



TRIDENT

www.tridentnewspaper.com

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

HMCS Oriole Centennial tour

HMCS Oriole, the Royal Canadian Navy's tall ship and oldest commissioned ship, is embarked on a tour of Atlantic Canada in celebration of its 100-year anniversary. Oriole recently participated in the opening festivities of the iconic Chester Race Week alongside the Bluenose II on August 11. Along with other stops in Nova Scotia, the ship has also recently visited Saint John, New Brunswick and Charlottetown, Prince Edward Island.

HMCS ORIOLE





HMCS Shawinigan returned home to HMC Dockyard in Halifax on August 9 after a successful Operation CARIBBE deployment.

MARLANT PA

HMCS Shawinigan home after Operation CARIBBE

Crewmembers commended for record-breaking counter-narcotics efforts

By Joanie Veitch,
Trident Staff

There was much to celebrate at HMC Dockyard As HMCS Shawinigan returned to Halifax on August 9 — a successful and historic counter-narcotics operation as part of Operation CARIBBE, along with the ship arriving to handmade signs and hugs from

2, Shawinigan has been on a ten-week deployment in the Caribbean Sea with Operation CARIBBE, Canada's contribution to a US-led multi-national counter-narcotics operation under Joint Interagency Task Force South (JIATFS).

Working with the Law Enforcement Detachment (LEDET) of the United States Coast Guard (USCG) Southeast, the crew of Shawinigan intercepted nearly 2,800 kg of cocaine, worth an estimated \$70 million USD, in four interdictions in the Caribbean Sea.

The first two raids took place between July 12 and 13, and resulted in the seizure of almost 1,350 kg of cocaine. Another 675 kg of cocaine was seized on July 18 after crewmembers boarded a small vessel, with an additional 774 kg intercepted in another raid on July 21.

"As you can imagine, finding a small boat in the Caribbean that does not want to be found is like looking for a needle in a haystack," said Cdr Sanson, speaking at a news conference held by US and Canadian officials on August 5 at Port Everglades in Florida, where the drugs were off-loaded.

"Four seizures in ten days is extraordinary, as is the effort put forth

by everyone on this team. But none of this surprises me, knowing what I know about all these sailors," he added. "I'm proud of them, and you should be proud of what they've done. Their unwavering professionalism alongside our partners made this happen."

The effort represents the largest

illicit drug offload in Coast Guard history, said VAdm Steven Poulin, Atlantic area commander with the US Coast Guard.

"It's historic. It's the result of the combined efforts of our inter-agency partners and a dedicated international coalition," he said. "I want to congratulate and thank Canada for their efforts. The Canadian government and the Canadian defence force brings an incredible capability in defeating transnational organized crime. I'm grateful to HMCS Shawinigan, that they could be here as well to showcase Canada's commitment."

As part of Operation CARIBBE, the Canadian Armed Forces (CAF) support multinational efforts to address drug trafficking in the Caribbean and off the Pacific coast of Central America by providing naval and air capabilities to detect and monitor suspect activities.

The results of this most recent counter-narcotics operation demonstrates the strength that comes from working together, said MGen Paul Ormsby, Canadian Defence Attaché in Washington.

"We know that no nation can do it alone and we know that we are stronger together," he said.



The ship's company of HMCS Shawinigan is seen with suspected illegal drug contraband seized during Operation CARIBBE in the Caribbean Sea on July 21.

CAF PHOTO

family and friends at one of the first in-person reunions since the beginning of the pandemic.

"Everyone knows in the military that we're only who we are because of the strength behind us and that's our families, so I think having everybody here to welcome us home like this gives you that tingle up your spine," said Cdr Bill Sanson, Commanding Officer of HMCS Shawinigan.

Since leaving its homeport on June



Sailors and U.S. Coast Guard Law Enforcement Detachment (LEDET) members aboard HMCS Shawinigan deploy on the Rigid Hull Inflatable Boat (RHIB) to encounter a vessel of interest suspected of carrying illegal contraband during Operation CARIBBE on July 21.

CAF PHOTO

After a successful completion of their mission, Cdr Sanson said the ship's company was looking forward to a well-earned rest at home.

"Everyone is really happy to be reunited with their families... and get back to normal a little bit. They really deserve it."



RAdm Brian Santarpia, centre, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, presided over a change of command ceremony for Canadian Fleet Atlantic on August 3, between outgoing Commander Cmdre Richard Feltham, left, and the incoming Commander, Cmdre Christopher Robinson.

MARLANT PA

Submariner takes command of Canada's Atlantic Fleet

By Joanie Veitch,
Trident Staff

Cmdre Richard Feltham handed over Command of Canadian Fleet Atlantic to Cmdre Christopher Robinson at a change of command ceremony held on Aug. 3 in Halifax at the dockyard's NB Jetty, with HMCS *Montreal* as a backdrop.

Presiding over the ceremony, RAdm Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic, noted it as one of the largest in-person events held at the base since the beginning of the COVID-19 pandemic.

"We've come so far as a community, as a city, as a province and as a country. It's just so special to be here," he said. "For so long, over the last two years, we've been doing these events without families and without friends and the fact that we can do this today really means a lot."

In his farewell address, Cmdre Feltham said his command began "with a bang" as the fleet prepared for Cutlass Fury 2019, only to have the schedule for the Canadian-led international exercise disrupted by Hurricane Dorian. A welcome return to "routine" soon gave way to the global pandemic and restrictions, a situation that was particularly hard on members of the Navy and their families, he said — even more so after the Stalker 22 Cyclone helicopter tragedy that killed six Canadian Armed Forces members on April 29, 2020, while on deployment with HMCS *Fredericton*.

"All families across the country have had to deal with difficulty and challenges due to the pandemic but here today I'd like to highlight the sacrifices made by our sailors and their families, who not only trained in quarantine, but deployed for six-month voyages, never adventuring further away from the ship than a brief walk on the jetty, if lucky," said Cmdre Feltham.

Retiring from a 36-year career with the Navy, Cmdre Feltham will remain as part of the Defence team as Maritime Forces Atlantic's Director of Naval Force Readiness.

Commending Cmdre Feltham as a compassionate leader who "always balances the needs of the sailors with the needs of the Navy," RAdm Santarpia said he is looking forward to working with the incoming Commander — Cmdre Christopher Robinson — who comes to the position after serving as Director General of Naval Force Development since June 2019.

Cmdre Robinson, who grew up in Hudson, Quebec, began his military career as Combat Engineer with the Canadian Army Reserves and has been a Naval Warfare Officer for almost three decades, serving aboard Canadian submarines *Onondaga*, *Ojibwa*, *Victoria*, *Corner Brook* and *Windsor*.

"We are very lucky to be getting an officer of this quality," said RAdm Santarpia. "Chris brings a great amount of tactical expertise and experience in one of the most difficult things our Navy has, he has commanded submarines."

In his address to the fleet, Cmdre Robinson reflected on various technological changes and the changing nature of conflict itself, concluding by saying that ultimately it's the people who are key to the Navy's success.

"We have a great deal of information but we still need to determine what is relevant and what is not. We must be able to create effective environments not traditionally impacted by naval forces. So technology plays a part, but I submit that it's the leadership and professionalism of our teams that are the winning factor.... we need efficient and effective crews who enjoy their roles."

While the change of command ceremony is an important event marking the passing of command between two

officers, RAdm Santarpia also pointed to the fleet, and its sailors, as the heart of such occasions.

"The responsibility of command is immense, it's all consuming and it's about serving," he said. "This cere-

mony is really about all of the people who are here on the jetty, who won't be speaking today...it's about the fleet."

WE HIRE MILITARY SPOUSES

Flexibility, opportunity and support, wherever you're based.

militaryspouse.ca

COMMISSIONAIRES



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

www.tridentnewspaper.com

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Brian Santarpia, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10 a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Brian Santarpia, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

Annual Subscription (25 issues):

- NS: \$37.38 (\$32.50 + 15 % HST)
- ON, NB & NFLD: \$36.73 (\$32.50 + 13% HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

Courier address:
2740 Barrington Street,
Halifax, N.S.
B3K 5X5

Publication Mail Agreement No.
40023785

Return undelivered Canadian address to:
Trident Newspaper Bldg. S-93
PO Box 99000
Station Forces, Halifax, NS B3K 5X5
Return Postage Guaranteed
ISN 0025-3413

Circulation: Minimum 8,500



Face of Base: Max Murphy

By Shalini Deshwal,
CFB Halifax PA

We are thrilled to introduce this week's Face of Base: Maxwell (Max) Murphy! Max is the Video Editor for Formation Imaging Services (FIS) at CFB Halifax. Originally from Corner Brook, Newfoundland and Labrador, Max joined the CAF in 1987, spending two years in the infantry reserve before transferring into the Air Force as an Aviation Technician. A decade later in 2000, Max became an Imagery Technician after taking multiple video training courses.

After his release from the Forces in 2017, Max joined the team at FIS as a civilian. He had been interested in video since a child, and after leaving the military he longed to get back into video work.

Today, Max's job as video editor includes producing products for internal and external audiences. Most of the video content he edits is used for training or public communications through social media. Recently, FIS played a significant role in communicating to the public the Royal Canadian Navy's acceptance of the newest Arctic and Offshore Patrol Ship, the future HMCS Margaret Brooke. Max was part of the team making the events accessible for the public to see what was happening.

Fun fact! Max used to be an active musician playing and writing his own songs. He even released a CD called UPA-LONG, a collection of music about being a Newfoundlander living up along, (in Mainland Canada). Happy to have you as part of our Defence family, Max!



Max Murphy

SUBMITTED

Padre's Corner: The Integrity Test

By Padre Lt(N) Stephen Cogswell,
Chaplain, 12 Wing Shearwater

Ask yourself this question: what's your integrity worth? And by "integrity," I mean your values, your principles, your honesty, and your commitment to actually live by those things. So, how much is that worth for you?

Recently, I had to ask myself that very question, and it literally came with a price tag; \$500. But there's a story that goes with it.

Early one morning I was doing the school drop-offs, traffic was heavy and even the side streets were plugged with parked cars on either side. Essentially the traffic on those streets was relegated to one-at-a-time through the narrow openings, with drivers from either direction hesitant as to who goes first. Not far from the school I caught a break in the traffic and seized my opportunity to make it to the next block. So, I went for it. Bang! In an instant my passenger side mirror practically exploded. It seems I was a bit too close to that parked car after all.

So, I finished the school-run and begrudgingly circled back to leave a note under the wiper blade of the damaged car. As cruel luck would have it, this particular morning was the one time that I had neither a pen nor anything to write on anywhere in my vehicle. So, I drove back home where my fuming over the whole situation began in earnest. Before long, I was completely engulfed in my own frustration & irritation at what had happened. I called an

auto-body shop and it wasn't going to be a cheap fix for either vehicle, but if I didn't pay the repair bill out of pocket, it would affect my insurance. More frustration and more justification for feeling so. Why was this even my issue in the first place? Wasn't it *their* fault that they parked their vehicle on an already-too-narrow, busy street, and didn't even bother to flip the side-view mirror in? What were they expecting to happen? In fact, it's really their fault more than mine. Not. My. Problem. At least that's what I was trying to convince myself to believe.

And then, a moment of clarity. To do nothing would betray my integrity. And that moment came when I was confronted with a question: what is my integrity actually worth, and, (as a person of faith) could I be at peace with my decision before my Creator? In no time, I had my answer.

Still none too pleased, I saddled-up and drove back to the scene of the crime (this time armed with a ¾ dried out Crayola marker and a gnarly piece of scrap paper), quickly parked nearby, wrote my confession note and discreetly secured it under the driver's side wiper blade.

I hastily returned to my car and drove off. And a funny – not unexpected – thing happened. A peaceful contentment settled over me. And it was good. I knew that I had passed the test; I knew that my integrity was worth far more

than a \$500 insurance deductible; I knew that my wife and kids had witnessed honesty and integrity lived-out in real time; and I knew that God, not to mention the owner of a smashed car, was honoured through it.

Some ancient words from the Christian scriptures serve to guide my thinking and behaviour; "Better to be poor and honest than to be dishonest and a fool. (Proverbs 19:1)"

Because at the end of the day, at the end of the posting or deployment, at the end of our career, yes, even at the end of our lives, all that we really have is our integrity. Did the people around us actually trust us? Were we reliable and honest and faithful? Because most of us, religious or not, would agree that it would be preferable to be poor & honest than to be a dishonest fool.

And I fully expected the story would end there. Happily so. I would take my proverbial medicine, pay the deductible and ensure that the parked car was properly repaired. But then an interesting thing happened. Later that evening, I had a phone call from the owner of the parked car. His response? "Hey buddy, it's all good, I just really appreciate you being honest. Don't worry about it, these things happen. Let's just call it even."

Who knows, maybe there's something about this integrity thing that's a bit contagious?



RCN’s In-Out Routine Signature Sheet digitized to save time

By RCN PA

Sailors will no longer have to spend hours tromping around trying to get signatures on paper to transfer in and out of Canadian Forces Bases (CFB) Esquimalt, B.C., and Halifax.

The Royal Canadian Navy’s (RCN) In-Out Routine Signature Sheet has been digitized.

“The old in-out routine process was labour intensive and required the transferring member to fill out a paper form and take it from one section to another,” explains Commander (Cdr) Dan Thompson, a Digital Program Manager with the RCN’s Digital Navy organization. ”

At the request of CFB Esquimalt’s Base Commander at the time, Captain (Navy) Sam Sader, the Digital Team began looking at ways to simplify the process using the newest technology.

Ironically, this project started prior to COVID-19 restrictions, but the team was able to continue its efforts through the use of teleconferencing.”

It would have been nearly impossible to automate the overall in-out routine process from all sections into a single solution without causing huge disruptions across the Navy and other government sections, according to Cdr Thompson. As well, some of those systems are already slated to be updated or replaced as part of other projects.

He says digitizing this part of the system will save time and allow sailors to focus more on other things during this hectic period.

“It’s quicker, with less need for face to face, and reduces the waiting time at the various stations,” says Cdr Thompson.

How it works

The member fills out the In-/Out Routine Member Data Entry PDF form, accessible from either a DWAN or personal computer, and emails it to the Base Orderly Room in Halifax or Esquimalt.

Using the data in the member’s submission, the respective Base Orderly Room creates a new PDF with digital signature blocks enabled. The new PDF is uploaded to the In-/Out Routine area of the base’s SharePoint website-based collaboration system. Each section on base that is required to sign the member’s form now does so digitally via SharePoint, freeing the member from the time-consuming process of walking from section to section to have his or her form signed manually.

An automatic email is generated for

the member notifying them that the Base Orderly Room has started processing the In-/Out Routine request and that they will receive the finalized signature sheet when all sections have signed it. It also goes back to the respective Base Orderly Room for final administration.

“The current solution will facilitate RCN members transferring in or out of Halifax or Esquimalt bases only,” says Cdr Thompson. “The anticipated volume is 2,000 to 3,000 members per year including Regular and Reserve forces.”

In the next phase of this product, the Digital Team is planning to include all units of both bases that report up to the formation commanders into the solution.

Keep sun safety in mind all year round

By PSP Health Promotion

Sun safety is not just a summer thing, those UV rays come at us all year round and unprotected skin increases your risk of developing a range of skin cancers. Health Promotion answers your questions.

“I have never used sunscreen or only on occasion.”

Older populations grew up during a time when not much was known about skin damage from the sun, so they are often most at risk because they never really developed an appreciation for the concern of sun damage and the habit of regularly using sunscreen. You may have adopted this behaviour from your parents, but knowing the risks of increased exposure, you now have options! (PSP has FREE sunscreen available!)

As we age, we may also be using medications that further increase sun risks, so be sure to check any medications you may be using to determine if there are any adverse effects you should be aware of.

“How much sunscreen should I use?”

Adults can expect to use about one ounce, — or enough to fill a shot glass — to fully cover their body, or about a tablespoon per large body part. Don’t forget to apply to the tops of your feet, your neck, your ears and the top of your head.

To put it in perspective, the 237 ml bottles we have available contain about 8 applications!

“Is it one and done? I put it on and I am good to go for the day?”

No, re-apply every 2 hours, after a swim, or if you notice you are sweating. It is possible to use up a whole bottle within a weekend!

“The sun isn’t particularly hot today. I don’t really need to worry about it today, do I?”

Temperature has very little to do with it. A hazy day or time spent out on water can reflect the sun’s UV rays back at you, leaving you at greater risk of sunburn because you are not necessarily feeling the effects until far too late. Sunscreen is important in the winter months as well!

Changing our thinking to consider daily sunscreen use 365 days of the year is a great way to minimize risk.

Again, PSP has FREE sunscreen available! SPF 50 for Adults and Children, as well as Infant sunscreen. Call 902-721-4956 to pick up enough for your unit!



PSP Halifax currently has free bottles of sunscreen available, while supplies last.
SUBMITTED



**You're an
exceptional
group**

**You deserve
exceptional
group insurance**

**Vous êtes
un groupe
exceptionnel**

**Vous méritez une
assurance de groupe
exceptionnelle**



- ✓ Preferred service
- ✓ Exclusive group rates
- ✓ Military-exclusive coverage

- ✓ Service préférentiel
- ✓ Tarifs de groupe exclusifs
- ✓ Protections exclusives aux militaires



thePersonal

Home and Auto Group Insurer
Group rates. Preferred service.



laPersonnelle

Assureur de groupe auto et habitation
Tarifs de groupe. Service unique.

Get a home or auto quote.
thepersonal.com/cfmws
1-888-476-8737

Certain conditions, limitations and exclusions may apply. The Personal refers to The Personal General Insurance Inc. in Quebec and The Personal Insurance Company in all other provinces and territories. Auto insurance is not available in MB, SK and BC due to government-run plans and cannot be transferred if you relocate to those provinces.

Demandez une soumission auto ou habitation
lapersonnelle.com/sbmfc
1 888 476-8737

Certaines conditions, limitations et exclusions peuvent s'appliquer. La Personnelle désigne La Personnelle, assurances générales inc. au Québec et La Personnelle, compagnie d'assurances dans les autres provinces et territoires. L'assurance auto n'est pas offerte au MB, en SK ni en BC, où il existe des régimes d'assurance gouvernementaux, et ne peut être transférée si vous déménagez dans l'une de ces provinces.



Shipbourne Air Controller trade set for promotion, pay hike

By Peter Mallett,
The Lookout Staff

On HMCS *Winnipeg*'s flight deck on August 9, dressed in their Salt and Peppers (N3B), two Sailors First Class were promoted to the rank of Master Sailor by Cmdre David Mazur, Commander Canadian Fleet Pacific.

While it might seem an ordinary promotion, it was anything but that.

S1 Venkarlo Cornes and S1 Nicholas Sanders, promoted to Acting Master Sailor (MS) in rank and posted to Shipbourne Air Controllers (SAC) billets, are heading off on a six-month deployment with *Winnipeg* and its embarked Cyclone helicopter this week. Their job and title is a NATO qualification granted to Combat Operators from the naval trades of Naval Combat Information Officer, Naval Electronics Sensor Operator, and Sonar Operator that complete a voluntary course. Once members complete the course and are posted to a SAC billet and employed as an air controller on board an HMC ship, they are promoted to Acting MS.

Qualified Shipbourne Air Controller sailors of Maritime Forces Atlantic are also being promoted.

The fast-track promotion and substantial pay hike are sanctioned by the Navy to address the shortfall of Shipbourne Air Controllers on warships. The goal is to entice other Combat Operators to follow suit and take the

additional training.

Combat Operators can request the course once they attain the S1 rank, and have the recommendation from their Commanding Officer and career manager, says CPO2 Warren Beattie, Chief NCIOP with Sea Training Pacific and acting Fleet SAAC. He is a qualified SAC who joined the navy at an entry level position in 2005 and achieved his SAC qualification four years later.

He says the promotion and pay hike are a reward to these sailors for doing additional stressful and highly skilled work.

"It is an effort to bolster the low numbers on board our ships with the intent to make the SAC billets more attractive to our Combat Operators in that they will be promoted ahead of their peers to the rank of Acting Master Sailor," he says.

The three months coursing is very intensive, he adds. The job itself is similar to a regular air traffic controller, but SAC's have the added responsibility and pressure of providing tactical or radar control when pilots and their air crews are not capable of detecting threats.

The promotion to the MS ranks comes with an estimated \$3,000 a year pay increase.



Pacific Fleet Commander Cmdre David Mazur, second from right, visited HMCS Winnipeg on August 9 to promote sailors posted to Shipbourne Air Controllers billets to the rank of Acting Master Sailor.

SUBMITTED

Defence Women's Advisory Group benefiting from engaged members

By Joanie Veitch,
Trident Staff

The MARLANT Defence Women's Advisory Organization (DWAOW) held its quarterly meeting online on July 22, reviewing a number of ongoing initiatives and inviting in a guest speaker from Department of National Defence headquarters in Ottawa.

Civilian co-chair Holly Scothorn began the meeting with a quick summary of several policies the group is currently working on — ranging from maternity uniforms to parking space signage for expectant mothers, along with identifying safe and accessible lactation spaces for nursing mothers.

"There's a lot of really good stuff happening. We have such a strong membership and I'm truly thankful to work with so many amazing people," she said.

Attendees heard a presentation

from Darlene Sabadoz, who started as a Finance Officer with DND 21 years ago and now works as a full-time coach with the Integrated Conflict and Complaint Management program.

Listing statistics that demonstrate the positive impact coaching can have throughout an organization — such as improved team functioning and increased engagement — Sabadoz said good coaching encourages people to find their own answers to whatever problem they're facing.

"You're not providing advice, you don't have to be an expert in a particular subject matter to be a good coach," Sabadoz said. "Good coaching is the process of listening and questioning. It's not about fixing the problem; we help the person find their own solution to their problem."

Becoming a good coach takes time and practice, Sabadoz said, but it starts with learning to be more present in a conversation and listening — staying curious and gently challenging any generalizations that come up — as well as taking note of what's not being said.

Starting an informal group coaching circle can help people develop their own coaching skills and "promotes a coaching culture" within an organization, Sabadoz said. "We're talking about changing behaviours and that can be difficult. It's not easy to change the way we've always done things."

The DWAOW group currently has about 85 members, with a mix of both military and civilian members from the local Defence community. Along with the group chairs, lead positions and points of contact are being established

for various initiatives and locations to "create opportunities for those members who would like to engage more," Scothorn said.

LCdr Jen McGean, Base Comptroller and a member of DWAOW who is taking on the role of Projects and Initiatives Officer with the group, arranged the presentation on coaching.

While coaching programs often focus on senior leaders within an organization, learning effective coaching skills benefits all — especially for a group such as DWAOW, as it works to build a network and provide support to women. "Leadership is important at all levels," LCdr McGean said.



HMCS *Calgary* sails with Indo-Pacific partners on Exercise TALISMAN SABRE

By Capt Jeffrey Klassen,
HMCS *Calgary*

HMCS *Calgary* operated with partner navies off the coast of Australia late July during the Australian and American led Exercise (Ex) TALISMAN SABRE 2021. During this two week-long massive multi-element joint exercise, *Calgary* honed a variety of task force skills and improved interoperability with the Royal Australian Navy (RAN), the United States Navy (USN), Japan Maritime Self-Defense Force (JMSDF), and the Republic of Korea Navy.

The ship, along with its embarked Cyclone Helicopter, participated in anti-submarine warfare, air defence, communications, and surface-to-surface warfare exercises. TALISMAN SABRE 21 culminated in a multi-day simulated war scenario where *Calgary* acted as an escort for Expeditionary Strike Group 7 as other ships performed an amphibious assault ashore.

“By taking part in Exercise TALISMAN SABRE, *Calgary* is helping to ensure Canada is ready and able to work with our allies to promote peace and maintain a free and open Indo-Pacific,” said HMCS *Calgary*’s Commanding Officer, Commander Mark O’Donohue.

The ship’s participation in the Ex occurred while it makes its way through the Indo-Pacific on Operation (Op) PROJECTION, an operation focused on Canada’s commitment to global peace and security and building ties

and interoperability with partner nations.

On Op PROJECTION since February, HMCS *Calgary* has visited Indonesia, Singapore, Vietnam, Brunei, and Guam. Because of COVID-19 protocols, the ship has not been able to conduct regular port visits and this meant greater emphasis on Cooperative Deployments at sea with the RAN, the USN, the Royal Brunei Navy, and the JMSDF.

In the spring, as part of the same deployment, HMCS *Calgary* was in the Arabian Sea for the counter terrorism mission Op ARTEMIS, where they conducted maritime interdiction and security operations with the 34-nation coalition Combined Maritime Forces and Canadian-led Combined Task Force 150.

On Op ARTEMIS, HMCS *Calgary* was incredibly successful and broke the record for largest heroin seizure, most



Boatswains from HMCS *Calgary* stand at ease on the ship’s quarterdeck during the departure from Darwin, Australia on July 11

CPL LYNETTE AI DANG, HMCS CALGARY



A view from HMCS *Calgary* of USS *America*, an amphibious assault ship and the lead of her class from the United States Navy, and HMAS *Parramatta*, an Anzac-class frigate from the Royal Australian Navy, as the ships maintain their position in formation with other ships on July 22 in the Coral Sea during Exercise TALISMAN SABRE 2021.

CPL LYNETTE AI DANG, HMCS CALGARY

amount of seizures, and most amount of illicit narcotics seized by any ship on a rotation in the history of the deployment.

Ex TALISMAN SABRE happens every two years and is the largest bilateral combined training activity between the Australian Defence Force and the United States Military. This year the exercise’s peak activities ran from July 18-31. *Calgary* is expected to return to Canadian Forces Base Esquimalt at the end of August.



HMCS *Calgary* deployment continues off New Zealand

S1 Liam Wright, a Boatswain aboard HMCS *Calgary*, on force protection duty as the ship sails out of Auckland, New Zealand during Operation PROJECTION on August 10. The visit to New Zealand came at the tail end of *Calgary*’s deployment, and involved refueling, training exercises with the Royal New Zealand Navy (RNZN), and a quick port visit ashore in Auckland. “Ship visits like this are a practical representation of the strong working relationship the New Zealand Defence Force (NZDF) has with the Canadian armed forces. They are also a demonstration of New Zealand and Canada’s active engagement and presence in the Pacific,” said RAdm David Proctor, Chief of the RNZN, in a press release.

CPL LYNETTE AI DANG, HMCS CALGARY



Heroic naval pilot honoured at BC Aviation Museum

By Peter Mallett,
The Lookout Staff

A lasting tribute to Second World War naval pilot Robert Hampton Gray was officially unveiled Aug. 8 at the BC Aviation Museum in Sidney.

On Aug. 4, 1945, Lt Gray, flying Vought F4U Corsair, left British carrier HMCS *Formidable* with a fleet of Corsairs to attack Japanese naval vessels in Onagawa Bay.

He sunk the Etorofu-class escort ship Amakusa before his plane crashed into the bay.

Residing at the museum entrance, the three pillars show Gray in uniform, detailing a full list of his titles, awards, and citations etched in the stone. It also includes a description of his life and military service, and a grayscale painting of Gray's final battle, painted by renowned Canadian aviation artist Don Connolly. To round off the monument is a stone bench with the names of committee members and key donors who worked to bring it to fruition.

Despite the physical distancing and mask protocols in place, dozens of veterans, dignitaries, and high-ranking military personnel were in attendance, including Consul General of the State of Japan in Vancouver, Takashi Hatori; Commander Royal Canadian Air Force LGen Alexander Meinzinger; and Mary Collins, former Associate Minister of

National Defence. Representatives of the Gray family included Dr. Anne George, Robert Hampton Gray's niece; Marcia and Mary George, his great

nieces, and his great great nieces Nyah, Niobe, and Nahla Clarke. Representing the Royal Canadian Navy was RAdm Angus Topshee, Commander Maritime

Forces Pacific. Flying overhead during the ceremony were six vintage aircraft.

The unveiling of the pillars was emotional for Terry Milne and MS (Ret'd) Joe Buczkowski, who worked behind the scenes for years lobbying and fundraising to bring concrete honour to this war hero.

"With few friends and family members left who knew 'Hammy' Gray, it was felt that if any lasting tribute was to be created for the only BC pilot ever awarded the Victoria Cross and the last Canadian so honoured, now was the time," says Milne, who volunteers at the BC Aviation Museum.

Buczkowski said the moment brought a sense of relief that his dream had become a reality.

"So many people in the community have also worked hard to make this dream become a reality," he says. "Now people can finally realize the significance of the contributions veterans who come before us have made."

Monuments to Gray also exist in Halifax and Onagawa, Japan, the only memorial dedicated to a Foreign Service member on Japanese soil.

In another tribute, the Royal Canadian Navy will name its sixth Arctic Offshore Patrol Ship after Gray.



LGen Alexander Meinzinger (left), Commander of the Royal Canadian Air Force, and Mr. David Jackson, President of BC Aviation Museum Society, participate in the unveiling ceremony during the Lieutenant Robert Hampton Gray Memorial Dedication Ceremony, at the BC Aviation Museum, North Saanich, British Columbia on August 8.

SI SISI XU, MARPAC IMAGING SERVICES

NATO reaffirms commitment to Black Sea security during Romania visit

Vice Admiral Keith Blount, Commander of NATO Allied Maritime Command, along with members of his staff, visited Romania in late July to meet with government officials and military leaders. Admiral Blount addressed an audience of more than one hundred officers at the Romanian National Defence University on how the deterrence and defence of the Black Sea fits into NATO's wider thinking on the protection of the Euro-Atlantic area. As part of NATO's efforts, the Royal Canadian Navy has routinely conducted operations and participated in exercises in the Black Sea region in recent years. The latest, Exercise Sea Breeze 21 in Ukraine, involved RCN clearance divers from both coasts and members of the Naval Tactical Operations Group (NTOG) working alongside partners from more than 30 nationals, including Romania.

MARCOM PA





The couple now packages and delivers their fresh produce to families and veterans in need across Nova Scotia.

JOANIE VEITCH, TRIDENT STAFF

Veteran Farm Project: healing through nature and nurture

By Joanie Veitch,
Trident Staff

Before they bought the site in 2018, the property Jessica Miller and her husband Steve Murgatroyd now operate as the Veteran Farm Project in Hants County had been abandoned for several years; the farmhouse was dilapidated and the seven-acres it sat on was overgrown.

As they cleared the debris to make space for vegetable boxes and garden beds, Murgatroyd built a small potting shed and Miller planted seeds.

Recently released from a 21-year career in the military, Miller was struggling with injuries — both physical and mental, and hoping to find a place to heal and recover. She laughs now at the memory of the ramshackle property they saw that spring day at Sweet's Corner.

"It was in rough shape. It had been abandoned for years and was derelict," she said. "I knew it would be a lot of work, but I fell in love with it pretty much at first sight."

Miller had worked as a medic with Canadian Forces Health Services Centre (Atlantic), served on RCN ships, and completed a tour in Afghanistan. Murgatroyd had also served in Afghanistan, and Bosnia before that, but it was in 2015 — at home in Nova Scotia, on the highway near Truro — where he lost the lower half of his left leg after a car sideswiped him on his motorcycle.

Turning the rundown farm into something workable meant long days of hard labour, but not long into that first year the structure of their farm began to take shape. Not knowing yet how much this small patch of green space would expand in its scope — Miller already sensed their "retirement project" might grow into something entirely different.

Having studied environmental management in university, Miller said

she's always known the value of time spent in nature. Now released from the military, she was struggling — trying to deal with both her injuries and ongoing trauma following a damaging situation on board ship that resulted in sexual assault charges and a court martial hearing.

Working on the farm, Miller was experiencing first-hand the healing and recovery that comes from being outdoors, planting the early seeds of the Veteran Farm Project.

The idea for the project began to take root and grow after Miller heard of some veterans and their families who were struggling financially and not able to buy nutritious food. Harvesting produce from her new garden, she put together food packages with vegetables for delivery, thinking deeply as she worked about the ever-enlarging circle of benefits that comes from working outdoors, planting seeds and digging in dirt.

Reflecting on the challenges many people face after being released from the military — especially women — Miller began thinking about how she could help other individuals like her, and the veteran community at large.

Feeling a sense of purpose, she reached out to Valerie Mitchell-Veinotte, executive director of the Royal Canadian Legion's Nova Scotia/Nunavut Command, for support.

Now, four years later, those early seeds have grown into a project that benefits many, as the Veteran Farm Project works with the Legion to identify veteran families and individuals in need — harvesting, packaging and delivering fresh farm produce to 40 families and 150 individuals in mainland Nova Scotia, and another 30 families in Cape Breton.

"We have our list from the Legion

— they organize all of that end of it so it is completely private — and every Wednesday we set everything up for packaging on Thursday morning and delivery Thursday afternoon," explained Monica Collicutt, the farm's office manager. "It's such rewarding work. This is my first year working with the project and it's the most rewarding thing I've ever done."



Jessica Miller, pictured, and her husband Steve Murgatroyd operate the Veteran Farm Project in Hants County.

JOANIE VEITCH, TRIDENT STAFF

Working with a small group of 10 to 12 volunteers — mostly women — Miller has created what's best described as a healing farm and garden. Research-

ing horticulture therapy programs and books on mindful garden layout and purposeful planting, she thought carefully about how to "build" the structure of the farm while keeping needs of the women volunteers in mind — many of whom are dealing with trauma related to PTSD and other events they dealt with during their time of military service.

"In a typical farm you try to get as much out of the land as possible and use all the space, but we're not about that," she said, looking out over the raised garden beds and "hooped" greenhouses. "We're about healing and coming together as a tribe of women. We support each other... that's our purpose. The food that we grow is the by-product of that."

Encouraged to take on jobs that suit them best, volunteers do everything from general farm work to packaging up the veterans deliveries to selling produce and other items from the farm stand. Some lead yoga sessions or bread-making workshops, while others — like Emily Wensel — have tapped into their artistic skills, creating small watercolours that have proven popular at the farm stand.

"I don't know where I'd be without this place, to be honest," Wensel said. "When I first started here I was super lost. I was dealing with PTSD and had to stop work. Working at the farm gave me a sense of purpose again. I get up in the morning and I have a place to go, and knowing what we do here is helping veterans in need, I feel like I'm still being of service."

For more information about the Veteran Farm Project, visit www.veteran-farmproject.com.



443 Squadron honours Sea King history with ‘Gate Guardian’

By Maj Philip Dodge,
443 Maritime Helicopter Squadron

443 Maritime Helicopter Squadron has a new guardian at the facility entrance – a beautifully preserved Sea King helicopter.

On July 7, the CH12417 Gate Guardian was dedicated by the Squadron’s Commanding Officer, LCol Ryan Sexsmith, and Honourary Colonel Mike Sudul, along with the placement of a time capsule.

The time capsule will be opened on the 50th anniversary commemorating the Sea King’s final flight with the Royal Canadian Air Force (RCAF), in December 2068.

The fleet of Sea Kings retired on Dec. 31, 2018, after 55 years of service to Canada, the RCAF, and the Canadian Armed Forces.

The Sea King has a storied past as one of the longest serving and operationally deployed aircraft in Canadian Armed Forces history. It has deployed around the globe in peacetime and in conflict. With this rich history in mind, 443(MH) Squadron leadership wanted to preserve and display CH12417 as a Gate Guardian, providing a fitting testament to all who pass through Arundel Castle gates, past, present, and future.

The project took flight in January 2020 with an initial meeting between the Squadron and Real Property Oper-

ations Unit (Pacific). COVID-19 and the limited space to display the helicopter offered a few challenges. RPOps and Farmer Construction Ltd worked with the Squadron to design and construct the pedestal concrete pad, hardscape retaining wall, and subcontract the recessed LED lighting installation to illuminate CH12417 during night time hours.

Preparing the helicopter for its new role was left to the Gate Guardian team members. As the lead aircraft structures technician, MCpl Sylvain Fortier worked tirelessly to design and implement practical solutions that enhanced the display, while preserving the aircraft’s security and integrity.

On June 2, with the aircraft fully prepared and the crane ready on site, fair winds proved excellent craning conditions. Under the leadership of MWO Paul MacQueen, the final Sea King “crane off” occurred and CH12417 was successfully lifted and mounted onto its final place of retirement by Squadron technicians and Farmer Construction.

A time capsule was securely displayed inside the aircraft. Cpl Shannon Clayton and Avr Mohammed Mohammed designed the artwork for the stainless steel cover, and Capt Don Leblanc assembled the various historical contents to be stored inside. These



A fully preserved Sea King helicopter, freshly painted with RCN livery, now guards the gate at 443 Maritime Helicopter Squadron in Patricia Bay, BC.

SUBMITTED

included a wine glass from the Sea King Retirement Gala, a Sea King Dark Hops IPA beer can, flight and maintenance records of 417, Squadron patches and photos, and other memorabilia. A special 12 Wing Commander Coin #117 was also placed in the time capsule.

CH12417 now has a place of honour at

the entrance to 443(MH) Squadron. Its final resting place is a fitting testament to the proud legacy of the Sea Kings’ service with the Royal Canadian Navy and RCAF. Indeed, no better “King for a Castle Gate Guardian.”

New CO for 406 Maritime Operational Training Squadron

12 Wing Shearwater Commanding Officer Col MacNamara (center) witnesses as outgoing 406 Squadron Commanding Officer LCol Lauri Darras (left) signs over command to LCol David Ferris (right) during the 406 Squadron Change of Command Ceremony on July 30. Wing Chief Warrant Officer Poirier (center left) and Squadron Chief Warrant Officer Paquette (center right) witnessed them.

CPL OLIVIA MAINVILLE, 12 WING IMAGING





SPORTS & FITNESS



PSP hosts regatta at Shearwater Yacht Club

By Trident Staff



A PSP-hosted regatta at the Shearwater Yacht Club took place from August 3-6, with a number of two-person sailing teams competing.

RYAN MELANSON, TRIDENT STAFF



The team of LCdr Jesleine Baker and Lt(N) Shannon O'Reilly are seen on the water during the PSP regatta on August 6.

RYAN MELANSON, TRIDENT STAFF

PSP Halifax and the Shearwater Yacht Club hosted a dinghy regatta for CAF personnel from August 3-6, with seven two-person teams competing in races throughout the week.

PSP sporting events have been few and far between since the onset of the COVID-19 pandemic, and Fitness and Sports Coordinator Isaac Habib said he was thrilled his team could support the participants and help make the week happen. He also had assistance from CAF CISM Sailing Team manager Lt(N) Kevin Pallard, and experienced competitive sailor Capt Mike Evans.

Acting as the race coordinator for the event, Capt Evans manned the committee boat and helped PSP staff run a series of fun, safe races. A Maritime Tactics and Weapons Analyst by day, Capt Evans is also a performance sailor with years of experience in international competition. He said he was impressed by some of the younger CAF sailors who came out to compete, and he wasn't shy about scoping out potential crew members for his eventual return to competition.

"I was really impressed by what I saw this week; we had some great action."

Competitors all raced in the same 420-class dinghies provided by the Shearwater Yacht club. After three days of sailing and five competitive races on the final morning, the team of Capt Phil Hutchinson and Capt Nigel Mahon came away with the overall win and bragging rights.

The small event also served as a warmup of sorts for some of the sailors who were set to compete in the annual Chester Race Week later in the month.



Competitors were evenly matched, with a number of races coming right down to the finish line.

RYAN MELANSON, TRIDENT STAFF

Lacrosse training camp at 12 Wing



The Shearwater Arena was host to a PSP Lacrosse Camp from July 5-9, with coaches from Lacrosse Nova Scotia leading a young group through a variety of skills, including cradling, scooping, passing, shooting and general conditioning. Each day also involved partner work, team races, and scrimmage games against the coaches.

CPL MITCHELL PAQUETTE, 12 WING IMAGING



Arm wrestling champion pulling for world title

By Joanie Veitch,
Trident Staff

Representing Team Canada for the fifth time, Lt(N) Will Sarty is going to the World Arm Wrestling Championships in Orlando, Florida next month. A top medal-winning athlete at the regional, national and international level, Lt(N) Sarty said he is feeling better than he has in years — and he's setting his sights on winning.

"I'm going to the podium this year. I feel super healthy and confident going in," he said. "I'm feeling strong and I'm just getting stronger every day."

The championships usually draws between 2,500 to 3,000 athletes, competing in many different weight classes, but due to COVID-19 restrictions participation numbers are down this year. Lt(N) Sarty will be one of about 40 athletes representing Team Canada, in both right and left arm matches.

Lt(N) Sarty has come a long way from 2015, when he was last at the World Arm Wrestling Championships in Malaysia. He placed fourth at that event but a previous injury from the 2013 world championships in Poland was still giving him trouble.

Going through physiotherapy and the PSP Reconditioning program, Lt(N) Sarty recovered enough over the following winter to win gold at both regional and national championships in 2014 and 2015. But despite taking another gold at the regional level in 2016, he knew he wasn't anywhere near full recovery and his pain was getting worse.

"I knew that I had to retire from the sport but it was devastating for me. It took me two days to write my retirement message and it took another week for me to be able to hit send. It had a huge emotional impact."

Over the next year, however, he made some big changes. He began intensive

rehabilitation with PSP and at home began practicing yoga for at least half an hour everyday to improve blood flow throughout his body. Along with the UCL tear, years of arm wrestling had left Lt(N) Sarty with osteoarthritis from shoulder to fingers, along with bicep tendonitis, both radial and carpal tunnel syndrome, and bone spurs.

Over time, the new regime began to pay off; as the pain diminished and he began to regain his strength, Lt(N) Sarty took up rock climbing — a sport that, like arm wrestling, relies on a weight to strength ratio.

Deployed to Latvia in 2020, he began arm wrestling again, feeling strong enough to start a club and get back into doing regular matches. After returning from the Baltic this past February, he went back to his arm wrestling club in Lower Sackville, where he began training with Team Nova Scotia and, most recently, received an invitation to represent Team Canada at the world championships.

"Going to the worlds this year is a fantastic opportunity — it's very nostalgic — but am I going to compete every year at the worlds? Nope, probably not," he said. "I know my body and I know I can't train as hard as I used to, and I'm not willing to hurt myself just to win. I don't need that."

As excited as he is to be going to the world championship event, Lt(N) Sarty said the process of getting there can be gruelling, going far beyond just the physical training. From thinking obsessively about nutrition and fluid intake to make his weight class, to researching his potential competitors and studying their technique, the mental lead up to the competition is huge.

"This process, getting ready and preparing to go — both mentally and



Lt(N) Will Sarty is hoping to take home gold at the World Arm Wrestling Championships in Orlando, Florida, September 14 - 20. A champion at the regional and national level, it will be his fifth time competing as part of Team Canada at the world championship event.

JOANIE VEITCH, TRIDENT STAFF

physically — is taxing. I'm seeing the strain now. I am thinking about it constantly," he said.

Lt(N) Sarty began arm wrestling in high school after a plumber doing work on his family's property gave him some pointers. "He was a multi-time national arm wrestler. He pulled me aside and asked if I wanted to learn."

A natural at the sport, Lt(N) Sarty began training and came home with a bronze from his first provincial tournament on July 26, 2000, adding two more bronze wins at nationals in Manitoba later that same year.

Now known as "Armbender" in arm wrestling circles — has won 22 national

medals, including 15 consecutive golds. A qualified coach and trainer, Lt(N) Sarty has also written a manual on arm wrestling.

In preparation for the world championship, Lt(N) Sarty studies video matches of his potential competitors and compiles profile sheets to review with his training team at the Nova Scotia Arm Wrestling Association.

"At the world level, the mental game is huge," he said. "You have to know what you're dealing with."

The World Arm Wrestling Championships take place September 14 to 20 in Orlando, Florida.



Navy Bike Ride keeps rolling at 12 Wing Shearwater

Members from 12 Wing Shearwater enjoyed a bike ride to Lawrencetown on August 18 with PSP hosting and providing drinks and snacks for the morning. Pictured in front of the group are 12 Wing Chief Warrant Officer Bruno Poirier and PSP Fitness, Sports and Recreation Manager Jason Price.

CPL MITCHELL PAQUETTE, 12 WING IMAGING