



TRIDENT

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Diving in / Plongée sous-marine

The team divers on board HMCS Montreal conduct diving procedures in Aksaz, Turkey during Operation Reassurance on May 02. HMCS Montreal is currently deployed with Standing NATO Maritime Group 2.

L'équipe de plongeurs à bord du NCSM Montréal exécute des procédures de plongée à Aksaz, en Turquie, au cours de l'opération REASSURANCE, le 2 mai. Le NCSM Montréal est actuellement déployé au sein du 2e Groupe maritime permanent de l'OTAN.

CPL BRADEN TRUDEAU





HMCS *Harry DeWolf* busts add to smugglers' blues

By Peter Mallett,
The Lookout

HMCS *Harry DeWolf* and its crew continue to protect North America from illegal narcotics in the high seas.

The Arctic and Offshore Patrol Vessel recently participated in two interdictions and seized a combined 386 kilograms of cocaine with an estimated street value of USD \$15 million. The busts were made as part of Operation Caribbe 2022. The multinational campaign targets transnational criminal organizations and illegal narcotics shipments in the Caribbean Sea and

Eastern Pacific.

The first drug bust took place on April 19 when *Harry DeWolf* intercepted two vessels containing 231 kilograms of cocaine, with the help of U.S. Coast Guard (USCG) Law Enforcement Detachment (LEDET) and United States Navy vessel USS Wichita.

Then, in the early-morning hours of May 1, the ship noticed a suspicious vessel and conducted an interdiction using the ship's two Multi Role Rescue Boats. This time *Harry DeWolf*'s crew

recovered 165 kilograms of cocaine.

Arrested suspects were processed by the U.S. Law Enforcement system. The seized drugs were collected as evidence for court proceedings and will then be destroyed at a facility in the U.S.

This is *Harry DeWolf*'s second Op Caribbe deployment in six months.

In December of last year, while operating in the Eastern Pacific, *Harry DeWolf* worked alongside USCG staff in two drug interdictions, seizing a combined 2,589 kilograms of cocaine. The ship began operating on its second Op Caribbe deployment on April 4, making its third and fourth seizures of illegal narcotics.

Harry DeWolf's Executive Officer, LCdr Ryan Bell, says the ship's crew worked diligently before interdicting the vessels.

"The successful interdiction is a tangible way of demonstrating we are protecting and safeguarding North America and society from illegal narcotics," he said. "Achieving this success in

combined operations proves allied navies can work together to realize a common goal."

LCdr Bell says the *Harry DeWolf* class is designed with a variety of capabilities that are not present with other classes of ships, such as the two Multi Role Rescue Boats that provide flexibility in operations.

"When we had two boats pursuing the vessel simultaneously, one was able to keep up the pursuit while the other was able to recover the jettison," said LCdr Bell.

During this deployment, *Harry DeWolf* and crew will also participate in U.S.-led exercise Tradewinds 2022. The annual exercise involves international and regional partners and focuses on strengthening security and safety in the Caribbean region, with an emphasis on humanitarian aid, disaster relief and counter-narcotics operations. A special focus this year will be on an amphibious landing of disaster relief support.



Crewmembers carry out their duties on the bridge of HMCS *Harry DeWolf* during Operation CARIBBE, while sailing in the Atlantic Ocean on May 3.

CAF PHOTO



A Royal Canadian Navy member drives HMCS *Harry DeWolf*'s Multi Role Rescue Boat with members of the U.S. Coast Guard Law Enforcement Detachment (LEDET) on board in the Atlantic Ocean on April 18.

CAF PHOTO

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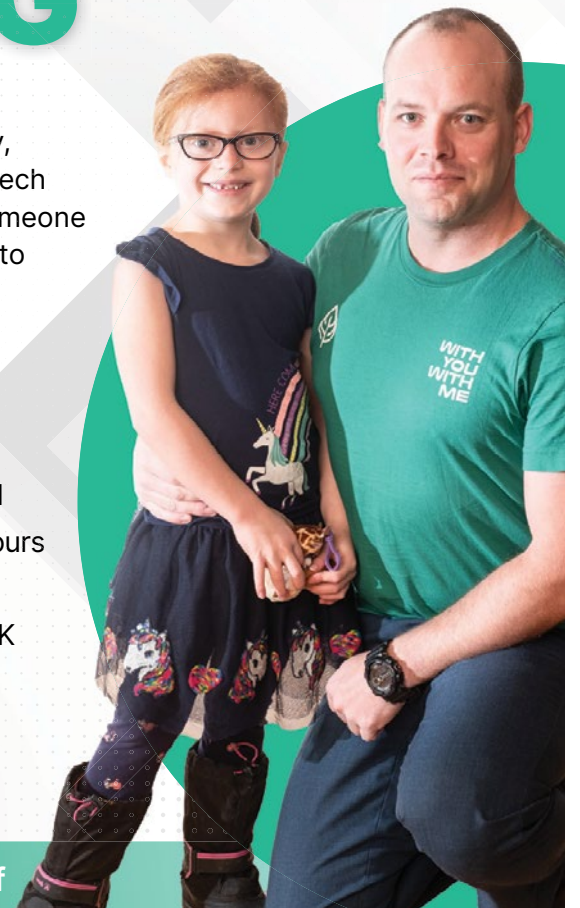
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Connecting to her Indigenous culture: PO1 Cheyanne Delaronde

By Joanie Veitch,
Trident Staff



PO1 Cheyanne Delaronde is a Human Resources Administrator at CFB Halifax and a member of the Atlantic Defence Aboriginal Advisory Group.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

Growing up, Petty Officer 1st Class (PO1) Cheyanne Delaronde didn't talk a lot about her culture, but now as a member of the Defence Aboriginal Advisory Group (DAAG), she's proud to stand up for Indigenous members of the Canadian Armed Forces (CAF) — supporting others as they speak up to tell their stories.

"A lot of Indigenous people have had their culture ripped away from them. Most of us feel that we are not Indigenous enough to represent our families or our communities. This couldn't be farther from the truth. Their lived experience and the traumas their

family has faced — no matter how big or small — play a role in who they are today, and they are an important part of the RCN," said PO1 Delaronde.

She speaks from personal experience. In her own family, both her grandmothers attended residential schools, and her mother was part of what's known as the Sixties Scoop, the period from the mid 1960s to the mid 1980s in which thousands of Indigenous children were taken from their families by child welfare authorities to be placed in foster care and put up for adoption to go to non-Indigenous families.

"My parents were taught to be ashamed of being Indigenous," she said. "They experienced unthinkable trauma that they did not want us to experience."

PO1 Delaronde joined the CAF as a reservist in Vancouver in 2005 as a Naval Communicator before becoming a full-time member in 2009. Now working at CFB Halifax as a Human Resources Administrator (HRA) in Base Administration, PO1 Delaronde first got involved with the DAAG when she was posted to Ottawa and met Master Warrant Officer Moogly Tetrault-Hamel, Aboriginal Advisor to the CAF Chaplain General.

"He would pass on teachings and always encouraged me to speak up. Meeting him was my first connection with the DAAG; it really helped open the door for me to be proud of my heritage," said PO1 Delaronde.

While the DAAG is a key support for Indigenous military members, it also has an important role to play in promoting positive culture change across the CAF, PO1 Delaronde added.

"The military is very much a policy-based institution. The policies are changing to become more accommodating, but there is still much work to be done. It will take us time to get to where we need to be, but the changes that are happening will benefit everyone."

A career in the military can be challenging on a number of different levels, but for PO1 Delaronde, by far the hardest part is when her work takes her away from her family. As a mother to three young daughters, PO1 Delaronde realized that challenge

early on. She turned to her mother for help — and came up with an arrangement that has worked better than she ever could have imagined.

"My mom had a hard time growing up. She always worked hard to support us kids the best she could, and she was still working hard... I gave it a lot of thought and convinced her to leave her job and move in with us so we could be together and she could help look after the kids. I've taken her along to all of my postings ever since. I feel so blessed as she's one of the best people I know."

It's an arrangement that has helped provide some healing too, as PO1 Delaronde's mother is teaching the girls to speak Cree — a language her mother almost lost.

"My mom understands both Saulteaux and Cree. Before she went to school she didn't speak any English but once she went to school, she would be disciplined if she spoke in her own language," said PO1 Delaronde. "It took a long time for my mom to accept that you can be proud of your Indigenous heritage, but she's proud of it now."

Understanding and change comes from hearing each other's stories of struggle and success. Being involved with the DAAG gives people a space for that kind of conversation, said PO1 Delaronde.

"People often feel afraid to step forward and speak up. We're all afraid of judgment, but when we join together we have a louder voice, a stronger voice... that's where we find the opportunity to make real changes."

Blanket Exercise kicks off Indigenous Awareness Week at CFB Halifax

Led by Hon Capt (N) Debbie Eisan, members of MARLANT took part in a blanket exercise on May 20. Intended as a learning opportunity, the Blanket Exercise explores the shared history between Indigenous and non-Indigenous people in Canada through eye-opening, interactive group activity. The exercise was open to any interested military or civilian employees on the base and took place in the drill hall at building S120.

MONA GHIZ, MARLANT PA





TRIDENT

Editor: Ryan Melanson

ryan.melanson@psphalifax.ca
902-721-8662

Reporter: Joanie Veitch

joanie.veitch@psphalifax.ca
902-721-8624

Editorial Advisor: Margaret Conway

margaret.conway@forces.gc.ca
902-721-0560

Editorial Advisor: Ariane Guay-Jadah

Ariane.Guay-Jadah@forces.gc.ca
902-721-8341

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Courier address:
Canadian Forces Base Halifax
Building S-90
Suite 329
P.O. Box 99000
Halifax, N.S.
B3K 5X5

Workshop focuses on design for future Canadian Surface Combatants (CSC)

By Joanie Veitch,
Trident Staff



CPO1 Tom Lizotte, Formation Chief for MARLANT and JTFA, spoke to participants during a workshop at the CFMWC in Halifax on May 16.

RYAN MELANSON, TRIDENT STAFF

How do you design a warship with its future sailors in mind, given that many of those future sailors are just ten years old, or even younger?

That's the challenge that was put to a group of about 55 personnel — sailors, air force personnel and industry representatives — at a facilitated workshop looking to draw a diverse range of perspectives on the design for the Canadian Surface Combatant (CSC) project.

Organized by the CSC project planning personnel, the workshop ran from May 16 to 19 at the Canadian

Forces Maritime Warfare Centre (CFMWC) at CFB Halifax. It was facilitated by a team from Tactical Advancements for the Next Generation (TANG), a program from Johns Hopkins University Applied Physics Laboratory.

The CSC will replace Canada's Halifax-class frigates, and the retired Iroquois-class destroyers; plans are for a new fleet of 15 warships. With an estimated project budget

of approximately \$60 billion, it is set to be the largest investment in the Royal Canadian Navy (RCN) since the Second World War.

The first of the 15 ships is expected to begin construction in 2023, with anticipated delivery in the early 2030s. Delivery of the remaining ships will continue into the 2040s.

In his opening remarks, RAdm Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic, noted that while many aspects of maritime operations remain

constant, the ships will be sailing into an ever-changing geopolitical environment, with new threats and rapidly evolving technological advancements.

In bringing together such a diverse group of participants, RAdm Santarpia said the workshop offered an opportunity to "leverage outside views and expertise" in a way not previously done before.

Before breaking into smaller groups, the TANG team gave a brief overview of research carried out last fall, when some members of their team spent time aboard HMCS *Toronto* and interviewed more than 70 personnel — learning more about how a warship's design details can affect the crew, both in their use of the physical space and its impact on communication flow and operations.

For the next two days, participants discussed a variety of different "future" scenarios in their small groups, working under the guidance of workshop facilitators who encouraged them to think about "all the ways design can support the crew and mission performance."

At the end of the three-day event, Jeff Hutt, one of the project planners at the CSC Project Management Office, said the TANG team did a great job of encouraging innovative ideas from participants, in particular on the theme of information sharing capabilities and how technology can eventually improve that process in the new ships.

"The work now is to break these down into actionable items in terms of design," Hutt said.



Royals visit with Canadian Rangers

Prince Charles is presented with the first 75th Canadian Ranger Anniversary coin by a Junior Canadian Ranger from Fort Resolution, which is part of 1 Canadian Ranger Patrol Group in Yellowknife, Northwest Territories on May 19. The Prince of Wales and The Duchess of Cornwall were visiting as part of their 2022 Royal Tour in Canada, marking the Platinum Jubilee of Queen Elizabeth II. The visit also included stops in Newfoundland and Labrador as well as the National Capital Region.

MCPL JAX KENNEDY



New leadership at Maritime Forces Pacific: *RAdm Christopher Robinson assumes command of MARPAC/JTF(P), while VAdm Angus Topshee prepares for Commander RCN role*

By Peter Mallet,
The Lookout

The winds of change swept through Esquimalt's dockyard on May 16 as the reins of command for the Maritime Forces Pacific (MARPAAC) passed from one leader to the next.

Newly promoted Vice-Admiral (VAdm) Angus Topshee handed over command of MARPAAC and Joint Task Force Pacific (JTF(P)) to Rear-Admiral (RAdm) Christopher Robinson at Duntze Head in Esquimalt on May 16.

Holding the in-person event was a major change from the past two years. Last year's MARPAAC Change of Command Ceremony, which saw RAdm Topshee replace VAdm Bob Auchterlonie, was held virtually due to health and safety regulations surrounding COVID-19. This year's event saw the return of the traditional naval pageantry, usually reserved for such ceremonies.

After a little more than one year in command of MARPAAC, Vice-Admiral (VAdm) Topshee moves on to Ottawa to his new job as Commander of the Royal Canadian Navy.

He, along with other speakers, noted many challenges the formation has dealt with over the past year, including a global pandemic and the ongoing climate change. More locally, MARPAAC dealt with environmental disasters such as forest fires, floods, and personnel shortages. Despite all the pressing issues, VAdm Topshee said

the fleet and the formation did well in challenging times.

VAdm Topshee joined the Canadian Armed Forces in 1990. He has held several other prominent positions throughout his career, including Director of Afghanistan National Police Training Operations in 2010, Commander of Canadian Forces Base Halifax (2012-2015), and Deputy Director of the Strategy, Policy and Plans Directorate North American Aerospace Defense Command (NORAD). He assumed command of Canadian Fleet Pacific in 2018, and in May 2021 assumed command of Maritime Forces Pacific and Joint Task Force Pacific.

VAdm Topshee will replace VAdm Craig Baines, who will then retire.

A New Commander

Recently arriving on the West Coast after serving as Commander of Canadian Fleet Atlantic in Halifax, Rear-Admiral (RAdm) Christopher Robinson's new role as head of MARPAAC comes with great responsibility, noted Vice-Admiral (VAdm) Craig Baines, who presided over the ceremony.

"It should be highlighted that this formation is one of the most unique and challenging formations in the Canadian Armed Forces and it is a lot to put on one's plate," VAdm Baines said.

He noted that, aside from his leadership role for MARPAAC and JTF(P),

RAdm Robinson will also oversee the Canadian Submarine Force, Naval Reserves, search and rescue (SAR) operations for the West Coast, as well as the naval training system.

RAdm Robinson began his military career in the Canadian Army Reserves as a Combat Engineer with the 3rd Field Engineer Regiment in Montréal. He subsequently joined the Royal Canadian Navy and underwent Naval Warfare Officer training aboard patrol craft, mine-sweepers, and destroyers before volunteering for the silent service of submarines. In 2017, he was appointed Commander Canadian Submarine Force and Commander 4th Maritime Operations Group, before being appointed Commander Canadian Fleet Atlantic between 2021 and 2022.



Left to right: VAdm Angus Topshee, VAdm Bob Auchterlonie, VAdm Craig Baines, and RAdm Christopher Robinson sign the Change of Command certificates for Maritime Forces Pacific at Duntze Head in HMC Dockyard on May 16.

S1 KENDRIC GRASBY

"It's an immense privilege for me to follow in the footsteps of such great leaders and have the opportunity to enable the success of the west coast team. We all have much work to do and I am looking forward to building on the work done by VAdm Topshee, by engaging with all the members of the formation to continue to make MARPAAC a respectful and great place to work," RAdm Robinson said.

La MND annonce l'envoi d'une aide militaire supplémentaire destinée à l'Ukraine

Par MND

Le 24 mai, la ministre Anita Anand a annoncé que le Canada donnera plus de 20 000 obus d'artillerie de munitions standard de 155 mm de l'Organisation du Traité de l'Atlantique Nord (OTAN), y compris des mèches et des gargousses, pour soutenir l'armée ukrainienne dans sa réponse à l'invasion illégale et injustifiée des dirigeants russes.

Ces munitions seront tirées à partir de canons, y compris des obusiers M777 que le Canada et ses alliés ont donnés aux forces ukrainiennes et pour lesquels les membres des Forces armées canadiennes ont fourni une formation à leurs homologues des Forces de sécurité ukrainiennes. Ces munitions ont été obtenues auprès des États-Unis à un coût qui pourrait aller jusqu'à 98 millions de dollars et des efforts sont déployés pour que cette aide indispensable soit expédiée et livrée à l'Ukraine le plus rapidement possible.

Cette assistance militaire s'ajoute à l'aide militaire que le Canada a

consacrée à l'Ukraine depuis février 2022, y compris des contributions d'artillerie, des caméras de drones de fabrication canadienne, des fonds pour l'imagerie satellitaire à haute résolution et plus encore. Le Canada a également consacré deux avions de transport tactique qui ont jusqu'à présent transporté plus de 2 millions de livres d'aide militaire pour soutenir l'Ukraine.

Depuis l'annonce de l'octroi de 500 millions de dollars en aide militaire à l'Ukraine sous forme de nouveaux fonds dans le budget de 2022, grâce auquel cette dernière expédition de munitions est financée, le gouvernement du Canada continue d'ajouter des mesures de soutien militaire supplémentaires pour répondre aux besoins immédiats et à long terme de l'Ukraine tout en travaillant en coordination avec les alliés et les partenaires.

MND announces additional military aid for Ukraine

By DND

Defence Minister Anita Anand announced on May 24 that Canada will donate more than 20,000 artillery rounds of 155 mm NATO standard ammunition, including fuses and charge bags, to further support Ukraine's military in their response to Russian leadership's illegal and unjustifiable invasion.

This ammunition will be fired from guns, including M777 howitzers that Canada and its allies have donated to Ukrainian forces, and for which Canadian Armed Forces members provided training to their Ukrainian Security Forces counterparts. This ammunition has been sourced from the United States at a cost of up to \$98 million and work is underway to get this much needed aid expedited and delivered to Ukraine as quickly as possible.

This military assistance builds on the military aid that Canada has dedicated to Ukraine since February 2022, including contributions of artillery, Ca-

nadian-made drone cameras, funding for high-resolution satellite imagery and more. Canada has also dedicated two tactical airlift aircraft that have so far carried over 2 million pounds of military aid to support Ukraine.

Following the announcement of \$500 million in new funding for military assistance to Ukraine in Budget 2022, through which this latest shipment of ammunition is funded, the Government of Canada continues to pursue additional military support to meet Ukraine's immediate and longer-term requirements while working in coordination with allies and partners.



La Marine royale canadienne lance un nouveau programme de mentorat pour tous

Par MRC

Les marins de la Marine royale canadienne (MRC) de tous les grades et les employés civils de tous les niveaux ont maintenant un programme de mentorat qui leur est propre.

« Le programme vise à créer un espace où les personnes – quel que soit leur grade ou leur expérience – peuvent communiquer leurs connaissances et leur expertise à d'autres personnes qui souhaitent apprendre et se perfectionner sur les plans personnel et professionnel », a expliqué le directeur du programme, Dennis Witzke.

Au départ, le programme consistera en des séances de groupe dirigées par un expert en la matière sur des sujets d'intérêt pour les membres de l'équipe de la MRC. Ces séances seront accessibles à tous sur MS Teams.

La première session a eu lieu le 26 mai et s'est concentrée sur la question de savoir pourquoi le mentorat est important pour la Marine. Un certain nombre de conférenciers et de participants ont pris la parole, notamment le premier maître de 1re classe (PM 1) Alena Mondelli, premier maître de la base des Forces canadiennes Halifax, le matelot-chef de formation Kevin Dave des Forces maritimes de l'Atlantique, le matelot-chef de commandement Maude Lauzon et le matelot-chef de formation Stephanie MacAndrew de la Réserve navale. La séance a été ouverte par le contre-amiral Casper Donovan, commandant adjoint par intérim de la MRC.

Ces séances de groupe auront lieu tous les mois et tout le monde est encouragé à y participer activement, à communiquer ses idées et à poser des questions.

Bien que ce programme ait été élaboré en pensant au personnel militaire et civil de la MRC, il est ouvert à tous les militaires des Forces armées canadiennes et aux employés du ministère de la Défense nationale, quels que soient leur grade et leur niveau.

« Il est important de faciliter le transfert de connaissances entre les membres de l'Équipe de la Défense afin de les préparer aux rôles complexes qu'ils seront appelés à assumer au cours de leur carrière. De cette façon, nous pouvons nous assurer que les leçons et les compétences importantes qui ont été acquises sont transmises et qu'elles soutiennent le perfectionnement et la préparation des marins et des officiers pour les défis futurs, ainsi que de nos collègues civils », a déclaré le PM 1 Tara White, gestionnaire de groupe professionnel militaire pour les manœuvriers et plongeurs-démineurs de la Marine et membre de l'équipe d'élaboration du programme.

Pour plus de détails sur le programme, y compris l'adresse de la réunion MS Teams, [visitez le site intranet du programme de mentorat](#). Les questions peuvent être envoyées par courriel à P-OTG.RCNMentorPD@intern.mil.ca.

Royal Canadian Navy launches new Mentorship Program for all

By RCN

Royal Canadian Navy (RCN) sailors at all ranks and civilian employees at all levels now have a mentorship program to call their own.

"The program is designed to create a space where individuals – regardless of their rank or experience – can share their knowledge and expertise with others who want to learn and grow in a personal and professional capacity," says program director Dennis Witzke.

Initially the program will consist of group sessions led by a subject matter expert on topics of interest to RCN Team members. These sessions will be available to all on MS Teams.

The first session took place on May 26 and focussed on the question of why mentorship is important for the Navy. The session featured a number of speakers and participants, including Chief Petty Officer 1st Class (CPO1) Alena Mondelli, Canadian Forces Base Halifax Base Chief Petty Officer, Formation Master Sailor Kevin Dave from Maritime Forces Atlantic, Command Master Sailor Maude Lauzon, and Formation Master Sailor Stephanie MacAndrew from the Naval Reserve. The session was opened by Rear-Admiral Casper Donovan, Acting Deputy Commander RCN.

These group sessions will be held monthly and everyone is encouraged to actively participate, share their insights and ask questions.

Although this program was developed with RCN military and civilian personnel in mind, it is open to all Canadian Armed Forces members and Department of National Defence employees at all ranks and levels.

"It is important to facilitate the transfer of knowledge between Defence Team members to prepare them for the complex roles they'll be expected to perform as their careers progress. This way we can ensure that important lessons and skills that have been learned are passed on and support the development and preparation of sailors and officers for future challenges, as well as our civilian colleagues," says CPO1 Tara White, the Navy's occupation manager for boatswains and clearance divers, and member of the program development team.

For more details on the program, including the information and links for upcoming meetings, [visit the Mentorship Program's intranet site](#). Questions can be emailed to P-OTG.RCNMentorPD@intern.mil.ca.

Maintenance course graduates at 406 Squadron



The members of the recent CH-148 Aviation Air Operations Element on Aircraft Maintenance Course at 406 Squadron are seen together following a graduation ceremony at 12 Wing Shearwater on May 24.

SI MELISSA GONZALEZ

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Excellence in Health Promotion Award Recipient : LCdr Erica Rogers

By PSP Health Promotion Services



LCdr Erica Rogers was presented with the Excellence in Health Promotion Award on May 12. Making the presentation was Joy Geizer, a Health Promotion Specialist with Health Promotion Services at CFB Halifax.

CPL SIMON ARCANDE

Health Promotion Services had the pleasure to present the annual Excellence in Health Promotion Award to LCdr Erica Rogers at Trinity MOSIC on May 12.

The award is given to individuals or groups for significant contributions in the field of health promotion, for being passionate and dedicated to health and wellness, and for embodying the core values, beliefs, and ideals of Health Promotion. The ideal candidate for this award has gone above and beyond in their efforts, whether through a project, initiative, or day-to-day ongoing support of others. Each year we solicit nominations from within the Defence Community for members who represent these qualities.

LCdr Rogers was nominated by Cdr Rory Dolan for her efforts with the Go For Green project. Go For Green is a pilot project that ran from late sum-

mer 2021 until spring 2022. We aimed to see if a progressive physical activity program, supported and encouraged by leadership, combined with targeted health and lifestyle programming, can improve overall health-related status. This project had the participation of three units at CFB Halifax, including Trinity MOSIC.

LCdr Rogers was instrumental in helping the unit navigate the project and communicate information to the unit. In addition to being a role model within the unit, the enthusiasm LCdr Rogers used to motivate members, and her creativity to develop and implement relevant initiatives and challenges, were key to the success of this project with the overarching goal of increasing physical activity, health outcomes, and increasing morale within Trinity. Congratulations LCdr Rogers!



La chronique de l'aumônier: Principes directeurs

Par Capt (Aumônier) Michael Bowyer

Si je réfléchis à ce qui m'oriente le plus au quotidien, je dois répondre franchement que c'est l'autoconservation ou l'égoïsme. Sans rien pour me guider, je suis pour le moins distraité par mes propres envies, besoins et souhaits. Toutefois, mener une vie égoïste est plus difficile qu'il n'y paraît, en plus d'être problématique. Au fond, nous ressentons tous un énorme et profond besoin d'amour.

Pourtant, des tensions surviennent au moment où l'on doit donner de l'amour pour en recevoir régulièrement.

Le partage permet de forger des traits très forts de notre personnalité qui favorisent la compassion. Ainsi, même si je suis une personne affreusement égoïste absorbée par ses propres envies, besoins et souhaits, je veux aussi être aimé et vivre l'amour avec les autres.

Ce désir de contact que nous avons pour les autres se traduit par des relations et suscite en nous un sentiment de compassion. Cette compassion l'emporte sur l'égoïsme en éveillant notre conscience et en nous sensibilisant, notamment, à la perte, à l'amour, à la peur, au deuil, à la tristesse, aux abus, à la pauvreté, à la marginalisation, au racisme, à la faim et à l'itinérance.

Pour les autres, je m'efforce donc d'être une personne consciente de son environnement, m'arrêtant pour expérimenter la vie et contribuer à celle des autres autour de moi. Nous pouvons mener une vie égoïste en raison de nos mauvaises expériences, de l'embarras que nous ressentons, des difficultés qui nous assaillent, du stress ou même de la souffrance que nous éprouvons. Un bon principe directeur pour la vie est d'accepter que nous soyons tous dans le même bateau, que la plupart du temps nous ne puissions pas vivre dans un isolement égoïste et que nous ayons besoin les uns des autres.

J'ai appris, tout comme ceux qui ont connu la pauvreté ou la marginalisa-

tion, qui ont vaincu une dépendance ou un sentiment de solitude, ou qui ont survécu aux abus ou à un stress post-traumatique, que l'égoïsme ne renforce pas la résilience, mais engendre seulement la solitude. Quels que soient les principes directeurs qui vous guident le plus dans votre vie, les personnes autour de vous les verront et elles répondront comme vous leur répondez. Je vous encourage donc à faire preuve de bonté sans réserve et à aimer les autres de la manière dont vous souhaitez être aimé et respecté.

Padre's Corner: Guiding principles

By Padre Capt Michael Bowyer

Reflecting on what guides me most in day-to-day life, I would have to be honest and say that it is self-preservation. or selfishness. If not guided, I'm at the very least distracted by my own wants, needs, and desires. Yet living a selfish life is harder than it looks, and problematic. We all have a massive, deep-down need for love.

Yet, the tension is that at some point we need to share love and give love in order to receive it back on a regular basis. Sharing builds powerful aspects of our character that can lead to compassion – So even though I'm tragically a selfish person caught up in my own wants, needs, and desires I also want to be loved and experience love with others.

This want of personal interaction

turns into relationships and develops compassion for others that then invades the selfishness with an awareness – perhaps of loss, of love, fear, grief, sadness, abuse, poverty, marginalization, racism, hunger, or homelessness. So publicly I strive to be a person of awareness, pausing to experience life and the lives of others around me. We may live this way because of previous negative experiences, embarrassment, or difficulties, stress or pain. A good guiding principle for life is to accept that we are all on a journey, and we cannot for the most part live in selfish isolation, we need one another.

I've learned, with those that have survived poverty, marginalization, addictions, abuse, loneliness and post-traumatic stress, that selfishness

doesn't build resilience, it builds loneliness. Whatever guiding principles lead you most in life will be known by those around you, they will often respond to you the way you respond to them. So, I

encourage you to be kind without hesitation, and to show love and respect the way you want to be loved and respected.



Tim Halman

MLA, Dartmouth East

timhalmanmla@gmail.com

902-469-7353

73 Tacoma Drive, Suite 204





Meet our Corporate Partners: Metro Self-Storage continues to support the CAF

By PSP Corporate Services

Metro Self-Storage has been operating in Halifax for more than 30 years, and with thousands of military and defence personnel in the region, members of the DND community have always been an important part of their clientele.

But their relationship with the defence team goes beyond just business. Metro Self-Storage has been a Corporate Partner with PSP Halifax and a supporter of CAF events and initiatives in the area for more than a decade, including at the annual DND Family Days, which last took place in 2019 due to COVID-19 restrictions.

“Through our partnerships with PSP over the years, being involved with Family Days and other events, we’ve been able to broaden this relationship even further with the military, and make it clear that this is a community we’re here to serve and that we can help,” said Aaron Flynn, Metro Self-Storage’s Operations Manager.

Postings, ship deployments, and oth-

er aspects of Canadian Armed Forces life mean that storage space is a common need for our people. In addition to discounts for CAF members and veterans, staff at Metro Self-Storage say they always try to be flexible when schedules change on short notice, and even plan ahead for posting seasons or major deployments to be ready for an influx of customers.

The support for our members from Metro Self-Storage, both through their business offerings and as a corporate sponsor, continues to be appreciated.

“They’re one of our partners who have been with us for years and who have stayed with us through the COVID-19 period, continuing their support as we were forced to pivot away from our large annual events,” said Missy Sonier, PSP Halifax Corporate Services Manager.

“We’re so thankful to have Metro Self Storage supporting our Canadian Armed Forces members and families, and we can’t wait to welcome them back to our DND Family Days in 2023.”



The newest Metro Self Storage location on Chain Lake Drive in Halifax.

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All veterans, military, RCMP, and their families.



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- examiner les plaintes et y répondre
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Canada



Recruitment campaign underway for ‘The best job in the Navy’

By Joanie Veitch,
Trident Staff



Clearance Diver S1 Kyle Groinus (left) working with PO1 Marcel Croteau. Originally from Beausejour, MB, S1 Groinus joined the CAF as a reservist in 2008 and became a clearance diver in 2014.

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When asked what he loves about his job, Master Sailor (MS) Mark Littler, a clearance diver at Fleet Diving Unit (Atlantic) (FDU(A)), doesn't skip a beat.

“It's the best job in the Navy. Diving is just incredible,” he says. “It's a whole other world under there.”

MS Littler has worked as a Royal Canadian Navy Clearance Diver for the past ten years. A former Naval Combat Information Operator (NCIOP), he took his first dive course back in 2009 and found his true calling.

“As an NCIOP, I'd enjoyed sailing, but I didn't really like sitting at a con-

sole in the ops room all the time,” he says. “Being able to go out there and do what we do every day, every week, every month... It's a blessing. Every day is interesting.”

MS Littler is heading up a recruitment campaign to get more people applying to the trade from across the Canadian Armed Forces. The application process is open to all regular and reserve force members.

In recent years the clearance diver trade has seen a decline in numbers, due to a large number of retirements and the challenge of recruiting in a COVID-19 environment. Part of the problem, MS Littler says, is a lack of knowledge about the trade outside the Navy.

“Within the RCN, people know what we do, but across the rest of the CAF our trade is largely unknown. A big part of what this campaign is about is getting the word out that we're looking for new recruits.”

The application process is open to all CAF members, no matter their trade or experience — a change from past years when applicants had to already be certified as either a ship's diver or combat diver.

A highly-specialized and versatile trade, clearance divers handle mine detection and disposal, explosive ordnance disposal (including land-based bomb disposal as well as unexploded wartime military ordnance), underwater ship repair and force protection support.

Additional responsibilities include training all CAF divers, maintaining CAF diving and life support equip-

ment, providing submarine search and rescue support, recompression treatment and carrying out salvage operations.

Becoming a Clearance Diver

After the initial application and screening process, potential candidates are invited to “selection”, where they are put through a variety of mentally and physically challenging exercises to determine if they have the right skills and abilities required for the job.

S1 Claire Bortolotti, a clearance diver with Fleet Diving Unit (Pacific), remembers how stressed she felt back in 2018, anxiously awaiting to hear whether she had made it through selection. “Finding out I was selected was exciting, and also a huge relief.”

A former paramedic, S1 Bortolotti knew she wanted to be a clearance diver even before she joined the military in 2014. To make sure she was in top physical condition, she worked out as much as possible, focusing on swimming and running.

“I worked with Personnel Support Programs (PSP) to develop a custom training plan, which was very beneficial,” she says.

With diving equipment weighing as much as 150 lbs, fitness is an extremely important part of the job, says MS Littler. “Working hard on the surface is one thing, but conducting exhaustive work underwater is another. Stamina and endurance are of the utmost importance.”

While top physical fitness is a must, being able to handle the mental component of the work is just as important — both for making it through selection and on the job, says S1 Aaron Clark, who joined the CAF as a combat engineer in 2015 and completed his clearance diver training last fall.

“You have to be good at problem solving,” he says. “Things don't always go according to plan.”

S1 Kyle Groinus agrees. A clearance diver since 2014, he says having “mental toughness” is a crucial part of the work. “A lot of the time you're in a situation where you don't have outside resourc-

es available. You have to be able to handle that and keep going. You have to be able to manage yourself.”

After successfully making it through the selection process, clearance divers go through a rigorous year-long training program. Beyond learning about diving and how to operate the various apparatus and support equipment, the course offers instruction in a range of skills, including underwater demolition, basic explosive ordnance disposal, underwater welding and cutting, as well as navigation and small boat operation.

Both the West and East Coast diving units maintain a high operational tempo, with divers typically working in small teams of two to ten people. Deployments usually align with exercises and operations and are typically between two to six weeks.

Like S1 Clark, S1 Kyle Rondeau is a new clearance diver at FDU(A) and a former combat engineer turned clearance diver. He likes the diversity the trade offers, as well as how teamwork plays such a big role at the unit — both on and off the job.

“This is a small unit, which gives you so many opportunities to try different things... and we all spend a lot of time together and feel like part of a team. Every day you're doing something different,” he says.

A Canada Forces General Message (CANFORGEN) memo will be released in July with information on how to apply to be a clearance diver. For more information about the clearance diver trade, email: GoClearanceDiver@forces.gc.ca.



After working as a clearance diver for the past 10 years, MS Mark Littler is now helping to recruit new members to the trade.

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Divers say they want to raise awareness about their trade as a potential career move for all CAF members who are interested and up to the task.

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Navy Bike Ride - Halifax Shadow Ride set for June 16

By PSP Halifax

The Halifax Shadow Ride is a free recreational bike ride along the Shearwater Flyer, Salt Marsh and Atlantic View Trails in support of the Navy Bike Ride. Participants can choose one of four distance options that depart from the Shearwater Fitness & Sports Center at 10 a.m. on June 16.

1. Approx. 6 km - A short ride to Caldwell Road along the Shearwater Flyer Trail and return.
2. Approx. 15 km - Shearwater Flyer Trail to Bisset Road and return.
3. Approx. 30 km - Shearwater Flyer Trail, Salt Marsh Trail and return.
4. Approx. 37 km - Shearwater Flyer

Trail, Salt Marsh Trail, and Atlantic View Trail to Lawrencetown Beach and return.

Registration is free but participants must register in advance, and check-in on event day at the Start/Finish area. Route Map for the event can be viewed by clicking [HERE](#).

Safety Notes

- Helmets must be worn at all times.
- Riders must be prepared to maintain their own bicycles on the course.
- These public trails cross major roadways and will remain open during the event. Participants must stop to yield to traffic on roadways. Please be

respectful of other individuals using the trail and if there are accidents on the trail, stop to help.

FAQ

Q1. Will there be jerseys for sale at the event?

A1. No. Jerseys can be purchased online through the Navy Bike Ride site

Q2. Does PSP have mountain bikes and/or helmets available to rent?

A2. No, not at this time.

Q3. Can I ride my road bike on the trail?

A3. Yes. Additional caution may be required to avoid a flat tire. The trails

are groomed crushed dust and gravel, but may have some rougher areas due to weather.

Q4. Will my ride automatically be logged with the Navy Bike Ride?

A4. No. We will send a summary report to the Navy Bike Ride but participants must create an account and individually log their rides with the Navy Bike Ride to be entered into their free community event. Individuals may also choose to register for one of the Admiral Challenges, purchase a jersey or make a donation online through the Navy Bike Ride site.



HMCS Oriole in Montreal on Great Lakes Deployment

HMCS Oriole has completed some of the first port visits as part of its 2022 Great Lakes Deployment, and recently came alongside in Montreal on May 25. The ship was then open for visits and upper deck tours on May 26. From Montreal, Oriole headed to Ontario, with 16 stops through that province in July and August. HMCS Oriole is the Royal Canadian Navy's sail training and public outreach vessel and longest-serving commissioned ship.

HMCS ORIOLE

Pink Shirt Day sponsors thanked after another successful year

By Trident Staff

Pink Shirt Day 2022 was a hit at CFB Halifax, with nearly \$4,000 raised through shirt sales and plenty of participation around the base on February 23.

The campaign encourages people to wear a pink shirt as a way to take a stand against bullying and promote compassion. It started in Nova Scotia in 2007, and has since gone worldwide. At CFB Halifax, this year's custom shirts had the message "Be a force for kindness."

With this year's campaign wrapped up, Base Commander Capt(N) Sean Williams invited representatives from the two main sponsors behind Pink Shirt Day at the base for a special thank-you and presentation in recognition of their support. Charlie Clerk President & CEO of Fundy Textile & Design and Bill Cullen, Atlantic Canada Regional Sales Manager with SanMar Canada both stopped by Base headquarters in early May.

"It's become something that's set in our schedule that we look forward to every year. We know when it's spring time, we'll be in touch with the base about pink shirts. We're glad to be involved," Clerk said.

Capt(N) Williams said the addition of online ordering for this year's shirts allowed more people to participate and kept things orderly, making for the most successful year yet for the campaign at CFB Halifax.

"We just wanted a chance to say thank you to the people that helped us out," he said.

"It's getting more popular each year that we do it, and we start to get concerned that there actually won't be enough shirts for the people that want them, so we very much appreciate the help in making it happen so smoothly."

In an emailed statement, SANMAR Canada also expressed gratitude for being involved in Pink Shirt Day for



Representatives from the main sponsors behind CFB Halifax's Pink Shirt Day initiative visited the base earlier in May for a thank-you from Base Commander Capt(N) Sean Williams for their support. On the left, Charlie Clerk from Fundy Textile & Design, and on the right, Bill Cullen from SANMAR.



the third straight year, and for an opportunity to get behind an important cause while also supporting the military community.

"We realize the importance of supporting a cause that funds programs

which foster healthy self-esteem, which is why we continue to donate to the Pink Shirt Day fundraiser at Canadian Forces Base Halifax."

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SPORTS & FITNESS



Stadacona Band takes base curling titles

By Ryan Melanson,
Trident Staff

The Stadacona Band’s unit office in Windsor Park is just steps away from the CFB Halifax Curling Club, which makes for plenty of chances for band members to pick up the sport or get some quick practice in on the ice during curling season. And the results from this year’s base curling events suggest they’ve been making the most of those opportunities.

Stad Band teams were recently awarded championship trophies after winning both the Base Intersection Curling League and the separate Mega

Curling Tournament. The unit typically fields teams for base curling, and they credited a positive attitude and commitment from their curlers, along with some good luck, for helping them come out on top.

“This just happened to be our year, we had some great games and a lot of fun,” said S1 Mark Morton.

While this year’s league and tournaments were smaller than previous years, curlers and organizers with PSP both described curling as a bright spot through the pandemic period, as

one of the few sporting activities that was able to take place consistently.

“It’s been great for us and I hope for other units as well. We’ve seen more than ever over the last couple of years how work-life balance and physical activity are so crucial for our mental health,” S1 Morton added.

This year’s Intersection league was also paired with weekly open hours of ice time for military members – hopes are to bring back that initiative next year to keep the game as accessible as possible.

Now, with more base sports being revived and schedules and rosters starting to come together, PSP Fitness and Sports Coordinator Isaac Habib said he’s encouraging everyone to get involved, regardless of experience or skill level.

“It’s not about wins or losses or points or anything like that right now. We just want to see people out participating and enjoying themselves,” Habib said.



The Stadacona Band curling team was presented with the championship trophy after coming out on top in Base Intersection Curling. They also won the recent Mega Curling Tournament. From left, S1 Matt Henry, PO2 Greg Moffat, S1 Mark Morton, and S1 Josh Penney.



Members of the team are seen on the ice at the Mega Curling Tournament at the CFB Halifax Curling Club on April 22.

RYAN MELANSON, TRIDENT STAFF



The big chill: Sailor credits cold-water swimming for help with injury recovery

By Joanie Veitch,
Trident Staff



S1 Marie-Neige Dupuis-Carbonneau, a member of the Stadacona Band, has been recovering both physically and mentally after being struck by a vehicle while on her bicycle last year. She says swimming in cold water has been a highly effective recovery tool.

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Last June, S1 Marie-Neige Dupuis-Carbonneau, a clarinetist with the Stadacona Band, was hit by a pick-up truck while riding her bike home from work. Before that, she was captain of her unit's Navy Bike Ride team, and would regularly ride 300 kilometres or more most weeks, but the accident changed everything.

Just minutes away from home in Dartmouth, S1 Dupuis-Carbonneau was cycling alongside Lake Banook on Prince Albert Road in June 2021 when the truck hit her. There was road work occurring in the area at the time and the driver of the truck was with one of the work crews.

"I was going straight and he made a left turn; he didn't see me at all. I was clipped in... my bike got pulled under the bumper with me still on it. I grabbed onto the bumper so I wouldn't get pulled under the wheels. I was yelling, but he couldn't hear me," she said.

A bus driver behind the truck called out to some people on the work crew and together they got the truck driver's attention.

"He had no clue that I was there," said S1 Dupuis-Carbonneau.

Shaken, bleeding and covered in "road rash" on her right side, S1 Dupuis-Carbonneau was taken by ambulance to hospital. While scans showed "no major damage", she was in a lot of pain and spent four days in hospital. Among her many injuries, she had torn ligaments in her left leg and damaged cartilage in her chest. Later, it became clear that she also had a significant

shoulder injury that may still require surgery to repair.

"I had to be immobilized for two weeks," she said. "I felt so tired; I was sleeping 16 hours a day. It was hard, both mentally and physically."

S1 Dupuis-Carbonneau grew up in Saint-Hubert, Quebec and joined the Canadian Armed Forces (CAF) in 2004 as a reservist in Montreal. She became a regular force member after successfully auditioning for the musical branch, taking her first posting with the Stadacona Band in 2016.

Living in Dartmouth with her husband, who works as a paramedic, and their two children, S1 Dupuis-Carbonneau was fit and active. She cycled to the band office at Windsor Park most days, often adding an extra 50 to 60 kms to her commute by riding to and from work via Cow Bay. A lifeguard in her youth, in the summer months she'd regularly swim up to 2.5 kms in Bell Lake, near her home. A runner too, she'd qualified for CAF nationals in both swimming and triathlon.

After her accident, S1 Dupuis-Carbonneau could barely move. Her mother came to help and stayed for five weeks. By the time her dad arrived in mid-July, she was able to walk a little, using crutches and wearing an articulated leg brace. Knowing her love of the water, he promised to take her to the beach.

"I couldn't do much but it was enough just to be able to sit on the beach and be outside. That was the first time I had a sense that I was going to

heal," she said.

By the end of August, S1 Dupuis-Carbonneau had recovered enough to take the path down to Bell Lake — first still on crutches and later with a cane — where she would meet up with some members of the Navy Tridents Triathlon Club doing their training swims.

"I would tag along with them. I had a pool buoy between my legs and just used my upper body to pull me along... but I could feel that I was beginning to build up my strength again," she said.

Summer turned to fall and the lake got colder. Her triathlon swim buddies stopped their outdoor training swims but S1 Dupuis-Carbonneau carried on. Already swimming with an inflatable swim buoy for safety, as the temperatures dropped, she added extra gear — a wetsuit, a neoprene swim cap and surf gloves.

Back at work part-time, she'd often go to Chocolate Lake in Halifax on her lunch break, where she met up with other "cold-water swimmers". Swimming wasn't just making her feel stronger physically, the cold water was helping in other ways too.

"After the accident I felt anxious and I was grieving the loss of my fitness. I still feel that, but swimming in cold water has helped me so much. It's painful when you first go in so you have to go slow, and you have to relax. It's like meditation because it forces you to focus on your breathing while your body adapts to the water. All you can think about is regulating your breathing and

being right there, in that moment," she said.

As fall turned to winter, she would go to the ocean, not to swim, but to dip in for as long as she could for her 'cold water fix.'

In April, S1 Dupuis-Carbonneau got back on her bike for the first time since the accident. After cycling with her family on the Salt Marsh Trail in Cole Harbour, she knew could also get back to occasionally cycling her former 12-km commute to work.

"It's the same route I used to ride. It felt a bit weird the first time I went past the spot where the accident happened, a bit emotional... I used to feel invincible when I was on my bike. I had no fear. I don't feel like that any more."

Before the accident S1 Dupuis-Carbonneau had her sights set on doing a Half Ironman — a 113-km event consisting of a 1.9-km swim, a 90-km bike and 21.1-km run — by the time she turned 40.

"Now... I set small goals, short-term goals so I don't get disappointed," she said. "I would like to be able to run a slow 5-km by the end of the summer. I think I can do it, but I'll have to take it gradually."

In August, S1 Dupuis-Carbonneau and her family will be moving to Ottawa for her new posting with the Central Band.



Using a safety buoy allowed S1 Dupuis-Carbonneau to get back in the water with her Triathlon teammates without putting stress on her injuries.

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