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TRIDENT

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PO2 Craig Blake Memorial Fitness Challenge

After a year away from its usual course at MacDonald Beach in Shearwater, the PO2 Craig Blake Memorial Challenge was back in full effect on August 27, with more than 25 teams competing in the annual mini triathlon event.

MONA GHIZ, MARLANT PA



Praised for his leadership, S1 Craig Miller earns Sailor of the Quarter award

By Joanie Veitch,
Trident Staff

Recognized both for his role as a senior member of HMCS *Summerside*'s Marine Systems Engineering (MSE) department and for his efforts in boosting morale amongst the ship's company, S1 Craig Miller received the latest MARLANT Sailor of the Quarter award at a ceremony at HMCS *Scotian* on August 20.

"This award is meant to recognize one of our sailors who is outstanding in every field, whether it's professional competency, operational effectiveness, morale within their unit and work outside the unit as an ambassador to the Navy," said CPO1 Jamie Haas, Fleet Chief Atlantic.

The Sailor of the Quarter award often goes to someone from one of the Kingston-class Maritime Coastal Defence Vessels (MCDVs), added CPO1 Haas. "You guys are the workhorses of the Fleet."

S1 Miller — a Kingston-class Engineering Watch-keeper and Training Supervisor with HMCS *Summerside* — was lauded for his diverse technical knowledge, his efforts in organizing engineering drills and providing training aides, and for always looking to learn more.

In the nomination put forward by his command team, S1 Miller was commended for the extra time and work

he puts in, "placing considerable effort in not only fixing problems but also mentoring subordinates on solutions and best practices."

For example, when the ship's diesel alternators started having some heating issues while in operation, S1 Miller first lead a group of junior sailors to troubleshoot a plan to isolate the problem then worked well into his off-time with other members of the MSE department to coordinate the fix, "effectively remediating the issue and saving countless hours of contractor work during a period of high readiness."

Along with his regular duties, S1 Miller is also a member of the ship's welfare committee. He managed the canteen aboard *Summerside* and got a grant to add more books to the ship's library, based on the crew's input. With COVID-19 restrictions often confining the crew to the ship, both those efforts did a lot to boost morale during a difficult time.

"This is a fairly substantial award, in my view," said Cmdre Christopher

Robinson, Commander Canadian Fleet Atlantic, as he gave the award to S1 Miller. "When I was reading his file, what struck me most was his mentorship and leadership. Things like training junior sailors and running the canteen, that is the kind of stuff that is a bit more than we expect, and it's what makes a ship's company work."

S1 Miller, who's from Saint John, NB and joined the Navy in 2017, thanked the rest of the crew. "I know I got singled out, but it really is more of a team effort," he said.

HMCS *Summerside* members receive OSM-Expedition awards.

Prior to the Sailor of the Quarter award, Operational Service Medals-Expedition (OSM-Expedition) were given to the following members for their contributions during HMCS *Summerside*'s deployment on Operation CARIBBE in November 2020: LCdr Anderson; S1 Coshell, S1 Freeman; S1 Graham; MS Knittel; S1 Miller; Lt(N) Mindorff; S3 Moyes; Lt(N) Naylor; S3 Solly; S2 Sonin; S2 Wang; S1 Wannamaker.



S1 Craig Miller was named Sailor of the Quarter at a ceremony at HMCS *Scotian* on August 20, with Cmdre Christopher Robinson presenting the award.

JOANIE VEITCH, TRIDENT STAFF

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A legacy of service: Four generations of the Duffy family

By Joanie Veitch,
Trident Staff

When S1 Derek Duffy received a Sailor of the Quarter award from Canadian Fleet Atlantic earlier this year, his father was at the ceremony with him — but as the fourth generation to sign up for military service, the 27-year-old sailor had a bit of his grandfather and great-grandfather in the room with him also.

“I’m proud to know I’m carrying on the tradition,” S1 Duffy said. “It’s my family heritage, I guess. It means a lot...to get the award, and to be part of this legacy of service.”

The first generation

S1 Duffy’s great-grandfather, Peter Ernest Duffy, was part of the Irish settlement on Prince Edward Island following the Irish Potato Famine. Born in 1896, he was just a young man when he and his brother went off to fight in the First World War, where he was a Lance Corporal with the Canadian Expeditionary Force.

His brother, Wilfred James Duffy, died in 1916 and is buried at the Vimy Memorial in France.

Returning to PEI after the war, the senior Duffy took up the boilermaker trade until the Second World War called him back to military service, this time with the Royal Canadian Navy. From 1940 to 1943 he served as chief stoker on several Flower-class corvettes, eventually working his way up to

chief engineer.

Fortunate to survive the war once again, the senior Duffy went back to family life, moving with his wife, Margaret, and family to Halifax, where he worked at the Dockyard as a pipefitter.

“He survived two wars. The luck of the Irish, maybe,” said Brian Duffy, S1 Duffy’s father. “My grandfather went through a lot, but never talked about it. He never talked about the war at all.”

Peter Duffy died in 1975, at Camp Hill Hospital in Halifax.

The second generation

Theodore Duffy was born in 1937 and grew up in Halifax’s north end. One of 12 children, he followed his father’s footsteps and joined the RCN as a fire control technician in 1955. He served until his retirement in 1985.

After retirement, Ted

Duffy continued to wear a uniform as he went on to work for more than 20 years with the Canadian Corps of Commissionaires.

Well-known to many at Stadacona and HMC Dockyard, when he died in 2015 the memorial service at the Royal Canadian Legion on Main Street in Dartmouth was standing room only.

“The overflow had to go upstairs and listen on a speaker, there were so many people. He left a legacy for sure,” said Brian Duffy.

The third generation

Growing up in Shannon Park military housing in the 60s and 70s, it just seemed natural for Brian Duffy to join the military after finishing high school in 1980. Three of his siblings also joined up, two with the Navy and one with the Air Force.

Working as a Naval Electronic Technician, Brian Duffy left the Navy

to go work on the Canadian Patrol Frigate Program, which was building the Halifax-class frigates in Saint John, New Brunswick in the early 1990s.

He may have left the military, he said, but he was still working on Navy projects, “just not in uniform.”

Duffy eventually moved to the Department of National Defence, where he worked as an Electronic Technologist on the Halifax-class frigate modernization project and, after that, with the new Arctic Offshore Patrol Ships.

He retired from DND in 2020, just two years after his son Derek — S1 Duffy — had also joined the Navy.

The fourth generation

Not wanting to go the military route straight out of high school, S1 Duffy went to Nova Scotia Community College to study Heating, Ventilation and Air Conditioning (HVAC). He worked in the trade for four years but during a long lay off period decided to sign up with the RCN as a Marine Technician (Mar Tech).

Posted to HMCS St. John’s just before the ship conducted a hull swap with HMCS Ville de Quebec, S1 Duffy earned the Sailor of the Quarter award for his technical expertise in helping to fix a mechanical problem onboard Ville de Quebec while sailing on Exercise Joint Warrior.

The problem was in the chilled water cooling system — an area S1 Duffy was very familiar with from his former HVAC work.

“My previous knowledge of refrigeration helped to get them back up and running... it felt good to know I could help, and it benefited everyone,” he said.

Even before he heard about his son’s award, Brian Duffy had a framed photo montage made of the four generations of Duffys — all in uniform — to give to Derek for Christmas last year.

“We are so proud of him. He’s keeping the family tradition alive,” Brian Duffy said. “I just wish my Dad could have seen him getting his award. He would have loved it.”



Clockwise from top: S1 Derek Duffy, Theodore Duffy, Peter Duffy and Brian Duffy.

SUBMITTED



Brian Duffy with his son, S1 Derek Duffy, on the Dartmouth side of the harbour with the Dockyard in the background. S1 Duffy received Sailor of the Quarter in February and is the fourth generation in his family to serve in the military.

JOANIE VEITCH, TRIDENT STAFF



Joint Task Force Atlantic members retrieve unexploded ordnance near Bell Island on July 15.

CPL BRADEN TRUDEAU, CAF PHOTO

CAF divers clear Newfoundland wrecks of explosives

By Peter Mallett,
The Lookout Staff

Beneath the icy blue water off Bell Island, Newfoundland, are the remnants of naval wartime history – sunken ships.

It's a favourite spot for recreational divers, but with any sunken warship, there are dangers associated with unexploded ordnance and ammunition.

In July, a team of clearance divers from Fleet Diving Unit Pacific and Atlantic, and Combat Divers from 4 Combat Engineer Support Regiment, spent three weeks finishing the removal of these items, which began in 2019.

Clearing the site of hazards will allow the Government of Canada to declare the shipwrecks a national historic site.

The sunken relics are freighters SS Saganaga, SS Lord Strathcona, SS Rose Castle, and Paris-Lyons-Méditerranée 27. In the Second World War, they were equipped with weaponry and explosives for protection against German U-Boat attacks during the Battle of the Atlantic. They were tasked with carrying iron ore from Bell Island's mine to steel mills in Nova Scotia as

part of the war effort. Over 60 sailors died when German submarines sunk them.

Military divers were tasked with removing the final 60 pieces of 4.75-inch deck gun rounds and small arms from the hulls of the four sunken freighters. A similar operation by clearance divers in 2019 removed and destroyed 140 pieces of ordnance.

With this mission, divers operated from the deck of HMCS *Moncton*, with support personnel from Naval Reserve Unit HMCS *Cabot* in St. John's, Nfld.

"Visibility underwater on most days was near perfect, and from a sightseeing angle it is easy to see why the site is such a popular tourist attraction; the colours and sea life around the wrecks is spectacular," says MS Joseph Falletta, a Mine Countermeasure Maintenance Supervisor with FDU(P).

Sea life encountered ranged from cod fish to a family of Minke whales.

"We believe the whales are residents of the area and kept an eye on us throughout the deployment," he adds.

Before starting their mission, divers were uncertain if they would be handling live ammunition designed to cause maximum damage to enemy warships and submarines. Thankfully, says MS Falletta, none of the ordnance removed was fused. They were still in their original shipping containers located in ammunition lockers underneath the gun decks, notably on the SS Lord Strathcona.

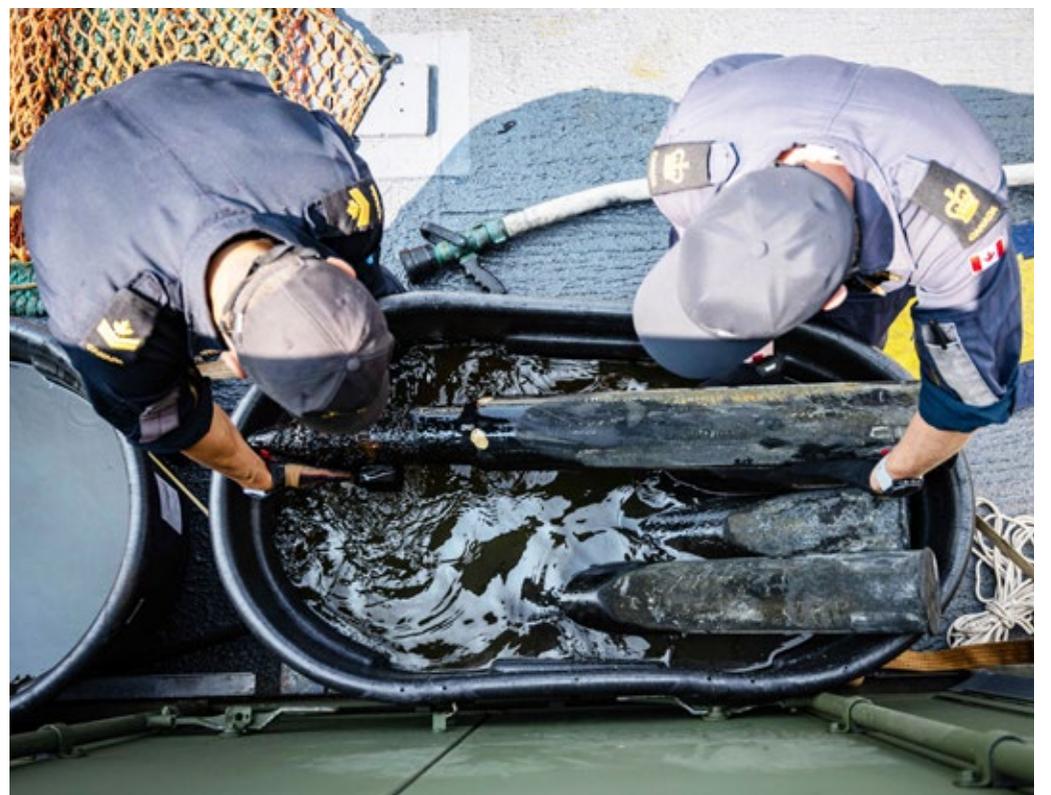
"Once inside the ammo lockers, we encountered very poor visibility due to the rust and debris being stirred up and falling from the deckheads when our [air] bubbles would hit it," says MS Falletta, adding they used the Ultra Lightweight Diving System.

To get the ordnance out, divers at-

tached them to lift bags and floated them to the surface. They were then transferred to *Moncton*.

Since the ordnance was required to be disposed of the same day, gun rounds and ammunition were taken to a quarry in Holyrood, with assistance from the RCMP and Royal Newfoundland Constabulary. They were destroyed by FDU(A) Explosive Ordnance Disposal Technicians.

"All four wrecks have been rendered safe from explosives and are now safe for civilian diving," says MS Falletta. "For me, this mission was a career high. I got to do something really neat and challenging while ensuring our sovereign waters were made safe for people to enjoy."



Any recovered explosives were destroyed by FDU(A) Explosive Ordnance Disposal Technicians.

CPL BRADEN TRUDEAU, CAF PHOTO



Royal Canadian Navy sailors aboard HMCS Calgary stand at ease on the forecastle as the ship is escorted into Auckland by HMNZS Taupo.

CPL LYNETTE AI DANG, CAF PHOTO



HMCS Calgary arrives in Auckland, New Zealand, on August 4.

NEW ZEALAND DEFENCE FORCE

New Zealand and Canadian partnership highlighted during HMCS Calgary Auckland visit

By Capt Jeffrey Klassen,
HMCS Calgary

The strong relationship between Canada and New Zealand was highlighted recently when HMCS *Calgary* visited Auckland during a port visit on its Indo-Pacific deployment Operation Projection.

The visit occurred after *Calgary* had been at sea for approximately six months, where it maintained a COVID-free bubble during port stops.

In early August, after the ship's company was vaccinated, New Zealand permitted *Calgary*'s crew several leave days ashore.

This was partially returning a favour.

In 2018, the Royal New Zealand Navy sent two Anzac-class frigates – Her Majesty's New Zealand Ships (HMNZS) *Te Mana* and *Te Kaha* – to Esquimalt to have extensive upgrading on their combat systems and surveillance counter-measures, which will extend the ships' operational life to the mid-2030s.

HMNZS *Te Kaha* departed for New Zealand in December 2020 following successful harbour and sea trials. *Te Mana* is expected to return to New Zealand in early 2022.

"The visit by HMCS *Calgary* to Auckland was a great opportunity for us to return some of the excellent support and comradeship the Royal Canadian Navy has provided the hundreds of RNZN sailors who have been in Canada over the past three years while their ships underwent an upgrade," said Rear Admiral David Proctor, Chief of the RNZN.

In order to meet New Zealand's

maritime border laws, *Calgary* was at sea 18 days before coming to Auckland, and each of these days the entire ship's company received a medical screening. As the ship came into New Zealand, COVID-19 tests of the entire ship were rushed off for review by a RNZN Sea-sprite helicopter.

The tests came back negative and the ship's company was allowed off the ship from Aug. 5 to 10.

Besides regular restocking and refuelling in Auckland, *Calgary* participated in a traditional Powhiri welcoming ceremony at the Devonport Naval Base – the home of the Royal New Zealand Navy – where both navies exchanged gifts, and inter-mess social happenings.

When *Te Kaha* was recently in British Columbia for work on the ship, *Calgary* was their host ship; so *Te Kaha* returned the favour by hosting a social gathering in their wardroom during *Calgary*'s visit.

"The hospitality of New Zealand and the Royal New Zealand Navy was absolutely incredible. We were so honoured to be welcomed into Auckland," said Commander Mark O'Donohue, *Calgary* Commanding Officer. "The Kiwis really came through for us by helping the ship on our current challenging deployment, it's something we will always remember."

Calgary also performed cooperative deployments with RNZN ships and helicopters off the coast of New Zealand during their time in the country.



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HMCS Winnipeg departed CFB Esquimalt for Operations PROJECTION and NEON on Aug. 17.

S1 MIKE GOLUBOFF, MARPAC IMAGING SERVICES

HMCS Winnipeg deploys on Ops NEON, PROJECTION

By Peter Mallett,
The Lookout Staff

HMCS Winnipeg departed Esquimalt harbour on August 17 for a four-month deployment in support of its allies in the Asia-Pacific Region.

Friends and family of the crew and senior leadership were among the well-wishers gathered on A Jetty in HMC Dockyard to say good-bye to the 258 crewmembers.

Winnipeg is taking over Operations PROJECTION and NEON from HMCS Calgary, which arrived back in Esquimalt on August 30.

Under the mandate of Operation PROJECTION, Winnipeg will conduct forward naval presence operations in the region to further strengthen Canada's relations with partners in the area.

Operation NEON is Canada's contribution of United Nations Security Council sanctions imposed against North Korea. This mission includes conducting surveillance operations to identify suspected maritime sanction evasion activities.

"Winnipeg is heading off to a part of the world where there are stresses, strains and great power competition, and certain international laws, human rights issues, and those evolutions in that part of the world are not necessarily going in a direction that is in Canada's national interests," said Cmdre David Mazur, Commander Canadian

Fleet Pacific, before the ship left. "As a tool of our national power, the Navy has been asked to maintain a presence in that part of the world and Winnipeg is taking up that torch, which is very important."

Winnipeg's Commanding Officer, Commander Doug Layton echoed the Commodore's comments noting that Canada's "unwavering resolve and commitment" to allies and partners is important to freedom and navigation rights in the region.

"Winnipeg's deployment will also be an opportunity to showcase [Canada's] values of dignity and respect for all human life," he added. "All of us enjoy this in this country, and for the next four or so months know your family members will play a part in ensuring this basic human right for all the world's citizens."

Winnipeg has seen wholesale changes to its crew since completing its last deployment in December 2020. In April, CPO1 Line Laurendeau was appointed as the ship's Coxswain.

She says the ship and crew underwent a robust training schedule to prepare for their mission. There has also been an adjustment in the sailors' deployment routines, she says, as many had yet to be deployed since the start of the COVID-19 pandemic.

"Through all the training require-



Cdr Doug Layton, HMCS Winnipeg's commanding officer, addressed those gathered to bid farewell to the ship and crew.

S1 MIKE GOLUBOFF, MARPAC IMAGING SERVICES

ments it was critical the new Winnipeg team learn and adapt to the new COVID-19 environment while on operation."

With port visits uncertain during the deployment because of the pan-

dem, maintaining the morale of her sailors will be a critical piece to the mission, she says. The ship has a team who are planning special events and activities to ensure spirits are kept up.



Patrol Pathfinder Candidates on the water in a Black Mamba.

SLT WILSON HO

A joint operation – Patrol Pathfinder candidates undergo training

By SLt Wilson Ho,
UPAR – HMCS Vancouver

On August 24 and August 27, twenty-four Patrol Pathfinder candidates rehearsed their skills at beach assaults on the shores of Vancouver Island during the maritime phase of their training course, run by the Canadian Advanced Army Warfare Centre.

Over three grueling months, candidates are exposed to a variety of insertion and extraction techniques, by air, land and sea. To become a Patrol Pathfinder, one must be in top physical and mental form, as members are expected to withstand the hardships of long-range patrolling, and to work long hours with minimal rest. Once qualified, these Patrol Pathfinders will be the ones establishing drop zones, landing zones, beach sites, and tactical airstrips, securing them for follow-on forces to arrive.

During the two days, the Patrol Pathfinder candidates practiced helicopter casting, which entailed being dropped out of, and being recovered by, a CH-148 Cyclone. Additionally, the candidates planned and prepared their missions on-

board Grizzly 60, an Orca Class vessel, before jumping off and securing a nearby beachhead. This is one of the many joint operations that the Canadian Army, the Royal Canadian Air Force, and the Royal Canadian Navy regularly conduct together.

“The ability to conduct joint operations is a critical skill for a Patrol Pathfinder, as it enables them to lead the way for their army formation. We are very thankful for the support the program has been receiving from MARPAC units over the years,” said Capt Dufour, the Officer in Charge of the Patrol Pathfinder course. Once these candidates complete the maritime phase of the course, they will move on to Quebec for their final phase of their training, which will include time spent at CFB Valcartier as well as in and around Quebec City. Upon completion of the final exercise, successful graduates of the Patrol Pathfinder course will get the opportunity to conduct a torch ceremony at the Citadel in Quebec City and receive the coveted Patrol Pathfinder Badge.



Helocasting a Patrol Pathfinder candidate.

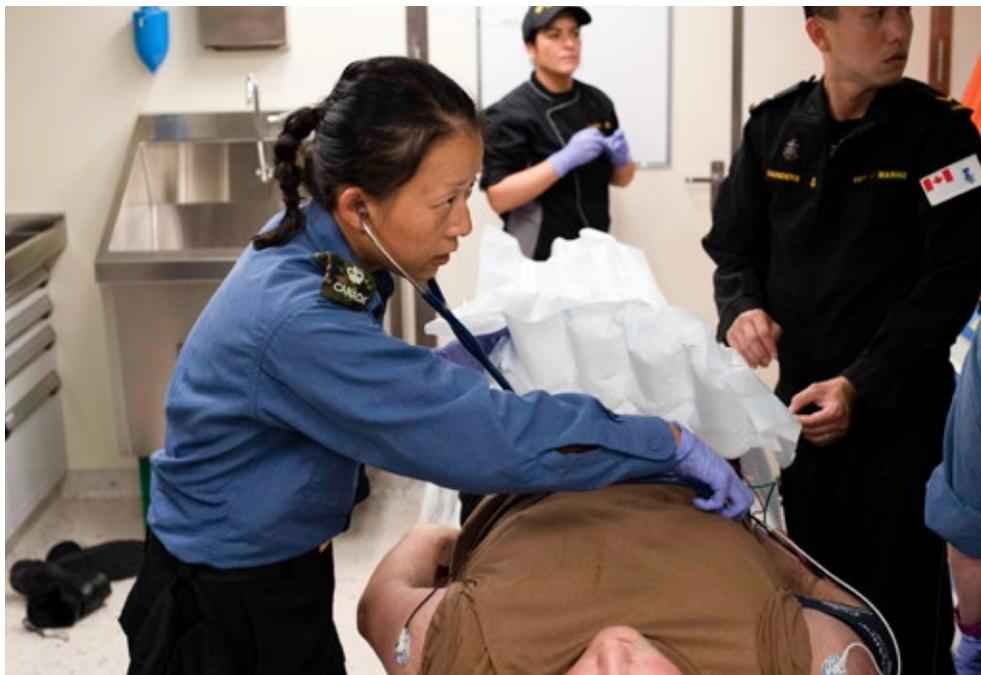
SLT WILSON HO



HMCS Harry DeWolf approaches the Cunningham Glacier in Crocker Bay, Nunavut on August 21.

CPL SIMON ARCAND

Operation NANOOK continues for Harry DeWolf and Goose Bay



Training and staying sharp remains just as important when ships are deployed at sea. Here, Major Lili Zang provides treatment to a simulated casualty aboard HMCS Harry DeWolf while the ship conducts a man overboard exercise.

CPL SIMON ARCAND



The crew of Harry DeWolf organized a barbecue during a recent visit to Pond Inlet, allowing them to interact with and get to know members of the community over a shared meal.

CPO1 GINETTE SEGUIN



Harry DeWolf's small boats took to the water for a Force Protection exercise on August 4.

CPL SIMON ARCAND



Each year as part of Op NANOOK, the Halifax and Region Military Family Resource Centre partners with deploying ships to collect and distribute school supplies to students in Northern communities. This year, MARLANT members, their families and local businesses donated 92 backpacks and \$1,000 worth of supplies to schools in Iqaluit and other communities in Nunavut. An official presentation was made to the Iqaluit District Education Authority on August 28.

AVR JACLYN BUELL



S1 Marianne Mojica

CAF PHOTO

Devoted WENGTECH crowned west coast Sailor of the Year

By Peter Mallet,
The Lookout Staff

An HMCS *Regina* sailor says her passion for life and career is the reason behind her recent Maritime Forces Pacific (MAR-PAC) Sailor of the Year award.

S1 Marianne Mojica, a Weapons Engineering Technician, said the award came as a complete surprise, partially because she joined the navy less than three years ago, and because she has yet to be deployed.

It was presented by Cdr Landon Creasy, *Regina's* Commanding Officer, and Geraldine Hinton of the British Columbia Government House Foundation on June 21. Also in attendance was CPO1 Carl Dixon, *Regina's* Coxswain.

"S1 Mojica is one of the hardest working people I have ever met; she does her work with devotion and eagerness," says CPO1 Dixon.

The 27-year-old sailor joined the Canadian Armed Forces in January 2019. She was already technically adept with a background in electromechanical and mechani-

cal engineering. After joining the navy she began work in *Regina's* Combat Systems Engineering department, just the change she was looking for.

"I truly do enjoy it. The test of life is to adapt, to overcome, and expect the unexpected," she says.

Besides her regular job, she is the editor of the ship's newsletter, the Canteen manager, the Junior Ranks Mess Coordinator, and a bartender. She is also the ship's representative for the National Defence Workplace Charitable Campaign and participated in fundraising for Operation Freedom Paws Canada.

If that wasn't enough, S1 Mojica is also a talented tenor saxophonist and member of the ship's unofficial three-person band. She, along with baritone saxophonist MS Justin Grant and violinist S2 Bellosillo, make up the 3 Deck Band and entertain their shipmates with musical serenades at special events or in the mess.

New Commanding Officer for CFB Halifax BIS

By Joanie Veitch,
Trident Staff

After commanding Base information Services (BIS) at CFB Halifax for more than three years, Capt(N) Eric McCallum handed the watch to Cdr Jon Lee at a change of command ceremony held at Juno Tower on August 17.

"It's a tough job," said Capt(N) McCallum, as he launched into a story to illustrate the role BIS plays — likening it to a scenario in a family's home after the internet has gone down.

"All the family members look at each other and say 'the internet's not working' but there's a person who gets up and goes and fiddles with the router and gets the internet working again. At Headquarters that's the N6, it's a pretty important job."

Listing by name many individuals who supported him and the BIS mission, Capt(N) McCallum thanked the BIS team for their hard work, noting the "therapeutic effect" of being able to express his

gratitude and say goodbye after working together through such a difficult time.

With nearly 350 employees across six departments at CFB Halifax, the BIS team is responsible for all IT services supporting the workforce both at the base, and extending worldwide when ships and other Canadian Armed Forces (CAF) units are on deployment.

Given the "unparalleled challenges" created by the COVID-19 pandemic, the role of BIS has involved a lot more than just keeping the wifi on, said Capt(N) Sean Williams, CFB Halifax Base Commander, as he commended Capt(N) McCallum for his service and welcomed Cdr Lee.

"Your team has achieved great things under your leadership...making sure the base, the formation and all of our lodger units could change how we do business, by keeping us connected and making sure

we continued to operate at capacity," said Capt(N) Williams.

Capt(N) McCallum is going to Ottawa, where he will manage the Victoria-class submarine modernization program.

Having spent many years on the East Coast, Cdr Lee has served both on warships and on shore, with postings at the Combat Systems Support Centre, Maritime Warfare Centre, and FMF Cape Scott/FMF Cape Breton as the Business Analytics section head. Most recently, he was at the Directorate of Naval Strategic Management and Directorate of Digital Navy. Thanking BIS personnel for their welcome during the time of transition, Cdr Lee channelled "BIS parlance" in describing the experience thus far: "This past week I was in receive mode and you were all in transmit mode. And I'll probably remain transmit level zero for the next few months."



Joanie Veitch.

SUBMITTED

Face of Base: Joanie Veitch

By CFB Halifax PA

Meet this week's Face of Base: Joanie Veitch! Working as a reporter for the Trident Newspaper since February 2021, Joanie is dedicated to capturing what's happening throughout our local Defence community. Responsible for writing and reporting on events and other news, Joanie's passion for the people who make up our Defence Team is present throughout her work. "I've always enjoyed talking to people; everyone has an interesting story to tell if you take the time to ask and listen," she explains.

Joanie grew up in Marystown, NL, moving to New Glasgow, NS in high school. After graduation, she moved on to complete a Bachelor of Arts from Acadia University and a journalism degree at Ryerson University in Toronto. Before joining the Trident team she worked at several different newspapers and a regional magazine, also doing freelance writing for a number of years.

Outside of work, Joanie enjoys spending her time with friends and family gathering for meals and getting outdoors. She also enjoys volunteering at the Halifax Public Library where she teaches English language learners. "It's a great program and I've learned so much about other cultures and places."

Intrigued to learn more about the people, places, and history of our local Defence Team as she settles into her new role, Joanie has been thankful for the opportunity to listen and amplify the voices of community members. When asked about the importance of storytelling within our local Defence community, Joanie points out that people come here from all different places and backgrounds and serve for differing periods of time. "By writing and sharing stories of the people who make up MARLANT — who they are, what they do, why it matters — it helps us get to know each other better and feel more connected as a community." Thank you, Joanie, for bringing our community's stories to life!

Padre's Corner: Wandavision, Loki and Jesus – advice for overcoming grief

By Padre Capt Mark SG Sceviour,
Fleet Chaplain

May I be so bold as to say that we are emerging from a time of darkness? That the toughest part may be in the rear view mirror? Or am I just being naïve and simple? For some of us, the hard part is over. There is no real long lasting effect from the past couple of years. But what if I am one of the thousands who didn't come out of the past two years unscathed? What if we lost someone we loved? What if we will always remember this time as a time of sadness and pain? What do we do then?

I'd like to geek out for a bit. In the Disney TV program Wandavision, Wanda is talking about her grief. She says "It's just going to drown me." Her partner replies with the show's best line. He says "I never experienced loss, because I never had a loved one to lose. What is grief? – If not love persevering." It is an outstanding

line – What is grief? If not love persevering.

Does that really help someone who might find themselves in the same place as Wanda – feeling as if their grief is going to drown them? It may not. However the first step is to acknowledge that emotions are good. Even perceived negative ones. Grief is a good emotion. It means someone you loved is no longer physically with you and that makes you sad. You miss them. Acknowledge the grief, don't be ashamed by it. A period of wailing and gnashing of teeth is healthy. For a time, it's okay to be overwhelmed with it.

Then, you need to talk about it. To geek out once again. In another Disney/Marvel show, Loki, when Loki's new partner Sylvie is starting to struggle with her emotions and her self-doubt. Loki tells her "I've been where you are. I felt what you feel."

Find someone you can talk to. Someone who understands you, and can offer you support when you feel you are about to be taken by the currents of grief again. We are not supposed to do this alone. Even superheroes need help.

A hero is someone who finds strength to persevere. When we are down on our knees, we need to find supports that make us strong and that help us stand up again. That could be a partner or a counsellor. That could be healthy habits like exercise and medita-

tion. And for some of us, it could be prayer.

The Bible never says you won't have bad days. Nor does it say there won't be days where you feel yourself overwhelmed with grief or sadness. The Psalms are full of examples of God reaching out to us when we are in pain. "The Lord is close to the broken-hearted and saves those who are crushed in spirit." God is a refuge for the oppressed. He's not a clubhouse for those who have their acts together.

For those with faith, i.e. those who seek out God – we are not immune to pain and suffering. No, we suffer just as much as those who have no faith. The difference is that our faith is something that can bring us to our knees so as to raise us up. Jesus says "So you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you."

If you are in a time of sadness and pain, if grief is washing over you, acknowledge it. Don't stand alone. Seek help. I know I'm biased, but I believe the best way to find strength to persevere is to reach out to God and pray. In that moment of vulnerability if you listen closely you'll hear God say "Come to me, all who are weary and are heavy laden, and I will give you rest." Or more simply put – Love will persevere.



HMCS Fredericton arrives in Norway with SNMG1

Standing NATO Maritime Group 1 Flagship HMCS Fredericton arrived in Tromsø, Norway on September 1 for a short port visit alongside Portuguese ship NRP Corte-Real, before resuming operational patrols at sea. Fredericton has also recently been in port in Iceland and Estonia as it continues its Operation REASSURANCE deployment.

SNMG1



SPORTS & FITNESS



PSP hockey camps focus on fun and skills

By Joanie Veitch,
Trident Staff

The Shearwater Flyers Arena was abuzz with happy, sweaty kids recently as young players enjoyed practicing and learning new skills at the Personnel Support Program (PSP) Hockey Camps.

Twenty kids between the ages of seven to 12 took part the first week. Running every morning from August 23 to 26, the first session was only open to military families. The second session, held August 29 to September 2, was open to all, and had 43 kids registered.

The main goal of the camps was to work on skills, said PO1 Barry Noseworthy, a member of Fleet Diving Unit (Atlantic) and head coach at the hockey camps.

“We’re focused on building skills and improving overall — starting with the basics and using drills to work on balance and power skating,” he said.

Some of the kids have hockey experience, others not so much. The main goal was to have fun, said LCdr Noseworthy, who also volunteers as a junior hockey coach with the Cole Harbour Minor Hockey Association, where he coaches his son Owen’s U9 team.

Seven-year-old Owen Noseworthy, who took part in the first week of hockey camp, has been playing hockey for more than three years and said he enjoyed the camp.

“I like that you get to play hockey,” he said. “They teach you how to skate hard and to go after the puck. I like going after the puck, and scoring goals.”

Although the skills-based hockey camps are an annual event, this is the first time that one of the sessions was limited to military families only, said Emily Morton, who is acting community recreation co-ordinator at the Shearwater Fitness, Sports and Recreation Centre.

“Planning for anything in recreation and fitness has been a challenge with COVID. You have to have a Plan A and a Plan B,” she



PSP recently hosted two kids’ hockey camps at the Shearwater Flyers Arena. All together more than 60 kids took part. Pictured here are participants at the first session, along with coaching staff: Barry Noseworthy, Evan Beaton, Jamie Mercer, Andrew Glessing, Ken Mayo and Marty Cound.

JOANIE VEITCH, TRIDENT STAFF

said. “Running the first week for just military families was something we figured we could do. It was good that we were able to open the second week up too.”

Feedback from parents has been good. Morton said one parent emailed to say how good the hockey camp was for their child — not just physically or in terms of skills development, but mentally.

“After being isolated for so long, not able to do their normal activities, this has been really positive,” Morton said. “That’s so good to hear. That’s what it’s all about.”



(Left to right) SLt Doug Young, MS Danny Morin, and S1 Dylan Parker from FDU(A) won first place in the unit category at the Petty Officer 2nd Class Craig Blake Memorial Fitness Challenge on August 27.

S2 MELISSA GONZALEZ



The mini triathlon consists of a 300m swim, followed by a 6.5km mountain bike and a 2km run.

MONA GHIZ, MARLANT PA

Craig Blake Challenge returns to MacDonald Beach

By Trident Staff

Despite COVID-19 health restrictions putting a stop to the majority of CAF sporting events since March 2020, the PO2 Craig Blake Memorial Challenge has been a constant. Fleet Diving Unit (Atlantic) held a modified version of the mini triathlon last fall, and this year, PSP Halifax was able to lend their support and bring the event back to its traditional location at MacDonald Beach.

Participants swam, biked and ran, either as individuals or in teams of three, in memory of PO2 Craig Blake, a Clearance Diver and FDU(A) member who was killed while serving in Afghanistan in May 2010.

Winners included the team of Doug Young (swimming), Danny Morin (biking), and Dylan Parker (running) from FDU(A), who took the top spot in the unit category with a combined time of 26:26; the team of Samuel Kehler (swimming) Stewart Riggs (biking) and Mark Brown (running) placed first in the open team category with a time of 26:48; and the top three finishers in the individual category were Ryan Comeau (29:21), Jason Greene (31:56) and Austin Collett (32:43).



Christopher Lebrun crosses the finish line after completing the running portion of the event.

MONA GHIZ, MARLANT PA

Call for nominations: CISM Team Managers

By Canadian Armed Forces Sports

The Canadian Armed Forces (CAF) CISM program is currently seeking volunteers to serve as Team Managers for a number of CAF sports. These are positions that are both rewarding and demanding, with a number of duties that must be fulfilled.

Managers act as the team administrator and main coordinator of all team activities. The list of responsibilities includes things like planning trips and activities, purchasing equipment, preparing data and reports, and being the main point of communication for all parties involved in CISM activities.

A CAF CISM Team Manager is required to be either a military member (Regular Force, class B Reservist or class A Reservist) or a full-time employee of Canadian Forces Morale and Welfare Services. Each position will have a formal selection process, including an interview, aptitude assessment, and reference check. The main criteria for selecting a Manager will be the individual's sporting experience, technical background and overall suitability for the role.

There are currently openings for men's and women's basketball, men's soccer, fencing, running and triathlon. Applications and nominations should be submitted by October 1, and the selection process is expected to take place between November 2021 and January 2022.

Applications must be submitted to CAF Sports Manager Denis Gaboury at gaboury.denis@cfmws.com. Please include: full name, rank; unit, base; work phone number; list of all sport-specified related qualifications; list of sport-related experience (all levels, military and civilian); list of experience in sports administration or management; list of other administration or management experience; letters of recommendation; letter of support from chain of command, and any other pertinent information the applicant would like to share.