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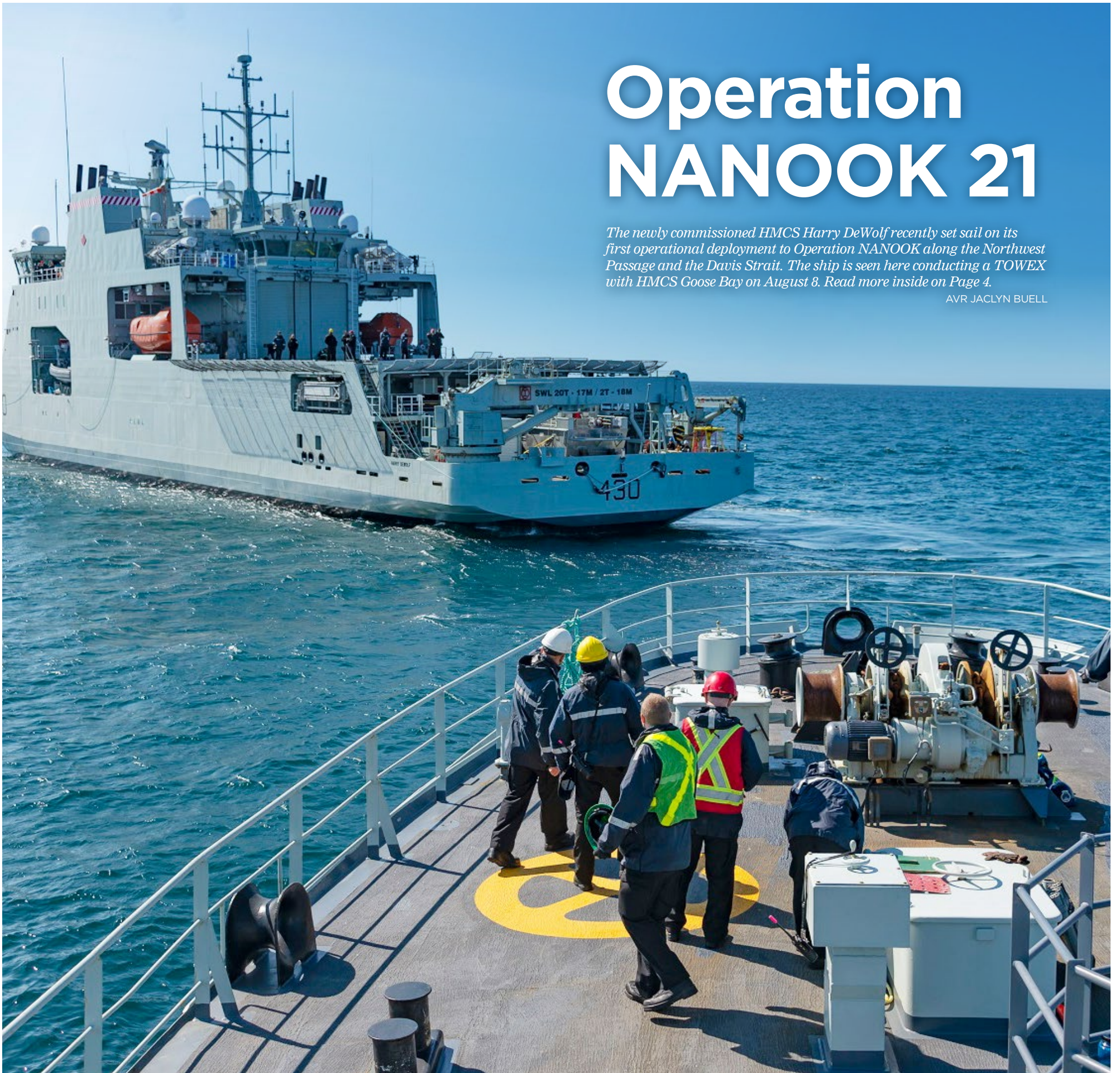
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THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 • LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

Operation NANOOK 21

The newly commissioned HMCS Harry DeWolf recently set sail on its first operational deployment to Operation NANOOK along the Northwest Passage and the Davis Strait. The ship is seen here conducting a TOWEX with HMCS Goose Bay on August 8. Read more inside on Page 4.

AVR JACLYN BUELL



CFB Halifax Base Commander's Update

By Capt(N) Sean Williams,
Base Commander, CFB Halifax



Capt(N) Sean Williams

AVR VALERIE MAILHOT

To our CFB Halifax community,

I would like to start by welcoming all personnel, both military and civilian, who are newly employed across CFB Halifax. To those who are new to the geographic area, you will soon realize how lucky you are to live in such a warm and welcoming community here in the Halifax region, with much to explore across our beautiful province. For those returning after some time away, welcome home!

COVID-19 Update

It's hard to believe we are almost 17 months into the COVID-19 pandemic, having successfully maintained a high operational tempo despite navigating multiple lockdowns and other related challenges. I want to thank each and every member of our Base team for their perseverance throughout this difficult period, and for the incredible amount of team work that has continued as we gradually move toward a post-pandemic workplace. Stories like that of Maureen O'Ball, our Household Goods & Effects (HG&E) Coordinator who has been expertly and tirelessly managing members' challenges related to movement of personal effects this APS, make me proud to be your Base Commander. Here are some highlights of our COVID-19 response to date:

CAF Vaccination Campaign. Our local CAF vaccination campaign this spring/early summer was extremely successful, which contributed to our impressive vaccination rates across the entire CAF community. Many thanks to the dedicated professionals who organized and administered our local clinics and to all members who received their shots. As of mid-July, over 85% of eligible CAF members across the forces were fully vaccinated! I would also like to commend all of our civilian members who have been

receiving their vaccinations through Nova Scotia's vaccination program; by protecting yourselves you are also protecting our workplace and communities.

DM/CDS Directive: Reopening Strategy & Summer 2021 Posture: The latest DM/CDS Directive is the newest in an evolving framework by which the Defence Team can begin to adapt to our COVID-19 reality together. Fortunately, this latest update looks promising. Across the country, high vaccination rates and strict public health measures (PHMs) have brought COVID-19 case numbers down. This means that the DM and CDS are signaling our DND/CAF community (including Bases/Wings across Canada) to shift its focus to prepare for the continued resumption of activities that have been impacted over the past 15 months in accordance with local conditions. I encourage you to read this newest directive in full to provide you a better sense of the path forward. <https://www.canada.ca/en/departement-national-defence/corporate/policies-standards/cds-dm-directive-on-dnd-caf-reopening-strategy.html>

Here at CFB Halifax, our Base team is working to ensure a continued smooth transition as we look ahead. Some of the key details are as follows:

- **Current posture:** MARLANT is now in a Prevent (Green) posture effective 12 July 2021. More information on the Green posture and what that means for you can be found here -> <https://www.facebook.com/BaseHalifax/posts/4433929626638740>.
- **Base Services:** Many Base services are now offered in-person. See our latest Base Services Directory for details: <https://www.facebook.com/BaseHalifax/posts/4461690380529331>.
- **Rapid Testing:** COVID-19 Rapid testing sites have been established at three locations across CFB Halifax, with additional pop-up sites to be established in the coming weeks. The goal is to add an additional layer of protection to our established PHMs to prevent the spread of COVID-19 in the workplace. Rapid testing is voluntary, and no appointment is required. Although COVID-19 case numbers are down, and vaccination rates are up, it is more important than ever to be tested regularly as we interact more with each other. I encourage you to make rapid testing part of your weekly routine! See [www.tridentnews-](http://www.tridentnews-paper.com/rapidtest)

[paper.com/rapidtest](http://www.tridentnews-paper.com/rapidtest) for all the details.

- **Resumption of on-site work:** There is currently no limit on the number of employees we can have in the workplace based on our current COVID-19 posture, though we still need to ensure Defence Team members are following Public Health Measures at all times. Managers have been working with their branch/unit workforce to identify a safe back-to-work strategy for most members, understanding that they will need to be flexible based on individual members' family care needs and other extenuating factors.
- **Health and fitness:** PSP Halifax gyms and other recreational activities are becoming more accessible, though online bookings are still required for many facilities. See the latest in sports, fitness and recreation by visiting <https://www.cafconnection.ca/Halifax/Facilities.aspx>!

For more information on MARLANT's current COVID-19 posture, you can reference the MARLANT Safety and Environmental Management System (SEMS) DS23 – Operating in a COVID-19 Environment: http://halifax.mil.ca/MarlantSafetyEnvironment/pages/sems_sems.html (link accessible via DWAN only; SEMS DS23 documentation may also be requested through your supervisor/Chain of Command). For everything you need to know regarding the Nova Scotia Government's COVID-19 posture, please visit www.novascotia.ca/coronavirus/.

Recent Successes/Current Operations

While COVID-19 has challenged us to change how we do business, our Base team continues to successfully adapt to the ever-changing pandemic environment. I take immense pride in hearing about our Branch/unit success stories. Here are just a few examples of what our team has been up to:

Supporting the Arctic and Off-shore Patrol Ships (AOPS) program. Our Base Information Services (BIS) team has been supporting IT requirements for the newly commissioned HMCS Harry DeWolf as it prepares to deploy on Operation NANOOK, while the Base Logistics (BLog) procurement division has been working hard to source major procurements for the future HMCS Margaret Brooke to be prepared for sea trials/acceptance.

Supporting deployed/deploying ships and members: The BLog warehouse was a hub of activity in July, supporting the return of HMCS *Halifax* from Operation REASSURANCE while preparing HMCS *Fredericton* to leave as *Halifax*'s replacement. Meanwhile, our Base Administration team has been supporting ten operations including Ops IMPACT, ARTEMIS and REASSURANCE, supporting the Fleet in maintaining Human Resources Administrators onboard.

Ensuring our operations are COVID-safe. Whether assisting deployed and returning members with clean and properly sanitized rooms, offering virtual services or providing food services to members who are isolated prior to/post deployment, Base Administration has been instrumental to our COVID-19 response. BLog has tackled major procurements of Personal Protective Equipment (PPE) to ensure our members remain safe while at work, while our new Base Safety & Environment branch has been working with MARLANT Safety and Environment in support of workplace guidance documentation for operating in a COVID Environment.

Adopting new technologies. With the transition to remote work during the pandemic, BIS worked hard to onboard the local Defence Team onto Office 365. In 2021, this new capability has allowed the Base Personnel Selection Office to conduct two SCAN seminars to over 300 members in the AOR, has enabled our Base Command Team to host a series of Base Commander Town Halls, and – above all else – has kept our members connected. Additionally, the Stadacona BOR recently implemented the digital in/out routine, which directly supports the larger RCN initiative and will make the process more efficient for those being posted into/out of CFB Halifax.

Ensuring the recognition and promotion of our people continues. While very honoured to have been involved in various promotion/award ceremonies this year, I know that many others have occurred within Base units. Members like S1 Dolphin (BIS) and MWO Eastman (BLog) have received recent CDS Commendation awards, while others have worked tirelessly to achieve their next rank. Bravo Zulu to all of you!

Taking care of our members and our community. In 2021, our Base team has continued providing quality personal services to our members. BOR staff have reviewed thousands of personal files to ensure they were properly vetted and to accomplish end year requirements, while the release centre has been operational through



the entirety of the pandemic to date. BLog's TEME division continues to inspire in the community, volunteering with Ward 5 and the Halifax YWCA while planning an upcoming 24 hour ball-hockeyathon fundraiser in support of the Soldier On program.

Mental Health Supports

Despite all of our successes on Base this year, I recognize that the pandemic and other related (or unrelated) work and life stressors have no doubt impacted some of our members' mental health. But please know that you don't have to suffer in silence, as many specialized resources exist to support you and your family. For CAF members, the Member Assistance Program (1-800-268-7708) and Family Information Line (1-800-866-4546) are available 24/7. You can connect with a local Chaplain by calling 902-721-8660 (weekdays) and 902-427-7788 (evenings and weekends), or book an appointment with the mental health unit at the Base clinic at 902-721-8012. For DND members, the Employee Assistance Program (EAP) (1-800-268-7708 or 1-800-567-5803 *TTY—for people with hearing impairments) is available 24/7. Our local EAP Office can be reached at 902-240-8251.

Now more than ever we all need to find a way to get some rest, whether

that be going for a walk, talking to a friend/family member or getting some extra sleep. Please take care of one another and don't be afraid to ask for help.

Upcoming Events/Activities

As public health measures continue to ease across Nova Scotia, our event calendar begins to grow at CFB Halifax and across the Halifax region! Here is a list of upcoming events, both on and off Base that I encourage our members to learn about /explore:

- **Virtual Navy Bike Ride** (12 June to 29 August): It isn't too late! Individuals can register (for free) any time at www.navy-bikeride.com. Share your biking photos online using the hashtag #Clicks4Klicks so we can see what you've been up to.
- **Virtual Navy 10K Run** (1 June – 24 August): <https://www.cafconnection.ca/Halifax/Navvy10k-1>
- **National Peacekeepers' Day** (9 August). Learn more here: <https://www.veterans.gc.ca/eng/remembrance/history/canadian-armed-forces/peace-keeping>

- **Halifax Pride Festival** (12-22 August). During this time, CFB Halifax will raise the Pride Flag in support to/celebration of our 2SLGBTQ+ members. www.halifaxpride.com.
- **PO2 Craig Blake Memorial Fitness Challenge** (27 August): <https://www.cafconnection.ca/Halifax/FitChallenge.aspx>
- **CFB Halifax Blood Drive** (3 September): CFB Halifax will host Canadian Blood Services for a Blood Drive (location to be confirmed). I encourage members who are able/willing to give blood if you can.

A Final Thank You

The summer is historically a time of transition within our Defence community as we welcome the Active Posting Season. At the Base level, we have just welcomed a new Base Chief Petty Officer, CPO1 Mondelli, and will soon bid adieu to our Base Logistics and Base Information Services Commanding Officers while welcoming new leaders into those critical roles.

For those members leaving our Base team – both military and civilian, junior and senior ranks – I want to thank you for your many contributions to our Base community and

DND/CAF as a whole. It's never easy to say goodbye, but I wish you all of the best in your future endeavours.

For our new members on Base, I want to welcome you once again, and wish you well as you learn (or re-learn) more about life at CFB Halifax. You are joining a fantastic team, and I can't wait to meet you in the coming months.

And finally, for our DND/CAF families, I want to thank you for the important role you play in supporting our members. You are the backbone of our community, allowing our Base team to continue supporting operations at home and abroad. Wishing you health and happiness in the days and months ahead.

Please stay safe and well, everyone. Thank you again.

Yours aye,

Capt(N) Sean Williams
Base Commander, CFB Halifax

Note: The Base Commander's Update is published in both English and French online at <https://tridentnews-paper.com/cfb-update-aug9>



CFB Halifax thanks Halifax Mooseheads

On July 26, CFB Halifax Base Commander Capt(N) Sean Williams and members of the PSP Halifax team were honoured to meet with the Halifax Mooseheads President Brian Urquhart in person and Majority Owner Bobby Smith virtually at Base Headquarters. During this meeting, Capt(N) Williams thanked the Mooseheads organization for honouring our local Canadian Armed Forces members during the 2020/2021 hockey season through its CAF Star/Family of the Game program, which honours deserving military personnel who go above and beyond and are positive contributors at work and within the community. The Mooseheads were able to honour 23 local service members this season despite the many challenges they faced while navigating league play during a pandemic. You can view an assortment of CAF Star of the Game videos from this year (and past seasons) here: <https://halifaxmooseheads.ca/video.../cf-family-of-the-game>.

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HMCS *Harry DeWolf* embarks on maiden operational deployment

By Ryan Melanson,
Trident Staff

Years of preparation and training came to a head on August 2 in Halifax, as The Royal Canadian Navy's newly commissioned Arctic and Offshore Patrol Ship (AOPS), HMCS *Harry DeWolf*, set sail on its first operational mission to Canada's North.

The ship will begin the four-month deployment with participation in Operation NANOOK in the Arctic region, and will carry on by sailing through the Northwest Passage, something that hasn't been done by a Canadian warship in more than 60 years. From there, *Harry DeWolf* will complete the circumnavigation of North America before continuing through to Operation CARIBBE in the Eastern Pacific and Caribbean Sea.

"This is a mission that fully demonstrates the capabilities of our ship and the new capabilities of the RCN. This goes far beyond just focusing on sovereignty in the North – we'll be doing all that this class of ship can do," said RAdm Brian Santarpia, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, as he saw the ship and crew off from the jetty in Halifax.

Testing and trials over the past year for *Harry DeWolf* have demonstrated that the ship can successfully operate

year-round, in both the frigid conditions of the Arctic and in warmer southern waters, which is a unique feature.

"HMCS *Harry DeWolf* now has thousands of miles on its odometer, and we're about to embark on a patrol that hasn't been done in more than 64 years. It's no small feat," said Cdr Corey Gleason, the ship's Commanding Officer.

Op NANOOK is a signature annual exercise focused on preparing Canada to respond to any crisis situation or security issue that may arise in the North, and *Harry DeWolf* will be conducting surveillance patrols and other activities alongside HMCS *Goose Bay* as well as US Coast Guard partners. Once the mission transitions to Op CARIBBE, the ship will continue working with the US Coast Guard to disrupt the flow of controlled narcotics and other illicit cargo.

Along with the more operational components of the mission, Cdr Gleason said he and his crew are particularly excited to continue highlighting the ship's affiliation with the Indigenous communities of the North. Each of the RCN's six Arctic vessels will be affiliated with different regions of the Inuit Nunangat, with HMCS *Harry*

Harry DeWolf departs on its inaugural deployment through Canada's Arctic and North American waters. Their transit will have the ship circumnavigating North America and participating in Op NANOOK and Op CARIBBE.

MONA GHIZ, MARLANT PA

DeWolf tied to the Qikiqtani region, which includes Nunavut's capital city of Iqaluit.

Interacting and building ties with the communities of the region will be a key component of *Harry DeWolf*'s Arctic operations, beginning right away on this maiden deployment, building on the official visits and dialogues with local leaders that have already taken place.

"I really look forward to expanding those relationships, and I personally have some very big ambitions when it comes to expanding the range of military programs in the region," Cdr Gleason said, describing a future scenario that could see locals on board RCN ships, providing input as the Navy traverses their territorial waters. The region isn't well surveyed, which can lead to tense situations for navigators.

"We like to look at charts with numbers and depths; when we go North, we don't have that. Our Inuit partners know those bodies of water and they can help us operate much more safely," he added.

The ship's company of HMCS *Harry DeWolf* is 100 percent vaccinated against COVID-19, and as always, extensive testing was done prior to the departure from Halifax with help from CF Health Services staff. Tests will also be administered ahead of any port and community visits to ensure all interactions are safe.

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WHAT TO BRING:

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HMCS *Fredericton* returns to European waters for Op REASSURANCE deployment

By Ryan Melanson,
Trident Staff

Much like other ship departures that have occurred in the COVID-19 pandemic era, there was little fanfare on July 24 as HMCS *Fredericton* prepared to slip Jetty NB and head out for a six-month deployment with Standing NATO Maritime Group 1.

The ship's company was joined by a small group of colleagues and Maritime Forces Atlantic leadership, along with The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, and Mrs. Patsy LeBlanc. The larger group of supporters, including friends and family members, settled for tuning in on Facebook live to see the ship off, rather than filling up the jetty for last-minute hugs and cheers as usual.

"We're still in the middle of a pandemic, and it's still a tough time to go out and complete this type of mission," said RAdm Brian Santarpia, Commander MARLANT and JTFA, prior to the ship sailing. He highlighted that the deployment will mark the 16th rotation since 2014 on Op REASSURANCE for the Royal Canadian Navy. The mission began as part of NATO's response to Russian aggression and destabilization in Eastern Europe.

Fredericton most recently deployed to the same mission in early 2020, returning to homeport in Halifax last summer. The ship was struck by tragedy during that de-

ployment, when its embarked CH-148 Cyclone helicopter crashed into the Ionian Sea, resulting in the loss of life of six crew members. While the event weighs heavily on the entire RCN and CAF community, RAdm Santarpia lauded last year's *Fredericton* crew for their resiliency and successful completion of their mission, while expressing confidence that the ship's new crew, under the leadership of Cdr Drew Graham, are ready for the task.

The crew of *Fredericton* was 100 percent switched out in the months following the ship's return last year, and the Commanding Officer noted his current ship's company has worked tirelessly through countless hours of training validations and other requirements to achieve the proper readiness level.

"It was an amazing feat to have this team come together and be completely ready in less than 12 months to go out the door for a major deployment," Cdr Graham said.

The deployment will involve maintaining a maritime presence for NATO in the Baltic and North Sea, as well as improving interoperability with NATO allies.

Any major deployment of this type also offers huge benefits to sailors in progressing through their careers and becoming experts in their fields, RAdm Santarpia added.

"The ship comes back better. Those sailors come back full of experience and ready to take on the next part of their career. This is why we have an entirely new crew from last year; we want to share that experience around, to make sure we have even more sailors who can reach high knowledge levels and skill levels."

Responding to questions concerning the recent positive COVID-19 cases aboard HMCS *Halifax* after returning home from Op REASSURANCE, RAdm said plans will not be changing for potential port visits during *Fredericton*'s deployment. It's possible that sailors will go ashore while alongside in foreign countries, depending

on things like local numbers of COVID-19 cases and local health restrictions, and any trips will involve testing the entire crew both before and after the port visit. All members of the ship's company are fully vaccinated against

COVID-19.

Once HMCS *Fredericton* arrives in the Baltic Sea region, it will assume duties as the flagship of SNMG1, which is currently led by Canada under the command of RCN Cmdre Bradley Peats.



HMCS *Fredericton* departs Jetty NB in Halifax for a six-month deployment to Operation REASSURANCE on July 24.

RYAN MELANSON, TRIDENT STAFF



HMCS *Fredericton* Commanding Officer Cdr Drew Graham speaks to the small crowd in person and to an audience watching via livestream before departing.

RYAN MELANSON, TRIDENT STAFF



Crew members line the decks of HMCS *Fredericton* prior to the ship's departure.

RYAN MELANSON, TRIDENT STAFF



Jessica Miller, left, and S1 Shane Cowbrough unveil a new memorial flower garden in honour of SLt Abbigail Cowbrough at the Veteran Farm Project in Sweet's Corner, NS.

JOANIE VEITCH, TRIDENT STAFF

New memorial garden dedicated to SLt Abbigail Cowbrough

By Joanie Veitch,
Trident Staff

A memorial flower garden in honour of SLt Abbigail Cowbrough was officially dedicated on July 30 at the Veteran Farm Project in Sweet's Corner, NS — a veteran-run organization that grows farm produce for food packages delivered weekly to veterans and families in need.

With about 25 attendees gathered under tents during heavy rain, Jessica Miller, who owns the farm along with her husband Steve Murgatroyd, began the ceremony by welcoming the guests — including S1 Shane Cowbrough, father to SLt Cowbrough; other military personnel; Kody Blois, MP for the Kings-Hants area; representatives from the Royal Canadian Legion; and farm staff and volunteers.

Describing the Veteran Farm Project and how it has evolved into a healing space for women veterans who volunteer at the farm, Miller said the idea of a creating garden in Sub-Lt Cowbrough's memory seemed a natural fit.

SLt Cowbrough died on April 29, 2020, when the CH-148 Cyclone helicopter she was

on crashed into the sea off the coast of Greece, while returning to HMCS *Fredericton* after a training flight as part of Operation REASSURANCE

Five other CAF members also died in the Stalker 22 crash: Capt Kevin Hagen, Capt Brenden MacDonald, Capt Maxime Miron-Morin, Master Cpl Matthew Cousins, and SLt Matthew Pyke.

Reflecting on her own military experience as a former medic on board navy ships, serving 21 years with the Canadian Armed Forces, Miller said she felt a kinship with SLt Cowbrough and was deeply affected by the news of her death.

"I had sailed those seas and I had flown in those helicopters. I knew what it was like to be there and I felt, as a woman, this would be a special place for her to feel safe and to be honoured," Miller said. "This is a space for anyone who wants to come and reflect and enjoy nature; a place to think and remember her... a beautiful woman."

Unveiling the wooden sign to officially open the memorial garden, S1 Cowbrough noted

the carved image of a bird in flight, saying it holds special significance as both he and his daughter had matching tattoos of that same image.

"During *Fredericton's* deployment they were able to get on shore before COVID took that away from them. Abbigail visited the town of Chania in Greece, which is where I had that tattoo done on my chest, and she got the same tattoo," he said.

Following the ceremony, S1 Cowbrough reflected on how memorials such as this, and the many other tributes in his daughter's honour, speak to the kind of person she was.

"Everybody thinks their kid is special. I thought that, for sure, but it's not until you see how much of an impact she had on so many people in such a short amount of time. She just had such amazing drive and energy," he said.

The new garden is meant to be a space for anyone to come to reflect on nature, think, and remember SLt Abbigail Cowbrough, Jessica Miller says.

JESSICA MILLER





The Pan-African flag was raised during morning colours at CFB Halifax on July 30 to commemorate the newly designated Emancipation Day, August 1.

RYAN MELANSON, TRIDENT STAFF

New DVMAG co-chair aims to keep effecting change at CFB Halifax

By Joanie Veitch,
Trident Staff

After experiencing racism during a recent boarding party course, S2 Saif Morsy took action, sharing his concerns with his chain of command and senior leadership with the hope of effecting change. The result not only made a difference in that course going forward, it led S2 Morsy to volunteer with the MARLANT Defence Visible Minority Advisory Group (DVMAG) where — just one year on — he was recently named as the new co-chair of the group.

On June 4, 2021, during an online meeting held to mark the occasion, S2 Morsy was named MARLANT's DVMAG military co-chair, taking over from LCdr Paul Smith. René Gannon, interim Base Employment Equity Officer, is the civilian co-chair.

"This is the first time I've been involved in something like this. I experienced racism growing up but I never felt before that I had an avenue to effectively deal with it... when I found DVMAG and learned about the opportunity to get involved I took it on," S2 Morsy said, acknowledging the encouragement and support he received from both the CFB Halifax Base Commander and the DVMAG co-chairs along the way.

S2 Morsy, who has Egyptian heritage, says he dealt with racism growing up in Oakville, Ontario, but not since joining the Navy in 2017 as a Weapons Engineering Technician, until the eye-opening incident last year.

As a result of S2 Morsy's ef-

forts, all Naval Tactical Operation Group Naval Boarding Party courses now include racial bias briefings.

Taking that situation up the chain of command in the hopes of resolution has taught him a lot about how personal stories can become a vehicle for effective change — lessons he plans to bring to his role as co-chair.

"I want to help encourage others to have the agency to take care of situations that either they personally go through or have witnessed," he said. "The more avenues you can provide people to deal with situations, the better it will be for everyone."

DVMAG civilian co-chair René Gannon said she's looking forward to working with her new co-chair. Having volunteered with the group

for six years, she said she has learned to celebrate "wins" and commended S2 Morsy for his tenacity in effecting change.

"At DVMAG, many of the issues we deal with are systemic and not easily resolved, so at times it can look like there isn't much progress," she said. "Saif brought an issue to us and he had a solution as well. We have been so impressed by him. I'm excited to work with him as co-chair."

Under the umbrella of MARLANT Defence Advisory Groups, DVMAG is a volunteer group with a mandate to provide advice to DND/CAF leadership on issues affecting visible minorities — especially in the effective implementation of employment equity — by assisting in policy

development related to recruitment, retention and training, identifying systemic employment barriers and recommending concrete solutions.

CFB Halifax Base Commander Capt(N) Sean Williams is the Champion of the MARLANT DVMAG.

While the past year has been a challenging one in many ways, Gannon said, the increased awareness of the Black Lives Matter movement and ongoing discussion of Indigenous issues has brought focused attention to the reality of racial discrimination and the need for anti-racist action.

To that end, DVMAG initiated a town hall last fall to create a platform for military members and civilians "who have lived experiences of racism" to share their personal stories, Gannon said.

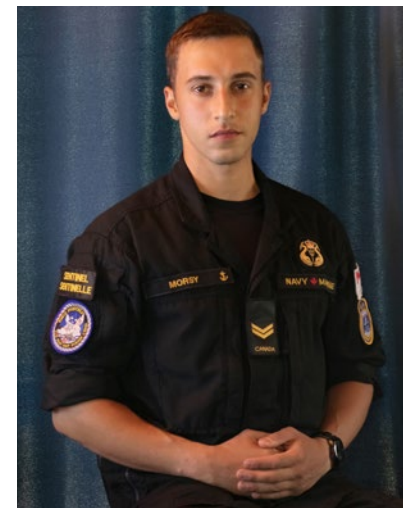
"The meeting was in person and online but we made sure to make it a safe space for people to tell their own stories of racism and how it has affected them both personally and in their work," she explained, adding that the group has discussed plans to host a similar event, but one that asks people to share their solutions to problems they see and ideas for change.

"That's how change happens... person to person and taking the time to listen to each other," she said.

This year — for the first time at CFB Halifax — the Pan-African flag was raised during morning colours on July 30 to commemorate the newly designated Emancipation Day, August 1.

"In some ways it's a small thing... but it's an important step and it will be good to see," Gannon said.

DVMAG is open to all Defence team members. To find out more email: Halifax.DVMAG@forces.gc.ca



S2 Saif Morsy is the new military co-chair of the MARLANT Defence Visible Minority Advisory Group.

SUBMITTED



Pulling the weeds from the garden

By Padre Capt Albert Lee,
Chaplain, Canadian Fleet Atlantic



A family was sitting in the living room. The son asked his father “Dad, can you please tell me how the Second World War got started?”

The father answered “Son, it all began in Italy...” and the mother interrupted and said “No, it’s all because of Germany...”

The father became angry and said “Am I teaching our son, or are you?” to which the mother answered loudly “I’m trying to correct you!”

The father got up from his seat, walked out and slammed the door. The mother began screaming and asked “Why are you so mad?”

The son, who stood beside his mom, then spoke up and said “Mom, it’s ok. I think I understand how the war got started...”

Anger is among the most frequent problems we see in modern culture. It seems its expression is on the rise. Today in North America, we have people shooting at each other on the highway or acting out in other violent ways to express their anger,

sometimes with disastrous consequences. Almost 85 percent of people who see a counsellor do so for anger issues. Medical research has found that anger can also cause physical problems such as high blood pressure and higher risk of heart attack.

I have a little imaginative exercise for you today. Picture this: Your blood pressure rises; your heart rate goes up; your muscles tighten; your breathing rate increases and adrenaline courses through your veins; you feel strained and tense. What might you be experiencing?

You guessed it.....Anger!

The Bible said anger can pass through your family history through generations. There is a key passage in the Bible that will help us identify and pull out the weed of anger.

Eph 4: 1-3; 26-32: “In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

How to pull out the weed of anger?

- Admit your anger problem. Honestly express your feelings.
- Righteous anger is ok (e.g. Jesus was angry for God’s sake and purpose, but most of our anger is not righteous.)
- Deep breathing and count to three.
- Go for calming walks.
- Get your friends to hold you accountable for your anger.
- Focus on the problem, not the person. Personalize your disagreements.
- Forgive and forget. Don’t go to sleep angry.
- Search for a solution, see counsellor/ Padre

A bad temper can have terrible effects on a life, breaking up communities, destroying sacred relationships, devastating homes and families, and taking the bloom off of childhood. If the flower of God’s love is to grow in your heart, the weed of anger needs to be pulled.



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S1 Ilana Domb (right) was presented the Excellence in Health Promotion Award on July 16 by Health Promotion Specialist Joy Geizer (left).

SUBMITTED

2021 Excellence in Health Promotion Award

By PSP Health Promotion

The Health Promotion Team is responsible for influencing the health and wellness of the CAF and Defence Team. As you can imagine, it is a monumental task to reach the thousands of members and their families across Formation Halifax.

We rely heavily on the Unit Health Rep Network. It is through the work the reps do that we are able to get our message out, provide updates on our programming, advise on upcoming challenges and initiatives that are happening locally, and get important feedback from the units.

Having a rep that prioritizes getting information out, takes initiative to take suggested activities and implement them to promote health and wellbeing, and liaises with our team to ensure we are serving the needs of the members, are key pieces to being an effective rep.

The Stadacona Band is fortunate to have two unit Health Promotion reps and on July 16, we recognized one of them as our recipient of the Excellence in Health Promotion Award for 2021.

S1 Ilana Domb is lively, enthusiastic, and passionate about mental health and opening the communication within the unit about supporting each other in mental wellness.

She was posted to the Stad Band in 2017 and complements the band as a french horn player. She said one of her most memorable moments was when the entire unit came together to support the Bell Let's Talk Day initiative and work towards de-stigmatizing mental health.

She has embraced the role as co-rep and has demonstrated outstanding efforts of during the first wave of the pandemic in supporting the unit, posting webinars for the unit during COVID-19 shutdowns, announcing upcoming HP programs, conducting unit briefings on her role and responsibilities, providing resources, coordinating the unit's participation with Bell Let's Talk, putting her own energetic spins on promoting monthly health themes, and above all, maintaining open, regular, two-way communication with the health promotion team.

Normally presented during the annual CFB Halifax Sports Recognition Breakfast, we were thrilled to be able to present this award this year to S1 Domb in front of her unit and leadership.

S1 Domb continues her efforts with daily health and wellness messaging to the unit.

Stay hydrated in the heat

By PSP Health Promotion

Summer is the perfect time to have fun and get active outside with friends and family, but with the increased activity level and temperatures, it's important to stay hydrated during all your outdoor summer activities.

Why do I need to stay hydrated?

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

How much fluid do I need to drink?

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

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

Your fluid intake can come from a variety of sources including water, other beverages like milk, milk alternatives, coffee, tea and juice, as well as foods containing fluid like soups, fruits, and vegetables.

How can I know if I am dehydrated?

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

Your urine is another great way to tell if you're dehydrated. If it is dark yellow in colour and has a strong smell, you are likely dehydrated. If it is light yellow or clear, that means you're doing a good job drinking enough fluids!

If you feel lightheaded, tired, and/or have a headache, those are all signs that you may need more fluids.

Tips to stay hydrated and increase your fluid intake:

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

Enjoy your summer, and stay hydrated!



HMCS Oriole escorts Bluenose II

A rare sight in the Halifax Harbour seen on July 26, as The Royal Canadian Navy's HMCS Oriole takes on escort duties during a sail past of the iconic Bluenose II into the Bedford Basin. Both ships are celebrating 100-year birthdays in 2021.

MONA GHIZ, MARLANT PA



HMCS *Goose Bay* gunshield art inspired by Second World War-era ships

By Joanie Veitch,
Trident Staff

Drawing inspiration from the ship's name and old war movies he remembers seeing as young boy with his father, S1 Ron Hiscock has created a lasting legacy on HMCS *Goose Bay* in the form of a striking piece of gunshield art — deploying a style of artwork that became popular during the Second World War, most notably on

the Canadian Flower-Class Corvettes.

Similar to the “nose art” painted on the fuselage of aircraft during the First and Second World Wars, ship's crews — especially of the smaller vessels, such as the flower-class corvettes — began painting cartoon-style designs on the ship's gunshield, often coming up with artwork that played

on the ship's name.

“I have always liked the way the crew of military vehicles would paint a picture on them for luck, or to show how proud they were as a team,” said S1 Hiscock. “Being a person who likes to draw and paint, they always appealed to me.”

Based out of HMCS *Donnacona* in Montreal, S1 Hiscock was posted to HMCS *Goose Bay* in September 2020, while he went through training for his Marine Technician (Mar Tech) trade A-ticket Roundsman qualification.

Hearing the ship often referred to as “The Mighty Goose Bay,” an image of a cartoon version of the Canada goose image on the ship's badge began to form in his mind. After thinking more about the history of gunshield art on board Navy ships during the war, the idea of painting something in that style began to take shape.

“I had lots of time to kill living in Tribute Tower in a pandemic,” S1 Hiscock laughed.

Drawing and painting has always been a part of S1 Hiscock's life. After studying Creative Arts at Dawson College in Montreal, he went on to do a Classical Animation program at Sheridan College in Oakville, Ontario, and worked for many years on well-known children's television animation series, such as “Arthur” and “The Busy World of Richard Scarry.” Most recently, he worked as a technician in the Media Arts department at Champlain College — helping teachers and students with their arts projects — before becoming a full-time reservist five years ago and fulfilling a long-held dream.

“I always had great respect for individuals who chose to serve their

country and community in the Canadian Armed Forces. I almost joined up straight out of high school, but I chickened out,” he said.

The desire stayed with him, however, but “life kept getting in the way,” S1 Hiscock said. Until his 45th birthday, however, when it struck him that if he didn't at least give it a go, he would regret it.

“I figured if I tried and could not do it, then I'd deal with that...but I had to try. So at age 47 I joined up, and I have enjoyed every minute and challenge ever since.”

Taking on the challenge of the art piece was a fun project, S1 Hiscock said, explaining how he began sketching some ideas for a design for the gunshield piece to take to his shipmates in the engineering department for feedback on what they liked — and didn't like — about each one.

Once he'd settled on a final idea, he took the drawing to the ship's Coxswain and the ship's Commanding Officer, LCdr Daniel Rice, to see if they would approve it.

Getting an enthusiastic green light from *Goose Bay*'s Command Team, S1 Hiscock got to work on his project. He measured a board to fit the mount on *Goose Bay*'s foc'sle, painted it ship grey for background and then worked on the main “Mighty Goose Bay” image.

The whole project took place over three days in late May, at the end of S1 Hiscock's contract.

“Everyone seemed to like it,” he said. “The reaction has been great and I'd like to give the crew of *Goose Bay* a ‘thank you’ for everything we did together over the last eight months.”



S1 Ron Hiscock working on his design for a unique piece of gunshield art on board HMCS *Goose Bay*.

SUBMITTED



S1 Ron Hiscock drew on wartime tradition and his artistic background to create a unique piece of gunshield art for HMCS *Goose Bay*.

SUBMITTED



12 Wing Shearwater welcomes the new Wing Commander, Col Patrick MacNamara, and sees off LCol James Hawthorne in the 423 (MH) Squadron Hangar floor in Shearwater, on July 16.

CPL MITCHELL PAQUETTE

Change of command across Formation Halifax and 12 Wing



Capt(N) Sheldon Gillis, Deputy Commander of Canadian Fleet Atlantic, presides over HMCS St. John's Change of Command from Cdr Michael W. Eelhart to Cdr Jon Nicholson on July 28.

MARLANT PA



Incoming CO, Cdr Christopher Devita (left) being presented with a commemorative plaque for his assumption of command of HMCS Montreal by reviewing officer Commodore Richard Feltham, Commander Canadian Fleet Atlantic, during a Change of Command ceremony on July 23. Cdr Devita assumes command from outgoing CO Cdr Geoffrey Simpson.

S3 TAYLOR CONGDON



A Change of Command Ceremony was held at Canadian Forces Heath Services Centre (Atlantic) on July 9, with outgoing Commanding Officer LCol R.H. Heudes and incoming Commanding Officer J.M. Keddy. In attendance were family members, Indigenous elders and RAdm Brian Santarpia, Commander MARLANT and JTFA, who presented special awards to three CF HSvc (A) members.

NEIL CLARKSON, FORMATION IMAGING SERVICES

Cmdre Richard Feltham, Commander Canadian Fleet Atlantic, presides over HMCS Halifax's Change of Command from Cdr Christopher Rochon to Cdr Dale St-Croix on July 27.

MARLANT PA



LCdr Amanda Jayne took Commander Naval Replenishment Unit (NRU) Asterix on July 9, taking over from LCdr Andrew Brumwell. The ceremony was presided over by Capt(N) Sheldon Gillis, Deputy-Commander of Canadian Fleet Atlantic.

NEIL CLARKSON,
FORMATION IMAGING
SERVICES





SPORTS & FITNESS

Research study will assess impact of sports on operational readiness

By CFMWS

Canadian Forces Morale and Welfare Services (CFMWS) has partnered with a research team from the University of Ottawa, led by Drs. Benoit Séguin and Milena Parent, to perform an in-depth review of the CAF sports program.

The objective of this research is to help CFMWS demonstrate the value, contribution, and impact of sport on the operational readiness of the CAF and thereby make the necessary strategic decisions regarding the future directions of the program.

To achieve these goals, we have already interviewed CAF members who are involved in CAF sports. We are now embarking on a series of interviews with CAF members who do not participate in our sport program.

Representation from commands, ranks, sex, locations/bases, and languages (French/English) will be ensured.

The objective of this qualitative research study is to help guide decision making when it comes to program elements, governance and resource allocation, while helping further quantify the impact of the program within the CAF. This will have a specific focus on the impact of sport participation on the social, mental and physical dimensions of wellness.

If you are a current CAF member who has not participated in the CAF Sports Program, or a current CAF member who has previously participated in the CAF Sports Program but for various reasons is no longer participating, we want to hear from you! Personnel interested in participating are asked to contact either of the lead researchers on the project, Benoit Séguin and Milena Parent, at bseguin@uottawa.ca and milena.parent@uottawa.ca.

Naval Reservist makes Olympic debut

S2 Yvette Yong, pictured here at the Tokyo Metropolitan Gymnasium, one of the Tokyo 2020 Olympic venues, made her Olympic debut in Taekwondo competition on July 23. The HMCS York sailor didn't get the result she was hoping for, losing 19-5 in her bout, but still represented Canada and the CAF proudly against her opponent, Vietnam's Truong Thi Kim Tuyen.

TAEKWONDO CANADA



Base Commander's Bike Ride

CFB Halifax Base Commander Capt(N) Sean Williams hosted a Base Commander's Bike Ride on July 29 starting from the 12 Wing Shearwater Fitness and Sports Centre. Capt(N) Williams led a small group along the Shearwater Flyer trail and the Salt Marsh Trail in Eastern Passage, with participants tracking their rides to include as part of the virtual 2021 Navy Bike Ride. This year's virtual event continues until August 29.

CPL MITCHELL PAQUETTE, 12 WING IMAGING



S1 Christophe Guida works on a bike behind the HMCS St. John's shore office at HMC Dockyard. The ship is doing a bike tune-up fundraiser for charities supported by the Navy Bike Ride.

JOANIE VEITCH, TRIDENT STAFF

The fix is in

HMCS St. John's bike shop raising funds for Navy Bike Ride

By Joanie Veitch,
Trident Staff

Grounded due to an ankle injury, S1 Christophe Guida, a boatswain, is putting his time to good use — fixing bikes and raising money for the charities supported by the Navy Bike Ride.

Attached with HMCS St. John's while he can't go to sea, S1 Guida is running a bike repair shop at HMC Dockyard, behind the ship's shore office in building D-125, every Tuesday from 8 a.m. to 2 p.m.

Having worked at bike repair shops in his youth in Montreal, S1 Guida not only knows his way around bikes, he's got all the gear to fix them — enabling him to offer everything from simple brake adjustments to full bike inspections and larger repair jobs.

Offering advice and maintenance tips as he goes, S1 Guida is efficient, doing a thorough inspection and getting right to work as the bikes come rolling in.

"I've always enjoyed biking and fixing bikes," he said, joking that he had to get good at repair work as he "wrecked a lot of bikes" in his youth, and working at a bike repair shop helped offset the cost of new parts and repair work.

"Bikes can get expensive... the bike, the parts and the repairs... working at a bike shop helped with that," he said.

After joining the Canadian Armed Forces in 2007, S1 Guida began riding less. Between time spent at sea and taking courses, the busy Navy schedule meant it was harder to find time.

But after being sidelined while he waited for surgery following his ankle injury, when pandemic restrictions hit last year, S1 Guida returned to biking and — once again — got back into doing maintenance and repairs on his bike in a large warehouse area at the back of the St. John's shore office.

"With the Navy Bike Ride,

my boss suggested doing bike repairs would be a good way for St. John's to do a fundraiser for the event. So that's what I did," said S1 Guida.

Taking bikes in by appointment, S1 Guida is offering services including: small bike tune-ups and repair for \$10 — including full inspection, adjustment of brakes, drivetrain and headset, along with frame clean-up — and large tune-ups and repair work for \$20 — including all the same services but with additional full frame and drivetrain cleaning, along with installation of any new parts.

Bike repair lessons are also available for \$15. To book an appointment, either email S1 Guida at christophe.guida@ecf.forces.gc.ca or text at 514-952-6766.

This year's Navy Bike Ride — the virtual Harry DeWolf Challenge — runs from June 12th to August 29th. Funds raised by participants support the Royal Canadian

Naval Benevolent Fund and Support our Troops, both organizations dedicated to the wellbeing of past and present military members. For more

information about the 2021 Virtual Harry DeWolf Challenge, or to register, visit: <http://Navybikeride.ca>

