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# TRIDENT

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

## HMCS *Frederickton* at sea with NATO

*HMCS Frederickton continues its Operation REASSURANCE as the flagship of Standing NATO Maritime Group 1, recently participating in Exercises DYNAMIC MARINER and JOINT WARRIOR off the coast of the UK. Read more inside on Page 4.*

MARCOM PA







The inaugural Stalker 822 Memorial Golf Tournament raised \$13,000 for Soldier On. Pictured with the cheque, S1 Shane Cowbrough, left, one of the main organizers of the event, and Soldier On Regional Coordinator Eileen Du Plooy.

MELISSA GAGNON PHOTOGRAPHY

# A time to remember

**Inaugural Stalker 822 Tournament held at Hartlen Point Golf Course**

By Joanie Veitch,  
Trident Staff

As the sun peeked over the horizon, a steady stream of people arrived at Hartlen Point Force Golf Club on September 27, all there to support and take part in the inaugural Stalker 822 Memorial Golf Tournament.

The event was organized by members of the Canadian Veterans Corps Nova Scotia, along with friends and family members of the crew members who died in the tragic helicopter crash off the coast of Greece in April 2020 while on deployment with HMCS *Fredericton*.

Since the unveiling of the memorial at the Shearwater Aviation Park on April 29, 2021 — the one-year anniversary — the tournament marked the first time people could gather in larger numbers. For friends and family of the crew members, along with military members from the area and others, it was a special moment — a chance to reminisce and pay tribute.

"It wasn't enough just to have the Shearwater Memorial, I wanted to have something that would leave more of a happier memory... something we could do as families and friends and something we could all be at together," said S1 Shane Cowbrough, father to SLt Abigail Cowbrough, and the main organizer of the event.

SLt Cowbrough was one of the six crew members on the CH-148 Cyclone

helicopter - Stalker 822. Other members who lost their lives include: Master Cpl Matthew Cousins, Capt Kevin Hagen, Capt Brenden MacDonald, Capt Maxime Miron-Morin and SLt Matthew Pyke.

SLt Pyke's fiancée Helen Hines drove in from their home in Grand Lake to volunteer at the registration table. His father, David Pyke, came in from Brookfield, wearing a blazer and the Memorial Cross he received after his son died.

Catching up with one another and greeting others just arriving, both said they were feeling a huge weight of emotion.

"Because of COVID, we haven't been able to get together. We haven't even had Matt's funeral yet. It's been a really hard time, but it's good to be here together," said Hines, smiling up at her fiancé's father.

As registration got underway, S1 Cowbrough spoke to the participants as they assembled, with physical distancing, in the parking lot. He informed them that inside the clubhouse a video loop was playing, with photos of each of the crew members — courtesy of their families — and that the fifth hole had been set up as a memorial site with flowers.

"It's the prettiest spot on the golf

course, with a beautiful view... a nice spot to stop and take a moment for reflection," he said.



SLt Matthew Pyke's fiancée Helen Hines and his father David Pyke attended the inaugural Stalker 822 Memorial Golf Tournament.

JOANIE VEITCH, TRIDENT STAFF

While not playing in the tournament, David Pyke said he planned to walk about and visit the memorial at Shearwater later in the day for "some quiet time" on a busy day.

The event sold out quickly, with all proceeds going to Soldier On, a program of the Canadian Armed Forces (CAF), which supports the recovery

and rehabilitation of military members and veterans struggling with physical and mental injuries through sport and recreational activities.

We chose them because every dollar they receive in donations gets to the actual veterans themselves," said S1 Cowbrough. "As a member of the UN NATO vets, I know there are a lot of our members who have already used their services, so I knew the organization we were getting involved with is one that is close to and supports our veterans."

Eileen Du Plooy, regional coordinator (NS/NL) for Soldier On, said she was grateful for the generosity and support

of the program.

"Soldier On's motto is to adapt, overcome and soldier on," Du Plooy said. "What transpired at this event, coming together and healing through sport, is the driving force behind our program."





# MARLANT marks National Day for Truth and Reconciliation

By Trident Staff

Canada recently observed its first ever National Day for Truth and Reconciliation on September 30, and the local military community marked the day in a number of ways. Members attended a smudging ceremony at Stadacona on September 28, led by the MARLANT Defence Aboriginal Advisory Group and Hon Capt (N) Debbie Eisan, an elder with the local Mi'kmaw Native Friendship Centre. MARLANT personnel assisted in setting up teepees and other equipment for the main municipal event at the Halifax waterfront, and a large contingent of members in uniform also attended that community

ceremony on the morning of September 30, along with reconciliation-minded events that continued through the weekend in Halifax.

MARLANT also raised the orange Every Child Matters flag on September 30 across various CFB Halifax locations and on the ships of the Atlantic Fleet.

Nationally, a statement was issued by Acting Chief of the Defence Staff LGen Wayne Eyre and Deputy Minister of National Defence Jody Thomas. It encouraged members of the CAF and DND community to find ways to participate in the reconciliation process with open minds and hearts.

“We all have to start somewhere. Everyone on our Defence Team will approach reconciliation differently — each of us starting from a different place of experience and appreciation. Reconciliation is not about shaming ignorance but actively working to bring about understanding through open, honest dialogue,” the statement reads.

The following resources have also been suggested as a starting point for personal learning.

[Understanding the National Day for Truth and Reconciliation](#)

[Truth and Reconciliation Commission: They Came for the Children](#)

[Truth and Reconciliation Commission 94 Calls to Action](#)

[National Day for Truth and Reconciliation \(forces.gc.ca\)](#)

[CDS Direction and Guidance to CAF members September 30th National Day for Truth and Reconciliation](#) (CAN-FORGEN-Internal to CAF only)



Hon Capt(N) Debbie Eisan and others led an educational smudging ceremony for interested CFB Halifax members in the garden outside Admiralty House on September 28.

RYAN MELANSON, TRIDENT STAFF



Members of the MARLANT Defence Aboriginal Advisory Group were at CFB Halifax morning colours on September 29 for the raising of the Every Child Matters flag in honour of Residential School victims and survivors. The flag was raised again on September 30, the National Day for Truth and Reconciliation.

CFB HALIFAX PUBLIC AFFAIRS



A team of sailors assisted the Mi'kmaw Native Friendship Centre with setup at the Halifax waterfront ahead of events marking the National Day for Truth and Reconciliation on September 30 and continuing into the following weekend.

MARLANT PA



The Every Child Matters flag was flown by HMCS Montr, seen here, along with other ships of the Atlantic Fleet, on September 30. Montreal also held a service on board for crew members as a way to honour the tragic history of Residential Schools and contribute to the process of reconciliation.

S2 SAIF MORSY, HMCS MONTREAL





# Action-packed graphic novel stars HMCS Sackville

By Joanie Veitch,  
Trident Staff

HMCS *Sackville* takes centre stage in a new graphic novel that tells the story of the Battle of the Atlantic from a young naval reservist's perspective – and just as the book shows how perseverance and courage won that lengthy battle, the story behind the making of the book also demonstrates a significant triumph of will.

Through detailed illustrations and a compelling plotline, *Dusty Dreams and Troubled Waters* follows young Wally, a farm kid growing up on the prairies in the 'Dirty Thirties,' who goes on to join the Naval Reserve after the onset of the Second World War. After travelling to Nova Scotia for basic training in April 1942, Wally is selected as a gunner and assigned to join the crew of HMCS *Sackville*.

As one of Canada's 123 small but mighty Flower-class corvettes, *Sackville* played a critical role in escorting convoys of merchant vessels from St. John's, Newfoundland to Londonderry, Northern Ireland, defending Allied ships from German U-boat attack during the Battle of the Atlantic.

Text and illustrations combine in this graphic novel, bringing the character of Wally to life and creating action-packed scenes of high intensity. In a section of the story titled "Action Stations," for example, vivid drawings depict *Sackville* encountering three U-boats in three separate incidents on August 2, 1942.

"It's a lively and engaging read," said Doug Thomas, a member of the Canadian Naval Memorial Trust, the non-profit organization that oversees the preservation of HMCS *Sackville* as Canada's naval memorial ship, speak-

ing at a book talk on September 12.

Hosted by Nimbus Publishing aboard HMCS *Sackville* at the ship's berth on the Halifax waterfront, the talk featured discussion by both Thomas and Susan Tooke, the book's co-illustrator, as they told the story of the making of the book.

The initial idea for the project was conceived in 2012, Thomas said, following a conversation he had with Richard Rudnicki, who did most of the artwork.



*Susan Tooke, co-illustrator of Dusty Dreams and Troubled Waters, a graphic novel about HMCS Sackville and the Battle of the Atlantic, as told through the perspective of a young naval reservist.*

JOANIE VEITCH, TRIDENT STAFF

Rudnicki had done several military art pieces in the past — he was artist-in-residence at the Army Museum Halifax Citadel for many years — and was known for his compelling style and attention to detail, Thomas said.

"We were hoping for a book to catch the interest of young people, so they can learn about this incredible piece

of history we have, right here," said Thomas.

The book's author, Saskatchewan writer Brian Bowman, was also a good fit for the project, Thomas said. Like Wally in the story, Bowman's father had grown up on the prairies and served on one of the corvettes — HMCS *Edmundston* — during the Second World War.

Between Bowman visiting HMCS *Sackville* on the East Coast and Rudnicki visiting Bowman in Saskatchewan, the two worked together to tell the story of HMCS *Sackville* and its role in the fearsome Battle of the Atlantic — checking in with Thomas and other members of the Canadian Naval Memorial Trust for technical and historic advice along the way.

As is the way with many projects, other work and life got in the way and slowed progress but the duo were nearing the finish line when tragedy struck. On November 4, 2019, at 68 years of age, Richard Rudnicki died in his sleep at his home in Port Royal, an historic farm property he and his wife, Susan Tooke, had bought the year before.

"It was a complete shock," Tooke said. "No one, least of all Richard himself, would have expected it."

An accomplished artist herself with several books to her credit, Tooke decided to complete the project on her husband's behalf.

"The idea of the book not being

completed was terrible to me... Richard had done such extensive research and had worked so hard on the project, that it might not get finished... I couldn't stand the thought of that."

Tooke gave herself a crash course in the illustration software Rudnicki had been using and tried to replicate his distinct style. "It was intimidating... to try to copy another artist's style... you can only do that to a certain degree," she said.

Working with notes and sketches Rudnicki had left, Tooke finished the project in just a few months, checking in with Thomas and other members of the Canadian Naval Memorial Trust at every step to ensure accuracy in her drawings.

Signing the book on her husband's behalf following the talk, Tooke said she was feeling a great sense of relief to have the book published and know it's now going out to readers far and wide.

"Richard was dedicated to this project. It's still very much his project... I feel as though I'm here representing him and his work," she said. "It was a challenge — both artistically and emotionally — to finish his work, but it's good to be able to stand here, on this ship, and know the project is completed."

Copies of *Dusty Dreams and Troubled Waters: a story of HMCS Sackville and the Battle of the Atlantic* are available from the Canadian Naval Memorial Trust at HMCS *Sackville* or from Nimbus Publishing's online store: [nimbus.ca/store/dusty-dreams-and-troubled-waters.html](https://nimbus.ca/store/dusty-dreams-and-troubled-waters.html)

## Cadet command team holds town hall, visits local cadets



The command team also visited local cadet corps and squadrons during their stop in Halifax. Here, Formation Commander BGen Speiser-Blanchet presents Cadet FSgt Abbie MacEachern with the Cadet Commander's Coin at the Estabrooks Community Hall on September 21.

CPL MITCHELL PACQUETTE



BGen Jamie Speiser-Blanchet, Commander of the Cadets and Junior Canadian Rangers Formation, and CPO1 David Bliss, Formation Chief Warrant Officer, pictured here, visited the area recently, holding a town hall for members of Regional Cadet Support Unit (Atlantic) on September 22 in building SH270 at 12 Wing Shearwater.

CPL OLIVIA MAINVILLE





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

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Canadian Forces Base Halifax  
Building S-90  
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*HMCS Fredericton sails off the coast of Scotland in the lead up to Exercise DYNAMIC MARINER 21 last month.*

MARCOM PA

# Exercise DYNAMIC MARINER brings together 12 NATO partners

By MARCOM PA

12 NATO Allies participated in the NATO exercises DYNAMIC MARINER-21 and JOINT WARRIOR 21-2 off the coast of the United Kingdom from September 18-30.

Exercise DYNAMIC MARINER tests NATO's Response Force Maritime Component (NRF/M) and interoperability with NATO forces, enhancing flexibility and improving the ability to work together among Allied nations.

The exercise brought together 20 surface ships, 2 submarines, 7 maritime patrol aircraft and other air assets, with military personnel from Belgium, Canada, France, Germany, Latvia, Netherlands, Norway, Portugal, Romania, Spain, United Kingdom and the United States.

DYNAMIC MARINER was led by NATO Maritime Command in coordination with Joint Tactical Exercise Planning Staff of the Royal Navy, and took place alongside RN Exercise DYNAMIC MONGOOSE.

The exercise also involved Standing NATO Maritime Group One (SNMG1), led by flagship HMCS *Fredericton*, and Standing NATO Mine Countermeasures Group One (SNMCMG1), two of NATO's Standing Forces on active duty that contribute to the Alliance's collective defence on a permanent basis.

"Enhancing operational readiness is essential to our ability to deter and defend. NATO Exercise DYNAMIC MARINER-21 and U.K. Exercise JOINT WARRIOR 21-2 both demonstrate Allied interoperability and the responsiveness of air and maritime assets," said U.S. Air Force Major General Phillip A. Stewart, Deputy Chief of Staff Strategic Employment, Supreme Headquarters Allied Powers Europe. "This cooperation precipitates a well-trained capability, greater than the sum of its parts."

NATO's maritime strength lies in the ability of the Standing Forces and National Response Force elements to rapidly join with high readiness, high capability national forces and task groups. Regular training between these groups is a force multiplier and provides a collectively trained and interoperable capability that NATO can confidently deploy if necessary.

The NATO Response Force (NRF) is a highly ready and technologically advanced multinational force made up of land, air, maritime and Special Operations Forces (SOF)

components that the Alliance can deploy quickly, wherever needed.

All NATO missions have robust procedures in place to protect participants and the public and prevent the spread of COVID-19 virus.

All NATO forces are able to continue conducting missions in a manner that takes precautionary measures, while still ensuring readiness. THEY remain prepared, vigilant, and ready to act if called upon.

Collective defence remains the Alliance's greatest responsibility and deterrence is a core element of NATO's overall strategy – preventing conflict and war, protecting Allies, maintaining freedom of decision and action, and upholding the principles and values it stands for.



*A member of HMCS Fredericton is seen in the ship's Operations Room while participating in at-sea scenarios during Exercise DYNAMIC MARINER 21.*

MARCOM PA





# FMF Cape Scott barber retiring after 38 years

By Joanie Veitch,  
Trident Staff

After 38 years doing military haircuts, Christine Goodridge is packing up her clippers. On September 22, Goodridge retired from her position as barber at Fleet Management Facility Cape Scott.

She got her start as a military barber in late summer 1983. To put how long ago that was into context, Return of the Jedi was the big blockbuster summer movie that year, and Madonna had just released her debut album.

"Thirty-eight years is a long time," Goodridge said. "I still love cutting hair... but I'm tired. You know when it's time... and it's time for me."

Goodridge, who grew up in Mill Cove, NS, near Hubbards, got her start in the hair-cutting business early. In fact, when she finished her training at the Atlantic Barbering and Hairstyling Academy she was the youngest registered barber in North America, at just 16 years of age.

Working first at the iconic Golden Clipper – back when it was still on Spring Garden Road – and then at a hair salon on Dalhousie University campus, Goodridge had already decided that she preferred barbering to hair-styling when a friend recommended her for the military barber job.

"The barber up at Stad was having trouble with his barbers... drinking on the job, not showing up... that sort of thing. A friend I'd gone to school with suggested he give me a try. He did, and it worked out," she said.

Although Goodridge says she was "petrified" when she first started out, she fell in love with the job immediately, especially the pace of work.

"I loved the speed. The time would just fly by, especially on the days we'd get an entire ship's company. That's what it was like then, they might bring in 100 men and say they'd be back in a couple of hours to get them," she said.

So how fast can she do a regulation military haircut?

"If you're in a rush, I can do a full haircut in three minutes," Goodridge laughed.

When she first began cutting hair on the Navy base, Goodridge worked in a traditional-style barbershop on Stadacona's A block outfitted with a classic red Belmont barber chair — the same chair that now sits in the Submarine Trainer that trains personnel on the Victoria-class submarines.

After that shop closed, Goodridge moved down to HMC Halifax Dockyard, to a shop near the former Fire Hall, before her final move to FMF Cape Scott in 2004 — on the second floor, down the hall from the cafeteria.

Over the years, Goodridge has cut the hair of thousands of sailors, many of them repeat customers who she first

met as newly-joined recruits, some going on deployment for the first time.

"I remember when the Gulf War started in 1991, I was really busy as they'd had orders to go. I had two young French guys going out, they'd never even been on a ship before and here they were going off to war. I could feel their fear," she said, her smile dropping for a moment before shaking her head and cracking a joke. "I've often said, I'm the world's cheapest therapist."

One of the most interesting parts of the job, Goodridge said, is that in the run of an average day she would have a range of customers — from the top brass to the lower ranks, and everyone in between.

Some canny officers would tap into the knowledge they knew Goodridge gleaned from conversations with the junior ranks as she cut their hair. Back in the early 2000s, for instance, when Rear-Admiral Bruce MacLean held command of MARLANT, he'd regularly stop in for a haircut and a chat.

"How's my dockyard doing?" That was always his first question," Goodridge said. "I'd never reveal my sources, but I'd be honest about what I was hearing. You do hear a lot of things if you know how to be quiet and listen."

Although she knows it's the right time to leave, it won't be easy, Goodridge said, shedding a few tears as she recounts how many people have dropped into the barbershop to say farewell.

"In the past if someone would get posted it was never a big deal because they're Navy guys and they would always end up back here at some point so we'd just say 'See ya!'," she said. "Word's gotten out that I'm leaving now and a lot of my older customers have come round. It's been so nice... but it's hard because we're really saying goodbye this time."

The barbershop at FMF Cape Scott will remain open, with Amanda and Letitia "taking the baton," Goodridge said.

And for Goodridge? She'll continue with her "second job" of property management, and enjoy spending time with her four cats.

"I'm going to miss it here. It has been a joy... it's been my life."



Christine Goodridge retired on September 22 after working 38 years as a military barber. Pictured here in the barbershop at FMF Cape Scott, Goodridge stands beside a bulletin board full of currency from all over the world, brought to her by sailors over the years. She started the board in memory of a young CAF member who had brought her bills from Russia, and later died. "I wanted to remember him so I put them up on the board. That's how it started," she said.

JOANIE VEITCH, TRIDENT STAFF

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*HMCS Harry DeWolf recently became the first Royal Canadian Navy ship since 1954 to successfully traverse the Northwest Passage.*

CPL SIMON ARCAND

## Two milestones completed during HMCS *Harry DeWolf*'s historic circumnavigation deployment

By Lt(N) Lisa Tubb,  
HMCS *Harry DeWolf*

Canada's first Arctic and Offshore Patrol Ship just ticked off two major milestones.

As of Sept. 12, HMCS *Harry DeWolf* has completed its first operational deployment, Operation NANOOK 2021, and was the first in its class to sail through northern waters.

Op NANOOK is Canada's signature northern operation that has a series of comprehensive activities designed to exercise the defence of Canada and secure our northern regions.

For *Harry DeWolf*, it was no ordinary deployment, as this voyage presented an opportunity for the crew to experience an element of Canadiana. Ship and crew charted their northern course via a historic route born from a tragic beginning. For the first time since HMCS *Labrador*'s northern voyage in 1954, a Royal Canadian Navy ship sailed westward through the Davis Strait to the Beaufort Sea, and successfully traversed a path through the fabled Northwest Passage. It is the same route taken by the infamous 1945-46 Franklin Expedition, which was lost with all hands in the same area.

"Having the opportunity to sail the same route the ill-fated Franklin Expedition did some 76 years ago is like having a classroom at your doorstep,"



*A member of the ship works on one of Harry DeWolf's 25mm machine guns during their recent Op NANOOK deployment.*

CPL SIMON ARCAND

says Commander Corey Gleason, *Harry DeWolf* Commanding Officer. "Honoring our skills as mariners during Op NANOOK, and also being exposed to history and the beauty and culture of the Arctic, it has been a great experience for all on board."

### Operation NANOOK

Throughout the operation, *Harry DeWolf* demonstrated the ability of both its crew and the Arctic and Offshore Patrol Ship to operate in northern

waters. Alongside HMCS *Goose Bay* and ships from the Canadian Coast Guard and the United States Coast Guard, *Harry DeWolf* participated in exercises that simulated responses to a major maritime incident.

Ship's crew also gained invaluable knowledge from training and working alongside four

RCMP personnel and one United States Navy member embarked for the operation. Understanding how domestic and international partners operate in the challenging Arctic environment will only add to the capacity to deploy and operate in the region.

"The Arctic is an incredibly beautiful yet unforgiving place," says Lt(N) Tania Noel-Giroux. "Getting the chance to work alongside our American and

RCMP colleagues in this setting has been incredible."

The strongest links forged were between *Harry DeWolf* crewmembers and citizens of local communities visited along the route, which included Pond Inlet, Grise Fjord, Arctic Bay, Cambridge Bay, and Kugluktuk, Nunavut. Sailors were humbled and proud to introduce the first-in-class Arctic and Offshore Patrol Ship to its affiliated communities within the Qikiqtani region of Nunavut. They hosted community barbecues and listened intently to locals' stories about their culture and way of life, and welcomed community members, leaders, and elders aboard for tours. Cdr Gleason often invited visitors to sit in his captain's chair.

"This is your ship," he said to them. "Whenever you see the number 430 come into your community, know that we are here for you."

Operation NANOOK 2021 ran from Aug. 3 to Sept. 12, which marked the beginning of *Harry DeWolf*'s ongoing deployment – the circumnavigation of North America.

Next up for the ship is a short stop-over in Esquimalt in October before *Harry DeWolf* sets sail for Operation CARIBBE.





A group of 10 Tactical Data Link (TDL-400) JICO candidates worked out of a Joint Interface Control Cell at the Osbourne Head facilities in Eastern Passage, NS, during Exercise CUTLASS FURY. Candidates are seen here on September 7 alongside CFB Halifax personnel during a tour of the facility.

CPL BRADEN TRUDEAU

## TDL-400 JICO Course: Exercise CUTLASS FURY 21

By Brian Clancy,  
DMSC Comox

“Lose sight, lose the fight” goes the old fighter pilot adage. In modern warfare however, this is even more valid due to the complexity and speed of engagements. By applying today’s advanced Tactical Data Link (TDL) technology to provide the “sight” for the Commander, you get an ideal solution. TDL networks are quite complex and require a great deal of planning and coordination to manage successfully. This role is performed by the Joint Interface Control Officer (JICO) and assigned staff. The recent Exercise CUTLASS FURY 21, a major east coast joint and multi-national exercise, was the perfect

venue to qualify 10 new JICO candidates from across the Canadian Armed Forces.

Tactical Data Link (TDL-400) JICO candidates are drawn from the RCN, CA and RCAF. This course is the final validation in which the students apply the theory gained throughout the TDL 100, 200, and 300 courses, along with their unique operational backgrounds in the TDL environment. As the students will tell you, their previous experience is never enough to make this course anywhere near easy. Students began the first week of the course in class, then set up an entire Joint Interface Control Cell (JICC), from which they controlled the complex TDL network for Ex CUTLASS FURY. Also involved was the Medium Range Radar from 4th Artillery Regiment (General Support) and the Aurora’s Deployable Mission Support Centre, plus connections to the Canadian Air Defence Sector, the ships at sea, aircraft over-head, and Regional Joint Operations Centre (Atlantic), making for



S3 Edison Ducusin, a Marine Technician, closes the filter of HMCS Toronto’s Controllable Reversible Pitch Propeller during CUTLASS FURY exercises on September 15.

MCPL MANUELA BERGER

a fantastic learning environment.

Over the next two-weeks, JICO students operated the watch 24/7, along with four junior Data Link Operators from the RCAF and RCN. The students were evaluated on their abilities not only as the daily JICO but also as JICC Watch Officers. They were required to demonstrate detailed knowledge on a wide range of hardware, software and procedures key to the TDL environment. Dynamic scenarios challenged each student – at times these were “instructor induced” but frequently real-world problems emerged which required team problem-solving. The result was an extremely challenging JICO

training environment; equally important, the strong relationships, forged in adversity, built amongst the JICO students will be something they rely on going forward in their careers. The junior Data Link Operators provided the additional benefit to the course by sharing their professional experiences. The JICO students were able to mentor these junior operators, hoping to build the next generation of JICOs. So it’s a

win-win all around.

As a final note, we would be remiss in not sending a huge thank you to the tireless and unwavering support of our instructors whose professional acumen and very long hours transformed course theory into a superb live training environment.



A ship’s diver from HMCS Toronto dives from a CH-148 Cyclone, call sign RAPTOR, as part of Exercise CUTLASS FURY activities on September 15.

MCPL MANUELA BERGER





# CUTLASS FURY 21 wraps up off Newfoundland



HMCS Toronto conducts 2-Point Replenishment at Sea (RAS) with MV Asterix on September 14.  
CAPT TREVOR ACKLAND



MS Rosalie Houle Carrière, a Naval Communicator onboard HMCS Toronto, fixes the halyards on the mast with S2 Elizabeth Baker and S3 Michael Belliveau looking on.  
MCPL MANUELA BERGER



The submarine HMCS Windsor sails off the coast of Nova Scotia during Exercise CUTLASS FURY. Windsor made headlines during CUTLASS FURY thanks to public sightings in Halifax Harbour, and again in St. John's, NL.  
CAPT TREVOR ACKLAND



S1 Malcolm MacDonald logs the chiller during Pre-Wash Rounds in HMCS Toronto on September 15.  
MCPL MANUELA BERGER



RAdm Brian Santarpia, Commander MARLANT and JTFA, spoke to CUTLASS FURY participants in St. John's, NL as the exercise wrapped up.  
MCPL MANUELA BERGER





# Harry DeWolf commemorates 20th anniversary of 9/11 at sea

By Lt(N) Lisa Tubb,  
HMCS Harry DeWolf

In the early hours of a Saturday morning at sea in the Canadian Arctic, while deployed on Operation NANOOK 21, several crewmembers of HMCS Harry DeWolf solemnly assembled on the starboard bridge wing to raise a flag to half-mast. It was the Flag of the United States that unfurled in the wind. The day was September 11.

United States Navy Lieutenant Junior Grade (LTJG) Kyle Luchau thought he would be the only person commemorating the 20th anniversary of the 9/11 terror attacks while attached to this Canadian warship. However, as many Canadians did on that day 20 years earlier, the crew of Harry DeWolf jumped at the chance to support their American friend. After raising the American Flag, the Bridge Watchkeeper began a day-long narration of events from September 11, 2001, over the ship's intercom system in real time. Each time the bridge watchkeeper announced the next chronological event – planes taking off, their collisions with the World Trade Centres, the evacuation of lower Manhattan – the crew paused from

their task at hand to listen and reflect.

LTJG Kyle Luchau had been on board since embarking in Iqaluit, Nunavut, on Aug. 11. His embarkation was conducted with the goal of strengthening his skills as a naval officer through familiarization and experience with Canadian operating systems and procedures, while further fostering the relationship between the two nations.

LTJG Luchau said he was humbled by the response and support he received from his Canadian crewmembers. "Being on this ship for a month now, I've learned so much about just how connected we really are, and how much this event has affected Canadians and other nations. This will be an

extremely memorable moment for me, not only from this sail, but over my career."

Throughout the day, crew members also completed 2,996 burpees, one for each person who died that day. Crewmember Sergeant Matthew MacDonald, the ship's meteorological technician, opted to end his daily weather update by sharing his memory of September 11, 2001, with the crew, and invited everyone to reflect on their day 20 years ago. "I don't have the greatest memory, but that day is still pretty clear. I was sitting in my Grade 10 biol-

ogy class in Prince Edward Island, and the lessons stopped. We rolled as many TVs into classrooms as we could and watched the news; everyone processed the events of 9/11 on their own time. A year later, I decided to join the Canadian Armed Forces to do my part in protecting my country, with the events of 9/11 still fresh in my mind."



U.S. Navy sailor Lieutenant Junior Grade Kyle Luchau salutes as the United States flag is raised to half-mast on board HMCS Harry DeWolf in commemoration of 9/11.

HMCS HARRY DEWOLF

## Padre's Corner: Time for a Buddy Check

By OCdt AJ Cottreau,  
Chaplain, CFB Halifax

**Buddy Check.** It's a phrase every military member has heard a thousand times. For some, it goes in one ear and out the other, with nothing more than a nod, because it doesn't apply to them. But for others, it can mean life or death.

With us recently marking the 20th anniversary of 9/11, as well as all of the recent news coming out of Afghanistan, the CAF Buddy Check system has been getting a lot of use. And thankfully, people are paying attention.

When the attacks on 9/11 happened, the world came to a standstill. It was a pivotal moment in history, one that divided our lives into "before" and "after." Ask anyone who was of age on that day in 2001 and they will be able to tell you exactly what they were doing

on that Tuesday morning.

As if all of the emotions surrounding the 9/11 anniversary weren't enough, the Taliban have once again seized power in Afghanistan. With that news, many CAF members are struggling with questions like "Was it worth it? Did it even matter that we went there?"

Well, to quote a fellow military widow, Monica Bobbitt (@agoatrodoblog on Twitter):

*"You're damn straight it matters. For 20 years, Afghans had a better life. Because of us. For two decades, girls got to attend school. Women could vote and hold jobs in government. Because of us. Their lives weren't perfect, but they were better. Because of us. And that matters. It doesn't stop mattering now."*

Serving our country, whether on foreign soil or here at home, matters. Each member of the CAF matters, and now more than ever, we need to look out for one another. We all have a story to tell, and some of those stories are more difficult than others to hear. Some have experienced pain and trauma that we could not imagine. The anniversary of 9/11 and the recent news out of Afghanistan are triggering those memories for many of our CAF members.

So it's time for a Buddy Check. Let's reach out to one another. You don't have to be a chaplain or social worker or a sentinel to check on a buddy. You just have to be a friend.







# SPORTS & FITNESS

## Naval Officer wins gold at World Arm Wrestling Championships

By Joanie Veitch,  
Trident Staff

Lt(N) Will Sarty brought home two gold medals for Canada at the World Arm Wrestling Championships in Orlando, Florida last month, winning the top prize in the right-arm matches on September 18, and hitting repeat the following day in the left-arm competition.

He placed silver in overall points and also won Team Canada's Team Captain Award. Team Canada sent 14 athletes to the international championship event.

While making it to the podium was Lt(N) Sarty's goal going to the world championship event, it was a technical snafu that ended up creating the memory he said he will cherish most.

It happened after his first win, on "left-arm day". Lt(N) Sarty was standing on the podium in the gold-medal spot with two American athletes standing in the bronze and silver spots on either side of him. He had his Canadian flag and was waiting for the national



*Lt(N) Will Sarty in action at the World Arm Wrestling Championships in Orlando, Florida.*

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just standing there and Team Canada, realizing what's going on, started to sing the national anthem. They drowned out the whole room," he said. "It gave me goosebumps. I'll remember that moment forever, for sure."

This was Lt(N) Sarty's fifth time representing Team Canada at the arm wrestling championship, but his first time coming home with gold. After suffering a devastating injury at the world championship in 2013, Lt(N) Sarty was still able to compete, but he was struggling and in so much pain he decided to retire from the sport in 2016.

However, after going through intensive rehabilitation through the PSP Reconditioning program and making some major lifestyle changes — such as beginning a practice of daily yoga and switching to an all-vegan diet — Lt(N) Sarty began to recover. While on deployment in Latvia in early 2020, he felt strong enough to begin arm wrestling again and before long had regained his strength to the point that he began to plan for the 2021 world championships — and taking the top prize.

That goal achieved, Lt(N) Sarty said he won't compete in the world championships again, planning instead to focus on regional and national competitions, and coaching at his local club in Lower Sackville.

"I love the community aspect of the sport; everyone supports one another. Having gone through injury and being away from competition for so long, it was a good eye-opener for me that there are so many ways to continue to be involved and contribute to the sport," he said.

Lt(N) Sarty said he's grateful for the support he received from his unit at 5th

Canadian Division, from the financial and administrative support to the backing of his coworkers.

"They were pulling for me. A lot of the division watched the event and were sending me messages...that meant a lot."



*Organizers didn't have the Canadian national anthem on hand during the medal ceremonies, but other Canadians in attendance chimed in and sang the anthem themselves.*

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"I knew I was strong going into this. I felt really good... it was like everything was in high-definition," Lt(N) Sarty said. "I felt invincible... at the World's, being in the right headspace is 60 per cent of the game."

anthem to play — but nothing was happening.

"They didn't have our national anthem. Whoever wins first, they're supposed to play the country's national anthem but they didn't have it. So I'm



*Lt(N) Sarty's gold medals, won in both the left arm and right arm competitions.*

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