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

HMCS *Summerside* receives Admiral's Bell

The 2021 Admiral's Bell award was awarded to the ship's company of HMCS Summerside on November 4, with RAdm Brian Santarpia, Commander MARLANT and JTFA, making the presentation to Summerside Commanding Officer LCdr Jeff Anderson. The Admiral's Bell is presented each year to a ship demonstrating the best overall efficiency, morale and leadership among MARLANT's Maritime Coastal Defence Vessels.

MONA GHIZ, MARLANT PA





New CSC Project Management Office opens in Dartmouth

By Joanie Veitch,
Trident Staff

The team at the Project Management Office, Canadian Surface Combatant (PMO CSC) Halifax detachment, celebrated their office's grand opening with a barbecue and ribbon-cutting ceremony on October 18.

Wielding a giant pair of scissors, Commodore Rob Gray, Project Manager with the Canadian Surface Combatant Project, and Captain (N) Sean Williams, Base Commander of CFB Halifax, cut the ribbon, officially opening the office at the Bluenose Building on MicMac Boulevard in Dartmouth.

The office, which is part of a larger office complex owned and operated by J.D. Irving Ltd., is 24,000 square feet and currently holds about 70 employees, with more expected as the CSC project begins to ramp up.

As part of the National Shipbuilding Strategy, the CSC project will see 15 new warships built for the Royal Canadian Navy, replacing the retired Iroquois-class destroyers and the Halifax-class frigates. Construction of the first CSC vessel is expected to begin in 2023-2024.

Even in normal times, a large amount of work happens behind the scenes to get an office up and running. In preparation for the grand opening event, Cmdre Gray said he asked Tom Wyand, the

Deputy Project Manager, for some key highlights.

"I received four pages of bullet notes, citing over 50 individual elements of work of dozens of individuals and many organizations," said Cmdre Gray. "For those of you who work in this building, I hope you take a moment to reflect on the sheer magnitude of what has been accomplished. This is truly a collaborative effort... and all done during a world-wide pandemic."

During his speech, Cmdre Gray listed some of the many people and organizations who worked to get the new facility operational, including CFB Halifax base Information Services for their support on IT issues, Lt(N) David Palmer, Marine Systems Engineer with PMO CSC, and CPO2 Andrew Batchilder, who worked with the Naval Museum of Halifax to arrange for some of their artifacts to be displayed at the new building. Adding visual interest and historical context to an otherwise neutral working space, one of the displays that garnered attention at the opening celebration was a small hydrofoil built as a precursor to HMCS *Baddeck*.

"It's a great display to have here, to have the space to show something like this that would otherwise be in storage," said CPO2 Batchilder.



Capt (N) Sean Williams, left, and Cmdre Rob Gray cut the ribbon to officially open the Project Management Office, Canadian Surface Combatant, Halifax Detachment, on October 18.

Le Capv Sean Williams, à gauche, et le Cmdre Rob Gray coupent le ruban pour l'ouverture officielle du Bureau de gestion de projet du navire de combat de surface canadien, détachement d'Halifax, le 18 octobre.

JOANIE VEITCH

Ouverture d'un nouveau Bureau de gestion de projet du NCSC à Dartmouth

By Joanie Veitch,
Trident Staff

L'équipe du Bureau de gestion de projet, navire de combat de surface canadien (BGP NCSC), détachement d'Halifax, a célébré l'ouverture officielle de son bureau au moyen d'un barbecue et d'une cérémonie d'inauguration le 18 octobre.

Grâce à une paire de ciseaux géante, le commodore Rob Gray, gestionnaire de projet du navire de combat de surface canadien, et le capitaine de vaisseau Sean Williams, commandant de la BFC Halifax, ont coupé le ruban, ce qui a ouvert officiellement l'immeuble Bluenose sur le boulevard MicMac à Dartmouth.

Le bureau, qui fait partie d'un complexe de bureaux plus grand dont est propriétaire et exploitant J.D. Irving Ltd, fait 24 000 pieds carrés et abrite actuellement environ 70 employés. Ce nombre devrait augmenter lorsque les activités du projet du NCSC commenceront à croître.

Dans le cadre de la Stratégie nationale de construction navale, le projet du NCSC assurera la construction de 15 nouveaux navires de guerre pour la Marine royale canadienne afin de remplacer les frégates de la classe *Halifax* et les destroyers de la classe *Iroquois* mis hors service. La construction des premiers NCSC devrait débuter en 2023-2024.

Même en temps normal, une grande quantité de travail est effectuée dans les coulisses pour mettre en place un bureau. En vue de préparer l'activité d'ouverture officielle, le Cmdre Gray a dit avoir demandé des points saillants à Tom Wyand, gestionnaire de projet adjoint.

« J'ai reçu quatre pages de notes rédigées dans un style télégraphique qui indiquaient plus de 50 éléments de travail de dizaines de personnes et de nombreuses organisations, a déclaré le Cmdre Gray. Pour ceux d'entre vous qui travaillent dans cet immeuble, j'espère que vous prenez un moment pour réfléchir à l'ampleur de ce qui a été accompli. C'est un véritable effort de collaboration... et tout cela a été effectué durant une pandémie mondiale. »

Pendant son discours, le Cmdre Gray a mentionné certaines des nombreuses personnes et organisations qui ont collaboré en vue de rendre opérationnelle cette nouvelle installation, dont les Services d'information de la BFC Halifax pour leur soutien concernant les questions de TI, Ltv David Palmer, ingénieur en mécanique navale du BGP NCSC, et le PM 2 Andrew Batchilder, qui a collaboré avec le Musée naval d'Halifax pour que certains de leurs artefacts soient exposés dans le nouvel immeuble. Une des expositions qui a attiré l'attention lors de l'inauguration était un petit hydroptère construit comme précurseur du NCSM *Baddeck* qui ajoutait un intérêt visuel et un contexte historique à un espace de travail autrement neutre.

« C'est une excellente exposition à avoir ici, avoir l'espace pour montrer quelque chose comme cela qui serait autrement entreposé », a déclaré le PM 2 Batchilder.



Le PM 2 Andrew Batchilder a été félicité pour ses efforts en vue d'exposer des artefacts dans le nouvel immeuble.

CPO2 Andrew Batchilder was commended for his efforts to have artifacts displayed in the new building.

JOANIE VEITCH



Sailors from HMCS Harry DeWolf accompany members of the US Coast Guard LEDET to intercept vessels of interest while deployed to Op CARIBBE.

HMCS HARRY DEWOLF

Harry DeWolf's C6 gunners play key role on Op CARIBBE

By HMCS Harry DeWolf

HMCS Harry DeWolf is the first Arctic and Offshore Patrol Ship to deploy on Operation CARIBBE, and successfully confiscated narcotics in their first bust soon after arriving in their area of operations. These interdictions are made by the embarked United States Coast Guard Law Enforcement Detachment (LEDET), who board and inspect vessels of interest. Royal Canadian Navy ships and members provide these LEDETs with logistic and transport support. A vital component to boarding parties are the boarding vessels, charged with chasing after vessels of interest, which are frequently small, fast-moving boats.

Harry DeWolf is equipped with two Multi-Role Rescue Boats which are capable of supporting personnel transfers, rescues, and boarding parties. This new craft boasts top speeds of 35+ knots, and is 8.5 metres long, giving Op CARIBBE boarding parties enhanced capabilities. A crucial feature of these MRRBs are the C6 gun mounts located at the bow of the vessel. Here, C6 gunners can be positioned to protect their boats crews, and the ship at large. These C6 Gunners are volunteers from different departments onboard Harry DeWolf, and are usually junior members who are entrusted with a technical and demanding role on the frontline within boarding parties. Let's learn about their experiences thus far:

A Sailor Second Class, employed as a Marine Technician, explained their role after hearing a ship-wide pipe commencing the preparations to board and search a vessel of interest,

"It's unique for me as a marine technician; I'll be down in the engine spaces and a pipe will go off through the ship... That means I'll have to go and get all

my tactical gear on, and I'll get ready to be lowered into the boat. Then I'll take my place in the boat...I will go up front, load ammunition and defend the ship and fire if necessary."

Reflecting on their experiences on Op CARIBBE, the Marine Technician commented "It's been a lot of fun, the weather is great, back home right now it's winter. It's a great job we're doing down here as well; stopping the flow of drugs into North America."

Another C6 Gunner, a Sailor First Class who works aboard ship as a Material Management Technician, also added that in addition to manning the weapon "...we also double hat in the boats. So I'm also the bowsman, when we're launching the boats, I'm the one letting go of the lines, and when we're recovering the boats...we're making sure that we're going up properly. When we're transiting to a target from the ship, we're keeping our eyes open, making sure that there's no obstacles or anything in the water."

The Material Management Technician also reflected on working alongside the USCG LEDET, "It's my first time working alongside another nation and it's been awesome so far. They are super professional, know what they are doing, and we're learning a lot from them."

HMCS Harry DeWolf is currently deployed on Operation CARIBBE, Canada's participation in the U.S.-led enhanced counter-narcotics operations in the Caribbean Sea and the eastern Pacific Ocean. Naval warships and aircraft deploy to the region on a rotational basis to support the multinational mission to suppress trafficking in international waters.



Future HMCS Margaret Brooke departs for sea trials

LCdr Nicole Robichaud, second from left, observes the work underway as the future HMCS Margaret Brooke departs HMC Dockyard for the ship's first sea trials on November 22. The crew will begin testing equipment and get to know how their new vessel functions at sea ahead of its commissioning in 2022.

MONA GHIZ, MARLANT PA

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Participate in Community Needs Assessment Survey

By CFMWS

CFMWS is launching another Community Needs Assessment Survey, this time with a different focus. Instead of re-assessing collective needs and program deficiencies, the 2021 CNA will look at community needs from a micro-level perspective, such as when is the best time to offer programming and how and when to prioritize spending.

We believe that when CAF personnel are able to take good care of themselves and their families, they can do better – both at home and at work. Whether families need to sign the kids up for swimming lessons, improve their fitness, make friends in a new community, or organize their finances, our services are there to support them. To ensure that our programs and services are meeting their requirements, we want to make certain that military members, Veterans and their families are aware of our services and that our services align with when, where and how they need them.

In 2016, Military Family Services (MFS) partnered with Personnel Support Programs (PSP) in the development and implementation of a new comprehensive CAF Community Needs Assessment (CNA) tool. The results of the 2016 CNA generated essential data that has directly informed morale and welfare program and service modernization.

How can you help:

- From November 17 to December 10 2021, we invite you and your colleagues to share your opinions in our CNA survey.
- Please encourage participation by sharing this survey link with your teams and allowing them time to fill out the survey during work hours: <https://cfmws.checkbox.ca/CNA-2021>
- Participating in this survey is an opportunity to express opinions on preference, gaps and potential improvements in CFMWS services for our military community.

To find out more, visit: cafconnection.ca/CNA

Thank you for your engagement in this process and your commitment to providing services that meet the needs of our military community.

Participation au sondage sur les besoins de la communauté

Par SBMFC

Les Services de bien-être et moral des Forces canadiennes (SBMFC) réalisent un nouveau sondage sur les besoins de la communauté, cette fois dans une nouvelle optique. Au lieu de réévaluer les besoins collectifs et les lacunes des programmes, le sondage se penchera sur de micro-détails, par exemple en demandant aux répondants quel est le meilleur moment pour offrir des programmes, ou encore comment et quand prioriser les dépenses.

Nous croyons que les membres des Forces armées canadiennes (FAC) qui peuvent bien s'occuper d'eux-mêmes et de leurs familles réussissent mieux au foyer et au travail. Que les familles aient besoin d'inscrire les enfants à des cours de natation, d'améliorer leur condition physique, de se faire des amis dans une nouvelle communauté ou d'organiser leurs finances, nos services sont là pour les aider. Pour que nos programmes et services comblerent leurs besoins, il faut que les militaires, les vétérans et leurs familles les connaissent et qu'ils soient accessibles au moment et à l'endroit voulu.

En 2016, les Services aux familles des militaires se sont associés aux Programmes de soutien du personnel pour créer et mettre en œuvre un nouvel outil complet d'évaluation des besoins de la communauté (EBC) des FAC. Les résultats de l'EBC de 2016 représentent des données essentielles qui ont directement alimenté la modernisation des programmes et des services de bien-être et de maintien du moral.

Comment vous pouvez aider :

- Du 17 novembre au 10 décembre 2021, exprimez votre opinion en répondant au sondage sur les besoins de la communauté.
- Invitez les membres de votre équipe à y répondre également et réservez-leur une plage à leur horaire pour ce faire : <https://cfmws.checkbox.ca/CNA-2021>.
- Votre participation à ce sondage vous permet d'exprimer votre opinion sur vos préférences, les manques et les améliorations potentielles relativement aux SBMFC pour la communauté militaire.

Pour en savoir plus, visitez le site cafconnectionFAC.ca/ebc.

Je vous remercie de votre participation à ce processus et de votre engagement à offrir des services qui répondent aux besoins de la communauté militaire.



Remembrance Day ceremony

Our CFB Halifax Base Commander and Base Chief were honoured to attend a Remembrance Day ceremony at JA Snow Funeral Home in Clayton Park on November 11, after which they visited the Korean War Veterans Memorial Garden. Many thanks from CFB Halifax to the organizers, and to all Legions and community groups that hosted ceremonies across the Halifax region.

SUBMITTED





FDU(A) divers recently aided in clearing more than 100 historic cannonballs from the Fortress of Louisbourg, which were then sent to Gagetown for disposal.

JTFA

FDU(A) clears the way

Clearance divers help remove cannonballs from Fortress of Louisbourg after cleaning up sunken Second World War wrecks

By Joanie Veitch,
Trident Staff

Clearance divers from Fleet Diving Unit (Atlantic) (FDU(A)) got to dive into a piece of Nova Scotia history as they transported more than 100 cannonballs from the Fortress of Louisbourg to CFB Gagetown for disposal recently.

The cannonballs date back to the 1700s and were among hundreds at the Fortress of Louisbourg National Historic Site.

"We have seen things from that era before but this is certainly some of the oldest ordnance we've ever handled," said Lieutenant-Commander (LCdr) Neville Lockyer, FDU(A) Commanding Officer.

Established by French colonialists in the early 1700s, the Fortress of Louisbourg was a thriving support base for French naval forces before it was besieged and taken by the British, first in 1745 and then again in 1758. Abandoned in the mid-1780s, the site was designat-

ed as a National Historic Site in 1920 and in 1961, Parks Canada began the historical reconstruction of the town and fortifications.

Recovered over many years, the cannonballs had been catalogued and kept in storage on shelves before site staff began to question whether or not they might still be dangerous.

"It was a controlled environment, fairly stable, but nonetheless it was something that... they just wanted to get rid of, just to be on the safe side," said LCdr Lockyer.

Generally when people discover or — as in the situation at the Fortress of Louisbourg — have concerns about possible explosives, they are advised to call the police or military to file a report. From there the call goes to Regional Joint Operations Centre (Atlantic) to assign the task of removal, explained LCdr Lockyer.

Tasked with removing the cannonballs, a combined team of FDU(A) clearance divers and ammunition technicians from Canadian Forces Ammunition Depot (CFAD) Bedford did a site reconnaissance to assess and plan the operation.

From November 2 to November 10, the team separated the cannonballs that contained black powder — gunpowder — and took them to CFB Gagetown for disposal.

A highly specialized trade, clearance divers are trained to locate, diffuse and remove unexploded ordnance, both in the water and on land.

This past summer, a team of clearance divers from both the east and west coasts, as well as combat divers from 4 Combat Engineer Support Regiment, returned to Conception Bay, near Bell Island, NL, to finish an operation first began in 2018, dealing with unexploded ordnance from the sunken wrecks of iron ore carriers from the Second World War.

During the Battle of the Atlantic, the four ships — equipped with weapons and explosives — had carried iron ore from Bell Island's mine to steel mills in Nova Scotia as part of the war effort.

Steam Ship (SS) Saganaga and SS Lord Strathcona were both sunk on September 5, 1942 after being hit by torpedoes from a German U-boat, SS Rose Castle and SS PLM 27, were torpedoed and sank in the same attack on November 2, 1942.

While dealing with ordnance from

the Second World War isn't that unusual in these parts, it's always exciting to get out and do the work, said LCdr Lockyer.

"For clearance divers, this is what they're trained to do so to get a chance to use that learning, it's a big thing."

FDU(A) has about 50 clearance divers at the unit, with another 12 to 15 port divers and two to three ship divers. Each year, beginning in February, clearance diver candidates are assessed by the Clearance Diver Assessment Centre in what is known to be a rigorous selection process. Once through that process, divers go through two years of training before they can work as clearance divers.

"They work hard to get here," said LCdr Lockyer.



Members from Fleet Diving Unit (FDU) Atlantic, FDU Pacific, and Combat Divers from 4 Engineer Support Regiment in Gagetown, supported domestic operations involving the Bell Island wrecks in St. John's, Newfoundland on July 15.

CPL BRADEN TRUDEAU

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KONGSBERG



Asterix crew expand their Walk for Autism

By S1 Chris Richards,
NRU Asterix

Raise your hand if you or someone you know has Autism in their family. You'd be surprised to know that there are more of you than you think.

I am a father of three amazing kids, two boys and a girl, and both of my boys are Autistic. I'm used to the questions and the looks, and I know that our family life is very different from everyone else's. It is what it is. Without the support of organizations like Autism Nova Scotia, however, our life would be infinitely harder.

Autism Nova Scotia is a community-based organization that builds understanding, acceptance, and inclusion for individuals on the Autism Spectrum and their families through leadership, advocacy, training and programming. They are always looking for support for their great work through awareness, funds, volunteers, and memberships. One of their major charity drives is the annual Walk Your Way for Autism, held throughout the province by Autism Nova Scotia's nine Chapter Regions.

Over recent years I have been able to successfully challenge my crewmates to raise funds and awareness by supporting the Walk for Autism. The first year, I was deployed with HMCS *Toronto* and we managed to scrape up \$4,000. The next year, I was posted to NRU ASTERIX, and despite their smaller crew size and the impact of the COVID-19 pandemic, we were still able to raise \$1,500.

This year, I issued a challenge to our crew. I wanted to match or beat last year's final tally. Due to the fluctuating COVID restrictions in Nova Scotia, Autism Nova Scotia decided to postpone their Walk date until September, and that allowed us to hold a couple of extra events to help raise money to the team.

This year, our sailing schedule put us back in Halifax for the Walk date, but COVID restrictions meant that it was going to be another Virtual Walk for Autism. This

allowed our crew to be able to walk in their neighbourhoods, with their families, and also meant that all of our crew, including our RAS teams from the West Coast and the civilian hitch that wasn't onboard, were able to participate with us. With maximum participation comes maximum dividends. The crew not only met my challenge of doing better than last year, they crushed it, raising \$2,100.00 for Autism Nova Scotia, putting us, again, as the second-highest corporate fundraising team in the Halifax-area, coming in behind Autism Nova Scotia's own team.

A big shout out goes to both hitches of our civilian crew, who made up a good chunk of our donations this year, as well as one of our former members who auctioned off not just one, but three spa



S1 Chris Richards and his son, Jayden.

Mat 1 Chris Richards et son fils, Jayden.

days to our Sick Bay bathtub. With team involvement like we have on ASTERIX, I am sure we will be as successful next year.

L'équipage de l'Asterix élargit sa marche pour l'autisme

Par le Mat 1 Chris Richards,
URN Asterix

Levez la main si vous êtes autiste ou si quelqu'un de votre entourage a une personne autiste dans sa famille. Vous seriez surpris d'apprendre que vous être plus nombreux que vous ne le pensez.

Je suis le père de trois enfants extraordinaires, deux garçons et une fille, et mes deux garçons sont autistes. Je suis habitué aux questions et aux regards, et je sais que notre vie de famille est très différente de celle des autres. C'est comme ça. Toutefois, sans le soutien d'organismes comme Autism Nova Scotia, notre vie serait infiniment plus difficile.

Autism Nova Scotia est un organisme communautaire qui favorise la compréhension, l'acceptation et l'inclusion des personnes atteintes du trouble du spectre de l'autisme et de leur famille, au moyen de son leadership, de la

défense de leurs droits, de la formation et de programmes. L'organisme est toujours à la recherche d'appui, sous forme de sensibilisation, de financement, de bénévoles et de membres pour accomplir son excellent travail. L'une de ses principales campagnes de charité est le Walk Your Way for Autism (marche annuelle pour l'autisme), qui se tient dans toute la province et est organisée par les neuf chapitres régionaux d'Autism Nova Scotia.

Submitted/Soumis

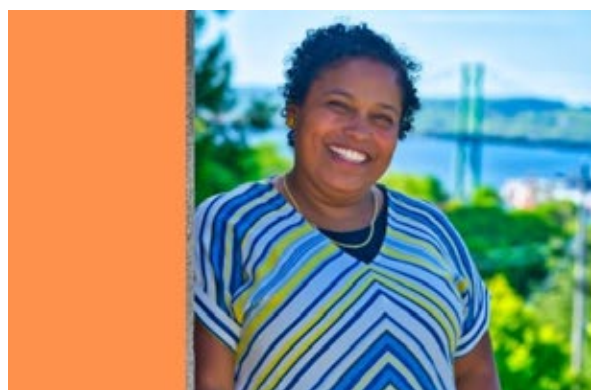
Au cours des dernières années, j'ai réussi à mettre mes coéquipiers au défi de recueillir des fonds et de sensibiliser la population en participant à la Walk

Your Way for Autism. La première année, j'étais affecté au NCSM *Toronto* et nous sommes tout juste parvenus à amasser 4 000 \$. L'année suivante, j'ai été affecté à l'URN Asterix, et malgré la taille réduite de son équipage et l'incidence de la pandémie de COVID-19, nous avons tout de même été en mesure de recueillir 1 500 \$.

Cette année, j'ai lancé un défi à notre équipage. Je voulais égaler ou battre le montant final de l'an dernier. En raison des restrictions changeantes liées à la COVID-19 en Nouvelle-Écosse, Autism Nova Scotia a décidé de reporter la date de leur marche à septembre, ce qui nous a permis d'organiser quelques activités supplémentaires pour aider l'équipe à recueillir des fonds.

Cette année, notre calendrier de navigation nous a ramenés à Halifax à temps pour la marche. Toutefois, en raison des restrictions liées à la COVID-19, la marche pour l'autisme devait à nouveau se faire virtuellement. Ainsi, les membres de notre équipage ont pu marcher dans leur quartier accompagné de leur famille, mais également l'ensemble de l'équipage a pu y participer avec nous, y compris les équipes de REM de la côte Ouest et les membres civils qui n'étaient pas à bord. Avec une participation maximale, on obtient des résultats maximaux. L'équipage n'a pas seulement relevé mon défi visant à mieux faire que l'an dernier, il l'a écrasé. Il a recueilli 2 100 \$ pour Autism Nova Scotia, ce qui nous a permis de nous classer, une fois de plus, au deuxième rang des équipes ayant recueilli le plus de fonds dans la région d'Halifax, derrière l'équipe d'Autism Nova Scotia.

Nous tenons à remercier nos deux équipes de membres civils, qui ont recueilli une bonne partie de nos dons cette année, ainsi que l'un de nos anciens membres qui a vendu aux enchères non pas une, mais trois visites en station thermale à notre bain de l'infirmier. Grâce à une équipe aussi impliquée que celle de l'URN Asterix, je suis certain que nous connaissons autant de succès l'an prochain.

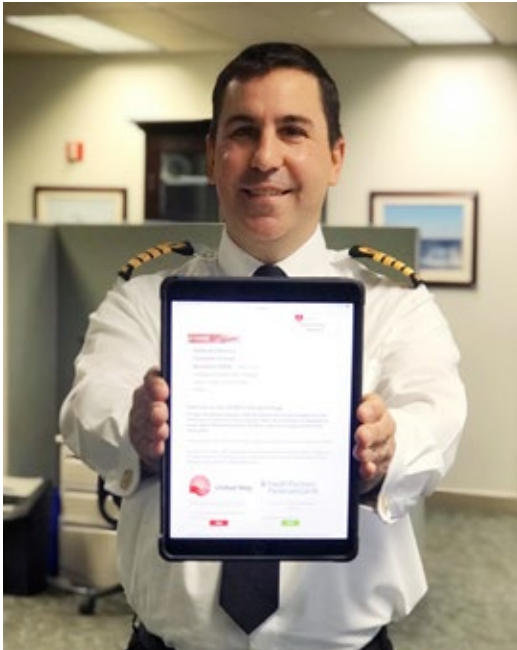


Thank
you!

For your continued service
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and Community.

Connect with my office anytime!





Capt(N) Sean Williams, 2021 National Defence Workplace Charitable Campaign (NDWCC) Champion for the local region, displays the ePledge website. He's encouraging all members to consider individual donations – either one-time or monthly – in order to ensure the greatest community impact as we near the end of the campaign season.

Le Capv Sean Williams, champion de la Campagne de charité en milieu de travail de la Défense nationale (CCMTDN) 2021 - région locale, présente le site Web du don en ligne. Il encourage tous les membres à faire un don, unique ou mensuel, afin d'en maximiser les retombées pour la collectivité alors que s'achève la campagne.

CFB HALIFAX PUBLIC AFFAIRS/
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NDWCC 2021 – The Final Push

By Capt(N) Sean Williams,
2021 MARLANT NDWCC Champion

I first want to acknowledge the dedication our local Defence Team has demonstrated to enable the success of the 2021 NDWCC up to this point. Since early October, our ambassadors and canvassers have been working diligently to reach each and every military and civilian member working in the local region in order to educate you on how and why you should consider donating this campaign season. Further, units have taken the initiative to organize many successful events which have enabled members at Stadacona, Windsor Park/Willow Park, 12 Wing Shearwater, MARLANT HQ and HMC Dockyard to support the NDWCC in both fun and meaningful ways. I want to thank all who have helped to make these initiatives a success.

With each passing month, it's evident that the realities of COVID-19 continue to challenge Canadians here at home and citizens around the globe, doubly impacting our most vulnerable citizens who were already struggling due to poverty or illness pre-pandemic. For this reason, it's clear that our Defence community's support toward the NDWCC is even more vital now than ever.

As we near the end of our campaign, I want to convey the impor-

tance of individual giving, either via a one-time donation or through monthly payroll deductions; these individual contributions are – and always have been – a key component of a successful campaign. Your donations help to provide safe shelter, nourishing food, and many life-changing opportunities and services to those who need it most here in the Halifax region and across Canada.

For example, your donation of \$25 per pay might provide a daily, healthy breakfast to 10 children during a summer day camp program, or monthly workshops and social activities for 500 newcomers. Meanwhile, just \$5 per pay might provide educational tool-kits to support individuals who have just been diagnosed with Crohn's disease or ulcerative colitis. I have no doubt that many of us might spend more (much more, in some cases) on coffee each year!

Fighting poverty is not a "one size fits all" solution. Nor is curing acute or chronic illness. Every individual contribution, no matter how big or small, will bring us one step closer to finding a variety of lasting solutions to poverty and illness. And remember: You can choose to contribute to a charity/charities of your choice,

or simply allow United Way Halifax and HealthPartners to use the funds where they are needed most.

If you are able, I encourage you to locate your local NDWCC ambassadors and canvassers for more information on how to donate. While ePledge payroll deductions end on November 26, the options to donate through monthly and one-time credit card/PayPal payments are available until December 31, 2021. This option can be found on the ePledge form (under payment options). For instructions on how to complete the ePledge form, visit <https://tridentnewspaper.com/ndwcc2021/ndwcc-qa/> and scroll down to point #6.

Finally, with the end of the campaign drawing near, I ask that you offer patience and compassion when being approached by our NDWCC ambassadors and canvassers. The challenges of this past year have made canvassing very different from years past. Please know that with the help of the United Way and HealthPartners, we as a Defence Team are making a positive change within our community. Combining our individual efforts, we can show how we truly are #StrongerTogether.

CCMTDN 2021 – C'est le temps de fournir un dernier effort

Par le Capv Sean Williams
Champion de la CCMTDN 2021 des FMAR(A)

Je tiens tout d'abord à saluer le dévouement dont a fait preuve notre Équipe de la Défense locale pour assurer le bon déroulement de la CCMTDN 2021 jusqu'à ce jour. Depuis le début du mois d'octobre, nos ambassadeurs et nos sollicitateurs ont travaillé sans relâche pour parler à chaque militaire et civil travaillant dans la région des raisons pour lesquelles il ou elle devrait envisager de faire un don pendant cette campagne. De plus, les unités ont pris l'initiative d'organiser de nombreux événements qui ont permis aux membres de Stadacona, de Windsor Park/Willow Park, de la 12e Escadre Shearwater, du QG FMAR(A) et de l'arsenal CSM de contribuer à la CCMTDN de manière à la fois ludique et efficace. Je tiens à remercier tous ceux et toutes celles qui ont contribué à faire de ces initiatives un succès.

Les mois qui passent continuent de souligner les difficultés avec lesquelles doivent composer les Canadiens ici au pays et les citoyens du monde entier

en raison de la COVID-19, et ce sont nos citoyens les plus vulnérables déjà en difficulté à cause de la pauvreté ou de la maladie avant la pandémie qui en paient doublement le prix. Pour cette raison, l'aide que peut accorder notre communauté de la Défense à la CCMTDN est encore plus essentielle maintenant que jamais.

Alors que nous approchons de la fin de notre campagne, je tiens à souligner l'importance des dons individuels sous forme de dons ponctuels ou de retenues salariales mensuelles; ces contributions individuelles sont, et ont toujours été, un élément central de la campagne. Vos dons contribuent à fournir un logis sûr, des aliments nourrissants et des activités et services vitaux pour les personnes dans le besoin dans la région d'Halifax et dans tout le Canada.

Par exemple, un don de 25 \$ par paie suffit pour que 10 enfants puissent savourer un déjeuner sain dans un camp de jour estival ou pour que 500 nouveaux arrivants puissent avoir

droit à des ateliers mensuels et à des activités sociales. Cinq petits dollars par paie suffisent pour leur part à acheter des trousseaux informatives pour les personnes chez qui on vient de diagnostiquer la maladie de Crohn ou la colite ulcéreuse. Je suis persuadé que beaucoup d'entre nous dépensent plus (beaucoup plus, dans certains cas) en café chaque année!

La lutte contre la pauvreté n'est pas unidimensionnelle, pas plus que le traitement des maladies aiguës ou chroniques. Chaque contribution individuelle, quelle que soit son importance, nous rapprochera un peu plus de solutions durables à la pauvreté et à la maladie. Et n'oubliez pas, vous pouvez choisir de contribuer à une ou plus d'une œuvre caritative de votre choix ou simplement permettre à Centraide Halifax et PartenaireSanté d'utiliser les fonds là où ils sont le plus nécessaires.

Si vous en avez la possibilité, je vous invite à communiquer avec les ambassadeurs et les sollicitateurs locaux de la

CCMTDN pour savoir comment faire un don. Bien que les retenues salariales en ligne se terminent le 26 novembre, les options de dons mensuels ou ponctuels par carte de crédit ou PayPal sont offertes jusqu'au 31 décembre 2021. Cette option se trouve sur le formulaire ePledge (sous les options de paiement). Pour savoir comment remplir le formulaire ePledge, consultez le site <https://tridentnewspaper.com/ndwcc2021/ndwcc-qa/> et faites défiler la page jusqu'au point 6.

Enfin, la fin de la campagne approchant, je vous demande de faire preuve de patience et de compassion lorsque nos ambassadeurs et nos sollicitateurs de la CCMTDN sollicitent votre aide. La situation qui prévaut cette année a rendu la démarche très différente des années précédentes. Sachez qu'avec l'aide de Centraide et de PartenaireSanté, notre Équipe de la Défense apporte un changement tangible au sein de notre communauté. Nous pouvons montrer que nous sommes vraiment #PlusFortsEnsemble!



Padre's Corner: winter hibernating

By Padre Lt(N) Charles Irish,
Base Chaplain

It's a dark time of year. I always thought hibernation is a good idea. Eat a lot, burrow in somewhere, go to sleep, and wake up in the spring. Perfect.

Let's say we can't hibernate, though. Let's say you're someone who has to pay your bills. And maybe you have kids who definitely don't hibernate. If you're like me, you have to get up in the morning, even if getting up in the dark is a questionable idea.

The only primate who gets to hibernate is the fat-tailed dwarf lemur of Madagascar. I'm not one of those. Neither are you, I'd bet. Can we still "burrow in"? When days are dark and hard, when daylight's short and so is our willpower, when morale is down, when we wonder what we're doing and why – because, even when we know we have to go to work, it's not always clear what it's for – can we recharge?

Let's take a cue from all those animals who are smarter than us and get to sleep all winter. What they do first is eat. Hey, we can do that, too! But not just comfort food, which we like to do when we're depressed. If all I eat is fat and carbohydrates to cushion me against the seeming futility of my existence, my energy and mental health will both take a dive. We also need the good stuff. If we want to survive the winter, we need to pay attention to getting a balanced and regular diet.

What else can we learn from hibernating animals? How to sleep, of course. I mean, properly. Most of us simply don't get enough, either in quantity or quality. Going to bed at midnight and getting up at 6am isn't a night's rest. Proper rest and blue screens don't go together, either. Sorry. Bears know how to hibernate because they don't have Netflix.

We need physical activity, too. We're designed to move. It's strange, but to have energy we need to spend energy – at

the gym, on a walk, whatever. If we're depressed or anxious, exercise is an indispensable way to manage these mental health challenges. I don't know why; there's probably a physiological reason. But on an emotional level, it means having a routine, a goal, and an accomplishment (sometimes the only one in a day). Hey, I hit a deadlift PR! Take that, hibernators!

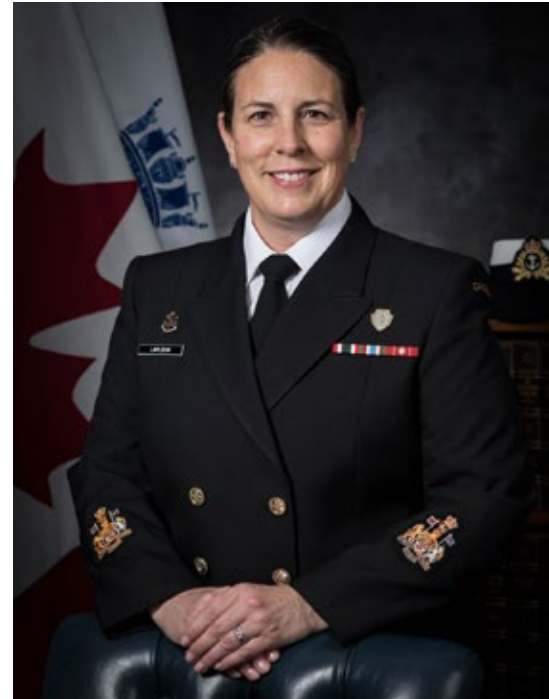
What else do those animals do? They shelter. They find a safe place. We all need that. We need a safe social life, a regular connection with people we can trust, rely on, and who will let us be who we are. This is especially something we need to identify as we head into the holiday season. It can get busy with gatherings and visits, and we might feel pressured into social situations we'd rather avoid (including family). Maybe we can say no, but if we can't, we really need to figure out who we do want to spend time with, and make a point of it.

The other kind of "shelter" we need is personal space. We need a little time to ourselves – time, even, in ourselves – to realize what we feel (and why), to reflect, think, maybe pray. Sometimes this means just being able to process what's going on today. Sometimes it means wondering about bigger questions, like "What's my life for, and what should I do about it"? One definition of "spirituality" is finding meaning and purpose, and doing something about it. Spiritual questions need space. Do you have yours?

Life is always busy. Sometimes happily so, but sometimes with more distraction and stress. If we feel like hibernating – I sure do – maybe that means we need to make sure we're taking care of these physical, social, emotional and spiritual needs. We may not get to sleep through it all, but we can still eat, sleep, and find safe shelter. Have a good winter!

Face of Base: CPO1 Lafleur

By Sydney MacLeod,
CFB Halifax PA



CPO1 Laura Lafleur

NEIL CLARKSON, FORMATION IMAGING SERVICES

We are happy to introduce this week's Face of Base: Base Administration Branch Chief, CPO1 Laura Lafleur!

Born in Halifax and raised in Nova Scotia, Alberta and British Columbia, Chief Lafleur was accustomed to the military lifestyle from an early age. With parents, a maternal grandfather and a great grandfather as veterans of the CAF, Chief Lafleur was inspired to carry on the family tradition.

In her current role as BAdm Branch Chief, which she assumed in July 2021, Chief Lafleur is accountable to the Base Administration Commanding Officer and is responsible for promoting and overseeing the morale, welfare, dress, deportment, and discipline of the non-commissioned members within the branch.

One of Her biggest career highlights was when she was selected to assume the position of Visits and Protocol Officer for North American Aerospace Defence Command (NORAD) and United States Northern Command (USNORTHCOM) in Colorado Springs. Offering encouragement to anyone afforded the opportunity to work out of the country, she said "It was the best experience of my career thus far. I find it extremely interesting to learn about and immerse yourself in different cultures and countries."

Outside of work, Chief Lafleur keeps busy with two teenage daughters, Jessica and Gabrielle, a chocolate Cocker Spaniel named Coco Chanel and her husband (and retired Navy veteran) of 19 years, Dennis.

An interesting fact about Chief Lafleur? She was baptized in 1973 at HMCS Annapolis (her father's posting at the time) then, 22 years later in 1995, she was fortunate enough to sail in HMCS Annapolis.

Thank you, Chief Lafleur, for all you have done and continue to do!

Minister of National Defence, President of Kosovo visit MARLANT



The Honourable Anita Anand, Minister of National Defence (left) receives a gift from Dr. Vjosa Osamani-Sadriu, President of the Republic of Kosovo, at Maritime Atlantic Headquarters at CFB Halifax on November 19. The gift is a service medal, commemorating Canada's role in the Kosovo War (28 February 1998 – 11 June 1999).

S1 BRYAN UNDERWOOD



The Minister also visited and spoke to the crew of the submarine HMCS Windsor, which is currently docked in Halifax, on November 19. She was in the region, along with a group of senior CAF and DND personnel including Acting Chief of the Defence Staff Gen Wayne Eyre, to participate in the annual Halifax International Security Forum.

S1 BRYAN UNDERWOOD



MV Asterix conducts a liquid Replenishment at Sea (RAS) with USS Forrest Sherman (left), and USS Thomas Hudner (right), during Exercise Cutlass Fury 21 on September 8.

MCPL MANUELA BERGER

RAdm Santarpia highlights changing nature of security

By Joanie Veitch,
Trident Staff

While Canada has been “geographically lucky” in regards to international security, modern threats could change that picture. Protecting and defending the “global commons” now includes both space and the cybersphere alongside the traditional domains, and a changing climate means Canada’s North must also be considered, said Rear-Admiral Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic. He made the comments during an online presentation to about 130 attendees on October 27, hosted by the Royal United Services Institute of Nova Scotia (RUSI(NS)).

In his opening comments on the topic of his presentation: ‘Royal Canadian Navy — Globally Deployed for Strategic Effect’, RAdm Santarpia noted the RCN often puts a focus on working operations, with the importance of strategy falling to the side.

“What the Navy is doing is one thing, but why we’re doing it is probably a more important question that really gets to the strategic effect of it,” said RAdm Santarpia.

While Canada may not be known for a strategic military culture, due to

heavy involvement in international coalitions and other larger initiatives, RAdm Santarpia said there are key national interests that give focus to the country’s strategic goals: protecting and defending Canadian security, promoting prosperity, and working with other nations to maintain the rules-based international order.

From the RCN perspective, that means “forward deployment” and working with allies, said RAdm Santarpia, outlining various operations the Navy is involved in around the globe: Operation Projection, supporting NATO Maritime Command and US Naval Forces in the Asia Pacific region; Operation Reassurance in Europe as part of NATO’s collective defence; Operation Artemis in the Persian Gulf and east coast of Africa, as part of Combined Maritime Forces, and Operation Caribbe, a US-led counter-narcotics mission in the Caribbean Sea and the eastern Pacific Ocean.

As the effects of climate change continue to make the Arctic region more accessible, activities such as the Canadian-led Operation Nanook, and the addition of the new Harry DeWolf-class Arctic

and Offshore Patrol Ships (AOPS), will increase Canada’s capacity to be able to operate in the North for search and rescue operations, sovereignty protection, and other means.

“We have responsibilities in the Arctic and the North that we need to take care of... we need to work with our Coast Guard partners... and think outside the box,” said RAdm Santarpia.

In general, threats to the North are viewed in terms of security rather than defence, but that might not remain so, he added. “At this point the defence of Canada’s North isn’t about defending the North against attack, but we need to understand that the North could be a real avenue for attack towards North America.”

The “underwater space” is also a top concern, said RAdm Santarpia. “We need the capability... to defend North America at large. That’s going to be an important part of the discussion as we move forward on what the replacement of our submarines will be in the future.”

Wrapping up his talk, RAdm Santarpia pointed to large events such as Cutlass Fury, the Canadian-led, joint maritime

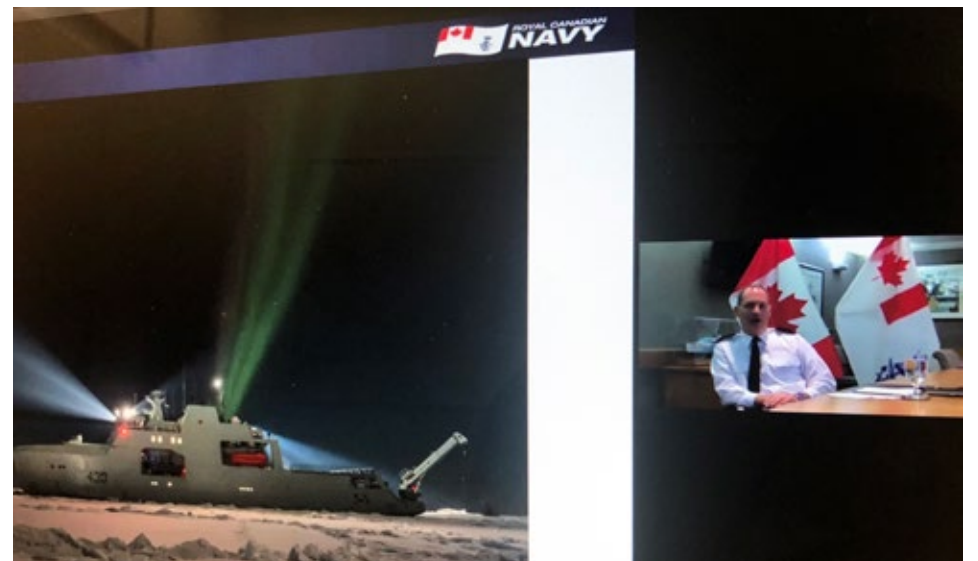
exercise held off the East Coast in the fall, as a prime example of the type of activity that both demonstrates, and improves, “high-end” skills and abilities, as well as sending a strong message about the RCN’s willingness to work with allies.

“It shows we are capable of forward-deploying around the world,” said RAdm Santarpia. “(It) proves that we’re capable of working with allies, and it demonstrates relevance to Canadians and that we’ll be ready, if and when a crisis happens.



HMCS Harry DeWolf recently completed its first Arctic deployment, establishing the new enhanced RCN presence that will now be possible as the Arctic and Offshore Patrol Ships enter into service.

CPL SIMON ARCAND



RAdm Brian Santarpia made a virtual presentation to members of the Royal United Services Institute of Nova Scotia (RUSI(NS)) on October 27.

SUBMITTED



Base Chief Petty Officer CPO1 Alena Mondelli was recently recognized as a Woman of Courage and one of Canada's top 100 most powerful women by the Women's Executive Network.

S2 TAYLOR CONGDON

Base Chief recognized as one of Canada's most powerful women

CPO1 Alena Mondelli named Woman of Courage, receiving national award

By Joanie Veitch,
Trident Staff

The award may have her name on it, but for Chief Petty Officer First Class (CPO1) Alena Mondelli, Base Chief at CFB Halifax, being named one of Canada's top 100 most powerful women is a win for all women who work as non-commissioned members (NCM) in the military.

"I'm an NCM. In the civilian world officers are valued more for their leadership than NCMs are, at least that's the perception. So it means a lot — and it says a lot — especially for women NCMs. We are professionals within the profession of arms. And we are also leaders," said CPO1 Mondelli.

"I see this award as giving value to what we represent. Sailor First Class Bloggins, she's not going to be able to relate to an Admiral or a Commodore. She needs to see herself represented and see what she can aspire to. Representation matters."

On October 25, CPO1 Mondelli was recognized as a Woman of Courage by the Women's Executive Network

(WXN), which called her a "transformational and values-based leader" who "incorporates education and mentorship" in her leadership style.

To celebrate her win, CPO1 Mondelli joined the other 2021 award recipients in a virtual two-day leadership summit and awards gala on November 24 and 25.

Earlier this year, CPO1 Mondelli made Royal Canadian Navy history as the first woman to serve as Base Chief Petty Officer. She is also the first woman in a hard-sea trade to have served every rank at sea — a distinction she earned as Coxswain on HMCS *Toronto* from July 2018 to August 2019.

Although she can't say for sure what propelled her to join the military on November 1, 1991, as a young girl growing up in Toronto, CPO1 Mondelli fondly remembers marching around the living room with her grandfather, a Second World War veteran who had served in the Dutch army.

"He would put on his helmet and

listen to marches... from when I was young I always said I wanted to join the army and be in the band. That must have been where I first formed the idea," laughed CPO1 Mondelli.

After joining the RCN as a Naval Radio Operator, she was posted to her first ship, HMCS *Annapolis*, in 1993. Since then she has served on a variety of RCN ships, as well as various "in-land" positions, including a stint teaching at what is now known as the Osside Institute at Royal Military College Saint-Jean.

"I wanted to teach NCMs. I was very vocal about that... and when that opportunity came up, I was there," said CPO1 Mondelli.

In her own career, education has been pivotal, she said. Following a "really negative experience" while deployed on HMCS *Protecteur*, CPO1 Mondelli was thinking of leaving the Navy. She decided to stay while working on her Masters degree in Leadership from Royal Roads University,

which she completed in 2008.

"That was a turning point for me. I decided to use what I'd learned to be part of the change I wanted to see," she said.

"Be the change" is a well-known phrase, but for CPO1 Mondelli the words don't mean much unless action follows.

While well-documented and ongoing reports of harassment and sexual misconduct within the military have made the need for cultural change a priority for the Canadian Armed Forces (CAF) as a whole, as a woman leader in the CAF, that discussion has at times been a very personal struggle for CPO1 Mondelli.

"In my 30-year career, I've experienced inappropriate sexual behaviour. I've experienced the jokes — a lot of that was in my early career — but after a certain rank, it became sexism, misogyny and hate. What that looks like is malicious rumours, it's defamation of character, it's lying."

In mid-November, CPO1 Mondelli added her claim to the sexual misconduct class action lawsuit to compensate current and former CAF members, and Department of National Defence staff, who experienced sexual misconduct while on the job.

From the time the settlement agreement was approved by the federal court in November 2019, until the claims period closed on November 24, 2021, more than 18,000 claims were submitted.

"I was on the fence about it for a long time. I grew up in the Navy in the early 90s. I know that in some way I contributed to that culture. I was fitting in. I was going along. I wanted to be part of the group... but when I submitted my claim and when I saw everything written out in front of me, I thought: 'Yeah... I've had all of this done to me.' It was eye opening," said CPO1 Mondelli. "So for me, this is part of being a leader."

Where words really matter, she said, is in having difficult, but needed, conversations — talking and listening to one another as the CAF moves through the process of change. "This will take time, but I'm ok with that because by taking our time, it means it will be done right. These are uncomfortable conversations but we're having them... it's why I'm still in."

When she became Base Chief in July, CPO1 Mondelli knew she was stepping into a position with considerable influence. At the time she made a vow to herself. "I decided that I would just be who I am that I would be authentic and see what comes of that."

Now recognized as one of Canada's top 100 women, CPO1 Mondelli is looking forward to the challenges ahead. "I love what I do," she said. "I love being in the Navy, being in the CAF... I'm planning to stay in as long as they'll let me."

CPO1 Mondelli lives in Lower Sackville with her husband, Chris Audet, her dog Phoenix and a Himalayan cat named Boots.



SPORTS & FITNESS

Championship runner has future goals in mind after Blue Nose Marathon

By Joanie Veitch,
Trident Staff

Master Sailor Mark Brown was the second runner to cross the finish line at the Blue Nose Marathon on November 7, completing the challenging course in just 2:44:01.

Though happy to place second in the event, MS Brown said his finish time was well off his personal best of 2:32:34.

“It’s the slowest I’ve ever run a marathon,” he said. “It was my first time running the course. I knew I was going to finish, but I wasn’t sure how it was going to pan out. There are a lot of hills so I took it easy.”

MS Brown, a Bos’n currently posted to HMCS *Shawinigan*, was a member of the running team with the Canadian Armed Forces (CAF) Conseil international du sport militaire (CISM) in 2018 and 2019. A highly competitive racing team, CAF CISM runners compete in cross-country and marathon events around the world, including the World Military Championships (WMC) and the Military World Games (MWG), as well as international training camps.

Between COVID-19 shutting down in-person events in 2020 and two deployments, MS Brown “took a bit of a break” over the past year and a half, just doing short runs and focusing more on strength training while at sea.

Getting back into training in August, he gradually began to “amp up” his mileage leading up to the Blue Nose.

“It’s one of the most challenging marathons out there, just because of all the hills. If you don’t pace yourself on a course like that, you’re going to get in trouble,” he said.

MS Brown was one of eight military members running in the event. The other runners — all members of the Navy Tridents Triathlon Club — competed in the 5 and 10K events.

Open to all abilities, the triathlon club does a mix of distance runs and speed training at the eight-lane, 400-metre track at Beazley Field in Dartmouth, as well as swimming at the Shearwater pool and weekly long-distance bike rides.

After just focusing on running for the last number of years, MS Brown said he joined the triathlon club over a year ago and is really enjoying the diversity of training, as well as the sense of community it builds.

“It’s a really healthy way of meeting new people and making friendships. We’re open to everyone, even if someone doesn’t feel all that confident in their swimming or cycling ability, if they want to learn... we’re open,” said MS Brown.

As he looks to the future, MS Brown said he hopes to compete in the Ironman World Championship in Kona, Hawaii someday. Widely viewed as the most difficult race in the world, only 2,000 athletes qualify to compete in the event, out of approximately 100,000 triathletes who attempt to earn a spot at the start line, according to Triathlon Magazine Canada.

“It’s a big goal, but I really enjoy training in all three disciplines... and I like to push myself.”

For more information about the Navy Trident Triathlon Club, email navytridents@gmail.com or find them on Facebook at <http://facebook.com/triathlonclubnavytridents>.



MS Mark Brown ran the Blue Nose Marathon on November 7; he placed second overall with a time of 2:44:01.

SUBMITTED



HMCS *Queen Charlotte* members lead the pack in PEI Marathon

By A/SLt Scott Ferris,
HMCS *Queen Charlotte*

Having run multiple half and even full marathons, there was no doubt that this trio from Her Majesty's Canadian Ship (HMCS) *Queen Charlotte* were going to finish strong in the PEI Marathon.

So let's let the results speak for themselves:

Half Marathon, First Place for Women – Sailor Third Class Jennie Orr, 1 hr 28 mins;

Half Marathon, Second Place for Men – Lieutenant Navy Michael Bergeron 1 hr 17 min

Full Marathon, Seventh of 244, for women aged 30-39 – Master Sailor Laura Deighan 3hr 49 min

The 17th PEI Marathon was held October 15-17, in Prince Edward Island, and for MS Deighan, it was her first full marathon.

"I've completed four half-marathons, but this was the first time I pushed myself to do the full one," says Deighan. "I followed a training plan from a running book I have, and trained with four friends who

were also doing the marathon, which kept our motivation, accountability, and sanity up," she says with a good laugh.

S3 Orr admits she has run the PEI half-marathon more times than she can count. An avid runner, Orr has also completed nine full marathons and is training for the California International Marathon. "I had a setback earlier this year after an Achilles surgery but started running and training again in March," says Orr. She's been running for ten years and puts in 90-100 kilometres a week. "I just plain love running; I enjoy the running community, pushing my limits, and the friendships it has brought into my life."

Pushing himself is also nothing new for Lt(N) Bergeron; after all, he is a Guinness World Record holder - fastest half marathon juggling with three objects. You can look it up! Lt(N) Bergeron has completed eight full marathons and keeps a running

regimen of 80 km per week. The PEI Marathon has a special place for him.

"What makes the PEI Marathon different than any other race is the ambiance," says Bergeron. "Being able to showcase my performance with friends, colleagues and family looking on makes this a unique experience for me."

These experts have some great tips that might help you get out there:

MS Deighan says to just put one foot in front of the other. "Knowing you come out a little healthier, a little stronger, mentally and physically on the other side, is a huge bonus."

S3 Orr gives this advice. "Be patient, do the work, enjoy the process, but most of all, have a little fun along the way."

Lt(N) Bergeron is all about the challenge. "Don't be afraid to push your limits, but also focus on nutrition and listen to your body."



From left, Lt(N) Michael Bergeron and S3 Jennie Orr.

À partir de la gauche, le Ltv Michael Bergeron et l2 Mat 3 Jennie Orr.

SUBMITTED/ENVOYÉE

Des membres de l'équipage du NCSM *Queen Charlotte* en tête du peloton au marathon de l'Î.-P.-É.

Par l'Ens 2 Scott Ferris,
NCSM *Queen Charlotte*

Après avoir couru de nombreux demi-marathons et même des marathons complets, il ne faisait aucun doute que le trio du Navire canadien de Sa Majesté (NCSM) *Queen Charlotte* allait terminer en force le marathon de l'Île-du-Prince-Édouard.

Laissons les résultats parler d'eux-mêmes:

Demi-marathon, première place chez les femmes : matelot de 3e classe Jennie Orr, 1 h 28 min

Demi-marathon, deuxième place chez les hommes : lieutenant de vaisseau Michael Bergeron, 1 h 17 min

Marathon complet, septième sur 244, chez les femmes de 30 à 39 ans : matelot-chef Laura Deighan, 3 h 49 min

Le 17e marathon de l'Î.-P.-É. a eu lieu du 15 au 17 octobre, à l'Île-du-Prince-Édouard, et pour le Matc Deighan, il s'agit de son premier marathon complet.

« J'ai déjà participé à quatre demi-marathons, mais c'est la première fois que je me suis forcée à faire le marathon complet », a déclaré le Matc Deighan. « J'ai suivi un plan d'entraînement tiré d'un livre sur la course, et je me suis entraînée

avec quatre amis qui participaient eux aussi au marathon, ce qui nous a permis de rester motivés, responsables et sains d'esprit », a-t-elle ajouté en riant.

Le Mat 3 Orr admet qu'elle a couru le demi-marathon de l'Î.-P.-É. un nombre incalculable de fois. Fervente adepte de la course à pied, le Mat 3 Orr a couru neuf autres marathons complets et s'entraîne pour le marathon international de Californie. « J'ai eu un contretemps plus tôt cette année après avoir subi une intervention chirurgicale au talon d'Achille, mais j'ai recommencé à courir et à m'entraîner en mars », nous a confié le Mat 3 Orr. Elle court depuis dix ans et parcourt entre 90 et 100 kilomètres par semaine. « J'adore courir; j'aime le cercle des habitués de la course, le fait de repousser mes limites et les amitiés que j'ai nouées grâce à la course. »

Se dépasser ne constitue rien de nouveau pour le Ltv Bergeron non plus; après tout, il est détenteur d'un record Guinness mondial pour le coureur le plus rapide qui jongle avec trois objets durant un demi-marathon. Vous pouvez vous renseigner! Le Ltv Bergeron a couru

huit marathons complets et s'astreint à un programme de course de 80 km par semaine. Le marathon de l'Î.-P.-É. revêt pour lui une importance particulière.

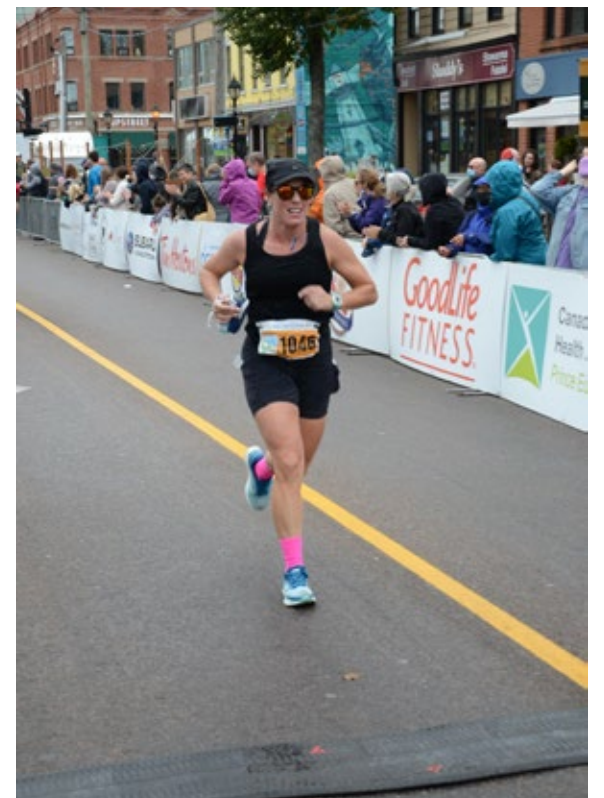
« Ce qui distingue le marathon de l'Î.-P.-É. de toutes les autres courses, c'est l'ambiance. Le fait de pouvoir mettre en valeur mes capacités devant des amis, des collègues et ma famille en fait une expérience exceptionnelle pour moi », a expliqué le Ltv Bergeron.

Ces trois experts ont quelques bons conseils qui pourraient vous aider à vous lancer.

Le Matc Deighan dit qu'il suffit de mettre un pied devant l'autre. « Savoir que l'on en sortira en meilleure forme, mentalement et physiquement, est un énorme avantage. »

Le Mat 3 Orr offre le conseil suivant : « soyez patient, mettez-y l'effort nécessaire, savourez l'instant et, surtout, essayez de vous amuser un peu. »

Le Ltv Bergeron aime relever les défis. « N'ayez pas peur de repousser vos limites, mais concentrez-vous aussi sur la nutrition et écoutez votre corps. »



Le Matc Laura Deighan.

MS Laura Deighan.

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