

THE Maple Leaf LA Feuille d'érable



**COMMITTED
TO READINESS**



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ASK THE COMMAND TEAM



Q

I am curious as to what your thoughts are for the Arctic, and what kind of role the military will play as the North is slowly opened to more traffic. With your vision of creating more links to like-minded groups, do you see the Canadian Armed Forces being a lead or supporting agency in the Arctic?

Major, On exchange with the US Air Force

A

You've highlighted an important area of interest for the Canadian Armed Forces (CAF). Most folks know that the Canadian Arctic is a vast region with immense potential natural resource riches, and an environment that is as harsh and remote as it is beautiful.

This land mass is greater than the size of Europe and has a population of just over 113,000, most of whom live in three principal communities. As you've noted, with the receding ice and numerous advancements in technology, access to the region and its natural resources is becoming easier.

The Government of Canada has been very clear that Canada's North is a cornerstone of its agenda, as laid

out in Canada's Northern Strategy and Arctic Foreign Policy. Our activities, in turn, are aligning in support of this priority.

CANADA FIRST DEFENCE STRATEGY

Our northern tasks are broadly outlined in the *Canada First Defence Strategy*, which calls for the CAF to have the capacity to exercise control over and defend Canada's sovereignty in the Arctic, and provide assistance to other government departments and agencies when called upon. While the latter retain the lead for dealing with most Northern safety and security issues, they often draw upon the capabilities of the CAF to help fulfill their mandates.

To meet the direction we've been given, we are enhancing our Arctic infrastructure and military capabilities. New investments include the Arctic Offshore Patrol Ships, a berthing and refuelling facility at Nanisivik, the development of the RADARSAT Constellation Mission, expanding the Canadian Rangers and modernising their equipment, establishing a Primary Reserve company in Yellowknife as well as four Arctic Response Company

Groups, and developing the Canadian Forces Arctic Training Centre in Resolute Bay.

While defence issues do not drive Arctic affairs, these initiatives will help ensure that we continue to have the capabilities necessary to address safety and security challenges in the region ranging from search and rescue incidents to natural disasters to illegal activities.

OPERATIONS IN THE NORTH

Likely every member of the CAF knows of our annual northern training and sovereignty activities - Operations NANOOK, NUNALIVUT and NUNAKPUT. These operations and exercises are scheduled during timeframes when we know there are increased commercial, tourist and adventurer activities in the region. For example, we conduct Op NUNALIVUT in the dead of high Arctic winter when adventurers are typically attempting to reach the North Pole, and Op NANOOK is executed in the summer when maritime traffic reaches a peak.

To help highlight why we've done this, 10 years ago we logged just under 70 ships in our Arctic waters, and since then the number has more than doubled. In 2010, we assisted the Coast Guard after a ship (with roughly 200 people aboard) ran aground.

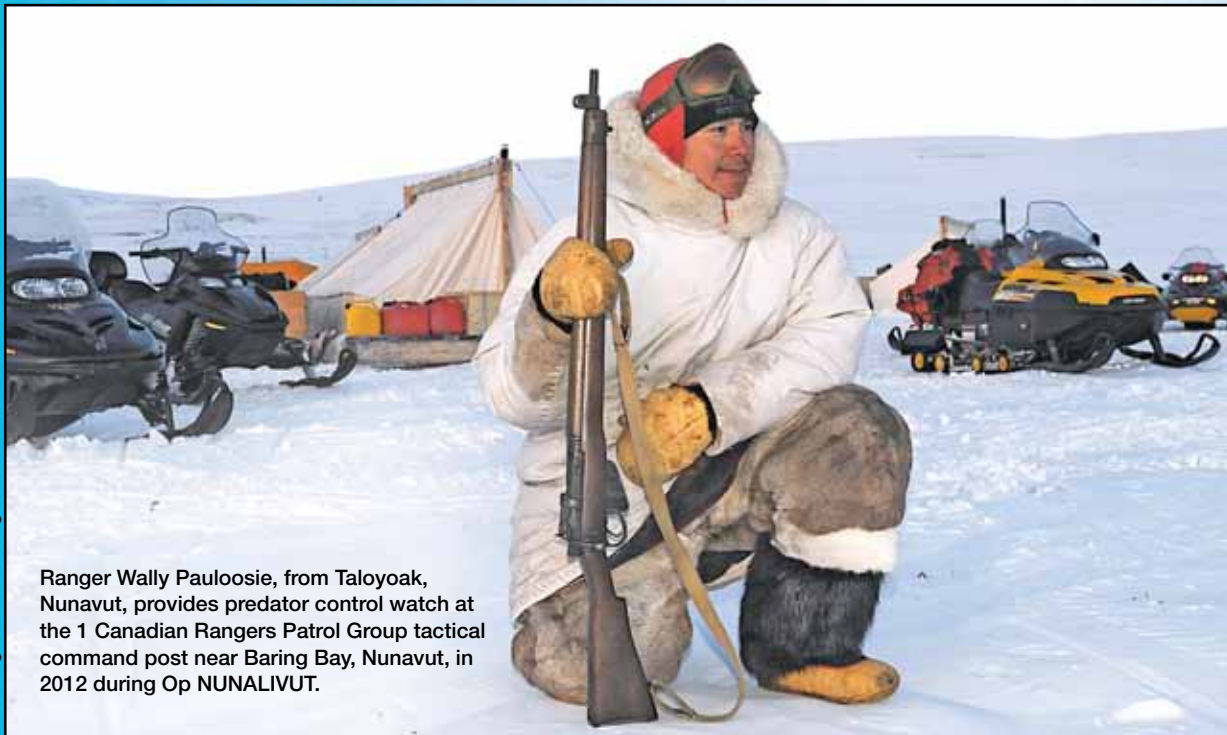
In 2011, we responded alongside our civilian partners to the tragic crash of First Air flight 6560 near Resolute, Nunavut. Throughout the last several years we have worked hard to improve our interoperability with other government departments, our northern communities, our Rangers and our international partners in the region.

INTERNATIONAL COOPERATION

Also on the international scene, the importance of cooperation and dialogue in fostering security and prosperity in the region was reflected in the key role Canada played in developing a search and rescue agreement with Arctic Council partners in 2011, our hosting of the first annual meeting of Chiefs of Defence from the eight Arctic countries last April, and the signing in December of a Tri-Command Framework for Arctic Cooperation between CJOC, NORAD and the United States NORTHCOM.

The key take-away from all of this is that our support for undertakings in the North will be achieved through partnerships between federal, provincial and territorial government departments, industry and our indigenous peoples, as well as with other countries. In the future, I foresee the Canadian Armed Forces playing an increasingly vital role in the North as we continue to support our domestic partners and further our work with our international colleagues.

General Tom Lawson, CDS



Ranger Wally Pauloosie, from Taloyoak, Nunavut, provides predator control watch at the 1 Canadian Rangers Patrol Group tactical command post near Baring Bay, Nunavut, in 2012 during Op NUNALIVUT.

PHOTO: Sgt Matthew McGregor

Q

I wish to ask about CF Information Management (IM) policy direction. While some Government of Canada and DND policies have been issued, Unit Information Management Officers (IMOs) have been working without an overarching policy, which has resulted in local enclaves of IM based on various IT tools. This situation does not meet the intent of the CAF strategic policy statements of information sharing and standardization.

Without specific CAF IM governance direction and without RCAF-specific and centralized IM governance

the task is daunting. Will there be a CAF policy on IM that provides specific direction to unit and formation IMOs? Can a group of IM subject matter experts be created to provide a forum for IMOs to move forward along a common path?

Captain, CFB Trenton

A

Thank you for this question on information management, and more specifically, how the Department is moving forward with recordkeeping and how we will achieve compliance with the Government

of Canada Directive on Recordkeeping. This is a pretty complex question with many moving parts, so to answer it, we've drawn very heavily upon the experts in the Assistant Deputy Minister (Information Management) (ADM(IM)).

As you know, ADM (IM) is the functional authority for the area upon which your question is focussed, and as you've pointed out, various directives have been promulgated about IM in the past.

For the complete answer visit dt-ed.mil.ca/

General Tom Lawson, CDS

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COVER:

BGen Wayne Eyre, Deputy Commanding General, Operations for XVIII Airborne Corps in Fort Bragg, N.C., along with members of the 82nd Airborne Division hook in their parachute lines onboard a RCAF CC-177 Globemaster III aircraft as they prepare to jump during JOAX 2013.

PHOTO: Sgt Matthew McGregor

ACCIDENT

DURING NORTHERN EXERCISE

On February 17, a snowmobile accident during Exercise POLAR PASSAGE resulted in the death of Corporal Donald Anguyoak, a Canadian Ranger of the Gjoa Haven Ranger Patrol, part of 1 Canadian Ranger Patrol Group.

Ex POLAR PASSAGE, held about 24 kilometres southwest of Gjoa Haven, Nunavut, is a Canadian Ranger exercise involving multiple Ranger patrols in the Northwest Passage.

A thorough investigation will be conducted to determine the cause and any factors that contributed to this accident. ♣



PHOTO: Cpl Mathieu Gaudreault

Providing cover in FORT PICKETT

Pte Trevon Best from 1st Battalion, The Nova Scotia Highlanders (North), provides cover for troops while they secure a building during the final assault scenario as part of Ex SOUTHBOND TROOPER XIII (Ex SBT XIII).

More than 600 Canadian and US military personnel participated in Ex SBT XIII, in Fort Pickett, Virginia from February 17 to 23. This was a joint exercise involving 36 CBG in partnership with American units. This exercise provides a unique opportunity for Canadians to operate and train with their US counterparts in an effort to develop their interoperability skills and build strong ties for missions at home and abroad.

THE CDS AND CFCWO want to hear from you

If you have a question or comment about what is happening in the Canadian Armed Forces, please send your e-mail to [AskTheCommandTeam-Equipedecommandementvousrepond@fADM\(PA\)@Ottawa-Hull](mailto:AskTheCommandTeam-Equipedecommandementvousrepond@fADM(PA)@Ottawa-Hull). Your message will be reviewed and the CDS or CF Chief Warrant Officer will respond to a selection of questions in upcoming editions of *The Maple Leaf* and on the Defence Team intranet site.

February ANNOUNCEMENTS at Defence

The following announcements were made in February to better equip the Defence Team for the future.

February 1:

Investment in Royal Canadian Navy submarines

The \$6.9 million contract awarded to Ultra Electronics Marine Systems Inc., Dartmouth, Nova Scotia, covers maintenance work on the towed-array sonars on Canada's fleet of four Victoria-class submarines.

February 4:

Light Armoured Vehicle (LAV) III subcontract awarded

EODC Inc. of Ottawa, Ontario, has been awarded this \$3.75 million subcontract by General Dynamics Land Systems – Canada in support of the LAV III Upgrade Project. EODC Inc. will be providing armour modules for the LAV III Upgrade Project which will protect against ballistic threats, as well as the fragmenting effects of improvised explosive devices, enhancing the overall survivability of the vehicle.

February 5:

Six contract awards announced at 14 Wing Greenwood

The contracts awarded include:

- Construct troop shelter Middleton Armoury
- Yarmouth Rappel Tower
- Yarmouth Armouries Compound Modification
- Hangar 11 Apron Lighting Construction Phase Services
- New auxiliary power unit at Aldershot Waste Water Treatment Plant
- Renovations to Building 122/123 at Land Force Atlantic Area Training Centre

February 6:

Canadian Armed Forces senior promotions and appointments

The following are a few of the General and Flag Officer retirements, promotions and appointments that will occur in 2013:

- Vice-Admiral A.B. Donaldson will retire from service. Lieutenant-General G.R. Thibault will be appointed Vice Chief of the Defence Staff at NDHQ, replacing Vice-Admiral A.B. Donaldson
- Vice-Admiral P.A. Maddison will retire from service. Rear-Admiral M.A.G. Norman will be promoted Vice-Admiral and appointed Commander of the Royal Canadian Navy at NDHQ, replacing VAdm Maddison
- Lieutenant-General P.J. Devlin will retire from service. Lieutenant-General J.M.M. Hainse will be appointed Commander of the Canadian Army, in Ottawa, replacing LGen Devlin
- Major-General J.R. Ferron will complete his tour in Afghanistan and Brigadier-General D.J. Milner will be promoted Major-General and appointed Deputy Commanding General Army – Combined Security Transition Command/ NATO Training Mission Headquarters, in Kabul, Afghanistan, replacing MGen Ferron

February 11:

Light Armoured Vehicle (LAV) III subcontract awarded

Thales Canada of Saint-Laurent, Québec, has been awarded a \$12.40 million subcontract by General Dynamics Land Systems – Canada in support of the LAV III Upgrade Project. Thales Canada will be manufacturing approximately 400 sets of infrared

camera sensors and display modules, which will enhance the driver's vision of the vehicle's surroundings at times when there is reduced visibility.

February 14:

Canada extends support for the French mission in Mali

The Government of Canada announced today that it will extend its support of France's mission in Mali for an additional month. At the request of the French Government in early January, the Canadian Armed Forces contributed a Royal Canadian Air Force CC-177 Globemaster III strategic airlift aircraft in support of Operation Serval, the French mission in Mali, and will continue to provide this support until March 15.

February 16:

Investments announced in Edmonton

The investments are worth approximately \$10 million and will see an upgrade of sanitary and storm sewer systems, a contract for the inspection, testing and maintenance of fixed fire protection systems and a training program related to the aerospace sector.

February 17:

Training funding and infrastructure upgrades at 4 Wing Cold Lake

The announcements will support training for Canada's fighter jet pilots and an infrastructure upgrade to the Military Family Resource Centre's daycare facility at 4 Wing Cold Lake.

February 18:

Major infrastructure upgrades at CFB Esquimalt

The existing A and B jetties at CFB Esquimalt's dockyard will be replaced. These two projects involve the construction of two modern and fully-integrated steel and concrete pile jetties as well as the replacement of other associated support infrastructure.

February 22:

Defence Minister welcomes new Associate Defence Minister

Of note for the Defence Team, Kerry-Lynne D. Findlay was announced as Associate Minister of National Defence and will support the Defence Minister on a variety of matters to fulfil the government's commitments to the men and women of the Canadian Armed Forces and to ensure that value-for-money principles remain at the core of national defence administration. She replaces Bernard Valcourt, who was named Minister of Aboriginal Affairs and Northern Development.

February 25:

Canadian Sapphire satellite successfully launched

Sapphire, Canada's first dedicated operational military satellite, was successfully launched from Sriharikota, India, by the Indian Space Research Organization.

Canada's Sapphire, a space-based electro-optical sensor, will track man-made space objects in high Earth orbit in order to improve Canada's space situational awareness. Data from the Sapphire satellite will contribute to the US Space Surveillance Network, enhancing the ability of both countries to detect and avoid the collision of critical space platforms with other orbital objects. Canada's contribution also ensures access to orbital data on space objects.



FACE OF OPERATIONS

MISSION IN SIERRA LEONE CONCLUDES

The Canadian Armed Forces (CAF) formally concluded its successful training mission in Sierra Leone in a ceremony held on February 14 in Freetown, the nation's capital.

The mission, known as Operation SCULPTURE, was Canada's contribution to the International Military Advisory Training Team, a multinational effort led by Britain to help the government of the Republic of Sierra Leone build effective and democratically accountable armed forces. The withdrawal of the ten CAF members coincides with the official draw down of the International Military Advisory Training Team (IMATT).

"In many ways Canadian soldiers have taken away far more from Sierra Leone than we have ever contributed," said Lieutenant-Colonel William Beaudoin, Task Force Commander for the last group of Canadians to serve with IMATT. "We have seen the strength of a people forging a nation from the challenges they faced in an extremely short period of time. The smiles of the people and children that all of us who have served in Sierra Leone have met will stay with us forever."

For the past 13 years, the CAF provided advisory and training support, technical expertise, and assisted in the development of training programs as part of the International Military Advisory Training Team. During the course of the mission, the Republic of Sierra Leone Armed Forces continued to grow in professionalism and skill, allowing the international trainers to step back.

"I am extremely proud of the skill and professionalism shown by the members of the Canadian Armed

Forces who assisted in helping the Republic of Sierra Leone Armed Forces become a more respected and professional institution," said General Tom Lawson, the Chief of the Defence Staff. "I am also very pleased that we were able to do our part to support the Canadian Government's efforts to promote peace and security in West Africa."

The success of the mentoring and training program can be seen in the success of the Republic of Sierra Leone Armed Forces, which is now a respected organization attracting global attention.

"We have seen the strength of a people forging a nation from the challenges they faced in an extremely short period of time."

— LCol William Beaudoin

In 2009, the Government of Sierra Leone was able to make its first offer of troops to a peace operation and deployed a sector reconnaissance company to serve with the United Nations-Africa Union Mission in Darfur.

In 2011, the Government of Sierra Leone committed to the deployment of a battalion of 850 soldiers to the Africa Union Mission in Somalia. The growing stability of the country was underlined in November 2012, when landmark national elections were held a decade after Sierra Leone's brutal civil war.

Canada's participation in the British-led International Military Advisory Training Team is another example of the close relationship between Canada and the United Kingdom – a bond forged in peace and war, notably two world wars, and in almost every major conflict for more than a century, including Afghanistan and Libya. ✱



MWO Michel Bolduc, RSM of IMATT, addresses personnel of the IMATT mission in Freetown, Sierra Leone on February 14 at the conclusion of Canada's contribution to this successful international mission.

Operation PALACI

keeps roads and railways open in B.C.



PHOTO: Jacolyn Daniluk

Gunners from the Royal Canadian Horse Artillery aim a modified C3 105-mm howitzer during avalanche control operations in Rogers Pass, B.C.

The world's largest mobile avalanche control program is doing more than keeping roads and railways clear. It's helping to keep the Canadian economy "on track".

"So far this season we've fired 167 rounds resulting in 92 controlled, recordable avalanches," said Lieutenant Matthew Hughes, Gun Troop Commander for Operation PALACI Roto 1. "Usually from November to February they've fired 300 rounds, so it's been a little slower."

Op PALACI is the Canadian Armed Forces contribution of two Royal Canadian Horse Artillery (RCHA) gun troops each year to Parks Canada's avalanche-control program in Rogers Pass, B.C. The goal is to prevent uncontrollable, naturally occurring avalanches which would block essential road and rail lines that connect B.C. to the rest of Canada.

Because Rogers Pass is located inside Glacier National Park, Op PALACI is conducted under a memorandum of understanding between DND and Parks Canada, who have jurisdiction over the area.

"Together, we are the world's largest mobile avalanche control program and the Canadian Armed Forces have a great role in assisting Parks Canada by

providing artillery support," said Jeff Goodrich, Senior Avalanche Forecaster for Mount Revelstoke and Glacier National Parks. "Our strong relationship has lasted for over 50 years and we look forward to many more years of joint operations to keep the Trans-Canada Highway safe for motorists in the winter."

Rogers Pass – which stretches over 120 km by road from Revelstoke to Donald, B.C. – has over 130 avalanche paths intersecting the Trans-Canada Highway and Canadian Pacific Railway. Winter traffic can reach 4,000 motor vehicles and 40 trains per day in this area.

"It's important for everyone to realize that what we're doing is keeping a major economic infrastructure completely functional and open to keep traffic moving through it safely," said Lt Hughes. "If the traffic wasn't able to come through here, the Canadian economy would be losing millions and millions of dollars."

The artillery gun troop of 17 Regular and Reserve Force personnel take their positions at 18 platforms along the eastern and western side of the highway when requested by Parks Canada Agency, who monitor the weather conditions. The platforms are equipped with C3

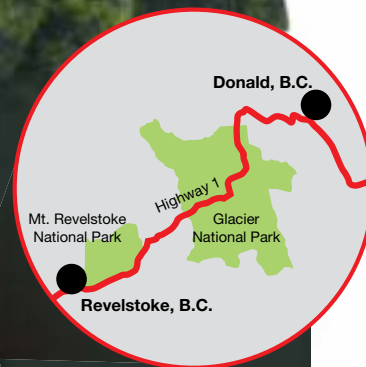
105-mm howitzers modified for precision firing.

So far this year, Parks Canada has asked the gun troop to deploy five times – three times for half-day shoots and twice for full-day shoots. When they shoot, the highway is closed for safety reasons. This coordination is important because every hour the road is closed the cost to the Canadian economy is roughly \$65,000.

"We keep speed and efficiency in mind when closing the highway because we know the implications," said Lt Hughes. "They are usually able to plough at least one lane so we can get through to keep working fairly quickly. However, there have been days when it has taken longer than a day to clear out the snow."

However, the cost of closing the road for a shoot is nothing compared to the amount of time and money it would cost if the routes were blocked by an uncontrolled avalanche.

After two months deployed to Revelstoke, B.C., the first rotation of soldiers deployed on Op PALACI returned to 1 RCHA's home station at CFB Shilo, Man. on February 8. Roto 2 of Op PALACI will remain in Revelstoke until April.



NAVY EXERCISES in Pacific Ocean

Canadian and US naval and air forces have a long history of success on operations in North America and around the globe.

In the early morning hours of January 28, HMCS *Algonquin* and *Ottawa* sailed from their home dockyard at Esquimalt with eager anticipation radiating from both crews. As they and their two embarked CH-124 Sea King detachments from 443 Maritime Helicopter Squadron Patricia Bay, B.C., began their 3,200 km journey to the Hawaiian Islands, the usual sounds of the general alarm echoed across the nearby flats.

Because of work-up training at sea in HMCS *Algonquin*, and torpedo readiness training at Canadian Forces Fleet School Esquimalt in HMCS *Ottawa*, the ships and their crews were ready for the tasks that lay ahead of them.

“Combining work-up training, multi-ship exercises, and anti-submarine warfare scenarios provide a great opportunity for sailors and officers, new and seasoned, to develop and improve warfare skills,” said Commodore Scott Bishop, the Task Group Commander.

After reaching Hawaii, *Algonquin* and *Ottawa* participated in a Task Group Exercise (TGEX) and a phase of the US Navy Submarine Commander Course (SCC) from February 11 to 22.

The TGEX was designed to strengthen the skills of sailors, soldiers, and airmen and women, preparing them to react to potentially dangerous situations. The exercise focused on anti-submarine warfare and also involved the USS *Chafee*, a US Navy destroyer, three Los Angeles Class attack submarines, US Air Force F-22 Raptors,

and a RCAF CP-140 Aurora from the 19 Wing Comox-based 407 Long Range Patrol Squadron.

The Submarine Commander Course (SCC) is the final at-sea assessment phase for US Navy submarine commander course candidates. During this phase, candidates are assessed on their ability to hunt, attack, and evade surface ships. Two student candidates embarked on each US submarine and were tested in attacking a simulated defended harbour, penetrating lines of a surface defence, and evading attack from surface ships and aircraft.

During the SCC, HMCS *Ottawa* fired dummy exercise torpedoes. These torpedoes, in addition to their support role in the SCC, provided the RCN with new data on torpedo performance. Each torpedo was fitted with data-recording devices and staff from the Canadian Forces Maritime Warfare Centre embarked to observe and record the torpedoes’ performance.

HMCS *Ottawa* and her Sea King helicopter launched and dropped seven exercise torpedoes. This was the first time *Ottawa* has fired torpedoes since a refit in 2011.

Canadian and US naval and air forces have a long history of success on operations in North America and around the globe. Training such as the TGEX and SCC builds on this history and ensures that military forces from both nations are able to continue that success. ♦



HMCS Ottawa



HMCS Algonquin

HONOURING the Devil’s Brigade

In a ceremony held on Parliament Hill on January 27, Defence Minister Peter MacKay presented 13 Devil’s Brigade veterans with the Minister’s Award for Operational Excellence.

The Devil’s Brigade, or First Special Service Force, was an elite Canada-US unit formed in 1942 for service during the Second World War. The unit served in the Aleutian Islands, Italy and France. With daring

commando-style raids and other intense actions, the force played an important role in the allied victory.

The Devil’s Brigade was disbanded in southeastern France in December 1944, but it paved the way for further Canadian and US military cooperation, which continues today in North America and many other locations in the world.

“The First Special Service Force is a shining example of cooperation among Allied soldiers in the war, and a lasting symbol of trust between our two countries,” Governor General David Johnston said at the ceremony.

Minister MacKay created the Minister’s Award for Operational Excellence in 2011 to recognize military personnel and civilians who have demonstrated excellence while deployed overseas. The award is open to individuals, units, and organizations at all levels.



Governor General David Johnston speaks with a Devil’s Brigade veteran on Parliament Hill on January 27.

AIR TASK FORCE MALI MISSION EXTENDED TO MID-MARCH



PHOTO: Sgt Matthew McGregor

Canadian Armed Forces personnel unload a generator from an RCAF CC-177 Globemaster III in Bamako, Mali on February 1. The aircraft and its Canadian crew has been transporting equipment to Mali since mid-January in support of France’s military intervention in the African nation. By early February, the RCAF had transported half a million kilograms of equipment from an airbase in France to Mali. Air Task Force Mali’s mission has been extended to mid-March.



RCAF, ARMY AND RANGERS train in northern Ontario

Approximately 1,500 Canadian Army Regular and Reserve Force soldiers, Royal Canadian Air Force personnel, and Canadian Rangers from across Ontario trained near James Bay in northern Ontario from February 8 to 26 as part of Exercise TRILLIUM RESPONSE 2013.

The exercise provided a realistic and challenging scenario for Joint Task Force Central (JTFC) personnel to enhance their knowledge and skills in a remote area during the winter.

"Exercises such as TRILLIUM RESPONSE 2013 are important ways to practice winter skills and remain prepared to assist Canadians when and where needed," said Brigadier-General Omer Lavoie, Commander of JTFC. "The men and women of the Canadian Armed Forces are proud and ready to assist fellow Canadians with rapid reaction and immediate effect on the ground as required in order to provide assistance to citizens and communities."

The Royal Canadian Air Force supported the exercise by providing aerial surveillance and airlift for troops and equipment. The military aircraft and crews were from RCAF units based in Ontario, Manitoba and Nova Scotia.

Each year, JTFC conducts a major field training exercise in Ontario to test its ability to provide military assistance to civil authorities. Named the TRILLIUM RESPONSE series of exercises, these address a range of scenarios under varying environmental conditions. ♦



Soldiers from 32 Canadian Brigade Group on patrol during the exercise.

PHOTO: MWO Greg Snyder

PHOTO: Capt Leah Pierce



A CC-138 Twin Otter from the Yellowknife-based 440 Squadron prepares for take-off at the airport at Cochrane, Ont. during the exercise.

PHOTO: MCpl Tom Trainor

"JOINTEX 13 is a first, and the future of CAF joint exercises."

— LGen Peter Devlin,
Commander of the
Canadian Army

Cpl Cora-Dawn Knox of 33 Canadian Brigade Group, on TRILLIUM RESPONSE near Moosonee, Ont.

Canadian Armed Forces conduct JOINTEX 13

In anticipation of potential future operations, the Canadian Armed Forces (CAF) are engaged in a series of training exercises they began planning three years ago, collectively named JOINTEX 13, to prepare for leadership roles in multinational expeditionary operations.

"JOINTEX provides a predictable, repeatable, and adaptable means to learn and improve, allowing us the critical opportunity to play it out in training before living it out in actual operations," said Lieutenant-General Stuart Beare, Commander of Canadian Joint Operations Command.

JOINTEX will prepare the CAF to lead a Combined Joint-Inter Agency Task Force Headquarters (CJIATF), with 1st Canadian Division Headquarters at its centre, responsible for planning and conducting coalition, full-spectrum operations with multinational military forces and government and non-government agencies.

"This training allows us to further develop our replication of the contemporary and future operating environments in the live, virtual, and constructive training domains — all at the same time and in multiple locations," said Major-General John Collin, Commander 1st Canadian Division.

While the majority of planning and coordination for the exercise takes place at CFB Kingston, there are also approximately 1,000 CAF members taking part in the exercise through simulations across Canada because the exercise is computer-assisted.

"Computers can simulate in real-time aircraft flying, troops moving and ships sailing. It looks like a real scenario to the headquarters, and provides a sense of realism beyond what we could have provided in the days of paper maps," said Colonel Ken Chadder, the exercise director for JOINTEX. "It all contributes to the 'train as you fight' philosophy by giving them a picture of something they would really see on deployed operations."



The 1st Canadian Division Headquarters complex at CFB Kingston during JOINTEX 13.

The first four stages of JOINTEX are now complete. The most recent ended on February 1 and prepared all participants for the fifth and final stage to be held at CFB Wainwright, Alberta in May and June.

Stage 5 will include live, virtual, and constructive players and equipment operating in a shared training environment. It will also advance

CAF capabilities in a complex training scenario that integrates components of the Royal Canadian Navy, Canadian Army, Royal Canadian Air Force and Canadian Special Operations Command.

All five stages of JOINTEX enhance preparedness by anticipating possible expeditionary operations, while demonstrating the agility,

adaptability and flexibility of Canada's Armed Forces.

"Do not underestimate the effect that you are having on the growth of the Canadian Armed Forces," said LGen Peter Devlin, Commander of the Canadian Army, when he spoke to the exercise participants in Kingston. "JOINTEX 13 is a first, and the future of CAF joint exercises." ♦

ROGERS' RANGERS

and the birth of special operations in North America



As one of the most feared military commanders fighting throughout northern New York and New France during the Seven Years War, Major Robert Rogers is thought to be the father of special operations forces in North America.

Born in New England and raised in the Great Meadow District of New Hampshire, Rogers practiced his unique interpretation of war with his Ranger units conducting daring guerrilla-style operations against French, Canadian and Indian forces during the Seven Years War, fought from 1756 to 1763.

The Seven Years War, a conflict between alliances of the great powers of Europe, is considered by many to be the first "global" war. This conflict resulted in territorial exchanges in North America that shaped settlement in the decades that followed, ultimately influencing the present-day boundaries and cultures of the continent.

Rogers grew up in an unforgiving environment surrounded by violence, retribution and a warrior's code embedded in blood revenge. He was exposed to Indian raiding parties

and served as a boy in the New Hampshire militia participating in armed combat during King George's War from 1744 to 1748.

With a marvellous sense of topography sharpened on the frontier settlements, Rogers ruthlessly applied his knowledge of bush warfare as a commando leader and exploited his fluency in French allowing him to question captured prisoners and use that knowledge to his immediate advantage. Rogers became a master of the lightning raid and a highly valued intelligence interpreter. He was also adept at leading scouting and reconnaissance missions, and gained a notable reputation given his bold leadership and unconventional tactics, often conducting operations under the cover of darkness and during the winter when conventional forces retreated to quarters.

Clad in dark green uniforms reflecting the lush eastern woodlands (an early form of camouflage) the Rangers were invisible strikers in the bush warfare practiced by their enemies. Occasionally, Rogers' expeditions produced misleading intelligence and he was beaten in a handful of engagements but the Rangers scored key strategic victories unachievable by conventional forces.

Although Rogers didn't invent ranger warfare (the first Ranger Company of British-American colonials served under John Gorham's command in Nova Scotia in 1744), he blended his own tactical innovations to those practiced by the Indians, inculcating these lessons with his insistence on high group morale and fighting spirit. Thus

Rogers instilled a brotherhood in the Rangers. But they were a highly mobile and lethal brotherhood capable of living off the land while moving silently amongst the enemy observing their intentions and operations while striking with impunity.

No likeness of Rogers survives today, but we can imagine that he—like his Rangers—was sleek, agile, tough, rugged and weathered while bearing the physical scars of close combat.

In 1757, Rogers drafted a manual of forest fighting which he included in his published memoirs. Rogers' principles provide an intriguing and revealing glimpse into the operations of the Rangers.

On March 13, 1758 at the Second Battle of the Snowshoes, Rogers' Rangers ambushed an enemy column but were subsequently ambushed themselves during the fighting. The Rangers lost 125 men with eight wounded and 52 survivors. Rogers estimated 100 enemy killed and nearly 100 wounded.

Rogers' most daring—and infamous—raid took place in the fall of 1759 when he was ordered to destroy the Abenaki village of Saint-Francois-de-Sales, a primary staging ground for raids into New England. This would be the Rangers' most dangerous mission as they infiltrated well behind enemy lines deep into western Quebec. The Rangers did this with brutal efficiency, sacking and burning the Abenaki village and killing nearly all of its inhabitants.

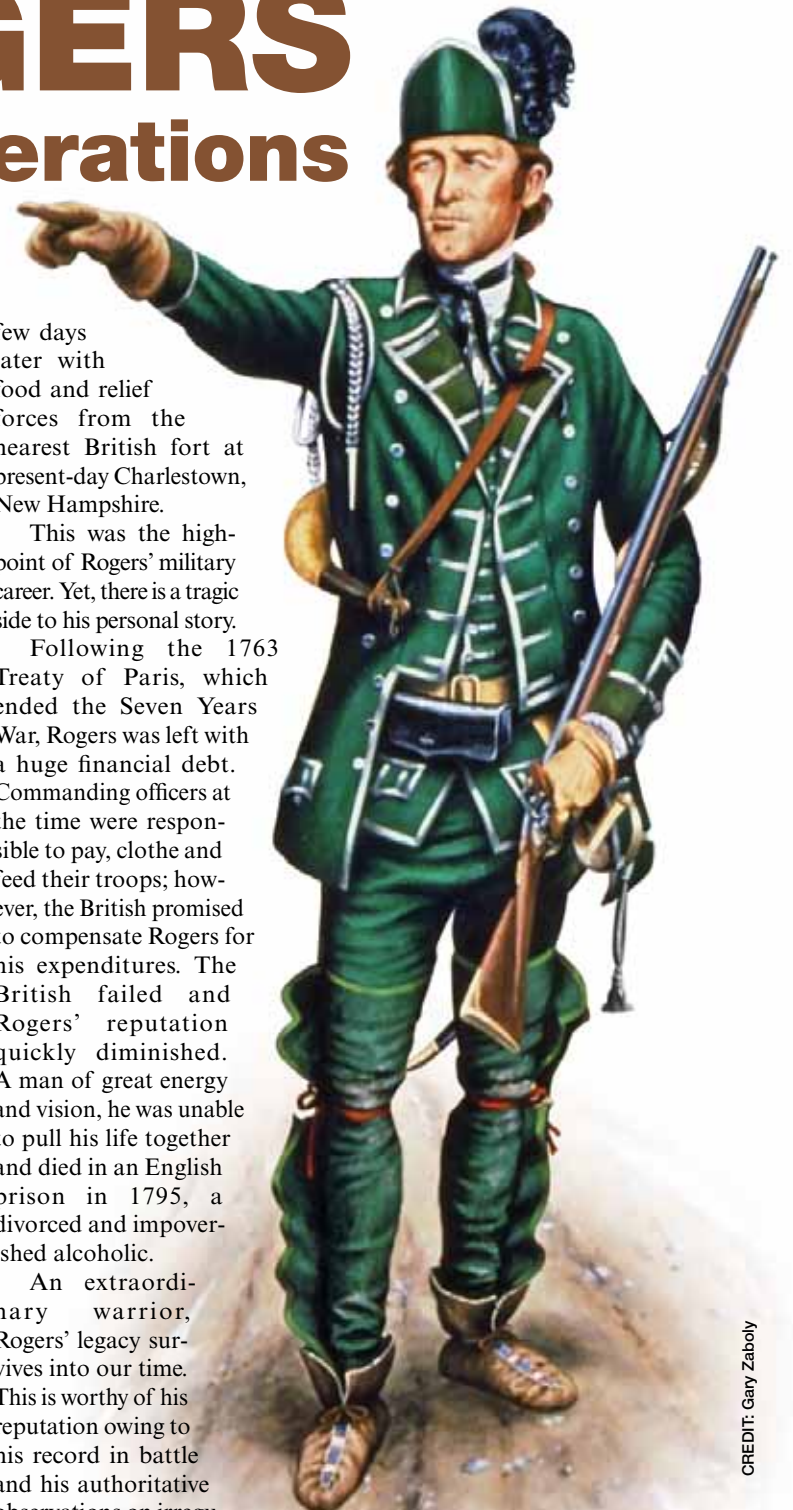
Ranger efficiency was immediately telling as Abenaki raids along the frontier diminished. On their return journey through Vermont, Rogers' unit ran out of provisions. In desperation, he left his starving troops encamped along the Connecticut River and returned a

few days later with food and relief forces from the nearest British fort at present-day Charlestown, New Hampshire.

This was the high-point of Rogers' military career. Yet, there is a tragic side to his personal story.

Following the 1763 Treaty of Paris, which ended the Seven Years War, Rogers was left with a huge financial debt. Commanding officers at the time were responsible to pay, clothe and feed their troops; however, the British promised to compensate Rogers for his expenditures. The British failed and Rogers' reputation quickly diminished. A man of great energy and vision, he was unable to pull his life together and died in an English prison in 1795, a divorced and impoverished alcoholic.

An extraordinary warrior, Rogers' legacy survives into our time. This is worthy of his reputation owing to his record in battle and his authoritative observations on irregular warfare, the foundation of contemporary special forces soldiering. ★



MARCH 21 International Day for the ELIMINATION OF RACIAL DISCRIMINATION

The Defence Team is commemorating this year's International Day for the Elimination of Racial Discrimination (IDERD) under the theme 'Believe to Succeed!'. Events and awareness activities will be held in March across the organization.

The UN designated March 21 as International Day for the Elimination of Racial Discrimination in 1966 to mark a tragic event that took place on March 21, 1960 in South Africa when 69 peaceful demonstrators were killed during a protest against apartheid.

On this day, countries around the world focus attention on the problems of racism and the need to promote racial harmony. Canada was one of the first countries to support

the UN initiative and launched its first annual campaign against racial discrimination in 1989.

For more information on IDERD, visit the EE Commemorative Events intranet site at <http://hr.forces.mil.ca/eec-ecef>. The site includes a handbook

on how to organize an EE commemorative event; regions are also invited

to send in their agendas, success stories and photos via this website.

An on-line collaborative tool is available to event organizers, designed connect EE Commemorative Events across the department and to share ideas and knowledge. Regional/local event organizers are invited to join by requesting access at <http://collaboration-hr-civ.forces.mil.ca/sites/eecommevents/default.aspx>. To obtain



copies of IDERD posters, please send your request to +EE Com Events@ADM(HR-Civ) DDWB@Ottawa-Hull. ★

Registration has started for ARMY RUN

In addition to the tens of thousands who line the street to cheer on those running, walking, or rolling the fastest growing run in Canada has increased its overall number of participants.

The Canada Army Run recently announced details for the 2013 run, scheduled for Sunday, September 22, and there are few changes to the race this year. The overall cap will increase from 18,000 to 22,000, accommodating 12,000 in the 5km (up from 9,500) and 10,000 in the half-marathon (up from 8,500).

There will also be wave starts for both the 5 km and half-marathon to make things safer and more enjoyable for the growing number of runners. And the successful bib transfer process—if you paid your fee and can't attend, you can transfer your registration to another person—that was introduced last year, will be extended and take place in August.

This year's running shirts will sport a new design and the 5km shirt will be red instead of the traditional white. Hard to believe that the Canada Army Run has grown from 7,000 participants in its first year 2008, to 18,000 in 2012 and was sold out by June.

More than \$250,000 was raised last year for the Soldier On and Military Family Fund.

For more information and to register go to www.armyrun.ca.



Go on! Exercise OUTSIDE...

Every year, Spring feels like a fresh start

given that the snow melts away, grass is revealed, and flowers are on the verge of blossoming. The sun comes out and stays out longer as the cold temperatures begin to rise. You are ready to reach new heights and achieve your training goals. This season offers plenty of motivation to get outside and continue towards better health. Here are some tips to get you started:

- **START SMALL** – If you are having a hard time getting excited about exercising once again, it may be because you are thinking of too much at once or too far ahead. You don't need to start a regular routine right away; instead take baby steps and complete smaller objectives until you are prepared to progress to the next level.
- **SIGN UP FOR OUTDOOR ACTIVITIES** – Outdoor activities such as exercise or yoga classes, charity runs, walks, bike rides, and month-long routines are a great way to bond with friends and family and meet people with similar goals.
- **DON'T GIVE UP ON YOUR NEW YEAR'S RESOLUTION** – Stick with the goals you've set for 2013 instead of creating new ones. The warm weather offers great opportunities to fulfill what you've already started.
- **TRY HYBRID TRAINING** – Hybrid training is an injury prevention strategy that combines different physical fitness activities in the same workout. As the snow melts away, you can add rollerblading, power walking, and cycling to your gym routine.
- **GO OUTSIDE!** – Many of us have a low Vitamin D intake during the winter months due to a lack of sun exposure. Sunlight is an excellent source of Vitamin D – it's free and there's plenty of it! Vitamin D is a nutrient that assists your body to absorb calcium. Calcium and vitamin D work together to help you maintain healthy bones and teeth. Vitamin D also helps your muscles, nerves and strengthens your immune system.

For more info go to Strengthening the Forces at www.forces.gc.ca/health-sante/



Best Food Forward: PLAN, SHOP, COOK, ENJOY!

March is Nutrition Month. This year's campaign is dedicated to helping Canadians put their best food forward when grocery shopping. Here is some practical advice to help you make grocery shopping for healthy food simple.

- **Plan Well.** Planning ahead will help you eat well. To help plan your meals, start a food journal. A journal will help you achieve your healthy eating goals when you're busy multitasking with work, family, and other priorities. Write down your weekly schedule, set healthy eating objectives for each day, plan your meals, and make a grocery list. A list will help you keep your grocery budget under control!
- **Shop Smart.** Making smart choices at the grocery store can help you stock a healthy fridge and pantry. To make healthier food choices, read the nutrition labels on pre-packaged foods and compare products according to the Nutrition Facts table. Did you know you can also find the nutrient content of foods online at eatwise.ca?
- **Healthy Cooking.** Pre-packaged meals can be fairly expensive and less healthy than the meals you make at home. Go homemade! For instance, instead of buying deli pizzas or canned soups, make your own home-style pizzas and



soups. Remember to stay stocked up; a well-equipped pantry can help you cook nutritious and delicious meals any day of the week!

- **Enjoy!** Being overly concerned about the amount of calories and nutrients you consume can have detrimental effects on your motivation. Find healthy foods that you enjoy, but remember to limit your intake of foods high in fat, salt, and sugar. If you follow this basic rule, your diet will improve steadily.

Contact your local Health Promotion office for Nutrition Month activities taking place on your base/wing. For more information, go to: www.cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/ ♦

F A Q

ASK THE EXPERT:



Q: I have a busy daily schedule and only about 30 minutes per day to work out. Is this enough time to stay fit and get a good workout? Or do I need more time?

A: A short workout is an excellent choice to fit into a busy schedule. Adding a workout to your daily routine will not only provide you with fitness benefits, but it also helps boost your mood, clear your

mind, and reduce stress. Research shows that for health and fitness benefits we should exercise a minimum of 150 minutes/week – so doing 30 minutes/day, five days a week will get you there. What is really important is how effectively you use your 30 minutes. There will be very little benefit if you spend 25 minutes stretching and 5 minutes jogging on a treadmill. To maximize the effectiveness of your 30 minute workout, you need to focus on quality not quantity, which means that your exercises will need to be

somewhat more intense and your rest or recovery periods shorter. This doesn't mean you have to workout hard every day. If you happen to be too busy to incorporate a workout into your schedule, here are a few simple alternatives:

- Take walk breaks whenever you have moments of free time.
- Choose the stairs over the elevator.
- Walk to work instead of driving. If that isn't an option, then choose the furthest parking spot so that you get in some extra steps between your car and the workplace.

- Stretch or walk around when you are waiting for tasks to complete themselves. A task in this case includes cooking, laundry, printer, microwave, waiting for a friend, etc.

This health column gives you the opportunity to ask your health and well-being questions to a Strengthening the Forces expert.

Send any related questions to: [+Mapleleaf@ADM\(PA\)@Ottawa-Hull](mailto:+Mapleleaf@ADM(PA)@Ottawa-Hull) to be forwarded to the expert. Only selected questions will be answered in subsequent columns.



KEEPING THE DEFENCE TEAM HEALTHY

MY ROLE IN THE CFDS

MY ROLE IN THE CFDS features military and civilian personnel and occupations throughout the Defence Team. Featured profiles use real-life stories to illustrate the dedication, excellence and professionalism of personnel and employees in their day-to-day jobs under the purview of the *Canada First Defence Strategy*.

MASTER CORPORAL TEX YOUNG: PRECISE PROFESSIONAL

Master Corporal Grenville Tex Young is the Acting Senior Radar Controller at 15 Wing Moose Jaw, controlling air traffic at the busiest wing in the Royal Canadian Air Force.

MCpl Young fulfills a valued role in supporting the *Canada First Defence Strategy*. He contributes to the readiness pillar through his work as the Acting Senior Radar Controller. 15 Wing is the principal site of the NATO Flying Training in Canada program and the home of 2 Canadian Forces Flying Training School. The Snowbirds air demonstration team also calls Moose Jaw home.

SERVICE IN ARMY RESERVE

Growing up in Hillmond, Sask., MCpl Young joined the Army Reserve as a lineman in 1991. He transferred to the Regular Force in 1996 becoming a sapper with 2 Combat Engineer Regiment where he worked as an electrical generation systems technician. He deployed on back-to-back tours to Bosnia



PHOTO: Cpl Frank Morin

MCpl Tex Young works at his precision approach radar terminal to guide aircraft as they land at 15 Wing Moose Jaw.

“You have to be able to multi-task and make decisions quickly”

– MCpl Tex Young



PHOTO: Cpl Frank Morin

in 1997 and 1998, first with the Mobile Repair Team and later with the 1st Battalion, The Royal Canadian Regiment Battle Group.

“It was an eye-opener on so many levels,” says MCpl Young. “I had a perception of how good life was in Canada prior to my tours, but I had no clue as to what I was going to see and do once I got to Bosnia... how badly destroyed those communities were and how deep their hatred for each other was.”

In 2001, MCpl Young transferred to the RCAF, joining the Aerospace Controller Trade as an air surveillance technician. “I’ve always been interested in aviation and thought this would be a challenging trade. Surveillance is part of the air defence community and I have to be doing something that’s personally meaningful and important.”

POSTING TO 15 WING

In 2005, MCpl Young became a PAR (Precision Approach Radar) controller, a branch of Air Traffic Control, and was posted to 15 Wing. “We are the only NCMs (non-commissioned member) non-commissioned member close who control air traffic but we do it from the terminal.”

The Air Traffic Control (ATC) community has two distinct breeds of controller. The control tower and the terminal control unit work in teams with officers and NCMs performing a variety of linked activities. In the control tower, ATC officers rely on Visual Flight Rules (VFR) to bring the aircraft to the wing while the PAR controllers use Instrument Flight

Rules (IFR) and radar to land them safely. “Although the final approach is pilot controlled, the PARs are guiding them. And we have to keep all aircraft at least a thousand feet (300 metres) or three miles (five kilometres) apart.”

ATC shifts in Moose Jaw are unusual. With the high number of student pilots, PAR controllers and ATCs can handle 15 to 20 approaches every six hour shift. “The ATC community requires 18 approaches per month to stay current. We can do this in a day here and quite often we do,” says MCpl Young, who has over 9,400 approaches under his belt.

But the job isn’t for everybody. “The work is intense and mentally fatiguing. A different type of skill-set is required for this job. You have to be able to multi-task and make decisions quickly. You have to like the stress to do this type of job, but the teamwork between the officers and the NCOs is amazing and incredibly satisfying. Everyone works together here.”

COMMUNITY INVOLVEMENT

“The Aboriginal recruits taught me the true definition of courage,” says Master Corporal Grenville Tex Young, the Acting Senior Radar Controller at 15 Wing Moose Jaw.

As an instructor tasked to CFB Borden’s CF Aboriginal Recruit Programme in the spring of 2012, MCpl Young gained a new appreciation for Aboriginal youth and their challenges. It wasn’t quite what he expected.

“Before I went to Borden, my

Master Warrant Officer said I could give a lot to the program given my military background and my involvement with Aboriginal issues but it went the other way. Those kids gave me so much when I learned about their adversity and the challenges they go through. They gave me a lot of hope because they didn’t blame anyone for their troubles. They aren’t letting the negative challenges of their past affect their future. That’s real courage.”

When he’s not guiding aircraft to the windswept airfields in this mid-western prairie outpost, MCpl Young is active in the local Metis community.

“I do a lot of grant writing to support local Aboriginal and Metis projects. It’s been very meaningful to contribute to this community which I knew nothing about until I met my wife – she’s Metis. We can do so much to bridge the gap between the military and Aboriginal communities.”

There’s a perfectionist streak to the ATC community. “You must have the attitude of ‘I want to be the best ATC.’ It has to be that way because it’s all about getting the aircraft safely on the ground. The job is unpredictable and approaches happen at a moment’s notice and if you get cocky, this job will bite you in the ass.”

Looking back over 20 years of service, MCpl Young says, “I’ve had an awesome career. I’ve learned so much in the military and it has given so much to me personally. It has been incredibly generous to me and I hope I can give back as much as I get from it.” ♦

MGEN MILLAR APPOINTED CHIEF OF MILITARY PERSONNEL



PHOTO: Cpl William White

RAAdm Andrew Smith, (Left), outgoing CMP, Gen Tom Lawson, CDS, and MGen Dave Millar, incoming CMP, at the change of command ceremony which took place at Cartier Square Drill Hall in Ottawa.

Major-General Dave Millar became the Canadian Armed Forces (CAF) Chief of Military Personnel replacing Rear-Admiral Andrew Smith in a change of command ceremony on February 20.

"The Canadian Armed Forces' most valuable assets are its people, and we have a responsibility to care for and support them throughout their service careers. Over the last two-and-a-half years, RAAdm Smith and his team have worked tirelessly to provide that care through a period of tremendous change and new challenges. Their task has been herculean, and for their dedication I thank them," said General Tom Lawson, Chief of the Defence Staff.

"I am extremely proud of the progress that has been made

in support to our people in terms of care of the ill and injured, support to families, mental health awareness and treatment, the important element of honours and recognition and the modernization of the education system within the Canadian Armed Forces," said RAAdm Smith. "I wish MGen Millar and his team continued success as he assumes this key institutional leadership role."

MGen Millar joined the CAF in 1980, graduating with a Bachelors of Computer Engineering from the Royal Military College of Canada. He previously served as commander of Joint Task Force North from 2008 to 2010, and more recently with the Privy Council Office in the Foreign and defence Policy Secretariat as a director of Operations.

As Chief of Military Personnel, MGen Millar's priorities will be to optimize selection, training and professional development, care for our people and their families, recognize their service and sacrifice, and enable the warfighter with critical mission support capabilities.

The Chief of Military Personnel has functional authority for the management of CAF personnel and is responsible for developing and implementing policies and programs to ensure the availability of the right person, with the right qualifications, in the right time at the right place, to accomplish CAF missions at home and abroad.

RAAdm Smith is now the Military Lead of the Defence Renewal Team dt-ed.mil.ca/change-changement/objective/drt-eng.asp ♦

WHAT YOU SHOULD KNOW ... Veterans Review and Appeal Board

The first thing you need to know is, we are the independent tribunal that offers an avenue of appeal for disability benefits decisions made by Veterans Affairs Canada (VAC). We exist to support you in receiving the disability benefits you are entitled to.

Remember, we are not Veterans Affairs Canada. To offer you a fair appeal process, we are an entirely separate and independent organization.

WHAT DO WE DO?

We hold hearings and write decisions for our two levels of redress: Review and Appeal. The review hearing is your first and only chance to appear before decision-makers to speak about your case. The hearing is non-adversarial, which means no one argues against you.

If you are dissatisfied with your Review decision, you can request an appeal hearing. This is another chance for you, through your representative, to submit new information and arguments in support of your case.

WHAT CAN WE DO FOR YOU?

If you are dissatisfied with a VAC decision on disability benefits, we can take a completely new look at your case. Our impartial decision-makers will make a full and fair examination of your file. They will: listen to your testimony; ask questions to better understand your case; and weigh all

the evidence (including any new information you provide). They will then write a decision with reasons for their ruling.

The Board rules favourably in about half of its review decisions and one-third of its appeal decisions. Last year alone, more than 2,100 individuals were awarded new or increased disability benefits by the Board.

LEGAL REPRESENTATION

The Government of Canada provides you with a lawyer—free of charge—to help you prepare your case and make arguments on your behalf. If you think you may want to bring your case to the Board, we suggest you contact the Bureau of Pensions Advocates for advice at 1-877-228-2250.

You can also seek representation from the Legion's Service Bureau at 1-877-534-4666. Or, for more general support or information on disability benefits and services, you can visit your local Integrated Personnel Support Centre (IPSC).

LEARN MORE

We encourage you to visit our website www.vrab-tacra.gc.ca where you will find information about the appeal process. You can also read our Noteworthy Decisions to better understand how the Board decides cases. For more info contact us at VRAB_TACRA@vrab-tacra.gc.ca or 1-800-450-8006.

HUMAN RIGHTS IN THE WORKPLACE

Designed to be 'user friendly'

Committed to providing a respectful workplace, the Defence Team is taking steps to prevent and address cases of discrimination, which is prohibited under the *Canadian Human Rights Act*.

The recent publication of Defence Administrative Orders and Directives (DAOD) 5516-0 and DAOD 5516-1 harmonize DND/CAF policy on human rights in the workplace are intended to be comprehensive reference documents.

Essentially, DAOD 5516-0 lays out the obligation of DND employees and CAF members to comply with and respect human rights standards of behaviour and conduct in the workplace, with regards to the 11 prohibited grounds of discrimination. DAOD 5516-1 provides clear information on

how human rights complaints are processed within DND/CAF.

These administrative orders and directives supersede the CF Administrative Order 19-40 entitled Human Rights Discrimination and the Civilian Personnel Administrative Order 2.02 entitled Human Rights-Discrimination.

The publication of these human rights DAODs reflect the goals of the Defence Team to be an inclusive organization that values all its members, and strives to provide a fair and supportive work environment. While offering barrier-free work conditions reflective of the diversified Canadian workforce.

DAOD 5516-0 and DAOD 5516-1 can be found by following: admfincs.mil.ca/endwithdaod/.

FORCE PROGRAM: TESTING YOUR FITNESS

PHOTO: CFPFS Imaging Services



A soldier performs the sandbag lift during the development phase of the FORCE Evaluation as a PSP fitness researcher observes.

Out with the old, and in with the new. On March 1, the Defence Minister and Chief of the Defence Staff launched the Canadian Armed Forces' (CAF) updated approach to military fitness – the FORCE Program.

The new program has two key components; the new fitness test, called the FORCE Evaluation, and the FORCE Exercise Prescription, the operational fitness training system available at www.DFit.ca.

Replacing the 30-year-old Canadian Forces EXPRES Test, the FORCE Evaluation has been scientifically validated and developed specifically for the CAF by the Personnel Support Programs (PSP) Directorate of Fitness. In a comprehensive analysis of military operational fitness, PSP human performance scientists and fitness experts looked at more than 400 physical tasks performed by Canadian military personnel in all environments.

Rather than testing fitness with the traditional push-ups, sit-ups, grip tests and endurance runs, the FORCE Program evaluates members' ability to perform tasks that are directly linked to true-to-life physical challenges faced on operations.

"I am extremely pleased with both the overhaul of the Canadian Armed Forces' fitness evaluation system and the establishment of a

common fitness standard," said General Tom Lawson, the Chief of the Defence Staff. "The FORCE Program is not about training to pass a fitness test. It's about training for the variety of military operations we are involved in. As members of the Canadian military, we never know where we may be called upon to serve, or what form that service will take. The FORCE Program will better help us prepare to meet our fitness readiness challenges head-on."

The four FORCE Evaluation components (see box) have been designed to accurately test CAF members' ability to complete six common military tasks encountered on routine domestic and expeditionary operations – escape to cover, picket and wire carry, sandbag fortification, picking and digging, vehicle extrication, and a stretcher carry.

"The new CAF fitness program is more than just the fitness test. It is about an end-to-end program of all the elements of a healthy lifestyle around physical fitness," said Major-General Dave Millar, Chief of Military Personnel. "The program combines nutrition and a tailored and variable workout regime with performance measures to monitor progress, and it is all available online to all CAF members. It has been scientifically designed to ensure it meets the rigors of military life and will help

prepare CAF members to meet the challenges of service," he added.

All CAF members will be tested annually and will be required to achieve one common minimum standard, regardless of age and gender.

Starting April 1, PSP fitness staff and local chains of command will schedule FORCE Evaluation familiarization sessions to introduce the new minimum physical fitness standard to local CAF personnel. Throughout the 2013/2014 fiscal year, Army, Navy and Air Force personnel will have the opportunity attempt the new FORCE Evaluation as their fitness test on a trial basis. As of April 2014, the FORCE Evaluation will fully replace the CF EXPRES Test.

"Should some Canadian Armed Forces personnel have difficulties in meeting the new minimum physical standard during a familiarization session, Personnel Support Programs staff will be available to guide them to some training exercises through DFit.ca, in line with the tasks identified through our research," said Daryl Allard, director of Fitness. "This will help prepare them for the physical rigours of today's complex and demanding operating environments."

For more information visit www.cfpsa.com/FORCEprogram. ♦

THE FORCE EVALUATION COMPONENTS

SANDBAG LIFT

30 consecutive lifts of a 20 kg sandbag above a height of 91.5 cm, alternating between left and right sandbags separated by 1.25 m.

STANDARD: 3 MIN 30 SEC

INTERMITTENT LOADED SHUTTLE

Using 20 m lines, complete ten 20 m shuttles alternating between a loaded shuttle with a 20 kg sand bag and unloaded shuttles, for a total of 400 m

STANDARD: 5 MIN 21 SEC

20-METRE RUSHES

Starting from prone, complete two 20 m shuttle sprints dropping to a prone position every 10m, for a total of 80 m

STANDARD: 51 SEC

SANDBAG DRAG

Carry one 20 kg sandbag and pull four on the floor over 20 m without stopping.

STANDARD: COMPLETE WITHOUT STOPPING

SOLDIER SYSTEMS WEBSITE LAUNCHED

Whether you are a sailor in Halifax, an airwoman in Cold Lake or a Canadian Ranger in Yellowknife, a new website has been created for information on your kit.

Soldier Systems was launched February 15 by the Assistant Deputy Minister (Materiel). This site describes the work of the Director Soldier Systems Program Management (DSSPM), a multi-disciplinary, military/civilian team charged with designing, procuring and maintaining the clothing and personal equipment for the members of the Canadian Armed Forces (CAF). The site is designed to accommodate those who do not normally have Defence Wide Area Network access.

The Soldier Systems site has pictures of new clothing items (both distinctive environment uniform and operational) for all branches of the CAF. As well, it addresses personal equipment such as small arms, Surveillance Target and Night Observation (STANO) equipment, Personal Protective Equipment, footwear and general equipment such as snowshoes and life preservers.

For service personnel, this site will provide information on items currently under development, as well as items recently brought into service. Schedules of when items will be available are also included.

The site includes a section on how to do business with DSSPM and a frequently updated list of upcoming procurements.

Contact information is through **DSSPM-DAPES@forces.gc.ca** where anyone can ask questions concerning the work of DSSPM.



ARMY READY TO MANAGE AFTERMATH OF COMBAT STRESS

Bell Let's Talk Day encouraged people to "start the conversation" about mental health. The Canadian Armed Forces supports this initiative, which serves to increase awareness, reduce stigma and help change behaviours and attitudes about mental health issues.

There's no question that deployment is a life-changing experience. Like any other major event, such as moving out on your own or the birth of child, there is an adjustment period.

"The majority of personnel who deploy will come back and be able to re-integrate into their home life," says Major Paul Sedge, a Canadian Armed Forces (CAF) psychiatrist and program director for the Operational Trauma Stress Support Centre (OTSSC) at CFB Gagetown. "Things may not be the same as before you left, but you will be able to adjust and to find a new normal."

For those who have trouble adjusting to home life after a deployment and notice changes to their mood, thoughts and behaviour, it could be a sign of operations-related stress, an operational stress injury such as post-traumatic stress disorder (PTSD) or major depression.

But help is available, says Maj Sedge. "Do not hesitate to visit your regular healthcare provider to discuss your symptoms – the key to successful treatment is seeking care without delay."

Maj Sedge, a former artillery officer and medical officer, says that some soldiers are slow to seek care because they think they can manage

symptoms on their own or that nothing can help.

"Sometimes soldiers have that rigid or hardened mentality – you're a soldier, it's part of the job, deal with it," says Maj Sedge, who has seen this attitude first-hand during his 27-year-career, including overseas deployments to Bosnia and Afghanistan.

"Our experience has shown that appropriate treatment for operational stress injuries can make a huge difference in a soldier's quality of life."

While physical injuries sustained from a mortar attack or an IED are visible, operational stress injuries such as PTSD and major depression affect a soldier's mood, thoughts and behaviour.

"These are invisible injuries that can be devastating and long-lasting. Without appropriate treatment, these injuries can cause suffering for both the member and their family," says Maj Sedge.

While Canada's role in Afghanistan has shifted from combat to mentoring, managing the health impact of combat operations will continue to be a priority for the Canadian Forces Health Services Group.

With 26 Mental Health clinics, seven specialized Operational

Trauma Stress Support Centres and dedicated primary health care providers across Canada, Maj Sedge says the CAF has resources to provide personnel with the best mental health care possible.

"We treat every soldier who presents for care based on their specific needs while respecting their confidentiality and autonomy," Maj Sedge says.

The CAF use a team approach to treat stress-related injuries. Typically, an OTSSC is staffed with clinicians specializing in trauma-related injuries, including psychiatrists, psychologists, clinical social workers, mental health nurses, addiction counsellors and chaplains. The

patient's regular physician is also involved.

Leaders and peers also play an important role in supporting those with mental health issues.

In 2009, the Chief of the Defence Staff launched the "Be the Difference" campaign to help reduce stigma and increase awareness and understanding of mental illness through all ranks. The campaign emphasized the importance of a "team" approach to facing the challenges of operations-related stress.

"We rely not only on the individual, but on their buddies, their supervisors, and their family to identify those that are struggling and help them get the care they need," says

Maj Sedge. "We all have a role to play and can have an impact."

Also new is the Road to Mental Readiness program that provides sequenced education and training on combat stress throughout the operational deployment cycle.

"Our soldiers are taught to understand combat stress, how to recognize and cope with the symptoms, and when to seek help," says Maj Sedge. "I'm convinced that the CAF soldier today is more aware and educated about mental health than at any time in the past. It has been engrained in the culture that it's okay to ask for help and that combat stress can be treated successfully." ♦

"We rely not only on the individual, but on their buddies, their supervisors, and their family to identify those that are struggling and help them get the care they need. We all have a role to play and can have an impact."

– Maj Paul Sedge

DIN NATIONAL SITE REPLACED BY THE DEFENCE TEAM SITE



Set your homepage to the Defence Team site Intranet in March 11, the Defence Team site will replace the current DIN National as the new National site.

The Defence Team site is the primary online source for information about what's happening within the DND/CF. Although the site looks different, it provides similar access to tools and information as the DIN National. This includes everything from the Form Search, A-Z Index, People Search, and more. New content is added regularly to help you stay connected and informed.

This move represents the first step to improving the Intranet at National Defence. Look forward for opportunities to provide feedback and get involved in future improvements.

The Defence Team site was selected as the main National site due to its mandate to support Defence business objectives and priorities.

Visit the Defence Team site today at dt.mil.ca to become familiar with its features and send your questions and comments to Corporate Internal Communications at: [+internalcommunications@ADM\(PA\)@Ottawa-Hull](mailto:+internalcommunications@ADM(PA)@Ottawa-Hull).



FOCUSSING ON THE MENTAL HEALTH OF CAF MEMBERS

March is National Social Work Month

When you think of what's available in Navy, Army and Air Force trades, people think driving or fixing tanks, flying aircraft or sailing in ships. But there is one very small, but important trade that may not come to mind – social work.

Social work officers (SWO) have been part of the military since the Second World War, despite an attempt to cut the trade at the end of the War. And as the Canadian Armed Forces continues to partner with external stakeholders to refine how they care for mentally and physically wounded soldiers, social work plays a big role, not only for the well-being of CAF members, but also for their families.

Much of an SWO's work is focussed on the mental health of CAF members. But prolonged deployments can have an affect on military members and on their spouses and children.

"We provide mental health care primarily for service members," said Lieutenant(N) Curtis Stevens, a social work officer at CFB Edmonton. "And we also deal with a whole range of issues: couples counselling and individual therapy. We're involved in a little bit of everything."

Many base clinics have not only SWOs,

but also a number of qualified civilian social workers. The role of the social work officer goes beyond just doing clinical assessments; they are also responsible for the administration of the section, and most SWOs have experience with addictions and anger management. Each has their own area of expertise such as sexual abuse and couples therapy.

So, what is the role of a social worker? It is a busy one, both clinically and administratively. They do assessments, write reports, conduct interviews, and make decisions about and recommend the best course of action to resolve the issues that are not allowing a person to function normally. SWOs support departure assistance groups for deployments, provide out-of-country posting screenings, and make recommendations on compassionate postings.

"We have group supervision which encompasses case allocation and deciding which clinician is best suited, and case conferencing where interventions and clinical recommendations are discussed," said Lt(N) Stevens.

"Cases are discussed when they are new, at three months, we review progress and upon closing of

the file to review the care given to the client."

The field of mental health provides a unique opportunity for social workers to practise collaboratively with other professionals. As part of the CAF mental health branch, social work officers have other mental health professionals and medical staff on hand to advise and help in making a proper assessment and recommendation.

"We work in a multi-disciplinary environment," Lt(N) Stevens said. "We can talk to medical doctors, mental health nurses, psychiatrists and psychologists. We all work together to make appropriate interventions to help the client in the healing process. Here [at CFB Edmonton], many of our decisions are group-based; we have a doctor we can discuss things with. It's a well-versed and good work environment."

Unlike their civilian counterparts, CAF SWOs have to maintain their military skills and training, as well as the clinical side of their jobs. This can be a big challenge when you have a heavy workload.

"The nice thing about being a social worker in this military environment is my co-workers and supervisors are my support network," he added.

MENTAL HEALTH SURVEY WILL HELP CAF MEMBERS

To understand how the Canadian Armed Forces can improve the well-being and mental health of its members, Statistics Canada will conduct the 2013 CAF Mental Health Survey over the next several months.

This survey is essential for understanding and improving mental health in the CAF. In particular, the survey will help measure the impact of the mission in Afghanistan and how well the CAF's mental health system is meeting the needs of personnel.

Beginning at the end of March, Statistics Canada representatives will contact randomly selected Regular and Reserve Force personnel inviting them to participate in an hour-long interview. Participation in the survey is voluntary, and responses are confidential. The interview will take place either in the workplace or at home. Reservists will be paid through the project budget for half-a-day's pay for the time taken to complete the survey.

To support the survey, some CAF personnel will be asked to assist in tracing randomly selected subjects, to respond to the request to participate, and to participate in the survey. As well, supervisors and commanders will be responsible for creating an environment that facilitates participation and for minimizing the impact of the survey on day-to-day operations.

"The 2013 Canadian Armed Forces Mental Health Survey is an essential step in continuing to protect the health and well-being of personnel," says Colonel Scott McLeod, director of Mental Health. "Maximum participation and co-operation is essential to the success of this survey. We all have a role to play in ensuring that mental health resources are targeted and allocated appropriately and that programs and services are meeting the unique needs of personnel."

While the CAF has done research on those who have sought care, this survey will be able to provide insight about those who have not accessed care. Results are expected in 2014 and will be compared to the general Canadian population. The last survey of this nature was completed in 2002.

For more information, please visit the 2013 Canadian Armed Forces Mental Health Survey's website: cmp-cpm.forces.mil.ca/health-sante/pub/mh-sm/mhs-esm/default-eng.asp

Much work has been done to improve the care of CAF members, wounded soldiers and their families. The main goal of a social work officer is to enable sailors, soldiers and air personnel to get back to doing their jobs as operational members of the Defence Team. And having military social workers can be helpful.

"We work within a military organization; sometimes, military people are more comfortable

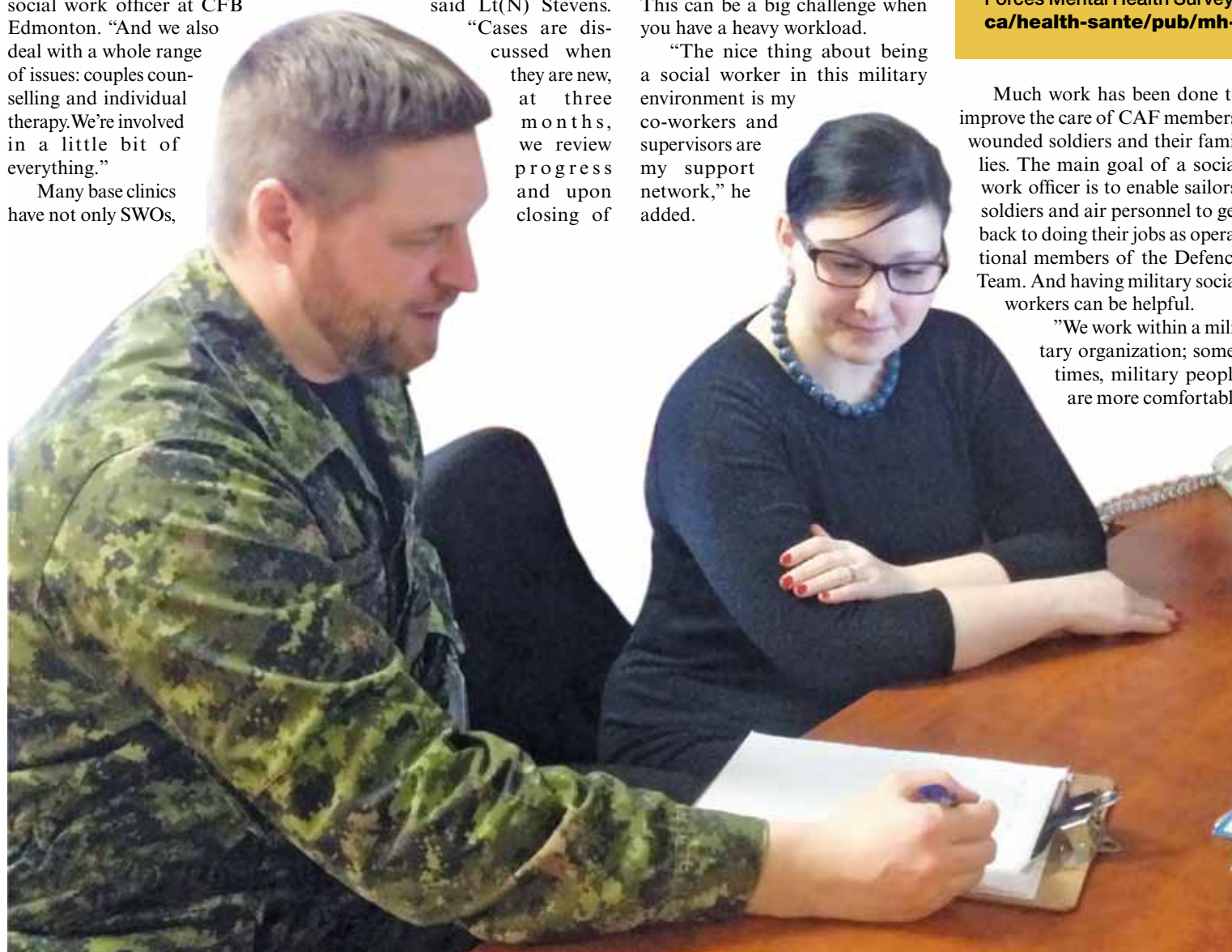
talking to a military person, and there's that corporate knowledge of being within the military and that we have an understanding of how these dynamics work."

Trying to balance military training with a busy SWO schedule can be challenging. But, Lt(N) Stevens said, with the support of family and co-workers, he has found the right balance.

"I like the military training, where they challenge me," he said with a chuckle. "I can see five people tomorrow and, the next day, I'm doing gas hut training. I like that diversity."

SWOs have deployed to Afghanistan and contribute to the Third Location Decompression Program, under which personnel returning from overseas missions de-stress and refocus before coming home to Canada. Part of this decompression program is attending group briefing to discuss and prepare CAF members for their transition back home.

"Often when I do these briefings, you get people who have gone through the process who have mental health challenges, whether it's a chronic, diagnosed issue or some kind of passing challenge. Someone comes up to you and says, 'Thank you, this is exactly what my experience was and this has helped me so much,'" said Lt(N) Stevens. "This reaffirms that what we do is helpful and working; it validates what we do." ♦



Social Work Officer Lt(N) Curtis Stevens from CFB Edmonton discusses a report with Melissa St. Denis, a civilian social worker at the base. March is National Social Work Month.



Defence Ethics Programme

MY BOSS' KEEPER

"Hey Sarge, are we finishing up a little early today? My guys are asking and I wouldn't mind letting them head out to the beer call for Master Warrant Officer Antoine's retirement," asks Master Corporal Ben Mendel.

"Sounds good, I'll see you there later," says Sergeant Phil Blaskey.

Sgt Blaskey and MCpl Mendel are supply techs at a large Canadian Armed Forces supply depot. MWO Guy Antoine is their supervisor and is taking his retirement.

Later at the retirement party, MWO Antoine offers a short goodbye speech. He thanks his Chief Warrant Officer and Captain for their support throughout his last posting and also says how appreciative he is of his staff in his section, many he has known for several years. MCpl Mendel notices, however, that the MWO is getting a little tipsy and starting to slur his words. About an hour later, MWO Antoine decides to ring the bell at the bar, indicating that he is buying a round for everyone present, even though most people have already left the party including the Commanding Officer and the Regimental Sergeant Major.

"Hey Sarge, does the MWO plan on making it into work tomorrow? It looks like he is feeling pretty good," asks MCpl Mendel.

"Yeah, I see what you mean – I thought he didn't drink anymore. I remember him from our first posting together in Edmonton. He almost got released from the military so he finally started going to AA. He's been fine since, at least I thought he was okay," explains Sgt Blaskey.

"Well, do you think we should step in or have the bar cut him off, or something?" asks MCpl Mendel.

"Just keep an eye on him, I'll be back in a few minutes," Sgt Blaskey tells him.

Sgt Blaskey thinks for a few minutes since he really isn't sure what to do. He remembers from years ago that MWO Antoine was very angry when he drank and often took it out on his subordinates the next day at work. He knows that MWO Antoine still has to finish the annual evaluations for the sergeants below him and Sgt Blaskey knows he needs another "outstanding" evaluation for his next promotion. And this is Antoine's retirement party after all, he thinks to himself. Besides, his wife is probably coming to pick him up anyway. I'll make sure someone gives her a call. One thing he knew for certain is that he didn't want to be "the bad guy" in this situation.

Sgt Blaskey heads back into the party and finds MCpl Mendel.

"Where's the MWO?" Sgt Blaskey asks?

"He said he was going to look for you, Sarge," MCpl Mendel replies.

They head out to the parking lot and see MWO Antoine drive away.

"Well, I hope he's going to be OK – at any rate, he doesn't live far from the base," says MCpl Mendel.

From a Defence Ethics perspective, what responsibility do the individuals have to each other and the larger defence organization they serve, if any?

For more information on this scenario or other situations, contact: +Ethics-Ethique@CRS DEP@Ottawa-Hull.

The Canadian Face of the INTER-AMERICAN DEFENSE BOARD

"I was intrigued and honoured when I received the call from former Chief of the Defence Staff General Walt Natynczyk, who conveyed that Canada was for the first time submitting a candidate to serve as Chair of the Inter-American Defense Board (IADB) and proposed my name," says Lieutenant-General Guy Thibault from Washington, D.C., now nearing the end of his two-year term.

The IADB has three main components—the Council of Delegates, the Secretariat, and the Inter-American Defense College. Created in 1942, it is the oldest regional defence organization in the world, providing advice on matters related to military and defence issues in the hemisphere. It provides these services to member countries in North, Central, South America, and the Caribbean, as well as to the Organization of American States (OAS), the premiere political body of the Americas. The board is also mandated to focus on the needs of smaller states whose level of vulnerability is greater in the face of traditional and emerging threats and other challenges.

"Although Canada is a relatively new member in that we only joined the IADB in 2002, we were encouraged to put our name forward for chair," says LGen Thibault. "It was evident that there was great respect for our contributions in the OAS and our defence ministry and our armed forces enjoyed a reputation as highly credible and professional."

LGen Thibault says Canadians have the right disposition to work in multilateral, multinational environments.

"We are generally accommodating, don't come with lots of baggage, have no history of being interventionist, are team players, and most importantly we have no hidden agendas."

For the first 64 years since its inception, the IADB was continuously chaired by a general officer from the United States. However, in the aftermath of the terrorist attacks of 9-11, the international community recognized the need to adapt to a different threat reality. In 2003, the OAS convened a Special Conference on Security in Mexico to address new emerging security challenges.

Based on the outcomes of this conference the OAS and the IADB began a dialogue to formalize the relationship between these two international organizations.

In March 2006, the IADB was officially established as an entity of the OAS. In keeping with the democratic principles and transparency of the OAS, the US relinquished its claim on the chairmanship and other senior leadership positions in the IADB; these positions would be elected from member nations. For the next five years Brazil chaired the Board until Canada put forth its nomination.

"In 2010, I was invited by Defence Minister Peter MacKay and the former CDS to Bolivia for the Conference of Defense Ministers of the Americas (CDMA); it was an interesting initial exposure to the IADB," says LGen Thibault. "I was able to witness first-hand the political dynamics of a number of countries from the Americas. At its core, any multilateral, multilingual, or multinational organization will always have its difficulties. It is challenging and interesting to deal with different cultures and perspectives; trying to reconcile differences is not always easy. In comparison to NATO, which has a clear alliance and a clear vision, the IADB has no hemispheric defence alliance nor a strategic defence vision."

Before submitting its candidature for the IADB chair, LGen Thibault says Canada informed members of its strategic intentions for the Board.

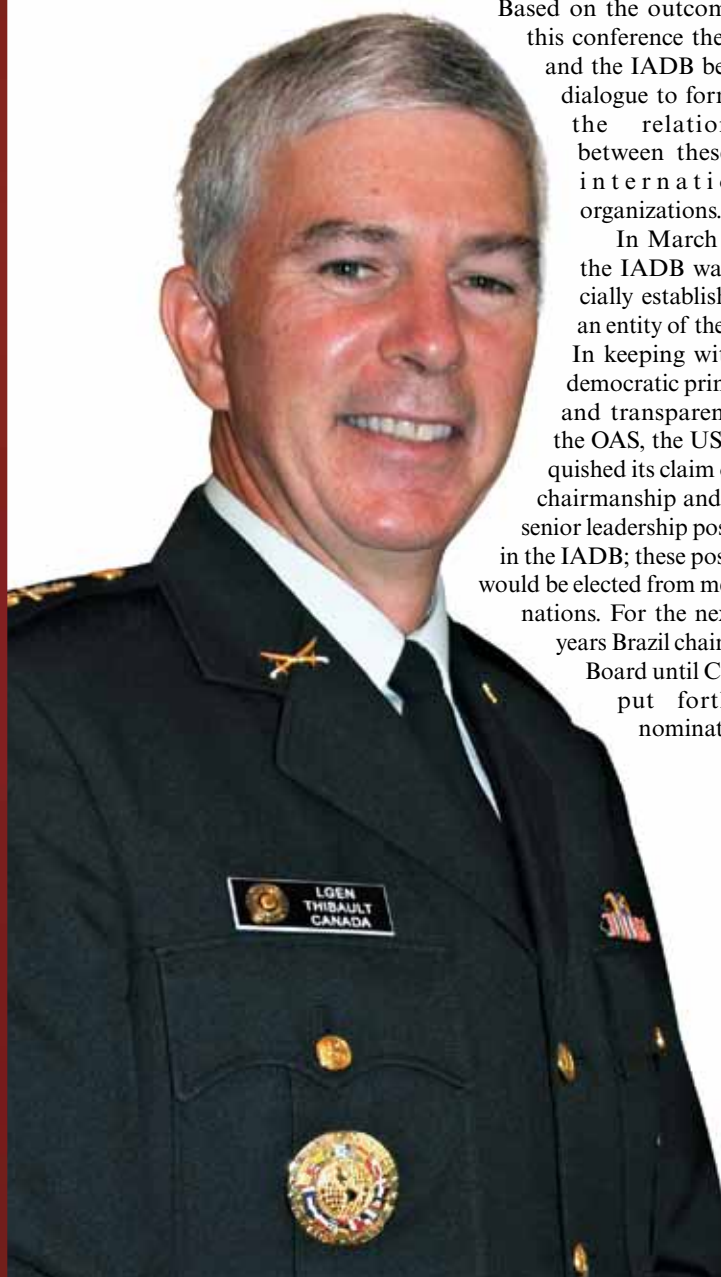
"We came in very transparent, saying 'this is what we're thinking'," says LGen Thibault. "The majority of nations, like-minded with Canada, saw a clear set of reform and modernizing objectives, so our goals were socialized with our closest partners in the hemisphere before we took on the job."

"The consensus view was that the Board really wasn't being used to its fullest potential, it wasn't giving a lot of value to its member states — other than its Defense College which has graduated three heads of state, including the current President of Guatemala. The rest of it was relatively unknown. This is what we have been working hard to change over the last two years."

Although he is Canadian, as chair of the Board LGen Thibault acts in an international capacity representing the interests of all IADB member states. Upon completion of his tenure he will assume his new assignment as Vice-Chief of the Defence Staff in summer 2013.

For the full version of the article, including LGen Thibault's IADB goals, and his full biography, please visit: www.forces.gc.ca/site/tml/index-eng.asp.

"In comparison to NATO, which has a clear alliance and a clear vision, the IADB has no hemispheric defence alliance nor a strategic defence vision."





Testing limits of NEW COMMUNICATIONS SYSTEM

Sending photos, using a chat, sending recorded videos and live video all sound very familiar if you were talking about a new cell phone — not an aircraft.

14 Wing Greenwood's Maritime Patrol & Evaluation Unit (MP&EU) was recently tasked to test a new prototype communications installation on the Aurora aircraft, called

Beyond Line of Sight – Video, Voice and Data Communications (BLOS-VVDC).

The installation of the BLOS-VVDC system required one CP-140 Block II be modified with new internal equipment and a satellite antenna on the upper fuselage. Once the installation and safety certification were completed, MP&EU, with 14 Software Engineering Squadron support, could evaluate the performance of the prototype system in order to make recommendations on fleet implementation.

The testing of BLOS-VVDC was incremental and required ground and flight testing at Greenwood before the system performance could be fully evaluated. Once the baseline data

had been gathered to establish a benchmark for performance, the MP&EU crew deployed to explore the limits of the system in Canadian airspace. The deployment took place in January and February, and had the crew flying north to Thule Air Base, Greenland; south west to Whitehorse and south to Comox, before returning to 14 Wing.

Test points carried out included sending photos, using a chat facility, sending recorded videos and, most impressively, sending live video to a ground station from the Aurora's Wescam MX-20 Electro-Optical turret. During the test, the crew was able to live stream a video to the ground unit from very high latitudes, which shattered previous DND aircraft records.

The detachment demonstrates the potential of the BLOS-VVDC system.

"This was an initial operational assessment of a BLOS capability. The prototype system performed very well as a capability demonstrator and underlined the Canadian Armed Forces' desire for timely ISR information," said Major Kurt Lalonde, MP&EU commanding officer. "The success of this test may well herald the push for the pursuit of fleet-wide capability."

As this was a prototype installation, MP&EU must analyse the data obtained during the test so recommendations can be made. These findings will be reported on in the next few months.

Canadian Women in Aviation Conference PREPARE TO SUCCEED!!



Every two years, women from all areas of aviation come together with experts, specialists and role models to enhance their knowledge of aviation and ultimately, help them prepare to succeed in their careers.

At the upcoming Canadian Women in Aviation Conference, which will be held at Novotel, Toronto Mississauga Centre, Ont. on June 19-22, participants can expect great guest speakers and interesting panel discussions.

Traditionally, women have comprised less than five percent of Canada's aviation workforce and the Canadian Women in Aviation Conference was developed to bring these women together as a network of support.

The conference is a positive environment where women who have excelled in their careers are eager to share their experiences with others looking to follow their path, whether in the military or in the civilian aviation industry.

For further information visit www.cwia.ca/conference.htm or contact LCol Heather Raney at heather.raney@forces.gc.ca or Lisa Graham at cwia-conference.2013@gmail.com.

CAF JOINS IN THE CONVERSATION BELL LET'S TALK DAY

For the first time, Canadian Armed Forces personnel joined with politicians, entertainers, sports teams and Olympic athletes in the conversation for the third annual Bell Let's Talk Day on February 12.

The tweets and texts resulting from the event earned \$4,813,313.30 in donations from Bell towards additional Canadian mental health programs – a 23 percent increase over last year's total.

"The Bell team applauds the Canadian Armed Forces for their commitment to mental health, and we welcome service members and their families to the Bell Let's Talk conversation," said George Cope, president and CEO of Bell Canada and BCE.

Bell donated \$0.05 for each of the 96,266,266 texts and long distance calls, tweets, and Facebook shares made throughout Bell Let's Talk Day.

Canadian Army Commander Lieutenant-General Peter Devlin encouraged personnel to "break down the barriers by talking about mental health issues."

The Canadian Army's Bell Let's Talk Day image was shared more than 700 times and LGen Devlin statement on mental health issues was re-tweeted more than 125 times. Mental health training sessions were also held at CFB Greenwood, CFB Gagetown and CFB Edmonton.

The Bell Let's Talk Day was met with success across the CAF.

"We all have a role to play in helping to identify people at risk for mental health problems and assisting those affected by mental illness," said General Tom Lawson, Chief of the Defence Staff. "We want to ensure the discussion continues and that personnel continue to be aware of and address mental health issues as soon as they arise."

If you or someone you know requires emergency mental health assistance, please contact or go to the nearest CAF health clinic or civilian emergency health care centre. For a list of mental health resources, please visit: defenceteam-equippedeladefense.mil.ca/news-nouvelles/article-eng.asp?id=135

Airborne!

Allies train together at Fort Bragg

Soldiers from the 3rd Battalion, The Royal Canadian Regiment (3 RCR), along with others from 2 Canadian Mechanized Brigade Group (2 CMBG), left the cold of CFB Petawawa in February for warmer temperatures in Fort Bragg, North Carolina where they participated in the Joint Operational Access Exercise 13-02 (JOAX 13-02).

JOAX is an annual exercise hosted by the US 82nd Airborne Division. The exercise is designed to prepare the division to serve as part of the Global Response Force (GRF). The GRF maintains a continual high state of readiness in order to deploy on short notice anywhere in the world and perform a variety of missions.

This year, 3 RCR formed an Air Assault Task Force under the command of the 2nd Brigade Combat Team (2 BCT) of the 82nd Airborne Division. Focused on readiness and airmobile capabilities, JOAX 13-02 enabled the Canadian and US units on the exercise to hone their skills related to mounting and conducting airmobile operations.

Together, Canadian and US service personnel cleared landing zones, practiced helicopter insertions and conducted personnel and equipment drops from aircraft.

“A commitment to readiness and continual training is something we share with our brothers and sisters at 2 BCT,” said Lieutenant-Colonel David Quick, the commanding officer of 3 RCR. “The sharing of our airmobile capabilities has provided outstanding cross-training and increased the interoperability of our battalion.”

This year was the first time a non-US air force was invited to participate in JOAX. More than 50 personnel from 8 Wing Trenton, along with a CC-130J Hercules and a CC-177 Globemaster III took part in the exercise, performing airdrop and air transport tasks.

“We are always looking to maximize training value by working closely with our American counterparts, whether at the unit or brigade level,” said Colonel Simon Hetherington, Commander of 2 CMBG. “Whether we are hosted in the US... or we welcome our fellow soldiers north, we benefit mutually from combined training venues. Experience has shown us that... interoperability at all levels is imperative for mission success.” ♦

“We are always looking to maximize training value by working closely with our American counterparts, whether at the unit or brigade level.”

– Col Simon Hetherington



PHOTO : Cpl Philippe Archambault

Specialist Finigan from 2 Special Troops Battalion (left), WO Pat Lemieux from 3 RCR and 2 others soldiers carry a generator to a new location during JOAX 13-02.

Le 2 Specialist Finigan (à gauche), du 2 Special Troops Battalion, l'Adj Pat Lemieux, du 3 RCR, et deux autres soldats déplacent un générateur pendant JOAX 13-02.



PHOTO : SrA Matthew B. Fredericks

US Army soldiers descend during a night jump on JOAX 13-02 at Fort Bragg, N.C.

Des soldats de la US Army font un saut de nuit à Fort Bragg, en Caroline du Nord, pendant JOAX 13-02.

Background — US Army Soldiers from the 82nd Airborne Division conduct a static-line airdrop from a US Air Force C-130 Hercules during JOAX 13-02 at Sicily drop zone, outside Ft. Bragg, N.C.

À l'arrière-plan — Pendant JOAX 13-02, des soldats de la US Army issus de la 82nd Airborne Division sautent d'un C-130 Hercules de la US Air Force. Les militaires effectuent le saut à l'aide d'une sangle d'ouverture automatique au-dessus de la zone de largage Sicily, à l'extérieur de Fort Bragg, en Caroline du Nord.

PHOTO : Sr Airman Matthew B. Fredericks, USAF

Des parachutes

dans le ciel à Fort Bragg

Des soldats du 3^e Bataillon, Royal Canadian Regiment (3 RCR), accompagnés d'autres militaires du 2^e Groupe-brigade mécanisé du Canada (2 GBMC), ont quitté le froid de la BFC Petawawa en février pour aller se réchauffer à Fort Bragg, en Caroline du Nord, où ils ont participé à l'exercice d'accès opérationnel interarmées 13-02 (JOAX 13-02).

JOAX est un exercice annuel tenu par la 82nd Airborne Division des États-Unis. Il vise à préparer la division à son affectation à la Global Response Force, ou force d'intervention mondiale. Cette dernière maintient en tout temps un état de préparation élevé pour pouvoir se rendre à court préavis n'importe où dans le monde et accomplir une variété de missions.

Cette année, le 3 RCR a formé une force d'intervention d'assaut aérien sous le commandement de la 2nd Brigade Combat Team (2 BCT) de la 82nd Airborne Division. Axé sur la disponibilité opérationnelle et les capacités aéromobiles, JOAX 13-02 a permis aux unités canadiennes et états-uniennes d'affiner leurs compétences en matière d'organisation et d'exécution d'opérations aéromobiles.

Ensemble, le personnel militaire canadien et états-unien a dégagé des zones d'atterrissage, s'est exercé aux débarquements héliportés et a effectué des largages de matériel et de personnel à l'aide d'aéronefs.

« Nous partageons avec nos frères et sœurs du 2 BCT la nécessité d'être disponibles pour les opérations et de s'entraîner continuellement, affirme le lieutenant-colonel David Quick, commandant du 3 RCR. La réunion de nos capacités aéromobiles s'est révélée une occasion d'entraînement croisé exceptionnelle qui a permis d'améliorer l'interopérabilité de notre bataillon. »

Cette année marquait la première fois qu'une force aérienne étrangère était invitée à participer à l'exercice JOAX. Plus de 50 militaires de la 8^e Escadre Trenton, ainsi qu'un CC-130J Hercules et un CC-177 Globemaster III, ont pris part à l'exercice, exécutant des largages et des missions de transport aérien.

« Nous cherchons toujours à optimiser l'entraînement en travaillant étroitement avec nos homologues états-uniens, que ce soit au niveau de l'unité ou de la brigade, explique le colonel Simon Hetherington, commandant du 2 GBMC. Que nous soyons accueillis aux États-Unis ou que nous accueillions nos collègues militaires chez nous, nous bénéficions mutuellement des entraînements combinés. L'expérience nous a montré que l'interopérabilité à tous les niveaux est essentielle à la réussite des missions. » ♦



Cpl Shane Christie from 3 RCR and members of the 82 Airborne Division aboard an RCAF CC-177 Globemaster III before a jump on JOAX 13-02.

Le Cpl Shane Christie, du 3 RCR, et des soldats de la 82nd Airborne Division voyagent à bord d'un CC-177 Globemaster III de l'ARC en vue d'effectuer un saut pendant JOAX 13-02.



PHOTO : Sgt Matthew McGregor

Canadian and American soldiers are seated aboard an RCAF CC-177 Globemaster III before a jump during JOAX 13-02.

Des soldats canadiens et états-uniens se trouvent à bord d'un CC-177 Globemaster III de l'ARC en vue d'effectuer un saut pendant JOAX 13-02.

PHOTO : Sgt Matthew McGregor

« Nous cherchons toujours à optimiser l'entraînement en travaillant étroitement avec nos homologues états-uniens, que ce soit au niveau de l'unité ou de la brigade. »

– Le Col Simon Hetherington, commandant du 2 GBMC

Lt Brad Baragar packs his parachute after a jump on JOAX 13-02. Lt Baragar is a platoon commander with 3 RCR.

(Photo has been altered)

Le Lt Brad Baragar, commandant de peloton du 3 RCR, emballe son parachute après avoir effectué un saut pendant JOAX 13-02.

(Photo modifiée)

PHOTO : SSgt Renae Saylock, USAF