



# TRIDENT

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

## RCN hosts CUTLASS FURY 21

*HMCS Windsor leads a sail past, followed closely by Her Majesty's Canadian Ships Toronto, Montreal, Halifax, Kingston and Moncton to begin Exercise CUTLASS FURY 21 on September 7. CUTLASS FURY is a bi-annual joint, combined, medium-scale maritime exercise hosted by the Royal Canadian Navy off the coast of Nova Scotia and Newfoundland. The latest iteration of the event ran until September 17, and also included visiting warships from the United States Navy and the Marine Nationale of France, along with Royal Canadian Air Force assets.*

S2 MELISSA GONZALEZ, 12 WING IMAGING





HMCS Goose Bay is seen sailing alongside US Coast Guard Ships Escanaba (left) and Richard Snyder (centre) during the early portion of Operation NANOOK.

CPL SIMON ARCAND

# Happy days for HMCS Goose Bay

**MCDV enjoys a namesake community visit and other activities in Canada's North**

By Joanie Veitch,  
Trident Staff

After 39 days covering more than 12,000 kilometres, HMCS *Goose Bay* returned to Halifax on September 10 from a very memorable deployment — one that included participating in Operation NANOOK and a namesake community visit to Happy Valley-Goose Bay.

Although *Goose Bay* was only in port for four days — from September 2-5 — the crew made the most of the available time, meeting with members of 5 Wing Goose Bay, the Mayor and representatives of the Town of Happy Valley-Goose Bay, as well as the family of Dr. Doris Saunders, the ship's sponsor, who passed away in 2006. They also

them aboard ship," joked LCdr Daniel Rice, *Goose Bay*'s Commanding Officer.

The deployment was *Goose Bay*'s first since before the COVID-19 pandemic hit the Atlantic shores, cancelling the ship's scheduled involvement in BALTOPS in June 2020 and again scuttling its role in Operation PROJECTION in January 2021.

"We missed two out of two deployments over the past 18 months so we were really ready for this one," said LCdr Rice.

Midway through Operation NANOOK — an annual joint exercise in the Canadian Arctic — HMCS *Goose Bay* switched from the naval exercise

portion of the operation to embark three officers for patrols with the Department of Fisheries and Oceans. Over the next two and a half weeks, the officers conducted seven boardings within three different fishing zones and three northern wildlife areas, in the Baffin Bay and Davis Strait area.

"It's an opportunity to support our other government departments in the north. Typically they'll go in a coast guard vessel, but the Navy is also there to help and support," said

HMCS GOOSE BAY

LCdr Rice. "It's a whole government effort in terms of maintaining sovereignty in the north."

The ship's company also made a stop in Iqaluit, Nunavut, where they delivered 32 backpacks stuffed with school supplies to the Iqaluit District Education Authority for distribution to area schools. In an initiative led by the Halifax and Region Military Family Resource Centre, 92 backpacks with approximately \$1,000 worth of school

supplies were donated to take to various Nunavut communities.

HMCS *Harry DeWolf* took the remaining backpacks as she made her way through the Northwest Passage.

After a year of missing out on most of their sailing schedule, the ship's company also got to take in some

spectacular northern sights, including seeing a polar bear eating a seal on an ice floe.

"For some of these sailors, it was their first deployment. It was truly memorable. I've been in the north three times and I've never seen anything like that," said LCdr Rice.



HMCS *Goose Bay* hosted Mayor Wally Andersen, councilors and staff from the Town of Happy Valley-Goose Bay during the ship's four-day visit.

hosted more than 200 residents for public tours of the ship — all with COVID protocols and precautions in place.

The crew also got some "fuzz therapy" on a visit to the Happy Valley-Goose Bay SPCA — the ship's charity — where they donated \$1,000 to help with medical and shelter costs, and got to cuddle with some cute critters.

"We had to check everyone's pockets and backpacks after that visit to make sure no one tried to smuggle any of

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# A message from the 2021 MARLANT National Defence Workplace Charitable Campaign Champion

By Capt(N) Sean Williams

2021 MARLANT NDWCC Champion, Base Commander, CFB Halifax

Local Defence Team,

It is an honour and a privilege to be appointed the MARLANT Champion for the 2021 National Defence Workplace Charitable Campaign (NDWCC). Our local coordination team, supported by United Way Halifax, has been busy making preparations for the official launch of our campaign on October 4, and will be leaning on you – our Defence community – to help make this year's campaign a success.

NDWCC is the Department of National Defence (DND) and Canadian Armed Forces' (CAF) contribution to the larger Government of Canada Workplace Charitable Campaign (GCWCC), which is the most successful workplace fundraising campaign in the country. In 2020, the DND/CAF community showed its collective generosity by raising \$2.5 million for the NDWCC nationwide, with \$201,658.57 raised here locally by members of MARLANT, CFB Halifax, 12 Wing Shearwater, 5th Canadian Division Headquarters, and the many lodger units who call our local region home.

The NDWCC slogan for this year is "Stronger Together", which emphasizes the theme of inclusivity and the senti-

ment of togetherness. A great reminder that, despite the hardships of the past year, the community ties that bind us, remain in place. With over 11,000 military and civilian Defence Team members employed in the local region, our community can be – and should be – a shining example that we are stronger together. Imagine if each of these individuals provided a one-time, \$50 donation toward this year's campaign? That would total \$550,000 benefitting Canadian charities here at home in the Halifax region and across the country.

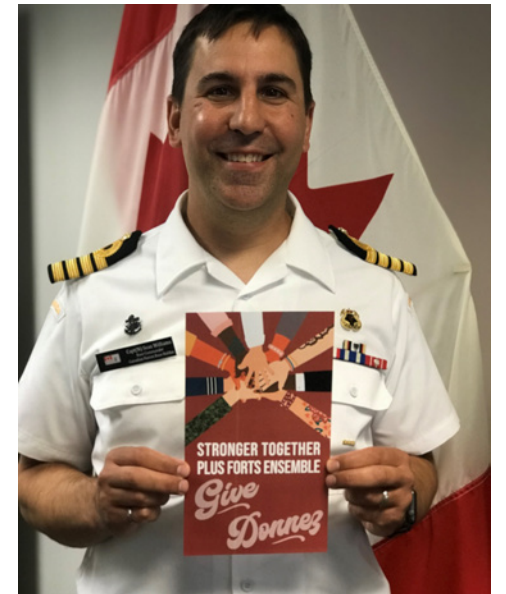
I am pleased by the progress our Defence Team has made to reduce the spread of COVID-19, keeping our members safe at work and in our communities. Thanks to these efforts, you can expect more in-person events during this year's NDWCC, all of which will adhere to appropriate public health guidelines. Furthermore, this year's NDWCC canvassers will be trained to safely educate our members about the campaign and the ePledging process both in-person and virtually. Please take the time to connect with these volunteers as they visit units across the region: they are here to help you.

Strong Defence Team participation

is imperative to the success of our 2021 campaign, and we know that will look different for everyone. Defence Team members in the Halifax region, both military and civilian, are encouraged to participate in any way they can, whether it be planning a virtual event or participating in an online fundraiser, raffles and lotteries; donating funds; or volunteering in a COVID-safe manner with a local charitable organization. Each individual contribution matters.

The NDWCC provides Defence Team members with a direct line to donate to over 87,000 charities including numerous organizations with strong ties to Canada's military. Fortunately, the online ePledge service makes donating to these causes easier than ever, and includes options to donate through payroll deduction, credit card, or PayPal. A link will be distributed as part of our campaign launch, and provides "donor's choice," meaning you choose the organizations you would most like to support.

Information on this year's MARLANT National Defence Workplace Charitable Campaign including event updates, ways to get involved and campaign Q&A can be found at [www.tridentnewspaper.com/](http://www.tridentnewspaper.com/)



CFB Halifax Base Commander Capt(N) Sean Williams is the 2021 MARLANT NDWCC Champion.

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[ndwcc2021](http://ndwcc2021). This website will be updated as the campaign progresses. You can also look forward to a weekly email that includes the latest campaign news and resources.

During these unprecedented times, it is important to remember that every show of support counts. No donation, volunteer opportunity or offer of help is too small, and can make a great difference to Canadians in need.

Thank you for your support.

## Un message du champion de la Campagne de charité en milieu de travail de la Défense nationale des FMAR(A)

Par Captv Sean Williams,

Champion de la CCMTDN des FMAR(A), Commandant de la base, BFC Halifax

Un message du champion de la Campagne de charité en milieu de travail de la Défense nationale des FMAR(A)

Aux membres de l'Équipe de la Défense locale,

C'est un honneur et un privilège pour moi d'être nommé champion des FMAR(A) dans le cadre de la Campagne de charité en milieu de travail de la Défense nationale (CCMTDN) 2021. Notre équipe de coordination locale, avec l'aide de Centraide Halifax, s'affaire à tout mettre en place en vue du lancement officiel de la campagne, le 4 octobre, et je compte sur vous, la communauté de la Défense, pour nous aider à faire de la campagne de cette année un succès.

La CCMTDN est la contribution du ministère de la Défense nationale (MDN) et des Forces armées canadiennes (FAC) à la Campagne de charité en milieu de travail du gouvernement du Canada (CCMTGC), la campagne de financement en milieu de travail la plus fructueuse au Canada. En 2020, la communauté du MDN et des FAC a témoigné de sa générosité collective en recueillant 2,5 millions de dollars pour la CCMTGC à l'échelle nationale, dont 201 658,57 \$ ont été recueillis ici, dans la région, par les membres des FMAR(A), de la BFC Halifax, 12e Escadre Shearwater, Quartier général de la 5e

Division du Canada, et les nombreuses unités hébergées qui ont élu domicile dans notre région.

Le slogan de la CCMTGC de cette année, qui est « Plus forts ensemble », met l'accent sur la thématique de l'inclusivité et le sentiment d'unité. C'est une excellente occasion de se rappeler que, malgré les difficultés de la dernière année, les liens communautaires qui nous unissent restent en place. La région compte plus de 11 000 membres militaires et civils de l'Équipe de la Défense, et notre communauté peut – et doit – être le parfait exemple du fait que nous sommes plus forts ensemble. Imaginez que chacune de ces personnes fasse un don unique de 50 \$ pour la campagne de cette année. Au total, 550 000 \$ seraient versés à des organismes de bienfaisance canadiens, ici même, dans la région d'Halifax et dans tout le pays.

Je suis heureux des progrès que notre Équipe de la Défense a accomplis pour réduire la propagation de la COVID-19 et assurer la sécurité de nos membres au travail et dans nos collectivités. Grâce à ces efforts, vous pouvez vous attendre à participer à un plus grand nombre d'événements en personne au cours de la CCMTDN de cette année, lesquels respecteront toutes les directives appro-

priées en matière de santé publique. De plus, les sollicitateurs de la CCMTDN de cette année seront formés pour informer nos membres en toute sécurité sur la campagne et la façon d'effectuer des dons en ligne, tant en personne que virtuellement. Je vous invite à communiquer avec ces bénévoles lorsqu'ils visiteront les unités de la région; ils sont là pour vous aider.

Une forte participation de l'Équipe de la Défense est essentielle à la réussite de notre campagne de 2021, et nous savons que cette participation sera différente pour chacun. Nous invitons les membres de l'Équipe de la Défense de la région d'Halifax, militaires ou civils, à participer de toutes les façons possibles, qu'il s'agisse de planifier une activité virtuelle ou de participer à une collecte de fonds en ligne, à des tirages et à des loteries, de faire un don ou de faire du bénévolat en toute sécurité dans le contexte de la COVID-19 auprès d'une organisation caritative locale. La contribution de chacun est importante.

La CCMTDN offre aux membres de l'Équipe de la Défense une ligne directe pour faire des dons à plus de 87 000 organismes de bienfaisance, dont de nombreuses organisations ayant des liens étroits avec les militaires canadiens.

Heureusement, le service de dons en ligne permet de faire des dons plus facilement que jamais à ces organismes de bienfaisance, et offre la possibilité de faire un don au moyen de retenues à la source, d'une carte de crédit ou de PayPal. Lors du lancement de la campagne, un lien vous sera distribué pour vous permettre de choisir les organisations que vous souhaitez soutenir.

Vous trouverez les renseignements sur la Campagne de charité en milieu de travail de la Défense nationale des FMAR(A) de cette année, notamment les nouvelles sur les activités, les façons de participer et les questions et réponses sur la campagne sur le site Web [www.tridentnewspaper.com/ndwcc2021](http://www.tridentnewspaper.com/ndwcc2021). Le site sera mis à jour tout au long de la campagne. Vous pouvez également vous attendre à recevoir un courriel hebdomadaire qui comprendra les dernières nouvelles et ressources de la campagne.

En ces temps sans précédent, il est important de se rappeler que chaque manifestation de soutien compte. Toutes les offres de bénévolat ou d'aide et tous les dons sont importants, aussi modestes soient-ils, et peuvent faire une grande différence pour les Canadiens dans le besoin.

Merci de votre soutien.





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# Naval Reservist celebrates 40 years of service

By Joanie Veitch,  
Trident Staff



CPO1 Peggy Bradford has been a member of the Naval Reserve since 1981.

SUBMITTED

When Chief Petty Officer First Class Peggy Bradford joined the Naval Reserve in 1981, she had no idea she had found her career path — she was simply a kid in Grade 11, thrilled to have landed such a good summer job.

This July CPO1 Bradford celebrated 40 years of service as a naval reservist.

“I’ve loved it all the way, and I’m still enjoying what I do,” said CPO1 Bradford. “Being in the military, either the Regular Force or the Reserve, helps to bring out skills you didn’t even know you had. You learn so much and have lots of opportunities for leadership. I think it’s a wonderful career.”

CPO1 Bradford continued with the Reserve through her final year of high school and as she completed training in Business Administration at the Nova Scotia Community College. That administrative training opened the door to more opportunity.

“I was fortunate that I got to work full-time with the Naval Reserve doing administrative work for a program that later became the Maritime Coastal Defence Vessels,” she said.

Marrying her husband Trent — a Regular Force engineering officer — in 1989, the couple moved to the West Coast after he was posted to HMCS *Ottawa* in Esquimalt. Having always lived on Canada’s East Coast, CPO1 Bradford was excited to move across the country, where she accepted a contract as the Naval Reserve training coordinator at Canadian Forces Fleet School (CFFS) Esquimalt.

Balancing two full-time navy schedules when their son was born in 1993 wasn’t always easy, she said.

“We were lucky to have grandparents who could pitch in when we were both away. It was still really hard when we were both on deployment, but we knew we were fortunate having them so close.”

Being appointed Coxswain with HMCS *Whitehorse* in 2004 was a career highlight.

“That’s the pinnacle job for any non-commissioned member,” she said. “It was a bit scary, as it had been some time since I was posted to a ship, things had changed and with a more senior role it was a challenge, but I was able to put those worries to rest quickly as I was fortunate to have a really good crew — they all knew their jobs and did them exceptionally well.”

Her time aboard *Whitehorse*, from 2004 to 2006, included lots of sailing, with trips to the Arctic as well as a memorable RIMPAC deployment off of Hawaii, she said.

After a stint in Ottawa from 2008 to 2013, CPO1 Bradford and her husband returned to Halifax, where she worked full time at Personnel Coordination Centre (Atlantic), assisting with the placement of sailors on ships for training opportunities.

In May 2018, she was appointed Coxswain at HMCS *Scotian*, where she was able to mentor the ship’s company in areas such as training, administration and leadership. She turned over that position in July 2021 and is currently an advisor with the Naval Reserve Support Branch. She says her many positions within the naval training environment have prepared her for this role.

Reflecting on challenges she’s had to overcome during her long career, CPO1 Bradford said she feels fortunate in that she’s faced few big hurdles along the way — that is until 2020 and COVID-19 hit.

“It wasn’t so much for me personally, but thinking of the sailors and how it affected them. We spent a lot of time making sure they were all right and just logistically working through all the details...it’s been difficult at times, for sure,” she said.

When she gets a chance to pass on advice to young people thinking about their future, CPO1 Bradford loves to talk up the Naval Reserve, especially to young women, encouraging them to give it a shot.

“There are so many opportunities for young people. You get an exciting career, a chance to see the world, and to meet so many great people. It really is an incredible experience.”



## Nuclear Response training at 12 Wing Shearwater

Members of the Nuclear Emergency Response Team (NERT) run through drills with a mock casualty for NEREVAL (Nuclear Emergency Response Evaluation) training exercise in 12 Wing Shearwater on August 31. The Department of National Defence is just one of the many federal government institutions with designated responsibilities under the Federal Nuclear Emergency Plan. Regular training and evaluation ensures personnel will be prepared in the event of a real emergency.

S3 TAYLOR CONGDON





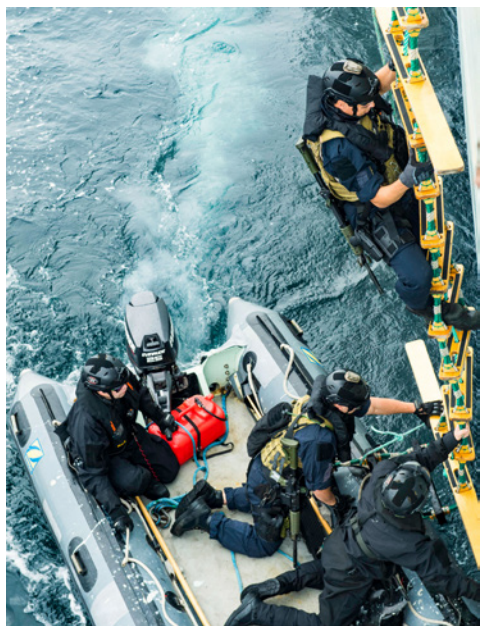
*Motor Vessel Asterix conducts a liquid Replenishment at Sea (RAS) with USS Forrest Sherman (DDG-98 - left), and USS THOMAS HUDNER (DDG-116 - right), during Exercise CUTLASS FURY 21 in the waters off Nova Scotia on September 8, 2021.*

MCPL MANUELA BERGER

# RCN and allies participate in bi-annual Exercise CUTLASS FURY

By Trident Staff,

The Royal Canadian Navy sent a large portion of the Atlantic Fleet to sea along with American and French allies from September 7-17 for Exercise CUTLASS FURY 21.



*SLt Nicolas Deschenes of HMCS Toronto's Naval Boarding Party climbs down the jumping ladder to an awaiting Zodiac as part of a boarding exercise on September 13*

MCPL MANUELA BERGER

The bi-annual, medium-scale exercise took place off the coast of Nova Scotia and Newfoundland, with the participation of the submarine Her Majesty's Canadian Ship Windsor, along with ships HMCS Halifax, Montréal, Toronto, Moncton, Kingston, and Summerside,

as well as Motor Vessel Asterix with its embarked Naval Replenishment Unit. Also included were the visiting United States Ship Forrest Sherman and USS Thomas Hudner, and the French Ship Aquitaine.

In the sky during CUTLASS FURY were a number of RCAF aircraft, including CP-140 Auroras and CH-148 Cyclone maritime helicopters, along with American P-8 Orion maritime patrol planes and other contracted aircraft.

In a continuation from CUTLASS FURY 19, planners say this year's exercise focused on tactical-level warfare, but with a stronger emphasis on air elements to simulate a multi-threat environment. The addition of contracted aircraft helped create a realistic scenario to challenge the command, control and tactical acumen of everyone involved. Training also included a series of live air and surface weapons firings against remotely operated target sets.

"CUTLASS FURY 21 will provide the Royal Canadian Navy an excellent opportunity to train the Canadian Atlantic Fleet, allies, and joint elements in maritime tactical level warfare as part of a multinational task group. It has been designed to provide advanced training opportunities and it will allow us to build upon our readiness and ability to respond to any crisis, all while enhancing our relationships with key partners," said Commodore Christopher Robinson, Commander Canadian Fleet Atlantic, in a news release.



*Royal Canadian Navy ships sail past Halifax Harbour and out to sea to begin Exercise CUTLASS FURY on September 7. HMCS Toronto and HMCS Windsor lead the sail past.*

MONA GHIZ, MARLANT PA



*HMCS Toronto fires its .57mm gun while participating in a GUNEX as part of CUTLASS FURY activities on September 8.*

MCPL MANUELA BERGER





## Padre's Corner: Do something

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

It's said that people show what they really think and feel by what they do, rather than by what they say. To take it a step further, the greatest catalyst for change is generally not anything that's spoken; it's action.

In other words, do something.

We have five children across a broad spectrum of ages. Surprisingly (and gratefully) schoolyard bullying isn't something we've had much experience with as a family. That is until recently.

My youngest son is elementary-school aged, and one day he began to share the experience of having some difficulty with a classmate. My wife & I would patiently hear him out, empathize and try to encourage him, fully anticipating that it would soon blow over. It didn't.

In fact in the several days that followed, both the frequency and severity

of the bullying increased, spilling over to forms of online harassment. All of this despite my son's clear & repeated requests to the other child that it cease.

It did not.

Before long, the homeroom teacher and school counselors were made aware of the situation and soon after, fully engaged. They spoke to individual students involved on both sides of the issue and even facilitated dialogue between the parties involved, all in the attempt to bring closure to the situation.

Still nothing.

By now, weeks had passed without any improvement. In fact, the relationship between my son and his classmate continued to deteriorate to the point that it affected every part of his day. My son, with the personality of a golden retriever, was wearing down emotionally before our very eyes. He was viscerally reacting to this failing situation, no doubt feeling as though any options for resolution were quickly evaporating.

Then, we had a talk. One of those good old-fashioned father-son talks. Maybe you could chalk it up to my ru-

ral New Brunswick woodshed upbringing, but I gave some old-school advice to my 5th grade boy that day. And my counsel for him was this: you are going to refuse to accept being treated this way, one day longer. So (in this last-ditch effort), I granted my boy full license to physically stand-up to the harassment he was now dealing with on a daily basis, with a pledge of indemnity if it went sour.

Guess what happened? He took action and did something. And he was never bullied again. It stopped that very day. And to our surprise, there were other students who came forward, emboldened by my son's stand, who shared similar experiences with the same child. It stopped for them too.

Now, am I advocating physical violence as the first line of defense in situations of conflict or harassment? Certainly not. But what I am suggesting is that if words are powerful, then actions can be even more so.

There's an ancient story from the Christian scriptures that highlights this very thing. A story is told of a man who was attacked and left for dead by

the side of the road. Three different travelers pass by and take note of him. Two carry on without any engagement with the injured man. In fact, the first two were those in positions of religious & cultural significance who should have freely offered help. But, according to the story, it was the third passerby who actually engaged the wounded man, took action, and tended to his needs. He refused to ride by and simply wish someone well from a safe distance. Instead, he took action.

He did something. And in the process, changed someone's life.

Is there a situation you've been sitting on your hands about? A relationship that's a bit undone? A need that's still apparent that no one has met? A change you've been talking about making? A workplace that needs an emotional lift? A way that you can contribute positively to the people around you?

You could keep talking about it. Or, you could get on with it and do something. Who knows what positive change your actions might bring?

## HMCS *Harry DeWolf* crosses the Arctic Circle



The Royal Canadian Navy's newest commissioned ship has now taken part in one of the oldest naval traditions – a “Crossing the Line” ceremony – this one at the Arctic circle. Likely beginning with the French and Royal Navies more than 300 years ago, the ceremonies mark the passing of significant lines of longitude and latitude by incorporating naval mythology in the form of King Neptune, or in this case, Queen Neptune. *Harry DeWolf* made the crossing recently after finishing Operation NANOOK activities and moving on to its planned circumnavigation of North America.

CPL SIMON ARCAND



Members of the ship, including Commanding Officer Cdr Corey Gleason, were dunked in water to represent their welcoming into Queen Neptune's realm as a member of the Order of the Bluenose.

CPL SIMON ARCAND





National Silver Cross Mother Debbie Sullivan toured MARLANT recently, along with the family of her late son Lt(N) Christopher Saunders. The tour included a luncheon in the Admiral's Dining Room at Juno Tower with Commodore Christopher Robinson, Commander Canadian Fleet Atlantic, and Capt(N) Jean Stéphane Ouellet, Commander Canadian Submarine Force, among other navy personnel.

JOANIE VEITCH, TRIDENT STAFF

# National Silver Cross Mother remembers fallen son during MARLANT visit

By Joanie Veitch,  
Trident Staff

It's an honour she wishes she hadn't earned.

That's how National Silver Cross Mother Debbie Sullivan described the mixed emotions she felt following a recent two-day tour at Maritime Forces Atlantic (MARLANT).

Sullivan's son, Lt(N) Christopher Saunders, was a Navy submariner and combat systems engineer who died on October 6, 2004 following a fire on HMCS *Chicoutimi*.

One of four submarines bought from Britain in the late 1990s, *Chicoutimi* was on its first trip as an RCN vessel and had left the Scottish port of Faslane en route to Canada just a few days earlier, on October 2.

"It's an honour to be here and to have this opportunity to do this tour as the National Silver Cross Mother, but it's incredibly hard at the same time. I lost my son. I miss him every single day," Sullivan said. "But just being here and doing this... I feel closer to him."

The Royal Canadian Legion chose Sullivan as National Silver Cross Mother last November. While she was able to lay a wreath at the National War Memorial in Ottawa on Remembrance Day last year, due to COVID-19 restrictions Sullivan was not able to take part in other events and ceremonies she typically would have attended as part of her role.

Travelling from her home in Summerville, just outside Saint John, NB,

to Halifax a few days early, Sullivan enjoyed extra time with family — grandsons Ben and Luke — and her former daughter-in-law, Gwen Mander-ville, Lt(N) Saunders' widow, before the MARLANT tour began.

Both boys — Ben now a student at Acadia University and Luke starting his last year of high school — and their mother, accompanied Sullivan during the tour, which included a luncheon in the Admiral's Dining Room at Juno Tower with Commodore Christopher Robinson, Commander Canadian Fleet Atlantic (CCFL), and Capt(N) Jean Stéphane Ouellet, Commander Canadian Submarine Force (CCSF), among other guests.

Sullivan's tour included a visit to the Naval Museum of Halifax, where she saw the new submarine exhibit, featuring artifacts and displays of submarines from the early CC-class to the present-day Victoria-class boats, along with a tour of the Dockyard's newest ship, HMCS *Margaret Brooke*.

During her visit to Naval Fleet School Atlantic's Submarine Division, Sullivan met with submariners — some who sailed with LT(N) Saunders — and saw the training simulator at work.

"It was all so informative. There was a lot to take in along the way, but I learned so much," she said.

The most memorable part of the trip, Sullivan said, was a tour of HMCS *Windsor*, led by Capt(N) Ouellet and

LCdr Drew Matheson, *Windsor's* Commanding Officer.

It was Sullivan's first time actually being in a submarine — a Victoria-class submarine just like the one her son had sailed in.

"It gave me insight into what it would have been like when the fire started. I had been invited in 2004 to go to see the *Chicoutimi* at Faslane (Scotland) but I couldn't do it then. It was still hard to do it now but it helped to see it for myself," she said, adding that she also appreciated hearing information about the increased safety protocols as a result of the tragedy.

Getting to meet Sullivan and her family, and for her to have the opportunity to tour around and talk with submariners, was rewarding for everyone involved, said Lt(N) Marshall Luton, Acting Officer in Charge of HMCS *Chicoutimi*.

"During her tenure as Silver Cross Mother, she has not been able to do as much due to COVID-19 restrictions. For us to be able to have her here, to have time to interact with her, it's been a really good experience," he said.

With in-person meetings restricted, Sullivan has reached out to veterans and current military members since taking on the role, using email and other online channels wherever possible.

She says it's important to her to be able to connect with others — current or former military members, as well

as grieving parents or other family members — to let them know they're not alone.

"I want people to know that I'm here to talk. I want to meet them and talk with them. It helps me feel I'm giving back and being of service," she said. "I received this Silver Cross because I lost my son, but for me it's a symbol of all the veterans who died in service to their country."

Sullivan officially holds the role of National Silver Cross Mother until November 1, 2021.



National Silver Cross Mother Debbie Sullivan with a plaque presented to her by Cmdre Christopher Robinson, Commander Canadian Fleet Atlantic.

JOANIE VEITCH, TRIDENT STAFF





*The first lift of liferafts onto HMCS Harry DeWolf by FMF Sail Loft and Rigging shops prior to the ship's departure in August,*

SUBMITTED

# FMF Cape Scott's role in HMCS *Harry DeWolf*'s first Arctic deployment

By Catherine Courtney,  
FMF Cape Scott

HMCS *Harry DeWolf* left Halifax in August for its very first Arctic deployment, followed by a North American circumnavigation this fall. Ensuring a ship is ready for these missions is critical, and Fleet Maintenance Facility Cape Scott (FMFCS) stepped up to support, with certification of the Arctic liferafts and their associated Hydrostatic Release Units (HRUs) and Electronic Release Units (ERUs) during two recent Short Work Periods (SWP).

There is a new relational contracting approach for maintenance services on the Royal Canadian Navy's newest class of ship, the Arctic and Offshore Patrol Vessels (AOPV) and the future Joint Support Ship (JSS) HMCS *Protecteur*. The In-Service Support (ISS) contract for the AOPVs and JSSs is referred to as AJISS and signifies a philosophical change to the way Canada contracts for ISS. Thales, as the AJISS contractor, will work in collaboration with the Fleet Maintenance Facilities (FMF), Waterfront Management, and Fleet Engineering Readiness (FER) to coordinate and schedule the execution of

AJISS ISS work.

As part of the AJISS hybrid model, liferafts are considered to be an excluded system, which refers to a system solely maintained by the FMFs by exclusion from the contract to the In-Service Support Contractor (ISSC). FMF is responsible for the Preventative Maintenance (PM) and Corrective Maintenance (CM) of the liferafts.

The current and ongoing COVID restrictions did not allow FMFCS to obtain the necessary training for the liferaft maintenance and certification prior to the delivery of HMCS *Harry DeWolf* – and subsequent year of sailing for the ship. The trainers for this equipment are based in the United States and were unable to travel to Canada due to the pandemic.

In March 2021, FMFCS liferaft and cabling shops, under a waiver from the Design Authority and Naval Materiel Regulatory Authority, successfully changed the HRUs and ERUs, release mechanisms that cut the lines and cables necessary to release liferafts and buoys in the event of an emergency.

The shops completed this work for the 12 liferafts and two life buoys onboard.

While the HRU replacement was similar to the Halifax and Kingston classes, the ERUs are new equipment to the Navy. They fulfill a requirement for Arctic liferafts and buoys to have heating systems to ensure they stay free of ice and can be deployed even in the harshest of Arctic environments. The System Authority provided documentation for the ERU replacement and the Sail Loft and Cable shops worked through the installation in March allowing the ship to maintain its spring sailing program.

With the Short Work Period (SWP) in July looming, the training could still not be facilitated, and maintenance had to be contracted for the recertification of the liferafts to K&D Pratt. The Project Leaders (PL) from FMFCS coordinated scheduling with Thales to enable the removal of the liferafts in the July SWP. The FMFCS Sail Loft and Rigging shops removed the liferafts and delivered them to K&D Pratt for recertification. Upon return of the

certified liferafts, the PL's coordinated with Thales for the reinstallation of the liferafts by FMFCS Sail loft and Rigging shops, and K&D Pratt.

All team members (FMFCS, Thales, K&D Pratt) worked together on the last day of the SWP to install the liferafts onboard and this ensured that HMCS *Harry DeWolf* was safe and ready for Arctic operations. FMFCS dedicated approximately 22 hours between 5-7 team members to this project.

The most challenging aspect of this project was the quick coordination of the contract through MEPM(NC) and FMF. There was a tight timeline for FMF to go to contract, but together MEPM(NC) and FMF were able to get a contract in place for the liferaft recertification work. FMFCS and Thales coordinated the work required to have K&D Pratt onsite. The end result – teamwork between all stakeholders to deliver certified liferafts ontime for the first Arctic Deployment for this new class of ship – was easily the most rewarding part of the project.





# Sea King to be reunited with HMCS Annapolis underwater

By Peter Mallett,  
The Lookout Staff



Concept drawing of the full scale replica airframe of the Sea King helicopter created by Apex Structural Design.  
SUBMITTED

A life-sized 11-tonne skeletal sculpture of a Sea King helicopter may be landing on the flight deck of the former HMCS *Annapolis* next year, which is submerged in Halkett Bay, north of Vancouver.

The former navy destroyer, decommissioned in 1996, became an artificial reef on April 13, 2015, through the work of the Artificial Reef Society of British Columbia (ARSBC).

Next year, pending final approval from BC Parks, the sculpture of a CH-124 helicopter's skeletal frame will be lowered approximately 70 feet below the surface onto *Annapolis*' flight deck.

Construction of the sculpture is being built by architectural steel contractor George Third & Son of Burnaby, B.C. The design is by Apex Structural Design from Alberta.

The helicopter's frame is made of uncoated steel bars and measures approximately 10 feet wide at the wheel-base and 50 feet long for the fuselage. The design allows the ocean current to flow through unimpeded and thus expand on fish and fauna marine habitat opportunities living in and around the

artificial reef, says LCdr (Retired) Rick Wall, ARSBC Vice-President and Chief Operating Officer.

"Installing the aircraft on the flight deck where it originally operated will also be a fitting symbolic tribute to all the aircrew who served on board this proud ship," says Wall.

The last of the Royal Canadian Air Force Sea King helicopters were taken out of action in December 2018 and replaced with the Cyclone helicopter.

"The Sea King was a helicopter that flew off the *Annapolis* throughout its service life," says Wall, who served aboard the destroyer during his 41-year navy career. "*Annapolis* was chosen for the Sea King location because it was the first destroyer with an assigned helicopter on the West Coast."

ARSBC's mission is to create environmentally friendly artificial reefs through the disposal-at-sea of decommissioned vessels and aircraft. The main goals, says Wall, are for marine habitat enhancement, protection initiatives, and sustainable economic benefit for coastal communities.



Ling Cod travel through the artificial reef created from the former HMCS *Annapolis*.  
SUBMITTED

## HMCS *Fredericton* commemorates Battle of Britain



HMCS *Fredericton*, currently deployed as the flagship of Standing NATO Maritime Group 1 (SNMG1), held a flight deck ceremony on September 13 off the coast of the Netherlands to commemorate the 81st Anniversary of the Battle of Britain during the Second World War. More than 100 Canadians took part in the Battle of Britain from July to October 1940.



The ceremony included readings from the Padre and members of Fredericton's air detachment, along with the laying of wreaths. SNMG1 colleagues from the Royal Netherlands Navy also conducted a flypast in support.

SNMG1





# Students wrap up a great summer at CFB Halifax

By Shalini Deshwal,  
CFB Halifax Public Affairs Student

The Department of National Defence (DND) may not be the first place a student thinks of for a co-operative education (co-op) or summer job placement, but passing up the opportunity could mean missing out on an experience of a lifetime.

than he had in 10 months of studying at school.”

Much like Tyler, Laura London highly enjoyed her summer job placement at CFB Halifax, but for very different reasons. Laura was employed with the Naval Museum of Halifax, located

some of the interesting items Laura has researched, check out @navalmuseum-hfx on Facebook and Instagram!

Not only do the students enjoy working at CFB Halifax, but their supervisors also recognize the many benefits of student employment as well. Petty Officer First Class Philippe Anderson supervised Signe Caswell this summer at the Tribute Tower kitchen. Having Signe on board to assist was great, as “having the extra person is a big bonus because it took away stress, especially if the kitchen was short staffed on a certain day.” According to Anderson, Signe was always on time, took the job seriously, and was extremely hard working, all traits you would hope for in an employee.

Any placement within DND will always be a great learning opportunity, as most individuals learn by getting

hands-on, real-world experience. Securing a placement within DND means a safe and supportive environment in which students can learn about the federal public service, network with employees and gain valuable skills, all while getting paid. Many students will come back for multiple work terms (over half of those employed this summer were returning students) while others will seek and secure full-time, permanent positions.

For Downey, London and many other students, being employed at CFB Halifax has allowed them to grow, learn, meet wonderful people and apply textbook skills. Explains London, “I would highly recommend taking a job placement here [at CFB Halifax]; it really is an amazing opportunity for students.”



*Student employee Laura London scans documents at the Naval Museum of Halifax. London worked on a variety of projects this summer that supported the cataloguing and digitizing of the museum's collection.*

KYLE HOUGHTON, ASSISTANT CURATOR, NAVAL MUSEUM OF HALIFAX

This summer at Canadian Forces Base (CFB) Halifax, 43 high school and university students were employed across various branches as both university co-op students and participants of the Federal Student Work Experience Program (FSWEP).

Tyler Downey's summer job placement was with the Base Logistics Transport, Electrical and Mechanical Engineering (TEME) division as a student mechanic. Throughout his term, he was exposed to a variety of military and civilian vehicles, and was fortunate enough to tackle a number of different repairs. He was able to learn a lot, including helping to diagnose vehicle faults alongside his assigned mentor/licensed technician, generating praise to the people with whom he worked.

One of the benefits from doing a work placement while attending school is being able to see how it's done in real life instead of reading about it in textbooks. Downey's supervisor, Master Corporal Domenic Somma, was surprised at just how useful the hands-on learning was to Tyler, proclaiming that Tyler “learned more about the mechanical trade in his first week of placement

inside historic Admiralty House. How many students can say they were able to work in the unique environment of a 200-year-old house that has seen many uses and residents throughout the years?

Originally from Winnipeg, Manitoba, London moved to Halifax for university on a whim! She was on a family vacation to Halifax, stole her sister's credit card to apply to Dalhousie, was accepted and the rest is history; she will soon be completing her fourth year in Psychology at Dalhousie. This summer Laura worked on several different projects, starting with the cataloguing of military accessories and uniform buttons (many, many buttons)! She was also working on scanning artifacts, as the museum is entering the artifacts into a digital program to make it easier to find what people are looking for. London's favourite project by far, however, has been helping the museum with its social media content! She was able to research various items in the museum such as artifacts, artists and important people throughout Canada's naval history, creating engaging content for the museum's online followers. To see



## CAF members cast their ballots ahead of federal election

*Local Canadian Armed Forces members exercised their right to vote on September 8, 9 and 10 at three military polling stations at CFB Halifax and 12 Wing Shearwater. These polling stations were set up in support of the 2021 federal election, which is scheduled for September 20.*

SUBMITTED





RMC Saint-Jean held a badging ceremony for new cadets on September 11.

SUBMITTED

## Badging ceremony marks milestone for RMC Saint-Jean cadets

By Royal Military College Saint-Jean

A badging ceremony was held on September 11 for new Officer Cadets and Naval Cadets at the Royal Military College Saint-Jean in Saint-Jean-sur-Richelieu, Quebec.

“Today, we are celebrating our officer cadets’ first achievement since they joined the Canadian Armed Forces and completed the Basic Military Officer Qualification. This first step is something to be proud of!” said Col Gaétan Bédard, Commandant at RMC Saint-Jean.

As the Obstacle Course marks the end of the Orientation Program for new cadets, the Badging

Ceremony marks their official entry in RMC Saint-Jean’s Officer Cadet Wing. The ceremony also is typically an opportunity for intergenerational meetings between new cadets the Alma Mater. This year put a special focus on the Class of 1971, who entered into RMC Saint-Jean’s 50-year “Old Brigade”.

RMC Saint-Jean has worked hard to adapt to pandemic realities over the last year and a half, finding solutions to continue training while giving priority to the health and safety of all.



RMC Saint-Jean Commandant Col Gaétan Bédard speaks at the ceremony.

SUBMITTED

## Strengthening the Forces: Dealing with my COVID “19”

By Dr. Darrell Menard OMM MD

**Q:** I have worked from home for over a year because of the pandemic. In addition, I have limited my travelling to essential things like medical appointments and grocery shopping. Something I have not changed is my exercise routine which involves a combination of running, cycling and weights. Despite this, I have somehow put on 10 unwanted pounds. If the pandemic lasts another year, I could end up 19 pounds heavier than I want to be. Any idea why I’m gaining weight and any suggestions on how to avoid putting on my COVID “19”? - **Annoyed Alex.**

**A: Dear Annoyed Alex:** Congratulations on maintaining your fitness program during the pandemic! Unfortunately, weight gain during this pandemic is a common and concerning experience that could have long term negative consequences for people’s health. This pandemic related weight gain can be related to multiple factors such as:

1. Lack of access to exercise facilities

and equipment;

2. Limited time to exercise because of additional responsibilities such as home schooling and child care;
3. Loss of motivation as the pandemic drags on and people get discouraged;
4. Lack of exercise partners – challenging for people who prefer to stay fit playing team sports;
5. Decreased competitive opportunities – competition can be a powerful motivator to exercise; and
6. A reduction in people’s daily volume of low level activity.

This last factor is ambushing many people like yourself who have faithfully continued their normal exercise routine and find themselves gaining weight. Research shows that during the pandemic, many people are sitting an average of 75 minutes more per day. This loss of low intensity physical activity can add up to a lot of unburned calories especially when it occurs for a prolonged period of time. The problem

is, this reduction in activity level is so minor many people don’t realize it is happening.

Now that you know this loss of low level physical activity is occurring, here are some “Get More Active” strategies you can use to avoid developing your COVID “19”:

1. Increase the amount of time you spend exercising;
2. Reduce your calorie intake;
3. Try doing things the ‘hands on’ way – turn off your dishwasher, park your riding lawnmower, shelve your Roomba, etc.;
4. Regularly get up from your workstation and move around your home. Set reminders if you need to or walk through your entire house before and after going to the bathroom;
5. Increase the low level physical activity in your day – do more house and yard work, walk your dog farther than you normally do, use a bike to do local errands, plan activity adventures with your children, have

a family dance party, etc.; and

6. Use a ‘wearable’ device (i.e. Fitbit, Apple watch, etc.) to remind yourself how much you have or have not moved during your workday.

The bottom line: the pandemic has reduced the amount of low level physical activity in many people’s lives and this can lead to unwanted weight gain and future health problems. Now that you know this is happening, try the above “Get More Active” strategies to help you avoid gaining your own COVID “19”. Movement is medicine!

*Dr. Menard is the Surgeon General’s specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team, he works on injury prevention and promoting active living. Strengthening the Forces is CAF/DND’s healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members’ health and well-being.*





# SPORTS & FITNESS



## CAF Coaches in the spotlight across the country

By Ryan Melanson,  
Trident Staff

Canadian Armed Forces (CAF) Coaches Week takes place this year from September 19-27, and while the CAF Sports Program has been hit hard by the COVID-19 pandemic, many of our dedicated coaches have still been taking their roles seriously over the last 18 months. Thanks to this, military teams have kept in touch, practiced when possible, and will be ready to hit the field/ice/court when the time is right.

Meet two of the dedicated coaches who've helped keep their respective sports running in the Atlantic Region.

### LCdr Cindy Hawkins: CFB Halifax Mariners Women's Slo-Pitch

It's been nearly two decades since Slo-Pitch became an official Canadian Armed Forces sport, and LCdr Cindy Hawkins has been on the field since day one. She claimed gold at the very first CAF National Championship in 2002 with the CFB Esquimalt Tritons, and remains deeply involved with the women's team today at CFB Halifax, having spent time as team captain, coach, and manager.

Growing up in rural Newfoundland, LCdr Hawkins said the ball field near her house was always the place to be, and her love of the game stayed with her through to adulthood. Her military career began as a Reservist with HMCS Cabot in 1995, and she was introduced to base sports on the west coast after joining the Regular Force in 2000. She stepped away for a few years while her children were young, but has now been a constant presence on the Halifax Mariners team since 2010, earning a collection of CAF Regional and National medals along the way.

"It helps you stay

involved and stay connected with other people in the military," she said.

"When you're out at sea, basically that whole ship's company is your family, but when you're playing ball, that's your ball family, and that's special too."

As the Executive Officer at Fleet Maintenance Facility Cape Scott in Halifax, the leadership aspect comes naturally, and she also has experience coaching young girls with Baseball Canada. She's quick to give credit to her longtime teammate and co-coach PO1 Shaunda Lillington as well – the duo have dedicated countless hours to CAF Slo-Pitch in recent years, and they're looking forward to getting back on the field soon. While major events will wait until 2022 at the earliest, hopes are for a PSP Invitational Tournament to take place in Halifax this October.

"For me, it will be all about just seeing everybody together again. Our women's Halifax Mariners team has all played together for so long. These are strong friendships on and off the field," she said.



LCdr Cindy Hawkins has been key to the success of CAF women's slo-pitch in the Atlantic Region.

SUBMITTED

### S2 Adam Wadden: CFB Halifax Mariners Soccer

Sailor 2nd Class Adam Wadden only recently took over as head coach of the men's and women's soccer teams at CFB Halifax, but it's a role he's quite comfortable in. On the civilian side, he currently coaches with the Dartmouth United Soccer Club, as well as with the U15 AAA boys team for Soccer Nova Scotia. S2 Wadden said he's looking forward to using that experience to help out his Canadian Armed Forces colleagues once sports is back in full swing.

position was a natural fit. For the time being, his role has been mainly administrative and managerial, with his civilian coaching duties taking priority on the field due to busy, ongoing seasons. The base teams have still been practicing together, however, and when the CAF sports program is able to safely resume its regular schedule, S2 Wadden said he's excited to see what the team is capable of.

While coaching and passing on his knowledge to high-level youth players in civilian leagues has been rewarding, the military environment presents a



S2 Adam Wadden is coach of the CFB Halifax Mariner's soccer team.

RYAN MELANSON, TRIDENT STAFF

After joining the Royal Canadian Navy in 2018, S2 Wadden linked up with the Mariners team the next year to play at the CAF Atlantic Regional Soccer Championships, and was quickly able to see the potential benefits of making sports a part of his military career.

"It's been a great way to get to know people, and to interact with people from different ranks. It's been pretty cool to see people come together and the camaraderie that goes with that," S2 Wadden said.

He's now an NCI Op posted to HMCS Margaret Brooke, and as some injuries have held him back from playing recently, stepping into the coaching

different set of challenges to dig into.

"In the military it's unique because we have players at all different levels. Some played in university, some people played in high school a little bit, and some of our players are just people who wanted to get active and participate."

"I can't wait to really get into the groove and start coaching them."





# SPORTS & FITNESS



## CFB Halifax Curling Club looks forward to upcoming season

By Joanie Veitch,  
Trident Staff

Registration is open at the CFB Halifax Curling Club and after a disrupted and challenging season last year due to COVID-19 restrictions, manager Floyd Otto is looking forward to welcoming new and returning members to the club.

“Last year was hard, as we were either shut down or our capacity was reduced four or five times. We’re looking forward to starting up again and to see more people come out.”

Open ice begins October 1 and will include morning, afternoon and evening sessions. While returning members find their way back into regular league play, an instructional program to introduce new and inexperienced players to the basics of curling and rules of play will start in November. People who sign up for the instructional programs can either go on to play on a team in a

recreational league or continue to play socially.

“Curling is a great activity for anybody to do... it’s a sport for all abilities, no matter if a person is a beginner or more experienced,” Otto said. “It’s very social; you can take it slow or advance into competition.”

A junior program for youth will run on Saturday mornings as well, he said.

“We have a lot of military families and their kids who come here. It’s fun and it’s one of the least expensive things to do recreationally,” said Otto.

The club, which is located at Windsor Park, has a mix of civilian and military members and offers a variety of membership options. Current CAF members and DND employees receive a 20 percent discount and retired CAF members receive a seven percent discount on membership.

For the upcoming season, Otto is hoping to see more local units and ships get back into booking ice slots and bonspiels as restrictions ease. In past years, the club has had good participation from the Base.

“It’s a great team-building activity,” he said.

The club is also looking forward to planning a bit of a birthday celebration in the next couple of months. On January 15, 2021, the club marked its 50th year in operation, but the ongoing pandemic made for a muted celebration.

“We’ve got 50th logos in the ice but we’re planning to do something more to celebrate,” Otto said. “We’re just waiting to see how everything goes and what we can do.”

For more information go to [cfbhalifaxcurling.com](http://cfbhalifaxcurling.com) or phone 902-455-1444.



*The curling season is quickly approaching, with open ice beginning October 1 at the CFB Halifax Curling Club.*

SUBMITTED

## Tabata classes helped *Calgary* stay fit while deployed

By RCN PA

Two sailors in Her Majesty’s Canadian Ship (HMCS) *Calgary* hosted a different type of workout class on their ship during their recent Operation PROJECTION and ARTEMIS deployment: Tabata, a form of high-intensity interval training that uses many small sets of a wide variety of exercises.

“When I joined the military I was out of shape but I met people, learned a lot from them and eventually I really got into fitness and now I want to share that experience with others,” said Sailor 1st Class (S1) Michael Moores.

“Group fitness is a way to make getting into shape and learning about fitness manageable and it helps hold you accountable because others are there to cheer you on,” he added.

“The most interesting thing about Tabata is that it incorporates all different types of exercises. Whether its weight training, cross fit, cardio, martial arts – you can include anything,” said S1

Logan Hunder, who is hosting Tabata classes with S1 Moores.

The two sailors met at Esquimalt, B.C., in 2018 and bonded over their shared interest in eating healthy, fitness and trying new things. Since then, they have been posted to the same ship twice, most recently to *Calgary*. The Tabata classes started in 2020 when *Calgary* sailed for approximately 50 continuous days on Operation LASER. Saturdays on *Calgary* became Tabaturdays at sea.

“They put so much work into this it’s amazing – and they do it all on their own time in between watches. It’s great to see this kind of effort and enthusiasm in our junior ranks,” said Chief Petty Officer 1st Class Rick Derkacz, *Calgary*’s Operations Room Chief.



*HMCS Calgary’s S1 Michael Moores, a Naval Combat Information Operator, and S1 Logan Hunder, a Naval Communicator, lead Tabata workout classes on the ship’s flight deck to improve the physical fitness and wellbeing of the ship’s company.*

CPL LYNETTE AI DANG