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Commander Canadian Fleet Pacific Commodore
Angus Topshee shows his support for the crew of
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Photo by Marion Draper



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Army veteran 'wired' for world circumnavigation

Peter Mallett
Staff Writer

A retired platoon commander of the Canadian Army has become the first North American to complete an extremely rare nautical feat.

On July 18 Captain (ret'd) Bert ter Hart sailed his 44-foot sailboat SV Seaburban into Victoria's Inner Harbour after a non-stop solo circumnavigation of the globe through the world's five great capes without the assistance of any electronic navigation devices.

The 61-year-old Gabriola resident and computer software programmer is now the eighth person in the world, and first from our continent, to complete this feat. During his journey he passed Cape Horn (Chile), Cape of Agulhas (South Africa), Cape of Leeuwin (Australia), South East Cape (Australia) and the South Cape (Indonesia) using only traditional navigation equipment such as sea charts and a sextant. After setting off from Cape Flattery, Wash., on Oct. 28 he would spend 267 days in complete isolation at sea, with no port stops, while traveling 28,800 nautical miles.

On July 22, ter Hart stopped by the Canadian Forces Sailing Association (CFSA) in Esquimalt to show his sailboat off to youth enrolled in the club's summer sailing programs.

"What I did was incredibly difficult but I've always been drawn to things that are hard and crossing the world in the southern ocean fits the bill," said ter Hart a former CFSA member. "Since no North American has ever done this before I wanted to put Canada on the map."

CFSA Commodore, Lieutenant-Commander Chris Maier of Naval Fleet School (Pacific) says it was a proud moment for the club to host ter Hart.

"Bert's accomplishments have been inspiring and impressive on so many levels: human endurance, resiliency, sailing prowess and navigational skill," said LCdr Maier. "He has inspired many with stories of his journey."

But his circumnavigation feat almost never happened at all. Only weeks before his departure while performing maintenance, he suffered a 50-foot fall from the top of his mast suffering four fractured ribs and a collapsed lung. The intense pain, difficulty breathing, and not being able to raise his arms over his head didn't fully subside until just days ahead of his departure.

Extreme physical distancing

He had initially expected his journey to take him just six months, but unfavourable sailing conditions slowed his progress by nearly three months. Some of the worst conditions he encountered were unrelenting gales, fifty foot swells, and long stretches of becalmed conditions.

The added days at sea saw him run low on his sea rations, which had been meticulously planned. He eventually received help from the Government of Cook Islands Rarotonga and despite strict COVID-19 quarantine rules he

was able to restock his inventory.

The isolation quickly caught the attention of national and world news outlets because of his unintentional extreme social distancing efforts. In April *Good News Network* dubbed him "Safest man in the world" and the "Master of self isolation" noting he had floated far from civilization.

While he was not allowed to enter or dock at any ports he was permitted to anchor his vessel to make repairs or replenish supplies.

He had a slow and rudimentary connection to emails, texts, and phone calls via a global satellite connection. This also allowed the thousands of followers on his Facebook page SV Seaburban, operated by his sister Leah, to track his progress on a map with GPS.

Inspiring others

Ter Hart says he set out to educate and inspire others to achieve lofty goals that they think are unattainable. His journey was also a scientific outreach for approximately 2,000 elementary students in Canada and other countries around the world who closely followed his every move.

Ter Hart says he hopes his efforts have inspired the students and many others to seek careers in atmospheric and oceanic sciences.

"If we survive as a species we will need to have answers and solutions to big problems which threaten our existence," said ter Hart.

Despite the message of support and an occasional phone call when conditions permitted, his only dialogue with others at sea was with a cute furry stuffed toy seal nicknamed 'Sir Salty.' Ter Hart reluctantly admits he drew almost as much social media buzz as the voyage itself.

As the days morphed into weeks and then months alone on his boat with Salty, he said he felt like a tiny speck on a massive ocean and gradually began to feel at one with the sea.

"When you are out there alone you feel completely connected to the primal forces of nature in a way that you really cannot do in any other vehicle," said ter Hart. "You are connected to the water and wind which are driven by the power of the sun and are wired directly into this, which is something people have been doing for thousands of years."

For a detailed account of Bert and his journey visit his website: <http://www.the5capes.com>



Photo by Nani ter Hart



1. Bert is presented a Special Commendation from the Ocean Cruising Club Commodore presented by the Rear Commodore Ian Grant.

2. The infamous Sir Salty who was Bert's mascot and constant companion and often ne'er do well aboard.

3. Sailing in Alaska last summer.

4. Saxe Point arrival and homecoming July 18, 2020. Photos by Don Butt

ORCAS BACK TO TRAINING AT SEA



A/SLt Anjad Aliak, a naval reservist with HMCS Donnacona, gets a bearing of other ships while aboard Patrol Craft Training Vessel Cougar on July 22. A/SLt Aliak was conducting Officer of the Watch manoeuvres on the Victoria waterfront as part of his Naval Warfare Officer Phase 3 Training.

Photo by Lt(N) Tom Eagle, PCTU.

Peter Mallett
Staff Writer

July has been a busy month for members of the Patrol Craft Training Unit (PCTU) and their Orca-class vessels who are making a cautious return to regular sails.

The RCN's eight Patrol-Craft Training vessels are used to instruct personnel from Naval Fleet School (Pacific) and support fleet training. In recent months their regular training operations were curtailed due to COVID-19, but last week saw a return of five Orcas as part of a four-phase restart of the Naval Training System (NTS) initiated by fleet school earlier this month.

During April and May the Orca-class vessels had taken part in Operation LASER, the navy's COVID-19 isolation at-sea mitigation measures. Those sails occurred prior to May 22, with rotating Orca-class vessels over a five-week period. Since that point though, the ships and their crews have been alongside for nearly two consecutive months.

The lack of sea time has posed some unique challenges says Lieutenant-Commander Colin Dudeck, Group Technical Officer, Coastal Forces Pacific.

"If you don't sail on a regular

basis you start to gradually get out of practice – knowledge of the machinery plant fades and reactions to technical issues or emergencies can take longer," said LCdr Dudeck. "There is also no substitute for running a ship at sea because going to sea also helps our Orca-class engineers to identify any problems or degradation that might not be apparent when the ships and its company are alongside."

Between July 20 to 29, training vessels Moose 62, Caribou 57, Grizzly 60 and Cougar 61 were involved in sail-training operations in the Strait of Juan de Fuca for Naval Warfare Officers (NWO) from fleet school's Venture Division. The patrol craft are normally crewed by approximately 15 PCTU personnel and six trainees.

Three of the four Orcas are sailing during daylight hours only with the sailors returning alongside each evening. But unlike their usual routine, they won't be returning to their homes. Instead the sailors will be sleeping on board and isolated from the other vessels as part of COVID-19 health and safety precautions. Moose 62 will stay at sea for the duration in an effort to fulfill day-night sailing qualifications for its students.

A fifth vessel, Wolf 59 is also currently at sea. It is being com-

pletely crewed by submariners from HMCS Victoria who will be using their time for day and night Petty Officer of the Watch training.

Getting things back to ship shape poses its own challenges says PCTU Planning Officer, LCdr Tim Downey. COVID-19 social distancing precautions such as the wearing of non-medical face coverings, increased sanitization measures and keeping the crews of the Orcas completely isolated and "in their own separate bubbles" is different from their usual routine.

While five of the eight Orcas have resumed normal training duties, others are in maintenance cycles to be ready in the fall. Orca 55 completed an extended maintenance period at Point Hope shipyards in Victoria on July 24. After doing sea trials in August it is expected to return back to action for training after the Labour Day break.

Raven 56 will also be up for a deep maintenance work period and minor engineering changes at Seaspan Ship Yards in Vancouver starting July 27. The work on Raven 56 is expected to be completed in late October and the vessel is expected to commence sea trials at the end of November.

Renard 58 is in the midst of a Short Work Period with plans to return to sail training in August.



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Story of sailor's victory finally released in print

Peter Mallett
Staff Writer

A newly released book documenting the inspirational battle of a Royal Canadian Sailor and his triumph over cancer is now available in paperback.

Onward traces the agonizing, life-and-death struggle of former HMCS Calgary Navigation Officer Lieutenant (Navy) Stephen Tomlinson endured with testicular cancer was released in June. Self-published by Island Blue Printing, the 6x9 soft cover is available by direct ordering through Lt(N) Tomlinson.

"The main idea behind *Onward* is that hope is stronger than fear," said Lt(N) Tomlinson.

During his journey battling cancer, Lt(N) Tomlinson endured 350 hours of chemotherapy, 11 radiation treatments, a seizure, and five surgeries following his initial diagnosis in 2017. The experience he says produced multiple points of total despair and desperation where he had almost given up all hope of survival.

"I had come to the point of accepting where life was going south on

me and I was given a one-in-ten shot at survival by my doctor," he said in a previous interview.

Miraculously, he went on to beat the cancer after it has spread to his brain, lymph nodes, and lungs. A surgical procedure to remove a plum-sized tumour from his brain was a success but Lt(N) Tomlinson says the fight forever changed his life and the man he is.

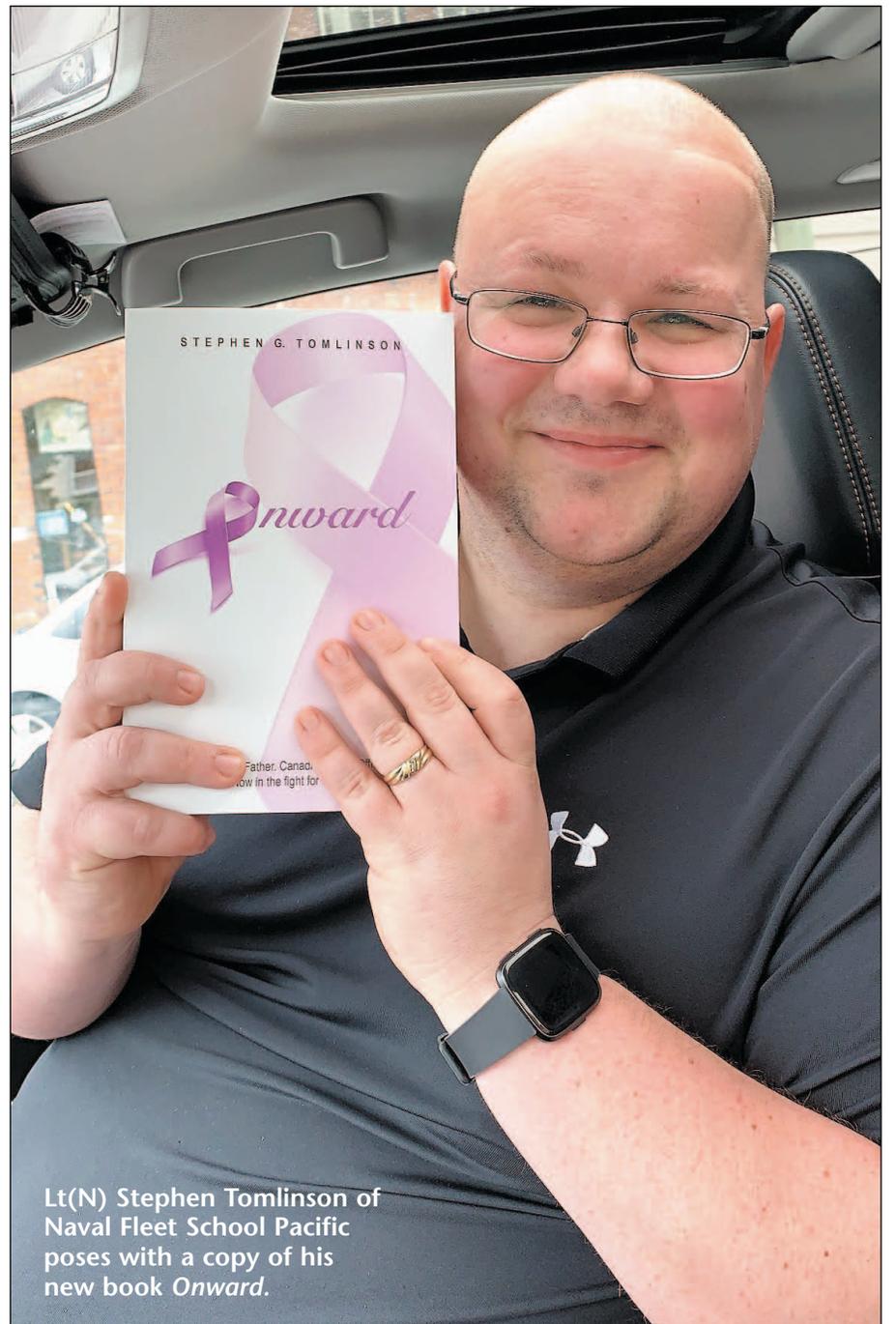
Now cancer free, Lt(N) Tomlinson has returned to duty with the RCN where he works as an instructor at Naval Fleet School Pacific's Venture Division.

Lt(N) Tomlinson said that one of the things that inspired him most to write *Onward* was because there were so few books published on testicular cancer and those who have survived it.

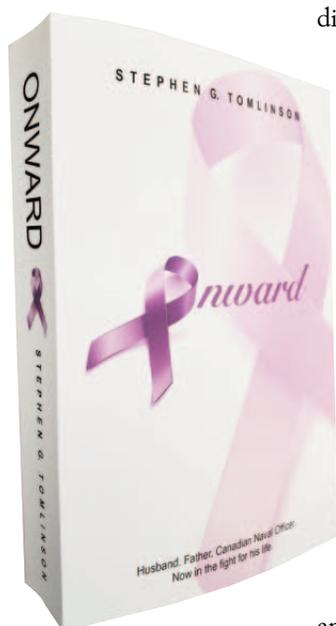
"There was 16-feet of shelving dedicated to other forms of cancer, and especially breast and ovarian cancer, but the entire men's section had only a few books and they all focused on prostate cancer," said Lt(N) Tomlinson.

"It started out as a daily journal entry but then I realized I had a book and in my mind I could see different chapters forming as I read back my entries," he said. "I have been told the book is very visceral, very raw and descriptive. It was originally intended to be a book for my children so they could know about their Dad after I was gone."

Lt(N) Tomlinson says he will share his story to whoever will listen because sadly, he says, far too many other people will embark on the same journey and with a different out-



Lt(N) Stephen Tomlinson of Naval Fleet School Pacific poses with a copy of his new book *Onward*.



come. In recent months, ahead of the COVID-19 lockdown, he made two public appearances to discuss the contents of his book. In Aug. 2019 he addressed a gathering of junior officers at fleet school about how resiliency is a hallmark in leadership and in March 2020 he addressed a crowd of approximately 250 on the same subject at a Naval Warfare Officer Trade Symposium.

But his work is not done with the publica-

tion of *Onward*. Lt(N) Tomlinson and one of his former shipmates aboard HMCS Calgary, Lt(N) Sean Milley, also a testicular cancer survivor, have launched an online support network also called *Onward*, for CAF members and their families coping with a cancer diagnosis. The group has also enlisted another shipmate and cancer survivor WO Steven Lewington a senior firefighter aboard Calgary who recently overcame thyroid can-

cer. The group eventually plans to hold regular meetings in Esquimalt, but currently operates through their Facebook page of the same name which was launched in March.

For now Tomlinson is selling individual copies via email, mail, or hand delivery when possible. *Onward* sells for \$25 and can be purchased by contacting Lt(N) Tomlinson at his personal email S.Tomlinson349@gmail.com

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Kuwait honours Persian Gulf veterans

Peter Mallett
Staff Writer

A Persian Gulf War veteran is reaching out to his comrades in arms to ensure they are properly honoured.

Master Corporal (ret'd) Harold Davis of Cobble Hill, B.C. is founder and president of the Persian Gulf Veterans of Canada (PGVC) and also a proud recipient of the Kuwait Liberation Medal. The medal is awarded to current and former military members from Canada, the United States, Great Britain, New Zealand and Australia who served in the first Persian Gulf War from Aug. 2 1990 to Aug. 31, 1991.

The 60-year-old says many Gulf War veterans who are eligible for the honour are unaware it exists. "I want to make sure every Canadian who served in the war is recognized for their efforts that helped liberate the Middle Eastern nation following its unsuccessful annexation by Iraq.

"A lot of people who are so deserving of this medal have yet to receive them," explained Davis. "The Persian Gulf Veterans of Canada wants to make certain that everyone who is eligible receives one and hopefully in person."

The former Royal Canadian Air Force Weapons Technician was posted to HMCS Athabaskan during

the war. These days he's been busy working with Kuwait's ambassador to Canada, Reem Al Khaled, to make sure those deserving are properly honoured.

"Khaled was a young girl when Iraq invaded Kuwait and she says she remembers what happened in her country," said Davis. "She fully understands the importance of honouring those who helped liberate her country."

The medal was first issued in 1994 and is awarded in five different classes, determined by military rank and each medal differs slightly.

Its obverse bears Kuwait's coat of arms consisting of a shield of the flag design in colour, superimposed by a falcon with wings displayed. The falcon supports a disk containing a sailing ship with the full name of the state written at the top of the disk.

Canadian recipients are only permitted to wear the medal on the right breast and that's something Davis says he hopes changes.

"I am hoping that someday Canadian veterans can wear this medal properly on the left side of their uniform but for some reason there seems to be some resistance to let this happen," said Davis. "I have been lobbying branches of government and elected officials to try and make this happen."

The PGVC was founded five years ago and has grown its ranks to approximately 1,000 members and currently operates a closed Facebook Page for war veterans only. In the past year Davis says his organization handed out approximately 22 medals to individuals unable to obtain one leading up to the 29th Anniversary of the Liberation of Kuwait in Feb. 2020. Davis has a list of approximately 27 others who have yet to receive the medal but says he is certain there are many more unaware they are eligible to receive them.

In concert with the Kuwait embassy, he is hoping to build on his list of potential recipients. The goal is to have a larger list of recipients leading up to the 30th anniversary ceremony at the National War Memorial in Ottawa. The event will be hosted by Veterans Affairs Canada and the Department of National Defence (DND), in person or virtually.

Davis wants the majority of the medals to be handed out in person, either in Ottawa or at other locations across Canada by federal, provincial or municipal officials or representatives from DND.

For more information about the PGVA and an application to receive the medal visit their website <http://persiangulfveteranscanada.ca/kuwait-medal/>



"Many Gulf War veterans who are eligible for the honour are unaware it exists. I want to make sure every Canadian who served in the war is recognized for their efforts that helped liberate the Middle Eastern nation following its unsuccessful annexation by Iraq."

— Master Corporal (Ret'd) Harold Davis

Local veteran brings service skills to national challenge coin business

Sharkz Coins

Lt(N) ret Chris Edley CD P.Eng.

Sharkz Coins is a well known Esquimalt business, but did you know they are veteran-owned and owe their success to a career in the military? "There are so many aspects of our business success that I owe to my time in the service" says retired MSE officer Chris Edley, who co-owns Sharkz Coins with his wife Helen.

Sharkz Coins is known nationally for their outstanding challenge coins, serving clients across Canada for over 15 years. They have set the bar in the challenge coin world, and pride themselves on excellence. Edley says "I am very proud of my service, and I know that the coins we produce must reflect the same level of pride if they are to mean anything to the service men and women who hold them. We've built our business around that philosophy."

With a background in project management and a strong mechanical aptitude, both gained during his service, Edley has stepped up the technical excellence of Sharkz Coins by working closely to push their factories to do their very best. When asked about quality, Edley will tell you about a friend who had a poster on his wall in the Naval Engineering School, it simply stated "Good Enough Never Is."

Sharkz Coins has been fortunate to expand their operations by investing in engraving equipment. This includes a top-of-the-line Trotec Laser which they use to engrave positional name tags. Not being able to leave things as good enough, he perfected the name tags by working with adhesive manufacturers to select the most durable industrial adhesives to attach the backing pins and custom engrain that they make specifically for the name tags.

The final skill that Edley has brought from his military career to Sharkz Coins is leadership. "The Leadership training that I received both as a Master Seaman, and then as an officer, has served me extremely well since I hit the private sector" says Edley. Sharkz Coins currently operate as a team of seven people, with customer service experts, and amazing graphic designers. It takes people-skills, and an ability to prioritize and manage stress, to keep a team operating as well as the Sharkz team.

If you want to see all of this for yourself, drop by the Sharkz Store on Esquimalt Rd. and the team will show you around.

Be sure to connect with the Sharkz team if you want to have challenge coins made by Canada's premier coin producer, or if you need positional name tags for your unit.



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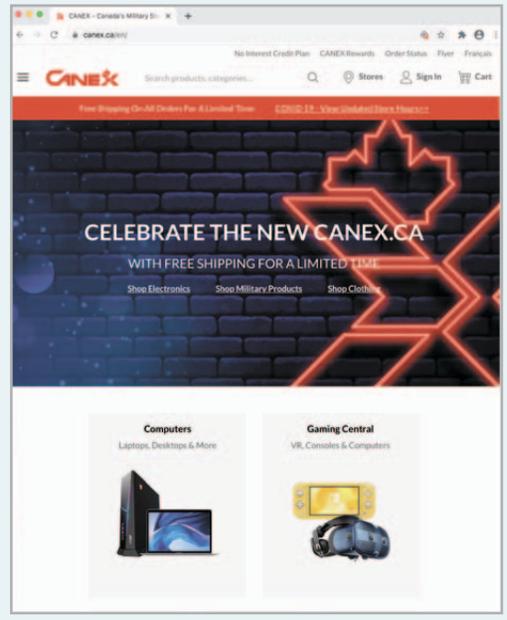
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Congratulations to the winners of the Canada Day trivia contest. All won \$50 CANEX gift cards

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- LT(N) Sean Ritchie
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The Maritime Museum of BC has re-opened

The Maritime Museum of B.C. re-opened to the public Friday, July 17.

The new Friday hours are 10 a.m. to 2 p.m. by appointment for one-hour time slots. All procedures have been developed in line with government regulations and the guidelines from Work Safe B.C.

"We are very much looking forward to welcoming visitors back into the Museum," said David Leverton, Executive Director. "Our digital programs have been successful but nothing can replace that in-person experience."

COVID-19 has created an unprecedented set of challenges for the Museum including the cancelling of the Massive Marine Garage sale; the temporary closure of our All Things Marine Thrift Store at Canoe Cove Marina in North Saanich;

and the cancellation of this year's Victoria Classic Boat Festival.

Visitors are asked to follow these new procedures when in the Museum:

- No more than eight visitors, or two separate household groups, are permitted in the space at the same time.
- Use the hand sanitizer provided upon entering this space. Another hand sanitizer station is available halfway through the exhibit space (if you are not able to use hand sanitizer, we have disposable gloves available).
- All visitors must wear a face mask. Unfortunately, we are not able to provide these for visitors at this time.
- Visitors must follow the arrows on the floor and practice safe social distancing by staying six feet

or more apart from those who are not from the same household.

- All appointments must be kept to the one-hour period as booked. Visitors cannot start an appointment early, and any late appointments will still need to finish on time.
 - Washrooms are not open to the public at this time.
 - If you feel ill or have been in recent contact with someone with COVID-19, visit another time.
- There is also a Plexiglas barrier by the Gift Shop, which is running like an old fashioned general store where visitors can browse from in front of the desk and request to see any items for a closer look.

Visitors can book their appointment in advance online through the following link: <https://mmbc.bc.ca/visit/>



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Commodore Richard Feltham – Commander Canadian Fleet Atlantic



CPO1 Patrick Mackey – incumbent Coxn of Fredericton once the ship returns.



HMCS Montreal crew are ready to welcome HMCS Fredericton home.



Her Majesty's Canadian Ship *Fredericton* has been deployed on Op Reassurance since January 20th of this year and is scheduled to return from its 6-month deployment on July 28th in Halifax, Nova Scotia. The frigate is part of a range of military activities undertaken by the CAF to support NATO assurance and deterrence measures and demonstrates Canada's commitment to pro-

mote security and stability in Central and Eastern Europe. Not only did the crew deal with the normal difficulties of being deployed and away from loved ones but they were also faced with the COVID-19 pandemic abroad. This significantly impacted their area of operations in Europe starting as early as March and made it increasingly difficult to disembark the ship as most countries had major restrictions. Additionally, on April 29, 2020, six members

of the Canadian Armed Forces were killed when a Royal Canadian Air Force CH-148 Cyclone helicopter crashed while conducting maritime surveillance operations with *HMCS Fredericton*. The conduct, professionalism and resiliency of these brave sailors is truly inspiring and is something that should be recognized. *HMCS Fredericton* Welcome Home Initiative acknowledges that our sailors and air detachment have dealt with

great adversity throughout their deployment overseas. We wish to provide an avenue for Canadians to show their deepest gratitude and sincere thanks for our men and women returning on board *Freddie* through various online/social media messages. Be sure to send them some support on social media on the arrival day (July 28) using your own platforms and link to them via the hashtags and handles (far right).

@RoyalCanNavy
@MarineRoyalCan

@RoyalCanNavy
@MarineRoyaleCan

@RoyalCanadianNavy
@MarineRoyaleCanadienne

HMCS Fredericton – Social Media Accounts

Facebook - @fredericton337
Instagram - @hmcs_fredericton

Hashtags:

#welcomehomeFreddie
#FreddieStrong
#Stalker22
#WeWillRememberThem
#WeTheNavy



HMCS Regina sending support from the west coast.



AB Boehler is a Naval Communicator onboard *HMCS Fredericton* and is also one of six reservists onboard! The One Navy concept enables reservists to be employed on Frigates that deploy in support of NATO Operations.



Crew onboard *HMCS Fredericton* all smiles after completing BALTOPS in the North Atlantic.



Combat Systems Engineering Officer takes a bearing of the guide ship under the watchful eye of the Navigating Officer.



Crew onboard *HMCS Fredericton* all smiles after completing BALTOPS in the North Atlantic.



NAVAL TECHNICAL OFFICER SEES BRIGHT FUTURE FOR WOMEN IN STEM ROLES

The first woman to achieve the rank of Captain (Navy) as a Naval Technical Officer in the Royal Canadian Navy (RCN) sees a bright future for those pursuing science, technology, engineering and mathematics (STEM) careers in the service.

"Technology will continually evolve, providing never-ending opportunities for those in STEM for years to come, particularly in the area of shipbuilding and in-service support," says Capt(N) Seana Routledge, Deputy Project Manager – Transition in the Canadian Surface Combatant Project Management Office. "We need innovators as we move toward the future, and those in STEM can play a pivotal role in advancing innovation in the RCN."

Capt(N) Routledge believes that strong solutions can be developed when there is a diverse group of people around the table collaboratively working on problems.

"We struggle both within government and within the private sector to recruit women into STEM roles," she says. "Without diversity in our leadership and throughout our organization, we can lose the opportunity for innovative ideas that come from having different opinions, perspectives and experiences."

She says that since the RCN wants to see more women in STEM leadership roles, it needs to continue to focus on improving how it gets women to join, encouraging them throughout their careers, and providing them with equal opportunities to advance and develop in order to keep them. This requires the RCN to look at providing flexibility in its careers paths so women can pursue their professional and personal goals.

"If we can achieve this, then the RCN will be stronger, richer and more effective in accomplishing its mandate."

Capt(N) Routledge says she achieved her current rank because of the many changes that have already been made in the RCN over the last 25 years to remove many of the barriers for women.

"Understanding that nothing is perfect, we need to continually look at our policies, processes and postings, and continue to amend them to ensure equality," she says. "Gender-Based Analysis Plus (a government process by which a policy, program, initiative or service can be examined for its impacts on various groups of women and men) that is now integral to our policies is a great advancement in ensuring equality in all we do."

A graduate in Computer Engineering from the Royal Military College in 2000, she says she is having a typical career for a naval engineer, changing jobs every 18 months on average, and working in several engineering organizations both on the East Coast and in Ottawa. The diverse postings have given her a solid breadth of experience and an opportunity to demonstrate her leadership potential to progress through the ranks.

She is keenly aware that she is a role model for women pursuing STEM careers in the RCN, even if it's not what she expected.

"I didn't think I'd be the first woman in my trade to attain this rank, and I'm not someone who enjoys the spotlight," she says. "In addition, for much of my career I never really considered myself a role model for other women."

That changed a few years ago, however, when a young naval lieutenant stopped her in the front entrance of her office building and congratulated her on her then promotion to Commander.

"She said something to me that always stuck with me; that she was pleased to see more women promoted to that rank as it was nice to have another woman to look up to and identify with. I realized that whether I wanted to be a role model or not, I actually already was one."

Capt(N) Routledge is quick to pass credit for her success to other female Naval Technical Officers, who she says paved the

way before her with other firsts within the RCN that enabled her to attain her goals.

She adds that Commodore (Cmdre) Josée Kurtz, who was her Executive Officer when she was a Head of Department in HMCS 8Ville de Québec and the first woman ever to command a Standing NATO Maritime Group, inspired her to pursue her unique goals.

"Her professionalism and work ethic were always an inspiration to me."

In her current position, Capt(N) Routledge is responsible for leading the development of an in-service support and sustainment solution for the navy's new surface combatant, so that when the fleet is built and ready for service, all of the support mechanisms such as infrastructure, training, spare parts, maintenance equipment and documentation are in place.

"My goal is to develop the most effective solution possible within the available resources, and to ensure that the RCN and Director General Maritime Equipment Program Management are well positioned to be able to maintain these ships for many years to come," she comments. "This is no easy feat, but luckily I have a phenomenal team that has already been working on this complex problem. I am privileged to have been given the opportunity to work with them."

Capt(N) Routledge also has to balance her busy career with raising a family. She and her spouse, a Commodore, have a two-year-old son.

"Some days we achieve the balance, and some days we don't. Sometimes we have to work evenings and weekends to stay on top of things when the pull of family obligations,



Capt(N) Seana Routledge, Deputy Project Manager – Transition in the Canadian Surface Combatant Project Management Office.

or work for that matter, cause a shift in the balance. However, good communication, support for each other and our professional goals, sharing of the childcare load, and to be honest, flexibility from my supervisors to handle things at home when necessary, are our keys to success – and a good daycare, a dog walker and a house cleaner make all the difference!"

She is also an avid runner and relaxes by hiking, reading, and listening to music.

The future is sure to be exciting for those interested in STEM careers in the RCN, but Capt(N) Routledge says that with any large organization there will be challenges. However, she strongly believes that these challenges are worth pursuing and encourages other women in STEM career paths to consider joining the RCN.

"I have had so many rewarding experiences throughout my career that balance out any of the challenging times, and they keep me motivated to continue to progress."



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MI'KMAQ GRAND COUNCIL FLAG HAS FOUND ITS HOME

Elizabeth Sharpe,
CFB Halifax PA Intern

A Mi'kmaq Grand Council flag has found its home inside the newly built Common Support Training Facility (CSTF) at CFB Halifax. The flag was installed during an intimate ceremony on June 19, 2020 – just two days before Canadians recognized National Indigenous Peoples Day, a commemoration marked annually on June 21. The CSTF's drill shed displays the Canadian flag, followed by each of the provincial and territorial flags in the order that they joined Confederation, and now the Mi'kmaq flag.

This flag installation was both significant and symbolic, as CFB Halifax is located on Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people. This territory is covered by the Treaties of Peace and Friendship which Mi'kmaq and Wolastoqiyik (Maliseet) People first signed with the British Crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations. LCdr Todd Harnish, Naval Fleet School (Atlantic) (NFS(A)) Seamanship and Leadership Division Commander, was grateful to be present for the flag installation ceremony, as his team is responsible for the seamanship training that takes place within the walls of the CSTF.

"With many personnel traveling through this new facility for their seamanship training, having the Mi'kmaq flag on display will be a reminder to our sailors of the ongoing efforts of the Navy to maintain a strong relationship with Indigenous Peoples in the future," explains LCdr Harnish. "Our hope

is that [the presence of the flag] and other areas of the building dedicated to Canada's Indigenous Peoples, their artifacts and their stories, will educate users of the facility and will welcome First Nations, Inuit and Metis People into the military and this facility," he adds.

Two respected Indigenous community leaders, CPO2 (ret'd) Debbie Eisan and Raymond Sewell, led the flag installation ceremony, accompanied by local CAF leadership. Sewell, an l'nu from the Mi'kmaq community of Pabineau First Nation in New Brunswick, works at Saint Mary's University in Halifax as Indigenous Student Advisor and a religious studies lecturer. CPO2 (ret'd) Eisan is an Indigenous elder and Royal Canadian Navy veteran, originally from Sault Ste. Marie in Northern Ontario; she is Ojibway from the Batchewana First Nation. It is important to note that Mi'kma'ki is not her territory, but she is extremely grateful to have been accepted by the Mi'kmaq community in Halifax when she was posted here during her military service. She is now an elder of the Indigenous community in Halifax, as well as the Community Planner at the Mi'kmaq Native Friendship Centre.

Since her retirement from the military, CPO2 (ret'd) Eisan has maintained her connection to the local CAF community through various workshops and events at CFB Halifax – such as this flag installation – in which she participates as an Indigenous educator, representative and healer. Through these engagements, she has observed a notable improvement in Indigenous relations since her time as an active CAF member.

"They are listening and understanding, and they are understanding what working together means," she explains. "When I joined the

military, you wouldn't expect to see a Smudging Ceremony at a Change of Command Ceremony. Now, I have been invited to conduct a Smudging at Changes of Command and other events, it's truly remarkable."

Cmdre Matt Bowen, Champion of the Atlantic Defence Aboriginal Advisory Group (ADAAG), was on hand for the flag installation ceremony. The ADAAG is dedicated to providing advice and insight to senior leadership on issues affecting the recruitment, retention, development and promotion of Indigenous Peoples within the CAF and DND.

Cmdre Bowen believes that the Mi'kmaq flag being permanently on display at the CSTF is significant in remembering the historical relationship between the CAF community and Indigenous Peoples in Canada.

"It's important that the Defence Community recognize the contributions that Indigenous Peoples have made throughout the history of our organization, as that relationship goes back to the founding of our armed forces in service to Canada and beyond."

Before the COVID-19 pandemic altered the working arrangements of many local Defence Team members, the ADAAG was working to promote CAF relationships with the local Indigenous community in the lead-up to the (now postponed) 2020 North American Indigenous Games (NAIG), which were supposed to take place this summer in Kijipuktuk (Halifax), Millbrook First Nation, and Aldershot, Nova Scotia. Additionally, the group regularly supports recruiting efforts and engagement with local Indigenous communities by having its mem-



Indigenous community leaders Raymond Sewell (left) and CPO2 (ret'd) Debbie Eisan hold the Mi'kmaq Grand Council Flag during a flag installation ceremony inside the Common Support Training Facility at CFB Halifax on June 19.

bers participate in forums, meetings and discussion when opportunities permit. Going forward, Cmdre Bowen is planning to focus the ADAAG efforts on addressing systemic racism, especially now in a time where the world is putting a magnifying glass on anti-Black and anti-Indigenous racism.

"The biggest challenge we face is maintaining focus and attention on the cultural shifts that are necessary to address systemic racism," he explains. "Humans can have short attention spans, and there is always a new crisis or tragedy to distract attention, but overcoming racism, and promoting greater diversity and inclusivity, requires focused attention over a long period of time in order to generate the fundamental cultural changes Canadians want."

Cmdre Bowen will be handing over the role of ADAAG Champion in the coming weeks, and leaves a clear vision for his successor. "My overarching goals have been to demonstrate that the DND and CAF is an inclusive and welcoming career option for Indigenous Peoples, encouraging them to join the organization and add to its growing diversity."

For CPO2 (ret'd) Eisan, these active efforts from the local Defence community to engage with and learn from Indigenous communities have been well received, and should most certainly continue.

"Reconciliation is about people working side by side, not in front and behind, which is why we like to say reconcili-action instead. It isn't about what you say, it's about how you act," she explains. "I wish I could just snap my fingers and have everyone understand, but I know that's not how it works. I am proud to be a part of National Defence and the CAF, and it's great that the military is very open to this reconciliation."

One crucial piece of this reconciliation is the continued effort to learn more about Indigenous history, and CPO2 (ret'd) Eisan can recommend some excellent resources. "I just want people to know that if they want to learn more, they should drop by a Mi'kmaq Native Friendship Centre – there are 126 in Canada in all of the major cities. Anyone can take part in activities at the Centres, such as blanket exercises or culture showcases and presentations. Powwows are a great event to learn about our traditions and customs, once they start up again. We are very open to sharing our culture."

Thank you, Debbie and Raymond for your continued participation in many CAF/DND events, including this most recent flag raising ceremony, and for the leadership and education you continue to provide to our members and local communities.

98.5
OCEAN

Robin&AJ
Good morning. Good times.



Bravo ZULU

NAVCOMM from *HMCS St. John's* named Sailor of the Quarter



MS Robert Weston receives his Sailor of the Quarter certificate from Cmdre Richard Feltham (left), Commander CANFLTANT, and Fleet Chief CPO1 Darcy Burd.

Photo by Mona Ghiz, MARLANT PA

By Ryan Melanson,
Trident Staff

When the Formation adopted its pandemic posture in mid-March, everyone was asked to do their part to ensure the RCN maintained its readiness and capability. For some, that meant staying home to help limit the spread of COVID-19, but for others, like MS Robert Weston, it was quite the opposite.

As the Information Systems Administrator aboard *HMCS St. John's*, MS Weston is responsible for keeping the ship connected – he ensures networks are up and running and cell phones are working properly, among other tasks.

“If a user has an IT problem, they come to me, and I always do my absolute best to rectify that problem,” he said.

When *St. John's* learned that the ship would be conducting a hull swap with *HMCS Ville de Quebec* on shorter notice than usual, he sprang to action, and put in long hours transition-

ing IT equipment from ship to shore office, which will allow his replacement to hit the ground running.

For that hard work during a difficult and stressful period, MS Weston has been named the Atlantic Fleet's Sailor of the Quarter for Q2 2020. The award was presented to him by Cmdre Richard Feltham, Commander CANFLTANT, and Fleet Chief CPO1 Darcy Burd, during a small ceremony on June 26.

“I didn't even know I was nominated, so it was a complete shock, but I'm happy to be recognized,” he said following the presentation.

Along with his work to help facilitate the hull swap, he was also noted for a number of other achievements, including volunteering to be the fleet-wide OPI for verifying new communication systems, mentoring junior navigators during readiness training, and volunteering in his community during his spare time.

In nominating MS Weston for the Sailor of the Quarter award, his com-

mand team lauded him for his work through the pandemic period, and said he helped ensure that *St. John's* leadership stayed in regular contact with the Fleet and the ship's company.

“MS Weston's superior technical knowledge increased the operational effectiveness of *St. John's* during this quarter. His work ethic and positive attitude directly contributed to mission success both at sea and alongside, as well as enhancing the efforts and morale of those around him,” the nomination reads.

MS Weston has been a member of *HMCS St. John's* since 2018, and while he's been credited for his strong leadership and inspiring the junior ranks, he says the team he works with have also contributed a lot to his successes.

“They're an amazing group of people to work with, they're quick with a joke, slow to anger, and always ready to do what they need to do with little supervision. I'm grateful to have the section that I have.”

Bravo ZULU

HMCS Winnipeg Honours and Awards Ceremony

Rear-Admiral (RAdm) Bob Auchterlonie, Commander Maritime Forces Pacific and Chief Petty Officer 1st Class (CPO1) Tim Blonde, Formation Chief Petty Officer present honours and awards on July 13.

Photos by Leading Seaman Valerie LeClair, MARPAC Imaging Services



Acting Sub-Lieutenant Andrew Fors receives his commission and promotion from Lieutenant (Navy) Rowan Wilson and RAdm Bob Auchterlonie.



Sub-Lieutenant Andrew Fors is promoted to his current rank by RAdm Bob Auchterlonie, Lieutenant (Navy) Rowan Wilson and CPO1 Blonde.



Petty Officer 2nd Class Jonathan Lamb is promoted to his current rank by RAdm Bob Auchterlonie, Lieutenant (Navy) Rowan Wilson and CPO1 Blonde.



Petty Officer 2nd Class Jonathan Lamb receives his Duties and Responsibilities of the Chief Petty Officer and Petty Officer scroll.



Petty Officer 2nd Class Joshua Krohn receives his Duties and Responsibilities of the Chief Petty Officer and Petty Officer scroll.



Petty Officer 2nd Class Michael Forest receives his Duties and Responsibilities of the Chief Petty Officer and Petty Officer scroll.



Petty Officer 2nd Class Daniel Graham with the Duties and Responsibilities of the Chief Petty Officer and Petty Officer scroll.



Lieutenant-Commander Amber Comisso receives her plaque for being named one of the top 30 Women in Defence by Esprit de Corp Magazine.



CANFLTPAC Honours and Awards

Commodore Angus Topshee, Commander Maritime Fleet Pacific (CANFLTPAC) presented honours and awards on June 24.

Photos by Leading Seaman Valerie LeClair, MARPAC Imaging Services



PO2 Zarate receives the Special Service Medal - Expedition for Operation Poseidon Cutlass 2017.



SLt Jackson is awarded the Canadian Forces' Decoration with bar for 22 years of service.



SLt (then PO2) Plumb receives the Special Service Medal - Expedition for Operation Projection 2017.



HMCS Chicoutimi

PO2 Thouin is promoted to current rank by CPO2 Mallet, HMCS Chicoutimi, and LCdr Classen.



LS Poulin is promoted to her current rank by Lt(N) Makow and LCdr Harlock.

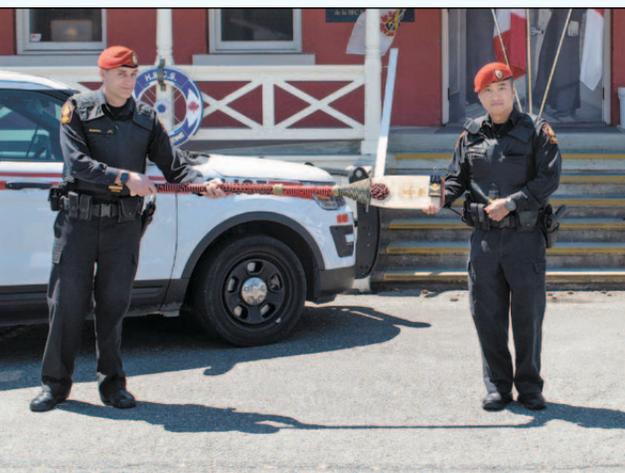


MPU Esquimalt Promotions

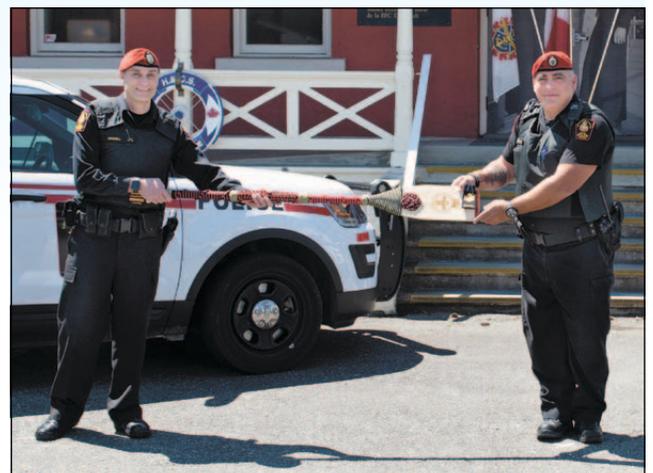
by Major Roland Russell, Commanding Officer of Military Police Unit Esquimalt on July 13.



Master Corporal Dominik Heine is promoted to his current rank by Major Russell and his father.



Master Corporal David Tran is promoted to his current rank.



Sargent Petar Katcharov is promoted to his current rank.



Captain (N) Jeffrey Watkins, Sea Logistic Officer from Naval Fleet School (Pacific) is promoted to his current rank by Rear-Admiral Bob Auchterlonie, Commander of Maritime Forces Pacific (MARPAAC) and his wife Lori Watkins during the MARPAAC Promotion Ceremony at Duntze Head on July 17.

Photo by Leading Seaman Sisi Xu, MARPAAC Imaging Services



Commander Colleen O'Brien is promoted to her current rank by Captain (N) Sam Sader during the promotion ceremony at Duntze Head July 14.

Photo by Leading Seaman Sisi Xu, MARPAAC Imaging Services

Bravo ZULU

HMCS Edmonton Change of Appointment

Incoming Coxswain Petty Officer First Class (PO1) Clayton MacKay, CD, and Reviewing Officer Commander Jeffrey Hopkins, CD, Deputy Commander Canadian Fleet Pacific complete the signing of the Change of Appointment certificate during the Change of Appointment Ceremony for incoming Coxswain PO1 Clayton MacKay, CD, onboard HMCS Edmonton, Y Jetty Her Majesties Dockyard Canadian Forces Base Esquimalt, on July 20.

Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services

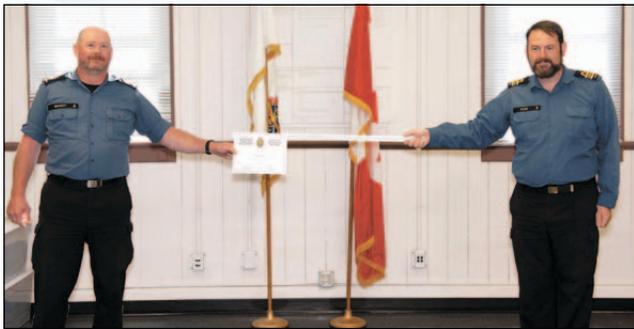


Bravo ZULU

Naval Training System

The Naval Training System recently produced three graduates of the Bosun course (BOSN RQCPO2) at Naval Fleet School (Pacific) - Seamanship Division who received certificates from LCdr Chris Maier, Deputy Commandant NFS(P), while observing physical distancing protocols, on July 13.

Photos by Leading Seaman Brendan Gibson, MARPAC Imaging Services



Lieutenant Commander (LCdr) Christopher Maier, presents Petty Officer First Class Shawn Beckett with the certificate of completion for the RQCPO2 course.



Lieutenant Commander (LCdr) Christopher Maier, presents Petty Officer First Class Ley Ireland with the certificate of completion for the RQCPO2 course.



Lieutenant Commander (LCdr) Christopher Maier, presents Petty Officer First Class Ryan Hart with the certificate of completion for the RQCPO2 course.

Bravo ZULU

Naval Fleet School Pacific Promotions

Presented by Cdr Annick Fortin, Commander Naval Fleet School (Pacific).



Master Corporal Girard is promoted to his current rank.



MS Colombe is promoted to his current rank.



PO2 Clark is promoted to his current rank.



PO2 Sebulsky is promoted to his current rank.



CPO2 Ford is promoted to his current rank.



PO1 Fortin is promoted to his current rank.

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- No Smoking, No Pets or Drugs
- One year lease - option to renew



CONTACT 604-728-7229

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