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# RAVEN'S

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## REMARKABLE RECRUITS

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**A/SLt Michelle Scott**  
MARPAC Public Affairs

It was a day that will long be marked in the memory of the 40 graduating members of the Raven program.

In a parade that included Minister of Indigenous Services Seamus O'Regan as Reviewing officer, the ordinary seamans received their basic military qualification at Work Point on Aug. 13.

The six-week Raven course is one of the Canadian Armed Forces (CAF) Indigenous Summer Programs that aim to build bridges between Aboriginal communities and the military, and to raise awareness among Indigenous people of potential military or civilian careers with the CAF.

The parade began with an Indigenous drumming circle performed by members of CFB Esquimalt's Defence Aboriginal Advisory Group, followed by a sash ceremony that saw five Raven students receive Métis sashes to wear on parade.

It was then that Raven student and Parade Platoon Commander OS Reed Eady marched his platoon out onto the parade square accompanied by the sounds of the Albert Head Air Cadet Band all to the delight of friends and family in attendance.

Their drill sharp and well-practiced, the platoon waited on the parade square for the arrival of Minister O'Regan, the teepee erected off to the side serving as the perfect backdrop for the occasion.

Minister O'Regan arrived shortly after to inspect the platoon and address the audience. In his speech he made mention that he had been looking forward to the day since he was sworn in as Minister of Indigenous Services, both in part due to his previous role as Minister of Veterans Affairs and his connection to the CAF through his brother who serves in the navy in Esquimalt.

"That swell of pride that you feel here today is well earned," he said. "I am very proud of every serving member of the Canadian Armed Forces and all those who have served, and

today I am so proud of all of you, and I hope you can feel that."

According to Raven staff, this year's platoon came together to form a strong group early in the first week of the course. Only two did not make graduation.

"We could tell right away there was a good will to succeed in the group and as we can see, we have 40 graduating," said Lieutenant (Navy) Guillaume Brochu, Officer in Charge of the program.

For a group that carries an average age of 17 years old, that is an impressive ratio, he added.

Also impressive is the number of Raven students who intend to join the CAF now that the program is over.

"This year we have approximately 31 recruits who want to join the CAF; it's usually only 30 per cent, so that's really high," said Lt(N) Brochu.

OS Justin Fairbrother, 16, is one of

**Above: Métis members of the Raven program receive ceremonial sashes to wear on parade during their graduation ceremony at Work Point on Aug. 13.**

those recruits. He plans to join the navy as a Naval Combat Information Operator. But first Fairbrother must head back home to Nanaimo, B.C., and Grade 11.

"I'm feeling super happy to be graduating. This is an amazing program and an amazing opportunity," he exclaimed, a smile plastered across his face. "I'd recommend Raven 100 per cent - it teaches you so many life skills - discipline and respect, and opens so many opportunities, even if you don't want to be in the military afterwards."



Members of the Raven program on parade at Work Point's Parade Square.



Minister of Indigenous Services Seamus O'Regan inspects members of the Raven program during their graduation ceremony.

Photos by MARPAC Imaging Services



# Amendments to the tattoo policy



## Courtesy Maple Leaf

The Canadian Armed Forces (CAF) has issued direction and guidance in an update to the current tattoo policy for military members.

The tattoo policy was updated to reflect the more mainstream acceptance by society for body art. The updated policy expands the eligibility of suitable applicants interested in joining the military.

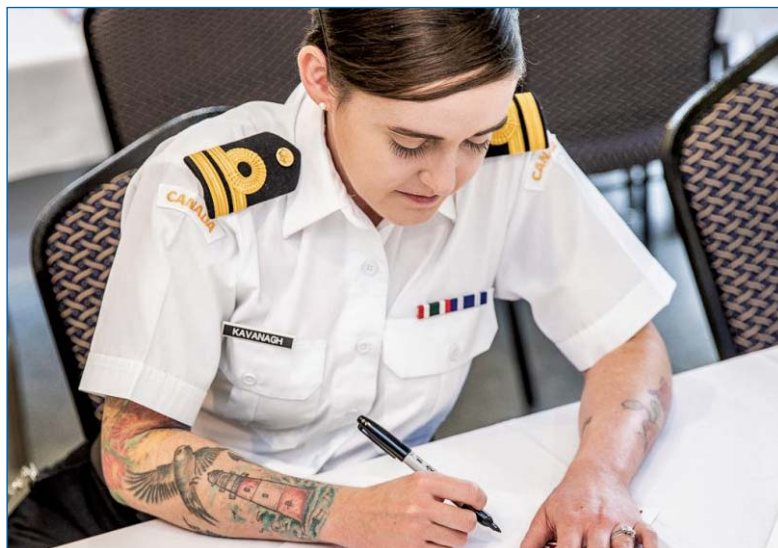
“As the Canadian Armed Forces Chief Warrant Officer, I’m always observing who we are as a force and how well we are reflecting those we serve,” said Chief Warrant Officer Guimond. “Tattoos are more and more mainstream in Canada and that’s what this policy update is all about. Greater control over your personal appearance is good for the morale of our people and it helps us attract future members to our team. As part of the CAF leadership, I’m

proud of how we are modernizing our work culture and we will continue to do so.”

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

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

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



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# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

Melissa Atkinson 250-363-3372  
melissa.atkinson@forces.gc.ca

### STAFF WRITERS

Peter Mallett 250-363-3130  
peter.mallett@forces.gc.ca

### PRODUCTION

Teresa Laird 250-363-8033  
production@lookoutnewspaper.com  
Bill Cochrane 250-363-8033  
workstation3@lookoutnewspaper.com

### ACCOUNTS/CLASSIFIEDS/RECEPTION

Jennifer Barker 250-363-3127

### SALES REPRESENTATIVES

Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602  
joshua.buck@forces.gc.ca

### EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006  
Katelyn Moores 250-363-7060

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## WHAT SAY YOU

### People Talk

Canada's 4th Canadian Ranger Patrol Group recently hosted a portion of this year's annual National Leaders Enhance Training Session for its Junior Canadian Rangers members at Pearson College. Lookout asked those attending:

*What is the most important skill you have learned as a member of the Junior Canadian Rangers?*



I would say getting used to uncomfortable situations. Most of the outings we go on, you are not in a five-star hotel and you've got to get used to roughing it – the weather is not always the greatest. It helps you adapt to uncomfortable situations.

**Natasha Bolger, 16,  
Blanc-Sablon, Que.**



I have learned so many skills through the JCR program but learning how to deal with the diversity of everyday modern challenges that come into my life is one of the most important. You must learn how to assess what happens; which problems you can solve. When something unexpected happens, you need to quickly stop, think and find a way to handle it. Sometimes you could be wrong and there could be backlash, but you need to figure out all these facets and put them together to solve the puzzle.

**Robert Gienger, 18,  
Grand Cache, Alta.**



Definitely the leadership. Being able to guide people to help them out, and also helping out in my community.

**Zoe Stevens, 17,  
Mary's Harbour, Labrador**



I think the most important thing I have learned is to find my voice. I have experienced a lot of personal growth through this program. I came into it as a shy person and nervous to speak up and take action. As I am approaching my fourth year in this program, I am much more outgoing and much more confident in myself and what I am doing. I am more willing to take action to change my circumstances and speak up if something is not going the way it should be.

**Emily Brolly, 18,  
Winnipeg, Man.**

## WHAT SAY WE

# SPORTS trivia

By Stephen Stone and Tom Thomson, Contributors

This episode of trivia deals with the Triple Crown of thoroughbred racing. More specifically with those horses that have won the Kentucky Derby and the Preakness, but not the Belmont Stakes. So, grab your racing form and place your bets. Hope to win, place or show. And they're off...

### Questions

1. Pensive was the first horse to win the first two legs of the Triple Crown but placed second in the Belmont. Who beat him?
2. Tim Tam was defeated by which horse that ran neither the Derby nor the Preakness?
3. Carry Back was unanimously voted U.S. Champion colt in 1961. After winning the first two legs of the Triple Crown, how did he finish in the Belmont Stakes?
4. Where did Canadian-bred Northern Dancer, ridden by Bill Hartack, finish in the Belmont in 1964?
5. 1966 saw Maryland born Kauai King try for the crown only to come up short at the Belmont. Who won and where did Kauai King finish?
6. Forward Pass, the first horse declared winner by disqualification in the Derby, won the Preakness and finished where in the Belmont?

## AND DOWN THE STRETCH THEY COME...

- Answers**
1. Bounding Home, a 16-1 long shot. Pensive was second and Bull Dandy third.
  2. Cavan. Tim Tam broke his front right leg in the stretch and still finished second. I think his jockey should have pulled him up. Flamingo finished third.
  3. 65-1 long shot Shertuck won by 15 lengths ahead of seventh-place finisher Carry Back. Globemaster was second and Guadalupe third.
  4. He finished third behind Quadrangle and Roman Brother.
  5. Kauai King finished fourth behind winner Amberoid. Buffle finished second and Advocate was third.
  6. He finished second behind Stage Door Johnny and ahead of Call Me Prince.



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# Lawsuit results

## NOTICE OF PROPOSED SETTLEMENT IN THE CANADIAN ARMED FORCES/DEPARTMENT OF NATIONAL DEFENCE SEXUAL MISCONDUCT CLASS ACTION

Are you a current or former member of the Canadian Armed Forces, or a current or former employee of the Department of National Defence or Staff of Non-Public Funds, Canadian Forces? Have you experienced sexual harassment, sexual assault or discrimination based on your sex, gender, gender identity or sexual orientation in the connection with your military service or DND or SNPF employment? If so, this lawsuit may affect you. Please read this notice carefully.

The Federal Court authorized this notice. This is not a solicitation from a lawyer.

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

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

"CAF Class" is defined as:

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

"DND/SNPF Class" is defined as:

*All current and former employees of DND and of the Staff of the Non-Public Funds, Canadian Forces, who experienced Sexual Misconduct up to and including the Approval Date, who have not Opted Out of the Heyder or Beattie Class Actions.*

A hearing to determine if the proposed settlement is fair, reasonable and in the best interests of the Class Members is scheduled to take place in Ottawa on September 19 and 20, 2019.

### What does the proposed settlement provide?

If approved, the settlement provides:

- financial compensation for certain Class Members who experienced Sexual Misconduct connected with their military service and/or employ-

- ment for DND/SNPF;
- the option to participate in a restorative engagement program with opportunities for survivors to share their experiences of Sexual Misconduct with senior CAF and/or DND representatives;
- changes to CAF policies and other measures addressing Sexual Misconduct in the CAF; and
- updates to Veterans Affairs Canada (VAC) policies related to eligibility for disability payments and reconsideration of claims.

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

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

### What are your legal rights and options?

#### 1. Do nothing

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

#### 2. Opt Out

If you don't want to be bound by the settlement if it is approved by the Court, you can Opt Out of the class action, at

that time. More information about how and when to Opt Out will be provided when and if the settlement is approved. You will have 90 days from the date the Court issues an order approving the settlement to make your decision. If you Opt Out, you will not be entitled to any financial compensation from the settlement, but you will keep your right to sue Canada or others on your own or bring a Human Rights complaint in relation to any sexual harassment, sexual assault or discrimination you experienced while serving in the military, or as a DND/SNPF employee, subject to any time or other legal limitations applying to your claim.

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

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

#### 3. Submit a statement of support

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

#### 4. Object to the proposed settlement

If you do not wish to attend the hearing, but you would like to explain why

you object to the settlement, you can also complete a **Participation Form**. This form will include your name, address, and the reasons why you do not support the settlement. The Participation Form can be found at [www.caf-dnd-sexualmisconduct-classaction.com](http://www.caf-dnd-sexualmisconduct-classaction.com). You must mail this Form to **Deloitte**, Bay Adelaide Centre, East Tower, 8 Adelaide Street West, Toronto, ON M5H 0A9, or email it to [cafdnd-misconduct@deloitte.com](mailto:cafdnd-misconduct@deloitte.com) and it must be received or postmarked no later than **August 30, 2019**.

#### 5. Participate at the settlement hearing

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

### What kind of compensation am I eligible for?

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

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Junior Canadian Ranger Wilbert Shisheesh of Lac Seul, Ont., offers Commander of the National Cadet and Junior Canadian Rangers Support Group, Brigadier-General Dave Cochrane some blackberries during the permaculture workshop held on Aug. 14 at Ruckle Provincial Park on Salt Spring Island.

Photo Credit: SLt Natasha Tersigni

## Junior Ranger Program inspires tomorrow's leaders

**Peter Mallett**  
Staff Writer

A select group of Junior Canadian Rangers from across the country converged on Salt Spring Island last week for outdoor adventure geared to enhance leadership skills.

Western Canada's 4th Canadian Ranger Patrol Group held this year's annual National Leaders Enhance Training Session (NLETS) in the scenic Gulf Islands. The event hosted 35 Junior Canadian Rangers (JCRs) between the ages of 16 and 18 who travelled to Vancouver Island.

The Junior Canadian Rangers (JCR) are a community-led, army supported youth development program - one of the four programs of the National Cadet and Junior Canadian Rangers Support Group.

Many of their members come from First Nations communities and are guided by members of the Canadian Ranger Patrol Group (CRPG), a team of approximately 4,000 part-time reservists who act as the eyes and ears in remote isolated regions for the Canadian Armed Forces (CAF).

They provide lightly equipped, self-sufficient mobile forces to support CAF national security and public safety operations in Canada. The CRPG often works closely with local detachments of the RCMP

to assist in search and rescue (SAR) and forest fire management operations.

### Highly Motivated

Before the JCR's outdoor adventure began on Aug. 10, they were housed at Pearson College in Metchosin. For three days they participated in orientation and leadership training sessions under the guidance of Major Scott Macdonald, Officer Commanding the Junior Canadian Ranger Company, 4th Canadian Ranger Patrol Group.

The Junior Rangers attending this year's training session are a hand-picked and highly motivated group of youths, he says. They were nominated to attend this year's event after recommendations from senior leadership at individual CRPG detachments and their community advisory boards.

"Over the course of 10 days each Junior Ranger rotated through different leadership roles designed to help them learn and develop confidence in their leadership skills," said Maj Macdonald.

On Aug. 10 Maj Macdonald, a small team of CRPG supervisors and the Junior Rangers travelled to Salt Spring Island with their tents and camping gear in tow to begin the training session. Their activities included a three-day open-ocean kayak expedition in and around Salt Spring Island, along with hiking,

rock climbing, intertidal studies and sea life learning sessions, and organic farming and perma culture training sessions. The bulk of their activities were led by Jack Rosen of Coastal Current Adventures, an experienced outdoorsman who guided the group around the waters and terrain of Salt Spring Island.

Each JCR also took charge of the group to hone their leadership skills.

"The idea is to take young people from different regions of Canada and let them have the opportunity to lead a section, come up with a plan, communicate the plan, deliver orders and supervise the task. They also manage the group in small tasks throughout the day," said Maj Macdonald.

### Pay it Forward

That leadership facet of the NLETS was an "invaluable opportunity" for 18-year-old JCR Emily Brolly of Winnipeg.

"I am really grateful to this program for bringing me outdoors. Winnipeg has been my little box for too long and I am glad to be travelling somewhere different," she said.

Her patrol group is not typical of the CRPG as it conducts activities in a high-crime, inner-city environment. Brolly and other junior rangers assist with volunteer community work projects while also conducting neighbourhood watch patrols in conjunction with

an Indigenous community group called The Bear Clan.

"We do a lot of pay-it-forward work as many of our junior rangers come from neighbourhoods with crime and many other problems," said Brolly. "It is very easy to become part of the concrete jungle, so one thing I like about the junior rangers is that we take kids away from that and get them outdoors as much as possible."

For others junior rangers from more remote locations like Robert Gienger, of Grand Cache, Alta., also 18, the NLETS provided him a chance to leave his isolated community nestled in the foothills of the Rocky Mountains.

"I have learned so much through the JCR program and have been looking forward to this training session all summer. Because I come from a place that always seems to be cold and damp, there isn't too much excitement where I live," he said. "Coming to the B.C. coast has been a breath of fresh air."

The 4th Canadian Ranger Patrol Group (4CRPG) is one of five operating Ranger patrol groups and covers a geographical area that includes B.C., Alberta, Saskatchewan and Manitoba. The other groups include: 1CRPG, all three northern territories; 2 CRPG, Quebec; 3CRPG Ontario and 5CRPG, Newfoundland and Labrador.





## In the courts

### Notification of trial

DND

A general court martial has been ordered to try PO1 Alix of MARPAC HQ.

The general court martial will take place at 0930 hrs on Sept. 3, in building Naden 30.

PO1 Alix has been charged with:

An offence punishable under section 129 of the National Defence Act (NDA), that is to say, conduct to the prejudice of good order and discipline. An offence punishable under section 97 of the NDA, that is to say, drunkenness.

Spectators are encouraged to attend and are to be seated by 0915 hrs. Military spectators are to wear the dress of the day.

### Sexual assault charges laid in Edmonton, Alberta

DND

The Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces (CAF) with sexual assault under the Criminal Code of Canada (CCC). The charges are in response to an incident which was reported to the Military Police in Edmonton, involving a civilian.

Private Shane Cody Hounsell, a Regular Force member with 1 Combat Engineer Regiment, 3 Canadian Division Support Base Edmonton, faces the following charges:

Two (2) counts of Sexual Assault contrary to section 271 of the CCC.

The matter is now proceeding through the civilian justice system. The accused's first court appearance is at the Provincial Court house in Morinville, Alta. on Sept. 5.

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# An empowering Chief

**Captain Peter Fuerbringer**  
AHCTC Public Affairs Officer

CPO1 Janet Graham-Smith is almost embarrassed at the intimation that she's a trailblazer of sorts, but after an hour listening to her remarkable life's story, there really isn't another way to describe her.

Her ability to set big goals and simply stick with it until she succeeds is a character trait that has enabled her to accomplish many firsts throughout her 35-year career in the Canadian Armed Forces.

CPO1 Graham-Smith grew up in Nova Scotia near Canadian Forces Base Greenwood. As a child she would see military people and male army cadets doing interesting things on the base, which at the time were unavailable to her as a girl. The only community programs open to her were Brownies and Girl Guides, which she joined as an outlet for our adventurous spirit.

But in 1975 things changed.

Girls were given the right to take part in the Cadet Program, and in that same year, she joined the local Air Cadet squadron and stepped off into what would lead to an extraordinary life.

"I wanted to join cadets so badly because I knew they got to do really interesting things that weren't available in other programs," says CPO1 Graham-Smith, "So as soon as girls were allowed to join, I did, and never looked back."

She thoroughly enjoyed her cadet career, experiencing leadership, aviation, drill, orienteering and travel to other parts of Canada.

"As a teenager, we got the opportunity to rebuild a glider during the winter and then fly it in the spring. What other 16 year old gets that opportunity? That to me is what made me so excited to go to cadets; experiences that didn't happen anywhere else for people my age."

She felt empowered through the program, grabbing on to every opportunity she could. Amongst other accolades, she became the Chief Warrant Officer of her squadron, and received her pilot's license thanks to the many scholarship opportunities available to cadets in the aviation field.

At 19 years of age, CPO1 Graham-Smith aged out of the program. Not wanting to pursue a traditional education like many of her peers after high school, she decided to join the Canadian Armed Forces in the logistics branch.

"I joined CAF because I felt comfortable in that world," she says. "I really only meant to join for three years, but I loved the adventure of it so much that I stayed for 35."

Her career goals evolved and true to her form, she set her sights on the top non-commissioned officer role of Coxswain.

"When I told people that I wanted to become a Coxswain, they told me that it would be impossible considering women weren't even allowed to go to sea," says CPO1 Graham-Smith. "But the impossible becomes possible when you just don't quit, and it was so rewarding when I was first able to deploy out to sea, and then become one of the first female Coxswains on a Canadian warship."

Despite multiple deployments, missions and service-related accolades, she is humble about these pioneering moments in her life, and genuinely surprised at how her example has affected other women in service.

"I remember this female Leading Seaman who would say 'Chief, I love looking at you because every time I see you, I see what I can be.' I think that's when it sunk in that all those times breaking into the boys club, overcoming obstacles and believing I could, were important not just for me, but for others."

In 2015, CPO1 Graham-Smith returned to her roots. With a little prodding from a friend who had switched from the Regular Force to serve with the Cadet Program in Victoria, B.C., she transitioned into another phase of her career.

"I really came to terms with what I needed to do following a cadet leadership workshop I had been invited to teach. A female cadet came up to me with wide eyes and said she was amazed because she had never seen a female Chief before. That pretty much made my decision to become a general service NCO in the cadet organization so I could do my part to empower these young people the way I was empowered at their age."

When asked where she finds her purpose now, she states simply that her focus is to teach cadets to believe in themselves so that

when they face their own obstacles in life, they know they can overcome.

As part of a senior leadership team dedicated to making a positive impact for all cadets attending Albert Head Cadet Training Centre this summer, CPO1 Graham-Smith is on track to accomplish this goal as well.

She is working alongside dozens of other CAF officers at Albert Head Cadet Training Centre this summer delivering curriculum in leadership, aviation, fitness, survival and music. She's just one example of many Canadians who choose to serve youth as a member of the Canadian Armed Forces.



**CPO1 Janet Graham-Smith**  
at Albert Head CTC on  
Vancouver Island.

Photo by Captain Peter Fuerbringer,  
Public Affairs Officer, Albert Head CTC

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# Sea King for sale

Courtesy Maple Leaf

Following the retirement of the Sea King helicopter last December 2018, the Department of National Defence and Public Services and Procurement Canada have been working on the divestment of the venerable aircraft.

While nine will be displayed publicly and one will be kept as a training aid, some of the aircraft were identified for future sale.

A sale has now gone through and Rotor Maxx Support Limited, a Canadian-based company, has pur-

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

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

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Above: Leading Seaman Dan Zaperty works on one of the ship's diesel generators during Operation Projection in the Pacific Ocean on Aug 5.  
Left: Leading Seaman Alexis Côté-Lapointe, member of Regina's boarding party, conducts live fire training.



Above: Able Seaman Dillon Perry conducts 50 calibre machine gun training.  
Right: Lieutenant (Navy) Max Rosenkranz (left) and Lieutenant (Navy) Raymond Baile conduct a memorial service for the original HMCS Regina with the crew.  
Below: Leading Seaman Stefan Conquist repairs the ship's anemometer.



# HMCS Regina's final days at sea

Photos by Corporal Stuart Evans, Borden Imaging Services

HMCS Regina returned home today (Monday). The warship departed its homeport of Esquimalt for the Asia-Pacific region in February 2019. During its time at sea, ship and crew participated in Operations Projection, Neon, and Artemis while deployed with Naval Replenishment Unit Asterix, and an embarked CH-148 Cyclone helicopter. The ship also participated in exercises and joint training with partner navies while conducting key leader engagements to enhance military cooperation and partnerships in support of Canada's diplomatic efforts in the region.

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**Badge 1:**  
The Naval Boarding Party Basic Qualification badge is a silver shield bordered by gold trim three centimetres in height. A stylized naval compass is centred on the shield in the background with a gold fouled anchor centred on top of the compass.



**Badge 2:**  
The NTOQ badge is a black shield encased in gold trim three centimetres in height. A gold trident is centred in the background with a red maple leaf centred on the staff of the trident.

Photos by DND



# New badge for Naval Boarding Party graduates

**Peter Mallett**  
Staff Writer

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

The new NBP badge is one of

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

While addressing the 11 graduates, Lieutenant-Commander Danny O'Regan,

Acting-Commandant of NFS(P), congratulated them for their achievement following the six weeks of physically and mentally demanding training.

"Boardings are an important part of what the RCN does operationally during deployments around the globe and these new specialist skill badges are visible recognition that you have attained this significant qualification," said LCdr O'Regan. "I hope you will

wear them with pride as you take your new skills to your shipboard teams."

A recent CANFORGEN (CF General Order) stipulates that those receiving skill badges shall wear them centred above the left pocket, with production of cloth badges expected to come through the National Procurement Authority. Once the cloth badges are issued, the existing NBP badge, a blue badge with a naval crown over top a

pair of crossed cutlasses, will no longer be authorized for wear.

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



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# Military motorcyclists support blind fund relay

**Peter Mallett**  
Staff Writer

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

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

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

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

"People from all walks of

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

That glimmer of light began in 1957 when late Canadian Army Provost Marshall, Colonel James Riley Stone founded the non-profit. His initiative came from the personal tragedy of the death of his daughter Moira Stone who became visually impaired following an eye cancer diagnosis.

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

Since the inaugural motorcycle relay in 2009, a toy teddy bear nicknamed for Moira Stone has accompa-

nied the riders on their journey. This year's 120-centimetre mascot, Ordinary Cadet Moira Stone and her travels across the country have developed a large following on the relay's Facebook page, said LCdr Kennedy, and helped further the reach and appeal of their cause and fundraising efforts.

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

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



Cpl Alex Millham of CFB Comox poses with Military Police National Motorcycle Relay mascot and social media sensation Ordinary Cadet Moira Stone during this year's ride.

support."

LCdr Kennedy and Troia also wanted to thank some of the many individuals who helped make this year's event a success here in Victoria. They included: lead planner and organizer, retired naval warfare officer Kyle Steel, Commissionaire James Sidel, Commissionaire Howie Becker, Captain

Evan Foster of the MPU Comox Detachment, Cpl Bailey Pearce, PO1 David Davies, Cpl Alex Millham, Cpl Pierson York, MS Leigh Walls, Lt(N) David Utzinger, the CFB Esquimalt Auto Hobby Club, Maj (ret'd) Barton Dennis; along with organizations including Canex Esquimalt, the CFB Esquimalt Motorcycle

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

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

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After being diagnosed with multiple sclerosis in 2017, Lt(N) Dale Molenaar used an exercise routine to regain strength and confidence.

Photo by Ryan Melanson, Trident Staff

## Using exercise as medicine

**Ryan Melanson**  
Trident Newspaper

After being diagnosed with multiple sclerosis in 2017 and suffering his first relapse from the neurological disease, Lt(N) Dale Molenaar found himself in poor health.

His symptoms started with numbness in his arms and legs, and progressed to include balance and vision issues.

His diagnosis was closely followed by nine months of paternity leave, and by the time he returned to work at Fleet Maintenance Facility Cape Scott (FMF CS) in the fall of 2018, he knew he needed help.

"Things weren't going good. My balance and vision were still off and my confidence was totally shattered," he said. "I didn't trust myself walking down the street without a cane."

He sought out professional help from the resources available to him as a military member, starting with Occupational Therapist Amanda Campbell and Dr. Alex Swift at CF Health Services Centre Atlantic, who then referred Lt(N) Molenaar to the PSP Reconditioning Program. Targeted exercises got him moving again, and he was monitored to ensure measurable results were seen, including improvements to his balance, which began to restore confidence.

Lt(N) Molenaar's MS is the relapsing-remitting type, which means periods of remission offer a chance to build muscles and bounce back from setbacks that occur while symptomatic. Without hard work and motivation,

however, that can be very difficult.

"Exercise is very important for MS. Once I lose some sort of function, it's tough to get it back. Going through rehab forced me to get exercising and go through some uncomfortable movements," he said. "It wasn't necessarily that I couldn't do it, but I was scared to do it."

Thanks to his work in the gym and the support of clinic and PSP staff, he was able to get back to a regular exercise routine and pass his most recent Force Test. The summer heat has made it hard to keep the same momentum, but he's still hitting the gym and getting out for walks or long bike rides.

Lt(N) Molenaar works as Deputy Marine Systems Engineering Officer at FMF CS, and said the support from his unit and chain of command has also been critical in allowing him to stay productive at work while also taking care of his health.

He emphasized the importance of the health care team he's assembled in Halifax, and should he suffer another health setback, said he'll feel more comfortable on the road to recovery.

"Getting confidence back and seeing the measurable improvements was the biggest part for me. I know I'm still battling this, and it's not going to go away, but I have to keep pushing through."

The PSP Reconditioning program is a fitness program designed to meet the demands of serving CAF members that are dealing with injury and illness. For more information, speak to your doctor or contact CFB Esquimalt PSP Reconditioning Manager Lyndal Greig at Lyndal.Greig@forces.gc.ca

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# PEACEKEEPERS DAY

Photos by John W.Penner, John's Photography



Top: Members of the Black Knights Air Cadet Marching band on parade during National Peacekeepers Day in Victoria on Aug. 9.



Right: Sgt (Retired) Jim MacMillan-Murphy (left), CFB Esquimalt Base Commander, Capt(N) Sam Sader, and CP02 Armand Reelick look on during ceremonies for National Peacekeepers Day.

Photo by MARPAC Imaging



Military vehicles and volunteers from the Ashton Armory Museum make their way along Government Street.



Capt(N) Sam Sader greets MS (Retired) Tyson King and one of his service dogs from VIK9 Training and Consulting.





# HMCS Regina Awards and Promotions

Commander Jacob French, HMCS Regina's commanding officer, handed out awards and promotions while in Brisbane, Australia, during Operation Projection on July 26.

Photos by Corporal Stuart Evans, Borden Imaging Services



LS Wade Organ is promoted to Master Seaman by Cdr French (left) and Lt(N) Richard Barnes.



Lieutenant Commander Brian Henwood is promoted to Commander by Cdr French and Chief Petty Officer First Class David Bisal.



Petty Officer First Class Demian Vezerian is promoted to Chief Petty Officer Second Class by Cdr Jacob French and CPO1 Martin Truchon.



PO2 Mark Hebert is promoted to PO1 by Cdr French and Lieutenant (Navy) Richard Barnes.



PO2 Robert Ivey is promoted to PO1 by Cdr French and Lt(N) Jeriel Nanthakumar.



Master Seaman Dominic Morin is promoted to PO2 by Cdr French and Lt(N) Jeriel Nanthakumar.



MS Brett Poulin is promoted to PO2 by Cdr French and Lt(N) Jeriel Nanthakumar.



Leading Seaman Robyn Murree is promoted to Master Seaman by Cdr French and Lt(N) Richard Barnes.



Able Seamen Christopher McCorkell receives his Gun Metal Sea Service Insignia from Cdr French.



Able Seaman Andrew Dagley is promoted to Leading Seaman by Cdr French and Lt(N) Jeriel Nanthakumar.



AB Tommy Mailloux is promoted to Leading Seaman by Cdr French and Lt(N) Max Rosenkranz.



AB Paul Woodhouse is promoted to Leading Seaman by Cdr French and Lt(N) Zhong Cui.



Ordinary Seaman Derek Diaz is promoted to Able Seaman by Cdr French and Lt(N) Richard Barnes.



OS Tomek Kononowicz is promoted to Able Seaman by Cdr French and his Lt(N) Jeriel Nanthakumar.



Sub-Lieutenant In-Kee Kim receives his Bridge Watch keeping Certificate from Cdr French.



Master Seaman Bradley Salmon receives his Machinery Watch keeping Certificate from Cdr French.



LS Michael Valentine receives his Machinery Watch keeping Certificate from Cdr French.





# HMCS Regina Awards and Promotions

Commander Jacob French, HMCS Regina's commanding officer, handed out awards and promotions while in Brisbane, Australia, during Operation Projection on July 26.

Photos by Corporal Stuart Evans, Borden Imaging Services



Lieutenant Craig Bellamy receives his Gun Metal Sea Service Insignia from Cdr French.



Sub-Lieutenant Charles Grimshaw receives his Gun Metal Sea Service Insignia from Cdr French.



Sub-Lieutenant Etienne Pouliot-Maillette receives his Gun Metal Sea Service Insignia from Cdr French.



Corporal Carly Forde receives her Gun Metal Sea Service Insignia from Cdr French.

# HMCS Regina Awards and Promotions

Commander Jacob French, HMCS Regina's commanding officer, handed out awards and promotions while in Pearl Harbor, Hawaii, during Operation Projection on Aug. 11.



Lt(N) Robert Davenport is promoted to Lieutenant-Commander by Cdr French and Cdr Brian Henwood.



AB Valerie Bustros is promoted to LS by Cdr French and Lt(N) Alan Ng.



Master Corporal Derek Scott is promoted to Sergeant by Cdr French and CPO2 Martin Truchon.



Lt(N) Jeriel Nanthakumar is promoted to LCdr by Cdr French and Cdr Henwood.



PO2 Travis Welda is promoted to PO1 by Cdr French and LCdr Craig Newman.



LS Curtis Bewick is promoted to MS by Cdr French and CPO2 Martin Truchon.



PO1 Justin Perreault receives his Special Service Medal NATO bar.



LS Jason Houston receives his Machinery Watchkeeping Certificate.



LS Michael Townshend-James receives a Weapons Engineering Technician Qualification Certificate.



CPO2 Hugues Mallet receives his Gold Metal Sea Service Insignia.





# HMCS Regina Awards and Promotions Continued

Awarded by Commander Jacob French



PO1 James Simon receives his Silver Sea Service Insignia.



Lt(N) Christopher Niewiadomski receives his Bronze Sea Service Insignia.



Lt(N) Max Rosenkranz receives his Bronze Sea Service Insignia.



Lt(N) Taylor Workman receives his Bronze Sea Service Insignia.



Master Seaman William Jackson receives his Bronze Sea Service Insignia.



Master Seaman Joshua Hickford-Kulak receives his Bronze Sea Service Insignia.



Sub-Lieutenant Sarah Halfkenny receives her Gun Metal Sea Service Insignia.



Sub-Lieutenant Kelvin Szeto receives his Gun Metal Sea Service Insignia.



LS Robert Anderson receives his Gun Metal Sea Service Insignia.



Master Warrant Officer David Keith Murray receives his Gun Metal Sea Service Insignia.



Corporal Charles Gallant receives his Gun Metal Sea Service Insignia.



AB William Kelly-Bernier receives his Gun Metal Sea Service Insignia.



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## FREE LESSONS

**CASTLE CARY PIPES & DRUMS**  
FREE PIPING AND DRUMMING lessons for military and civilian students. Experienced musicians welcome. Practices TUES 7 PM at Pro Pat Legion, 411 Gorge Road East. Call Colin 250-385-3982 or Ray 250-721-4011.

## SERVICES


**Make a Difference!**

**A Rewarding Volunteer Opportunity is Available for You!**

**Become a Network Friend.**

You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue.

Contact: volunteer@lnv.ca  
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Free Services Include:

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- Post Abortion Counselling
- Community Referrals

250-380-6883  
#112 - 826 North Park Street  
info@victoriapregnancy.org  
www.victoriapregnancy.org

**THERE ARE OVER 1000 FOSTER CHILDREN ON VANCOUVER ISLAND!**

**Foster homes are needed!**

- Become a foster parent
- Offer relief or respite
- Spread the word

**fosterhope.ca**

## REAL ESTATE FOR RENT

**AVAILABLE SEPT 15**  
Newer large two bedroom, two bath corner unit in View Royal. Partially furnished. Includes 5 appliances, 2 underground parking spaces and storage locker. Hot water included. No smoking, no pets. \$2200 per month. 250 888-3540.

**SEMI-FURNISHED TWO-BEDROOM PENTHOUSE CONDO AVAILABLE FOR RENT SEPT. 1**  
Condominium walking distance to downtown Victoria. 16th floor unit faces south with amazing views of the Strait of Juan de Fuca, the Olympic Peninsula and Sooke hills. There are terraces off each bedroom for morning coffee and watching the sunset over the mountains in the evening. The unit is semi-furnished, includes one bathroom, washer/dryer and kitchen comes with convection oven and microwave. Master bedroom has built-in desk and dresser; the second has built in shelving. A gardener is included in the \$2,700 monthly rent plus a parking spot is available for an additional \$80 per month. Cat OK. Contact Doug Baker at dbaker01@telus.net for any further information or interest in renting the unit.

**AVAILABLE NOW**  
This bright, newly renovated beauty of a suite has everything. Best of all, it boasts an amazing panoramic view; spanning from Mt. Douglas, across downtown and the Gorge waterway, to the Sooke Hills (with the Olympic Mountains as a backdrop!)  
Treelane Estates is situated right on the banks of the Gorge waterway. It has waterfront access for swimming, kayaking and diving, and is tucked away from traffic down its park-like private driveway. New upgrades include a new kitchen with stainless steel appliances, a renovated modern bathroom and hardwood flooring throughout. Included in the building are a workshop, games room, outdoor BBQ area and a large common room for larger gatherings. There is covered parking, secure storage, lockup areas for bikes, motorcycles and kayaks. The apartment has its own sunny balcony as well.  
Rent includes water, garbage and recycling removal, access to building amenities and maintenance. \$1700.00/month Available for showing. Please email for details. crdproperty@gmail.com

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## REAL ESTATE FOR RENT

**BRAND NEW EXECUTIVE LARGE 3 BEDROOM SUITE IN FOURPLEX IN SOOKE**  
Master bedroom, walk in closet, and en suite; 2 large bedrooms with separate full bath; laundry on bedroom level. Brand new appliances, open concept main floor living space and kitchen with powder room; 2 car drive, garage, ample storage, ocean views, fenced in yard, private road. Perfect for a family. \$2700.00/ month plus all utilities. Call 250-858-1315 or email forgetconstruction@hotmail.com for an appointment.

**\$1800/MONTH. ENLISTED MILITARY WILL RECEIVE A DISCOUNT OF 10% OFF THE LISTED RENTAL COST**  
This street level suite was built in June 2017 with custom kitchen cabinetry and sturdy laminate flooring. The suite has a spacious front room with a good sized bedroom (full closet) plus a den or child sized bedroom. There is a large shared backyard with multiple gardens surrounding the property. Additional features: Inclusive of high speed internet access, hydro, water, dishwasher, and in suite laundry. Minutes walk away from Esquimalt Recreation Center, Saxe Point park, and Esquimalt Plaza (grocery store, liquor store, pharmacy, bank, etc). Perfect for young professional or couple. Must provide references. No dogs, cats considered. Call 778-855-9405 by cell or 250-544-0200 ext. for work.

**AVAILABLE IMMEDIATELY**  
This bright, newly renovated suite has everything including amazing views of Sooke Hills and the Olympic Mountains. Treelane Estates is an adult-oriented community situated right on the banks of the Gorge waterway with waterfront access for swimming, kayaking and diving. Only 5 minutes from downtown Victoria Uptown, Tillicum, Mayfair and Hillside shopping centres. New upgrades include an open concept kitchen with stainless steel appliances, and a renovated modern bathroom. Building has a workshop, games room, outdoor BBQ area and a large common room for larger gatherings. There is covered parking, secure storage, lockup areas for bikes, motorcycles and kayaks. Rent includes water, hot water, garbage and recycling removal, access to building amenities including a guest suite and maintenance. \$1550.00/month Sorry, no pets. Email crdproperty@gmail.com or call 250-858-6793

## REAL ESTATE FOR SALE

**2 BEDROOM, 2 BATHROOM CONDO FOR SALE IN ESQUIMALT.**  
Southwest facing suite with secure underground parking. Over 1,000 square feet. Shared laundry (only \$0.50 per load). Small pets welcome; +21 age restriction. Call Jaci to view or bring your own realtor. 250-466-4246. \$329,500

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Present

# FORMATION

## FUN DAY

SEPT 7, 2019

NADEN - NOON TIL 4 PM



- ★ EAST COAST MUSIC WITH TOM MORRISSEY ★ TICKLES AND YOWSA ★
- ★ POPCORN ★ DONUT DELIGHTS ★
- ★ PIZZA BY DONATION PROCEEDS TOWARDS THE MFRC PROGRAMS ★

### RETURNING FAVOURITES

- ★ CLIMBING WALL
- ★ FUN HOUSE MAZE
- ★ RHIBB RIDES
- ★ BUTTON MAKING with Base museum
- ★ PLAY THE HOSE GAME with the Base fire fighters and their fire truck
- ★ POLICE CAR DISPLAY
- ★ DECORATE A COOKIE
- ★ MUSICAL CLOWNS & BALLOON TWISTING

### NEW THIS YEAR

- ★ BERRIES RIDE - MIDWAY STYLE RIDE SIMILAR TO TILT-A-WHIRL!
- ★ STILT WALKER, JUGGLER & HOOPSTER
- ★ DAY AT THE RACES - riders will have a blast hopping down a race track on horses
- ★ ARCHERY TAG is back
- ★ TRIPLE PLAY & ROCKET INFLATABLES
- ★ "BLAZING SADDLES" - with Base Model Railway Club - the old town horse and buggy days is back



**DON'T FORGET TO BRING CASH FOR THE MARKET PLACE!**



★★★ DOOR PRIZE - FREE ENTRY FOR A \$500 GIFT CARD ★★★

