kong.

While onboard to receive their donation, children and staff from Kids4Kids were given a tour of the ship with displays from the Naval Boarding Party, Ship's Dive Team, and the Damage Control Organization.



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**Key information**

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- 5 days cycling with full vehicle support (limited seats)

- Group normally 6-16, plus leader
- 90% tarmac roads and cycle paths, 10% unpaved trails
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- All accommodation
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To enter the prize draw, you must register for Bike to Work Week and ride a bike instead of drive a motor vehicle to get somewhere (work, work-out, the bank, run errands, etc...) and log that trip online at [www.biketowork.ca](http://www.biketowork.ca)

After logging the trip, you will be directed to complete the Exodus Prize Draw Entry Form here: <https://www.exodustravels.com/ca/cyclingBC-registration>

Minimum age to enter is 16.

## BTWW Base events

Greater Victoria Bike to Work Week (BTWW) is back May 28 – June 3! CFB Esquimalt is proud to be a part of this community initiative that supports healthy living and an active lifestyle. There will be an array of activities leading up to and during the week.

- 23 MAY** **FREE BIKE REPAIR CAFÉ** hosted by MEC at the dock-yard bike racks. You'll be able to get your bike tuned up and try out an electric bike.
- 28 MAY** **BTWW BEGINS!**
- 30 MAY** **PSP RECREATION CELEBRATION STATIONS** at the Canex and MP gates from 6-8 a.m. **FREE BREAKFAST.** Velofix on site at Naden entrance for Minor bike adjustments
- 31 MAY** **BTWW CELEBRATION STATION** where you can stop for photos, snacks coffee and more.
- 1 JUNE** **NAVY BIKE RIDE**, join us for a fun community ride that ends at the Naden Drill Shed with food, coffee and prizes! Register for the Navy Bike Ride at [http://navybikeride.ca/shadow\\_ride/hmcs-malahat/#content](http://navybikeride.ca/shadow_ride/hmcs-malahat/#content).

If that wasn't enough free stuff for you, don't forget to register yourself on the BTWW website for your chance to win a trip to Portugal! Make sure you choose MARPAC as your organization and then find your team. If your team isn't listed, you can make one and encourage your coworkers to sign up. Full details and registration at <https://www.biketowork.ca/victoria>



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# Soldier On sailor sets course for tranquility

**Peter Mallett**  
Staff Writer

Despite being in the army for 22 years, Warrant Officer (retired) Darcy Eggleston is proving he's as at home on the water as any seasoned sailor.

The former military policeman has spent much of the past four years on the water to help manage PTSD symptoms he suffers following events he witnessed during peace keeping and overseas missions in the 1980s and 1990s.

This week Eggleston will step up his water therapy another notch. He'll be learning to sail in preparation for the Swiftsure Yacht Race. He and three other members of the Soldier On Program are part of *Her Majesty's Sail Training Vessel*

*Goldcrest's* racing team for the annual event.

Soldier On, a Joint-Personnel Support Unit-run program, provides athletic and recreational opportunities for ill and injured serving and retired personnel to assist in their recovery process.

"The therapy for me is getting out on the water and the open ocean with its rolling waves. It has a calming effect on me," said Eggleston who now works as the Vancouver Island Superintendent with the B.C. Sherriff Service.

Eggleston, 58, was diagnosed with Post-Traumatic Stress Disorder two years ago and says the sport of paddling has proved to be a sure-fire remedy for him. He's convinced that introducing the new challenge of sailing into

his life will help him continue to plot a course to better health.

"Even before I had been officially diagnosed [with PTSD] I found that being out on the water in a boat calmed me and gave me a better sense of trust from being part of a team," he said.

He is currently involved in one local dragon boat racing team and two outrigger teams, spending up to four days a week on the water, plus time in the weight room.

Eggleston now has a bright outlook on life, but before he found ways to manage his PTSD symptoms, there were many dark days.

After his departure from the military in 2001, he says his PTSD symptoms began to heighten. He suffered from rising anxiety levels, weight gain, sleep loss and excessive drinking. In 2015, things got so bad for a while that he even walked away from dragon boat paddling, which had been a central activity in his life.

"I knew there was something wrong and it was affecting my daily life," he said.

The symptoms, he says, stem from multiple traumatic events he witnessed during his years as a peace officer. But one tragic event he experienced in Syria stands out more than the others and often triggers his PTSD symptoms, he says.

Eggleston was in close proximity to a horrific car bomb explosion while posted to the Canadian Embassy in Damascus between 1995 and 1999. As a result, any loud noise he hears can trigger his PTSD.

In the days and months following that deployment to Syria, Eggleston could feel something was wrong, but his commanding officers were unaware of his health problems.

"When the military asked me if I wanted to take part in a peace keeping mission in the Golan Heights and then later insisted, I said to myself, 'That's it! I'm getting out of

the military,' and I left the organization while I was at the top of my profession."

In subsequent years, his PTSD symptoms worsened and began to affect his job and personal life. In 2016, he sought the help of a therapist who told him he had two options for recovery: "A healthier and more active lifestyle or go on medication."

Eggleston says he had no hesitation in selecting the activity option over the pharmaceutical path. He decided that dragon boat paddling was the perfect medicine for him and got back on the water shortly after that conversation. He then learned about the Soldier On program in 2017 and how it managed Canada's Invictus Games team.

Eggleston was one of more than 700 paddlers who late last year applied to be part of Canada's 2018 team, which will compete in Sydney, Australia, later this year. He found out in February that he wasn't one of the 40 members selected, but received an intriguing offer from the organization in March.

He was selected as a member of the *Goldcrest* Swiftsure team and would have the opportunity to learn about the sport of sailing for the first time. Although he has previous experience with the forces at play in the Strait of Juan de Fuca through other boating activities, they didn't come on a 36-foot yacht like the *Goldcrest*.

"Sailing is something new and much of it is something completely foreign to me because I've never handled sails or a line," he said. "With dragon boat racing, and especially outriggering, you feel the



CWO (ret'd) Darcy Eggleston in his BC Sherriff's Superintendent dress tunic and service medals.



Darcy Eggleston (right) pictured with his late father Major William "Bill" Eggleston, an engineer with the Canadian Army, at his side during a United Nations mission in Nicosia, Cyprus in 1989.

*It's a new challenge for me, I've done sky diving, scuba diving, and for me sports are all part of an adrenaline rush. Taking part in sports like these relieves my anxiety and gives me a sense of control over things.*

Warrant Officer (Retired) Darcy Eggleston

winds and the tides by using your paddling strength, but with sailing it's the physics of the wind and the sails."

To learn the ropes prior to the race, he and his three Soldier On teammates will join up with the rest of the team, which comes from Naval Fleet School Pacific. From Tuesday to Friday this week, the *Goldcrest* team will use the docks at fleet school as its base while taking to the waters of Esquimalt Harbour for daily training sessions aboard *Goldcrest*.

Their efforts will be put to the test on May 26 when they make the 106-nautical-mile journey, beginning and ending at the Royal Victoria Yacht Club with a turnaround point at Cape Flattery, Washington.

"It's a new challenge for me. I've done sky diving, scuba diving, and for me sports are all part of an adrenaline rush," he said. "Taking part in sports like these relieves my anxiety and gives me a sense of control over things."



Her Majesty's Sail Training Vessel *Goldcrest* of Naval Fleet School Pacific.



Darcy Eggleston (left) paddles with his Maple Bay Ocean Canoe Club outrigger team during a March 4, 2017 race on the Gorge Waterway.



# PSP staffer sees positives in soldier decompression efforts

**Peter Mallett**  
Staff Writer

A Personnel Support Program (PSP) worker from Esquimalt recently travelled to Frankfurt, Germany, to deliver a relatively new mental health program for Canadian soldiers deployed to Iraq.

PSP Community Recreation Co-ordinator Matt Carlson was part of a four-person Department of National Defence (DND) team that travelled to the historic city on the Rhine River from April 18 to 24 to deliver a three-day Third Location Decompression (TLD) program to 15 soldiers from CFB Petawawa. The male soldiers had been stationed in Besmaya, Iraq, for six months, during which they delivered training on explosives and ordinance disposal to members of the Iraqi security forces.

"I was honoured to be there and support the team and I believe TLD is an important initiative," said Carlson. "The program is an important component to a [deployed] soldier's mental health and is a productive method to assist them in transitioning back into Canadian society."

Carlson says TLD incorporates the core values of the Canadian Armed Forces (CAF) Road to Mental Readiness (R2MR) education program. The program assists



**Matt Carlson**  
of Personnel  
Support Programs  
helped deliver a  
Third Location  
Decompression  
program in  
Frankfurt,  
Germany recently.

members who have undergone prolonged and or stressful deployments, some of whom may suffer from Post-Traumatic Stress Disorder (PTSD) and other mental health problems. It is designed to provide military personnel with a period of rest, relaxation and education in a location away from the theatre before they return home to reintegrate with their families and community.

The other members of the TLD delivery team included TLD Coordinator, Lieutenant Phil Spicer a member of the Sherman Armoury's Military Police Unit (MPU), Petty Officer First Class Diana Frizzle of Canadian Joint Operations Command (CJOC) and Lieutenant Dale Vincent, a Mental Health Provider from CFB Gagetown.

Carlson's role was to provide

optional morning physical training programs, coordinate group outings and be on-call to provide information and answer queries from the soldiers about Frankfurt and its wide range of tourist and recreational attractions.

He noted the soldiers had been working in stressful conditions during their deployment and were working in a country where the culture, climate and food were unfamiliar to many of them. The group was housed at the centrally-located Westin Grand Frankfurt Hotel. Carlson says the facility provided excellent recreation accommodations including a gym, spa, swimming pool and sauna.

Two of the most popular outings he organized for the group included an excursion to a Third Division soccer match at PSD Bank Arena involving FSV Frankfurt

and SV Elversberg. Participants also attended a dinner at a restaurant in the ancient Roman city's North Sachsenhausen district that he said provided delicious and generous portions of authentic German cuisine.

But mostly, Carlson said, the soldiers preferred to spend their limited time in Germany either exploring Frankfurt's popular tourist attractions in small groups or on their own.

Before the soldiers arrived from Iraq, Lt Spicer and the team spent two days training and preparing for the delivery of the program, which included organizing security briefings and expectations of the team.

Carlson, who has a Masters in Education and Leadership Studies, and an Educational Psychological Studies degree, was required to take two three-hour teleconference classes before his first-ever involvement in a TLD program. The training included submitting written assignments and being tested on his ability to deliver the program.

After his first go-round with the TLD program, he says he is a firm believer in the concept and its value.

"You can see the value in TLD because it puts people who have been dealing with the stress of deployment in a better state of mind," said Carlson. "It gives them

a final positive experience with their unit and they then have a good memory before they go home."

TLD programs were implemented in Canada's military following a two-year study led by Gareth Jones, the Defence team's Director Special Ombudsman Response Team (SORT) in 2003 that probed the mental health of Canadian soldiers returning from Operation Apollo in Afghanistan. At that point, TLD programs were already being used by the militaries of Australia and the Netherlands, and in his recommendation Jones noted TLD was well worth the cost because of its ability to greatly improve the morale and confidence of the troops.

"Experience has shown time and again that [operational missions] can take a toll on even the strongest of soldiers," said Jones in his report. "In return for this ultimate commitment, they rely upon their chain of command to take care of them and ensure that they are given every possible advantage and opportunity to maintain their physical and psychological health so they can continue to serve."

For more information about the TLD program and Jones' study visit the Government of Canada's web page: <http://www.ombudsman.forces.gc.ca/en/ombudsman-reports-stats-investigations-tld/report.page>.



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**GIVING BACK TO THE ABORIGINAL ENTRY PROGRAM**

*as a*  
**mentor**



Photo by Mona Ghiz, MARLANT PA

**AB Bridgett Doucett, a NESOP in HMCS Montreal, is a mentor for this year's Canadian Forces Aboriginal Entry Program from May 4-25 in Halifax.**

**Ryan Melanson**  
Trident Staff

When AB Bridgett Doucett signed up for the Canadian Forces Aboriginal Entry Program (CFAEP), she knew she was interested in a military career, but the CAF environment and culture were foreign to her. An introduction to the military, in the form of the paid three-week program, was a welcome way to ease that transition.

Just a few years later, she's now a trained NESOP and Fire Control Operator. She's sailed overseas to NATO exercises, toured Cuba and South America, and recently got her first promotion to the rank of Able Seaman. There have been plenty of challenges along the way, but the experience of getting paid to travel the world, learn new skills and bond with shipmates has been an overwhelmingly positive one, she said.

"It's about the things you get to see and do, and the special moments that you experience at sea. It's just something that I don't think you can get with any other job."

Now, she's giving back to the program that introduced her to the CAF, serving as a mentor with this year's CFAEP participants, who are taking part in the program in Halifax from May 4-25.

"I'm really happy to be a

part of the program again," AB Doucett said.

"It helped so much in preparing me for basic training. We learned how to make our beds, we learned how to do drill, and we just started to get some understanding of the military," she added.

Participants also tour different units in the area and get a taste for each CAF environment with activities like day sails, helicopter and LAV rides, a day spent living in field conditions, and more. In AB Doucett's case, meeting serving members through the program helped her decide on her eventual trade after speaking with a NESOP.

"He explained all the different aspects of the trade and we talked about it and that helped me make an informed decision. That's another amazing part of what the program can offer." AB Doucett grew up in Cape Tormentine, New Brunswick, and is a member of the Lennox Island Mi'kmaq First Nation. While her Indigenous heritage hasn't always played a large role in her life, the opportunity to connect with her background among a group of peers was also a highlight of the CFAEP.

"It was really nice to meet other young Aboriginal people from different backgrounds and form a strong connection with them. We did things like

sharing circles every couple of days, we talked about all kinds of things and really got to know each other," she said, adding that she still stays in contact with some of her CFAEP colleagues, and that she hopes to find more ways to connect her Mi'kmaq heritage with her CAF career in the future.

She's also been able to draw inspiration from her family history. Her great grandfather, Michael "Island Longboat" Thomas, was the first Prince Edward Islander to run the Boston Marathon in 1911, completing the race while dealing with racist taunts and discrimination, a fact highlighted by a statue of Thomas erected on the Island in 2014. Her great-aunt Virginia Doucett, now in her 70s, served as a naval officer nearly 50 years ago, which is also a point of pride for AB Doucett.

"Her story is always in the back of my mind. It inspired me to join and it still inspires me. She's a very strong person."

AB Doucett has helped this year's group get their footing in the CAF environment, and passed on her advice to those who decide to join the CAF following the three-week introduction.

"I let them know they need to be fully committed to what they're about to do, because it's not always easy, but that they'll also have some amazing experiences."

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# Bravo ZULU

## Naval Fleet School (Pacific)



Lt(N) Presseau is promoted to his new rank by LCdr O'Regan and LCdr Strogan.



MS Sadler is promoted to his new rank by LCdr O'Regan and PO1 Glenn.



MS Vapalotal is promoted to his new rank by LCdr O'Regan and LCdr Strogan.



PO1 Sleeman is promoted to his new rank by LCdr O'Regan and LCdr Strogan.



PO2 Chisling is promoted to his new rank by LCdr O'Regan and CO1 Vallieres.



PO2 House is promoted to his new rank by LCdr O'Regan and LCdr Strogan.



SLt Chew is promoted to his new rank by LCdr O'Regan and Lt(N) Pilkey.



SLt Grant is promoted to his new rank by LCdr O'Regan and Lt(N) Pilkey.



SLt Joyce is promoted to his new rank by LCdr O'Regan and Lt(N) Pilkey.



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# Bravo Zulu HMCS Regina



LS Bewick is awarded the Canadian Forces Decoration by Cdr Matthews, Regina's Commanding Officer.



Lt(N) Leitch is awarded the Canadian Forces Decoration by Cdr Matthews.



Lt(N) Yakimovich is awarded the Canadian Forces Decoration by Cdr Matthews.



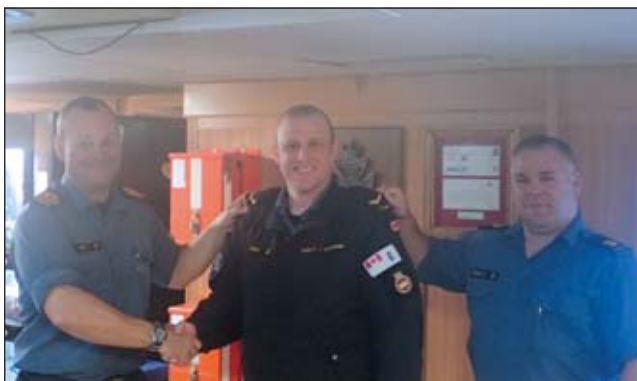
MS O'Connor is awarded the Canadian Forces Decoration by Cdr Matthews.



MS Silver is awarded the Canadian Forces Decoration by Cdr Matthews.



PO2 Devlieger is awarded the Canadian Forces Decoration by Cdr Matthews.



AB Vigue is promoted to his new rank by LCdr Graham (left) and PO1 Stickly.



PO2 Dame is presented a MARPAC Bravo Zulu award by Cdr Matthews.



AB Deschamps-St-Cyr is promoted to his new rank by LCdr Graham (left) and PO2 Pontz (right).



## Bravo Zulu

### Joint Personnel Support Unit

Sgt Victoria Killion (centre) receives the Joint Personnel Support Unit (JPSU) Commander's Commendation in recognition of her exemplary performance. Pictured left to right: CWO Remy Lapointe, JPSU CWO; BGen Mark Misener, JPSU Commander; LCdr Judith Harlock, JPSU Pacific Commanding Officer; and CPO2 Matthew Goodwin, JPSU Pacific Regional Sergeant-Major.

Photo by PO2 Patrick Buckoll



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