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LOOKOUT

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HMCS HALIFAX


OPERATION REASSURANCE

Lieutenant (Navy) Kyle Naylor operates a pelorus as HMCS Halifax transits out of Hamburg, Germany, during Operation Reassurance in May.

Photo: Private Connor Bennett, Canadian Armed Forces



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First navy Meteorological Technician sails with HMCS Ottawa

Master Corporal Joe Cornolius, Meteorological Technician with HMCS Ottawa, and Petty Officer Second Class Robert Allard, Meteorological Office Supervisor, measure wind speed on the foc'sle of HMCS Ottawa with an anemometer.

Photo: Peter Mallett, Lookout Newspaper



A new season in weather forecasting begins this week for meteorological technicians serving in the Royal Canadian Navy (RCN).

Petty Officer Second Class (PO2) Robert Allard will become the first navy Meteorological Technician (Met Tech) to sail in active service on HMCS Ottawa.

"To have someone on board in a navy uniform making forecasts is something new," says PO2 Allard.

The Met Tech trade has existed within the Royal Canadian Air Force for decades, but in 2011 the Canadian Armed Forces (CAF) opened the trade to all elements. Last year, the RCN started seeking candidates for senior positions on frigates. So far, only PO2 Allard and Petty Officer First Class Amanda Pond joined, with PO2 Allard being the first to set sail. PO2 Allard says his posting marks the start of a closer relationship between the RCN and the Met Tech trade.

Met Techs observe and forecast weather in support of operations at various facilities in all three elements. They record, process, and analyze meteorological information, operate and maintain equipment, and brief personnel on weather conditions.

PO2 Allard works as a Supervisor with the Meteorology and Oceanography department of Maritime Force Pacific. On board ships, he notes, the trade is playfully referred to as 'weather witches'. Met Techs have other responsibilities, including maintenance work, keeping the ship's stores and ammunition fully stocked, and processing mail.

The Met Tech cohort sailing on ships will increase over time. Uniformed Met Techs need to reach the rank needed to fill senior positions. Occupational training takes six months, with additional six months of advanced training needed to qualify for a ship posting.

AN EYE TO THE SKY

Out in the open waters, Met Techs monitor wave heights, the state of icebergs and sea ice four times a day, and conduct observations whenever aircraft is in concert with the vessel.

"The job is more challenging at sea because some of the most advanced computer tools we use at land are not available at sea," says PO2 Allard.

Met Tech reports are vital to a ship's command team, says Lieutenant (Navy) Meghan Jacques, HMCS Ottawa's Navigation Officer.

"We can't Google the weather in the middle of the Pacific," she says. "We need to know if we will have a high sea state or winds to determine if the crew can get their jobs done."

ROBERT'S STORY

PO2 Allard's evolution into the Met Tech trade was not by design but by circumstance. He served as Naval Warfare Officer until one of his mentors suggested he consider meteorology. He says he was spellbound after realizing he could earn a living by studying the science of weather.

"My thought was, everyone likes to talk about the weather, but the CAF will pay me to become an expert in understanding how weather affects CAF missions," he says. "I just had to be part of that."

HMCS Ottawa will sail in Esquimalt waters June 13-27 as part of Tiered Readiness Program. PO2 Allard says it may be his last sail for the foreseeable future. In July, he will be posted to 17 Wing's Canadian Forces School of Meteorology as a Senior Meteorological Instructor. He will be the first navy instructor at the school.

"To have someone on board in a navy uniform making forecasts is something new."

~ Petty Officer Second Class Robert Allard



Invictus Games inspires paralympic dream

Peter Mallett
Staff Writer

A determined athlete from Canadian Forces Base Esquimalt is aiming for a spot on Canada's 2024 Paralympic team.

Since competing at April's Invictus Games in The Hague, Major Patrick Lévis has been spending up to 20 hours per week at Victoria City Rowing Club, working toward his new goal.

"With my results and steady improvement in training, for the first time I am beginning to believe a spot on Canada's Paralympic team can happen," he says.

Maj Lévis has served 30 years in the Canadian Army and is the Deputy Commanding Officer of the Canadian Scottish Regiment (Princess Mary's). He was diagnosed with PTSD following a deployment to Afghanistan in 2009. During a surgery to remove a cancerous tumour in his abdomen, his femoral nerve was damaged, and he was left with permanent mobility disability in his legs.

The diagnosis following surgery was like a bombshell, he says.

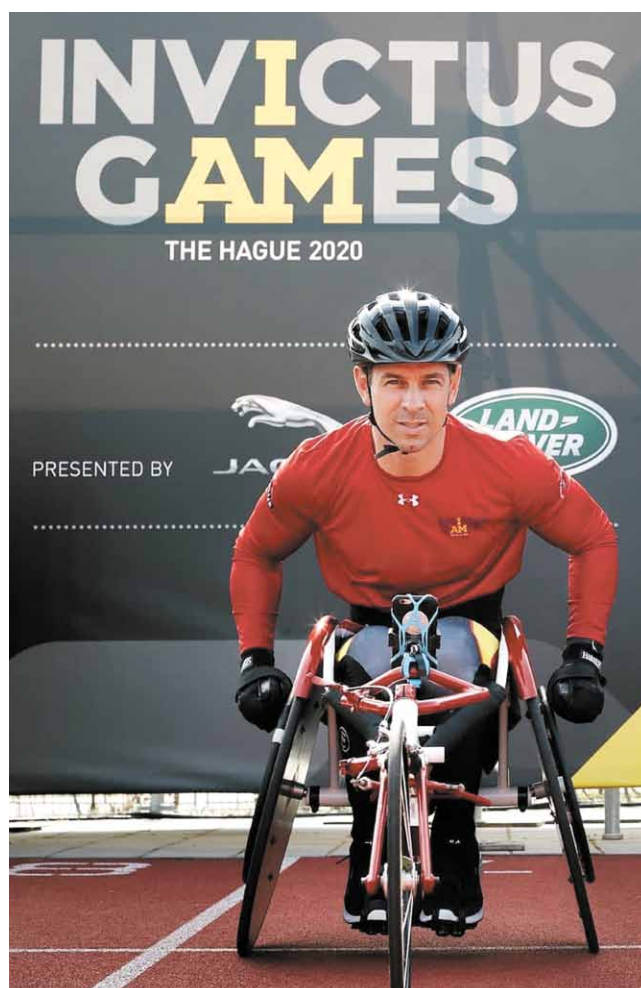
"I was cancer-free but missing out on my active lifestyle, the esprit de corps, and the camaraderie with other members. This created a feeling of emptiness in me," he says.

Filling the Void

Instead of giving up on himself, Maj Lévis turned to Canadian Armed Forces (CAF) Soldier On program, which contributes to CAF members' recovery through recreational and creative

"Walking out for the opening ceremonies made me feel incredibly proud to be Canadian..."

Major Patrick Lévis



activities. Soldier On also manages Canada's Invictus Games team.

Maj Lévis' first Soldier On experience was a scuba diving camp. Soon he learned he wanted more.

"I kept bothering Soldier On about the Invictus Games team, and it worked," he said. "They called last year and said they have an opening for me if I play wheelchair basketball and two other

events. I was so happy."

Maj Lévis competed in five sports at this year's Games: wheelchair racing, wheelchair basketball, wheelchair rugby, sitting volleyball and indoor rowing. His experience did wonders for his mental and physical well-being.

"Walking out for the opening ceremonies made me feel incredibly proud to be Canadian. I surpassed my

expectations in the competitions," he says.

Inspired by Invictus

The Invictus experience also strengthened his belief in his inner athlete. Maj Lévis won four gold medals in wheelchair racing and a bronze in the sprint competition. He also surpassed his personal best rowing time, finishing second at the indoor rowing competition, winning a silver medal.

"I was really pleased with the result, the strength, and determination to get there," he says. "With proper training, I believe I can get even better."

Maj Lévis' journey to recovery through adaptive sport has opened his eyes to the plight of other people with disabilities. Aside from work and training, he volunteers for the Defence Advisory Group as a Military Co-Chair.

In May, Maj Lévis attended the Rogers Arena in Vancouver as an Invictus ambassador, and shook hands with Prime Minister Justin Trudeau and John Horgan. Yet, the most memorable moment for Maj Lévis was meeting Prince Harry and his wife Meghan Markle during Invictus Games kickoff dinner.

"We shook hands, talked, and I thanked him for being the founder of the Invictus Games because it has helped so many members, including myself, overcome challenges in life, both mentally and physically."

Deputy Commanding Officer, Canadian Scottish Regiment, and Invictus Games athlete Major Patrick Lévis (right).
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Royal Canadian Navy public servants,

I want to take this opportunity to express my gratitude and appreciation to each member of the Royal Canadian Navy's Public Servant workforce. Over the past two years, we have been living in unprecedented times brought on by the COVID-19 pandemic. The perseverance, dedication and professionalism that you have displayed in spite of these challenges has been simply outstanding. Your resiliency, flexibility and the quality of work that you perform on a daily basis has been exemplary. You should be very proud.

You are vital members of the RCN Team. You provide the critical expertise, stability and continuity that is integral to enabling the RCN's operational output. Before the COVID-19 pandemic, and throughout the past two years, you have supported the RCN in deploying ships and submarines to sea, meeting our NATO commitments and continuing to work with our allies around the world. The RCN has a wide and diverse public servant workforce that belongs to nine separate unions and is employed in 30 different occupational groups. Without the contributions from all of you, from frontline operational workers to behind-the-scenes support staff, the RCN's success at home and abroad would not be possible. Your hard work does not go unnoticed. On behalf of the entire RCN leadership team, thank you for all that you do for the Royal Canadian Navy, the Department of National Defence and your fellow Canadians.



Yours Aye,

Vice-Admiral Angus Topshee
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Former HMCS Malahat member remembered as caring and selfless

Sub-Lieutenant Donald Den

HMCS Malahat Public Affairs Officer, and Chief Petty Officer Second Class (ret'd) Randy Young

This year's annual Ceremonial Divisions at Victoria's Naval Reserve Division, HMCS Malahat, included a new award.

HMCS Malahat's acting Commanding Officer Lieutenant-Commander (LCdr) Anne Gardam presented Sailor Third Class (S3) Brian Haug with the Petty Officer Second Class (PO2) Fiona Borland Memorial Trophy on April 9.

"PO2 Borland was the epitome of what we value in the Canadian Armed Forces (CAF), and her sparkle is sorely missed," says LCdr Gardam.

The trophy is presented to a junior non-commissioned member who exemplifies courage and compassion, and fosters esprit de corps, generosity, concern for others, and goes

beyond the call of duty to support and mentor other sailors.

PO2 Borland lost her hard-fought battle with cancer on October 23, 2021. Her memory remains strong with her husband of 33 years, Chief Petty Officer Second Class (CPO2) (retired) Randy Young. He noted S3 Haug is 'just like Fiona; always looking out for others'.

"She loved bellowing out commands. She was tiny, but she could yell."

— PO2 Borland's husband
Chief Petty Officer Second Class (Retired) Randy Young

Fiona Borland joined the Royal Canadian Naval Reserve in June 1984. She served in HMCS Malahat for 33 years, with a brief 18-month stint in 1989 with Halifax's Naval Reserve Division, HMCS

Scotian. Throughout her career, Borland worked in the recruiting, operations, and training departments.

During her time in Malahat, she became well-known for her big smile, sense of fun, deep sense of compassion, and commitment to events like the Children's Christmas Party, which she organized for many years.

"There were many people who sought her out to tell her she had been a very firm but compassionate leader that made a huge difference in their life," says Young. "She loved bellowing out commands. She was tiny, but she could yell."

PO2 Borland also worked as a Section Commander at the CAF Transition Centre in Esquimalt, providing services to Forces members, veterans, and their families. She continued working at the Centre after her cancer diagnosis in late 2015, even as she went through chemotherapy and radiation treatments.

Young and his wife felt well-supported by the Forces during

that extremely difficult time.

"Everywhere I went, people covered for me, and no one ever complained about it," he says.

Young recalls how supportive his Commanding Officer at the Fleet School, Captain (Navy) Ed Hooper was. He told Young to be wherever PO2 Borland was, which meant the world to Young.

"Even the people at the pharmacy were unbelievable. They knew some of the stuff we would need, and made sure we had it," he says. "We felt blessed to have been part of such a compassionate and wonderful family as the Canadian Forces."

In addition to volunteering at work, PO2 Borland also volunteered with the BC SPCA, and was an avid supporter of the CIBC Run for the Cure, both before and after her diagnosis.

"She was just the kind of person that cared more about other people than herself," says Young.



PO2 Fiona Borland, accompanied by her husband CPO2 Randy Young, receives a Maritime Forces Pacific Commanding Officer's Bravo Zulu Award in February 2018 for her tireless work and advocacy.

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NADEN BAND Introduces New Commanding Officer



Members of the Naden Band brass section perform. Photos: Peter Mallett/Lookout



Petty Officer First Class Marielle Audet performs a First Nations drumming ceremony at a Change of Command Ceremony for the Naden Band.



Below: Lieutenant (Navy) Catherine Norris and her daughter Jovie watch a performance by the Naden Band.



A member of the Naden Band performs during a Change of Command Ceremony for the Naden Band at the Wardroom on June 7.



(Left) Lieutenant (Navy) Catherine Norris, Captain (Navy) Blair Saltel and Lieutenant (Navy) Benjamin Van Slyke sign certificates during a Change of Command Ceremony for the Naden Band at the Wardroom on June 7.

Peter Mallett Staff Writer

The conductor's baton of the Naden Band of the Royal Canadian Navy (RCN) officially passed to a new Director of Music and Commanding Officer.

Lieutenant (Navy) Catherine Norris relinquished her position to Lt(N) Benjamin Van Slyke in a June 7 Change of Command Ceremony at Esquimalt's Wardroom. Chief of Staff, Maritime Forces Pacific, Captain (Navy) Blair Saltel presided over the ceremony.

"The Naden Band is the first band I have commanded during my military career, so it will always be special to me," says Lt(N) Norris. "It has been a great and challenging experience, from learning a new role to leading through a pandemic."

The Naden Band was founded in 1940 and is one of six bands of the Canadian Armed Forces (CAF). Its 35 band members are regular force full-time professional musicians whose primary role is supporting naval operations, ceremonial events and public outreach initiatives.

Lt(N) Norris is the first female Commanding Officer of the Naden Band, and an extraordinary flute and piccolo player. She took the role in July 2018.

New Leader

Lt(N) Van Slyke says he connected to the Naden Band during his childhood in Vancouver.

"The Naden Band was the first Regular Force band I saw as a child, so it seems fitting I get to become its Director of Music," he says. "Despite the changeover, I want the unit to continue building on its recent successes and find new ways to support the RCN and its operations musically."

As the Band's new Musical Director, the first piece Lt(N) Van Slyke chose to conduct during the ceremony was the Concert Band classic *Psalm for Band* by Vincent Persichetti.

The Change of Command ceremony was also the final performance for Chief Petty Officer Second Class Matt McCrady as the Naden Band's Chief Petty Officer. He is moving to Ottawa to serve as the Senior Warrant Officer for the Central Band of the CAF.

Lieutenant (Navy) Catherine Norris conducts the Naden Band for the last time.



Lieutenant (Navy) Catherine Norris:

Lt(N) Norris joined the Canadian Armed Forces (CAF) in 1999. During her 23 years of service, she has been a member of multiple military bands across the CAF, including the Band of the Ceremonial Guard, Governor General's Foot Guards Band, la Musique du 34e Groupe-brigade du Canada, Royal Canadian Artillery Band, the band of Royal Military College of Canada, and The Stadacona Band of the Royal Canadian Navy.

Lt(N) Norris met her husband Marc Shepard in 2005 while they were posted to Canadian Forces Base (CFB) Edmonton. They have a three-year-old daughter, Jovie. Now, they will move to Ottawa, where she will become the CO of the Central Band of the CAF.

Lieutenant (Navy) Benjamin Van Slyke:

Lt(N) Van Slyke joined the CAF in 1995 as a reservist musician with the 15th Field Regiment of the Royal Canadian Regiment.

His military musician career as a trumpet player included performing with the RCN's Stadacona Band in Halifax, La Musiques du Royal 22e Régiment at BFC Valcartier, brass and reed ensembles at CFB Borden, and Royal Canadian Artillery Band in Edmonton. He was posted as Music Officer to the Naden Band in July 2021.

Lt(N) Van Slyke met his wife Angela while working aboard a cruise ship in the Caribbean, where they married in 1999. They have two daughters, Abigail and Alena.



"The Naden Band is the first band I have commanded during my military career so it will always be special to me."

~Lieutenant (Navy) Catherine Norris

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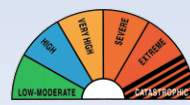
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- Prepare a plan for the care of pets and other animals.
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- Take steps to protect family, friends, or neighbors who have disabilities. People with disabilities sometimes require assistance and additional time in order to prepare for a disaster.
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New Base Chief arrives at CFB Halifax

Outgoing Chief makes history for second time



On June 7, Chief Petty Officer First Class (CPO1) Alena Mondelli (right) relinquished her appointment as Base Chief Petty Officer to CPO1 Troy Beazley during a Change of Appointment ceremony at Juno Tower 3 Mess at Canadian Forces Base (CFB) Halifax. Base Commander Captain (Navy) Sean Williams presided over the ceremony.

Photo: Trident Newspaper

Joanie Veitch Trident Staff

Canadian Forces Base (CFB) Halifax welcomed the 24th Base Chief at a Chief Change of Appointment ceremony on June 7.

Outgoing Base Chief, Chief Petty Officer First Class (CPO1) Alena Mondelli said CPO1 Troy Beazley will be working with 'an amazing team of professionals'.

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

CPO1 Beazley comes to CFB Halifax after recently serving as the Naval Strategic Readiness CPO1 and Royal Canadian Navy Succession Manager. He is also a former Coxswain of HMCS Charlottetown.

CPO1 Mondelli made history for the second time in less than a year when she became the first woman Base Chief to be appointed Formation Chief for Maritime Forces Atlantic at

a ceremony the day before.

"I've said it before and I'll say it again, we are not a 'new Navy' every time a significant event challenges our old beliefs and way of being," she said. "We're evolving. Let's be the change we want to see."

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

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

The ceremony appointing CPO1 Beazley was held outdoors at Juno Tower in Halifax, with music provided by the Jazz Ensemble of the Stadacona Band. The ceremony also featured a smudging ceremony offered by Honorary Captain (Navy) Debbie Eisan from the Mi'kmaq Native Friendship Centre, along with songs performed by Garrett Gloade of Millbrook First Nation, a Mi'kmaq community near Truro.

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Conflict Coaching for Assertiveness

Dear CCMS Practitioner,

I regularly receive feedback that I am aggressive, rude and abrupt. I am trying to get my point across, but it seems to be lost in my delivery. Can you help me?

– Yours, Lost in Delivery

Dear Lost in Delivery,

We can certainly help you! The Conflict and Complaint Management Services (CCMS) practitioners offer Alternative Dispute Resolution (ADR) support to both military and civilian employees.

One of our many services is conflict coaching, which is often used for two reasons. First, when practice or skills are needed for someone who wishes to engage in a difficult discussion. Second, to develop one's conflict management skills.

Conflict coaching is a goal-based process by way of confidential one-on-one sessions with a Conflict Coach. Typically, conflict coaching consists of three to six sessions at regular intervals (every week or so). Though in-person sessions are preferred, conflict coaching can be conducted through other means such as telephone, e-mail, and video conference.

Our Conflict Coaches have great tools to assist you with getting your message across clearly, concisely, and assertively. Perhaps you may also wish to discuss your verbal and non-verbal language with your coach to ensure your messaging is aligned.

Please contact your local CCMS office for more information and to learn how you can connect with a practitioner. Military members can directly connect with local CCMS agents, who can initiate the referral process.

– Assertively yours, CCMS practitioner

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***Defence Team members can contact a CCMS agent toll free at 1-833-328-3351, M-F between 7:00 a.m. and 7:00 p.m. EST. Additional details related to CCMS locations and services are available on the ICCM web page**

Next Mentorship Program Session: June 28

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

The next group session will take place on June 28, at noon to 1330 EST, and will cover networking and work-life balance. Over 300 people attended the first session at the end of May.

The RCN Mentorship Program consists of group sessions led by a subject matter expert on topics of interest to RCN Team members. These sessions will be available to all on Microsoft Teams.

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



Here to provide the assistance you need.

Contact my office with your questions about:

- Phoenix payment issues
- Veterans Affairs Canada
- Service Canada and CRA
- Local and provincial contacts
- Immigration-related issues
- Federal COVID-19 benefits for individuals, businesses, non-profits.

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Reliving the Italian Campaign



Yves Bélanger,
Servir Reporter

Over the past year, retired Sergeant Roger Chabot has retraced the path of Canadian soldiers who took part in the Italian Campaign during the Second World War. His goal: bringing to life these important events in our military history in a documentary that should see the light of day in 2023.

It was in 2019 that the veteran started working on this project.

"The pandemic has slowed me down, but it has still been beneficial. I was able to promote the project more and get more funding. This documentary has thus become the most important project of my life," he says. The idea was born in recent years, following a first trip to Italy.

"I visited some historic World War II sites and found the Italians were very fond of the Canadians and were very grateful."

The former member of the Royal 22e Régiment also realized he did not know his regimental history well.

"That's why I had the idea to shoot this documentary, which will have 14 episodes lasting 20 minutes each."

SHOOTING IN NOVEMBER 2021

Initially, the shooting was to be done in two parts.

"We had to shoot in the summer to represent the deployment in Sicily and then we had to return during the fall for filming in the rest of the country, especially in the North."

The pandemic forced the team to change their plans, so they decided to do it all in one trip.

Chabot knew how to surround himself with good collaborators to carry out his project. John Serviss was the main cameraman and editor, and retired Sergeant Georges Janes was second cameraman and drone pilot. Retired Lieutenant-Colonel Chris Comeau was responsible for logistics. Steve Gregory from the Operation Husky Foundation facilitated contacts

with resource persons and expert historians in Sicily.

Chabot says this 32-day trip was not easy.

"We had several shoots to do in a short time. We were constantly on the move. During our stay, we covered no less than 5,300 km."

A BILINGUAL DOCUMENTARY

Roger Chabot is proud to announce the documentary will be presented in French and English.

"Every take was shot in French and English. I wanted to avoid dubbing."

The team had the chance to meet experts in history.

"There are a lot of interactions with them throughout the documentary. These people share their knowledge with us. They bring a lot of credibility to our project."

Some historical reconstructions are also integrated into the video.

"We were lucky enough to shoot them on location."

This is among others the case of the battle of Assoro.

"We were able to re-enact part of the fight at the top of the mountain."

RETURN TO ITALY AND LAUNCH

Last month, Roger Chabot returned alone to Sicily to record some new scenes.

"Because of the heavy rain, we didn't have time to film everything. I went back there for five days to

complete the project. In January 2023 the documentary should be officially launched on YouTube, on the channel Bravery in Arms. I am happy because Veterans Affairs Canada will broadcast the direct link to access the 14 episodes."

Until then, people can watch the mini videos of the documentary filming, released once a month.

About Roger Chabot

Roger Chabot joined the Canadian Armed Forces in 1984 as an infantry soldier. During his 32-year career, he served with the Royal 22e Régiment, the Canadian Airborne Regiment and the Princess Patricia Canadian Light Infantry, among others. He participated in several international deployments. He then spent a few years as an imaging technician, during which he learned photography and video production. Passionate about the profession of arms and military history, he began to paint his personal experiences and other historical military events. Self-taught, he developed his talent over several years in painting and photography. His works are exhibited in various Canadian military installations and museums, and can be discovered on chabotwarart.com.

Now retired, he devotes most of his time creating military art through painting and video production (presented on Bravery In Arms).

Roger Chabot has just completed a magnificent 8 X 24 foot mural commissioned for the Carling Complex at National Defence Headquarters in Ottawa. The work is exhibited in the hall of honor of the building.

Roger Chabot: www.chabotwarart.com Bravery in Arms: www.braveryinarms.ca

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