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A ship to call their own

The future Her Majesty's Canadian ship (HMCS) Margaret Brooke reached an important milestone for both the Royal Canadian Navy and the ship's company on July 15, with an afternoon ceremony at HMC Dockyard Halifax to mark the delivery of the second Arctic and Offshore Patrol Ship (AOPS) to the Government of Canada. Commander Nicole Robichaud, Margaret Brooke's Commanding Officer, has now officially assumed responsibility for the ship along with her crew.

MONA GHIZ, MARLANT PA





The Captain of HMCS *Goose Bay*, LCdr Daniel Rice (centre), signing the certificate for the official Change of Appointment of the ship's Coxswain from CPO2 Ian Van Zoost (left) to PO1 Kevin Snow on July 19, 2021.

SUBMITTED

New Coxn for HMCS *Goose Bay*

By Joanie Veitch,
Trident Staff

The outgoing Coxswain of HMCS *Goose Bay* had some sage advice for his successor at the Change of Appointment ceremony held on July 19 in the D-166 building at HMC Dockyard, and via livestream on Facebook.

"Kevin, enjoy it; it goes by in a flash," CPO2 Ian Van Zoost said to incoming Coxswain PO1 Kevin Snow. "Take it all in, every moment of it. Get to know all the sailors — it will take time but you'll be glad you did."

"You can't ask for a better group of sailors and their go-getter attitude... it's the *Goose Bay* way."

Crediting CPO2 Van Zoost for his "invaluable advice and counsel" after taking on the Coxswain position during the height of COVID-19 restrictions, LCdr Daniel Rice, Commanding Officer of *Goose Bay*, welcomed PO1 Snow and thanked the outgoing Cox-

swain for his service during a difficult time.

"The ship's company had just had their deployment to the Baltic cancelled. Morale was at an all time low," he said. "You've helped keep the ship on course through... the second, and the third, wave of COVID-19 and the culture change crisis that is gripping the CAF and the RCN. And through all that, you're always smiling."

Change of Appointment ceremonies are relatively new in the Royal Canadian Navy, but offer an ideal opportunity to mark a significant career milestone for non-commissioned sailors, LCdr Rice said.

"You have the ear of the Captain. You have a direct line to the Fleet Chief. You're the bridge between the officers and the non-commissioned members... You empower your subordinates. You mentor them. You give guidance and support, even if they don't know

they need it. You help the captain find that balance between the people and the mission and, in short, you're our Mother Goose."

While the role on board ship is an important one, also noted — by both outgoing and incoming Coxswains and the Captain — is the critical role and support provided by the sailors' families at home, with both thanks and flowers being offered to Caitlin Snow and Michele Van Zoost during the ceremony.

For his part, PO1 Snow thanked CPO2 Van Zoost, saying he leaves "big shoes to fill," as well as thanking the Commodore and Fleet Chief, and LCdr Rice, for the opportunity to serve as Coxswain.

"It's a privilege to put on the uniform each day to serve Canada," he said. "I'm committed to providing a respectful and inclusive workplace for everybody. I know we have that on *Goose Bay*."

HMCS Halifax sailors in isolation after Op REASSURANCE homecoming

After a successful six-month deployment to Operation REASSURANCE, and serving as the Flagship of Standing NATO Maritime Group 1 in western and northern Europe, the crew of HMCS Halifax arrived home on July 19. The full homecoming and reunion with families, however, was delayed due to positive COVID-19 cases identified on ship. Two sailors tested positive and will require 14 days of isolation at CFB Halifax before heading home. Other members of the ship's company, who all tested negative for COVID-19, were able to go home to their families, though they will be required to isolate for at least seven days and provide at least two more negative COVID-19 tests. All HMCS Halifax crew members are fully vaccinated.

MONA GHIZ, MARLANT PA





Editor: Ryan Melanson

ryan.melanson@psphalifax.ca
(902) 427-4235

Reporter: Joanie Veitch

joanie.veitch@psphalifax.ca
(902) 427-4238

Editorial Advisor: Margaret Conway

margaret.conway@forces.gc.ca
902-721-0560

Editorial Advisor: Ariane Guay-Jadah

Ariane.Guay-Jadah@forces.gc.ca
902-721-8341

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Message from the Acting Chief of the Defence Staff on the fall of Panjwai, Afghanistan

By LGen Wayne Eyre,
Acting Chief of the Defence Staff



LGen Wayne Eyre

DND

Many of us have been watching the reports coming out of Afghanistan with dismay. The fall of Panjwai, reported two weeks ago, has hit many of us particularly hard, and as we question our legacy, it serves as a harbinger for all Canadians who served in the country, regardless of when and where.

Panjwai District, with its place names such as Masum Ghar, Nakhonay, Sperwan Ghar, and Mushan, are indelibly etched into the collective psyche of those who served there. The heat, the dust, the grape rows, and the poppy fields all provide a backdrop to what truly troubles us – our investment of effort, of sweat, and most of all of blood.

Our Afghan experience has left none untouched, and many, including families, are scarred physically, mentally, and morally from it. Many of us have been asking, some for years, “Was it

worth it?” Answers will be deeply personal, and not all have reached a final conclusion other than time will tell.

We can hold our heads high knowing that we did everything our government asked us to do. Our members served with valour and selflessness, and were there to make a difference. The solution was never going to be a military one, and what we gave the people and the government of Afghanistan was time. The decision with what to do with that time was theirs to make.

While history will be the ultimate judge, the current trajectory of the country leaves us with much pain and doubt. After their wars, our forebears were able to visit many of the countries in which they served, such as in Europe and Korea, and put their sacrifices in context, giving them meaning when they saw hope and prosperity rise out of the rubble and ashes. At this moment in time, it is difficult to envision having similar sentiments for our war.

So where does that leave us? Should we hang our heads in bitterness and remorse, or should we continue to venerate the sacrifices of so many in our ranks and their families, to honour the noble commitment to service and making the world a better place, and endeavour to learn from our experiences, grow, and become better every day?

While none of us can speak for them, I have to believe that our Fallen would want us to pursue the latter.

If you are struggling with your experience, I ask you to reach out for help.

For current CAF members and families:

CAF Members have access to mental health care and a range of support services provided at Canadian Forces Health Services primary care clinics

across Canada

Care is also available for those deployed. Many services are available either with or without an appointment, and there is a choice of in-person or virtual/telephone.

Member Assistance Program (CF-MAP) is a confidential advisory and referral service that is external to the CAF and available to members and their families by phone 24-hours-a-day, seven-days-a-week at 1-800-268-7708.

Spiritual guidance and support available through military chaplains.

Information on these and other medical and mental health care and support services for military members and their families may be found on the Military Mental Health “You’re Not Alone” web page:

<https://www.canada.ca/en/department-national-defence/services/benefits-military/military-mental-health.html>

Beyond these resources – speak to a friend, family member, your supervisor, or a mental health professional – do not shoulder this burden alone. Pain shared is pain divided.

For Veterans and families:

For Veterans as well as family members or caregivers who are struggling, VAC Assistance Service is available 24/7 (<https://www.veterans.gc.ca/eng/contact/talk-to-a-professional>). Call 1-800-268-7708 (TDD/TYY: 1-800-567-5803) to talk to a mental health professional.

More information on counselling services, peer support and free online resources for Veterans and families can be found in the Mental health and wellness section of the Veterans Affairs Canada web site (<https://www.veterans.gc.ca/eng/health-support/mental-health-and-wellness>)

COVID-19: Shift From Yellow to Green Posture

By CFB Halifax

On Monday, July 12, MARLANT shifted from a Yellow (Protect) posture to a Green (Prevent) posture. This shift was based on local conditions, the point prevalence value for Nova Scotia’s Zone 4 – Central and considering MARLANT’s Measured Risk Response Guideline – recently modified to reflect the latest DM/CDS Directive (Reopening Strategy & Summer 2021 Posture)

While in the Green posture, non-medical masks (NMMs) ARE required across MARLANT/Base properties if:

- one is in a closed space (such as conference rooms/meeting rooms without open windows, elevators, etc.);
- one is in a common area (such as canteens, sitting areas, kitchenettes, etc. without open windows);
- one is in a poorly ventilated workspace; or
- one is in a situation where physical distancing cannot be maintained.

NMMs are NOT required if:

- one is transiting between locations indoors and 2 metres physical distance can be maintained;
- one is alone and there is no possibility of encountering another person unexpectedly; or
- one is at their normal workstation (working as per usual and physically distanced).

Don’t forget to carry a NMM at all times while on the MARLANT Defence Establishment, even if you think you might not need it!

Please stay tuned for an updated Base Services Directory that reflects CFB Halifax service level changes based on this shift to the Green posture. Stay safe, everyone!



From left, outgoing CFB Halifax Base Chief CPO1 Kent Gregory, CFB Halifax Base Commander Capt(N) Sean Williams, and new Base Chief CPO1 Alena Mondelli.

CPL BRADEN TRUDEAU, FORMATION IMAGING SERVICES

First woman to serve as Base Chief Petty Officer in RCN history

CPO1 Alena Mondelli is CFB Halifax's new Base Chief

By Joanie Veitch,
Trident Staff

Chief Petty Officer 1st Class Alena Mondelli made Royal Canadian Navy history on July 8, becoming the first woman to serve as a Base Chief Petty Officer. CPO1 Mondelli is the 23rd CFB Halifax Base Chief, taking over from CPO1 Kent Gregory, who served in the position for three years and has now retired from the navy.

"I have broken many layers of glass in the RCN for women non-commissioned members," CPO1 Mondelli said. "It wasn't my intention to break glass. I just did my best with what I had. As a matter of fact, for many years I didn't want the label 'first woman' or 'first female' associated with my accomplishments as I felt that it put the focus on my gender and not my performance."

Prior to her appointment as Base Chief, CPO1 Mondelli was Unit Chief Petty Officer at Personnel Coordination Centre Atlantic. After joining the Navy as a naval radio operator in 1991, she was posted to her first ship—HMCS *Annapolis*—in 1993 and has gone on to serve on a variety of ships, most recently as Coxswain on HMCS *Toronto* from July 2018 to August 2019—a role that awarded her another major "first" as the first woman in a hard-sea trade to have sailed on a major warship at every single rank.

"What I've learned over the years—thanks to some very strong mentors—is that the label isn't about me, it's about what it means and can mean to those who want to see themselves in

their leaders," CPO1 Mondelli said. "I know that every day when I put on my uniform, just by being a woman in uniform I am making the change and it's the change I want to see within the Royal Canadian Navy and the Canadi-

vid Steeves, attended the Base Chief Change of Appointment Ceremony, which was held outdoors at Juno Tower and opened with a smudging ceremony, conducted by Hon Capt(N) Debbie Eisan as well as drumming



Capt(N) Sean Williams hands the ceremonial drill cane to incoming Base Chief Petty Officer CPO1 Alena Mondelli during a ceremony on July 8.

CPL BRADEN TRUDEAU, FORMATION IMAGING SERVICES

an Armed Forces."

Both the Commander of the RCN, Vice-Admiral Craig Baines, and the Navy's Command Chief, CPO1 Da-

and a prayer song, lead by musician Raymond Sewell, from the Mi'kmaq community of Pabineau, NB.

Before handing the ceremonial drill

cane over to Capt(N) Sean William, Base Commander of CFB Halifax, outgoing Base Chief CPO1 Gregory gave a farewell address in which he reflected on some of the changes he oversaw during his three-year tenure, in particular the standing up of the Maritime Defence Team Pride Network in 2019, now part of the newly established National Defence Pride Advisory organization with champions at the national and local levels. CPO1 Gregory said he first began working on this initiative after attaining the rank of CPO2 in 2011.

"That a national organization has been stood up this year, before I retire, fills me with immense pride as my community now has a voice at all levels," he said.

More change is needed, CPO1 Gregory said, change that will require "true action" rather than more "promises to do better."

"The spotlight on sexism, racial inequality and inappropriate conduct needs to remain bright and powerful," he said, noting that this Change of Appointment points to a step in the right direction.

"As the first openly gay Base Chief within the Royal Canadian Navy, nothing could further demonstrate a commitment to creating a more diverse and inclusive workplace than for myself to be handing over my duties and responsibilities to the first woman Base Chief Petty Officer in Royal Canadian Navy history."



RAdm Brian Santarpia, left, signs documents marking the delivery of the future HMCS Margaret Brooke from Irving Shipbuilding to the Royal Canadian Navy on July 15, as Cdr Nicole Robichaud looks on.

MONA GHIZ, MARLANT PA

Future HMCS *Margaret Brooke* delivered to RCN

By Joanie Veitch,
Trident Staff

The second Arctic and Offshore Patrol Ship (AOPS), the future HMCS *Margaret Brooke*, was delivered on July 15 during a ceremony at HMC Dockyard, with Irving Shipbuilding's Tammy Gray, a registered nurse, signing the official delivery of the ship on the shipyard's behalf.

Recognizing Gray for her "unlikely but decisive role" in getting the future HMCS *Margaret Brooke* to its delivery date, Irving Shipbuilding president Kevin Mooney told the gathering how Gray set up a plan to administer daily COVID tests to the ship's crew during sea trials in early May — at a time of increasing uneasiness in Nova Scotia due to a dramatic rise in COVID-19 infections in the province.

"In the spirit of Margaret Brooke, Tammy attended to the needs of her friends and colleagues and I am proud that she could be with us today," Mooney said.

A fitting tribute, given that the ship itself is named for a nurse — Royal Canadian Navy Nursing Sister LCdr Margaret Brooke, who received a Member (Military Division) of the Order of the British Empire for her bravery in trying to save another RCN nurse and other passengers from the steamship ferry SS Caribou that sunk in the Cabot Strait after being torpedoed by a German submarine on October 14, 1942.

Gray, who found out she would be involved in *Margaret Brooke*'s delivery just a few days before the event, said she was "a little teary-eyed" as she listened to Mooney's speech during the ceremony, recalling that tense time leading up to the ship's scheduled sea trials.

"At some point, right before we were to go out, it was clear the crew was nervous because we were in the midst of a COVID outbreak again," Gray said,

in an interview following the ceremony. "I looked at the safety advisor on my team, Emily MacLellan, and said: 'We're going to do testing. We're going to test every single person and test them two to three times. I didn't realize until the end of it how much safer it made everyone feel. I'm a nurse, that's just what I do. I feel thankful to have been able to play a role.'"

In her remarks at the ceremony, Bernadette Jordan, Minister of Fisheries, Oceans and the Canadian Coast Guard, congratulated Cdr Nicole Robichaud, the future *Margaret Brooke*'s Commanding Officer, and the ship's company on their work in getting to this milestone event in the ship's timeline. She also commended the shipyard workers for their perseverance in the face of COVID.

"When the global pandemic threatened the health and safety and wellbeing of so many Canadians, you carried on. You adapted to keep yourselves and your loved ones safe while doing everything possible to ensure our people in uniform have the leading edge equipment they need to do their jobs to the very best of their ability," she said. "Thanks to you the Royal Canadian Navy will soon have another powerful, modern and agile ship in its fleet. A ship designed to work in some of the most extreme conditions on Earth to carry out a variety of missions, from surveillance and search and rescue to humanitarian aid and disaster relief across the globe."

Also speaking at the event were Andy Fillmore, Member of Parliament for Halifax, and Rear-Admiral (RAdm) Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic.

A commissioning ceremony for HMCS Margaret Brooke is tentatively planned for October 2022.



Cdr Nicole Robichaud, the Commanding Officer of the future HMCS Margaret Brooke, greets shipbuilders at Irving Shipbuilding's Halifax facility prior to the ceremony marking the delivery of the ship.

MONA GHIZ, MARLANT PA



Cdr Nicole Robichaud and members of her crew are seen aboard the future HMCS Margaret Brooke after the official delivery from Irving Shipbuilding.

MONA GHIZ, MARLANT PA

Face of Base: Giles St-Pierre and Roxanne Merson

By Sydney MacLeod,
CFB Halifax Public Affairs

We are thrilled to feature our newest Face of Base Halifax duo, Giles St-Pierre and Roxanne Merson, Formation Coordinator of Official Languages and Official Languages Administration Officer for MARLANT and 12 Wing Shearwater!

Giles was born in Lachine, Quebec and raised in Longueuil before joining the Canadian Armed Forces CAF fresh out of high school in 1974 in St-Jean Quebec as a Marine Electrician 0331. He served over 43 years in the military, sailing on various classes of ships and in shore postings from coast to coast. He returned to CFB Halifax in August 2011 as Formation Coordinator of Official Languages (FCOL), retiring from the military and returning to FCOL as a civilian in September 2017. FCOL's main responsibilities include implementing the RCN Official Language Acting Plan in MARLANT which encourages bilingual units to strive for bilingualism in primarily English environments, along with leading and coordinating the Military Second Language Programs throughout the Formation and supporting the Francophone linguistic minority employed at CFB Halifax and 12 Wing Shearwater. Giles' favourite part of his job is seeing the joyful expressions of the language training staff and students when they achieve their linguistic profile target.

A fun fact about Giles is that he is always learning something new, most recently landscape photography where he enjoys seeing the final print!

Roxanne is from Montreal, Quebec where she lived most of her life before moving to Nova Scotia in 2012. She attended a French school from Pre-K until high school where she graduated in 2004. She was hired as a civilian DND employee in 2018 as a Food Service Helper and seized a bilingual opportunity when it presented itself. Since then, her role as Official Languages Administration Officer (OLAO) has involved planning, coordinating, administering and monitoring the Military Second Language Training Program and the PSC exams, acting as a central liaison for military and civilian MARLANT and 12 Wing Shearwater employees. Roxanne also interprets second language training and testing policies. Her favourite part of her job is seeing students reach their second language profile and goals after putting so much time and effort into their training. A fun fact about Roxanne is that she has a talent for accents and imitating voices both in speaking and singing. She also lived and worked on an organic farm for a short period!

Thank you, Giles and Roxanne, for being champions of linguistic duality and for all that you do for our Defence Team!

If you'd like to nominate a member of the local Defence community to be profiled as part of this series, please email us at CFBHalifaxPublicAffairs@forces.gc.ca or cfbhalifaxpublicaffairs@gmail.com.



Giles St-Pierre

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Roxanne Merson

SUBMITTED

Get informed about cannabis- infused beverages

By PSP Health Promotion

It's a hot, sunny day and you are planning an evening with friends. That can often mean beverages containing alcohol. As you discuss beverage options with your friends, you learn that there are now cannabis-infused beverages, including infusibles that can be added to your own drink of choice, available. This piques your curiosity, and you decide maybe this is the night to try them out.

There has been a recent uptake in consumption of cannabis-infused beverages, from licensed distributors, unlicensed distributors, as well as home-made versions. Before you stock up, what should you know about cannabis-infused beverages to allow you to make safe, informed choices?

These beverages were initially developed for medical marijuana patients who were experiencing pill fatigue, or no longer wanted to inhale cannabis. It has evolved into a recreational product for people who are looking for an alternative to alcohol. The drinks are convenient and provide accurate dosing for the serving provided (regulated distribution), available in various flavours, and can be CBD or THC dominant.

What is CBD and THC?

CBD (cannabidiol) increases the effect of our own body's cannabinoids and generally has no intoxicating effect. It inhibits the enzyme that destroys any excess cannabinoids in our body. This increase in cannabinoids affects our physical state believed to make you calm and relaxed.

THC (tetrahydrocannabinol) is the cannabinoid in cannabis that has psychoactive and intoxicating properties. It temporarily replaces your own endocannabinoids, but with different effects.

Legal distributors have stringent guidelines to adhere to. Cannabis-infused Beverages cannot contain more than 10 mg of THC per serving, but there is no limit on the amount of CBD.

What should you consider before purchasing or consuming?

- Beverages purchased from un-regulated distributors or that are home-made are not governed by regulations and can present with inconsistent doses and unconfirmed ingredients.
- Prevent consumption if your guests are not familiar with the products and not aware of the active ingredients.
- You may experience symptoms and sensations differently than with alcohol or other forms of cannabis.
- Delayed onset of effects – these beverages must be processed by the digestive system before entering the bloodstream. It could take from 30 minutes to 2 hours to feel the effects, and up to 4 hours for peak effect.
- Always make a plan to get home safe before partaking. It is more difficult to estimate when the active ingredients are no longer in your system.
- Start with infused beverages with lower amounts of THC to see how you respond, to ensure you don't experience unintended, unpleasant, overwhelming or harmful effects.
- Choose not to add infusible beverage powders to alcohol-based beverages. This can intensify the effects beyond expectation and alcohol mixed with any drug leaves the drug in the body longer than normal. (The liver will prioritize metabolizing the alcohol over THC).
- Cannabis is a known antiemetic. If there is risk of alcohol-induced vomiting, the cannabis could disrupt the ability to rid excess alcohol from the body and increase the risk of alcohol poisoning.

Being aware of the effects cannabis can have on your body, the variety of products available, and the broad range of potency will allow you to make informed, healthier choices when considering cannabis-infused beverages. And always make sure to keep cannabis products locked away from children and pets.



A sailor from the French tanker Marne looks on as the ship conducts a replenishment at sea with HMCS Halifax during Exercise DYNAMIC MONGOOSE 21.

SNMG1

SNMG1 completes exercise DYNAMIC MONGOOSE 21

By LCdr Mark Fifield,
SNMG1 PAO

Standing NATO Maritime Group One (SNMG1) recently concluded their participation in Exercise DYNAMIC MONGOOSE 21 in the Norwegian Sea on July 09, 2021.

Exercise DYNAMIC MONGOOSE 21 (DMON21) was a NATO-led maritime Anti-submarine Warfare (ASW) interoperability exercise conducted from June 28 – July 9, 2021 with Norway serving as the Host Nation. It was designed to practice, demonstrate and refine the Alliance's continued adaptation to an ever-evolving and challenging regional security environment in the High North/Arctic by improving NATO's responsiveness to sub-surface threats while deterring any possible aggression from potential adversaries and reassuring partners and Allies.

The DMON21 exercise training area was in the Norwegian Sea which borders the Greenland Iceland United Kingdom (GIUK) gap, a natural naval chokepoint and a strategically important maritime transit route through which access to critical transatlantic sea lines of communication or SLOC is ob-

tained. DYMON21 also provided training for high-intensity maritime operations in the harsh and unique Arctic environment.

During DMON21, participating submarines exercised submarine warfare and ASW while surface units and Maritime Patrol Aircraft (MPA) conducted sea control or sea denial related naval tasks in preparation for future collective defence and crisis response operations. ASW in particular, requires complex and close coordination between surface ships, submarines, maritime helicopters and MPA to effectively find, track, and if necessary, neutralize enemy submarines. As such, each type of asset brings its own unique capabilities to the table which complements the capabilities of the others. For example, surface ships have a long endurance and can host ASW capable maritime helicopters. Fixed wing MPA can cover long distances and wide areas relatively quickly, while submarines are excellent at covert searches and tracking.

"Regular training between NATO Allies and multinational Standing Naval Forces like

SNMG1 is a force multiplier, providing a collectively trained and highly interoperable capability that NATO could confidently deploy in response to an emerging crisis or conflict," said Commodore Bradley Peats, Commander SNMG1. "Exercising and validating each other's ASW capabilities, tactics, techniques and procedures allows NATO to be better prepared to counter, and if necessary, defeat a subsurface threat."

This was the second time that SNMG1 was in the Norwegian Sea this semester. Previously SNMG1 conducted various high-intensity operations and training exercises with the Royal Norwegian Navy back in February, including participation in a Task Group Exercise and Exercise Dynamic Guard. Additionally, DMON 21 was the final joint multinational collective defence exercise this semester for SNMG1, and following the exercise, HMCS Halifax began the transit back to its homeport – HMCS Fredericton will soon take its place as part of the Royal Canadian Navy's continued participation in Operation REASSURANCE.



Royal Canadian Navy Hands Over Command of CTF-150 to Royal New Zealand Navy

Outgoing Commander of Combined Task Force — 150 (CTF-150), Commodore Dan Charlebois, Deputy Commander of Combined Maritime Forces, Commodore Ed Ahlgren OBE, and Incoming Commander of CTF-150, Captain Brendon Clark, officially change commands during the CTF-150 Change of Command Ceremony, July 15 at Naval Support Activity, Bahrain. The ceremony marked the end of a highly successful tour for Charlebois and the RCN since taking command of the task force in January, 2020. During that time, CTF-150 intercepted 55,605 kg of illicit narcotics, worth an estimated \$160 million. CTF-150 is a multinational naval partnership aimed at disrupting terrorist organizations from conducting operations or moving weapons, personnel, or income-generating narcotics and charcoal in the maritime domain of the Arabian Gulf.

MCPL BRIAN LINDGREN, CAF PHOTO

BASE COMMANDER'S BIKE RIDE

29 JULY 2021 / 1000 HRS

FOR MORE INFORMATION OR
TO REGISTER, VISIT:

<https://www.cafconnection.ca/Halifax/In-My-Community/Special-Events/Base-Commander-s-Bike-Ride.aspx>





HMCS Calgary's Commanding Officer, Cdr Mark O'Donohue, Executive Officer, Cdr Meghan Coates, and Coxswain, CPO1 Mark Chambers, on the ship's forecastle. The command team had just met with the group waving from the jetty, which included Canadian Ambassador to Indonesia and Timor-Leste, Cameron MacKay, and Canadian Ambassador to the Association of Southeast Asian Nations, Diedrah Kelly, along with Colonel Andrew Cleveland, the Canadian Defence Attaché to Indonesia, the Philippines, Brunei and Timor-Leste, and two of their staff members in Jakarta, Indonesia on July 2.

CPL LYNETTE AI DANG

HMCS Calgary exercises with Indonesian Navy

By Capt Jeffery Klassen
HMCS Calgary

Her Majesty's Canadian Ship (HMCS) *Calgary* enhanced naval partnership and Canadian-Indonesian relations during a technical visit to Jakarta in early July 2021 while on Operation PROJECTION. During this visit the ship had several interactions with Indonesian ships including a multi-ship escort upon its sail into Jakarta and a Flashing Light communications exercise with the multi-role corvette Kapal Perang Republik Indonesia (KPI) *Bung Tomo*. In English, KPI means Naval Vessel of the Republic of Indonesia.

"We greatly appreciated the opportunity to enhance our interoperability with the Indonesian Navy during our visit to Jakarta," said Commander (Cdr) Mark O'Donohue, HMCS *Calgary*'s Commanding Officer. "Conducting cooperative deployments with other capable navies in the region demonstrates our ability to work together and contribute to Indo-Pacific maritime security and stability."

While in Jakarta on July 2, HMCS *Calgary* had a socially distanced visit by Ambassador Deidrah Kelly of the Mission of Canada to Association of Southeast Asian Nations (ASEAN) and Ambassador Cameron MacKay of the Embassy of Canada to Indonesia and Timor-Leste. The ship's Executive Officer, Cdr Megan Coates, and Ambassador MacKay held a virtual press conference with local media. They spoke about Canada-Indonesia bilateral relations and the importance of maintaining military

interoperability between nations.

"The visit of HMCS *Calgary* to Jakarta is a concrete demonstration of Canada's growing partnership with Indonesia, and our joint commitment to peace, security, sustainability, and prosperity at home and abroad," said Ambassador MacKay.

Upon sailing out of Indonesian waters, HMCS *Calgary* was met by the ocean-going tug KRI *Soputan*. The two ships exchanged honours before HMCS *Calgary* proceeded on its course to the coast of Australia where it will work with other regional partner navies on Exercise *Talisman Sabre* from mid-to-end-July.



Sailor Second Class Fletcher Tompkins, a Sonar Operator, stands ready for deck work aboard HMCS Calgary during the departure from Jakarta, Indonesia on July 3.

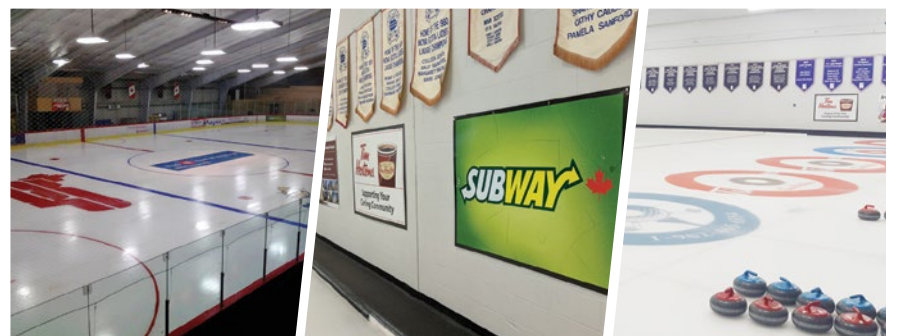
CPL LYNETTE AI DANG



Polish sailors stop in Halifax

Sailors from the Polish ship ORP WODNIK arrived in Halifax for a port visit from July 19-22. Though all crew members aboard the ship were fully vaccinated, COVID-19 Rapid Antigen Detection Tests (RADT) were required from each individual before disembarking for their visit. Sailors got some time to stretch their legs, while the visit also involved refueling and resupplying for the Polish ship.

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Intelligence Officer Lt(N) Devin Matthews is currently serving with Combined Task Force 150 in Bahrain.

RCN

Sailor Profile: Meet Lieutenant(Navy) Devin Matthews

By RCN PA

A native of Miramichi, N.B., Lieutenant(Navy) (Lt(N)) Devin Matthews joined the Royal Canadian Navy (RCN) 21 years ago. Today, he serves as the Deputy Head of Intelligence for Combined Task Force 150, based in Bahrain.

“It’s difficult to pinpoint just one reason I joined the RCN,” he says. “I grew up in the Cadet organization and those experiences definitely informed my decision. I knew there were fantastic opportunities in the Canadian Armed Forces, and as a young man from rural Northern New Brunswick, joining the RCN was not only an opportunity to experience the greater world, but to do so with a

purpose greater than myself. Like most young people I wanted an opportunity to prove my own mettle, and to seek out adventure – and the past 21 years certainly did not disappoint.”

For Lt(N) Matthews, his job is very important. However, he hesitates to call it a job.

“I truly believe that being an officer in the Canadian Armed Forces is neither a job nor a career; in most regards it is a vocation,” he says. “The line between myself and my vocation is extremely blurred, it is such a large part of who and what I am.”

The intelligence officer also notes that in his profession, personnel must continually analyze not only the events

going on around them, but also themselves.

“That’s instrumental so that you don’t let your own biases and preconceived notions interfere with your analysis,” he says. “In this fast changing, technologically driven world, intelligence is more and more critical for the safety of Canadians, and the well-being of our nation, and I take a lot of pride in my humble contribution to that.”

His 21 years in the RCN have also brought with them a number of challenges, the greatest one being his 13 years in the Canadian Submarine Force.

“Life in a submarine is extremely spartan and demanding work, although also very

rewarding,” he says. “Aside from the complex professional challenge of operating in the submarine environment, there is an immeasurable strain on you both mentally and physically.”

However, the tight bond found in the submarine community helped him overcome the challenges, as did his wife and family.

“Any perceived strength of character during that part of my career was drawn directly from them. Submariners are remarkable creatures – such a combination of technical prowess, understated professionalism and pure roguish individualism. I would not have succeeded as far as I did in submarines if it were not

for the encouragement of my fellow sailors and the immeasurable patience of my wife.”

For Lt(N) Matthews, the best part of service in the RCN is a combination of the experiences lived and the people.

“Both are eye opening, both will surprise you, and both will be memorable.”

Although pinpointing just one memorable experience is difficult, Lt(N) Matthews recalls a particularly formative event that took place in May 2005, during a little-known operation called Op Donegal.

Lt(N) Matthews was a bridge watch-keeper aboard HMCS *St. John’s* when the ship interdicted a fishing boat returning to Canada with a hold full of narcotics picked up from North Africa. During the interdiction he was the Special Sea Duty Officer of the Watch, however there was some unforeseen operational requirements which required *St. John’s* to depart the area, and have the interdicted vessel navigate independently from northern Newfoundland to the city of St. John’s. The *St. John’s* commanding officer turned to Lt(N) Matthews and told him that he’d be proceeding to the vessel as prize crew.

“And so 30 minutes later, I was in the wheelhouse of a fishing boat with six tonnes of drugs in the hold, making my way covertly through the North Atlantic fog,” he says. “For twenty-something me, it was the culmination of everything I joined the Navy for – it was from the pages of a Hornblower or Jack Aubrey novel – and I knew I had found my calling.”

Lt(N) Matthews keeps busy with unique hobbies in his spare time, dabbling in military firearm restoration, drawing and calligraphy. He also studies tailoring, particularly military highland dress, and hand-makes kilts, tartan trews, waistcoats and coatees.

For those considering a career in the RCN, Lt(N) Matthews advises to just jump in with both feet.

“There is such a variety of opportunities, both professionally and personally, in the CAF that it is impossible to predict where you will be, what you will be doing in 20 years’ time. You could be at 100 metres in the belly of a submarine in the North Atlantic, or you could be standing in the desert in the Middle East, however, you won’t know until you walk into the recruiting office and put your signature on a piece of paper.”

“And then hold on tight.”



Raven Program returns, blending Indigenous cultures with military training

By Peter Mallett,
The Lookout Staff

After a one-year shutdown, the Royal Canadian Navy's popular Raven Program is ready to soar again.

This outreach program is run by Naval Fleet School Pacific (NFSP) at Canadian Forces Base (CFB) Esquimalt, B.C., and blends Indigenous cultures with military training.

Candidates come from across Canada, enrol in the Canadian Armed Forces (CAF) and are housed at CFB Esquimalt in July and August. This year, COVID-19 health and safety measures have also been put in place.

"It was disappointing to tell last year's participants they couldn't come due to the shut down," says Petty Officer 2nd Class (PO2) Michelle Howell. "This year the Raven interest has picked right back up. I've been receiving numerous emails and calls from potential recruits, parents, community representatives and CAF members expressing how excited they are about taking part in the program this summer."

CAF recruiting centres across Canada have received over 100 applications for Raven this summer and are busy conducting security background checks, medical reviews and FORCE testing (fitness for operational requirements). Normally, this process would take months, but with the recent lifting of tight COVID restrictions, staff only have a few weeks to process applications and get as many applicants as possible into the course.

There are a number of Indigenous training programs offered by the CAF across Canada; the Raven Program in particular can accommodate a maximum of 45 candidates.

This year the candidates will be sworn into the CAF on July 8 and immediately begin their Basic Military Qualification (BMQ). This kicks off with a four-day Culture Camp, where the recruits learn about Canada's Métis, First Nations and Inuit cultures. They then carry on with all the military elements involved with BMQ.

The overarching intention of the Raven Program is to bring together people from across Canada, both military and Indigenous, to start building relationships, experiences and connections to our nation's Indigenous and military roots, says PO2 Howell.

It's important to note that the Raven Program is no longer regarded



The Raven program is back after being called off in 2020 due to COVID-19 safety measures.

RCN

as a summer camp or "just a summer job" says the officer overseeing the program, Seamanship's Divisional Commander at NFSP, Lieutenant-Commander James Classen. He emphasizes that candidates are gaining employment; however, now they are enrolling in the CAF and the program offers a number of options upon graduation.

"It now opens up doors and opportunities for the participants that didn't exist before. We are running a fully functioning BMQ, where the recruits can then move on to the Regular Force or Primary Reserve. It also covers different Indigenous teachings and education recruits may not have experienced prior to coming to the program."

All travel expenses to and from Esquimalt are covered. Raven recruits also receive meals, accommodation, military clothing and equipment, and a salary of approximately \$4,200 for the summer.

For more information about the Raven Program and similar programs offered by the CAF, visit <https://forces.ca/en/programs-for-indigenous-peoples/>.





SPORTS & FITNESS



Naval Warfare Officer takes ultra long-distance approach to Navy Bike Ride

By Joanie Veitch,
Trident Staff

Last year, LCdr Kray Robichaud cycled 5,968.7 kms as his contribution to the 2020 virtual Navy Bike Ride Battle of the Atlantic challenge, which added up to — by his estimate — a cumulative total of nine days, nine hours and 23 minutes in the saddle.

By July 15th this year, he was already on track to beat that distance in the 2021 virtual Harry DeWolf challenge.

“When comparing my stats with last year’s Navy Bike Ride, I am slightly ahead by 75 km — 1,901 km ridden this year compared to 1,825 km ridden this time last year,” he said.

LCdr Robichaud loves to track his stats, taking pleasure in adding interesting facts to help put the incredible distances he rides into a fun frame of reference. For instance, he not only estimated the amount of calories he burned over the 11 weeks of last year’s Navy Bike Ride — 210,185 calories to be exact — he determined that amount would be “the equivalent to the amount of calories that two Kingston Class ship’s companies would expend in one day, or alternatively, the amount of calories an average person would expend in three and a half months.”

Becoming a long-distance cyclist

In his official title, LCdr Robichaud is the RCN’s Senior Staff Officer Strategic Outreach Atlantic/Arctic Canada, as well as a husband and dad to four children. When not attending to those duties, he’s on his bike as much as possible — earning titles of distinction in cycling and more than a few medals along the way.

LCdr Robichaud is what is

known in cycling circles as a ‘randonneur’ — a rider who has successfully completed a self-supported 200-kilometre ‘brevet’ or mapped course with preset control checkpoints. Once a cyclist completes the course successfully, they receive the lifetime ‘randonneur’ distinction.

In fact, LCdr Robichaud, who is president of the cycling club Randonneurs Nova Scotia, is a ‘super randonneur’ in that he has completed a brevet series of increasing distances — 200 km, 300 km, 400 km and 600 km. Unlike the ‘randonneur’ distinction, the title of ‘super randonneur’ must be earned each cycling season.

Going from riding a 400 km distance to riding 600 km seemed like a huge jump the first time he did it, LCdr Robichaud recalled, but when he was out on the road, he felt good enough to ride through without stopping. “I wanted to see what it’s like to ride over 24 hours... It was one of the most exhilarating experiences of my life.”

Achieving the ‘super randonneur’ in 2016, his first summer of long-distance riding, LCdr Robichaud has earned the distinction of honour every year since. Going even beyond that to cycle 1,000 km and even up to 1,200 km in a continuous ride, with only short rest stops to take care of necessities along the way.

Although cycling is a huge part of his life now, it wasn’t always that way. Like most people, LCdr Robichaud enjoyed riding his bike growing up and continued riding recreationally into adulthood.

Then one summer day in 2015, LCdr Robichaud and his family

were visiting the Halifax library and he picked up a cycling magazine to pass the time. It was a random grab, but he remembers reading an article about randonneuring and long-distance cycling.

“I thought to myself, ‘That’s just crazy. What kind of moron would ride those distances? I found it mind boggling,” he recalled.

Remembering back to when he first started doing long-distance rides, LCdr Robichaud said his Navy training has been a large part of his success in the sport.

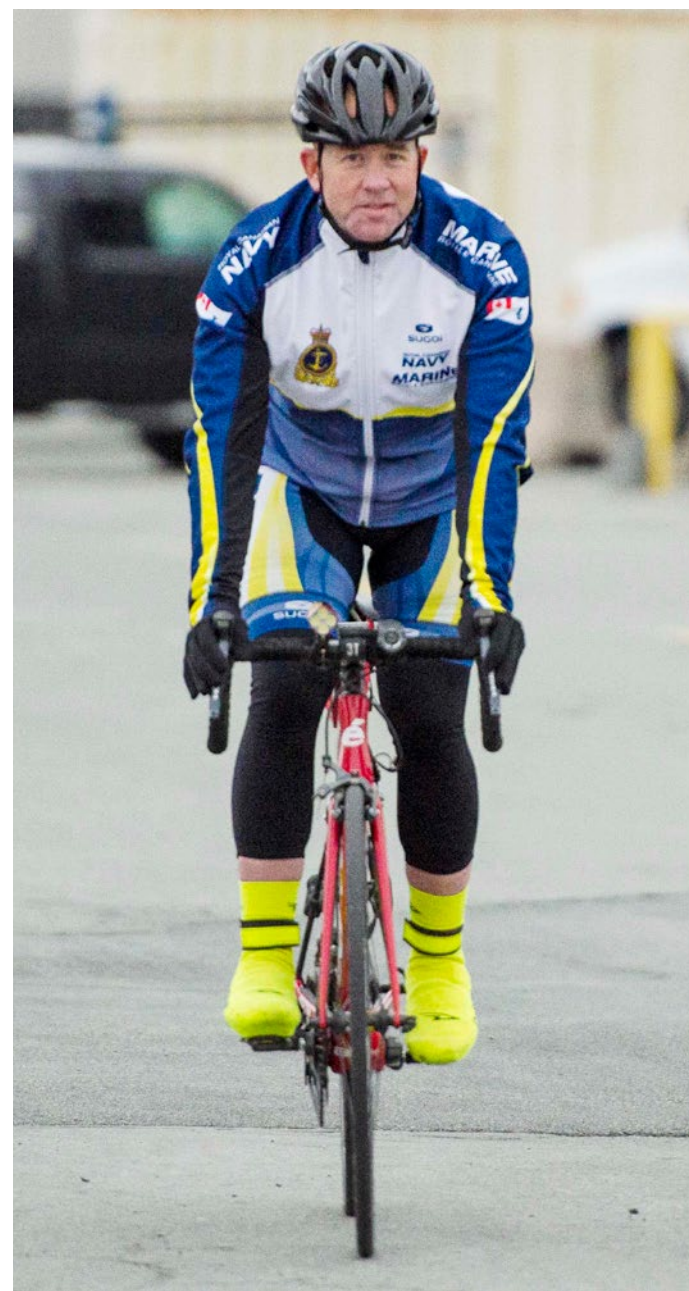
“My training as a naval warfare officer, that Navy training and the discipline that comes with being in the military, that helped my approach to these long-distance cycling events enormously. Like a good little naval officer, I planned and coordinated and mentally prepared myself...for success.”

This year’s Navy Bike Ride, with the virtual Harry DeWolf challenge, has inspired LCdr Robichaud in his summer cycling plans.

“I am leaning towards cycling the distance from Halifax, NS to Esquimalt, BC (via the Northwest Passage) — the route HMCS *Harry DeWolf* will follow, August 3 to October 4, 2021, approximately 7,500 nautical miles,” he said.

Always one for a challenge, he’s adding to that goal, naturally.

“I also intend to cycle the entire distance it will take for *Harry DeWolf* to circumnavigate North America — 14,940 nautical miles — before *Harry DeWolf* returns to Halifax in December 2021.”



LCdr Kray Robichaud is a long-distance cyclist who has achieved the ‘super randonneur’ title every year since 2016 — completing a series of self-supported rides ranging from 200 km to 600 km. He is participating in this year’s Navy Bike Ride Harry DeWolf challenge.

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Naval Reservist competing at Tokyo 2020 Olympics

After more than 15 years as one of the world's top Taekwondo athletes, S2 Yvette Yong, a Naval Communicator with HMCS York in Toronto, is achieving her dream of representing Canada on the Olympic stage. Yong reached the finals at four straight Pan American Championships from 2012 to 2018, bringing home two gold (2018, 2012) and two silver (2016, 2014) medals. In 2018, she won gold at the Military World Championships and added a silver at the 2019 Military World Games. She's currently ranked 10th in the world at her -49kg weight class. She will make her Olympic debut in Tokyo after receiving one of the sport's reallocation quotas from World Taekwondo.

DND



Riders travel along the Salt Marsh Trail during a previous Navy Bike Ride event. CFB Halifax's Base Commander is hosting a recreational ride along the Shearwater Flyer and Salt Marsh Trails on July 29.

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Base Commander's Bike Ride set for July 29

By Trident Staff

CFB Halifax's Base Commander, Capt (N) Sean Williams, is inviting all members of the local defence community to a special recreational bike ride - starting from 12 Wing Shearwater - on July 29 at 10 a.m.

The Base Commander's Bike Ride will include the Shearwater Flyer trail and connecting Salt Marsh trail, with 6km, 15km, and 30km distance options that participants can choose from. The route will be similar to the Navy Bike Ride event that took place in previous years. Due to COVID-19 restrictions, the official 2021 Navy Bike Ride event is happening virtually, and riders who come out on July 29 are encouraged to track their rides at <http://NavyBikeRide.ca>.

Register for the Base Commander's Bike Ride is free and open to all military members, families, and DND civilians. Email registration information, including your name, phone, email, preferred distance and unit, to Ben.Logtenberg@forces.gc.ca or register at <https://www.cafconnection.ca/Halifax/In-My-Community/Special-Events/Base-Commander-s-Bike-Ride.aspx>

Shearwater takes Ryder cup trophy

After two days of play at Hartlen Point Golf Club from July 19-20, the team from 12 Wing Shearwater emerged victorious against the Mariners team from the Halifax side of the harbour in this return to PSP golf competition. Total score was 15.5 points to 8.5 points for Shearwater.

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