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# TRIDENT

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## Operation CARIBBE continues

*The coxswain of HMCS Shawinigan watches over the bridge wing as the ship departs from Miami, Florida to take part in Operation CARIBBE on June 10. Note the individual pictured and the photographer are not named to preserve operational security.*

CAF PHOTO







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# Making waves: Trio of HMCS *Halifax* sailors write music and perform together

By Joanie Veitch,  
Trident Staff

When Sailor Third Class John Stymiest left on a six-month deployment with HMCS *Halifax* on January 1st, he brought his acoustic guitar, figuring it would help pass the time on his first deployment. He had no idea that in just a few weeks he would not only find two other sailors to jam with, the trio would create original music and play at an event in front of the entire ship's company — including *Halifax's* Commanding Officer, Cdr Chris Rochon, and Cmdre Bradley Peats, the current Commander of Standing NATO Maritime Group One (SNMG1).

Held onboard ship while they were docked in Stockholm in April, the talent show — dubbed “HMCS *Halifax* Eurovision 2021” — was a smashing success.

“It was something special to play our music and see the smiles and joy from the crew during a deployment where the normality of exploring different countries during port visits no longer existed,” said S3 Stymiest. “We knew the ship's company would be surprised, as they had never seen us play music together before. We mostly wrote in private so that we could give a little shock value.”

They won the talent show, of course. S3 Stymiest, who grew up in Bathurst, NB and began playing music at age 12, works as a Sonar Operator on board HMCS *Halifax*. He first met S1 Francis van der Kamp, a Weapons Engineering Technician from Kingston, Ont. — also on his first deployment

— while playing guitar in the Junior Ranks mess.

S3 Stymiest's rap and hip-hop style blends with S1 van der Kamp's singer-songwriter background to come up with something they describe as “folk rap” — “think Dallas Green meets Classified meets Linkin Park,” said S3 Stymiest, who goes by the stage name Johnny GASH, in a nod to his navy life (a term used to describe ‘garbage aboard ship’).



S1 Francis van der Kamp, S3 John Stymiest and MS Colin Puff enjoy playing music together on board HMCS *Halifax* while on deployment.

S1 BRYAN UNDERWOOD, CAF PHOTO

“At first it was just something fun we would do on our off time, but soon we realized we had tremendous chemistry... and decided we would start writing original music together,” said S3 Stymiest.

A System Manager/Shipborne Air Controller on his third deployment, Master Sailor Colin Puff heard about their unique musical style and brought his guitar along to one of their jam sessions. MS Puff loved the blend of music the two came up with and, having studied music production at Algonquin

College in Ottawa, he offered to help out with production and sound.

“He started playing with us...and integrated perfectly. As he is more of a producer he gave us advice on that side which is incredibly appreciated as sometimes that's what you need to not get too carried away,” said S1 van der Kamp, who plays under the moniker VDK.

The combination of musical styles worked immediately, with MS Puff and S1 van der Kamp playing guitar and S3 Stymiest on main vocals. “Johnny would just start freestyling over whatever we played and then VDK would sing a random hook. The music comes so easy with these guys.”

Music offers each of the sailors a great stress release while on board ship and the different music influence has added a whole new dimension. “It has forced us to play different styles, so honestly it has just expanded our musical libraries,” said S1 van der Kamp. “Playing music brings me back home and is a release from the ship life, which honestly is really nice to have.”

With future plans to record an EP to release on Spotify, the three musicians are looking forward to bringing their music to the local music scene once they're back from deployment, once the COVID restrictions come down and they can perform at live shows.

For S3 Stymiest, that homecoming can't happen soon enough.

“Two weeks into the deployment I found out my partner was pregnant which significantly increased the pressures of being away from home,” he said. “Music has helped me deal with the emotions of being away from my loved ones...it has helped out my morale tremendously.”

## Base parking resumption

By CFB Halifax

On April 27, 2021, Maritime Forces Atlantic transitioned to the Red (Limit) posture under its COVID-19 Measured Risked Response Guideline, which reduced the on-site workforce to 50% density at any given time. In response to this new posture, CFB Halifax implemented a “Weekend Parking Posture” effective May 3, which was to remain in place until MARLANT reverted to the “ORANGE” (Restrict) posture. This weekend parking posture was meant to recognize the limited numbers working on the Base, but also to offer increased flexibility and reduce dependency on

public transportation for everyone. Parking fees have not been collected since that time.

As we shifted to ORANGE posture on Monday, June 14, Defence Team members have been gradually returning to work and on-site activity has been increasing across the Base to levels that necessitate controls on parking availability. For this reason, parking passes are now required at:

- HMC Dockyard;
- Halifax Armoury;
- RA Park;
- Stadacona;

- Windsor Park; and
- Willow Park.

Personnel who require a parking pass, need to make changes to their parking pass, or contractors who pay by debit transactions for parking can do so by scheduling an appointment with the Parking Pass Control Section located on the second floor of building S90. Appointments can be booked by emailing the Parking Pass Control Section at [CFBHALIFAXPARKINGCONTROL@forces.gc.ca](mailto:CFBHALIFAXPARKINGCONTROL@forces.gc.ca)

Personnel who wish to return their parking passes can do so by visiting the

HMC Dockyard Security Office along Valour Way adjacent to Rainbow Gate between the hours of 6:30 a.m. - 3:30 p.m., Monday to Friday.

Personnel who already hold and wish to keep their parking pass require no further action. Any parking-related pay deductions incurred during between May 3 and June 14, 2021, will be reimbursed automatically.

We thank you for your continued understanding as we gradually and safely welcome members of our local Defence Team back to the physical workplace.





The Stadacona Band of the Royal Canadian Navy performs at the commissioning ceremony for HMCS Harry DeWolf on June 26.

MONA GHIZ, MARLANT PA

# HMCS *Harry DeWolf* commissioning a celebratory moment after years of work

By Ryan Melanson,  
Trident Staff

For the first time in nearly 25 years, the Royal Canadian Navy (RCN) has commissioned a new warship, with Her Majesty's Canadian Ship (HMCS) *Harry DeWolf* now entering active service following a commissioning ceremony in Halifax on June 26.

The ship is the first of six Arctic and Offshore Patrol Ships (AOPS) set to be delivered to the Navy over the coming years, bringing with it new capabilities and a renewed focus on operations in the Arctic region. It's the RCN's first ice-capable vessel since the former HMCS *Labrador* was transferred away from DND in 1958 - a move signed off on by Vice-Admiral Harry DeWolf himself.

"This is a moment in history where we pick up where VAdm DeWolf left off," said Cdr Corey Gleason, HMCS *Harry DeWolf*'s first commanding officer. He's been leading his crew in preparation for this moment since 2014, before the first steel for the ship was cut, and he has spent the last year commanding *Harry DeWolf* through numerous tests and trials at sea.

Sailors have already gotten to know the new platform and proven its ability to operate in different envi-

ronments, but that doesn't take away from the significance of the formal commissioning and the tradition tied to the ceremony.

"Tradition reinforces operations, and events like our commissioning ceremony draw inspiration and purpose from our own recent milestones, and from all of those that contributed to the National Shipbuilding Strategy. This ceremony is about all of us celebrating our contributions in a formal setting," Cdr Gleason added.

He was joined at the ceremony by senior CAF and RCN leadership, including LGen Wayne Eyre, Acting Chief of the Defence Staff, and RAdm Brian Santarpi, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic. Also present were representatives from Irving Shipbuilding, and The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, who presented Cdr Gleason with HMCS *Harry DeWolf*'s commissioning pennant.

With the pennant broken at the masthead, the commanding officer was then piped aboard the ship, followed by the traditional three cheers from the crew and those in attendance.



Three cheers from the ship's company to mark the commissioning.

MONA GHIZ, MARLANT PA

Other aspects of the commissioning, which was streamed live for viewers online, included an indigenous smudging ceremony and address from Hon Capt(N) Debbie Eisan, as well as a video tribute to VAdm Harry DeWolf himself, who is now the first Canadian to serve as the namesake for an RCN ship. HMCS *Haida*, the museum ship in Hamilton, Ontario famously commanded by VAdm DeWolf during the Second World War, participated in the form of a gun salute sent via video message.

The commissioning of *Harry DeWolf* marks the end of an high-tempo program of post-acceptance sea trials for Cdr Gleason and his sailors, all while navigating COVID-19 pandemic restrictions and breaking new ground in developing protocols for completing their duties while staying safe. While excitement is high for an upcoming deployment, first on the agenda is some well-deserved leave time. Planned maintenance will take place over the coming weeks, while the crew enjoys the early part of summer at home with their families before returning in August to prepare for the circumnavigation of North America and partic-

ipation in Canada's signature annual Arctic operation, Op NANOOK.

"We will begin ramping up for the departure a week before with Sea Training, DRDC and other riders on board. For now, the ship and her crew have worked hard, and the friends and families of HMCS *Harry DeWolf* deserve a break," Cdr Gleason said.



Cdr Corey Gleason, the ship's commanding officer, hands the commissioning pennant to a member of his crew during the ceremony.

MONA GHIZ, MARLANT PA





Participants in Exercise TRADEWINDS 21 included the host nation Guyana, along with Canada, the United States, France, the Netherlands, the United Kingdom, Bermuda, and Brazil.

CAF PHOTO

## HMCS *Shawinigan* joins Exercise TRADEWINDS 21 during Op CARIBBE deployment

HMCS *Shawinigan* departed Halifax on June 2 to continue the Royal Canadian Navy's participation in Operation Caribbe, working with US Coast Guard allies to disrupt illicit trafficking in the Caribbean Sea. While in the region, the ship also participated in the multinational Exercise TRADEWINDS 21, focused on increasing cooperation among partners in complex security operations.



HMCS *Shawinigan* participated in Exercise TRADEWINDS 21 in the Caribbean from June 13-25.

CAF PHOTO



Members of HMCS *Shawinigan* take part in weapons training during Exercise TRADEWINDS 21.

CAF PHOTO



Prior to their participation in Exercise TRADEWINDS 21, crew members from HMCS *Shawinigan*, along with the ship's US Coast Guard Law Enforcement Detachment, prepare to launch the ship's Zodiac as part of monitoring and detection duties on Operation CARIBBE.

CAF PHOTO



Daily oil checks and maintenance tests are an important component of keeping the ship operating smoothly while deployed.

CAF PHOTO



A member of HMCS *Shawinigan* monitors the ship's engine controls while at sea in the Caribbean on June 13.

CAF PHOTO





# Padre's Corner: Something beautiful

By Padre Major Derrick Marshall,  
Senior Fleet Chaplain



I have been reading about the life of Mother Teresa lately. She founded the Order of the Missionaries of Charity in 1948 and began her life's work with the

destitute and the dying in the streets of Calcutta, India. It was in the course of this work that she would teach impoverished children, provide needlework classes, look after the dying, found several homes for sick and unwanted children, and establish Missions in other countries.

The breadth and scope of her ministries is astonishing, for which she would later be honoured in numerous ways and even be canonised as a saint in 2016 by the Vatican. Despite her extraordinary and inspiring influence in so many ways she lived simply, prayed fervently and always remained humble.

What struck me as truly extraordinary was that all of this work and influence began so simply: it began with a simple act of reaching out, and by attempts to do, what she called, "something beautiful for God". In fact, this

little mantra became her theme. She began her life of service by making visits to local pharmacies and asking if they "Would like to do something beautiful for God?"

If the pharmacist agreed, she would hand him a list of medicines she needed for those she was assisting. Her vast influence and ministries over many years began by simply trying to offer, and encourage others to offer, something beautiful for God, and by giving of themselves for the sake of others in need. She chose to serve God by serving the poorest of the poor. Her life became a powerful example to many others and people soon flocked to join her in her work, or to contribute what goods, money or talents they had to aid her Order in its various good works.

Her inspiration and her lesson to us in a time of pandemic, where there are tre-

mendous physical, mental and physical needs in our own community is simple and obvious: we, too, can do something beautiful to help others. We should reach out to our neighbours with simple acts of kindness. Whether that means engaging in a local community-building project; serving at a food bank; delivering supplies to the ill or shut-in; making telephone calls to spouses of deployed sailors; giving a donation to a local faith-based charity or service club; or lending a helping hand at the local Military Family Resource Centre. We can all do "something beautiful" to help the needy at our gates. Thank you for all that you do to make others' lives a little easier in a very challenging time! It is truly beautiful and it is good for your soul.



## Welcome to the team, Hon Capt (N) Eisan!

*Honorary Captain (Navy) Debbie Eisan was officially presented her scroll & pin by Commander Maritime Forces Atlantic, Rear-Admiral Brian Santarpia, on June 21. Hon Capt(N) Eisan is a 36-year veteran of the CAF, retiring at the rank of Chief Petty Officer, Second Class, and a valued advisor to senior military leaders on Indigenous matters, along with being the community events planner and resident elder at the Mi'kmaw Native Friendship Centre in Halifax.*

MONA GHIZ, MARLANT PA

## Face of Base: Stacey Robichaud

By Sydney MacLeod,  
CFB Halifax PA



Stacey Robichaud

SUBMITTED

We are thrilled to introduce a new Face of Base: Acting Deputy PSP Manager Stacey Robichaud! Working with PSP at CFB Halifax since 1997 (24 years!), Stacey is dedicated to providing guidance to the numerous programs that support the morale and welfare of our local Defence Team.

Stacey was born in England before becoming

a Canadian citizen at four years old. She moved to Nova Scotia from Montreal when she was 12, where she later attended Dalhousie University and completed her degree in Recreation Management.

Passionate about her role at PSP Halifax, Stacey loves telling people about all of the fun, recreational opportunities offered through their team, and strongly encourages CAF members and their families to get out and moving! For example, did you know that PSP Halifax has an equipment loan program in Shearwater that offers SUP's and kayaks to CAF members free of charge?

A proud military spouse for 20 years and a mom of two fantastic kids, Stacey doesn't slow down when she gets home after work. In her spare time, she can be found nose deep in a book as she is an avid reader. She is also a dancer with her local dance group, ThirtySomething Dance Cooperative, which she has been a part

of for the past 16 years. If that's not enough, she also volunteers on the Board of Directors for Senobe Aquatic Club as their Fund Development Coordinator!

When asked about Recreation Month (June) and why recreation is important, Stacey had lots to say. "The pandemic has shown us just how much we need meaningful connection in our day-to-day lives," she explains. "As restrictions begin to ease, we encourage [Defence Team] members and their families to get out and enjoy the wonderful recreational opportunities that Halifax and Nova Scotia have to offer.

"Recreation is so important as we all need an outlet to help us unwind and forget about our day to day stressors."

Thank you, Stacey, for the value you bring to our Defence community!





Members of HMCS Calgary's embarked air detachment and flying stations firefighting team stand together with the ship's CH-148 Cyclone on June 15 in the Indian Ocean.

CPL LYNETTE AI DANG



MCpl Andrew Finnigan and Cpl Brendan Wales apply the detachment's operational decal to the Cyclone helicopter.

CPL LYNETTE AI DANG

## HMCS Calgary's Cyclone decked out with new decal

By Peter Mallett,  
The Lookout Staff

Teamwork and cooperation are the main themes of a new decal now affixed next to the pilot's window on HMCS Calgary's embarked CH-148 Cyclone.

Last week, the Polyvinyl Chloride decal, designed by MCpl Andrew Finnigan, was affixed to the metallic grey airframe.

The art embraces the many facets of Greek mythology and astrology, says MCpl Finnigan. The golden outer ring represents the Golden Shellback milestone of a person crossing the equator and dateline simul-

taneously. The second ring in Prussian blue represents the original colour of the Royal Canadian Air Force. Within that circle, the white lettering HMCS Calgary HELAIRDDET and CH-148 Cyclone, with the pop of a red maple leaf. In the centre circle, a piece of line art depicts the winged horse Pegasus and the bow and arrow wielding Artemis. A crescent moon and a sprinkling of stars round out the image.

"Pegasus, her brother Apollo, and his horse pulled the sun across the sky and brought light to the world, and this

represents the aircraft and the contributions the RCAF brings to the RCN," explains MCpl Finnigan.

The mythical icons celebrate the common goal of the navy and air force as they work on Operation ARTEMIS, now completed, and Operation PROJECTION in the Indo-Asia Pacific and Middle East region.

The same art is on the morale patch worn by the 21 members of the detachment.

Helicopter Detachment Commander Maj Robert McMullen says getting the morale patches affixed to their uniforms wasn't

unique, but the appearance on the new helicopter is unexpected and a throwback to a bygone era.

"Affixing morale patches is something that we used to do when we took the Sea King [helicopter] on deployment. But honestly, I never thought we'd see a custom decal on the new helicopter," he says, but adds HMCS Halifax's air detachment is also designing their own morale patch and decal.

MCpl Finnigan began sketching the morale patch in 2020 during his downtime on Exercise RIMPAC.

"I started making the design and coming up with ideas in my spare time while deployed on RIMPAC," he said. "I didn't think it was any good and was surprised people liked it; they kept pressing me to go forward and submit it."

So far, the reaction to the morale patch and decal is all positive, says Maj McMullen.

"The crew loves the decal and we've been receiving compliments on it from the ship's company all day. I really like the layers of symbolism that MCpl Finnigan integrated into the design."

## Rapid testing sites open at HMCS Scotian and 12 Wing Shearwater Sea King Club

By CFB Halifax

Did you know that MARLANT COVID-19 rapid testing sites are now open at HMCS Scotian and at the 12 Wing Shearwater Sea King Club for eligible defence team members and contractors? Make rapid testing part of your weekly routine!

### HMCS Scotian Rapid Testing Site:

2111 Upper Water Street

Testing site hours of operation: Monday to Friday, 0800 to 1300 Open to Stadacona & Dockyard employees including contractors.

### 12 Wing Shearwater Rapid Testing Site:

15 Squadron Crescent

Testing site hours of operation: Thursdays, 0800 to

1200 Open to all employees and contractors at 12 Wing

Eligible personnel must also meet the following criteria:

- 16+ years old;
- No COVID-19 symptoms;
- Have had no contact with people with COVID-19;
- Have not been to location with a known COVID-19 exposure; and
- Have not left Nova Scotia in the last 14 days.

Why? MARLANT has elected to set up and operate a voluntary COVID-19 rapid testing program to provide local defence team members with access to weekly COVID-19 testing at the workplace. The

goal is to add an additional layer of protection to our established Public Health Measures to prevent the spread of COVID-19 in the workplace. Rapid testing is voluntary, and no appointment is required!

Additional COVID-19 rapid testing sites will be established in the near future for those working at sites other than Stadacona, 12 Wing Shearwater and HMC Dockyard.

For more information on MARLANT's Rapid Testing sites, including a Frequently Asked Questions document, visit [tridentnewspaper.com/rapidtest](http://tridentnewspaper.com/rapidtest)





HMCS Oriole heads toward Halifax Harbour after a recent training sail in the Bedford Basin.

MONA GHIZ, MARLANT PA

# HMCS Oriole: Still sailing at 100

By RCN PA

The Royal Canadian Navy's (RCN) longest-serving ship is a sailing vessel, and is still looking sharp and working hard at 100.

Say Happy Birthday to Her Majesty's Canadian Ship (HMCS) *Oriole*, built in 1921 as a private yacht, commissioned as a Navy ship in 1954 and used by the RCN today for sail training and public outreach. Over its nearly seven decades in the Navy, *Oriole* has trained many a young sailor, taken part in races and tall ship festivals too numerous to name, visited ports the world over, and hosted military leaders, prime ministers and royalty.

"Any command appointment is special, but being in command of the oldest commissioned ship and a sailing vessel like *Oriole* is unique," says Lieutenant Commander (LCdr) Robert Pelton, Commanding Officer of HMCS *Oriole*. "Only a select few people have had the chance to do that, and on such an occasion as the ship's Centennial, is very special indeed and is such an honour."

Technically a Bermuda-rigged sail training ketch, *Oriole* is a close cousin to a schooner, except its mizzen mast is smaller than its mainmast and is stepped further aft. Fully rigged, HMCS *Oriole* sets more than 1,200 square metres of sail – every inch of it worked the old-fashioned way, by hand: no winches on this ship except the one that lifts the anchor. The hull is steel but the decks, cabin house, skylights and hatches

are all teak.

Originally built for George Gooderham, commodore of the Royal Canadian Yacht Club, the ship was launched in June 1921 as *Oriole IV* and served as the club's unofficial flagship from 1924 to 1928. In 1941, *Oriole* was sold to the Navy League of Canada for Sea Cadet training, and in 1943 it was chartered to the RCN as a training vessel. After the war *Oriole* was returned to the Navy League, was chartered again by the Navy in 1950 for training purposes, then finally commissioned as HMCS *Oriole* in 1954. *Oriole* even has a unique battle honour, the only Canadian Navy ship that has it: "Dunkirk 1940," granted by perpetuation because she shares the name of a Royal Navy ship that won that honour.

Time spent training in *Oriole* teaches more than basic seamanship: it fosters teamwork, self-confidence and leadership.

"*Oriole* is the only sailing vessel in the RCN and those members that have a chance to sail on board get an experience like no other," LCdr Pelton says. "You are exposed to the elements (wind, sea, rain), it's hard work and requires a lot of teamwork as well as individual leadership. Everyone that comes on board gets at least some sailing experience which will complement their career within the Navy when they go back to their respective units."

Just as important is *Oriole's* role as a floating ambassador for the RCN, a



The ship's company of HMCS Oriole in 1958.

DND

way to reach out to the public like no other. The ship sails the Great Lakes every summer (except during the pandemic) and hosts many day sails, port visits and other events to show Canadians their Navy up close.

"When we're in port, the ship turns heads and people want to see the ship

and just ask questions," the commanding officer says. "During non-COVID times, you can come onboard, touch, feel and walk on the ship. We go to places and ports that other RCN ships are unable to get to. We help to connect with Canadians on a different level."



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# Canada's most modern submarine returns to the water

By RCN PA

When Her Majesty's Canadian Submarine (HMCS) *Corner Brook* began its undocking on June 13, it became the most modern submarine in the Royal Canadian Navy (RCN).

This undocking marked the return of *Corner Brook* to Vancouver Island waters for the first time in almost a decade. It is also the first in a series of milestones required for returning the submarine to operational service alongside HMC Submarines *Victoria* and *Windsor*.

*Corner Brook* was in an Extend-

ed Docking Work Period (EDWP) since 2015 in Esquimalt. Repairs included damage caused by a grounding in 2011 along with other more intrusive maintenance routines that can only be conducted in a long maintenance period in dry dock.

The EDWP also included several notable upgrades such as a new communication mast called the Universal Modular Mast, which allows high-speed, highly-secure, jam-resistant satellite communications with shore. It also received the BQQ-10 sonar



*HMCS Corner Brook's undocking on June 13 marked an important step on the road back to operational service for the submarine.*

BABCOCK CANADA

suite. The difference between the BQQ-10 and the previous 2040 sonar suite range from a significant increase in the amount of processing that occurs after data is received from a Victoria-class submarine sonar systems to how that information is displayed to the operators.

*Corner Brook* is now able to fire the Mk48 7AT torpedoes, a significant upgrade to the current weapon, the Mk 48 4M.

In addition to these upgrades, and separate from the work conducted on *Corner Brook* during this period, is the Victoria-class Modernization (VCM) effort, which aims to ensure the submarines remain operationally relevant until the mid-to-late 2030s. This series of projects, as part of VCM, will provide improved habitability and deployment conditions for submariners and enhanced capabilities to support continued contributions to Canadian Armed Forces joint operations as well as improving survivability against current and evolving threats in an increasingly complex and changing battle space.

The Royal Canadian Navy's four Victoria-class submarines – *Victoria*, *Corner Brook*, *Chicoutimi* and *Windsor* – are some of the most strategic assets within the Canadian Armed Forces. The wide-reaching capabilities provided by the submarines are critical for supporting sovereignty and continental defence operations, and ensuring the navy has the necessary fleet mix and capacity to support operations at home and abroad.

Despite their age, the strategic impact of those modernized submarines is impressive.

"The Victoria-class submarine is still a very combat-capable platform," says Captain (Navy) (Capt(N)) Jean Stéphane Ouellet, Commander Canadian Submarine Force. "With the current and planned upgrades to the boats and a highly trained crew, I would take that platform into battle anytime."

Canada's submarines are highly effective weapons of strategic deterrence.

These modernized vessels are a critical platform in the RCN fleet, which allow Canada to increase its presence and influence abroad and contribute to maritime security and stability, alone or in cooperation with our allies.

In addition, Capt(N) Ouellet says the modernized submarines, which possess formidable surveillance and intelligence gathering capabilities, allow Canada the capacity to defend North American waters and maritime approaches, and control or deny access to a substantial ocean or littoral area.

"Submarines enjoy an unparalleled freedom of action and independence," he says. "As a result of their unrivalled stealth, persistence, and lethality, the mere possibility that a submarine is operating undetected can alter the entire nature of the theater of operations. If required, that lethality can contribute decisively to combat operations"

Submarines are some of the most complex pieces of machinery in the world and operate in environments where they experience tremendous pressure from operations at depth, extreme weather conditions, and the corrosive effects of seawater. These environments require a strict in-service maintenance schedule to ensure the safety of the crew and mission success.

Under the current maintenance model, one of Canada's four submarine is always in a deep maintenance period known as an Extended Docking Work Period. These long, multi-year work periods ensure the submarines remain safe, functional and operationally capable.

Following HMCS *Corner Brook's* undocking, the alongside, in-water testing portion of the EDWP will start, culminating in a camber dive, which is a static dive alongside to prove systems in a dived configuration. It is anticipated the camber dive and sea acceptance trials will begin in the latter part of 2021, with a return to full service in 2022. Eventually, *Corner Brook* will be transferred to the East Coast fleet based in Halifax.

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The ships of SNMG1, SNMCMG1, and other participants are seen at sea during the multinational exercise BALTOPS 50, which wrapped up on June 18.

SNMG1

## BALTOPS 50 concludes for SNMG1 and RCN ships

By LCdr Mark Fifield,  
SNMG1 PAO

Standing NATO Maritime Group One (SNMG1) and Standing NATO Mine Countermeasures Group One (SNMCMG1) concluded their successful participation in US-led exercise BALTOPS 50 on June 18.

Exercise BALTOPS is the premier annual maritime-focused exercise in the Baltic Sea region. It is designed to enhance mutual interoperability and heighten operational readiness while enhancing or otherwise developing military capabilities to operate seamlessly with sea, air, land and amphibious forces of various participating nations. Furthermore, it also aims to deter any possible aggression from potential threats and to reassure regional Allies and partners of the Alliance's unwavering commitment to protect and defend.

NATO has historically maintained a strong and enduring presence in the Baltic Sea region and considers it to be of deep strategic importance to the Alliance's security, stability and economic interests. In recent years, in line with the security environment in the region, the exercise has continued to evolve to provide NATO and its partner nations with the training and experience required to preserve peace, prevent conflict, promote security and stability, and reinforce the rules-based international order in the Baltic Sea region and beyond.

This year was the 50th iteration of the US-led exercise and involved participation from 16 NATO and two partner nations, including: Belgium, Canada, Denmark, Estonia, Finland, France, Germany, Italy, Latvia, Lithuania, The Netherlands, Norway, Poland, Spain, Sweden, Turkey, the UK, and the US. These nations in turn, contributed approximately 40 maritime units, 60 aircraft, and 4,000 personnel. The training scenario for BALTOPS 50 focused on

a naval response to an emerging crisis in the Baltic Sea region with multinational naval units conducting combined maritime security operations to include sea control and freedom of navigation. Air assets involved in the exercise worked with naval forces to provide air defence, maritime domain awareness and support for amphibious operations.

Two of NATO's four Standing Naval Forces (SNF), SNMG1 and SNMCMG1 respectively, participated in BALTOPS 50 and interacted with each other during a number of scripted and free-play serials in the context of the training scenario. This was the second time this semester that they had interacted in the Baltic Sea, having previously done so in March. Commodore Bradley Peats, Commander of SNMG1, was Commander of SNMG1—HMCS *Halifax*, HDMS *Absalon*, HNoMS *Storm*, HNoMS *Gnist* and FS Commandant Blaison as well as consorts HMS *Albion*, RFA *Mounts Bay*, USS *Mount Whitney* and USS *Thomas Hudner* during the exercise. Commander Jan Wijchers (Royal Netherlands Navy), Commander of SNMCMG1, had Command of SNMCMG1 flagship BNS *Godetia*, HNLMS *Zierikzee*, ENS *Ugandi*, FGS *Sulzbach-Rosenberg*, HNoMS *Rauma*, HNoMS *Maaloy*, FS *Andromede*, LNS *Skalvis*, HMCS *Summerside*, HMCS *Kingston* and FNS *Vatherpää*.

"I can attest that both NATO Groups and other BALTOPS 50 participants proved that they are highly capable of operating seamlessly in a multi-domain, multi-threat environment where joint warfighting proficiency is essential to mission success," said Commodore Peats. "There are no easy shortcuts to get to the place we are now – and that is a well trained and equipped Naval Task Group that is highly interoperable, flexible and responsive. Further, there are

no substitutes for being out here on the water, putting in the hard work - doing the business. This is why NATO Allies and partner nations participate in these collective defence exercises."

BALTOPS 50 presented a number of opportunities for both SNMG1 and SNMCMG1 to work together to overcome specific operational challenges presented by the training scenario. For example, SNMCMG1 provided safe passage through the Danish Straits for all units, by clearing Denmark's Great Belt region of sophisticated sea mines as well as Water-Borne Improvised Explosive Devices (WBIED). This allowed SNMG1 units to safely transit through the straits in order to break out into the Baltic Sea and begin conducting patrols and other assigned tasks. Likewise, SNMG1 escorted and provided protection to SNMCMG1 units as well as to amphibious forces conducting landings ashore.

"The multinational scale and scope of these joint multinational operations brings a lot of advantages to the table with each country bringing their own unique set of skills, capabilities and assets," said Commander Wijchers. "SNMCMG1 was well trained and equipped with various high-tech Autonomous Unmanned Vehicles 'to do the job' to establish and guarantee safe passage for all other allied units so these can push through to conduct amphibious landings. During the clearing of the amphibious landing area three "no play" historical ordnance were found, one aircraft bomb, an old mine and an air to air missile without warhead which proves the importance of MCM even further. By working seamlessly together and playing off each other's strengths, we adeptly handled every mission or tasking that was given to us."



HMCS *Summerside*, second from bottom, was one of three RCN ships taking part in BALTOPS 50.

SNMG1





# SPORTS & FITNESS



## Help develop the new Out Service program for CAF sports

By Canadian Armed Forces Sports

The Canadian Armed Forces (CAF) Sports Program is seeking interested individuals to join a working group to develop the new Out Service program to align with the new CAF Sports Strategic framework.

The purpose of the working group is to review, question, provide input and suggest improvement to the proposed structure of the new Out Service program. Additionally, a new name will need to be given to ensure the program meets the needs of our members and maximizes the impact of sports by growing participation and helping athletes achieve their maximal potential.

In order to be considered as a potential candidate for the working group, interested individuals are to communicate by email to Frank Boyer at [boyer.francis@cfmws.com](mailto:boyer.francis@cfmws.com) as soon as possible.

The CAFSO is looking for interested individuals under the following categories:

1. PSP Employees – Fitness and Sport Manager/Fitness and Sport Coordinator
2. Athletes, coaches, officials, athletic trainers – seeking individuals at various levels, various ranks and from all environments

The CAFSO will also identify potential candidates that have participated in extramural programs including CISM and RIC.

When submitting your interest the following information must be included:

- a. Full name, rank (if applicable);
- b. Unit, base;
- c. Work phone number;
- d. Role within sport: Athlete, coach, official, athletic trainer, or PSP employee (include job title)
- e. Any other information that is pertinent or applicant would like to share.

Members of the new working group will be selected to maximize representation of all stakeholders included in the proposed revised Out Service Program.

For more information about the current Out Service program visit the current Out Service Request page at [cafconnection.ca](http://cafconnection.ca).



## Tuning up for the Navy Bike Ride

Members of HMCS St. John's have been conducting bike repairs for charity at HMC Dockyard as this year's Navy Bike Ride ramps up. The repair shop is open on Tuesdays from 8 a.m. to 2 p.m. at the ship's shore office - D125. Services include: Small Bike Tune-Ups/Repairs - \$10 - including full inspection, adjustment of brakes, drivetrain and headset, along with frame clean-up. Large Tune-Up/Repair - \$20 - this service adds full frame and drivetrain cleaning, along with any required installation of new parts. Bike repair lessons are also available for \$15. Book an appointment by email with S1 Guida at [christophe.guida@ecf.forces.gc.ca](mailto:christophe.guida@ecf.forces.gc.ca) or text at 514-952-6766.

This year's Navy Bike Ride kicked off on June 12, and more than 4,000 virtual rides have already been logged, totalling more than 100,000 kilometres. Participants have so far raised nearly \$80,000 for the Royal Canadian Naval Benevolent Fund and Support Our Troops. Find more information about the 2021 Virtual Harry DeWolf Challenge or register to ride at <http://Navybikeride.ca>

MONA GHIZ, MARLANT PA





# Recipe for recovery

By Deva Carr,  
Fitness and Sports Instructor, CFB Halifax

Congratulations, you had a great workout! If your heart's still pounding and your muscles are shaky, it's the perfect time to start putting together your favourite recipe for recovery. Don't wait! Why find out if you're sore tomorrow, if you can start feeling better today?

Keep moving! The last thing your body needs after exercise is to stay still. Move around your house or garden and as you move you can start to gradually add some of your go-to stretches and hydrate. This will help flush out all the broken down metabolites from your muscles so there's less to stiffen up. While you're stretching and hydrating, think about what your body needs to build on the hard work. A balanced meal will set up the rest of your recovery just perfectly.

But you already knew all that, and you've already set your sleep routine. What are some next level recovery solutions?

1. Myofascial release: Foam rollers, rubber balls, and any number of products that might be right for you can offer some personally directed pressure on the muscles you worked out. It will definitely take getting used to, and it will take time to understand your body's reaction to different amounts of pressure. But once you find the goldilocks zone for your tissues, they will sing for joy. Take the same approach as stretching when you lean onto the roller the first time: 30-60 seconds, moving over or staying in one area on a muscle group at a time. Again, just like while exercising, releasing the sensation of tension in your body

gives you an opportunity to open those tissues for better rehydration.

2. Cryotherapy: A fancy way to say – use ice! After immediate exposure to intense exercise or contact sport, some athletes have a marked reduction in muscle soreness if they ice, or submerge in an ice bath. Some experts suggest as long as 15 minutes of submersion in an ice bath will have therapeutic benefits.

3. Compression: Rugby shorts have been commonplace for years and brands like Under Armour have made compression garments famous in professional sports. These tight fitting sleeves or clothes can help to stimulate blood flow through the area, can help regulate the temperature by keeping the area warm or wicking sweat away from the skin, and have shown promise in scientific studies.

4. Manual therapies: When muscle soreness is to the point where you have invested in not only your home gym, but your home spa, with sauna, ice bath, etc, and you still feel like you need more help on your recovery from active living, then you may benefit from seeing a professional. Physiotherapists are well versed in many modalities of manual therapies to help you, or they may recommend other manual therapies like chiropractic treatment, massage, or osteopathy that may be specific to your care.

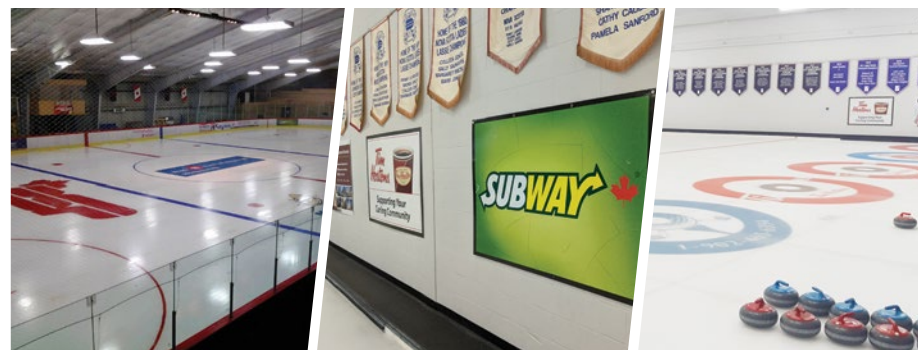
As always, it is best to consult a healthcare provider if you are in pain in case to determine if it is indicative of a larger issue. Active living is best done regularly and in small incremental doses.



## Don't mess with HMCS Calgary

While HMCS Calgary has been busy smashing records with their multiple counter-narcotics interdictions at sea as part of Combined Task Force 150, the crew has also been smashing the pads in their downtime. Cdr Meghan Coates, Executive Officer of HMCS Calgary, is seen here working out with a shipmate on Calgary's flight deck in waters off of Oman on May 8.

CPL LYNETTE AI DANG, CAF PHOTO




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