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NTOG in action

Members of the Royal Canadian Navy's Naval Tactical Operations Group (NTOG) demonstrate ship drills to multinational partners during Exercise SEA BREEZE 21 in Odessa, Ukraine on July 5. The NTOG personnel were joined by clearance divers from Fleet Diving Units Atlantic and Pacific as part of the CAF contribution to the exercise, which involved more than 5,000 military members from 30 different countries. Read more inside on Page 7.

CPL DANIEL CHIASSON, CAF PHOTO





HMCS Margaret Brooke (hull 431) is seen alongside the future HMCS Max Bernays (hull 432) at Irving Shipbuilding's Halifax facility. Margaret Brooke, the RCN's second Arctic and Offshore Patrol Ship, will be delivered to the RCN on July 15.

IRVING SHIPBUILDING

HMCS Margaret Brooke crew ready to receive second Arctic vessel

By Joanie Veitch,
Trident Staff

The delivery of the Arctic and Offshore Patrol Ship HMCS *Margaret Brooke*, scheduled for July 15th in Halifax, marks an important milestone both for the Royal Canadian Navy and for the ship's crew.

"The crew of *Margaret Brooke* finally has a ship to call their own," said Cdr Nicole Robichaud, HMCS *Margaret Brooke*'s Commanding Officer. "The delivery would not be possible without the dedication of the crew, who have spent the better part of the last year to 18 months training and learning about this ship."

The second AOPS of six being built through the National Shipbuilding Strategy by Irving Shipbuilding, its delivery is a highly anticipated event, Cdr Robichaud added.

"Not only is a new ship entering into service with the Royal Canadian Navy, but a new capability is also being introduced and *Margaret Brooke* will directly contribute to achieving global Canadian objectives."

Training in preparation for delivery has involved the ship's company in both computer-based learning and a practical training program at various shore-based facilities, as well as on board HMCS *Harry DeWolf*, the first AOPS, said LCdr Dusty Allen, *Margaret Brooke*'s Executive Officer.

"While this training ensures we are well-postured to receive the ship, nothing can replace the pride and ownership of having a unit to call your own," he said, commending the "incredible work ethic, enthusiasm and pride" the ship's crew have shown.

The journey to delivery day was a rough one at times, with the COVID-19 pandemic introducing numerous challenges.

"COVID has had an impact on everyone, everywhere," said Cdr Robichaud. "It has affected everything from material, parts, labour and timelines, to training, morale, personnel requirements and taskings."

Irving Shipbuilding, the Canadian shipbuilder and in-service support provider, put the ship through its builder trials in mid-May. Now, with the acceptance of *Margaret Brooke*, the ship is "one step closer to becoming part of the Fleet," said Cdr Nicole Robichaud.

"We are quite fortunate to have had *Harry DeWolf* complete its post acceptance period so that we can learn from, and improve on, practices that are unique to being a new class of ship," said Cdr Robichaud. "*Harry DeWolf* has done a great job at blazing the path so that we are not learning everything from scratch."

The first of the six AOPS, *Harry DeWolf*, was delivered in August 2020. The third AOPS, HMCS *Max Bernays*, will be launched later in 2021.

A commissioning ceremony for HMCS *Margaret Brooke* is planned for October 2022, tying in with the 80th anniversary of the sinking of the SS *Caribou*, the steamship passenger ferry that linked Newfoundland to Nova Scotia before it was torpedoed and sunk by a German submarine on October 14, 1942. Nursing Sister LCdr Margaret Brooke, who was on the ship, received a Member (Military Division) of the Order of the British Empire for her efforts to save her friend, Nursing Sister S-Lt Agnes Wilkie, after the sinking, becoming the first Canadian woman to receive the award.

Remaining a member of the Navy until 1962, Margaret Brooke was 100 years old

before she died on January 9, 2016. On her 100th birthday, April 10, 2015, the Minister of National Defence, then Jason Kenney, called her to tell her that the second AOPS would bear her name, marking another couple of "firsts" for the former Nursing Sister — the first woman to have a Canadian warship named for her and the first time such a ship was named for a living person.

Margaret Brooke has a busy sailing schedule ahead, and will now officially be Cdr Robichaud's command at sea.

"We will be sailing for the next year, conducting post-acceptance trials, testing and trialing all aspects of the machinery and equipment, with a plan to participate in Operation Nanook in the fall of 2022," she said.

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Atlantic Fleet Sailor of the Year

MS Steven Lannon earns top leadership award

By Joanie Veitch,
Trident Staff

Master Sailor Steven Lannon likes to keep things light, joking around and enjoying a laugh with the other sailors on board ship, but when it's time for serious work, he's always ready for a challenge.

That spirit of leadership and willingness to consistently go above and beyond his regular duties has earned MS Lannon the Atlantic Fleet's Sailor of the Year award, which he received at Tribute Tower on June 23 — in Mr. Mac's Room — with Commodore Richard Feltham, Commander Canadian Fleet Atlantic (CANFLTANT), and Fleet Chief CP01 Darcy Burd presenting.

"We are blessed with extraordinary people in our fleet. We have the best and the brightest Canada has to offer," Cmdre Feltham said. "To have been chosen as the best of all that group is significant, it really is significant."

When MS Lannon, who began his career with the Navy in 2009 as a Hull Technician, now a Marine Technician (MARTECH), joined the crew of HMCS *St. John's* in June 2020, the ship was getting ready for an extended maintenance period. This required a complete de-storing of the ship and total crew swap to HMCS *Ville de Québec* — all during strict COVID-19 protocols.

"To meet the restrictions, we went in after hours and worked late nights. It was a hard time but we did a lot of check-ins to make sure everyone was doing ok," said MS Lannon.

As the crew worked to get *Ville de Québec* ready for the multinational Operation NANOOK 20 happening in the Eastern Arctic in early August, to be followed by the UK-led Exercise JOINT WARRIOR in October, the ship's command team hit a major snag. The senior firefighter on the ship — usually a job held by a Petty Officer, Second Class — was unable to sail.

Without someone in the senior



MS Steven Lannon received Canadian Fleet Atlantic's 2020 Sailor of the Year award from Cmdre Richard Feltham, Commander Canadian Fleet Atlantic (CANFLTANT), on June 23 at Tribute Tower.

MONA GHIZ, MARLANT PA

firefighting position, the ship didn't have a coordinator for the vital role of helicopter crash rescue firefighting (HCRFF) on board ship.

While MS Lannon had the full HCRFF training, to be able to take on that operational role and enable HMCS *Ville de Québec* to take part in the upcoming exercises, he needed to recertify immediately.

"I had to step up into that role to enable the ship to be capable for flight ops. It was a big responsibility but I was able to take on the challenge," said MS Lannon.

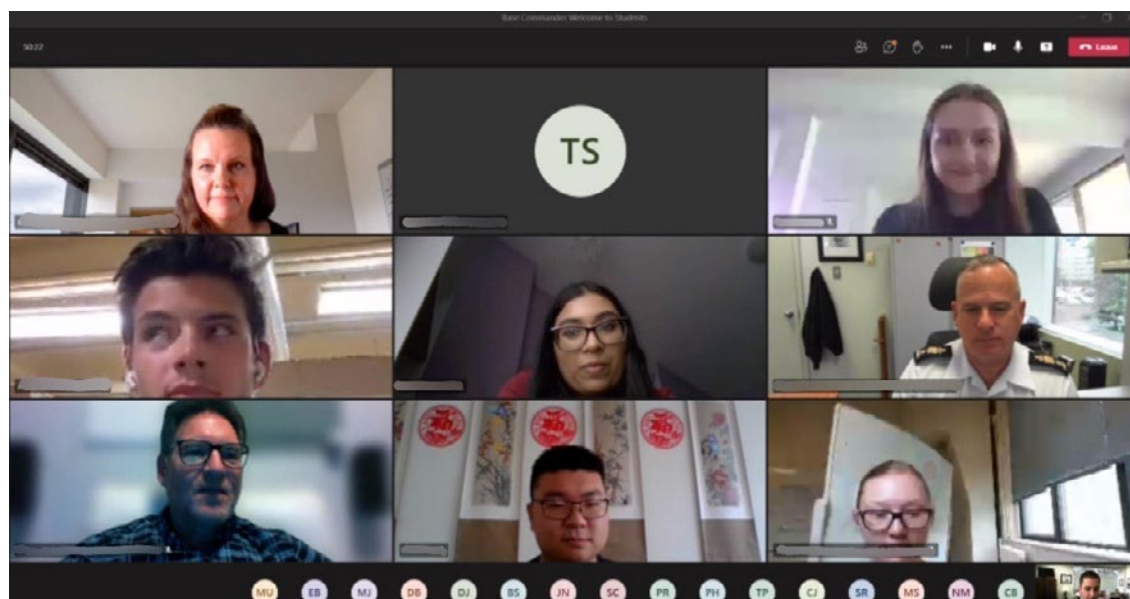
Accepting his award, MS Lannon gave credit as well to his co-workers in the Marine Systems Engineers (MSE) department for their hard work, saying he wouldn't have been able to take on the extra responsibility without their

support.

Now, with COVID-19 restrictions beginning to lift, MS Lannon hopes to get home to Paradise, NL for the first time in a year and a half with his wife Kimberley, who works at the IWK Health Centre, and their two-year-old son Liam.

He's also looking forward to spending time at home and keeping busy with projects around the house. Three years ago MS Lannon and his wife built a house in Brookside; he said he loves spending his time off doing yard work and just being outdoors.

"I like to challenge myself," he said. "When I get a job done, I feel a great sense of accomplishment. It's just good to keep busy."



Student Virtual Welcome

On June 23rd, the CFB Halifax Base Commander and Base Chief hosted a virtual welcome event for the 49 students working at various units across CFB Halifax this summer. The Base Commander and Base Chief spoke to the students about their current roles and how the Base team — our student workforce included — contributes to military-led and supported operations both home and abroad. Welcome to all new and returning students, and thank you for all that you do for our Base community!

SUBMITTED



Hon Capt(N) Debbie Eisan receives her pin from RAdm Brian Santarpia at a scroll and pin presentation on June 21. PO1 Katerina Stewart is carrying the DND/CAF Eagle Staff.

MONA GHIZ, MARLANT PA

New Hon Capt (N) says Anishinaabe teachings and RCN background helped her become a leader

By Joanie Veitch,
Trident Staff

“Picture it: beautiful Batchewana First Nation in northern Ontario. A shy young Anishinaabekwe had a dream...”

Chief Petty Officer 2nd Class (Ret'd) Deborah Eisan's dream of becoming a nurse and traveling the world didn't work out quite as she had envisioned growing up. Instead, in her 36-year career with the Royal Canadian Navy, she travelled to more than 20 countries, developed new skills, and played a key role in recruiting and mentoring Indigenous youth through the Canadian Forces Aboriginal Entry Program and various summer training options, such as the Raven and Black Bear programs.

“I did not become a nurse, but I joined the Canadian Armed Forces at the age of 17 and never looked back. It was the military that gave me the courage to stand up for who I am and to be proud of my culture and my heritage,” she said. “The military gave me the confidence to express my thoughts and opinions.”

At a scroll and pin presentation ceremony

held on June 21 as part of her appointment as an Honorary Captain (Navy), now Hon Capt(N) Eisan said she is proud to be an ambassador for the RCN and feels “honoured and humbled” to be affiliated with the future HMCS *Margaret Brooke*, a ship named for a female veteran and commanded by a woman — Cdr Nicole Robichaud.

The event was held in the Admiral's Conference Room at Maritime Forces Atlantic Headquarters with limited in-person attendance and many more watching online via.

Raymond Sewell, a musician from the Mi'kmaq community of Pabineau, NB, drummed and sang the Mi'kmaq Honour Song, and Chief Dean Sayers, Chief of Batchewana First Nations, gave congratulatory remarks before Rear-Admiral Brian Santarpia, Commander Maritime Forces Atlantic, presented Hon Capt(N) Eisan with her Honorary Captain Scroll and Pin.

“Honorary Captains in the Royal Canadian

Navy are selected leaders who have distinguished themselves in their private or public life. They act as ambassadors for the Navy to the Canadian people,” RAdm Santarpia said.

He listed her many achievements — including the National Aboriginal Women in Leadership Award of Distinction, the Queen's Diamond Jubilee medal for her work in advocating for cultural awareness of Aboriginal people within the CAF, and her work in the creation of the DND/CAF Eagle Staff, the travelling symbol of unity among Indigenous people in the military. RAdm Santarpia said Hon Capt(N) Eisan has also played a key role as a “valued advisor” to senior military leadership on Indigenous matters.

“She was and continues to be, a strong voice for Indigenous members of the Canadian Forces, and veterans... Debbie, I have to say that we are the ones who are humbled and honoured that you have been appointed as honorary captain... you are truly remarkable.”

While her military training helped shape her career, in her keynote address following the presentation, Hon Capt(N) Eisan also spoke about the intrinsic value of Anishinaabe knowledge that has been passed down through the generations through the Seven Grandfather teachings of wisdom, love, respect, bravery, honesty, humility and truth.

“Without the wisdom of our elders and our ancestors we would not know how to love ourselves unconditionally and to love others with the same tenacity; to respect each other and the differences we all have and that each of our spirits are unique and beautiful,” she said, highlighting the teachings of each of the guiding principles.

As one of the two military members instrumental in creating the DND/CAF Eagle Staff — carried at the scroll and pin ceremony by Petty Officer 1st Class Katerina Stewart — HCapt(N) Eisan recalled how she and Petty Officer 2nd Class Chris Innes, from Whitefish River First Nation, were working together in 2002 when they each had a dream of an Eagle Staff. Sharing their vision with each other the next morning, the two went on to create the DND/CAF Eagle Staff as a powerful emblem of unity, honouring current and past Indigenous members in the defence community.

“This Eagle Staff serves as a reminder of the tenacity and the strong and proud service of Indigenous people within the CAF,” said HCapt(N) Eisan. “So, you see, dreams do come true, but not always in the way you expect...if we open our eyes and watch for the signals, we'll achieve our dreams.”



HOISTEX during DYNAMIC MONGOOSE 21

The CH-148 Cyclone deployed with SNMG1 Flagship HMCS *Halifax*, callsign *Kingfisher*, conducts a hoist exercise with Norwegian Submarine HNoMS *Utvaer*, with French Frigate FNS *Alsace* seen in the background, during exercise DYNAMIC MONGOOSE 21 on July 4. The exercise, hosted by Norway and Iceland, takes place with NATO allies each summer in the High North. This marked the first time a CH-148 Cyclone has completed a hoist with a submarine from a partner nation.

SNMG1



BALTOPS 2021 took place from June 6-18 in the Baltic Sea, with 18 NATO nations participating, including HMC ships Summerside, Kingston, and Halifax representing Canada.

LT JEFFREY MCBRIDE

Of Waves, Whalers, and Mines: A voyage across northern Europe

By S2 Natassia Lei,
HMCS *Summerside*

The day HMCS *Summerside* and HMCS *Kingston* departed Halifax in early May was a day unlike any other. Excitement struck the ships' companies as anticipation of our upcoming sail drew nearer. There was an air of calm busyness about the ships, punctuated by experienced professionalism. For some, this was their first sail, a chance to see Europe and gain their sea legs. For others, this would check another box in their sea-going career.

We left with several tasks. Foremost, the ships' main goal was to participate in BALTOPS 2021, a NATO-led exercise with our overseas allies. We were to join a NATO task group conducting Naval Mine Warfare in the Baltic Sea. As a secondary purpose, we were also instructed to patriate an Admiralty's Trawler Whaler from the United Kingdom back to Canada.

We set out with little fanfare for our mission in the Baltic Sea. It would be a 12-day transit from Halifax, Nova Scotia to Londonderry, Northern Ireland.

After a brief stop in St. John's, Newfoundland to refuel, we began our trip across the roaring Atlantic Ocean. In the grand scheme of a life, 12 days is but a drop in the bucket, but with a storm to our stern and a storm to our bow, it was a wild dash in the hope of threading rough waters. How, then, could we not feel a sense of relief as the lush green shores of

Northern Ireland emerged from the fog? I vividly recall standing out on the sweep deck as my senses were overwhelmed with smells and sights which I had not felt in days. Seagulls circled the ship, crying out in their mysterious avian tones. In the distance, I could make out the waves, crashing onto shorelines long-awaited. It was a land shrouded in a light morning fog, and smelled of fresh salty air and the promise of adventures.

How fortunate we were to be able to travel during these trying times. With travel restrictions still in place in many provinces and territories, it was a sobering reminder that the young sailors and soldiers of the Second World War also crossed the ocean when the world was in a state of emergency. They too would have departed from Halifax, boarding merchant vessels and warships bound for Europe. Likewise, St. John's, Newfoundland was their last port of call on the western side of the Atlantic and Londonderry was their first on the east. It was fitting then, that our visit coincided with events marking the 76th anniversary of the Battle of the Atlantic. The crew attended a solemn ceremony, where a crowd of spectators had formed outside the gates. The highlight of the event was the striking of the bell. Eight times it rang in Halifax, eight times it rang in St. John's, and eight times it



Members of HMCS Summerside and HMCS Kingston participated in a tri-city Battle of the Atlantic memorial ceremony while alongside in Londonderry, Northern Ireland.

LT JEFFREY MCBRIDE



The two RCN ships participated in a ceremony in Portsmouth, UK on June 24 to receive the last Second World War era Admiralty Trawler boat, which will soon be on display in Halifax.

LT JEFFREY MCBRIDE



rang in Londonderry. This symbolically marked the end of the watch for the fallen. Yet their memories still echo across time. From the Second World War to the present, and from the present into the future, theirs is the legacy we bear. With this dedication in mind and at heart, we departed Londonderry and proceeded to our next port: Portsmouth.

Originally a Roman port, Portsmouth lies on the south coast of England and is home to the UK's largest naval base. Less than a few hours after pulling into port, what should appear off our port bow but HMS *Queen Elizabeth*, one of the UK's largest and newest aircraft carriers. Sheltering in harbour until the seas subsided, she certainly improved the view out of our window! The following day brought another surprise. The news spread rapidly that Her Majesty Queen Elizabeth II herself would be visiting her aircraft carrier. The precise timing was unannounced but by a stroke of luck, I happened to be by the binoculars when her royal helicopter landed. Although our view was restricted, we managed to catch a quick glimpse of the Queen.

As we progressed to our main mission, we enjoyed a few other highlights along the way. Prior to Portsmouth, we had a short detour to the Giant's Causeway, site of the legendary battle between the Irish giant Finn McCool and his Scottish counterpart, the giant Benandonner (Finn McCool won). After Portsmouth, we paused off the coast of Germany for some aquatic PT. The sea was salty, but the thrill of jumping in the cool waters temporarily appeased our weary souls.

By the time June rolled around, we were in Klaipeda, Lithuania for our mission – BALTOPS. Stretching all along the jetty were minesweepers and minehunters from NATO nations, including Germany, Lithuania, Norway, and Poland. Our mission was twofold. In the short term, it was to clear mined waters prior to the main

amphibious landing. In the long run, we were to increase our interoperability with our NATO allies. After a grueling few weeks which challenged our naval capabilities in a variety of ways, we succeeded in clearing a path for the amphibious assault. To cap off the mission, we participated in a grand naval tradition called a steam past. The ships in our task group assembled into a line and, taking turns, the last ship would steam to the front. Rails were manned, fire hoses were made ready, and our crew was encouraged to display our national pride. I would like to report that as HMCS *Summerside* steamed from the back of the formation to the front, she ensured that every ship she passed was appropriately christened with a healthy dose of sea water.

Our mission accomplished, we began the voyage home. Yet, like the brave Odysseus of Greek mythology, we had a few more stops along the way. A few days were shaved off our transit by a venture through the German Kiel Canal. Entering through the Baltic Sea, we were met by brick-faced walls adorned with vibrant vines. The recreational paths along the shoreline were full of pedestrians and cyclists enjoying a mild spring day. After a trip through the locks, we emerged on the other side, bound once again for Portsmouth where we were tasked with a notable duty.

On May 24th, HMCS *Summerside* had the honour and privilege of patriating an Admiralty's Trawler Whaler back to Canada. Coming alongside once again in Portsmouth, UK on June 22, we had our first look at the weathered wooden boat. Within her tired timbers lay a history which cannot be adequately expressed in words. At 16 feet long, 7 feet wide and approximately half a ton, her clinker hull bears witness to craftsmanship wrought with expert hands. She serves as a portal to the past. As the standard boat issued to the Flower-class corvettes (such as HMCS *Sackville*), she is the

last of her kind. Seemingly innocuous at first glance, she is a reminder that a ship requires all her equipment in order to achieve her mission. The whaler's contribution may have been small, but the corvettes on which she was attached were key in ensuring a safe transit for Allied shipping during the Battle of the Atlantic. The Naval Museum at CFB Halifax has graciously accepted her; the final extant whaler in the same port as the final extant corvette. It is appropriate then that HMCS *Summerside* brings her back. Why? Walking through our ship, one can easily spot her battle honours. In yellow letters it boldly states: ATLANTIC 1941-1944 ATLANTIQUE. This shared heritage between our two countries is not only a reminder of the paths we have sailed together, but also of the ones we intend to take as we continue into the future.

In these difficult pandemic times, it is all the more important to take stock of our priorities in life. Having the opportunity to travel during these two months has afforded me time to

reflect and gain a new perspective. What I have learned is that I am never alone. There may be times when there is nothing around save the deep blue sea and tempest-tossed waters. Nevertheless, a call for help only requires a press of the button, the raising of a flag, or the flashing of a light. Like the sea, our world may seem uncertain and overwhelming at times, but it does well to remember that we have friends, allies, and fellow mariners close by.

For a country bound by three oceans, the Arctic, the Pacific, and the Atlantic, crossing one of them is a Canadian rite of passage. From the earliest explorers to sight the shores of the Americas to the Canadian sailors onboard HMCS *Summerside* and HMCS *Kingston*, the ocean is a threshold between lands, cultures, and history. Sailing has afforded me the opportunity to not only see the world, but to see the humanity in each person I encounter. Fair winds and following seas.



OPFOR boats attacking HMCS *Summerside* during a Force Protection Serial during BALTOPS near Klaipeda, Lithuania.

A/SLT DAVID LINDSAY



Members of HMCS *Summerside*'s Force Protection component reacting to threats during the Force Protection Serial.

A/SLT DAVID LINDSAY



HMCS *KINGSTON* (700) pictured with other International Vessels in the Baltron Task Group during SAREX Serial (off Lithuania).

A/SLT DAVID LINDSAY



Royal Canadian Navy clearance divers conduct a force integration training dive with other participating navies during Exercise SEA BREEZE 21 in Odessa, Ukraine on July 1.

LT(N) IGOR POLOSIN, CAF PHOTO



A member of the Naval Tactical Operations Group (NTOG) leads the hotwash with multinational partners following ship drills training during Exercise SEA BREEZE on July 5.

CPL DANIEL CHIASSEON, CAF PHOTO

CAF deploys 24 military personnel to support Exercise SEA BREEZE 21

By Major Christopher Daniel,
RCN Public Affairs

The Canadian Armed Forces (CAF) has deployed 24 military personnel to Odessa, Ukraine to participate in Exercise SEA BREEZE 21 from June 28 to July 13, 2021.

This annual exercise is co-hosted by the United States Navy and the Ukrainian Navy, with the support of NATO's Partnership for Peace program. The CAF delegation supporting this exercise is composed of Royal Canadian Navy (RCN) clearance divers from Fleet Diving Units (FDU) Pacific and Atlantic, members from the Naval Tactical Operations Group (NTOG) and staff officer mentors.

"SEA BREEZE focuses on the interoperability of maritime, ground and air forces of the participating nations, and improves our combined capabilities to execute maritime security operations," said Capt (N) Robert Taylor, the CAF Contingent Commander. "Our participation in this exercise strengthens our ties with partner navies and further improves our ability to successfully work together on multinational operations and missions."

The RCN's participation in Exercise SEA BREEZE 21 is part of Operation UNIFIER, the CAF military training and capacity-building mission in Ukraine.

"Operation UNIFIER is Canada's contribution to assist the Security Forces of Ukraine through capability and capacity building in coordination with the other countries providing similar types of assistance," said Lieutenant-Colonel Melanie Lake, Commander Joint Task Force-Ukraine.

"CAF's contribution to this year's iteration of SEA BREEZE demonstrates Canada's commitment to enhancing Canadian, Ukrainian and NATO interoperability by training and exercising together," she said. "We are very happy to see this year's exercise expand to include multi-domain operations integrating land, maritime, air and special operations forces elements as a joint force. The capacity and strong relationships built during Ex SEA BREEZE 21 will directly contribute to Black Sea regional security, safety and stability. We believe that Ukraine's security is our security and we remain a steadfast friend and ally to the Security Forces of Ukraine."

Exercise SEA BREEZE 21 is about training together and making new friends based on a shared commitment to peace and stability in Europe. This exercise will see more than 30 participating countries, 32 ships, 40 aircraft, approximately 5,000 troops and 18 special operations and dive teams. These partner militaries are training together in maritime operations and supporting information sharing and awareness of the maritime domain. This exercise will enable and enhance collaborative naval operations amongst maritime security partners in the Black Sea.

As a part of the exercise, clearance divers from FDUs Pacific and Atlantic, members from NTOG and staff officer mentors are sharing their best practices with the Ukrainian Navy. The expertise that they bring to the exercise is noteworthy. In fact, RCN clearance divers are experts in salvage, inspections, training, search and survey, hyperbaric medicine, submarine rescue, fleet maintenance, and dockyard support.

What's more, a team from NTOG is sharing their techniques in advanced boarding operations at sea. NTOG is a dedicated unit within the RCN whose expertise includes intercepting suspect vessels in order to prevent the movement of illicit cargo and materiel at sea, called Maritime Interdiction Operations, and protecting Navy ships, infrastructure and personnel.

"Our participation in SEA BREEZE is significant for the RCN because engagements and exercises with partner navies help build mutual understanding, gain trust, improve interoperability, and enhance the operational readiness of the RCN around the world," said Capt(N) Taylor. "By focusing on interoperability with multinational partners, the RCN will be better prepared to respond to regional security situations, if required."

It is important to note that the CAF has taken measures to mitigate the risk of Covid-19 for participating members. In fact, all CAF personnel deployed in support of Exercise SEA BREEZE 21 have been inoculated with the Health Canada-approved Moderna COVID-19 vaccine. They have also undergone Covid testing prior to departure as a

preventative measure, and are required to comply with local health protocols, wear a mask, observe physical distancing and regularly sanitize hands. These measures aim to ensure our members remain safe, healthy and able to complete their mission.

Exercise SEA BREEZE is an annual multinational military training exercise conducted on the territory of Ukraine since 1997, in accordance with a memorandum of understanding and cooperation between the U.S. Ministry of Defence and Ministry of Defence of Ukraine of 1993. Co-hosted by the United States and Ukraine, other participating countries in this year's exercise include Algeria, Austria, Australia, Bangladesh, Brazil, Bulgaria, Denmark, Egypt, Estonia, Finland, France, Georgia, Greece, Israel, Italy, Japan, Latvia, Lithuania, Moldova, Morocco, the Netherlands, Norway, Poland, Romania, Senegal, Spain, South Korea, Sweden, Turkey and the United Kingdom.



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Members of HMCS Calgary stand together after collecting garbage from the beaches of Diego Garcia on June 20, 2021 in British Indian Ocean Territory during Operation PROJECTION.

CPL LYNETTE AI DANG

HMCS Calgary helps protect the environment during visit to Diego Garcia

By Capt Jeffery Klassen,
HMCS Calgary

After five months of being in a COVID-free social bubble, the officers and crew of Her Majesty's Canadian Ship (HMCS) *Calgary* finally got a 'real' port visit when they visited the small British Indian Ocean Territory island of Diego Garcia, home to United States Navy Naval Support Facility Diego Garcia. It was a time to relax, interact with crewmates and others off ship, and, for a good portion of the ship's company, an opportunity to help the British Forces and United States Navy protect the environment.

The crew of HMCS *Calgary* had some visits to foreign countries throughout their deployment but due to the COVID-19 pandemic, visits were mostly considered 'technical visits' and the ship's company could never leave further than an isolated area on the jetty. After finishing their recent counter-terrorism drug interdiction mission, Operation ARTEMIS, the stop in Diego Garcia provided some well-deserved liberty.

Diego Garcia is an isolated atoll, rarely visited by outsiders and known for its natural beauty that includes fine white sanded beaches, sea turtles, coconut crabs, and a diverse and vibrant sea life surrounding it. However, plastic from the vast ocean ends up on its shores, builds up, and can create problems in the local sea turtle population. HMCS *Calgary*'s crew stepped in to help clean up.

"The plastic breaks down into microplastics in the sand where sea turtles tend to nest," said Lieutenant Commander (LCdr) John Quay, Command Chaplain for Naval Support

Facility Diego Garcia. "For marine turtle eggs, incubation temperature is destiny. Sea turtles have temperature dependent sex determination, which means their sex is determined by the sand temperature. Changes in incubation temperatures can modify the sex ratios produced on these nesting beaches."

In an activity organized by HMCS *Calgary*'s embarked chaplain Lieutenant (Navy) Wilson Gonesse and LCdr Quay, on their second day off ship, 31 members of the ship got up at the break of dawn, drove out to the island's 'Oceanside R-site Beach', and cleared washed up debris from a one-kilometre stretch. They gathered around 80 bags of trash with a total weight of 640 lbs.

"We are very grateful for the sacrifice and hard work of the 30-plus crew of HMCS *Calgary* that gave up several hours of a very short liberty call on a tropical island to help beautify our beaches, and more importantly, to significantly help our sea turtle population," said LCdr Quay.

The island of Diego Garcia provided a great rest for the ship's company after completing a very successful Operation ARTEMIS where the ship set the record for the most successful interdictions by any ship on a single rotation in the history of the operation. The ship is now on Operation PROJECTION and their next major activity will be participation in Exercise TALISMAN SABRE, a major biennial international exercise off the coast of Australia.

"We are very thankful to our British

and American partners for providing us the opportunity to take a much needed rest in Diego Garcia. The fact that we were also able to contribute to maintaining the island's natural beauty is just an amazing bonus for us," said HMCS *Calgary*'s Commanding Officer, Commander Mark O'Donohue.

The United States Navy has been a great partner to HMCS *Calgary* throughout its Operation ARTEMIS mission, providing fuel-at-sea on several occasions, and the ship conducted maneuvering exercises with United States Ship *Vella Gulf*. While on

Operation ARTEMIS, HMCS *Calgary* worked under Combined Maritime Forces which is currently under the command of Vice Admiral (VAdm) Brad Cooper, Commander of United States Fifth Fleet and United States Naval Forces Central Command.

During HMCS *Calgary*'s mid-deployment break, VAdm Cooper visited the ship and congratulated HMCS *Calgary* on their recent operational successes which also included making the largest heroin seizure and making the most successful interdictions by any single ship on a single rotation of the operation in CMF history.



Members of HMCS Calgary partake in cleaning garbage on a stretch of Diego Garcia's beaches.

CPL LYNETTE AI DANG



CPO1 Kent Gregory

SUBMITTED

Face of Base: Outgoing Base Chief CPO1 Kent Gregory

By CFB Halifax Public Affairs

We are thrilled to feature our newest Face of Base Halifax, CPO1 Thomas Kent Gregory, who – up until last week – was the Base Chief Petty Officer at CFB Halifax! Born in Ontario and raised in both Ontario and British Columbia, CPO1 Gregory grew up in a military family, which would greatly influence his career path.

Even at the young age of 13, he knew he wanted to pursue a military career. This dream came true when he enrolled in the CAF in 1985, inspired by his grandfather who enrolled during the First World War in the Canadian Mounted Rifles. Throughout his illustrious 37-year career, CPO1 Gregory has worked as a Finance Clerk, a Resource Management Support Clerk, Financial Services Administrator and currently, as Base Chief. In his latest role, he advises the Base Commander on all matters pertaining to non-commissioned members, operates as the Base's chief disciplinarian, and is responsible for the morale and welfare of all Defence Team members at CFB Halifax. As Base Chief, he is most proud of supporting the "Respect in the CAF" courses, standing up CFB Halifax's local LGBTQ2+ advocacy group and assisting in the development of meaningful policy, as well as becoming a role model to younger LGBTQ2+ members whom he hopes feel inspired and empowered to achieve the most senior leadership levels within the CAF, as he has.

Prior to leaving his role as Base Chief, CPO1 Gregory was humbled to share a few thoughts with us: "It is important to remember that our institution is not the organization of the past: we have come far in terms of embracing diversity and inclusion, and focusing on the many talents of our diverse Defence members. Yet we know that more needs to be done to better our organization. I hope members put trust in themselves and try to change the space they have influence in, as a way of rooting out inappropriate behaviour and ensuring that meaningful culture change occurs."

A few fun facts about CPO1 Gregory? Not only is he a huge Trekkie and a Licensed Lay Minister in the Anglican Church working toward his ordination (a second career), he also plays the bagpipes!

Thank you, Chief, for everything that you have done for the Base, for your insight and unwavering leadership! We wish you the best of luck for your next adventure, and commend you for your dedicated service to Canada!



Captain Heather Constantine, the current Deputy Wing Administration Officer for 12 Wing Shearwater, received the 2020 CAF Logistician of the Year (Junior Officer) award on June 7.

JACLYN BUELL, 12 WING IMAGING

12 Wing Logistician wins national CAF award

By Joanie Veitch,
Trident Staff

On June 7th, Captain Heather Constantine, the current Deputy Wing Administration Officer for 12 Wing Shearwater, was named the 2020 Logistician of the Year (Junior Officer) for the Canadian Armed Forces in a virtual ceremony put on by the Royal Canadian Logistics Service (RCLS).

Recognized for her steadfast leadership and human resource management excellence, the RCLS noted that Capt Constantine "embodies all the qualities of an outstanding RCLS officer — professionalism, dedication, innovation and leadership."

Capt Constantine, who joined the military as a reservist in 1995 and transferred into the Regular Force in 2016, said she was surprised and humbled to receive the honour. "It's still sinking in, really," Capt Constantine said. "I've worked with some amazing Log Os out there who do fantastic work, so to be recognized amongst my peers, it's humbling."

In the notice of her award, RCLS highlighted Capt Constantine's work in coordinating casualty administration and support activities following the Stalker-22 crash that killed six military members off the coast of Greece last year, and the tragic Snowbird crash in Kamloops, BC less than a month later.

Capt Constantine was posted to 12 Wing's 406 Maritime (M) Operational Training Squadron in January 2018, before taking on the Lead Administrative Officer position for 12 Wing in December 2019. She said she remembers the day on April 29, 2020 when word came in that a CH-148 Cyclone had crashed in the Ionian Sea.

"I got a call that afternoon and that evening I was at the squadron coordinating the casualty administration and management portion. It was the largest mass casualty event in the Royal Canadian Air Force in recent history," she said. "My job became coordinating all of the pieces."

Although she had previous experience coordinating a casualty event as a Designated Assistant, the scale of the tragedy, coupled with COVID-19 restrictions, made the situation especially hard. Coordinating all of the pieces, as Capt Constantine put it, meant following up on many details — large and small — from liaising with the Royal Canadian Navy's Atlantic Fleet, through their

Liaison Officer LCdr Nicole Dugas, and working with Canadian Joint Operations Command (CJOC), to managing on site at 12 Wing Shearwater, and, of course, supporting the grieving families through Designated Assistants assigned to each family group.

"Casualty management is difficult under the best of circumstances, but in a COVID environment, it is magnified to an extreme. It was a difficult time. Those were very full days."

Her own family saw very little of her in the days that followed the crash, leading up to the repatriation ceremony at 8 Wing, Trenton on May 6. Capt Constantine gave credit to her two daughters for their support and understanding.

"They knew and accepted that Mom was going to be away from home... It was a hard time but I knew we just had to take it step by step and all work together."

The next challenge arrived with the tragedy on May 17th, when a Snowbirds aircraft taking part in Operation Inspiration, crashed in Kamloops, BC, killing Captain Jennifer Casey, the Public Affairs Officer from 431 (Air Demonstration) Squadron of 15 Wing, Moose Jaw.

Hard lessons learned in the weeks before helped Capt Constantine as she took a lead role in coordinating plans for the homecoming ceremony in Capt Casey's honour.

"Having that experience with Stalker 22, showed that — in the midst of chaos — having a clear plan to follow would help get us through it. Our goal was to be able to provide for the family the best ceremony and service we could, and to have it be as respectful as possible."

Capt Constantine's work during those challenging days and weeks was exemplary, but beyond that, the award nomination and win reflects the day-to-day work ethic and professionalism she's shown since starting with 12 Wing in 2018, said Lieutenant-Colonel William Reyno, Commanding Officer at 12 Wing Headquarters.

"She stood out at 406 Squadron and was hand-picked to take on the Acting Wing Administration Officer role," said LCol Reyno. "She's a go-to person on the Wing for her leadership...and stood head and shoulders above other great candidates in winning this award."



SPORTS & FITNESS



Navy 10K Virtual Series keeping runners motivated

By Joanie Veitch,
Trident Staff

After winning the team competition in last year's Navy 10K Run Virtual Series, when this year's run was announced as an online challenge, Cdr Jennifer Gosse knew her Base chaplains would put a team together to contend for the winning title again.

"Winning the team challenge last year, I thought 'well, there's a first for everything'," she laughed. "Chaplain's aren't really known as being the most athletic people in the military. We try our best but we're generally older than most of the members that we serve, so for the chaplains to win a sporting event? That was definitely a first, I would think."

Due to ongoing COVID-19 restrictions, the 2021 Navy 10K Run is being held as a virtual event again this year. With free registration and open to everyone, the 2021 Navy 10K Run Virtual Series started June 1 and goes through to August 24.

Registration remains open and people can sign up any time.

For Cdr Gosse, a longtime runner who has taken part in many past Navy 10K runs, putting together a team last year for the online version of the run seemed a good way for the chaplains — a unit that is typically spread out and doesn't get much opportunity to work together — to have some fun and stay fit through the pandemic.

"Being outdoors helps your mental health as well as your physical health. For me, it helps with my spiritual

health too. Whether walking or running, being outside in nature is good for us," she said.

Although the chaplain's team doesn't have a specific distance goal for this year's virtual series, Cdr Gosse said she had set a personal goal to aim for 10 kilometres a day, through a combination of walking and running. Given that she's moving to Ottawa in mid July to take up a new position that might prove a challenge, she said, adding that "having a goal helps to stay motivated."

The chaplains are doing well again so far this year, said Kevin Miller, Navy 10K race director with Personnel Support Programs (PSP) Halifax. "They won with their total kilometres last year and they already got more than 1,100 kilometres between them in the first month. The chaplains are busy running and walking, and posting. It's great to see."

As with last year's online series, the virtual running event offers both individual and team categories. Participants can either post their personal best times for a set distance — 800m, 1,500m, 2,500m, 5K or 10K — or track their total kilometres over the entire series, Miller explained.

"You can participate as much or as little as you want. You can register as an individual and be part of a team as well. You can do all the events or just do one set distance, one time. It's really up to the individual," he said. "The goal is just to get people

out and get them active."

No one has to motivate Emily Hamilton to get out and run. An elite runner, she was last year's top female runner in the Navy 10K virtual run and has won previous, in-person iterations of the Navy 10K road race, along with many other races since moving to the region in 2006.

A former radar technician with the Royal Canadian Navy, Hamilton has just completed a four-year radiological technology program at Dalhousie University's School of Health Sciences, where she also competed as part of the university's varsity team.

Running competitively since she was nine years old, Hamilton averages about 450 kilometre a month, doing a mix of long runs and speed workouts.

"Running has always been something I love. It gives me better focus and makes me feel free," Hamilton said.

For rules and details on how to register as a team or individual runner visit: <https://raceroster.com/events/2021/48304/navy-10k-run-virtual-series>.

Emily Hamilton is an elite runner and former RCN member who has won previous in-person Navy 10K races. Pictured running in a full marathon event, she was the top female runner in the 2020 Navy 10K virtual run and is taking part in the online version again this year.

SUBMITTED



The Base chaplains won a team challenge during last year's Navy 10K Virtual Series, and have already logged more than 1,100 kilometres for the 2021 event.

SUBMITTED





MacDonald Beach reopens for summer

By Joanie Veitch,
Trident Staff

MacDonald Beach is open again, but unlike in previous years, the popular beach facility is now open to military members, veterans and NPF/DND personnel only.

The beach, which is located off Caldwell Rd. in Shearwater, reopened on June 30 for the first time since 2019, as it was closed last summer due to COVID-19 pandemic restrictions.

"It's such a morale booster for everyone to have it open again, to be able to offer this to the military members after being closed for so long," said Ashley Blanchard, PSP Aquatics Coordinator at 12 Wing

Shearwater.

Open Wednesday through Sunday from 11 a.m. to 5 p.m., until August 27, there are kayaks and stand up paddle boards available for use, as well as equipment to play horseshoes, beach volleyball, ring toss and a soccer area.

"There is a lot of space available, the beach and area is big enough to allow for two-metre distancing to keep everyone safe," Blanchard said.

Lifeguards will be at the beach during open hours. At present there are no swimming lessons scheduled but Blanchard said she would like to be able

to offer a swimming program, if there is sufficient demand and the facility has enough staff to accommodate.

The decision not to allow civilians is different from past years but is in keeping with the rules in place at both the Shearwater Recreation Centre and the Dockyard Gym.

Although it's not "business as usual" it's great to be back at the beach again, Blanchard added.

"It's the little things that count. Just being open again, it feels good. I'm so glad we can offer this again to our military members."

Ryder Cup-style event set for July 19-20 Hartlen Point Golf Club

By Joanie Veitch,
Trident Staff

Drawing inspiration from the biennial Ryder Cup golf competition between Europe and the United States, PSP Halifax has planned a mini-version, with teams drawn from both sides of the harbour — CFB Halifax and 12 Wing Shearwater — for a fun and friendly competition.

While PSP Halifax usually runs an annual tournament with teams from around the region — Gagetown, 14 Wing Greenwood, CFB Halifax, 9 Wing Gander and 12 Wing Shearwater — with changing COVID-19 pandemic restrictions earlier in the year, it was hard to know what to plan, said Isaac Habib,

coordinator of the event for PSP Halifax. "Unlike most sports though, golf allows for easy physical distancing so we figured this would work."

Last year PSP ran a similar format event and the Halifax side won, Habib said.

Scheduled for July 19 and 20 at Hartlen Point Golf Club, the two-day event will see a best ball format (known as fourball in the actual Ryder Cup) with two-person teams on the first day, as well as a singles match being played simultaneously, and a two-person scramble on the second day.

Scramble format involves two-person teams,

where each player on the team hits a tee shot, and then the players decide which shot they like better, Habib explained. "Once the spot is selected, both players then play a shot from that spot, and again pick which one they like better."

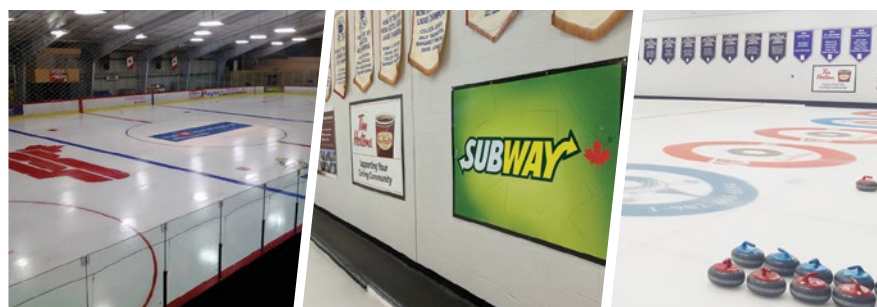
Although registration numbers are low, Habib said he's happy to be planning a live event again.

"The goal is just to get people out and have some fun."

And, of course, bragging rights for whichever side wins.



PSP Halifax is planning its second annual Ryder Cup-style golf event with teams from CFB Halifax and 12 Wing Shearwater competing for bragging rights. Pictured above are players who took part in the 2020 event, in which the Halifax team won.



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