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A milestone for naval aviation

A CH-148 Cyclone from 12 Wing Shearwater lifts off the stern of HMCS Harry DeWolf during Phase 4 Shipboard Helicopter Operating Limits trials off the coast of Nova Scotia on May 22. These trials marked the first time a Cyclone helicopter has landed on and taken off from the RCN's newest class of ship, a major success for the Aerospace Engineering Test Establishment (AETE) team.

SI JUSTIN SPINELLO, CAF PHOTO





RCN ships attend tri-city memorial ceremony ahead of NATO exercise in Baltic

By Joanie Veitch,
Trident Staff

Two Royal Canadian Navy warships were in Londonderry on May 15 for a special ceremony to mark the 76th anniversary of the Battle of the Atlantic, having travelled to Northern Ireland following the same convoy route used by many of the ships that served during the Second World War.

The event, which was hosted by the Londonderry Branch Royal Naval Association at Fort George Pier, featured the ringing of the Convoy Bells in each of the three port cities used as transport hubs — St. John's, NL, Halifax, NS, and Derry/Londonderry — in recognition of the bond the cities share and in tribute to the service and sacrifice of the allied naval and merchant sailors, and aviators, who took part in the Battle of the Atlantic.

"Being involved in such ceremonies always moves me personally. I was particularly thankful to participate in these Battle of the Atlantic ceremonies as I had family members who served during the war and had to transit the Atlantic," said LCdr Jeffery Anderson, Commanding Officer of HMCS *Summerside*, one of the two RCN warships, along with HMCS *Kingston*, at the event. "Having just completed the



Members of HMCS Summerside man the rails as the ship commemorates the 76th anniversary of the end of the Battle of the Atlantic during a ceremony in Northern Ireland.

LT JEFFREY MCBRIDE

transatlantic voyage, as well as the passage up the River Foyle — as our ships would have done many times in the past — it was even more poignant."

This year's ceremony offered a tangible connection to both the historical past and the technological present as

participants on the jetty in Londonderry, as well as viewers from around the world, were able to watch and listen — through live video feed — to the bells being rung eight times in each of the three cities, symbolizing the sounding of the eight bells that mark the completion of a sailor's watch.

In Halifax, Capt(N) (Ret'd) Earle Wagner rang the North Atlantic Convoy Bell at St. Brendan's Chapel at CFB Halifax. A veteran from LaHave, NS, Wagner joined the Merchant Navy

at age 17 and served in the Battle of the Atlantic.

After departing from Londonderry, both Canadian ships took part in a special at-sea wreath laying ceremony before heading to Portsmouth and on to the Baltic Sea region, where they will join other NATO allies for BALTOPS 21 exercises from June 6 - 18.

Scheduled and conducted by the United States Naval Forces Europe-Africa (USNAVEUR), BALTOPS is an annual, multinational exercise marking its 50th anniversary this year. Both HMCS *Summerside* and HMCS *Kingston* had been scheduled to participate in last year's BALTOPS event, but were not able to attend due to the COVID-19 pandemic and subsequent restrictions.

All members of both ships' companies underwent COVID-19 testing and followed strict pre-embarkation protocols prior to leaving Halifax on May 4th.



HMCS Summerside and HMCS Kingston both took part in a tri-city Battle of the Atlantic Ceremony during a visit to Londonderry in Northern Ireland, with simultaneous ceremonies occurring in Halifax and in St. John's, NL.

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Learning and sharing a part of Indigenous Awareness Week

Reflecting on the importance of connection and the tradition of the Eagle Staff

By Joanie Veitch,
Trident Staff

While in-person gatherings are not possible for this year's Indigenous Awareness Week, PO1 Katerina Stewart plans to look for ways to celebrate and connect with other Indigenous members virtually.

"I like to learn about other Nations and their cultures, to connect with other Indigenous people and share time together," said PO1 Stewart, who grew up in northern British Columbia in a Nisga'a community called Gitlaxt'aamiks (formerly New Aiyansh).

Due to current restrictions to stop the spread of COVID-19, events to mark Indigenous Awareness Week — celebrated each year in the week following Victoria Day — will be held online only. A different experience but one that still offers the opportunity to connect with other Indigenous people from different regions.

"I know my own community and our traditions, but I always like to share and learn from others, that has always been important to me," said PO1 Stewart.

A 19-year member of the Royal Canadian Navy, PO1 Stewart joined through the Aboriginal Pre-Recruit Training Course and works as Senior Demolition Instructor with Bedford Rifle Range/Naval Fleet School

Atlantic. She has taught in the RCN's Raven Program — held at CFB Esquimalt, in BC — and from 2017 to 2019 was a recruiter for the Canadian Forces Aboriginal Entry Program (CFAEP), a program where young people learn about the different job and training opportunities available to them in the military.

"I really enjoyed my time with that program. I liked meeting the young people and showing them that an Indigenous person is able to make it through and get to a senior rank. When you come from a small community — as many young Indigenous people do — you don't know about the opportunities that are available and what the military has to offer," said PO1 Stewart.

PO1 Stewart's career has already taken her across the country and around the world, most recently on deployment with HMCS *Toronto*, but she views her highest honour as the times she has carried the DND/CAF Eagle Staff for different ceremonial events.

The Eagle Staff, which was created in 2002 as a result of a vision shared by CPO2 (ret'd) Debbie Eisan and PO2 Chris Innes, is the travelling symbol of unity for Indigenous people in the military, representing Indigenous traditions and reinforcing the values

of respect and inclusivity for all members of the defence community, past and present.

"It is so humbling to carry it," said PO1 Stewart. "It gives a feeling of great pride, not only in the current serving members but those in the past that have paved our way. It is an overwhelming feeling."

To carry the Eagle Staff is a significant honour that involves first being chosen and then receiving teachings and guidance "to understand and respect" the tradition, explained PO1 Stewart, who received her teaching in 2016 from Moogly Tetrault-Hamel, Indigenous Advisor to the Chaplain General.

PO1 Stewart had hoped to carry the staff when CPO2 (Ret'd) Eisan was commissioned as Honorary Captain of HMCS *Margaret Brooke*, the second Arctic and Offshore Patrol Ship, last November. This wasn't possible due to COVID-19 restrictions, which was especially disappointing as CPO2 Eisan was one of the creators of the DND/CAF Eagle Staff, she said.

"It would have been so significant," said PO1 Stewart. "Debbie Eisan is a wealth of knowledge. I really love learning from her; she has taught me a lot."



PO2 Katerina Stewart is seen carrying the Eagle Staff in June 2019 at commemoration ceremonies in France to mark the 75th anniversary of the D-Day landing on the beaches of Normandy.

SUBMITTED

Navigation school trials state-of-the-art virtual reality training

By RCN PA

Learning to navigate a ship more than two times longer than a football field is no small feat. Virtual reality training is enabling a powerful and more effective way of conducting ship navigation training to allow navigators to become more effective and aware of the challenges before getting behind the wheel.

"Students will find themselves in training scenarios where they will be able to see the ship from perspectives that wouldn't be possible during real-world training, such as under the surface as the ship they are manoeuvring comes to anchor," said Lt (N) Sara Kucher, a Curriculum Analyst with Naval Training Development Cen-

tre (Pacific) (NTDC(P)).

"These perspectives will provide a more rounded experience for students and answer the 'why do we do that?' questions they might have by providing a visual representation to accompany the classroom instruction."

Through Innovative Solutions Canada (ISC), the Royal Canadian Navy's navigation school, NTDC(P), has partnered with developers from Chaac Technologies to test the viability of having virtual reality in the classroom.

"The team at NTDC(P) have seized a fantastic opportunity by matching new tech from our partners at Innovation Solutions Canada with areas of their training plan and objectives that can

be greatly enhanced with these new methods," said LCdr Lee Vessey from Director Navy Innovation.

"There is some hard work being done on design development by the team and the result will be greater capacity for training for some of the most challenging tasks. It is an innovative use of new tech that others can learn from in their own organizations."

NTDC(P) is excited to develop and test this technology by immersing students into virtual reality training scenarios for navigation, ship handling and anchoring.

As the programs are developed, the RCN could have the capability to use the technology to enable Naval Reserve

Divisions to maintain navigation and ship handling skills in the absence of available simulators. Fleet bridge teams could have the opportunity to practice these same skills prior to deployment, or while they are in port away from available simulators.

Navigation officers and commanding officers may be able to practice a difficult navigation passage prior to embarking on those routes. The possibilities are endless and NTDC(P) is eager to test virtual reality in the classroom, bring the students into the development process, and see where this technology can be taken.



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The ships of SNMG1 and the UK CSG are seen at sea.

SNMG1

SNMG1 trains alongside UK's Queen Elizabeth Carrier Strike Group

By LCdr Mark Fifield,
SNMG1 PAO

Standing NATO Maritime Group One (SNMG1) Ships HDMS *Absalon* and HMCS *Halifax* recently concluded their successful participation in exercise Joint Warrior 21-1 (JW21-1) off the coast of Scotland on May 14, 2021.

Joint Warrior is a UK-led multinational exercise held twice a year in the waters around the United Kingdom and is designed to exercise a wide range of high-readiness warfighting capabilities across land, sea and air units in coordinated joint operations. It provides realistic multi-threat scenarios within a safe operating environment into which NATO Allies and partner nations' formations, units and staffs can deploy and undertake collective training in preparation for any upcoming joint deployments.

This year, JW21-1 took place May 8-20 and was integrated with Exercise Strike Warrior 21 (SW21) for the first time, which is the final stage in preparing the UK's Carrier Strike Group (UK CSG) for its maiden operational deployment. On completion of JW21-1, The UK CSG, led by the Royal Navy flagship - aircraft carrier HMS *Queen Elizabeth*, will set sail to the Indo-Pacific region for a

high-profile seven-month long deployment.

Throughout JW21-1, SNMG1 Ships HDMS *Absalon* and HMCS *Halifax* were joined by HNLMS Van Amstel, ORP General K. Pułaski, FGS Spessart, HDMS *Hvidbjørnen* and FS Bretagne, under the command of RCN Cmdre Bradley Peats. The Task Group simulated a belligerent naval adversary for the UK CSG, according to the fictional JW21-1 exercise scenario.

SNMG1 and its consorts began JW 21-1 with a brief Combat Enhancement/Force Integration Training (CET/FIT) programme in the waters off Northwest Scotland known as the Minch. This phase ensured that participating units were fully integrated into the task group and ready to conduct various high-intensity operations and assume specific roles/responsibilities as part of the exercise. Following the CET/FIT phase, the Group entered the free-play phase where units reacted to unscripted events as they happened and interacted with the UK CSG opposition forces in a variety of realistic operational scenarios.

"SNMG1 is proud to have played a vi-

tal role in enhancing mutual operational readiness and interoperability with our fellow NATO Allies and partners, especially the UK CSG," said Cmdre Peats, Commander of SNMG1. "Large multinational training exercises like Joint Warrior improve NATO's overall defence capabilities while enhancing its responsiveness to deploy high-readiness military forces to conduct coordinated joint operations against various current and future threats, which supports the NATO Readiness Initiative."



SNMG1 trained alongside the UK's Queen Elizabeth Carrier Strike Group during Exercise Joint Warrior 21-2 off the coast of Scotland.

SNMG1



Construction underway on fifth AOPS

Staff at Irving Shipbuilding's Halifax Assembly Hall cut the first steel for the RCN's fifth Arctic and Offshore Patrol Ship, the future HMCS *Frédéric Rolette*, on May 20. Lieutenant *Frédéric Rolette* was a Canadian-born naval officer who served during the War of 1812.

IRVING SHIPBUILDING



NATO Exercise Steadfast Defender took place between May 12 and June 22, with 20 participating nations and 18 warships taking part.

SNMG1

RCN Flag Officers assume key leadership roles during major NATO exercise

By RCN PA

Two Royal Canadian Navy Flag Officers are assuming key leadership roles for NATO Exercise Steadfast Defender 21, the first in a new series of long-planned NATO exercises to enhance Alliance security.

With participation from 20 Allies from North America and Europe, the exercise will help improve the interoperability of Allied forces and practice military mobility throughout Europe.

The RCN's RAdm Steven Waddell, currently on exchange as Vice-Commander of the United States Second Fleet, is the Maritime Component Commander for the exercise and will work alongside Canada's NATO partners aboard the *Blue Ridge*-class command and control ship United States Ship *Mount Whitney*.

Standing NATO Maritime

Group One (SNMG1), currently under the command of the RCN's Cmdre Bradley Peats from flagship HMCS *Halifax*, will participate in the maritime operational and tactical-level live exercise (LIVEX), running from May 20 to 30, 2021.

The LIVEX, which is taking place off the coast of Portugal in the Eastern Atlantic, will demonstrate the ability of Allied maritime forces to execute Joint Force Command Norfolk's mission of protecting strategic lines of communication in the Atlantic.

Steadfast Defender is also the first large test of NATO's adapted command structure and involves two new commands: one focused on logistics, Joint Support and Enabling Command, based in Germany, and the other

focused on the Atlantic, Joint Force Command Norfolk, based in Virginia. It offers the Canadian Armed Forces (CAF) an opportunity to gain understanding of these commands, as well as the new Standing Joint Logistics Support Group.

As a founding NATO member, Canada remains committed to the Alliance and continues to strengthen defence relationships in NATO as well as with European states. The multinational character of the exercise reflects Canada's commitment to NATO as well as ally and partner nations on both sides of the Atlantic.

The CAF exercises with NATO to protect Canada and its allies when threatened, and to promote global security both as a capacity building partner and as a leader.



SNMG1 Flagship HMCS Halifax conducts a sail past and pays respects to their SNMG2 counterpart, the flagship ESPS Méndez Núñez, while sailing off the coast of Portugal during Exercise Steadfast Defender.



Cmdre Bradley Peats

RCN



RAdm Steven Waddell

RCN

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Tracy Mitchell

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Faces of Base: Atlantic Defence Team Pride Network (ADTPN)

By CFB Halifax Public Affairs

We are proud to present the Atlantic Defence Team Pride Network (ADTPN) co-chairs as our latest Face of Base duo! Tracy Mitchell and MCpl Tracie Thomas work hard to promote LGBTQ2+ inclusion, education and awareness across Maritime Forces Atlantic and 12 Wing Shearwater, all the while supporting local LGBTQ2+ Defence Team members.

Tracy Lauren Mitchell, civilian co-chair of the ADTPN and CFB Halifax Base Information Services employee, has worked for DND since 2002 and was a founding member of the Positive Space Initiative Working Group (the ADTPN's predecessor, which was established in 2016). Born in Ontario, Tracy grew up in Summerside, PEI, and eventually moved to Nova Scotia with her family. As ADTPN co-chair, it is her responsibility to represent this Defence Advisory Group at senior leadership meetings, coordinate commemorative activities and provide strategic guidance to group membership – alongside her military co-chair. Tracy also

manages the Positive Space Program, supporting Positive Space Ambassadors training among the defence team with the goal of fostering positive social change within our organizational culture. Tracy acknowledges that the LGBTQ2+ community still faces everyday discrimination, prejudice and legal challenges, and much work is still needed to help the community feel safe, respected and included.

Tracy's military counterpart, MCpl Tracie Thomas, joined the ADTPN last year after first serving as a Positive Space Ambassador. Originally from Brookfield, NS, Tracie has been part of the CAF family for 15 years, first as a Naval Reservist and then moving into Regular Force employment with the Royal Canadian Air Force. Today, MCpl Thomas works as a Flight Safety Investigator at 12 Wing Shearwater. As ADTPN co-chair, she is also involved in advising leadership on matters concerning LGBTQ2+ Defence personnel, assisting with commemorative events and developing various initiatives.

While MCpl Thomas believes there is still much progress to be made, especially with regards to transgender rights, she said she's also witnessed positive changes in our society: "When I came out in the early 90s and went to my first Pride march in Halifax, there were about 100 of us marching on the sidewalk and we were yelled at. These days, the Pride parade is a large-scale, inclusive celebration with thousands of people, which is wonderful to see."

Bravo Zulu to both Tracy and Tracie – two leaders who are paving the way for meaningful culture change at CFB Halifax, 12 Wing and beyond!

For any Defence Team member looking to contribute to the ADTPN or sign up for Positive Space training, please email the "+HFX Positive Space Support Contact" positional email account. Membership and participation is open to all members of the CAF and DND.



MCpl Tracie Thomas

SUBMITTED



International Day Against Homophobia, Transphobia, and Biphobia

On May 17, in honour of the International Day Against Homophobia, Transphobia, and Biphobia, CFB Halifax raised the Pride flag as a symbol of our solidarity with our LGBTQ2+ Defence Team members and all who identify with the LGBTQ2+ community. Today, and every day, we defend the rights of LGBTQ2+ people to be treated equally – with respect and dignity – and speak out against discriminatory and hateful conduct wherever it may occur.

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Padre's Corner: Life in lockdown

By Padre Capt Halit Ozer,
Chaplain, MARLANT and JTFA

A glimpse into the past illustrates that great people who left a mark in history, such as prophets, saints, great leaders, thinkers, scientists, and heroes have all managed to strike a balance in all spheres of their lives, and such a balanced life played a pivotal role in their success. The absence of balance would result in having mental, spiritual, and even physical health problems which would adversely affect the well-being of human beings. Great people have been mindful of this fact, but we should all make sure that we have such a balance in our life, and that our mind, body and spirit are all taken care of. This article will reflect on how important a role the balance plays in becoming happy and healthy individuals, and what we should do to keep our life balanced.

Think of a workaholic who is all about working hard and thriving at work. Such a person would not only have issues with their personal life, but their family life would also seriously be neglected. An individual who is work-

ing long hours on the weekends and out of business hours would be unable to meet the reasonable expectations of their family members, which would cause their unhappiness as well.

On the other end of the spectrum, imagine a bohemian who is overly occupied with personal life and fun activities only. Such people would not be willing to leave their comfort zone and as such would be unable to work their muscles to cope with challenges and difficulties at work or in other spheres of life. For bohemian people, the comfort zone would become a place where they can hide from real challenges awaiting outside of it.

An individual that does not do work out or exercise simply lets their body get rusty, which causes serious health problems. On the other hand, someone who is obsessed with bodybuilding and physical training might neglect to look after their business, family or personal life.

A lavisher who spends all of their money on vacation, entertainment and

overindulgence of life will not have any savings for unforeseen difficult times. But a person who never takes vacation or spends anything on leisure activities will end up ruining their own health and catching health issues like depression and burnout. The impact of restless hard work on such a person's life would not be reflected on their overall wellbeing, mental health and family life.

The balance in life can manifest itself in so many other ways, like keeping an active lifestyle, having healthy eating and drinking habits and even learning to be a good listener rather than always talking about yourself. The main takeaway of this article is that whatever we are doing should be balanced. In this context, it should be borne in mind that addiction problems are closely related to losing the balance in that particular sphere of life.

The prophets from Adam to Mohammad (peace be upon all) all managed to have that outstanding balance in every aspect of their life. When we look at the

teachings of Abrahamic religions, we clearly see that the lives of the prophets are all about keeping that balance and being a perfect example for their followers.

The happiness of humanity is strictly connected to maintaining a balanced life. So, how can we self-judge if we are maintaining a balanced life? One should start organizing their daily life based on the routines with daily, weekly, monthly and yearly schedules. Having a good mentor and company to warn us if needed will help us to keep things balanced. Recognizing our feelings is another player to maintain a balance in our lives. We must be mindful of such feelings as fear, sadness, disgust, happiness and anger, and adjust them to balance our lives if need be. Remember that if there is an imbalance in our lives, that imbalance would be reflected in our feelings. If this is the case, we may need professional help. If we think that we're losing the balance, we should not hesitate to get help from others!

Book Review: Fideliter: The Regimental History of the Princess Louise Fusiliers

By Col (Ret'd) Brian Wentzel

The historic Princess Louise Fusiliers, locally known as the "PLF", is a reserve infantry battalion of the Canadian Army. The unit was formed as the 66th Halifax Volunteer Battalion of Infantry in 1869 at Halifax, Nova Scotia. Ten years later the unit was redesignated the 66th Battalion "The Princess Louise Fusiliers" with Her Royal Highness Princess Louise, Duchess of Argyle, becoming the Colonel-in-Chief. Through peace and several wars, the PLF has loyally served Canada.

This book records the activities of the PLF at home and overseas for more than a century. The author, Leo J. Deveau, is a well-known Halifax commentator, columnist and speaker. His attention to historic detail has brought life to the history of the Regiment and its members. The Regiment has evolved over time and this is clearly illustrated and explained in the book.

It is important to remember that a reserve army unit exists to serve Canada and is therefore subject to the politics, economic well-being, and security needs of the nation. Hence, the strengths of the PLF and all reserve units will ebb and flow with the needs and resources of the nation. Having commanded a reserve infantry battalion and a Militia District Headquarters, this reviewer understands this ebb and flow.

The strength of Deveau's work in this book lies in his attention to detail. He reveals details of the activities of the

PLF at home and overseas throughout its history. The "at home" history has been carefully researched and benefited from written records and personal interviews. The wartime history draws of similar, but due to the passage of time, dwindling resources.

The PLF, in one of its various organizational structures, participated in most of Canada's wars from the North-West Rebellion of 1885 through the Boer War of 1889-1902, First World War 1914-1918, Second World War 1939-1945, and to various overseas and domestic missions involving the Canadian Armed Forces thereafter. Many of the most recent missions involved individual callouts of unit members rather than formed sub-units or the battalion itself. This pattern of employment reflects the competence of unit members and the esteem that they hold within the Canadian Army.

History is full of "ups and downs" and organisations, like individuals, are subject to such highs and lows. One of the more interesting events during the Second World War was the restructuring of the PLF, in Italy in August 1943, from a formed infantry battalion to the 11th Canadian Infantry Brigade Support Group (PL Fus), under the command of Major W.W. Reid. This unit was initially an anti-aircraft gun

unit that transitioned to a mortar and machine gun unit of two companies. This unit further evolved into the 11th Independent Machine Gun (The Princess Louise Fusiliers) and the 12th Independent Machine Gun (The Princess Louise Fusiliers) that were respectively parts of the 11th and 12th Infantry Brigade Groups.

By July 1944, there was a further re-organization. The unit was redesignated

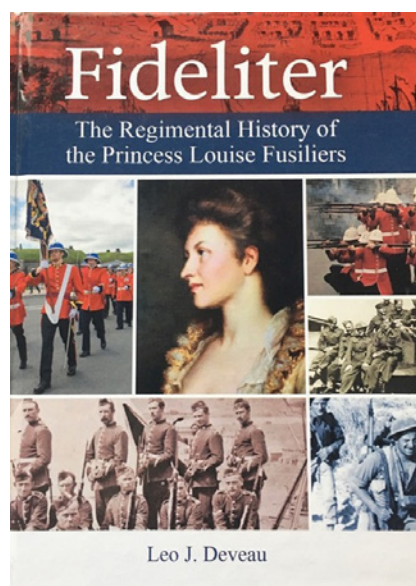
the 11th and 12th Brigade Support Unit (MG) (The Princess Louise Fusiliers). The new unit had two companies, the 11th Infantry Brigade Support Group (PLF) and the 12th Infantry Brigade Support Group (PLF). Each group was subdivided into a machine gun company and a mortar company. With some further changes, the PLF remained in Italy until February 1945 when it moved to Belgium.

The unit was once again restructured into one group, the 11th Canadian Independent Machine Gun Company (The Princess Louise Fusiliers). Its establishment was reduced from "530 all ranks to a mere 211". (p.190) For the impending battle of Arnhem, the Company was placed under command of the British 49th Infantry Division's machine gun battalion, the 2nd Battalion, The Princess Louise Kensingtons. With the seizure of Arnhem, the next task for the unit was to rejoin 5th Canadian Armoured Division for the attack and seizure of the Dutch port of Delfzijl. The seizure was completed on May 1, 1945, the day on which Hitler died. The war in Europe officially ended on May 8, 1945.

The irony resulting from the Battle of Arnhem was that the PLF would be denied the Battle Honour for "ARNHEM 1945" for 54 years. The battle honours for the battles of "DELFTZIJL" and "NORTH WEST EUROPE" had been duly granted expeditiously, with less fuss.

In sum, the PLF has served its country with professionalism and honour. The current members of the Regiment have much to be proud of and a good foundation to build upon as they venture into the future challenges that will inevitably arise in this complex world.

To purchase *Fideliter: The Regimental History of the Princess Louise Fusiliers*, email PLFRHA@gmail.com.





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Capt(N) Kevin Greenwood, CD ret'd



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RAdm Angus Topshee, OMM, MSM, CD
Commander MARPAC, A/CNS (P&T)



Capt(N) Jamie Tennant, CD
Commander Sea Training Group

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AUDIENCE: Naval Warfare Officers
LOCATION: NWO Mariner Professional
Currency Program MS Team

AGENDA:

- Opening Remarks/Kick off:
RAdm A. Topshee, A/CNS (P&T)
- Linking IT to Operational Readiness:
Capt(N) J. Tennant, CSTG
- NWO Mariner Professional Currency Program:
Capt(N) ret'd K. Greenwood NFS(P)
Capt(N) ret'd C. Butler, NFS(P)
- Modernization of NWOPQ:
Lt(N) T. Workman, NTDC(P)
- Close-Out

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Reducing our carbon footprint at CFB Halifax

By Elizabeth Sharpe,
CFB Halifax PA Intern

Technology is constantly evolving to adapt to our ever-changing needs as a society, and green technology – meant to reduce human impact on the environment – is a great example of one of these adaptive technologies.

Canadian Forces Base (CFB) Halifax has recently adopted a new technology in order to do its part in reducing its environmental impact through reducing its carbon footprint in the kitchen. According to the National Zero Waste Council, approximately 2.2 million tonnes of food waste ends up in landfills every year in Canada, and this disposal of food waste has a significant carbon footprint.

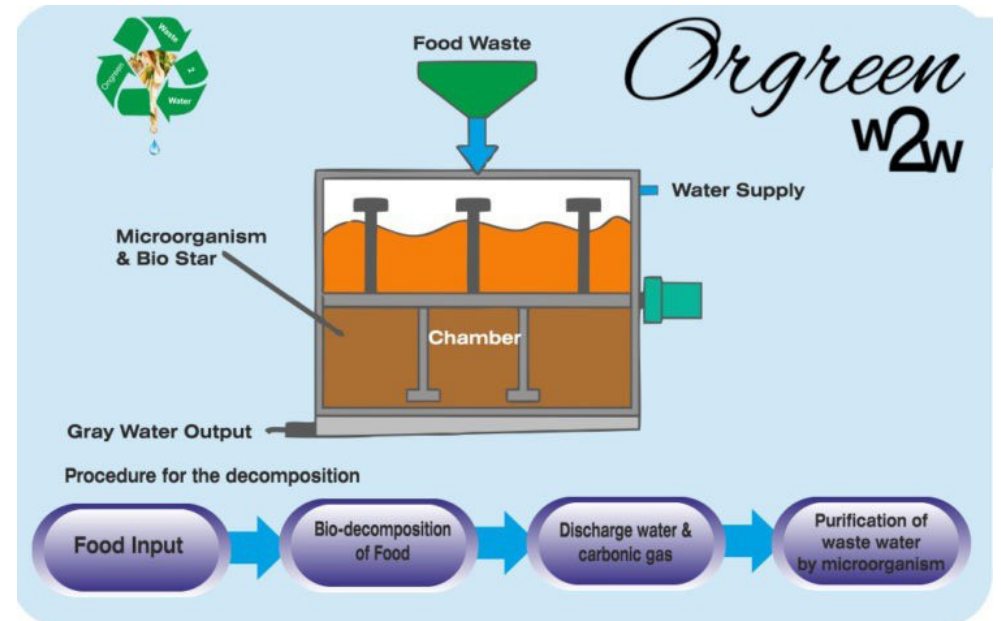
In order to dispose of food waste safely and cost-effectively, CFB Halifax's Base Administration team has implemented the LFC Power Knot, or anaerobic bio digester, in its institutional kitchens. This system is able to break down any organic material such as fruit, vegetables, banana with peelings, meat, nuts, fish with bones, crustaceans, eggshells, bread, pasta, cheese

and corn. The bio digester diverts this food waste from landfills by breaking it down into environmentally safe grey water that can be used for landscaping, or just discharged down the drain.

Currently, CFB Halifax has functioning bio digesters in its kitchens at two accommodation facilities in Halifax (Tribute Tower and Juno Tower), and one in 12 Wing Shearwater (Warrior Block). There is also potential for one to be installed at Naval Fleet School Atlantic's Damage Control Division in Purcell's Cove.

Between CFB Halifax and 12 Wing Shearwater, anywhere from 300-400 personnel are fed every meal through the on-site kitchen/mess facilities, which ultimately results in food waste. This means that thousands of pounds of food waste have already been diverted away from ending up in landfills, allowing the Base to begin reducing its carbon footprint.

CFB Halifax is not the only military Base in Canada to use this new technology. Louis Duchesne is the Depart-



Canadian Forces Base Halifax has recently adopted a new technology in order to do its part in reducing its environmental impact through reducing its carbon footprint in the kitchen.

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ment of National Defence (DND) and Canadian Armed Forces (CAF) Food Facilities & Equipment Analyst, and says that there are currently 24 bio digesters installed in 17 DND locations across the country.

One of Duchesne's responsibilities in this role is "...to initiate projects that are beneficial in terms of technology, safety and environment." The Canadian Government has an objective of reducing food waste sent to landfills by 70% before the year 2030, and after researching various technologies over a five-year period, Duchesne and his team determined that the bio digester

was the most efficient in achieving this goal.

While the government's goal may seem daunting, there are simple and effective ways for defence team members to help by reducing food waste and their carbon footprint at home. When it comes to reducing food waste, the Government of Canada website has some useful tips for Canadians, which can be found [here](#).

For more information on how you and your family can limit food waste both at work and at home, visit the [Food Matters Action Kit](#) website.

Marking World No Tobacco Day

By PSP Health Promotion

The World Health Organization created World No Tobacco Day almost 35 years ago to draw global attention to the tobacco epidemic and the preventable death and disease it causes. There is no better time than now to revisit the importance of quitting smoking and the added risks associated with the COVID-19 global pandemic.

Smoking can increase the risk of developing more severe respiratory infections because it impairs lung function, makes it harder to fight off the virus, and makes you more vulnerable to developing severe disease resulting from COVID-19.

The act of smoking can potentially also increase chances of contracting COVID-19:

- Deeper inhalation of the air around you, often in closely confined smoking areas
- Possible sharing of cigarettes and tobacco smoking devices
- Frequent hand to mouth contact

Smoking is a modifiable risk-factor. It can be changed!

Can people who have already developed smoking-related health problems

still benefit from quitting? Yes! If you quit at age...

- 30: gain almost 10 years of life expectancy.
- 40: gain 9 years of life expectancy.
- 50: gain 6 years of life expectancy.
- 60: gain 3 years of life expectancy.
- After the onset of a life-threatening disease: There is a rapid benefit for people who quit smoking after having a heart attack it will reduce their chances of having another heart attack by 50%.

Pledge to Quit

Expand your desire to quit by simply making a statement and committing it to paper. Making a pledge increases the chances of staying quit, and when prominently posted, can help bring awareness to those around you that you are committed to improving your health.

Think about all the reasons you want to quit. How will your life and health improve for yourself and those around you? On May 31, World No Tobacco Day, start your plan for a tobacco-free you!



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SPORTS & FITNESS

Base Commander and family set 500-kilometre goal for Navy Bike Ride

By Joanie Veitch,
Trident Staff

With the 2021 Navy Bike Ride kicking into gear on June 12, CFB Halifax Base Commander Capt(N) Sean Williams is looking forward to cycling with his family, and he's already thinking about getting out on some local trails to help get them to their 500-kilometre goal for this year's event.

"I didn't really have a goal to begin with, for me it's just a great excuse to get out and ride, but thinking about it...I'd like to see if we can do 500 kilometres as our part of the ride," Capt(N) Williams said.

That may sound like a lot — and it is — but it won't be completed in one massive push. For the second year in a row, the COVID-19 pandemic has forced the annual Navy Bike Ride into a virtual format with individual cyclists and teams logging their rides over a 12-week period — from June 12 to August 20 — rather than having large numbers of cyclists gather for a single day, in-person event.

Now in its fifth year, the Navy Bike Ride raises money for two military charities, the Royal Canadian Naval Benevolent Fund and Support our Troops, last year raising nearly \$60,000. This year participants are being challenged to log their rides to reach or surpass a cumulative 30,000 kilometres, the estimated distance HMCS *Harry DeWolf* will cover when it goes on deployment to Canada's north this year.

This year's Navy Bike Ride will be Capt(N) Williams's third time participating in the event, and the second time he and his family have signed up. Last year they logged their rides in Ottawa — where they would sometimes cover as much as 40 kilometres in a single day trip, with stops for meals along the way — before moving to Halifax at the end of July as Capt(N) Williams took over base command in August.

Signed up this year with the base

executive's Freewheelers team, Capt(N) Williams said he sees the 2021 Navy Bike Ride as a great opportunity for registered cyclists to get out and explore the region's trails over the summer months. For Capt(N) Williams, who grew up in Bedford, it's also a chance to get back to his roots, in the place where he first discovered the simple joy of riding a bike.

"Back in those days I used to ride my bike everywhere with my friends and my older sister," he said. "It was my main mode of transportation and, as kids, we had free reign of the town. We had the freedom to ride all over."

Capt(N) Williams still has his first mountain bike — a Kona Fire Mountain that he bought with his paper route money. "I eventually replaced it but as an adult I resurrected it and for quite a number of years it was my main commuting bike," he said. "It needs to be restored as it's in pretty rough shape — it's just a bare frame in my basement at this point — but I still have it."

Although his bike is no longer his sole mode of transportation, Capt(N) Williams commutes to work on his bike most days, all year round — changing over to studded tires for the icy winter months.

"I've always found it clears my head and creates a separation between work and home. And I like not being stuck in a car," Capt(N) Williams said. "Throughout my life I've always noticed that I'm happier when I'm riding. It's good exercise, and it's good for mental health too."

Although most of his distance for the Navy Bike Ride will be covered on area trails with his wife and nine-year-old son, Capt(N) Williams will be logging his commuting distance as well. "That will help boost my number a little bit," he laughed. "It all adds up."



Capt(N) Sean Williams, Base Commander at CFB Halifax, out for a bike ride with his son, Alexander. The Williams family enjoy cycling together, sometimes covering up to 40 kilometres in an outing. They are taking part in this year's Navy Bike Ride.

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SPORTS & FITNESS



Unconventional strategies to overcome training plateaus

By Gage Smith,
Fitness and Sports Instructor, CFB Halifax

When it comes to breaking through slumps in training, most plateau-busting strategies come from manipulating hard fitness variables. Changing frequency, intensity, rest, tempo, exercise selection, etc. can usually help restart the progress of a stalled trainee. The second most common group of recommendations usually fall under the “lifestyle” umbrella: dietary changes, changes to the trainee’s sleep routine, more direct vitamin D exposure, etc. All of these variables are the real needle movers of progress in the gym, and their importance simply can’t be overstated. With that said, I’d like to propose some alternative plateau-busting strategies that have nothing to do with your training prescription, diet or recovery.

If you have the ability to do so, changing the physical setting or time of day that you train can serve to create a paradigm shift. These decisions are often dictated by the schedule of the rest of your life – maybe you have to workout at a certain location or time due to your work or your family’s schedule – but in many cases it also comes down to a perceived preference. Let’s consider some of the possible pros of making some changes in this area: Training at a new location or time of day can provide a welcome change of scenery, a renewed interest in your own training, and a sense of community from training around like-minded individuals. You might even meet a new training partner, mentor or friendly rival. Even a new time of day at the same facility can often provide a completely different energy and attitude that might be more suited to your current mindset. If you’re already investing time, energy and resources in your training; changing up the facility you train at or the time you train can be just the thing to get you out of your comfort zone!

A second recommendation is to use the content you consume to rewire your mindset and put you in a positive headspace for your training and your success. Try to avoid following social media accounts that make you feel stressed, negative or guilty about where you’re currently at with your training. Try to consume content that is not just educational, but also positive. What we focus on is what tends to expand, and consuming a healthy and positive ‘mental diet’ is as important as any other aspect of training. Surround yourself with positive people, enriching content, supportive communities and let yourself reap the rewards. You’ll probably find yourself contributing to someone else’s success, too.

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Ball hockey in Portsmouth

Members of HMCS Summerside enjoy a game of ball hockey while alongside in Portsmouth, UK ahead of exercises in the Baltic. Though COVID-19 restrictions mean deployed sailors currently have few chances to get off ship, staff work hard to create safe opportunities for fitness and recreation.

LT JEFFREY MCBRIDE, CAF PHOTO