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TRIDENT

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Going Virtual for Canada Day 2020

This year, the local Defence Team celebrated Canada Day virtually. The Stadacona Band of the Royal Canadian Navy, 36 Canadian Brigade Group (NS) Band, and members from HMCS Ville de Quebec and 12 Wing Shearwater teamed up with the Halifax Regional Municipality (HRM) Civic Events team to film a special, tri-service O Canada video in honour of Canada's 153rd birthday and the 40th anniversary of our national anthem. This project was included in a special Halifax-Dartmouth Canada Day broadcast, which aired on Eastlink Community TV and the HRM YouTube channel. In this photo, a member from HMCS Ville de Quebec is filmed onboard the ship at HMC Dockyard on June 18.

ARIANE GUAY-JADAH, CFB HALIFAX PUBLIC AFFAIRS



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

By Ryan Melanson, Trident Staff

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

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

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

When *St. John's* learned that the ship would be conducting a hull swap with HMCS *Ville de Quebec* on shorter notice than usual, he sprang to action, and put in long hours transitioning IT equipment from ship to shore office, which will allow his replacement to hit the ground running.

For that hard work during a difficult and stressful period, MS Weston has been named the Atlantic Fleet's Sailor of the Quarter for Q2 2020.

The award was presented to him by Cmdre Richard Feltham, Commander CANFLTLANT, and Fleet Chief CPO1 Darcy Burd, during a small ceremony on June 26.

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

following the presentation.

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

and volunteering in his community during his spare time.

In nominating MS Weston for the Sailor of the Quarter award, his command team lauded him for his work through the pandemic period, and said he helped ensure that *St. John's* leadership stayed in regular contact with the Fleet and the ship's company.

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

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

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



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

MONA GHIZ, MARLANT PA

Key events of the Battle of the Atlantic: July

By CPO1 (ret'd) Pat Devenish, Canadian Naval Memorial Trust

JULY 2, 1940 - The British liner *Arandora Star* carrying 1500 “undesirable aliens” and ironically 100 Nazi merchant seaman and U-boat personnel to POW camps in Canada was torpedoed by U-47 off the western approaches to Northern Ireland. HMCS *St. Laurent* arrived at the scene two and a half hours later, plucking 857 survivors from the frigid Atlantic as *Arandora Star* slid beneath the waves.

JULY 5, 1940 - U-99 torpedoes and shells the Canadian merchantman *Magog* off the southwest coast of Ireland. The ship later sank, but the entire crew survived with only one crew member being injured, after abandoning ship.

JULY 8, 1940 - While sailing to England with convoy HX-53, the Newfoundland registered merchantman *Humber Arm* is torpedoed and sunk by U-99 south of Cork, Ireland with all of her crew surviving the ordeal.

JULY 10, 1940 - While departing

British waters off Great Yarmouth, England, the Canadian merchantman *Waterloo* is bombed and sunk by Luftwaffe aircraft. Her crew of 20 survives.

JULY 13, 1941 - Off Southend-on-sea, southern England, the Canadian merchantman *Collingdoc* strikes a mine with all hands surviving. *Collingdoc* would later be salvaged and used as a blockship in the approaches to the Thames River estuary.

JULY 24, 1942 - HMCS *St. Croix* drops four patterns of depth charges sinking U-90 400 miles east of Newfoundland. *St. Croix* had been part of the Mid Ocean Escort Group C2 for convoy ON 113.

JULY 25, 1942 - The Canadian merchantman *Lucille M.* is shelled by an unknown foe in the morning fog off Cape Sable, Nova Scotia. Her entire crew of 11, including 4 seriously wounded, survives only after a near fanatical display of determination by

rowing over 100 miles to Shelburne, Nova Scotia.

JULY 29, 1942 - In the normally serene waters of the Caribbean off the coast of British Guyana, U-160 strikes sinking the Canadian merchantman *Prescodoc* killing 15 of her crew of 20.

JULY 31, 1942 - With Mid Ocean Escort Force Group EC 3 escorting convoy ON115, HMC Ships *Skeena* and *Wetaskiwin* work together to send U-588 to the bottom in the mid-Atlantic.

JULY 6, 1943 - The large Canadian merchantman *Jasper Park* is torpedoed and sunk by U-177 in the mid-Indian Ocean 1000 miles east of Port Elizabeth, South Africa. Fifty-one of her crew are rescued but four perish in the attack. *Jasper Park* is the first of the Canadian built war emergency vessels to sink.

JULY 2, 1944 - Striking a mine in the English Channel, the RCN's Motor Torpedo Boat 460 is sunk, with just six

of her crew of 17 surviving.

JULY 5, 1944 - HMC Ships *Qu'apelle*, *Skeena*, *Saskatchewan* and *Restigouche* attack and sink two German escorts which had been providing surface cover while attempting to break out from Brest, France.

JULY 6, 1944 - Combining their efforts, HMC Ships *Ottawa* (2nd) and *Kootenay* as well as HMS *Statrice* sink U-678 in the English Channel.

JULY 8, 1944 - The RCN's Motor Torpedo Boat 463 strikes a mine in the English Channel. Although her crew survives, five are wounded.

JULY 20, 1944 - While patrolling off the French coast near Brest, HMCS *Matane* is hit by a German glider bomb launched by a Dornier Do 217. Three of her crew were killed and the ship was towed to Plymouth where she required 8 months work to bring her back to fighting shape.



Unprecedented times - gradual training restart

By Peter Mallett,
The Lookout Staff

Training for military members has started up with a gradual, phased re-opening of facilities across the country.

The Royal Canadian Navy (RCN), through the Naval Personnel and Training Group (NPTG), has reactivated its Naval Training System (NTS) in the first of a four-phase, conditions-based restart plan in accordance with public health guidelines.

“The restart of naval training is predicated on a set of deliberately selected and approved pre-conditions that places a premium on protecting the health of Defence Team members and civilian employees,” said Capt(N) Jason Boyd, Commander of NPTG.

The four-phase re-opening plan was announced following direction from the Chief of the Defence Staff on June 1. It was developed under the parameters of a COVID-19 persistent operating environment, coupled with the training system’s mandate to support fleet readiness and RCN Force Generation.

NPTG is headquartered in Esquimalt and is comprised of nine units located in three regions across the country - the Atlantic, Pacific, and Quebec. In total, approximately 1,980 military and civilian staff support skills development and training through Naval Fleet Schools Atlantic, Pacific, and Quebec, Naval Training Development Centres Atlantic and Pacific, and Personnel Coordination Centres Atlantic, Pacific, and Quebec for about

8,200 students across the country in a typical year. Of that, 3,900 students receive training in the Pacific. This is, of course, not a typical year.

Phase 1 of the re-opening, or the Crawl Stage, saw the resumption of one course in each of Naval Fleet School (Pacific)’s five divisions: Marine Systems Engineering, Seamanship, Combat Systems Engineering, Combat, and Venture Division, with similar undertakings in the Atlantic and Quebec training centres.

The aim, says Capt(N) Boyd, is to restart courses that are less complex and short in duration, while testing procedures and protocols to ensure effective operation in a COVID-19-persistent environment.

NPTG is anticipating a switch to Phase 2 in late July. The Walk Phase is a tiered and prioritized ramping up of 42 training courses across Canada.

Additional increases in course offerings amongst training divisions, including those for Naval Reserve personnel, will occur in the Phase 3 Run stage with the caveat that force health protection measures can be met.

The fourth and final Steady State phase, says Capt(N) Boyd, will use lessons learned from the first three phases and will see increased training to levels that match or exceed pre-pandemic rates while adhering to provincial and municipal health and safety guidelines.

“Phase 4 will persist as long as the NTS is operat-

ing in a COVID-19 persistent environment and will be complete when signalled by me,” said Capt(N)Boyd.

Safety and protection measures

The adoption of public health measures as ordered by the CAF Surgeon General are being strictly adhered to and are non-negotiable says Capt(N) Boyd. Physical distancing by staying six feet apart is standard, and in situations where this is not possible, non-medical facemasks must be worn.

Classroom configurations have been designed to ensure physical distancing, with enhanced cleaning and sanitation measures to rid touch points of the virus.

Since the navy has never in its history shut down training operations, the restart plan was a massive and unprecedented undertaking; extreme caution and concern was always the overriding principle, said Capt(N) Boyd.

He also noted that because of the highly contagious nature of the COVID-19 virus, it wasn’t just the sailors’ and employees’ health that were being taken into account when drafting the reopening plan, it was also their families and the communities they live in.

“Really, in the end it is the virus that is in the driver’s seat and it will dictate how we do things,” said Capt(N) Boyd. “It doesn’t matter what mitigation we put in place, if trends indicate these measures aren’t working, we will act accordingly and will be taking the cues from public health officials.”



According to Capt(N) Boyd, Commander Naval Personnel Training Group, the adoption of public health measures as ordered by the CAF Surgeon General are being strictly adhered to and are non-negotiable. Physical distancing by staying six feet apart is standard, and in situations where this is not possible, non-medical facemasks must be worn. Classroom configurations have been designed to ensure physical distancing, with enhanced cleaning and sanitation measures to rid touch points of the virus.



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Resumption of Health Promotion services

By Victoria Stead, P.Dt.,
A/Health Promotion Manager

In the wake of the Covid-19 pandemic, your local health promotion team took the role in providing health strategies through virtual platforms, allowing us the opportunity to continue to promote healthy behaviours while adjusting to our new normal from your home. Now, as the restrictions ease, we are adapting to the times and creating unique ways to support you in taking control of your health.

While we were home, health promotion bases across the country offered daily webinars on various topics, including nutrition, addictions, mental

fitness, physical activity and more. We brought our sought-after cooking classes from our kitchen to yours, and provided weekly tips on the PSP Halifax Facebook page on fad diets, stocking your pantry, coping with stress, and much more.

HOW HEALTH PROMOTION IS HERE FOR YOU:

Not on base? No problem! We can provide virtual briefing requests. Hosting a unit PD day? We can be there – following all public health protocols, of course.

Want to offer a unit health challenge?

We got you covered! Your Health Promotion team is here for you to become the best and healthiest version of yourself.

We can't wait to hear from you!
HFXHealthPromotion@forces.gc.ca
or 902 722 4956

Health Promotion Resources:

- National Webinars: <https://www.cafconnection.ca/National-Capital-Region/Adults/Health/Ottawa-Health-Promotion/Webinars.aspx>
- PSP Halifax Facebook: Cooking in Quarantine, Health Promotion Blogs

July - International Self-Care Day

By Health Promotion Staff

It isn't often enough that we take the time to prioritize our personal needs. International Self Care Day falls on July 24, making it the perfect opportunity to change this. Through self-care practices, we can come to realize the importance of taking a moment for ourselves to improve physical and mental wellbeing. Whether you choose to hit the gym, cook yourself that special recipe, or take a hot bath to relax; there is no need to feel guilty when putting your health first.

Here is a face mask recipe, and a bath recipe:



Serving Canadians during Op LASER

Troop Commander Territorial Battle Group 1, Lt Cody Beard presents the staff of Woodbridge Vista Care Community with a plaque commemorating the work of Augmented Civilian Care Team 2, soldiers, sailors and aviators of Territorial Battle Group 1 during their time at Woodbridge Vista Care Community on Operation LASER, in Vaughan, Ontario, 3 July 2020. From left: Nitin Jain, President and Chief Executive Officer of Sienna Senior Living; Trish Geerlinks, Clinical Director Women's, Children's, and Senior's at William Osler Health System; Dr. Frank Martino, Executive Vice-President of William Osler Health System; Troop Commander Territorial Battle Group 1, Lt Cody Beard; Troop Warrant, Territorial Battle Group 1, WO Tim Nightingale; Nicole Vella, the Resident and Family Experience Coordinator at Woodbridge Vista Care Community; Carol Ois, Executive Director at Woodbridge Vista Care Community; and Sonia Roul, Communications Lead at Woodbridge Vista Care Community.

CPL JUSTIN DREIMANIS, 4TH CANADIAN DIVISION HEADQUARTERS PUBLIC AFFAIRS



FMF under the gun for RIMPAC readiness

By Peter Mallett, The Lookout Staff

It's been all hands on deck lately at Fleet Maintenance Facility (FMF) Cape Breton to get HMCS *Winnipeg* ready for the upcoming RIMPAC 2020 exercise and an overseas deployment afterwards.

Their ultimate goal is to get the Halifax-class frigate into a state of high readiness level 3 by the end of July, in time for the August multinational military exercise off Hawaii.

The process was more demanding than usual because military personnel and civilian staff have been slowed by the strict physical distancing and COVID-19 mitigation guidelines.

It's been an aggressive work schedule across multiple platforms totalling more than 2,500 employee work hours a week. Currently involved in preparing the ship for sea are the crew, Fleet Maintenance Facility Cape Breton, and the Fleet Technical Authority.

There are three major aspects to the work package: preventative maintenance, corrective maintenance, and engineering changes.

Some of the preventative and corrective maintenance relate to the high pressure air ship support system that provides air for gas turbine start bottles, diesel generator start system, and the torpedo tube flasks.

New engineering changes include systems and helicopter upgrades for the CH-148 Cyclone helicopter, such as moving ship and deck lighting, and hangar rearrangements to fit gear necessary to support the aircraft. All of the work in *Winnipeg's* work package is critical to the ship's operational readiness and ability to deploy.

Geoff Michael, leader of FMF's Project Management Team, says both the planning and work on *Winnipeg* are being conducted simultaneously.

Due to the time constraints, some jobs had to start in advance of the official work period in order to ensure they were completed on time.

He emphasized that COVID-19 precautions have complicated the critical planning phase and project management operations since only essential employees are able to work on site. This means the lion's share of the project planning and management is being done virtually. Employees are juggling family and child care with work commitments, and have set up home offices with the right computer software so they can meet their work objectives.

In order to properly engage all stakeholders, FMF uses telecom lines and cloud computing to communicate the project plan, establish a schedule, and report on progress and risk.

"I have been very pleased that we were able to deliver an executable work package at the end of the planning phase of this project; this was no small task," said Michael. "All of the people who were part of this process should be proud of this accomplishment."

Adding to the unique challenge of the Project Management Team was reducing a typical 16-week planning process required for most frigates into eight weeks in order to get *Winnipeg* to sea.

Michael shared management of the planning work with Ship Service Officer PO1 Lee Richardson, with the pair alternating their on-site presence each week.

"For me, working from home was a different situation because my kids have grown up and I had lots of distraction-free time to bang away at this project," said PO1 Richardson.

Also crucial to the project is Bruce Johnson, FMF Trials Project Leader. Along with Fleet Engineering Readiness, he is overseeing approximately 185 trials on the ship's key equipment required every five years for the navy's standard tiered readiness program for all vessels.

At the end of the day, Michael says the entire staff at FMF should be congratulated for the excellent teamwork they are doing.

"FMF is known for providing agile and flexible quality engineering and maintenance services to the Royal Canadian Navy and its fleets, which I have witnessed firsthand in this latest project," said Michael. "I believe that during this pandemic we have tested and continued to prove our resolve and resilience."



Antionette Yap, a Millwright Apprentice at Fleet Maintenance Facility Cape Breton, cleans the 57mm barrel of HMCS *Winnipeg's* main gun in preparation for an inspection of Naval Ordnance.

SUBMITTED



Bobby Sluggett, a Mechanical Fitter at Fleet Maintenance Facility Cape Breton, poses next to a refitted High Pressure Compressor that is ready to be put back onboard HMCS *Winnipeg*.

SUBMITTED



PO1 Richardson and Geoff Michael pose next to HMCS *Winnipeg*. As Project Leaders at Fleet Maintenance Facility (FMF) Cape Breton, they are in charge of ensuring that all the required repairs and maintenance onboard HMCS *Winnipeg* are completed prior to her deployment.

SUBMITTED

Change of Command at 12 Air Maintenance Squadron

By Trident Staff

12 Air Maintenance Squadron (AMS) at 12 Wing Shearwater had a Change of Command ceremony on June 22, 2020. Col James Hawthorne, 12 Wing Commanding Officer, presided over the ceremony. Because of physical distancing requirements of the COVID-19 pandemic, attendance at the ceremony was limited. LCol Willis is now posted to Ottawa as Executive Assistant to the Vice Chief of the Defence Staff.

A CH 148 Cyclone helicopter was on the runway outside the squadron, a reminder of the mission of 12 AMS.



Outgoing commanding officer LCol Tara Willis and presiding Wing Commander Col James Hawthorne sign documents at the 12 Air Maintenance Squadron Change of Command Ceremony with CWO Thibodeau (left) and Wing Chief Warrant Officer Poirier (right) as witnesses.

AVR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES



LCol Willis and CWO Thibodeau display a propeller during the Change of Command Ceremony.

AVR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES



A CH148 cyclone flies outside of 12 Air Maintenance Squadron for the Change of Command Ceremony.

AVR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES

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2020 CANADIAN NAVAL MEMORIAL TRUST

Essay Competition

Canadian Naval Review will be holding its annual essay competition again in 2020. There will be a prize of \$1,000 for the best essay, provided by the **Canadian Naval Memorial Trust**. The winning essay will be published in *CNR*. (Other non-winning essays will also be considered for publication, subject to editorial review.)

Essays submitted to the contest should relate to the following topics:

- Canadian maritime security;
- Canadian naval policy;
- Canadian naval issues;
- Canadian naval operations;
- History/historical operations of the Canadian Navy;
- Global maritime issues (such as piracy, smuggling, fishing, environment);
- Canadian oceans policy and issues;
- Arctic maritime issues;
- Maritime transport and shipping.

If you have any questions about a particular topic, contact cnrcoord@icloud.com

Contest Guidelines and Judging

- Submissions for the 2020 *CNR* essay competition must be received at cnrcoord@icloud.com by Wednesday, **30 September 2020**.
- Submissions are not to exceed 3,000 words (excluding references). Longer submissions will be penalized in the adjudication process.
- Submissions cannot have been published elsewhere.
- All submissions must be in electronic format and any accompanying photographs, images, or other graphics and tables must also be included as a separate file.

The essays will be assessed by a panel of judges on the basis of a number of criteria including readability, breadth, importance, accessibility and relevance. The decision of the judges is final. All authors will be notified of the judges' decision within two months of the submission deadline.



This 1968 Pontiac Beaumont convertible, valued at over \$102,000 and completely rebuilt by the Rust Valley Restoration crew, will be given away by December 16 to the lucky winning ticket holder in the Habitat for Humanity Kamloops 2020 Classic Car Raffle.

SUBMITTED

Veteran revs his Engine for Habitat for Humanity Kamloops (HFHK)

By Peter Mallett, The Lookout Staff

This summer, former Lt(N) Rex Landis will ride into Victoria behind the wheel of a 1968 Pontiac Beaumont convertible, completely rebuilt by the Rust Valley Restoration crew.

This rare classic car, valued at over \$102,000, will be given away by December 16 to the lucky winning ticket holder in the Habitat for Humanity Kamloops 2020 Classic Car Raffle.

Landis is bringing the Beaumont to the Victoria, and to CFB Esquimalt, to entice car enthusiasts to buy a \$25 raffle ticket.

"Only 50,000 are being sold, so the odds are great," says Landis, Procurement and Donations Coordinator for Habitat for Humanity Kamloops, B.C., an affiliate of the Habitat Canada. "I know there will be a huge level of interest in winning the Beaumont among sailors of the Royal Canadian Navy, and Army and Air Force members alike."

This car, says Landis, is certainly a "beaut" and one of only 47 made that year.

It features a dark cherry red exterior with a deep black leather interior, a 385-horsepower engine, automatic transmission, smoothie rims and baby moon caps, along with a new dashboard, carpet, and convertible top.

"Everything on the car is brand new, the motor has zero miles on it; the original car only had 8,000 miles on its odometer," said Landis.

The car was restored by Shuswap classic car specialists The Rust Bros, who are featured in the History Channel series *Rust Valley Restorers*. The TV series, which is filmed in Tappen, B.C., follows Mike Hall, Avery Shoaf, and Connor Charman-Hall as they fix up cars. They have agreed to restore a 1960s classic con-

vertible car every year for the next five years, and possibly beyond, for Habitat for Humanity fundraising raffles.

For the 2019 Classic Car Raffle, the Rust Brothers restored a 1968 Chevy Camaro RS/SS convertible, with Kamloops resident Louise Dagg claiming the prize at the draw in December.

Proceeds from the raffle go towards a Habitat for Humanity Kamloops Society mission of developing affordable housing for veterans. Habitat is working with Royal Canadian Legions in Enderby, Revelstoke, and Vernon, as well as others, towards providing universally accessible housing for veteran and seniors designed for residents to age-in-place. They are also working with the Legions in developing a new sustainable model for business operations. They cover a vast area within the central and northern interior of B.C. from Lumby to Revelstoke to Lillooet to Prince George.

"Ties to Habitat for Humanity Kamloops and the military are strong ones," says Landis. He started working for the organization two years ago and says three of their management team members are military veterans, as well as a Habitat for Humanity Kamloops Board of Director member.

"Making a difference in the lives of those who have served our country is an extremely rewarding part of this job as housing for veterans and seniors in our region is in very high demand. Veterans are an important extension of the military family, and a brother/sisterhood we all share that starts on day one of our basic training."

For more information about the contest or to purchase tickets visit their webpage: www.kamloopscaraffle.ca



LCol Andrew Currie enjoys doing topical cartoons, such as this one on ocean pollution.

SUBMITTED



LCol Currie has sketched and painted throughout his CAF career, including during deployments.

SUBMITTED

Doctor's funny bone

By Peter Mallett,
The Lookout Staff

When COVID-19 travel restrictions ease this summer, LCol Andrew Currie and his family will pack up their Washington, D.C., home and head northwest to Victoria.

He will leave behind his CF Health Services Attaché Canadian Defence Liaison Staff (Washington) post to support CF Health Services Centre (Pacific) as Pacific Regional Surgeon.

Servicing the medical needs of military members is serious business, but LCol Currie's got a remedy to add smiles and chuckles.

He's a skilled cartoonist who tackles current day world issues such as pollution and COVID-19 with a comedic edge.

"I was always an incorrigible doodler and I still am today," he says.

Skewed is his cartoon series, once hand drawn in ink, but now-days drawn digitally.

"I am of the opinion that we slowly start to lose our imagination as adults. But I never stopped drawing, even throughout my military career, and still get the same enjoyment out of it as I did when I was younger."

His path to a military career is far different than most in his profession. He was born and raised in Imperial, Saskatchewan - population 360. Intelligence and quick wit helped him graduate at the head of the class at the age of 17.

He surprised everyone when he rejected university and opted to train in Phoenix, Arizona, for a career as a motorcycle mechanic.

"I literally gob-smacked everyone when I decided not to go to university," he said. "I was good at taking apart clutches and fixing machines, in a round-about way it's related to medicine - diagnosis and treatment - and I believe the work ethic I learned as a mechanic helped me later in life."

In 1989, he enrolled at the University of Regina. Three years later, he enrolled in the Canadian Armed Forces Medical Officers Training Program during his first year of medical school at the University of Saskatchewan.

His fascination with art and mechanics would help him flourish in medical school.

"I loved anatomy and sports medicine and the whole idea of how the body worked," he said. "I would go home from school at night and redraw everything I had learned that day."

Upon graduation with distinction from the medical program, his biography slowly expanded. He has deployed to Bosnia, then to Kosovo during the 1990s with the 1st Battalion, Princess Patricia's Canadian Light Infantry. He was Base Surgeon at CFB Borden in 2011. A year later he deployed to Kabul, and in 2015 was the Task Force Surgeon for Op PROVISION. He is trained as a family physician with a master's degree in Occupational Health, Fellowship in Sport Medicine, and has Flight Surgeon and Basic Diving Medicine qualifications.

Coinciding with his military career was his art. He sketched and

Painted during his deployments. He even received the Surgeon General coin for keeping morale up with the cartoons. He was also lauded for his fundraising efforts to support a local women's art group in Kabul through his self-published book of cartoons entitled Life on the Top Bunk.

Like many comedians, he highlights the ludicrous in real world situations, and uses that in his cartoons.

"I think cartoons can be therapeutic. In times of political crisis, when you say a statement that many people have been thinking, it gives you a feeling of 'we are all in this together.'"

COVID-19 has been especially ripe with the absurd, although he was ahead of his time in 2016 when he began penning outbreak cartoons during a field epidemiology course taken through the Public Health Agency of Canada.

"I was sitting around with a bunch of students talking about a recent outbreak and I started drawing a cartoon about a bunch of people in a lifeboat," he said. "One side of the boat had people with spots while the other side was healthy, and the captain was confronting one of the stricken sailors. The caption read: Samuels, how can we hope to contain this outbreak if you won't stay on your side of the lifeboat?"

"I am constantly reminded of how life imitates art and in this case cartoon art," says LCol Currie.

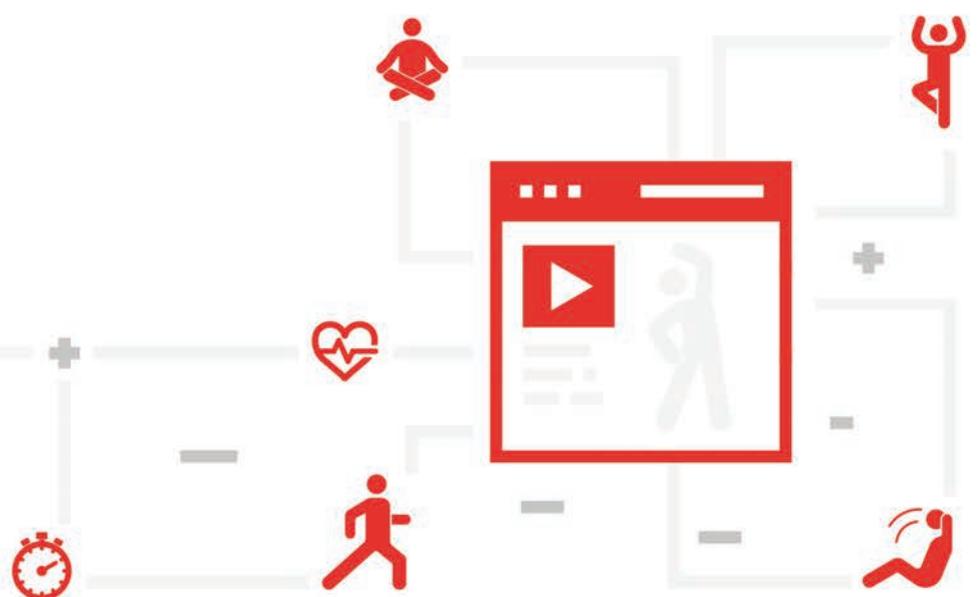


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RCN prepares for RIMPAC exercises

By Peter Mallett,
The Lookout Staff

Despite a world pandemic, two Canadian warships will transit to Hawaii in August for a major training exercise.

HMC Ships *Regina* and *Winnipeg* will represent the Royal Canadian Navy in a scaled-back version of the 27th biennial Rim of the Pacific (RIMPAC) exercise.

RIMPAC organizers - the United States Navy - had anticipated this year's event to be even grander than the past one in 2018. They planned more complex scenarios and more participating nations.

However, on March 6, they issued a statement detailing a drastic scaling back of plans due to COVID-19.

RIMPAC 2020 will be an at-sea-only event. Both the land and air components of the exercise have been cancelled to minimize international travel and person-to-person contact.

There will be a smaller support staff ashore in Honolulu at Joint Base Pearl Harbor-Hickam, and limited social events surrounding the exercise.

Cmdre Angus Topshee, Commander Canadian Fleet Pacific, says the Royal Canadian Navy is ready to adapt and respond to changes in the world and that includes the navy's response to COVID-19 mitigation efforts for RIMPAC. Sailors and aviators will be quarantined prior to the exercise, and COVID-19 testing will be conducted in cooperation with the Government of British Columbia.

"We will continue to review and adapt all our procedures in light of COVID-19 and I have confidence in the flexible and innovative nature of our sailors and aviators to get the job done safely," said Cmdre Topshee. "I am extremely proud of the fleet's accomplishments, and the resilience and leadership shown by all Canadian Fleet Pacific personnel throughout this unprecedented pandemic."

In early August, the ships with a combined 500 sailors, each with an embarked Cyclone air detachment, will sail from Esquimalt Harbour for the Aug. 17 to 31 exercise off Hawaii. Training scenarios will focus on multinational anti-submarine warfare exercises, maritime interdiction operations, live-fire events, and other cooperative opportunities.

"The biennial participation in this high-end exercise with the U.S. and allies from across Indo-Pacific highlights our commitment to working collaboratively on security and defence issues across this vital strategic region," said Cmdre Topshee.

Preparing for RIMPAC

Once RIMPAC was given the green light by the U.S. Navy, a virtual planning conference was held in early May, with weekly reviews, ending in a final virtual planning conference June 30.

"All of this was an effort to plan an exercise that

"The training will continue throughout RIMPAC as Winnipeg will carry on to deploy following her participation in the multinational exercise," said Capt(N) Robinson. "Sea Training (Pacific) will be working closely with USN units to ensure they are able to achieve their specific training objectives concurrently to Winnipeg's participation in RIMPAC."

To achieve success at sea, the ships' teams conducted a series of collective training events alongside. Both ships completed Damage Control Team Training, Casualty Clearing Team Training, and Operations Team Training Level 1 and 2.

Following the release of findings after the recent Cyclone crash, Royal Canadian Air Force pilots have conducted additional ground and simulator training, and have resumed flying on the West Coast. Final Force Generation activities will take place locally in Esquimalt, and on board HMCS *Calgary* at sea, prior to their joining *Winnipeg* and *Regina*.

What to expect at RIMPAC

RIMPAC is usually conducted in four distinct phases: Harbour Phase, Schedule of Events Phase, Force Integration Training Phase, and Free Play Phase.

In order to reduce shore-based contingents both the Harbour Phase and Free Play Phase have been eliminated.

The Schedule of Events phase involves an active two-week structured training program that will include multinational anti-submarine warfare, maritime interdiction operations, and live-fire events. The exercise will conclude with a short Force Integration Phase that will involve the ships working together in larger groups to practice coordinated warfighting skills.

Both *Winnipeg* and *Regina* will carry out missile firings. They are in the process of completing missile readiness training alongside and at sea. *Winnipeg* will fire Evolved Sea Sparrow Missiles and torpedoes, while *Regina* will fire a Harpoon to sink a target as part of a larger exercise with multiple units called a sinking exercise (SINKEX).



normally takes over a year with various in-person meetings with partner nations," explained Capt(N) Robinson, RIMPAC Task Group Commander.

Regina and *Winnipeg* and Canadian Fleet Pacific Headquarters staff have been conducting months of training to prepare for the summer exercise.

Regina recently completed high-readiness collective training off the coast of B.C. with the assistance of Sea Training (Pacific). *Winnipeg* will embark Sea Training (Pacific) to complete high-readiness training en route to Hawaii.



Change of Command in HMCS Charlottetown

Cdr Paul Mountford (left) incoming Commanding Officer for HMCS Charlottetown, Commodore Richard Feltham (centre), Commander CANFLTLANT, and Cdr Peter MacNeil (right), outgoing Commanding Officer, sign the certificates during the Change of Command Ceremony on June 30, 2020, in HMCS Charlottetown's shore office at 12 Wing Shearwater.

LS BRYAN UNDERWOOD, CAF



During a homecoming in Esquimalt BC, August 2019, a sailor reunites with his young son.

KATHRYN MUSSALLEM

Award-winning photographer focuses on sailors

By Peter Mallett, The Lookout Staff

For the last eleven years, Kathryn Mussallem, 44, has photographed the navies of the world.

It's an interest that began in 2009 while attending The School of Visual Arts in New York City as a grad student. As she walked the streets of Manhattan, she would often see United States Navy members walking about in full dress whites with their canvas Dixie Cup hats.

"It looked like they were walking off a movie set from the 1940s," said Mussallem. "Their uniform had never changed at that point and I was intrigued by that."

She was able to photograph them during Fleet Week, up close portraits that revealed their human side, the person rather than the military. That collection made its way onto the pages of an arts magazine and launched a pursuit that continues to this day.

"I try to show the human side and the faces of people who serve. I want people to understand these men and women

are your friends, brothers, sisters, and parents," she says. "It's a hard life. They are doing their jobs and making great sacrifices for freedoms many of us take for granted, and are leaving their families for long periods of time while they are away at sea."

Her work has won many accolades including the 2016 Sony World Photography Award for Sailor in the Spotlight that featured sailors hitting the dance floor at a popular bar in New York. It became part of a group exhibition at London's famed art centre Somerset House.

Her solo exhibition *Tattoos and Scrimshaw: The Art of the Sailor*, captured at a Fleet Week event in Boston in 2012, has appeared at maritime museums in New York, San Diego, Los Angeles, Santa Barbara and Vancouver.

"I chase sailors, that's what I do for a living, I photograph them at work and play," she says.

That quest led her to the Canadian

Forces Artist Program, which offers a grant to select artists to deploy with one of the three military branches.

In 2016 she sailed in HMCS *Calgary* during a transit to the Rim of the Pacific Exercise, in HMCS *Algonquin* before its decommissioning, and last August she was there for HMCS *Regina*'s homecoming after a six-and-a-half month deployment to the Asia-Pacific region.

She calls that moment a "highly emotional scene".

One moment stood out above the others. A sailor anxiously waiting on the deck as the warship docked, in his hand a plush toy. When the brow opened and the families rushed on board, she captured the sailor with his son, the embrace, and the reuniting of the plush toy after months away at sea.

"The big difference between USN and RCN homecomings is that Canadian families get to go onboard the ship when it returns. That is really cool and a much more personable experience."

The seven-day sail in HMCS *Calgary* offered her much-needed interaction with the crew to truly understand their service. She turned a mess into a studio and met with sailors one on one to learn more about why they joined.

"I left San Diego on the ship as a stranger, but when I arrived in Pearl Harbor I truly felt like I was part of the ship's company."

Some of her Royal Canadian Navy images are on display in the Vancouver Maritime Museum - a solo exhibit entitled *Ship's Company: The Canadian Navy at Work & Play*. While the museum is closed because of the COVID-19 pandemic, Mussallem says she is hopeful the exhibit will continue once the museum reopens.

She is currently staying at home, away from her work as a photography and visual arts instructor at Emily Carr University of Art and Design.

For more information about Mussallem and her work visit her website www.thealmightyqueen.com



Oven-baked cod with potato chip crumbs

By Paul Gendre,
Cook, Juno Catering

Prep time: 10min
Cook: 20min
Ready in: 30min

Ingredients:

4 Cod fillets,
1 pinch of salt and pepper to taste,
1/2 cup water,
1/2 fish bouillon cube,
3/4 cup potato chips crushed (any flavour),
1/4 cup butter, cut into small chunks

Directions:

1. Preheat oven to 350 degrees, Lay Cod fillets in a baking dish and season with salt and pepper
2. Combine water and fish bouillon in a bowl, stir and pour over cod
3. In a bowl mix crushed potato chips, butter, with a fork until crumbly, spread evenly over cod fillets
4. Bake in preheated oven until fish flakes easily with a fork and crust is golden brown, about 15 to 20 mins

Summer dining special: bacon cheddar crusted beef tenderloin

By Jamie MacMillan,
Cook, Juno Catering

Here's a decadent steak recipe for summer dinners. Steak, with a crust made from bacon, cheddar, and bread crumbs.

Ingredients

2 8-oz tenderloin steaks
2 slices bacon, chopped
1/2 cup fresh bread crumbs
1 cup your favourite cheddar cheese
A few sprigs of your favourite fresh herb to garnish

Directions:

1. Preheat your oven to 350°F and turn on your convection fan if you have one.
2. Splash a thin film of oil into a skillet over medium-high heat then quickly sear the steaks on both sides, not to cook but to brown and add a quick flavourful crust. Remove them from the pan to rest on a rack and cover loosely with foil.
3. In the same skillet over medium heat, brown the bacon, reserving drippings. Add the bacon, drippings, bread crumbs, cheddar cheese and butter to your food processor and buzz to combine, about 30 seconds. Pat the crust evenly over the top of the seared, but still undercooked, steaks. Place the steaks in the oven to roast until using a calibrated thermometer, they match the temperature that corresponds with your preferred doneness, 10 to 15 minutes.



A team from Operation IMPACT, Canada's training mission in the Middle East, participated in the virtual Navy Bike Ride, led by team captain and deployed PSP employee Breanne Lambert.

SUBMITTED

Still time to register for Navy 10K and Navy Bike Ride

By Trident Staff

While some of the Navy's signature events aren't taking place in their usual format this year, that doesn't mean they've been outright cancelled. Both the local Navy 10K here in Halifax and the national Navy Bike Ride event have transitioned to digital formats for 2020, and there's still time left to register and join the thousands who have already participated.

The Navy 10K Virtual Series kicked off on June 1 and continues until August 23, and the event is free and open to anyone who wishes to participate. As usual, the race is being run on the Race Roster platform, with categories for both individuals and teams of runners, along with a number of challenges and prizes. Current monthly challenges include the Battle of the Atlantic challenge for solo runners – which involves logging 75 total kilometres walking or running from July 6 - August 2, as well as the Open Team Building Challenge, which will see a prize awarded to the running team with the most members as of August 2. There are also weekly challenges and prizes being awarded, so be sure to check in each Monday to see the new challenge.

For rules, full details on how to register as a team or individual run-

ner, to update your total kilometres and personal bests, and for all other Navy 10K information, visit <https://raceroster.com/events/2020/31929/navy-10k-run-virtual-series>.

For those who prefer to get their exercise on wheels, the Navy Bike Ride event, presented by BMO, has also gone digital for its fourth year, beginning on May 6 and ending on August 23. This event has also taken up a Battle of the Atlantic Challenge – in honour of the 25,000 trips across the Atlantic made by RCN and Merchant Navy ships during the Second World War, the Navy Bike Ride goal is to achieve 25,000 separate rides before August 23. The current total sits at just over 8,500, meaning more help is needed to reach the goal before the event wraps up.

The Navy Bike Ride is also free for all participants, but there is an option to support the Royal Canadian Benevolent Fund and Support our Troops charities through a donation. A number of teams have put a focus on fundraising through their bike rides, and more than \$10,000 has already been donated. For full Navy Bike Ride rules and registration details, including instructions on how to track your rides and funds raised, visit <http://Navybikeride.ca>



Four US military personnel arrive at the Military and Maritime Museum in Montreal on July 4, 1980. From left, Cdr Kellie Byerly, Lt Michael Nowakowski, and CPO Pete Walden of the USN, with Maj Kevin Sullivan of the US Marine Corps Reserve.

TRIDENT ARCHIVES

RCN sports history: goodwill between friends

By Ryan Melanson,
Trident Staff

After relay-running 140 miles from Crown Point, New York to Montreal in two days, four US Navy and US Marine personnel arrived at Montreal's Military and Maritime Museum on July 4, 1980. The purpose of the run was to celebrate the 4th of July, the American Independence Day, as well as to show the goodwill that exists between Canada and the United States. The runners carried with them a message from New York Mayor Edward Koch to be delivered to Montreal mayor Jean Drapeau. Five CAF members from CFB Montreal paced their American counterparts from the Canadian border to the museum.

This month in RCN sports history:

1944 - In an exciting finale to the year's military boxing season, HMCS *Avalon* in Newfoundland pitted their entire boxing team against the combined forces of the Canadian Army, the RCAF, the US Army, and the US Navy. The 10-bout card brought *Avalon* its most convincing win of the year, with six wins (three knockouts and three decisions), three draws, and just a single loss. RCN boxing

coach Davey Brown said he put the call out to every force in Newfoundland to try their luck against the men of *Avalon*, and that coaching his team to victory in front of 4,000 spectators was a satisfying moment.

1964 - During a July visit to Norfolk, Virginia, HMCS *Bonaventure's* was hosted by the American aircraft carrier USS *Randolph* for a series of sporting events, with crews competing in softball, volleyball, and basketball. The sailors split the victories, with the *Bonnie's* volleyball team, well-conditioned from inter-ship play on board, blanking the *Randolph* 3-0, while *Randolph* took a 44-32 win on the basketball court. *Randolph* won the first softball match by a score of 6-3, and the *Bonaventure* squad came back later in the week to win the rematch 13-10.

1988 - After a hard-fought game that ended in an overtime goal on Porteous Field, the sailors from HMCS *Preserver* won the Fleet soccer championship for the second year in a row, taking down HMCS *Iroquois* by a score of 1-0, with the winning goal scored by LS Pinero.

Shearwater Fitness, Sports and Recreation Centre reopens

By 12 Wing Public Affairs

Since the Shearwater Fitness, Sports and Recreation Centre opened on Monday June 22, members may have noticed several changes. Black lines now indicate where people should stand while waiting outside. Once inside, people are greeted with a sign listing the new virus prevention regulations, glass shields at reception, and a table of spray bottles containing spray nine, a disinfectant that acts in nine seconds. Each user of the gym must carry one of these bottles with them and spray down any surfaces they come in contact with.

Only the weight and cardio rooms are open for use at the moment, members can book the use of these facilities by phoning the gym. Bookings are segregated by unit at this time. The swimming pool and main gym are only being used for training and pre-deployment FORCE tests, respectively. A maximum of four people are allowed in the weight room, and five in the cardio room. There are arrows on the floor throughout the facility directing traffic. The change rooms are only open for the washroom, and water most water fountains are covered up. Members are encouraged to show up changed, and with a full water bottle.

Unit PT is scheduled and typically takes place outside, in case of inclement weather TRX machines can be set up in the gym. Staff at the center have been adapting to the provincial health regulations. "We will have a fitness sports instructor in the weight room at all times to keep an eye on things," says Jason Price, manager of the gym. "After every group leaves, we have a brand new fog machine that is used to disinfect the equipment."

The principle of training economy

By Jessie Thibeault, PSP Halifax fitness and sports instructor

Training athletes is a lot different from training clients who have fitness goals. Mostly because every athlete needs to apply the principle of training economy. It means that since you only have a certain amount of time and energy to invest in your training, you need to make smart training for the most gains while staying healthy. Basically, the focus should be on the quality and not the quantity of your training. Athletes are high performance machines; a tiny adjustment in their training can change a lot in their performance but increased load also means increased risk of injury.

You have to understand that athletes have more to do than just lift in the gym. For example, football athletes, in addition to strength training, they have to do sprints, agility, mobility and conditioning. Which is a lot more than a client who just wants to grow his arms... Maybe a bodybuilder can do 5 or 6 exercises of the same muscle group, like the quadriceps. An athlete can't do that because he will need his quad to perform his other training. In other words, they have to invest their training money in different training modalities. Obviously each athlete has a different tolerance for work.

When you are working with an athlete, you need to remember: How can I do the job with the least amount of exercise as possible? The reason is that you want their nervous system to be fresh for every session. If this system is overloaded it can lead to injury, bad performance and bad motor learning. It is not an easy thing to do especially when you have a lot of different modalities to train with your athlete.

I would say that training economy is the only way to work with athlete that allows them to have a long and healthy career.

<https://www.youtube.com/watch?v=7hEwjbb4DVo>