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Welcome to HMC Dockyard

The first Arctic and Offshore Patrol Ship (AOPS), HMCS Harry DeWolf, was delivered to the Government of Canada on July 31, 2020, in Halifax. This is an historic milestone for the RCN, as it is the first ship in the largest fleet recapitalization in Canada's peacetime history.

MONA GHIZ, MARLANT PA





Members of HMCS *Harry DeWolf* formed up on the new jetty at HMC Dockyard before boarding their ship for the first time.

MONA GHIZ, MARLANT PA

Next generation of RCN ships begins with delivery of HMCS *Harry DeWolf*

By Ryan Melanson,
Trident Staff

The Royal Canadian Navy's Arctic and Offshore Patrol Ship (AOPS) program, as well as the wider National Shipbuilding Strategy, has reached its most significant milestone yet. HMCS *Harry DeWolf*, the first ship of the new Harry DeWolf-class of AOPS, was officially delivered from Irving Shipbuilding to the Government of Canada on July 31 during a ceremony at HMC Dockyard.

This is the first ship in the largest fleet recapitalization in Canada's peacetime history, the Navy's first purpose-built Arctic ship, and signifies the start of a long and exciting road for the RCN, with many more ships to come as part of the future fleet.

"Today's delivery of the first AOPS is very exciting not only for currently serving members of the Royal Canadian Navy, but moreover, it is also inspiring for our aspiring shipmates, seeking state-of-the-art technology to form new experiences in and expand their professional horizons," said VAdm Art McDonald, Commander RCN. He added that these new classes of AOPS, and eventually the new Canadian Surface Combatants, along with the changing realities of global security, mean that the RCN's fleet will remain relevant and vital to Canada's interests for decades to come.

"This is an era when the oceans are playing a central role in global affairs. The world's commerce still moves across oceans, great power politics are again playing out at sea, and oceans are central to the health of the planet

in an age of profound climate change. As these ships begin getting delivered, there will be much work for them to do."

In addition to the first crew of *Harry DeWolf* and Navy leadership, the delivery ceremony was attended by workers and executives from Irving's Halifax Shipyard, as well as government representatives, including Halifax MP Andy Fillmore.

Along with ice-breaking capabilities from a strengthened hull that allow for operation in up to 120 cm of first-year sea ice, the *Harry DeWolf* class comes with extra space to efficiently transport cargo, can accommodate a Cyclone helicopter, and will sail with

various small vehicles and deployable multi-role rescue boats and landing craft that are new to the RCN. The class also brings new technology in the way of weapons, firefighting systems, and bridge integration, meaning the new crew, who have been busy preparing for this moment, still have considerable work to do before being fully comfortable with the new platform.

"Bringing a ship into service isn't an easy thing," said Cdr Corey Gleason, the first Commanding Officer of *Harry DeWolf*. Before the ship is formally commissioned next year, his team will spend time training alongside, learn how to respond to emergencies

on board, and will continue working with simulators to get accustomed to the new integrated bridge system, all while preparing to go to sea. *Harry DeWolf*'s first sail will be a short 10-day training mission in the local area.

"That's when we'll put all those lessons to work, and as time marches on, we'll add new capabilities," Cdr Gleason added, mentioning tools like the AOPS platform's new small boats and new 22 millimetre gun.

"Right now we're building doctrine and learning how to operate these systems. We'll do that slowly initially, but then we'll really start projecting forward."

The new ships will be at the core of an enhanced Arctic presence, and can provide critical reconnaissance and surveillance operations in the region above that of other warships, and the reinforced hull will allow the RCN to sail in the Arctic for longer periods of time during the June-October navigable season. Outside of that season, the AOPS will be capable of taking part in a wide variety of other international operations, such as anti-smuggling, anti-piracy, international security and stability, and humanitarian or disaster relief missions.

Three additional AOPS ships are currently in production, with delivery of the second ship, HMCS *Margaret Brooke*, expected to be delivered in 2021, followed by the future HMCS *Max Bernays*, HMCS *William Hall*, HMCS *Frédéric Rolette*, and HMCS *Robert Hampton Gray*.

• With files from RCN Public Affairs



VAdm Art McDonald, right, Commander RCN, officially accepts the delivery of HMCS *Harry DeWolf* to the Government of Canada from Irving Shipbuilding President Kevin McCoy on July 31.

MONA GHIZ, MARLANT PA



HMCS *Fredericton* returns after difficult Op REASSURANCE deployment

By Ryan Melanson,
Trident Staff

After 141 days at sea that brought unexpected difficulties and tragedy, HMCS *Fredericton* and her ship's company were finally reunited with their families, friends and colleagues as they arrived back in Halifax on July 28.

"We all know we're returning to a very different world than when we left Halifax six months ago, but I can't tell you how great it is to be back on Canadian soil," said Cdr Blair Brown to a small crowd at HMC Dockyard and to thousands who watched online as the ship came alongside. Rather than having a large gathering of family members waiting as sailors disembarked, the crew was bussed to Windsor Park after arriving to meet with families in a way that complies with physical distancing guidelines.

Before reaching shore, the ship was met at sea by Chief of the Defence Staff Gen Jonathan Vance and Minister of National Defence Harjitt Sajjan, who

spoke with the crew to privately thank them for their work under exceptionally difficult circumstances. Gen Vance also took the step of awarding *Fredericton* the CAF Unit Commendation for their extraordinary work carrying out their deployment in the face of both the COVID-19 pandemic and the tragic loss of six of their colleagues.

On April 29, *Fredericton's* CH-148 Cyclone helicopter, codenamed Stalker 22, crashed during operations off the coast of Greece. Six CAF members lost their lives – Capt Brenden Ian MacDonald, Capt Kevin Hagen, Capt Maxime Miron-Morin, MCpl Matthew Cousins, SLt Abigail Cowbrough and SLt Matthew Pyke. Despite the loss of their friends and shipmates, the crew carried on with their mission through an uncertain, and sometimes frightening, COVID-19 environment.

"Our role in Operation REASSURANCE was vital, and our ship's com-

pany displayed tremendous resilience, a positive attitude, and unwavering commitment to that mission," Cdr Brown added.

Others who were present at the jetty for the arrival included family members of *Fredericton's* fallen sailors and aviators, who received flowers and condolences from Cdr Brown and other members of senior RCN and CAF leadership in attendance.

"The loss of our shipmates and the crash of Stalker had a profound impact on all of us... It was felt by every single one of us on board every day, and it's left a space in our hearts that will remain there for the rest of our days. I extend my deepest sympathies and condolences," Cdr Brown said.

In the aftermath of the crash, *Fredericton* embarked a padre and two social workers, and worked to thoroughly interview each member of the ship's company to help them process the traumatic event. Access to those ser-

vices remained available through the deployment, Cdr Brown said, as the ship worked to slowly introduce the day-to-day business of life at sea while they mourned and remembered their shipmates.

The homecoming ends a long period of relative isolation for the crew, who were unable to enjoy the usual port visits and time away from the ship that would come with a six-month stint at sea. Access to the ship was also extremely limited beyond *Fredericton* personnel, with only rare exceptions being made for critical work.

"The crew has been isolated, they've been away from their families, and they're happy to be home," Cdr Brown said.

As part of Canada's ongoing commitment to Op REASSURANCE HMCS *Toronto* has now joined NATO allies and continues the mission of ensuring stability and security in Central and Eastern Europe.



HMCS *Fredericton* arrives home from deployment to Op REASSURANCE.

LS BRYAN UNDERWOOD, FIS



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HMCS *Frederickton* returns after difficult Op REASSURANCE deployment



PO1 Jamie P. Fitzgerald and his wife embrace as HMCS *Frederickton* returns home. PO1 Fitzgerald won the lottery to be the first ashore.

LS JOHN IGLESIAS, FIS



Cdr Blair Brown, HMCS *Frederickton*'s Commanding Officer, spoke to a small crowd at the jetty and thousands who watched live online as the ship came alongside.

LS JOHN IGLESIAS, FIS



After disembarking, HMCS *Frederickton* personnel were bussed to Windsor Park to be reunited with their families and loved ones after a difficult six months away from home.

NEIL CLARKSON, FIS

PSP Halifax welcomes *Fredericton* home

By Trident Staff

Members of HMCS *Fredericton* returned to Halifax on July 28 to be reunited with their families and friends after a six-month deployment to Op REASSURANCE, and PSP Halifax welcomed them home with a small token of appreciation to help as they adjust to life back at home.

A “Welcome Home” bag was presented to each member of the ship’s company, containing PSP swag, candy from Nova Scotia’s Peace by Chocolate, courtesy of Sobeys, and gift cards from businesses like Ultramar, Subway, Domino’s Pizza and Tim Hortons.

The items inside the gift bags were provided by PSP’s generous corporate partners, who support military events and activities throughout the year. With most of Formation Halifax’s annual events postponed for 2020, the goal has been to find other ways to remind CAF members that the organizations who support them will still be here through difficult times.

“We’re happy to have HMCS *Fredericton* home, and this is just a small way to thank them for the incredible hard work they’ve done on behalf of our country,” said Missy Sonier, PSP Halifax’s Corporate Sponsorship Manager.



PSP Halifax provided each member of HMCS *Fredericton* with a small gift bag to welcome them home following the ship’s six-month European deployment.

PSP HALIFAX

Capt(N) Allen Fry takes command at Canadian Forces Maritime Warfare Centre

On Thursday July 30, Capt(N) Allen Fry assumed command of the Canadian Forces Maritime Warfare Centre (CFMWC) from Capt(N) Jamie Tennant. The ceremony, overseen by Commodore Christopher Robinson, Director General Naval Force Development, was not a traditional change of command ceremony in that it was conducted via video conference as a result of the ongoing global pandemic. Cmdre Robinson congratulated Capt(N) Fry on his new position and thanked Capt(N) Tennant for his hard work and commitment over the past two years as Commanding Officer. The Commander of the Royal Canadian Navy, VAdm Art McDonald, and Command Chief Petty Officer, CPO1 David Steeves, were in the Halifax area and joined the ceremony in person. The officers, sailors, civilian and contractor staff of CFMWC are looking forward to working with Capt(N) Fry as he begins his tenure as Commanding Officer at CFMWC. From left: Capt(N) Tennant, Cmdre Robinson, and Capt(N) Fry.



SUBMITTED



Capt(N) Williams takes command at CFB Halifax

By Ryan Melanson
Trident Staff

Capt(N) David Mazur was already an experienced Naval Officer when he arrived back on the east coast two years ago to take command of CFB Halifax, but he said the appointment has given him a deeper understanding of what makes the RCN thrive outside of the day-to-day business at sea.

“Warships are a comfortable place for a sailor. You know who’s who and what’s what. When you get to a place like the base, things are very vast and there’s new challenges every day,” he said, as he gave his final address as Base Commander before handing command over to Capt(N) Sean Williams in a ceremony held in the Juno Tower Wardroom on August 5. The small event was attended by members of the Base and Formation leadership as well as family members, with CPO2(Ret’d) Debbie Eisan and Raymond Sewell on hand for smudging and a performance of the Mi’kmaq Honour Song.

Capt(N) Mazur thanked a number of people who supported him over the last two years, and said the various heads of departments and lodger and support units always had the knowledge and expertise to make his job easier. He also credited the local defence community for rising to the occasion with a strong response to the COVID-19 pandemic and associated challenges, as well as the tragedy of the loss of the Cyclone Stalker 22 and the six CAF members on board.

“These are hard things to do. There are many people who played a role in the response. It’s not just the base; I’m extremely proud of the whole defence



Capt(N) David Mazur (left), RAdm Brian Santarpia (centre,) and Capt(N) Shaun Williams (right) sign the Change of Command certificates.

LS BRYAN UNDERWOOD, FIS

team across the region for responding in such a caring and professional way.”

He also noted the challenge of infrastructure, with aging buildings slowly being replaced on base, as well as an increased focus on diversity and inclusion at CFB Halifax, were other issues that he enjoyed making progress on during his command.

RAdm Brian Santarpia, Commander MARLANT and JTFA, presided over the ceremony. As a former CFB Halifax Base Commander himself, he said he knows about the dynamic and challenging nature of the job, and how difficult it can be to excel in the role. He described Capt(N) Mazur as a longtime friend and colleague, and

noted that his efforts to improve the relationship between the base and the wider community, as well as his leadership through the COVID-19 pandemic, have been praised.

“These moments are important and we shouldn’t just let them slip by. We can take a moment and acknowledge how much the team has accomplished under Dave’s leadership over the last two years,” RAdm Santarpia said, while also welcoming Capt(N) Williams to the position and expressing his full confidence in the incoming Base Commander.

Originally from Bedford, Capt(N) Williams said he’s excited to be coming home for this next phase of his career. He spoke about the

long history of CFB Halifax and the accomplishments of previous Base Commanders, portraits of whom line the walls of his new workplace.

“It’s a bit unreal for me and very humbling to be carrying on that legacy and to now be a part of that group of people,” he said, thanking Base Chief CPO1 Kent Gregory and the rest of his staff for the warm welcome so far.

While the future is uncertain in terms of the pandemic situation and the way it could impact base business, he said CFB Halifax will continue adjusting to the new normal and keep a close eye on the mental health of its members as they return to work and abide by new restrictions designed to limit disease spread.

He also highlighted the coming recapitalization of the fleet, which began with the recent delivery of HMCS *Harry DeWolf*, and the supporting roles the base will play in getting new crews trained up and new ships sent to sea.

“The work has already begun, and I know the base will keep playing an important part in getting the Navy and the city ready for the future.”

Prior to his Base Commander appointment, Capt(N) Williams most recently served as Executive Assistant to the Chief of the Defence staff, and his resume includes a number of other staff positions at NDHQ in Ottawa, as well as stints in HMCS *Regina* during Op APOLLO and as the Marine Systems Engineering Officer aboard HMCS *Ville de Quebec*.



Capt(N) David Mazur, outgoing Base Commanding Officer at CFB Halifax, speaks to incoming Base Commander, Capt(N) Sean Williams during the Base Commander Change of Command ceremony at the Consolidated Seamanship Training Facility in CFB Halifax on August 5, 2020.

LS BRYAN UNDERWOOD, FIS



Capt(N) Sean Williams, incoming Base Commander CFB Halifax, speaks during the Change of Command Ceremony.

LS BRYAN UNDERWOOD, FIS



From doctor in the RCN to Provincial Health Officer: Dr. Bonnie Henry's career progress

By SLt M.X. Déry,
MARPA PAC PAO

The journey to Dr. Bonnie Henry becoming a household name in BC and across the rest of Canada began decades ago as the child of a military family.

She still has the stereotypical answer to the question, Where are you from?

"I was born in Fredericton, NB (my father was posted to CFB Gaagetown), but I consider Charlottetown my hometown," she says, because her father was a Major with Lord Strathcona's Horse, Canadian Army. "We moved around a lot."

She grew up in towns across Canada and abroad - from Charlottetown to Calgary to St. John's and even as far away as the Netherlands.

But it was summer employment with the Naval Reserves as a Naval Warfare Officer, then known as a Naval Control of Shipping officer, that would lead her to B.C., and eventually to Provincial Health Officer for BC, managing COVID-19, the first woman to hold that position.

An interest in medicine led her to Dalhousie University Faculty of Medicine in Halifax. While completing her Medical Degree, she decided to follow her father's path and join the CAF.

"Being an armoured corps officer, he was sorely disappointed when I joined the navy," she quips.

The military, always in need of medical staff, paid for the last two years of her degree.

Like her current position, back in the 1990s she was a female rarity in the medical, navy, and diving world. She spent almost 10 years showcasing how woman can excel in the military domain. During her service, she was a

ship's diver, flight surgeon, and medical diver. Each of those roles required special training that exposed her to physical and mental stressors.

"They were all physically demanding and intellectually stimulating," she says. "I really enjoyed the physical part as well as the understanding, from a medical perspective, of the occupational challenges that life in the military and specific things such as diving or flying have on people."

She dove with Fleet Diving Unit clearance divers to understand the unique challenges of the underwater environment and their medical needs should a situation arise where the decompression chamber is required. While she wasn't the strongest diver, she persevered through the training and managed donning the complex dive gear and operating the heavy dive equipment.

As a medical officer, she sailed in HMC Ships *Annapolis*, *Provider* and *Regina*, and attended to the medical needs of the crew. She recalls many late night knocks at her cabin door from a sailor needing something minor such as a Band-Aid.

"As a medical officer, my job was 90 per cent boredom and 10 per cent panic," she says wryly. "My role in the ship was also a public health one."

During port visits, she held the customary briefings to explain the importance of protective measures in foreign cities, from food dangers to sexual safety.

She was even at the forefront of banning smoking in warships. At that time sailors could puff away inside the ship, even in the racks.



Dr. Bonnie Henry.

COLIN SMITH TAKES PICS

"I walked into a meeting and most of the men there were smokers. We had done a survey and 50 per cent of the crew were smokers," she said.

Despite coming prepared to argue for the ban, it wasn't required.

"It surprised me that they all agreed smoking was bad and it was banned [inside the ship]."

The uniqueness of sailing in a warship stays with her to this day.

"I remember sailing down to RIMPAC; half way to Hawaii we stopped the ship to have a swim. There is something about swimming in the middle of the ocean when you realize the closest piece of land is one nautical mile away, straight down."

In 1995, Dr. Henry retired from the military, exchanging her weighted diver's boots and sailor footwear for her signature Fluevog shoes. When she joined the civilian workforce, she took with her the many lessons learned about leadership and decision making.

"I learned the importance of understanding what people do to deal with a crisis. In a crisis it is important to make decisions with the best information you have at the time, but often the information is imperfect and there may be things we don't yet know. Not everybody is comfortable making a decision in these circumstances."

Her wisdom has grown through her work with UNICEF, the World Health Organization, and dealing with public health crises at varying levels in Canada, such as anthrax, polio, ebola, SARS and H1N1. Now she advises the province on how to handle this global pandemic.

To her health care colleagues currently in uniform thinking of careers after military service, she offers this advice.

"Be confident that the training and experience you have from the military will hold you in good stead in the civilian world as well. That and the extra experience you get from a leadership perspective can be readily transferable. Just don't expect everyone in the real world to follow your advice!"

As the pandemic continues around the world, BC residents should continue to follow Dr. Henry's advice: "Be kind. Be calm. Be safe."



During her career in the RCN, Dr. Henry was a ship's diver, flight surgeon, and medical diver. She says those occupations were "physically demanding and intellectually stimulating" and that the dives with the FDU(P) clearance divers helped her to understand the unique challenges of the underwater environment and their medical needs should a situation arise where the decompression chamber is required

SUBMITTED



Dr. Henry notes that while she wasn't the strongest diver, she persevered through the training and managed donning the complex dive gear and operating the heavy dive equipment.

SUBMITTED



Trending now: CAF families can see a doctor online

It can be hard to know what to do when your military family has just moved and a family member gets sick. You've barely had time to unpack, much less had time to find a new family doctor.

What do you do? Do you take them to a walk-in clinic? Or maybe your new community is so small that it only has an emergency room. Do you have to wait hours in the waiting room while you or your sick family member waits to see a doctor? And what about all those other sick people around you waiting to see the same doctor? Will you be exposed to whatever germs or illness they're facing too?

Now, you and your dependents have a much better (and faster) option. This summer, Canadian Forces Morale and Welfare Services is collaborating with Maple to provide online doctor visits to dependents of CAF members living in Canada. With a few clicks, you'll be able to access a Canadian-licensed general practitioner within minutes, not

hours! It's a safe, fast and effective way to access routine healthcare from the comfort of your home. You'll need to access the service by smartphone, tablet or computer. You can also choose to communicate with Maple's doctor by text, phone call or video. Did we mention the service is free for all serving military families? Well, it is. If you or your dependent need to see a virtual doctor Monday to Friday between 7 AM and midnight (EDT), the service won't cost you anything. Nothing. Zip. Nada.

So how do you access this new, great and free service? First, you go to www.getmaple.ca/military-family. You'll be asked to enter a valid CFOne card. Remember that if the virtual doctor consultation is for your dependent, you'll need to use their valid CFOne number. Maple will confirm your eligibility and in a few minutes, you'll be connected to a Maple doctor virtually.

Just like a family physician in person, the online

doctor can dispense medical advice, offer some prescription refills and even provide lab and imaging requisitions.

Canadian military families now have a new option for health care. When you need to see a doctor quickly and you're without a family physician, remember that this program is here for you during the COVID 19 pandemic.

Quote: "With each move, military families often find it difficult to secure a family doctor, as well as specialist practitioners. Virtual care has the potential to increase access to primary and specialist care for military families, particularly those in rural and remote communities. CFMWS' Military Family Services is happy to be working with our partners at Maple to make virtual healthcare access available to those military family members who require timely access to a physician." Colonel Telah Morrison, OMM, CD, Director Military Family Services

Nouveauté : Les familles des FAC peuvent consulter un médecin en ligne

Il peut être difficile de savoir quoi faire lorsque votre famille vient de déménager et qu'un membre de la famille tombe malade. Vous avez à peine eu le temps de débarrasser vos boîtes et encore moins de trouver un nouveau médecin de famille. Que faire? L'emmener à une clinique sans rendez-vous? Ou peut-être que votre nouvelle communauté est tellement petite qu'elle n'a qu'une salle d'urgence? Devez-vous patienter des heures dans la salle d'attente pendant que vous ou le membre de votre famille malade attendez un médecin? Et qu'en est-il de toutes ces autres personnes malades autour de vous qui attendent le même médecin? Serez-vous également exposé aux germes ou aux maladies qu'ils combattent? Maintenant, vous et vos êtres chers disposez d'une bien meilleure option, plus rapide. Cet été, les Services de bien-être et moral des Forces canadiennes collaborent avec la clinique Maple pour offrir des consultations médicales en ligne aux personnes à charge des membres des FAC vivant au Canada. Du bout des doigts et en quelques minutes – et non au bout de quelques heures – vous pourrez consulter un médecin généraliste autorisé à exercer au Canada. C'est une

façon sûre, rapide et efficace d'obtenir des soins de santé courants dans le confort de votre foyer. Vous devrez utiliser votre téléphone intelligent, tablette ou ordinateur pour vous prévaloir du service. Vous pouvez aussi choisir de communiquer avec un médecin de la clinique Maple par messagerie texte, téléphone ou vidéo.

En plus, le service est GRATUIT pour toutes les familles des militaires actifs. Vous avez bien lu! Si vous ou un membre de votre famille consultez un médecin par voie virtuelle, du lundi au vendredi, entre 7 h et minuit (HAE), le service ne vous coûtera rien. Rien du tout. Alors, comment aurez-vous accès à ce nouveau service exceptionnel et gratuit? D'abord, rendez-vous à www.getmaple.ca/militaryfamily. On vous demandera de saisir votre numéro de carte UneFC. Si la consultation est pour un membre de votre famille, vous devrez utiliser son numéro de carte UneFC valide. La clinique Maple confirmera votre admissibilité et, en quelques minutes, vous mettra en lien avec un de ses médecins par voie virtuelle. Tout comme pour une consultation en personne, le médecin en ligne peut dispenser des conseils médi-

caux, rédiger le renouvellement d'ordonnances et même demander des tests de laboratoire et d'imagerie.

Les familles des militaires canadiens disposent maintenant d'une nouvelle option en ce qui concerne leurs soins de santé. Si vous n'avez pas de médecin de famille et que vous avez besoin de consulter rapidement un professionnel de la santé, n'oubliez pas que ce programme a été conçu à votre intention durant la pandémie de COVID-19.

Citation :

« À chaque déménagement, les familles des militaires éprouvent souvent de la difficulté à trouver un médecin de famille, ainsi que des médecins spécialistes. Les soins virtuels ont le potentiel de renforcer l'accès aux soins primaires et spécialisés pour les familles des militaires, en particulier celles qui vivent dans des communautés rurales et éloignées. Les Services aux familles des militaires des SBMFC sont heureux de travailler en collaboration avec nos partenaires de la clinique Maple pour offrir des soins de santé virtuels aux familles des militaires ayant besoin d'un accès ponctuel à un médecin. » Colonel Telah Morrison, OMM, CD, directrice des services aux familles des militaires

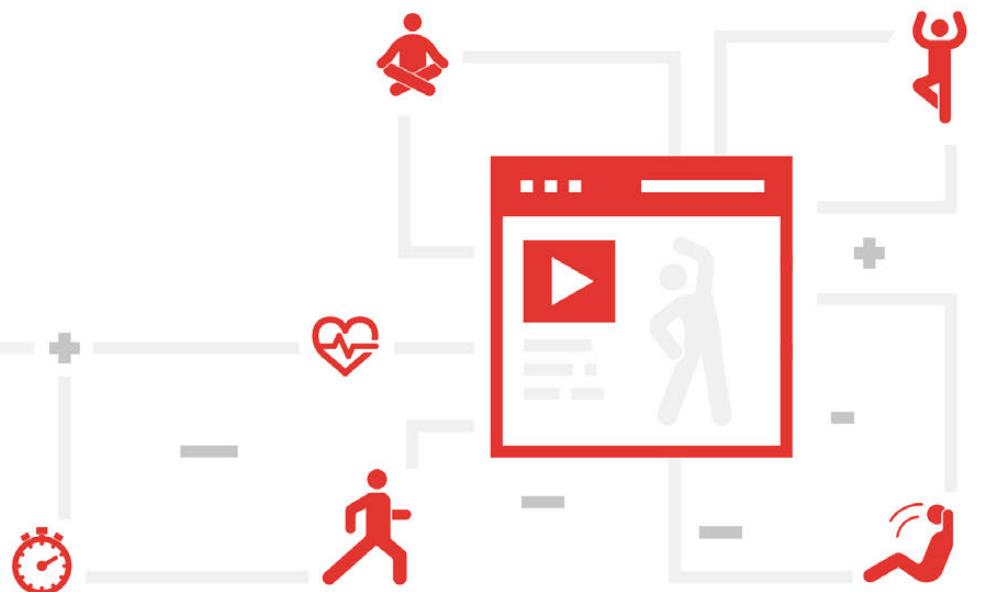


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2020 CANADIAN NAVAL MEMORIAL TRUST

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.



HMCS Sackville, aka Dickie, as seen in Tom Hanks's recent movie Greyhound.

SUBMITTED

Greyhound, a convincing depiction of Battle of the Atlantic

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

In his postwar memoirs, Winston Churchill wrote "...the only thing that ever really frightened me...was the U-boat peril."

The importance of the threat posed by German submarines was a game changer to maintaining the Atlantic lifeline. Had the Allies lost in the Atlantic, Britain would have been starved out of the war and no supplies, men or technology would have made it to the front.

Tom Hanks' latest tale of war centres on a roughly 72-hour period of the longest campaign of the Second World War that took place in April of 1942, though this block of time could have been pulled from any of the months of the Battle of the Atlantic. The movie is based on the 1955 novel *The Good Shepherd*, which C.S. Forester chose to take place during what was known to the German submariners as the second happy time. Inadequate escorts, untrained crews, and lack of corporate knowledge on the part of military leaders led to the wholesale slaughter of merchant ships up and down the eastern seaboard as well as far out into the Atlantic, specifically that area known as the Black Pit by sailors in between eastern North American air coverage, and western European and Icelandic air coverage.

And thus is the setting for what only can be described as an action flick start to finish. Tom Hanks plays a newly minted USN destroyer Captain recently charged with the duty of Escort Commander comprised of his destroyer, codenamed *Greyhound*, two RN destroyers codenamed *Harry* and *Eagle* and an RCN corvette codenamed *Dickie* (played by none other than YOUR Naval Memorial, *HMCS Sackville*). The escorts are

charged with getting a 57-ship convoy to a meeting place on the far side of the airgap from Halifax, Nova Scotia. At the time, this was known as the Mid Ocean Escort Force (MOEF).

The computer generated imagery (CGI) was not overdone as some die-hard fans had feared it might be. *HMCS Montreal* was utilized at sea for shots of the sea surface, which apparently is very difficult to mimic in CGI. Hard turns, waves over the bow, and general typical North Atlantic rollers make for a realistic experience as the escorts and submarines jockey for positions on the playing grid that is a finite spot somewhere in the mid North Atlantic. For the rivet counters, there are a few minor disruptions, but none take away from the story.

Surface action between escorts and U-boats, though not common, was a last resort and the viewer gets caught up in these exchanges of shellfire as if it were an old western shootout. As the events transpire over a relatively short period, there really is no need for character development though after one particularly nasty U-boat scrap Tom Hanks' character calls out to his escorts for damage reports and *Dickie* reports three holes above the waterline but ready to continue the fight....Ahhh, that Canadian can-do attitude!

All in all, *Greyhound* is a quick action-packed flick worthy of seeing. If there is one disappointment, it is the lack of mention of *HMCS Sackville* or *HMCS Montreal* in the credits but alas... we can't have it all. We now have a Hollywood movie star, *HMCS Sackville*, in our midst!



Former logistician becomes Commissionaires' chief

By Peter Mallett,
The Lookout Staff

A retired Commodore of the Royal Canadian Navy is the new leader of an organization that provides security services to public and private sector clients, including Canada's military bases.

Cmdre (ret'd) Mark Watson is now Commissionaires Chief of Staff. He replaces Capt(N) (ret'd) Harry Harsch, who served for five years with the non-profit, self-funded organization.

"I hope that my military and business experience will be an asset to improve our institution's effectiveness and efficiency," said Watson. "To that end, I look forward to working with the various boards, management teams, and commissionaires across Canada."

Commissionaires is Canada's premier security provider and the largest employer of retired CAF members and RCMP veterans. Coast to coast, they employ more than 22,000 people. Services range from professional guarding to by-law enforcement to digital fingerprinting, criminal and employee background checks, and security

training.

"Commissionaires is a truly unique Canadian institution serving veterans and the community for nearly 100 years," says Watson.

Col (ret'd) Chris Lythgo, Commissionaires National Board Chair, describes his new colleague as "an accomplished leader" with a proven track record of success who possesses a "wealth of knowledge and skills" from more than three decades of service to the CAF and Department of National Defence.

He also noted that Watson should be a familiar face to many, having held a variety of senior appointments over a period of 36 years.

Some of his more high-profile posts include Logistics Officer, African Union Mission in Sudan (2005); Director Maritime Material Operation Support and J4 Canada Command; member Canadian Forces Liaison Council; CEO Canadian Forces Morale and Welfare Services (CFMWS) 2012 to 2016; and Director General Compensa-

tion and Benefits (2016 to 2019). In 2006 he served as CFB Halifax Base Administration Officer and in 2012 was Base Commander at CFSU Ottawa.

"I have started to miss not putting on the uniform everyday and the camaraderie that exists in the military, but luckily Commissionaires has that connection to military people and we still have that culture of brothers and sisters in arms," he said.

Watson is 56 and grew up in Barrie, Ont., but now resides in Chelsea, Que., where he lives with his wife Dr. Lisa Chillingworth Watson. The couple have four adult children. His father Walter served in the Korean War with the senior armoured division of the Canadian Army, the Royal Canadian Dragoons. Along with his military service, he has a Bachelor of Arts in Political Science, a Masters of War Studies, Masters of Defence Studies from Royal Military College (RMC), and a Masters of Business Administration from Saint Mary's University, and is a Certified Professional Accountant.



Cmdre (ret'd) Mark Watson
COMMISSIONAIRES

Finding God in new back-to-school routine

By Capt PJ Vere, Unit Chaplain
CFB Halifax

September is back-to-school for many of our military families. Yet unlike commencement to the school year during Septembers past, this year brings with it a level of uncertainty.

This uncertainty equally affects students, teachers and parents.

What will school be like following the Coronavirus pandemic?

What changes can we expect to daily classroom routine? What about in our interactions between students, teachers, and parents?

Are after-school sports and holiday concerts traditions of the past?

Although students are returning to school, our daily school routine - what previously we considered normal - will change.

This reminds me of the first Navy expression taught to me as an army chaplain when I was posted to CFB Halifax two years' ago: "There are two things the Navy hates: change, and the way things are."

For some of us, changes to school routine are an object of dread.

Others approach these changes enthusiastically and as an opportunity

to improve the way things were.

After all, not all students share the same learning style, or benefit from live classroom interaction with their teacher and peers. Nor does every dozy teenager find himself or herself at peak learning capacity during the morning and early afternoon.

Whether one prefers the way things were or is open to change, often depends upon one's attitude.

Within the Christian faith we refer to this as grace.

Grace is giving oneself permission to maintain a positive attitude when life circumstances necessitate change.

Through grace, we invite God to accompany us as we adapt to change, trusting Him to see us through the process.

St Paul teaches us that God will never burden us beyond our capacity to handle.

Thus as we prepare our children to return to school, I would invite you to allow God to be part of the change. Ask Him to gift us with the grace to accept these changes with a positive attitude.

USCGC Tahoma to participate in Op NANOOK



United States Coast Guard Cutter Tahoma came alongside in HMC Dockyard Halifax on August 3 as part of Op NANOOK, to fuel up before sailing north.

MONA GHIZ, MARLANT PA



HMCS *Regina* prepares for Ex RIMPAC 2020



HMCS Regina fires its 57mm Bofors gun while sailing in preparation for Ex RIMPAC 2020, August 3, 2020.

CPL HUGO MONTPETIT, CANADIAN FORCES COMBAT CAMERA

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The team from HMCS Margaree won the Atlantic Fleet Softball Championship in 1982.

TRIDENT ARCHIVES

RCN sports history: HMCS Margaree takes Fleet softball title

By Ryan Melanson
Trident Staff

Ten East Coast ships competed from August 12-16, 1982, for ownership of the Fleet softball title and for the right to represent the Fleet in the fall at the base quadrant playoffs. HMCS Margaree emerged from the round-robin portion of the tournament without a loss, and defeated HMCS Iroquois in a semi-final, moving on to the final game against HMCS Skeena, where they clinched the title with a 7-1 blowout.

This month in RCN sports history

1945 - The Halifax Navy ball team was the talk of the military sports community across the country, with many regarding them as the best amateur ball club in Canada through the 1945 season. The team started the year with a 6-0 record in exhibition play, and went 15-2 through the season proper, with a 13-game winning streak along the way, ending up 6 ½ games above their closest competition when

things wrapped up in August. All stars from the team included coach Bud Morrison, top percentage hitter Irv "Peaches" Ruvin, and centre-fielder Bud Heximer, who was a standout defensively and led the league in runs, hits and home runs.

1960 - Early August saw the wind-up of the ladies' naval softball league at HMCS Cornwallis, when the Wrens outscored the Chief and Petty Officers' wives in a sudden death tilt 18-17. Previously, in the semi-finals, the Wrens downed the Officers' Wives 21-2, and the Chief and Petty Officers' Wives held the bye. At the end of the month, a representative team drawn from the best of the Wrens, Officers' Wives and Chief PO's Wives teams participated in a ladies' softball tournament at RCAF Station Greenwood. In their first game they lost out to RCAF Beaverbank 18-7, and their second game, also a loss, came from a closely-played

game against Greenwood that ended 12-11.

1993 - It was announced that Navy boxer CPO2(Ret'd) Jack Carter would be inducted into the Canadian Armed Forces Hall of Fame during the 1993 ceremony. Originally from London, Ontario, Carter got his start watching the boxing team in Shearwater in 1959, and after being invited in as a sparring partner, found he had a knack for the sport. He fought 44 times during his short professional career, with 39 wins, two draws and three losses. He quit boxing in 1965 to focus on the steady income and career progression promised by the Navy, and retired in 1990 after a 32-year career. Carter said he enjoyed his time boxing, but was more grateful for the Navy career that changed his life. "I want it known that even though I'm from London, I'm a Nova Scotian at heart," he said.



Maj C. Hatt presents the Fleet softball trophy to CPO2 Doherty from HMCS Margaree.

TRIDENT ARCHIVES



Meet your PSP fitness & sports staff: Madeline McDonald



about how the human body works. My interests led me to attend Acadia University to obtain a degree in Kinesiology. After graduation I became a Kinesiologist at a physiotherapy clinic. After this I started working at a civilian gym, and realized that the fitness industry is where I belong. I then became a part of the Shearwater PSP team, and have been loving every second of it.

What do you enjoy about working in the CAF/DND environment?

Working with DND allows me to use my education and experience to help better the health and wellness of the CAF. I love using my knowledge to figure out what types of activity works the best for our members and instilling a passion within their lifestyle for physical activity. Another perk of working for DND is that we are able to learn first hand from our members about what is new in the CAF, as well as learning about what all the different trades are responsible for, and how they all tie in together to protect our country.

What are some of the challenges that come with the job?

It's definitely a challenge to try and

remember all the acronyms the CAF has. THERE ARE SO MANY! While talking to members, they will say acronyms of courses they have taken or trades that are available and I'll learn the meaning of new things each day. Another challenge is that a lot of members see PSP staff as the bad guys who make them do 84027+ pushups (not to mention the FORCE test)- we really aren't the bad guys. We've stepped away from the old style of PT, and have moved towards a friendly environment where we want you to succeed. Are we going to push your limits? Yes, absolutely. That being said, we will never make you feel like you are weak, or that you have failed. If you need advice, modifications, a stretch to hit that tricky lower back muscle, come see us. It is our job to keep the CAF operationally fit, and we can't do that unless our members are comfortable with us. Come and say hi, we'd love to hear from you.

What kind of exercise or sports do you enjoy in your free time?

I have been playing rugby for the past nine years, and am still currently playing at a recreational level. I have started to incorporate crossfit regimes into my training sessions, and have

been very satisfied with the results. While in high school I played badminton competitively, and recently have decided to pick the racket back up.

What are your tips for staying fit while spending more time at home and practicing social distancing?

I believe the best way to stay fit while also practicing social distancing is to try and keep a routine. It is easy to just sit and binge watch your favourite shows while eating snacks. However, it is important to take the time to get up, and keep yourself stimulated. I've been doing PSP Halifax's live workouts everyday at 12:00 and it's really been helping me add structure to my day. It is also helping me stay accountable, as well as gives me a sense of social connection.

Tell us something unique about yourself outside of your job (hobbies, special interests, etc.)

I have one of the most unique grandmothers that anyone could have. She lives in the middle of nowhere in Cape Breton with no electricity. One of my favourite things is to head up for the weekend, get outdoors, and experience the pleasures of living off the grid.

Name: Madeline McDonald
Hometown: Milford, NS
PSP employee since: July 2019

What inspired you to pursue a career focused on fitness?

I am someone who always likes to be on the go. Throughout highschool I loved playing sports, and learning



MCpl Milan Gonda squats with a kettlebell on the flight deck of HMCS Ville de Quebec while sailing in the Bay of Fundy earlier this spring.

MCPL ANTHONY LAVIOLETTE, FIS

Points of progression of the squat

By Emily Morton,
Fitness and Sports Instructor, PSP Halifax

Squats are an essential exercise, whether your goal is to build muscle or lose weight, but beginners often struggle with improper form. Use these tips to help correct any faults and master this important movement.

PROPER POINTS OF PROGRESSION Step 1: Proper set up

- Stand tall with heels shoulder width apart and feet slightly turned out
- In the starting position, knees and hips are at full extension
- Your body weight should be supported in the heels
- Keep your chest up and brace your abdominal – this will help you maintain a neutral spine

Step 2: Execution

- Hips travel back and down
- Bottom of squat is when your hip crease is below the top of the knee-cap – “below parallel”

Step 3: Finish

- Return to full extension at the hip and knee to complete movement

COMMON FAULTS & EASY FIXES Loss of neutral spine

- Be sure to lift your chest
- Lift arms while descending to bottom of squat

Weight in or shifting to toes

- Exaggerate weight in heels by floating the toes throughout the movement
- Bring hips back and down

Not going low enough

- Squat to a 10 inch box to develop depth awareness

Improper line of action

- Cue hips back and down
- Block the knees from forward travel at the initial portion of the descent

Knees not tracking inline with toes

- Push your knees out
- Use target on the outside of your knees to reach



Summer hydration

By Madison Walsh, PDt
Health Promotion Specialist

Summer is a great time to have fun and get active with friends and family. To make sure you can get the most out of the hot weather, it's especially important to stay hydrated during all your outdoor summer activities.

Why do I need to stay hydrated?

Fluid plays many essential roles in the body. It moves nutrients through your body, helps eliminate waste, keeps your blood pressure normal, protects and cushions your joints and organs, controls your body temperature, and lowers your risk of dehydration and heat stroke.

How much fluid do I need to drink?

The amount of fluid you need depends on a variety of factors, including your age, gender and level of physical activity. You will need even more fluids to stay hydrated in hot weather and when you are physically active, due to sweating.

On average, women need 9 cups of fluid a day, and men need 12 cups of fluid a day.

This doesn't mean you have to drink that much water every day – your fluid intake can also include other beverages like milk, milk alternatives, coffee, tea and juice, as well as foods containing fluid like soups, fruits, and vegetables.

How do I know if I am dehydrated?

By the time you start to feel thirsty, you are already somewhat dehydrated. Try to consistently drink fluids throughout the day so you do not become thirsty.

Your urine is another great way to tell if you're dehydrated. If it is dark yellow in colour and has a strong smell, you are likely dehydrated. If it is light yellow or clear, that means you're doing a good job drinking enough fluids. If you feel lightheaded, tired, and/or have a headache, those are all signs that you may need to drink more water.

Tips to stay hydrated and increase your fluid intake:

- Drink a glass of water when you get up in the morning
- Keep a water bottle with you at all times so you can drink consistently throughout the day
- Have a beverage with your meals and snacks (water is the best choice!)
- Use fruit, vegetables, and/or herbs to add flavour to your water
- Remember to drink extra water if it's hot out, or you are very active
- Always have a drink if you feel thirsty

Enjoy your summer, and stay hydrated.

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