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TRIDENT

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



HMCS *Harry DeWolf* on Operation Caribbe

Members of HMCS Harry DeWolf's boarding party, along with U.S. Coast Guard Law Enforcement Detachment colleagues, train to board vessels of interest in the Atlantic Ocean on April 16. This is the second deployment to Operation Caribbe for Harry DeWolf, and the coming weeks will involve ongoing support to the multination anti-trafficking campaign Operation Martillo, as well as participation in Exercise Tradewinds.

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HMC ships *Goose Bay* and *Moncton* back from West Africa

By DND,

Two Royal Canadian Navy ships returned to their homeport of Halifax on April 15 after a four-month deployment to West Africa on Operation Projection in support of security and stability in the region.

Since departing Canada on January 19, HMC Ships *Goose Bay* and *Moncton* completed a number of successful port and community visits, as well as strategic engagements with allies and regional partners to exchange knowledge and expertise and strengthen relationships in maritime security.

Led by U.S. Naval Forces Africa, the ships, along with a detachment from the Canadian Armed Forces Naval Tactical Operations Group and a Maritime Operations Centre mentorship team, also participated in Exercise Obangame Express 2022 from March 12 to 17 in the Gulf of Guinea region.

“Operation Projection (West Africa) 2022 marks the first time in three years our ships have been able to support the mission to the extent that



Family members were waiting outside HMC Dockyard on April 15 to be reunited with loved ones returning home from Op Projection.

CPL SIMON ARCAND

they have,” says Rear-Admiral Brian Santarpia, Commander Maritime Forces Atlantic. “I am incredibly proud of our sailors for their success on this deployment – shedding a positive light on Canada from afar. They’ve helped to make a difference



VAdm Craig Baines, Commander RCN, right, greeted HMCS Moncton as the ship came alongside on April 15.

CPL SIMON ARCAND

not only in the realm of maritime security, but also to the lives of many on the ground through their community engagement efforts. I wish the ships’ companies a warm welcome home. Bravo Zulu for what I know has been a most memora-

ble and rewarding experience.”

The deployment marked the first deployment for HMCS *Goose Bay* on Operation Projection (West Africa) and the second for HMCS *Moncton*.

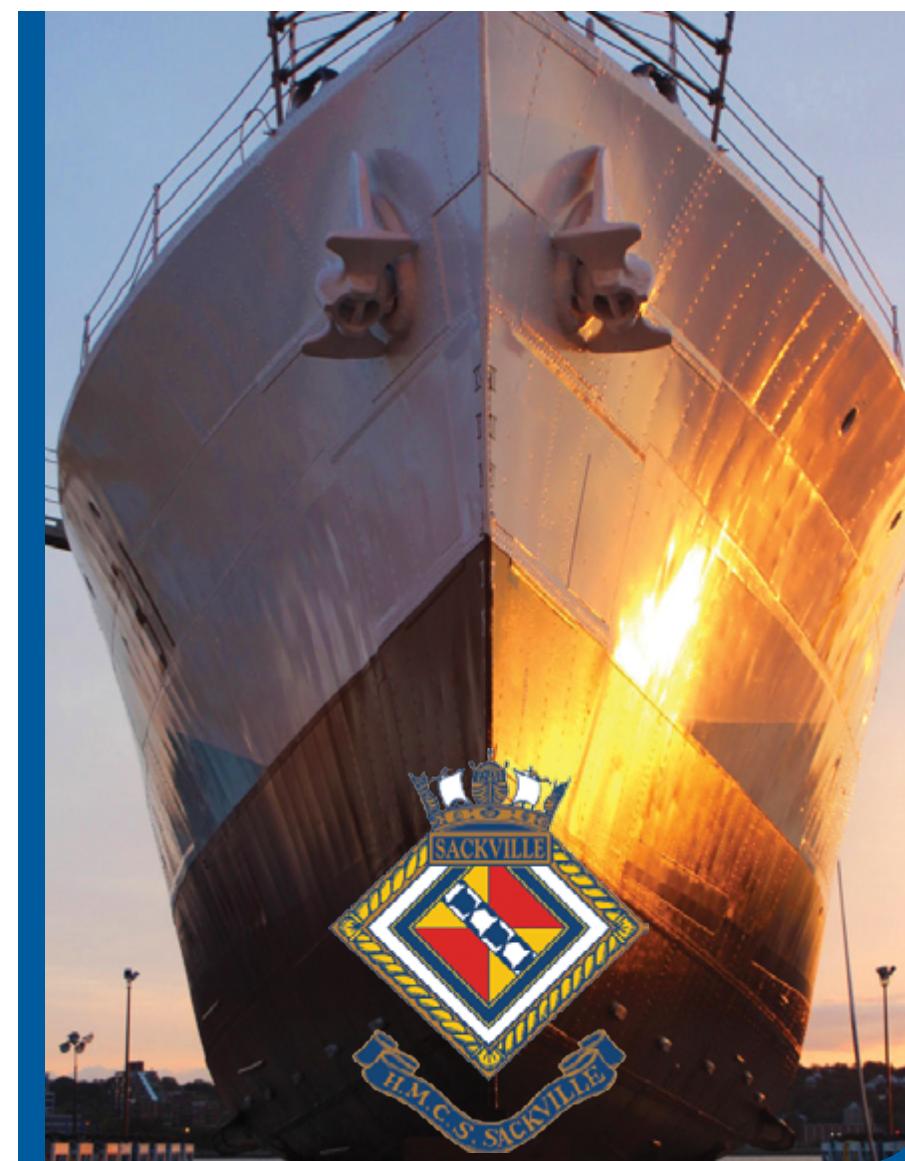
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Defence team, public gather on 77th anniversary of Battle of the Atlantic

By Ryan Melanson,
Trident Staff

With the Second World War era Corvette HMCS *Sackville* in the water, flypasts from Royal Canadian Air Force aircraft, and a large group of both military and civilian attendees, a bit of tradition returned this year to the annual ceremony as the Royal Canadian Navy marked the anniversary of the end of the Battle of the Atlantic.

Each year on the first Sunday in May, Canada and its naval community commemorate the ships that were lost and the people who died at sea during the Battle of the Atlantic, the longest campaign of the Second World War.

More than 2,700 RCN/RCAF personnel and 1,600 Canadian Merchant Navy mariners died during the six-year-long conflict.

"The Battle of the Atlantic was the lifeline of Europe for much of the Second World War, and the nation of Canada, along with each sailor, accepted this mission knowing there was no option to fail," said RAdm Brian Santarpia, Commander MARLANT and JTFA, at the ceremony.

"Those who we honour and remember sailed past where we are now standing together, knowing the perils they had to endure and further overcome to guard and deliver their cargo across the Atlantic. The cargo that was shepherded was the most valuable Canada could give," he added, referring to both the human lives aboard the ships, as well as the supplies that were vital to the Allied war effort.

It's estimated that Canadian convoys escorted more than 25,000 merchant marine ships across the Atlantic during the war, delivering more than 165 million tonnes of cargo. Canadian ships and aircraft were also credited with the destruction of more than 50 enemy U-boats during the conflict.

This year's ceremony was also supported by the Stadacona Band of the

Royal Canadian Navy and a large tri-service group on parade. A pared-down version of the commemoration was held in 2020 and 2021 due to pandemic restrictions.

HMC ships lost in the Battle of the Atlantic

Every year on Battle of the Atlantic Sunday, a bell is rung for each of the ships lost during the battle, and for the lives lost with them.

Adversus
Alberni
Athabaskan
Bras D'or
Charlottetown
Chedabucto
Clayoquot
Esquimalt
Fraser
Guyborough
HDC 15 (Harbour Defence Patrol Craft)
Lévis
Louisbourg
Margaree
MTBs (Motor Torpedo Boats) 459, 461, 460, 462, 463, 465, 466
Ottawa
Otter
Raccoon
Regina
St Croix
Shawinigan
Skeena
Spikenard
Trentonian
Valleyfield
Weyburn
Windflower
Ypres



A ceremony commemorating the end of the Battle of the Atlantic, the longest campaign of the Second World War, was held on May 1, known as Battle of the Atlantic Sunday, at Point Pleasant Park in Halifax. Here, RAdm Brian Santarpia, Commander MARLANT and JTFA, lays a wreath at the Sailors' Monument.

MONA GHIZ, MARLANT PA



Sailors are seen formed up at Point Pleasant Park, with HMCS Sackville and a CH-148 Cyclone helicopter serving as backdrop.

MONA GHIZ, MARLANT PA

RCAF, RCN mark two years since Stalker 22 tragedy

A small ceremony was held on April 29 at the Stalker 22 Memorial Monument at 12 Wing Shearwater to remember the six RCN and RCAF members who lost their lives on April 29, 2020 when a CH-148 Cyclone helicopter crashed in the Ionian sea while deployed with HMCS Fredericton on Operation Reassurance: MCpl Matthew Cousins, SLt Abigail Cowbrough, Capt Kevin Hagen, Capt Brenden MacDonald, Capt Maxime Miron-Morin, and SLt Matthew Pyke. Wreaths were laid on behalf of the RCAF by 12 Wing Commander Col Patrick MacNamara and Wing Chief CWO Bruno Poirier, and on behalf of the RCN by Atlantic Fleet commander Cmdre Christopher Robinson and Fleet Chief CPO1 Jamie Haas.

12 WING IMAGING



H&R MFRC celebrates National Volunteer Week

By Sarah-Jean Mannette,
Halifax & Region Military Family Resource Centre

Volunteers have played an integral role at the H&R MFRC ever since we opened our doors back in 1986. They continue to demonstrate kindness, commitment, and expertise in their efforts to support military families. From participating in important day-to-day tasks, to special events, and everything in-between, volunteers make a huge impact in allowing us to provide high quality programs and services that are tailored for military families.

We recently marked National Volunteer Week from April 24 – 30, 2022, which was a great occasion to highlight two long standing volunteers.

Val Greenwood is the proud mom of a military member. Her son is in the Navy and stationed at CFB Borden. For more than 11 years, Val has been committed to supporting military families by volunteering at the H&R MFRC. When asked why she wanted to volunteer with us, Val recalls the positive experience she had as a distraught mother calling the H&R MFRC for the first time. Her son was possibly going to be deployed overseas to a dangerous country and was looking for more information than what was in the news. She felt like she was heard by the staff at the Centre and wanted to become part of the "wonderful family – the MFRC," as she puts it.

Denise's enthusiasm is inspiring. She says, "Volunteering provides me with the greatest gifts of new friendships, seeing grace and courage in the face of the unknown. Who wouldn't want to volunteer?"

With sincere thanks, we would like to express our appreciation to Val, Denise, and all volunteers who choose to use their time and efforts to support military families. Please follow us on social media as we celebrate National Volunteer Week.

Interested in volunteering with us?

up when I get to spend a day at the MFRC," Val expresses with gratitude.

Denise Chisholm has been volunteering with the H&R MFRC for more than 10 years. Being of service to others has always been meaningful to her, as has a connection to the military community. Her parents both served in the Canadian Armed Forces, along with several cousins, as well as her children's father, and his father. It was her personal experience during her first posting that helped her understand the complexities of postings. As a result, she wanted to support other families and found a way to do that at the H&R MFRC. "There is nothing more rewarding than seeing a smile just after a few tears," Denise shares.

Over the years, she has connected with many families, drawing on her own experience to support families living the military lifestyle. She has fond memories of engaging with families; families with children, families who were experiencing the deployment of their primary caregiver, and family members whose partners were posted to another coast.

What she values most are the connection to the military community, and the people at the Centre. "I just can't say enough good about them. They truly make me feel like I am a part of this big, wonderful family." Val shares that she truly enjoys her time at the H&R MFRC. "It always lifts me



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— Janine Johnson,
Security Guard with
our Nova Scotia Division

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purchased from McDonalds restaurants at 393 Pleasant St. (Dartmouth) and 3486 Kempt Rd. (Halifax) will go directly to programs and services for military families.

The H&R MFRC has been proudly supporting military families since 1986. With your generous support, we can continue to do so. Thanks in advance!



Chyenne McPherson

SUBMITTED

From the Shop Floor at FMF Cape Scott

By Ashley Evans,
Fleet Maintenance Facility Cape Scott/Cape Breton

One year ago we connected with FMFCS Millwright Chyenne McPherson to ask about her journey through her apprenticeship both in school and in the Fleet Maintenance Facility.

Chyenne has been and continues to be a strong female voice in the trades, and we very much appreciate her taking the time to discuss her accomplishments and lessons over the past year with us.

What is your current position title?

"I completed my dockyard written and practical trades test back in November so I am now EME10. I'm also currently in school doing my level 4 block training."

When will you be taking your red seal test?

"I'm planning to write my red seal certification exam at the end of April."

You recently spoke on a virtual

panel for Nova Scotia Apprenticeship and modeled for some images – can you please speak about this?

"I spoke on a panel for International women's day about my journey as a woman in trades, it's always a pleasure speaking for Nova Scotia Apprentice Agency (NSAA). In the summer I participated in a photo/video shoot for NSAA and they have been using the content in commercials, advertisements, and on buses."

What is the coolest project you've worked on during your time at FMF thus far?

"Honestly everything I work on is cool and fascinating, like working on radars and antennas that do things that I didn't even know were possible."

What has been the most impactful part of your schooling thus far?

"The most impactful part is realizing how much school is preparing you

for the next chapter of your life. It's almost bittersweet that this is my last block before I write my certification exam."

What would you say to anyone looking to join the trades and start an apprenticeship?

"I would say do it. The trades are for everyone and hold so many opportunities. My apprenticeship journey has been an absolute breeze, through work and through NSAA. Not only are trades great paying jobs, you make great connections with amazing people while working."

Do you see more women joining the trades?

"I definitely do see a lot more women in the trades but not enough. I believe where for the longest time it was so male dominated, women were under the impression that this type

of work wasn't meant for them. As we get more representation of women throughout the trades, we are starting to realize that trades aren't meant for one specific gender, trades are for everyone!"

En direct de l'atelier au IMF Cape Scott

Par Ashley Evans,
Installation de maintenance de la flotte Cape Scott/Cape Breton

Il y a un an, nous avons communiqué avec la mécanicienne de chantier de l'Installation de maintenance de la Flotte Cape Scott (IMF Cape Scott), Chyenne McPherson, pour l'interroger sur son parcours d'apprentissage à l'école et à l'IMF. Chyenne a toujours été et demeure une voix féminine forte dans le milieu des métiers, et nous lui sommes très reconnaissants d'avoir pris le temps de discuter avec nous de ses réalisations et des leçons qu'elle a apprises au cours de l'année écoulée.

Quel est le titre de votre poste actuel?

« J'ai passé mes examens écrits et pratiques sur les métiers au chantier naval en novembre, alors j'ai maintenant atteint le niveau 10 du GEM. De plus, je suis actuellement à l'école mon instruction de niveau 4. »

Quand prévoyez-vous effectuer l'examen du Sceau rouge?

« Je prévois d'effectuer mon examen du Sceau rouge à la fin du mois d'avril. »

Vous avez récemment pris la parole lors d'une discussion en groupe virtuelle au nom de la Nova Scotia Apprenticeship Agency

et vous avez posé pour quelques images (l'une d'elle est affichée sur un autobus, illustrée ci-dessus) – pouvez-vous nous en parler!

« J'ai pris la parole dans un groupe à l'occasion de la Journée internationale des femmes pour parler de mon parcours en tant que femme dans le milieu des métiers. C'est toujours un plaisir de parler au nom de la Nova Scotia Apprenticeship Agency (NSAA). Au cours de l'été, j'ai participé à une séance de photos/vidéo pour le compte de la NSAA et l'agence a utilisé le contenu pour des publicités, des annonces et des affiches sur des autobus. »

Quel est le meilleur projet sur lequel vous avez travaillé jusqu'à maintenant à l'IMF?

« Honnêtement, tout ce sur quoi je travaille est génial et fascinant, comme travailler sur des radars et des antennes qui permettent de réaliser des choses dont j'ignorais même l'existence. »

Quel a été l'aspect le plus marquant de vos études jusqu'à maintenant?

« L'aspect le plus marquant a été de réaliser à quel point l'école vous

prépare à un nouveau chapitre de votre vie. C'est pour ainsi dire avec un sentiment doux-amé que je termine le dernier volant de mon cours avant de passer mon examen de certification. »

Que diriez-vous à quelqu'un qui souhaite se joindre au milieu des métiers et commencer un programme d'apprentissage?

« Je leur dirais de le faire. Les métiers sont accessibles à tous et offrent tellement de possibilités. Mon parcours d'apprentissage s'est déroulé sans encombre, grâce à mes efforts et à la NSAA. En plus d'être des emplois bien rémunérés, les métiers permettent de nouer des liens avec des personnes extraordinaires. »

Voyez-vous davantage de femmes se lancer dans les métiers?

« Je vois certainement beaucoup plus de femmes exercer des métiers, mais pas suffisamment. Je crois que pendant



Chyenne McPherson est vue dans une campagne publicitaire soutenant la Nova Scotia Apprentice Agency.

SOUmis

longtemps, les métiers étaient tellement dominés par les hommes que les femmes avaient l'impression que ce type de travail n'était pas fait pour elles. Plus les femmes sont représentées dans les métiers, plus nous commençons à réaliser qu'ils ne sont pas destinés à un genre en particulier, mais à tout le monde! »

Le CEMD annonce les premières nominations et promotions chez les officiers généraux pour 2022

Par MND

Le général Wayne Eyre, chef d'état-major de la Défense, a annoncé les premières nominations et promotions des officiers généraux des Forces armées canadiennes (FAC) qui auront lieu en 2022. Les officiers généraux nommés par les FAC sont choisis pour leur capacité à diriger les priorités de défense au niveau institutionnel, à créer et à maintenir une culture diversifiée et inclusive, et à faire preuve de leadership à l'étranger.

Le contre-amiral A.I. Topshee sera promu au grade de vice-amiral et nommé commandant de la Marine royale canadienne, à Ottawa, en remplacement du vice-amiral C.A. Baines, qui prendra sa retraite des Forces armées canadiennes.

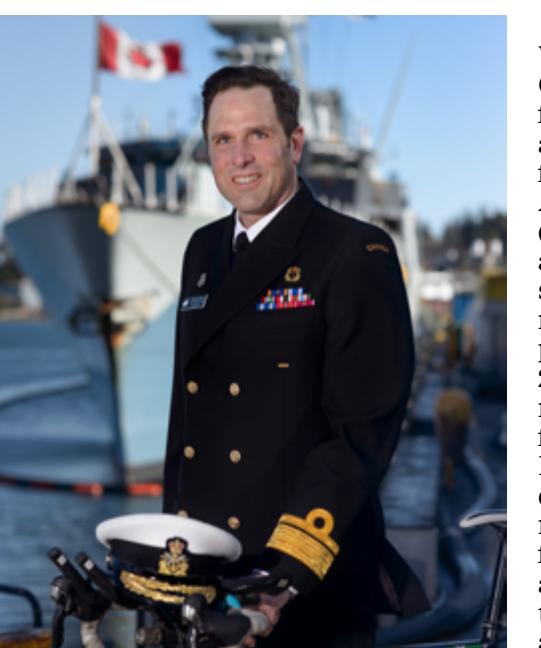
Le lieutenant-général J.J.M.J. Paul sera nommé commandant de l'Armée canadienne à Ottawa.

Le major-général S.R. Kelsey sera promu au grade de lieutenant-général et nommé commandant adjoint du Commandement allié de forces interarmées de Naples, à Naples, en Italie, en remplacement du lieutenant-général J.J.M.J. Paul.

Le major-général E.J. Kenny sera promu au grade de lieutenant-général et nommé commandant de l'Avia-

tion royale canadienne, à Ottawa, en remplacement du lieutenant-général A.D. Meininger, qui prendra sa retraite des Forces armées canadiennes.

Le processus de sélection en vue d'une promotion des FAC évolue de manière à choisir des candidats parmi les meilleurs dirigeants qui font preuve de force de caractère et d'excellence professionnelle. D'autres promotions, nominations et départs à la retraite seront annoncés dès qu'ils auront été confirmés.



RAdm Angus Topshee will be promoted and appointed Commander of the Royal Canadian Navy.

DND/MND

General Wayne Eyre, Chief of the Defence Staff, has announced the first Canadian Armed Forces (CAF) General and Flag Officer senior appointments and promotions for 2022. The CAF's requirement for General and Flag Officers is driven by the need to lead defence priorities at the institutional level, create and sustain a diverse and inclusive culture, and project leadership abroad.

The CAF's promotion-selection process is evolving to select from among the best leaders who demonstrate strength of character and professional excellence. Further promotions, appointments, and retirements will be announced once they've been confirmed.

Ministerial Advisory Panel report released as part of effort to eliminate systemic racism and discrimination on the Defence Team

By DND

The Minister's Advisory Panel was created in December 2020 with a clear mandate to seek out the policies, processes and practices that enable systemic racism and discrimination in the Department of National Defence (DND) and Canadian Armed Forces (CAF) and provide advice on how to eliminate them from our institution. Their work has focused on Anti-Indigenous and Anti-Black Racism, LGBTQ2+ Prejudice, Gender Bias, White Supremacy, Antisemitism, Islamophobia, and discrimination against people with disabilities.

Today, Minister of National Defence Anita Anand released the final report and discussed next steps. The Minister was joined by the four members of the Advisory Panel, MGen Ed Fitch, OMM, MSM, CD (Retired); Sgt Aronhia:nens Derek Montour (Retired); Maj Sandra Perron, CD, HLCol of the Régiment de Hull (Retired); and Capt Door L. Gibson, MMM, CD (Retired).

As part of this effort, the Defence Team will be establishing a cross-sectional working group that will include Branches from across the organization and the Defence Advisory Groups (DAGs) and Networks to address the report's recommendations, including by developing an implementation Framework and Action Plan. This

work will be synchronized with the broader Culture Change Strategy currently in development by the Chief, Professional Conduct and Culture.

The report provides recommendations for change in thirteen areas that cross the organization—from improving education and awareness of reconciliation, to promoting the history of Black service personnel, to improving recruitment efforts in multicultural communities, and using data to measure progress.

The Panel urges Defence Team leaders to consider these recommendations with resolve and urgency, and to use it as a guide for current and future work to eliminate racism and discrimination in all forms.

As part of this effort, the Defence Team will be establishing a cross-sectional working group that will include Branches from across the organization and the Defence Advisory Groups (DAGs) and Networks to address the report's recommendations, including by developing an implementation Framework and Action Plan. This

Defence stakeholders. During their review process the Advisory Panel received dozens of unsolicited submissions and engaged in subsequent conversations, where lived experiences contributed to the Panel's analysis of systemic racism and discrimination to inform this report.

The Prime Minister has mandated the Minister of National Defence to eliminate all sources of anti-Indigenous and anti-Black racism, LGBTQ2+ prejudice, gender bias and white supremacy in the Canadian Armed Forces.

Budget 2022 also proposes to provide \$100.5 million over six years to strengthen leadership in the Canadian Armed Forces; modernize the military justice system; bring into force the Declaration of Victims Rights as set out in the National Defence Act; undertake engagement and consultation on culture change; and enhance restorative services, including dispute resolution and coaching services.

CDS announces first 2022 General and Flag Officer senior promotions and appointments

By DND

Commander of the Royal Canadian Navy, in Ottawa, replacing Vice-Admiral C.A. Baines, who will retire from the Canadian Armed Forces.

Lieutenant-General J.J.M.J. Paul will be appointed Commander Canadian Army, in Ottawa.

Major-General S.R. Kelsey will be promoted to the rank of Lieutenant-General and appointed Deputy Commander Allied Joint Force Command Naples, in Naples Italy, replacing Lieutenant-General J.J.M.J. Paul.

Major-General E.J. Kenny will be promoted to the rank of Lieutenant-General and appointed Commander of the Royal Canadian Air Force, in Ottawa, replacing Lieutenant-General A.D. Meininger, who will retire from the Canadian Armed Forces.

The CAF's promotion-selection process is evolving to select from among the best leaders who demonstrate strength of character and professional excellence.

Rear-Admiral A.I. Topshee will be promoted to the rank of Vice-Admiral and appointed

la retraite), ainsi que le général Wayne Eyre, chef d'état-major de la Défense des Forces armées canadiennes, et Bill Matthews, sous-ministre de la Défense nationale.

Le rapport fournit des recommandations en matière de changement dans treize domaines qui traversent l'organisation, de l'amélioration de l'éducation et de la sensibilisation à la réconciliation, à la promotion de l'histoire des militaires noirs, à l'amélioration des efforts de recrutement dans les communautés multiculturelles, et à l'utilisation de données pour mesurer les progrès.

Le Groupe consultatif exhorte les dirigeants de l'Équipe de la Défense à considérer ces recommandations avec détermination et urgence, et à s'en servir comme guide pour les travaux actuels et futurs visant à éliminer le racisme et la discrimination sous toutes leurs formes.

Dans le cadre de cet effort, l'Équipe de la Défense établira un groupe de travail transversal qui inclut les branches de l'ensemble de l'organisation ainsi que les réseaux et les groupes consultatifs de la Défense (GCD) afin de donner suite aux recommandations du rapport et d'élaborer un cadre et un plan d'action pour la

mise en œuvre. Ce travail sera synchronisé avec la vaste stratégie de changement de culture élaborée par le Chef, Conduite professionnelle et culture.

Les représentants du MDN et des FAC feront le point sur les progrès accomplis lors de leurs mises à jour régulières aux Canadiens sur les mesures prises par l'Équipe de la Défense en matière de changement de culture.

Faits en bref

Le Groupe consultatif est composé de quatre membres représentant divers milieux, domaines d'expertise et perspectives sur la lutte contre le racisme, l'équité, la diversité et l'inclusion.

Le Groupe est composé de fiers membres retraités des FAC, et chacun d'eux apporte son propre point de vue pour éclairer leur travail et leur analyse; il s'agit du MGen E.S. (Ed) Fitch, OMM, MSM, CD, du Sgt Aronhia:nens Derek Montour, de la Maj Sandra Perron, CD, Lcol honoraire du Régiment de Hull (à la retraite); et de la Capt Door L. Gibson, MMM, CD.

Le Groupe consultatif a organisé près de 50 séances de mobilisation avec des organisations externes et des intervenants internes de la Défense. Au cours de son processus d'examen, le groupe consultatif a reçu des

Face of Base: Capt (Padre) Halit Ozer

By Sydney MacLeod,
CFB Halifax,



Capt (Padre) Halit Ozer
Capt (Aumônier) Halit Ozer.

SUBMITTED

Gens de la Base: Capt (Aumônier) Halit Ozer

Par Sydney MacLeod,
BFC Halifax,

Cette semaine, la vedette de la rubrique Gens de la BFC Halifax est notre aumônier, le Capt Halit Ozer.

En tant qu'aumônier des Forces armées canadiennes FAC, le Capt Ozer assume de nombreuses responsabilités. Il prend notamment en charge les soins spirituels, religieux et pastoraux des membres des FAC et de leurs familles, conseille la chaîne de commandement sur les mesures d'adaptation pour les besoins spirituels et religieux, préside à des cérémonies spéciales et offre aux militaires un soutien compatisant et attentionné au cours d'événements et d'incidents importants. L'aumônier Ozer a toujours eu à cœur d'aider les gens en leur apportant un soutien spirituel, et il estime que l'organisation militaire est un des lieux de service par excellence. C'est cette conviction qui l'a poussé à se joindre aux FAC en juillet 2020. L'aumônier Ozer est l'un des neuf

aumôniers musulmans en service dans les FAC et le seul aumônier musulman qui assure un soutien aux membres de la BFC Halifax.

En tant qu'aumônier musulman, le Capt Ozer a été très occupé par le ramadan ce mois-ci : il a aidé les personnes à remplir les formulaires liés aux mesures d'adaptation religieuse, a répondu aux questions et aux préoccupations d'ordre religieux, a dirigé des prières, a fourni du matériel et des manuels religieux, et a assuré un soutien et des services religieux généraux quand cela était nécessaire.

« Je suis un imam pour les militaires musulmans, mais je suis un aumônier pour tous les membres des FAC et je suis si heureux de pouvoir offrir du soutien à tous nos membres, indépendamment de leur religion, de leur sexe, de leur identité ethnique ou de leur origine. »

L'aumônier Ozer est né à Beypazarı,

Meet this week's Face of Base: Local Chaplain Capt (Padre) Halit Ozer! As a Canadian Armed Forces Chaplain, Padre Ozer has a large number of responsibilities, some of which include fostering the spiritual, religious, and pastoral care of CAF members and their families; advising the Chain of Command regarding spiritual/religious accommodation issues; officiating at special functions; and providing compassionate and caring support to members when significant life events and incidents occur. He has always enjoyed helping people by providing spiritual support, and thinks the military is one of the most important organizations in which to serve; this belief is what led him to join the Forces in July 2020. Padre Ozer is one of nine Muslim Chaplains currently serving in the CAF and the only Muslim Chaplain currently supporting members at CFB Halifax.

As a Muslim Chaplain, Padre Ozer has been actively engaged in Ramadan over the last month by helping with religious accommodation forms, addressing religious questions and concerns, leading prayers, supplying religious materials and textbooks, and providing generalized religious support and services when needed.

“I am an Imam for Muslim members, however I am a Padre for everyone in CAF and I am so happy when I support any of our members regardless of their religion, gender, ethnic identity or background.”

Padre Ozer was born in Beypazarı, a little town near Ankara, the capital city of Turkey. He studied traditional

Islam in a Madrasa (Islamic School) environment, which taught him about the Quran, the life of the Prophets, Islamic Law and broad-spectrum social ethics. He first arrived in Canada in November 2002 after he had completed his bachelor's degree in Electronic Engineering at Istanbul University. He also completed the Master of Pastoral Studies: Muslim Studies, Spiritual Care (MPS) and Psychotherapy Certificate Program at Emmanuel College of Victoria University, and has completed certifications in Clinical Pastoral Education. He also is a member of College of Registered Psychotherapists of Ontario as a Registered Psychotherapist Qualifying.

This broad educational background has enabled Halit, both in Turkey and upon entering Canada, to actively preach in the community, work as an educator, and coordinate a variety of tasks for youth and students.

Outside of his busy work life, he is married and has three children who are 6, 8 and 14 years old. When he has spare time, Padre Ozer enjoys fishing, soccer, basketball, cross-country driving, traveling to warmer climates, hiking, archery, biking, listening to Farid Farjad, Turkish pop 90s, and watching psychological and mystery shows/movies. He also loves reading Rumi's and Said Nursi's works and collections saying he finds them “very motivating and therapeutic.”

Thank you, Padre Ozer, for all the support you provide to CAF members and families across our local defence community!

Military family life: Meet the Hardings

By RCAF



Cassandra, Richard, Chantal and Alexandra Harding in Greenwood, N.S.

DND

14 Wing Greenwood has been home to the Harding family for the past five years. Captain Richard Harding is an Air Combat Systems Officer with 405 Long Range Patrol Squadron flying the CP-140 Aurora. His wife, Lieutenant-Navy Chantal Harding, is a Reserve cadet instructor with the 517 F/Lt Graham Royal Canadian Air Cadet Squadron.

They have a busy household with two young daughters and Richard is away about a third of the year on exercises or deployments.

“There was a war one time and Daddy went to try to help people in his airplane,” says Alexandra, age 6, describing one of her father’s deploy-

ments.

“When Daddy is away, I feel sad and I miss him a lot. It makes me sad at bedtime. But we have one of his shirts and we snuggle with it at bedtime,” says Cassandra, age 8.

Their mother, Chantal, adds, “We also put pictures on a map of where we are and where Richard is, along with the different time zones, so the girls have a better idea of where their Dad is.”

Richard wishes he could be home more for things like school concerts, graduations, birthdays and anniversaries, as well as special holidays like Halloween, Thanksgiving and Easter. However, his daughters always enjoy the special treats brought home from exotic locales as well as Daddy’s little surprises.

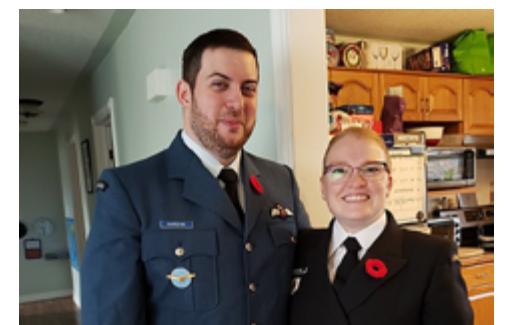
“One time at Christmas when Daddy was away, there was a big box and Daddy jumped out of it,” says Alexandra. “We were really surprised [to see Daddy], and then we played in the box.” The girls had no idea Richard was coming home that Christmas until he jumped out of the box that Chantal had rigged up from two moving boxes. Memories in the making, to be sure.

Like many military families, the

Hardings do whatever they can to make life as secure and stable as possible for their daughters. This includes frequent visits from extended family members in Ontario, building strong connections with neighbours who’ve become more like family, and keeping the lines of communication open.

The girls are happy to help out when their father is away. “They are Mom’s big helpers, for sure,” says Richard. “When Daddy is away, I listen, I put away laundry, we help with the dishes and when we wake up, we give Missy [the family cat] her kitty treats,” says Cassandra.

Although the Hardings are settled in Greenwood, they always live with the reality faced by all military families that a posting may be on the horizon. Luckily, the shorter term will provide some geographic stability for them as Richard is slated to be posted to another Greenwood unit this summer. However, a few years after that, he knows the prospect of moving away from Greenwood will be a decision point for the family. By that time, their daughters will be older and even more settled in school with their friends, which causes Richard to think of going alone so the girls could stay in



Captain Richard Harding and Lt(N) Chantal Harding have been working at 14 Wing Greenwood for five years.

DND

their familiar surroundings.

“I’d be sad if we had to leave and I wouldn’t want to leave,” says Cassandra.

Whatever the future holds for the Harding family, Alexandra and Cassandra are growing and developing with resiliency and a sense of curiosity and adventure. “As they’ve got used to being military kids, they’ve definitely adapted,” says Chantal. “The first couple of years were challenging, but whenever Richard does go away, he’s able to call home and FaceTime with the girls, which makes it a little bit easier — and the homecomings are always special.”



N.S. Chief Medical Officer visits MARLANT

Dr. Robert Strang, Nova Scotia's Chief Medical Officer of Health, visited MARLANT Headquarters on April 28 to meet with members of the team. Dr. Strang was presented with a coin by RAdm Brian Santarpia, Commander MARLANT and JTFA, and Formation Chief CPO1 Tom Lizotte, to show gratitude for his role in ensuring the safety of Nova Scotians and members of the Defence Team during the COVID-19 pandemic.

MONA GHIZ, MARLANT PA

High School Navy Co-op program

This year's High School Navy Co-op program began in March, and our 12 students have been spending each Thursday at CFB Halifax learning about life as a military member or DND employee and exploring future career opportunities. They recently spent time with Military Police Unit Halifax, where they got a tour from Cpl Montgomery and Sgt Murphy, checked out some police gear, and learned how the busy unit operates.

SHALINI DESHWAL



Padre's Corner: Rest well

By Capt (Padre) Graham Ware,

Prior to becoming a CAF Chaplain, I was a Pastor in a local church. As a Pastor, I both looked forward to, and dreaded the time of Holy Week (culminating with Easter). This period in the Church's calendar is the core of our faith and traditions. It's a time of deep reflection and celebration. It was and is the highlight in the life of the Church. But it was also a time that was extremely busy, especially for church leaders. We are doing the

things we love, but even when doing wonderful, uplifting, encouraging things, we are still spending ourselves, and for an introvert like me, the finite energy runs out, and once Easter Sunday afternoon arrives, I am typically exhausted.

We all know we need to rest and refresh at times. Whether we actually do that – and whether we do it well or not – is another story. However we hopefully can agree that rest is im-

portant. We are normally more aware of this need when our lives are busy, stressful, and less positive. But even when the stuff that keeps us busy is stuff we enjoy, when we are spending ourselves on positive things, we need to be aware of our need for rest. That rest may look different, but it is still just as vital.

We have experienced a lot of stress through two years of this pandemic, and had fewer opportunities for

healthy rest for our minds, bodies, and souls. As we've shifted and begun to have new opportunities to be with family and friends, it is still important to check ourselves (and maybe do a buddy check too) and to be honest; how are you really? Resiliency requires to sometimes see the strain, and intentionally rest.

La chronique de l'aumônier: Bon Repos

Par Capt (Aumônier) Graham Ware,

Avant de devenir un aumônier des FAC, j'étais pasteur dans une église locale. À titre de pasteur, j'attendais avec impatience et je redoutais le temps de la Semaine Sainte (qui se terminait avec Pâques). Cette période dans le calendrier de l'Église est au cœur de notre foi et de nos traditions. C'est un temps de profonde réflexion et de célébration. C'était et c'est le point culminant de la vie de l'Église. Mais c'était aussi une période extrêmement occupée, particulièrement pour les dirigeants de l'Église. Nous

faisons les choses que nous aimons, mais même lorsque nous faisons des choses merveilleuses, édifiantes et encourageantes, nous nous dépensons toujours, et pour un introvert comme moi, l'énergie diminue et lorsque le dimanche après-midi de Pâques arrive, je suis habituellement épuisé.

Nous savons tous que nous devons nous reposer et nous ressourcer. Que nous le fassions réellement – que nous le fassions bien ou non – c'est une autre histoire. Cependant, j'espère que nous pouvons convenir que le

repos est important. Généralement, nous sommes plus conscient de ce besoin quand nos vies sont occupées, stressantes ou moins positives. Pourtant, même si nous apprécions les choses qui nous occupent et que nous nous consacrons à des choses positives, nous devons demeurer conscients de notre besoin de repos. Le repos peut sembler différent, mais il est toujours aussi essentiel.

Nous avons vécu beaucoup de stress au cours des deux années de cette pandémie, et nous avons eu peu

d'occasions de reposer sainement nos esprits, nos corps et nos âmes. Alors que les choses changent et que de nouvelles possibilités de rencontrer notre famille et nos amis s'offrent à nous, il demeure important de vérifier comment nous nous sentons (et peut-être de faire une vérification entre amis également) et pour être honnête, comment allez-vous réellement? La résilience nécessite parfois de constater la pression et de prendre du repos intentionnellement.

Operation Reassurance continues for HMCS Montreal



A member of the Naval Boarding Party on board HMCS Montreal prepares to embark on a Special Operations Rigid Hull Inflatable Boat to partake in a training serial during Operation Reassurance in the Mediterranean Sea on April 23.

CPL BRADEN TRUDEAU



HMCS Montreal arrives in Souda Bay, Greece on April 14. Montreal is currently attached to Standing NATO Maritime Group 2, while HMCS Halifax, also deployed to Operation Reassurance, is sailing as part of Standing NATO Maritime Group 1.

CPL BRADEN TRUDEAU

From PAT to Pacific with HMCS Calgary

By HMCS Calgary

Four students on Personnel Awaiting Training (PAT) Platoon for their Naval Warfare Officer (NWO) level III course recently joined HMCS *Calgary* for a month-long sail to the South Pacific. The sail aided their work towards their Officer of the Day packages.

The experience began with the four Acting Sub-Lieutenants - A/SLt Paula Campbell, A/SLt Luca Lavoie, A/SLt Scott MacArthur and A/SLt Sherri Sweet - being flown via a C-130 Hercules to Hawaii to meet up with the ship.

This opportunity rarely happens for students just beginning their training - a full month of sailing, a port visit, and firsthand experience in a frigate for the first time in their careers.

Originally, the trainees were attach-posted to HMCS *Ottawa* to work towards their Officer of the Day packages, an amazing opportunity in itself as most students don't start this portion of their training until after their NWO IV course.

However, having only been attach-posted for one week, this made them the ideal candidates to partake in this sail and experience life on ship firsthand, while still working towards their qualifications and participating in essential training.

Arriving in Pearl Harbor where it was 26 degrees hotter and immensely sunnier than Esquimalt, they took a brief ride to the jetty, joined up with *Calgary* and enjoyed a crew-wide port visit, the first one since the beginning of the COVID-19 pandemic.

Following a brief stay in Honolulu, the trainees returned to the ship and were encouraged by their new command team to take advantage of the

experiences, evolutions, and opportunities to come their way, and to act like sponges, taking as much information in as possible.

Their first day was spent spread across various departments, shadowing and learning about the different roles such as Technician of the Watch, Petty Officer of the Watch, Shipboard Electro-Optic Surveillance System Operator, and Marine System Engineer Rounds.

Each of these shadow roles gave a different perspective on how the ship is run on a day-to-day basis. Soon after, they were placed on a Watch on Deck Rotation for a week. This saw them participate either on the helm or as lookout, which allowed them to spend quality time with the Boat-swains, soaking up the happenings on the bridge and around the boat decks.

They also participated in a .50 calibre hammerhead shoot, part ship hands evolutions; a towing exercise; a cold move; anti-submarine warfare operations; torpedo countermeasures manoeuvres; a dual Sig Sauer and C8 shoot; and person overboard evolutions.

In between evolutions, standing watches, and soaking everything in, trainees could be found huddled together studying their On-the-Job-Performance Records requisitions for their Officer of the Day Package. When they arrived in *Calgary* they had 19 requisites; they obtained 14 more while on board for a total of 33 out of 47, a healthy 70 percent completion of their Officer of the Day package.

Calgary's crew was extremely welcoming and helpful and made integrating into the ship's day-to-day



A/SLt Sweet and A/SLt Campbell observe the cable party as they secure the anchor cable alongside Pearl Harbor, Hawaii.

LT(N) SABOURIN

spring and staying with *Calgary* until their courses start late this summer.

The opportunity for them to be placed in what might have been empty racks has given them a base for their further training to build on.

Attn: Transitioning Military Members

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A/SLt MacArthur, A/SLt Sweet, A/SLt Campbell, and A/SLt Lavoie during their first week on board HMCS *Calgary*.

LT(N) SABOURIN





SPORTS & FITNESS

14 Wing Greenwood wins curling invitational tournament

By Joanie Veitch,
Trident Staff

Following a tight final game, the team from 14 Wing Greenwood won 7-6 over CFB Halifax's #2 team in the curling invitational championship, winning both bragging rights and a special trophy to take back to the squadron.

The curling tournament was played in a double round-robin format from April 11-14 at the CFB Halifax Curling Club, with two teams from CFB Halifax and a team from 14 Wing Greenwood competing.

While the event didn't fit the bill as a true regional tournament, participants had nothing but praise — especially given the ever-changing situation regarding restrictions on events due to

COVID-19.

"It was a pleasure for us to come up from Greenwood for the event. It's been really enjoyable for all of us to get out and meet people," said Capt Jeff McRae, skip for the 14 Wing Greenwood team. "It was a good competition with excellent sportsmanship. Top marks to PSP Halifax for making it happen."

Along with Capt McRae as skip, the championship team from 14 Wing Greenwood included Capt Paul Bailey, Capt Sarah Fralick, Capt Mike Duncan and Capt Joseph Ryan.

On the opposing team in the final game — CFB Halifax's team #2 — were

Cdr Nick Buxton as skip, along with Lt(N) James Adams, Lt(N) Aaron Bradley and PO2 Greg Moffat.

Organizing sports events during the COVID-19 pandemic has been difficult but curling has proven one of the more resilient sports, said Isaac Habib, Fitness and Sports Coordinator at PSP Halifax.

"We've had to take some pauses but, for the most part, we've been able to run the full curling schedule," said Habib. "Curling is a very social sport and, as a region, we wanted to see some kind of competition happen so we organized this as an invitational tournament."

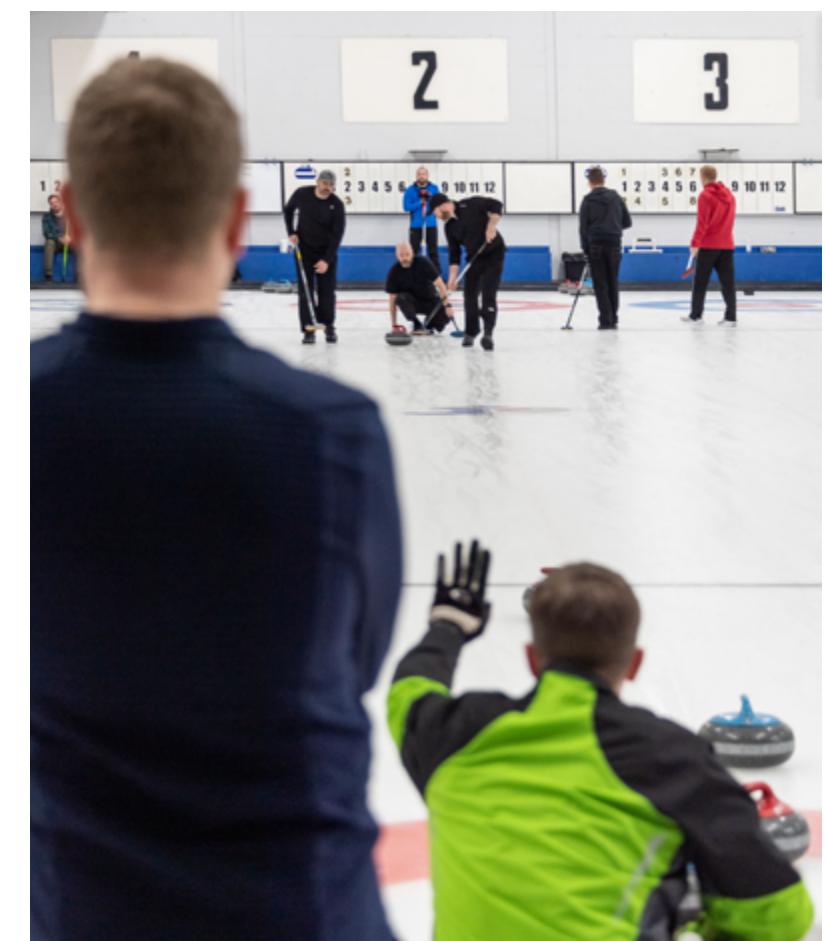
Following the championship match, Habib presented the Greenwood team with a special trophy, which they get to keep at 14 Wing until next year.

Dubbing it "the challenge cup", Habib told participants that the trophy had previously been in storage at CFB Halifax Curling Club before it was found and cleaned up by staff for the event.

"This was our first invitational curling challenge and a great competition," he said. "It's exciting to be doing things again."



The winning team from 14 Wing Greenwood at the recent curling invitational. Left to right: Capt Sarah Fralick, Capt Mike Duncan, Capt Jeff McRae, Capt Joe Ryan, and Capt Paul Bailey.



Three teams played a round-robin format over four days of curling at the CFB Halifax Curling Club.

CPL CHERYL CLARK

La 14e Escadre Greenwood remporte un tournoi de curling sur invitation

Par Joanie Veitch,
Équipe du Trident



Trois équipes ont pris part à un tournoi à la ronde pendant quatre jours à Halifax.

CPL CHERYL CLARK

Au terme d'une finale serrée, l'équipe no 2 de la BFC Halifax a remporté la partie 7 à 6 contre l'équipe no 2 de la BFC Halifax lors du championnat de curling sur invitation, obtenant ainsi le droit de se vanter et un trophée spécial à rapporter à l'escadron.

Il s'agissait d'un tournoi à la ronde à double élimination qui s'est déroulé du 11 au 14 avril au Club de curling de la BFC Halifax et auquel ont participé deux équipes de la BFC Halifax et une équipe de la 14e Escadre Greenwood.

Même si l'événement n'a pas été

considéré comme un véritable tournoi régional, les participants n'ont eu que des éloges à formuler, en particulier, compte tenu de l'évolution constante des restrictions imposées aux activités liées à la COVID-19.

« Ce fut un plaisir pour nous de nous rendre à Greenwood pour participer à l'événement. C'était vraiment agréable pour nous tous de sortir et de rencontrer des gens », déclare le Capt Jeff McRae, capitaine de l'équipe de la 14e Escadre Greenwood. « Nous avons eu droit à une bonne compétition marquée d'un excellent esprit sportif. Bravo au PSP Halifax qui a rendu cet événement possible. »

Outre le capitaine de l'équipe, le Capt McRae, l'équipe championne de la 14e Escadre Greenwood était composée du Capt Paul Bailey, de la Capt Sarah Fralick, du Capt Mike Duncan et du Capt Joseph Ryan.

Quant à l'équipe finaliste, l'équipe no 2 de la BFC Halifax, elle comptait le Capt Nick Buxton comme capitaine de l'équipe, ainsi que le Ltv James Adams, le Ltv Aaron Bradley et le M 2 Greg Moffat.

« Organiser des événements sportifs pendant la pandémie de

COVID-19 a été difficile, mais le curling s'est avéré être l'un des sports qui se sont le mieux adaptés », déclare Isaac Habib, coordonnateur du conditionnement physique et des sports du PSP Halifax.

« Nous avons dû faire quelques pauses mais, la plupart du temps, nous avons été en mesure de respecter le programme complet de curling », indique Habib. « Le curling est un sport très social et, en tant que région, nous voulions assister à une certaine forme de compétition, alors nous avons organisé ce tournoi sur invitation. »

Au terme de la finale du championnat, Habib a remis à l'équipe de Green-

wood un trophée spécial, qu'elle pourra conserver à la 14e Escadre jusqu'à l'an prochain.

Surnommé « la Coupe du défi », Habib a raconté aux participants que le trophée avait été entreposé jusque-là au Club de curling de la BFC Halifax avant que le personnel ne le trouve et le nettoie pour l'événement.

« Il s'agissait de notre premier tournoi de curling sur invitation et d'une excellente compétition », dit-il. « C'est excitant de reprendre les choses en main. »

Training for Invictus: Eileen Du Plooy

By Trident Staff



Eileen Du Plooy (back row, second from left) is pictured with other Soldier On coaches and staff during a recent conference in Ottawa ahead of this year's Invictus Games. Eileen is Soldier On's Regional Coordinator covering Newfoundland and Nova Scotia.

SOLDIER ON

Eileen Du Plooy is a former Fitness and Sports Instructor with PSP Halifax, and now works as the Regional Coordinator for Soldier On in New-

foundland and Nova Scotia. She's been using her athletic knowledge and training to support serving and retired military members for nearly a decade, and she recently appeared on the CFMWS internal podcast series to speak about her experiences working with CAF members and preparing adaptive athletes for the Invictus Games.

"My job is probably one of the most rewarding ones that there is. I feel honoured to be there every single day," she said, acknowledging the hard work and determination shown by the Soldier On participants she works and trains with, some of whom are working their way back from debilitating injuries or fighting difficult battles with PTSD and other mental health issues.

Things don't always go smoothly. Du Plooy shared stories of Invictus Games training camps that involved trigger-

ing situations or tough adjustments for participants, and she recalled one specific member who had a very difficult time dealing with the stresses of travel and being away from family.

"This individual didn't do well during that camp and didn't end up actually going to the Invictus Games, the overall event, but I have been in contact with that member afterwards, and they have actually progressed to a place where they're okay. They're able to go through their daily activities and daily life. They're on a path of finding out where their recovery is going to take them."

Sometimes a full, 100 percent recovery isn't the expectation or the goal, and that's ok, Du Plooy said. Soldier On aims to guide members into getting back into an active lifestyle and reconnect them with peers, which can be a first step to reintegrating into society.

"A lot of members learn from each other. They come out to



After being postponed in 2020 and 2021, the fifth edition of the Invictus Games took place from April 22-26 in the Netherlands, with Team Canada competing in events like wheelchair basketball and wheelchair rugby, archery, rowing, powerlifting, and more.

SOLDIER ON