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TRIDENT

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

RCN shows its pride / Le RCN affiche sa fierté



The 2022 Halifax Pride Festival took place from July 14-24, and the event's signature parade was back for the first time in two years. Members of Maritime Forces Atlantic were out in force showing their pride and supporting their 2SLGBTQ+ colleagues and members of the wider community.

Le festival de la fierté d'Halifax 2022 a eu lieu du 14 au 24 juillet, et le défilé principal était de retour pour la première fois en deux ans. Les membres des Forces maritimes de l'Atlantique étaient présents en force pour montrer leur fierté et soutenir leurs collègues 2SLGBTQ+ et les membres de la communauté en général.

S1/Mat1 BRYAN UNDERWOOD

Commander RCN invites you to design new coin



A challenge coin from a previous Commander of the Royal Canadian Navy.

Un médaillon du défi d'un ancien commandant de la Marine royale canadienne.

RCN/MRC

Good morning/afternoon shipmates, I would like to take a moment of your time to invite digitally creative Royal Canadian Navy (RCN) sailors, veterans and their family members to submit ideas for my new challenge coin.

There are many of you out there who are talented digital artists, and have already designed items such as morale patches for your units. This contest is the perfect opportunity for you to let your talent shine once more.

For those unaware, military challenge coins are traditionally given by senior leaders as tokens of appreciation or recognition. It has also become tradition in recent years for each CRCN to have a unique coin created specific to their tenure.

Please think outside the box! The design doesn't need to be a classic round coin. Creativity, ingenuity and a design that represents who we are as

a Naval community – that's what I am hoping to see in your submissions.

REQUIREMENTS

- Submissions must be rasterized electronic files in either .pdf or .jpg file formats, with a resolution of at least 300 dpi (the winning design will require an unlocked and editable vector file).
- Scanned, hand-drawn submissions will not be accepted.
- Be imaginative! Previous coins can be used as inspiration, but designs of any shape are welcome.
- Designs must be high quality, capable of being reproduced on a coin or embossed on stationary and other uses.
- The design itself cannot be copyrighted, nor should it incorporate any imagery copyrighted by third parties. Official RCN imagery, such as the RCN crest and Ensign can be used.
- Designs must include clear refer-

ence or association to the RCN, and specifically the position of CRCN. Designs should not be personalized with my name.

- RCN members and veterans: Include your full name, rank, unit and contact information.
- Family members: Include your name and contact information, plus the name, rank and unit of your RCN family member.

Please send your submissions to Kraken38coin@gmail.com no later than August 11, 2022. The winner will be selected at Admiral's Council, being held on August 16 and 17.

So please roll up your sleeves and get creative! I am looking very forward to seeing your ideas.

Yours aye,
Vice-Admiral Angus Topshee
Commander Royal Canadian Navy

Le commandant de la MRC vous invite à concevoir un nouveau modèle de médailon

Bonjour aux camarades de bord, Permettez-moi de prendre quelques minutes de votre temps pour faire appel à la créativité numérique des marins et des vétérans de la Marine royale canadienne (MRC) et des membres de leur famille, et les inviter à me proposer des idées pour mon nouveau médaillon du défi.

Vous êtes nombreux à avoir du talent en tant qu'artistes du numérique et à avoir déjà conçu des articles comme les écussons de moral pour votre unité. Ce concours est l'occasion idéale pour vous de faire briller votre talent une fois de plus.

Pour ceux qui l'ignorent, les médaillons du défi militaires sont traditionnellement remis par les hauts dirigeants en guise d'appreciation ou de reconnaissance. Depuis quelques années, il est également de tradition que chaque commandant de la MRC ait son propre médaillon spécialement conçu pour son mandat.

Faites preuve de créativité! Le dessin n'a pas besoin de correspondre à la forme ronde classique d'un médaillon. Je compte sur vous pour me proposer un dessin créatif et ingénieux qui représente qui nous sommes en tant que communauté navale.

BESOINS

- Les dessins doivent être soumis sous forme de fichiers électroniques rastérisés en format .pdf ou .jpg, avec une résolution d'au moins 300 ppp (le dessin gagnant devra être accompagné d'un fichier vectoriel non verrouillé et modifiable).
- Les dessins numérisés ou réalisés à la main ne seront pas acceptés.
- Faites appel à votre imagination!

Les médaillons des années précédentes peuvent servir d'inspiration, mais les dessins de toute forme sont acceptés.

- Les dessins doivent être de haute qualité, pouvant être reproduits sur un médaillon ou imprimés en relief sur du papier à lettres ou autres supports.

- Le dessin lui-même ne peut pas faire l'objet de droits d'auteur et ne doit pas non plus contenir des images qui sont l'œuvre d'un tiers et qui sont protégées par le droit d'auteur. Les images officielles de la MRC, comme l'écusson et l'enseigne de la MRC, peuvent être utilisées.

- Les dessins doivent comporter un renvoi explicite à la MRC ou avoir un lien évident avec la MRC, et plus particulièrement le poste de commandant de la MRC. Mon nom ne doit pas y figurer.

- Membres et vétérans de la MRC : Indiquez votre nom complet, votre grade, votre unité et vos coordonnées.

- Membres des familles de militaires dans la MRC : Indiquez votre nom et vos coordonnées, ainsi que le nom, le grade et l'unité du membre de votre famille dans la MRC.

Veuillez envoyer vos dessins à l'adresse Kraken38coin@gmail.com au plus tard le 11 août 2022. Le gagnant sera sélectionné à la réunion du Conseil de l'amiral qui aura lieu les 16 et 17 août.

Retrouvez-vous les manches et soyez créatifs! J'attends vos idées avec impatience.

Cordialement,
Vice-amiral Angus Topshee
Commandant de la Marine royale

canadienne



“The entire team did Canada proud”:

Two ships welcomed home from Op Reassurance

By Joanie Veitch,
Trident Staff



Family and friends were in a celebratory mood as they streamed down to Her Majesty's Canadian Dockyard on the morning of July 15 — they were looking forward to welcoming their loved ones home as HMCS *Halifax* and HMCS *Montréal* sailed back into Halifax harbour, home from deployment.

The two ships had been taking part in Operation Reassurance, Canada's contribution to NATO assurance and deterrence measures in Central and Eastern Europe. It was the first Operation Reassurance mission for HMCS *Montréal*, which left in January to join Standing NATO Maritime Group Two, and the third for *Halifax*, which left in March and formed part of Standing NATO Maritime Group One.

Both ships were supported by em-

barked CH-148 Cyclone helicopter air detachments.

Since 2014, the Royal Canadian Navy has been supporting NATO's Maritime Command by deploying a warship, on a rotational basis, for exercises and operational tasks. When Russia's attack on Ukraine began on February 24, however, "the pressure was much higher this year," said Rear-Admiral Brian Santarpia, Commander of Maritime Forces Atlantic (MARLANT) and Joint Task Force Atlantic, who came down to the jetty to greet the ships as they arrived.

"After the invasion of Ukraine in February, the government of Canada decided that we needed to send a stronger message to our NATO allies so we had two ships away at the same

time," he said. "They're coming home after a very successful mission where Canada proved its value as an ally. Where Canadian sailors and aviators and soldiers onboard did an outstanding job... The entire team did Canada proud."

Cheers rang out as the two ships pulled up alongside — first *Montréal* and then *Halifax* just over five minutes later.

Senior leadership from MARLANT and Canadian Fleet Atlantic, as well as local dignitaries, mingled in the crowd — chatting with families and crew members as they disembarked.

After hugging his family, Captain Alex Mander-son, who was deployed with HMCS *Montréal*, bent down to pin My Little Hero medals on each of his three children, while his wife, Theresa, looked on.

"It's been hard having him gone for so long," Theresa said. "I'm so glad he's back home with us."

On the other side of the jetty, Tim Clayton was waiting for his son, S1 Elliott Clayton, to come down the gangway off HMCS *Halifax*. Just in case his son had any illusions of hanging out and resting after being away so long, his dad was carrying a big sign to indicate he has other plans.

"Welcome Home Elliott," the sign reads. "Dad needs help cutting the grass."

Continuing Canada's

commitment to NATO's assurance and deterrence measures in European waters, HMCS *Kingston* and HMCS *Summerside* left Halifax on June 26, marking the first deployment on Operation Reassurance for the *Kingston*-class Maritime Coastal Defence Vessels (MCDV).

They arrived in Kiel, Germany on July 16 to join Standing NATO Mine Countermeasures Group One and begin operations in the Baltic Sea. They are scheduled back in October.



The added pressure of this particular deployment, due to the ongoing Russian invasion of Ukraine, meant families were especially relieved to welcome home loved ones.

La pression supplémentaire de ce déploiement particulier, due à l'invasion russe en cours en Ukraine, a fait que les familles ont été particulièrement soulagées d'accueillir leurs proches.



Tim Clayton carries a sign with a special message for his son, S1 Elliott Clayton with HMCS Halifax.

CPL SARINA KUZMA

JOANIE VEITCH, TRIDENT STAFF



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Les familles et les amis étaient d'humeur festive lorsqu'ils ont afflué à l'arsenal canadien de Sa Majesté le matin du 15 juillet. Ils avaient hâte d'accueillir leurs proches à la maison alors que les NCSM *Halifax* et *Montréal* rentraient dans le port d'Halifax, après leur déploiement.

Les deux navires avaient pris part à l'opération Reassurance, la contribution du Canada aux mesures d'assurance et de dissuasion de l'OTAN en Europe centrale et orientale. Il s'agissait de la première mission de l'opération Reassurance pour le NCSM *Montréal*, qui est parti en janvier pour se joindre au 2e Groupe maritime permanent de l'OTAN, et de la troisième pour le *Halifax*, qui est parti en mars pour faire partie du 1er Groupe maritime permanent de l'OTAN.

Les deux navires étaient soutenus par des détachements aériens d'hélicoptères CH-148 Cyclone embarqués. Depuis 2014, la Marine royale can-

« Toute l'équipe a fait honneur au Canada » : Deux navires accueillis à leur retour de l'Op Reassurance

Par Joanie Veitch,
 Équipe du Trident



adienne soutient le Commandement maritime de l'OTAN en déployant un navire de guerre, par rotation, pour des exercices et des tâches opérationnelles. Toutefois, lorsque l'attaque de la Russie contre l'Ukraine a commencé le 24 février, « la pression était beaucoup plus forte cette année », a déclaré le contre-amiral Brian Santarpia, commandant des Forces maritimes de l'Atlantique (FMAR(A)) et de la Force opérationnelle interarmées de l'Atlantique, qui est descendu sur la jetée pour accueillir les navires à leur arrivée.

« Après l'invasion de l'Ukraine en février, le gouvernement du Canada a décidé que nous devions envoyer un message plus fort à nos alliés de l'OTAN et nous avons donc fait partir deux navires en même temps », a-t-il déclaré. « Ils reviennent à la maison après une mission très réussie où le Canada a prouvé sa valeur en tant qu'allié. Où les marins, aviateurs et soldats canadiens à bord ont fait un travail remarquable... Toute l'équipe a fait honneur au Canada. »

Des acclamations ont retenti lorsque les deux navires se sont approchés l'un de l'autre, d'abord à *Montréal*, puis à *Halifax*, un peu plus de cinq minutes plus tard.

Les hauts dirigeants des FMAR(A) et de la Flotte canadienne de l'Atlantique, ainsi que des dignitaires locaux, se sont mêlés à la foule, discutant avec les familles et les membres d'équipage à mesure qu'ils débarquaient.

Après avoir serré sa famille dans ses bras, le Capitaine Alex Mander- son, qui était déployé avec le NCSM *Montréal*, s'est penché pour épingle des médailles My Little Hero à chacun de ses trois enfants, sous le regard de

sa femme, Theresa.

« C'est dur de l'avoir perdu pendant si longtemps », a déclaré Theresa. « Je suis si heureuse qu'il soit de retour à la maison avec nous. »

De l'autre côté de la jetée, Tim Clayton attendait que son fils, le Matelot de 1re classe Elliott Clayton, descende la passerelle du NCSM *Halifax*. Au cas où son fils aurait eu l'idée de se reposer après une si longue absence, son père portait un grand panneau indiquant qu'il avait d'autres plans.

« Bienvenue chez Elliott », dit le panneau. « Papa a besoin d'aide pour couper le gazon. »

Poursuivant l'engagement du Canada envers les mesures d'assurance et de dissuasion de l'OTAN dans les eaux européennes, les NCSM *Kingston* et *Summerside* ont quitté Halifax le 26 juin, marquant ainsi le premier déploiement dans le cadre de l'opération Reassurance des navires de défense côtière (NDC) de la classe *Kingston*.

Ils sont arrivés à Kiel, en Allemagne, le 16 juillet pour se joindre au 1er Groupe permanent de lutte contre les mines de l'OTAN et commencer leurs opérations dans la mer Baltique. Leur retour est prévu en octobre.



Le contre-amiral Brian Santarpia a parlé aux journalistes sur la jetée avant l'arrivée des navires.

CPL SARINA KUZMA



Outgoing 423 Squadron CO credited for leadership during difficult time

By Ryan Melanson,
Trident Staff

When Lieutenant-Colonel Bill Thomey took over as Commanding Officer of 423 Maritime Helicopter Squadron in July of 2020, those newly under his command were still reeling in the aftermath of the tragic Stalker 22 crash that occurred three months earlier. Four members of 423 Squadron, along with two of their RCN shipmates, were killed when the CH-148 Cyclone helicopter went down in the Ionian Sea.

"It was one of the most challenging times in our squadron's history," LCol Thomey said, speaking at the Squadron's change of command ceremony on July 14, where he handed the reins to LCol Matt Fraser. The ceremony was held ahead of a big weekend for the squadron, which celebrated its 100th anniversary at a gala event the next night.

The outgoing CO said the priorities for his job were to continue providing support for the families of the Stalker 22 members and others impacted by the tragedy, while also working to establish standards of practice that would give his people renewed confidence in the Cyclone platform.

"It was not an easy task, but we showed dedication and commitment to completing this necessary work, and we were able to accomplish the goal of sending helicopters to sea, supporting deployments safely and effectively."

Since then, 423 has hit new milestones with the Cyclone, including a

recent stint that saw three helicopter air detachments deployed at one time.

12 Wing Commander Col Patrick MacNamara praised LCol Thomey for excelling in his role, both as a compassionate representative of the RCAF in being the main contact for the Stalker 22 families, as well as an effective operational leader, frequently putting in long hours and logging flight time with his crews.

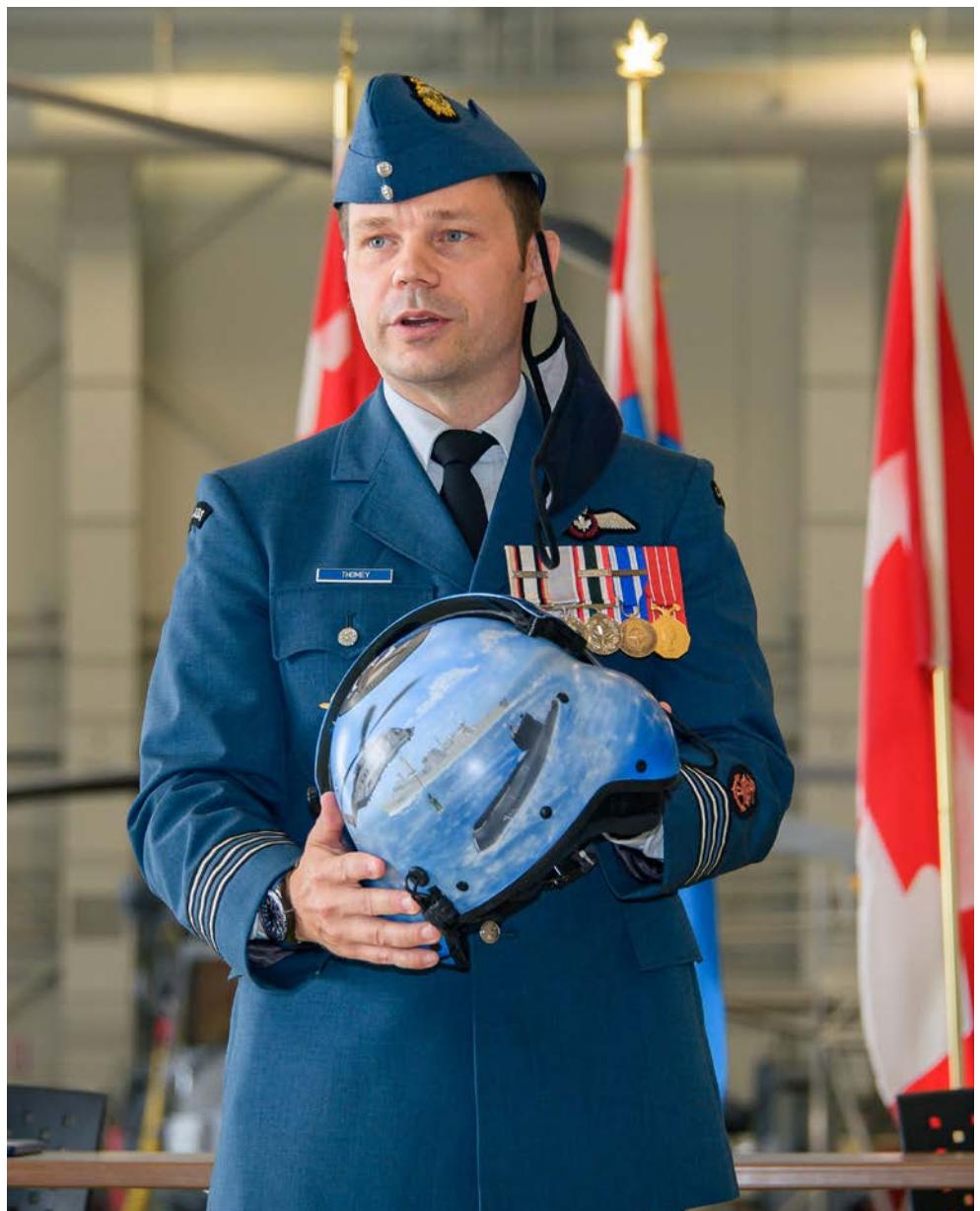
This work has allowed 423 to meet the challenging demands of the east coast fleet over the last two years, he said.

"423 has been at the forefront of Canada's response to global upheaval. They have stepped up and delivered every time."

LCol Fraser now takes command of 423 as the squadron welcomes home two crews from recent European deployments and prepares to send more to sea in the coming months. He'll have the support of an old friend during the handover – LCol Fraser noted he completed his BMQ alongside LCol Thomey, the duo even shared an apartment in Halifax earlier in their careers before working together as colleagues.

"Passing the squadron to Matt only seems natural," LCol Thomey added.

"And I have full confidence that he, with the team working alongside him, will do amazing things."



Outgoing CO LCol Bill Thomey, with a custom-painted flight helmet gifted to him by members of 423 Squadron, speaks during the change of command ceremony on July 14.

CPL MITCHELL PACQUETTE



Capt Brenden MacDonald remembered in New Glasgow

LCol Bill Thomey and LCol Matt Fraser both attended the unveiling of a memorial to Capt Brenden MacDonald in New Glasgow, Nova Scotia on July 16. They were joined by family and friends of Capt MacDonald as well as other RCAF and RCN colleagues and public officials. Capt MacDonald is one of six RCAF and RCN members who died in the Stalker 22 crash in April of 2020.

MCPL IAN THOMPSON

HMCS Fredericton gets new CO leading into busy period

By Joanie Veitch,
Trident Staff

As he welcomed his successor to the “best in the fleet”, Commander Preston McIntosh said his short stint as Commanding Officer of HMCS *Fredericton* was extremely busy, and chock full of good memories.

Speaking at a change of command ceremony, held July 8 on the deck of HMCS *Fredericton*, Cdr McIntosh commended the *Fredericton* crew for their go-getter work ethic and positive attitude.

“Over the last six months of my command, you — the crew — have worked non-stop to reconstitute the ship, welcome the approximately 180 new crew members on board and provide a training platform to the fleet, which is so necessary given the current challenges we face,” Cdr McIntosh said.

“The Freddie team is one which is capable of achieving anything the Navy asks it to do, but what makes this crew special is that while doing this, you also take care of each other.”

Addressing Cdr Matt Mitchell, the incoming Commanding Officer, Cdr McIntosh said, “I know that you will bring the same positive approach and dedication as all those who came before us to continue to ensure that

Freddie remains the best in the fleet.”

Thanking Cdr McIntosh for his leadership, Commodore Trevor MacLean, Commander of Canadian Fleet Atlantic (CANFLANT) and a former Commanding Officer of *Fredericton* himself, said he felt honoured to preside over the ceremony.

“These events are important,” he said. “It’s a clear passing of the baton and all the associated responsibilities and accountabilities that go along with being a captain. It’s an opportunity to reflect on what’s been accomplished and an opportunity to look forward to the future with an optimistic eye.”

Cdr Mitchell is taking over the reins as *Fredericton* gets ready for another deployment on Operation Reassurance early in 2023, to join Standing NATO Maritime Forces in promoting security and stability in Central and Eastern Europe.

In his remarks to the crew and assembled guests, Cdr Mitchell thanked his wife and daughters for their ongoing support, along with his mother, who was undergoing her first chemotherapy treatment on the day of the ceremony.

“My Mom is starting her own

journey today,” he said. “It’s her determination and courage that provide me with so much inspiration to do this job.”

While there’s no doubt the coming months will be busy, beyond the “miles steamed and CRRs (Combat Readiness Requirements) completed, Cdr Mitchell said he aims to continue to foster the positive work environment the unit is known for.

“If I can set the conditions to carry on the atmosphere that you have here, where every member of the crew wakes up and looks forward to going to work — knowing that they will be respected, encouraged and driven — that’s what I’ll hold as a measure of my success,” he said. “Let’s be good to each other and lead with kindness... amongst us, let’s always lead with kindness.”



Cdr Matt Mitchell gives his first address as the new commanding officer of HMCS *Fredericton*, during the Change of Command ceremony held aboard the ship on July 8.

*Le Capf Matt Mitchell prononce son premier discours en tant que nouveau commandant du NCSM *Fredericton*, lors de la cérémonie de passation de commandement tenue à bord du navire le 8 juillet.*

CPL SARINA KUZMA

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Un nouveau commandant pour le NCSM *Fredericton* à l'aube d'une période chargée

Par Joanie Veitch,
Équipe du Trident

En souhaitant la bienvenue à son successeur au sein du « meilleur de la flotte », le Capitaine de frégate Preston McIntosh a déclaré que son court passage en tant que commandant du NCSM *Fredericton* a été extrêmement chargé et rempli de bons souvenirs.

Lors d'une cérémonie de passation de commandement tenue le 8 juillet sur le pont du NCSM *Fredericton*, le Capf McIntosh a félicité l'équipage du *Fredericton* pour son éthique de travail et son attitude positive.

« Au cours des six derniers mois de mon commandement, vous - l'équipage - avez travaillé sans relâche pour reconstituer le navire, accueillir les quelque 180 nouveaux membres d'équipage à bord et fournir une plate-forme de formation à la flotte, ce qui est tellement nécessaire compte tenu des défis actuels auxquels nous sommes confrontés », a déclaré le Capf McIntosh.

« L'équipe Freddie est capable d'accomplir tout ce que la Marine lui demande, mais ce qui rend cet équipage spécial, c'est que tout en faisant cela, vous prenez également soin les uns des autres. »

S'adressant au Capitaine de frégate Matt Mitchell, le nouveau commandant, le Capf McIntosh a déclaré : « Je sais que vous apporterez la même approche positive et le même dévouement que tous ceux qui nous ont précédés pour continuer à garantir que Freddie reste le meilleur de la flotte. »

Remerciant le Capf McIntosh pour son leadership, le Commodore Trevor MacLean, commandant de la Flotte canadienne de l'Atlantique et lui-même ancien commandant du *Fredericton*, s'est dit honoré de présider la cérémonie.

« Ces événements sont importants », a-t-il dit. « Il s'agit d'un passage de

témoin clair et de toutes les responsabilités et obligations connexes qui vont de pair avec le rôle de capitaine. C'est une occasion de réfléchir à ce qui a été accompli et une occasion d'envisager l'avenir avec un œil optimiste. »

Le Capf Mitchell prend la relève alors que le *Fredericton* se prépare à un autre déploiement dans le cadre de l'opération Reassurance au début de 2023, afin de se joindre aux forces navales permanentes de l'OTAN pour promouvoir la sécurité et la stabilité en Europe centrale et orientale.

Dans ses remarques à l'équipage et aux invités, le Capf Mitchell a remercié sa femme et ses filles pour leur soutien continu, ainsi que sa mère, qui subissait son premier traitement de chimiothérapie le jour de la cérémonie.

« Ma mère entame aujourd'hui son propre voyage », a-t-il déclaré. « C'est sa détermination et son courage qui

me donnent tant d'inspiration pour faire ce travail. »

S'il ne fait aucun doute que les mois à venir seront chargés, au-delà des « miles parcourus à la vapeur et des exigences de préparation au combat remplies, Mitchell a déclaré qu'il vise à continuer à favoriser l'environnement de travail positif pour lequel l'unité est connue.

« Si je peux créer les conditions pour maintenir l'atmosphère que vous avez ici, où chaque membre d'équipage se réveille et a hâte d'aller au travail sachant qu'il sera respecté, encouragé et motivé - c'est ce que je considérerai comme une mesure de mon succès », a-t-il déclaré. « Soyons gentils les uns envers les autres et dirigeons avec gentillesse... entre nous, dirigeons toujours avec gentillesse. »

Canadian Tulip Festival Celebrating Citizen Sailors in 2023

By The Naval Reserve

The poster features a circular logo on the left with "100" in large yellow numbers and "NAVAL RESERVE 1923-2023" around it. To the right, text reads "Naval Reserve Tulip Bulbs" and "Bulbes de tulipe de la Réserve navale". It shows "TWELVE BULBS / DOUZE BULBES" and "SIZE / GRANDEUR : 12+ CM". A large price of "\$16\$" is displayed. Below the text are several tulips in various colors (purple, red, white, yellow) with small labels for different naval divisions: HMCS Discovery (Vancouver, BC), HMCS Chippawa (Winnipeg, MB), HMCS Scotian (Halifax, NS), HMCS Carleton (Ottawa, ON), HMCS Donnacoma (Montreal, QC), and HMCS STAR (Hamilton, ON). The background has a wavy pattern at the bottom.

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The Naval Reserve will celebrate their Centennial in 2023. As one of the showcase initiatives, the Canadian Tulip Festival in Ottawa will commemorate this 100 years of service by highlighting the sacrifice of Citizen Sailors from the Royal Canadian Navy Volunteer Reserve (RCNVR) in the Second World War as a primary theme of the Festival in 2023.

The Canadian Tulip Festival was established to celebrate the historic Royal gift of tulips from the Dutch to Canadians immediately following the Second World War as a symbol of international friendship. The Festival preserves the memorable role of the Canadian troops in the liberation of the Netherlands and Europe, as well as commemorating the birth of Dutch Princess Margriet in Ottawa during World War II - the only royal personage ever born in Canada.

The 2023 Festival will showcase the Naval Reserve to Canadians through a variety of program activities, such as the dedication of six distinct varieties of tulips to recognize the proud histories of some of the Naval Reserve Divisions across Canada. These tulip bulbs are on sale to the general public across Canada at tulipfestival.ca/fall-bulbs and will be the focal point

of the Festival's tulip beds in 2023. The festival has offered members of the Canadian Armed Forces and their friends and family wishing to buy any of the six tulip varieties dedicated to the Naval Reserve Divisions DISCOVERY, CHIPPAWA, DONNACONNA, STAR, SCOTIAN or CARLETON a discount by using the Promo Code NAVY10, with all proceeds going to the Canadian Tulip Legacy.

Other planned activities include an expansion on this year's "Ghosts of the Glebe" walking tour which tells the stories of those who left the safety of their homes in the Glebe neighbourhood, right next to the site of HMCS Carleton and the Canadian Tulip Festival, to fight for freedom overseas, never to return.

The Canadian Tulip Festival, which averages more than 700,000 visitors annually, will be one of many opportunities for Canadians to celebrate the Naval Reserve Centennial and the proud service of Naval Reservists to Canada over the last 100 years.

health HUB



The importance of Summer Hydration

By PSP Health Promotion Team

Summer is a great time to have fun and get active with friends and family. To make sure you can get the most out of the hot weather, it's especially important to stay hydrated during all your outdoor summer activities.

Why do I need to stay hydrated?

Fluid plays many essential roles in the body. It moves nutrients through your body, helps eliminate waste, keeps your blood pressure normal, protects and cushions your joints and organs, controls your body temperature, and lowers your risk of dehydration and heat stroke.

How much fluid do I need to drink?

The amount of fluid you need depends on a variety of factors, including your age, gender and level of physical activity. You will need even more fluids to stay hydrated in hot weather and when you are physically active, due to

sweating.

On average, women need 9 cups of fluid a day, and men need 12 cups of fluid a day.

This doesn't mean you have to drink that much water every day – your fluid intake can also include other beverages like milk, milk alternatives, coffee, tea and juice, as well as foods containing fluid like soups, fruits, and vegetables.

How can I know if I am dehydrated?

By the time you start to feel thirsty, you are already somewhat dehydrated. Try to consistently drink fluids throughout the day so you do not become thirsty.

Your urine is another great way to tell if you're dehydrated. If it is dark yellow in colour and has a strong smell, you are likely dehydrated. If it is light yellow or clear, that means you're doing a good job drinking enough fluids!

If you feel lightheaded, tired, and/or have a headache, those are all signs that you may need to drink more water.

Tips to stay hydrated and increase your fluid intake:

- Drink a glass of water when you get up in the morning

- Keep a water bottle with you at all times so you can drink consistently throughout the day

- Have a beverage with your meals and snacks (water is the best choice!)

- Use fruit, vegetables, and/or herbs to add flavour to your water, even in ice cubes

- Remember to drink extra water if it's hot out, or you are very active

- Always have a drink if you feel thirsty

Enjoy your summer, and stay hydrated!!!

Want to learn more?

- Follow us on Instagram at [PSPHalifaxHealthPromotion](#)

- Like us on Facebook, [Health Promotion Halifax – PSP](#), for more health tips and information.

- Check out [cafconnection.ca/Halifax/hp](#)

- Have questions? Send us an email HFXhealthpromotions@forces.gc.ca or call us at 902-722-4956



ARIANE GUAY-JADAH, CFB HALIFAX PUBLIC AFFAIRS



MAT 1 LAURANCE CLARK

Pride flag raising at CFB Halifax and Shearwater

On July 14, the Progress Pride flag was raised at CFB Halifax and Shearwater in honour of our LGBTQ2+ Defence Team members and peers. While many Pride flags exist, the Base and Shearwater fly the Progress Pride Flag for its more pronounced emphasis on elevating marginalized communities and promoting inclusion, diversity and progression. The flag's arrow points to the right to show the forward movement, while the left edge highlights that much progress still needs to be made for the advancement of rights and liberties. The flag was raised for

the duration of Halifax Pride – a time for the local community to come together and reconnect with the festival, and each other.

Diversity is a vital part of public service, and we remain committed as ever to ensuring a safe, inclusive working environment where everyone feels seen, valued and respected, and to continuing to recognize the important contributions our local LGBTQ2+ Defence Team members make every single day.

Lever du drapeau de la Fierté à la BFC Halifax et à Shearwater

Le 14 juillet, le drapeau de la Fierté progressiste à la BFC Halifax et à Shearwater fut hissé en l'honneur de nos pairs et membres des communautés LGBTQ2+ au sein de l'Équipe de la Défense. Bien qu'il existe de nombreux drapeaux de la Fierté, la base et Shearwater ont hissé le drapeau de la Fierté progressiste, qui met davantage l'accent sur la valorisation des communautés marginalisées et la promotion de l'inclusion, de la diversité et du progrès. La flèche du drapeau pointe vers la droite pour illustrer les progrès accomplis, tandis que le bord gauche montre que des progrès restent à faire dans le domaine des droits

et des libertés. Le drapeau fut hissé pendant toute la durée festival de la Fierté d'Halifax – une occasion pour les membres de la communauté locale de se réunir et de renforcer leurs liens avec le festival et entre eux.

La diversité est un élément essentiel de la fonction publique et nous sommes plus que jamais déterminés à assurer un milieu de travail sécuritaire et inclusif où chacun se sent valorisé et respecté, et à reconnaître les contributions importantes que les membres des communautés LGBTQ2+ au sein de l'Équipe de la Défense apportent chaque jour.

Sailing with HMCS Oriole an experience like no other

By Joanie Veitch,
Trident Staff



HMCS Oriole welcomed more than 1,000 visitors aboard for tours during a recent stop in Owen Sound, Ontario.

HMCS ORIOLE

When PO2 Toni Filipovic heard about an opportunity to sail with HMCS *Oriole*, she didn't waste any time making sure she got the posting — and she's loved every minute of it.

"In my 18-year career with the Navy, this time on *Oriole* is the best. I feel so fortunate, it's been 100 percent the most rewarding of all my postings so far. To work on this ship — such an amazing platform and with such an outstanding crew — I feel blessed."

PO2 Filipovic is chief boatswain's mate on HMCS *Oriole* — the first woman to serve in that role. Having joined the *Oriole* crew in the fall of 2020, this year marks her second summer sailing with the ship.

Last summer, while the ship was doing a tour of the Atlantic Provinces, PO2 Filipovic — who is from Tor Bay, NL — got to double up on historic "firsts" when *Oriole* sailed through the

Narrows into St. John's harbour.

"Being the first woman in that role the first time *Oriole* went through the Narrows... it was such a huge honour. My shoulders were pinned right back with pride that day," she said.

HMCS *Oriole* is the Royal Canadian Navy's tall ship and its longest serving commissioned vessel. Designed and built in

1921, *Oriole* served as the flagship of the Royal Canadian Yacht Club in Toronto until the Second World War, when it became a training platform for sailors. Commissioned into the RCN in 1952, it is still used as a sail training vessel as well as for public outreach missions.

On May 12, *Oriole* left Halifax to begin its 2022 Great Lakes Deployment, where the ship is visiting communities along the Great Lawrence Seaway and the Great Lakes, as well as stops in Prince Edward Island both at the beginning and end of the tour.

At each of the stops, visitors are encouraged to come aboard to tour the ship and talk with the crew, to learn more about the Navy's "one-of-a-kind" ship and find out more about the history of the RCN.

It's an opportunity that's bringing

people out in droves. By the middle of July, more than 10,000 people had toured the ship, with 4,500 visitors in Sault Ste. Marie alone over the Canada Day long weekend.

"That was by far the busiest port visit we've had. It was fantastic," said Acting Sub-Lieutenant Scott Ferris, Public Affairs Officer with *Oriole*. "It gives people a chance to see the Royal Canadian Navy in a completely different way, to learn about life in the Navy while walking the deck of a 101-year-old ship."

While outreach is a big part of the ship's role, HMCS *Oriole* is an ideal training platform that provides sailors valuable mariner skills, said Lieutenant-Commander Robert Pelton, the ship's Commanding Officer.

"You're out in the elements in a different way with *Oriole* than when sailing on a frigate or one of the MCDVs (Maritime Coastal Defence Vessels). It gives you a much better appreciation of what's going on around you and the effect even a slight wind change can have," said LCdr Pelton. "It takes a lot of coordinated effort to sail this ship... the result is the crew members get to experience teamwork and camaraderie that's completely different from any other in the Navy."



A recent shot of HMCS Oriole at sea during its 2022 Great Lakes Deployment.

HMCS ORIOLE

PO2 Filipovic agrees, "Working on *Oriole*, it takes you back to the basics of being a sailor. You're working with blocks and lines and sails... you're learning something new every day."

Oriole will be in Kingston in early August then make its way back through the St. Lawrence Seaway, wrapping up its deployment in Charlottetown on August 31.

New CO for HMCS Moncton



The MCDV fleet welcomed a new Commanding Officer on July 20, as Lieutenant-Commander Carlo Amunategui was appointed the new CO of HMCS Moncton. LCdr Amunategui takes over from Commander Jonathan Maurice, who led the ship through its recent deployment to Operation Projection in West Africa. Commodore Trevor MacLean, Commander CANFLTLANT, presided over the ceremony.

S1 BRYAN UNDERWOOD

NAVY
10KRUN

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21 AUG 2022

AU RETOUR
21 AOÛT 2022



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Next RCN Mentorship Program session to discuss culture

RCN

Mark your calendars to attend the next session of the Royal Canadian Navy's (RCN) Mentorship Program. Chief Warrant Officer Bob McCann from Chief, Professional Conduct and Culture will discuss culture.

Sailors – Regular and Reserve Force – at all ranks and civilian employees at all levels are invited.

- Date: July 27, 2022
- Time: 1 to 2:30 p.m. AST
- Location: [Microsoft Teams](#)

The program is also open to all Canadian Armed Forces personnel and all Department of National Defence civilian employees.

These group sessions will be held monthly and everyone is encouraged to actively participate, share their insights and ask questions. For more information, visit [the Mentorship Program's intranet page](#).

La prochaine séance du Programme de mentorat de la MRC portera sur la culture

MRC

Inscrivez cette activité à vos calendriers pour assister à la prochaine séance du Programme de mentorat de la Marine royale canadienne (MRC). L'adjudant-chef Bob McCann, du Chef – Conduite professionnelle et culture, discutera de la culture.

Les marins de la Marine royale canadienne (MRC) – Force régulière et Réserve – de tous les grades et les employés civils de tous les niveaux sont invités.

Date : 27 juillet 2022

Heure : 13 h à 14 h 30 (heure de l'Atlantique)

Lieu : [Microsoft Teams](#)

Le programme est également ouvert à tout le personnel des Forces armées canadiennes et à tous les employés civils du ministère de la Défense nationale.

Ces séances de groupe auront lieu tous les mois et tout le monde est encouragé à participer activement, à présenter ses idées et à poser des questions. Pour plus de renseignements, consultez la [page intranet du Programme de mentorat](#).

Base comes together for 2022 Halifax Pride Parade

By CFB Halifax



On Saturday, July 16, over 80 local Defence Team members took part in a (re)energized Halifax Pride Parade! Thanks to all of our members who helped create space for our LGBTQ2+ members, allies and all persons of diverse sexual and gender identities to come together, connect and celebrate.

A special shout-out to the Atlantic Defence Team Pride Advisory Organization, members of the 14 Wing Greenwood Defence Team Pride Advisory Organization and Positive Space group, the Stadacona Band of Royal Canadian Navy, the CFB Halifax Fire Department, the Royal Canadian Navy's enthusiastic mascot, SONAR (i.e. MS Davill), our CFB Halifax Public Affairs event coordinator extraordinaire, Joe Abando, and all participating units, families and individuals! Bravo Zulu everyone for marching for the advancement of rights and liberties and honouring our LGBTQ2+ communities!

As with our peers throughout the Defence community, CFB Halifax is continuously working to support, empower and celebrate our employees for who they are and the positive impacts they bring to our Base family – regardless of gender expression, gender identity and sexual orientation – while also honouring the contributions, leadership and perseverance of our LGBTQ2+ members. We aim to foster a positive working environment in which diversity and inclusion are core values and key to building a brighter future for everyone.





Padre's Corner: How are you, really?

By Padre Capt Graham Ware

A number of years ago, I was greeting parishioners arriving at church. When one of our seniors walked in, I greeted him with a "How are you today?" This gentleman in his eighties, in declining health, chuckled a bit, in his typical, somewhat mischievous way, and said, half serious, half joking (but entirely profoundly): "This is the part where we lie to each other, right?"

Our cultural custom and expectation is that when asked "how are you today?" we normally reply by saying

we are doing well, "fine," or at least "not bad", even if we actually aren't doing well.

I'm sure that for most it's just automatic. For others it can be a way to create boundaries and keep private struggles private. Most of us prefer to be very selective about when and with whom we are vulnerable, and able to say "I'm not okay right now". This is normal and appropriate – we don't allow every person we see the same level of access to our inner life. Those conversations in which we lay bare

our souls are not comfortable, and are not something we do with anyone and everyone.

But there is also a very real need to have people with whom we can be completely honest; a partner, a family member, a friend, a colleague, a therapist, a Chaplain, a unit Sentinel. Do you have someone in your life who will ask "how are you really doing?" and you can feel comfortable actually answering that question with complete honesty? Who can you talk to when you aren't okay? But perhaps

even more basic – have you asked yourself "how are you really doing?" and honestly answered that? Self-assessment and self-awareness are an important first step.

And finally, are you seeing something in someone else that raises questions? Are you able to ask "how are you really doing?" It takes courage to be the person in whom others can confide, but this is how we support one another. It takes time to build that trust and confidence to be raw, but it is worth it.



New Chief for Canadian Fleet Atlantic

Canada's Atlantic Fleet has a new Fleet Chief Petty Officer as part of its command team. CPO1 Cavel Shebib took over the CANFLTLANT appointment from outgoing chief CPO1 Jamie Haas. CPO1 Shebib is pictured here alongside the current MARLANT Chief Petty Officer, CPO1 Alena Mondelli, and CFB Halifax Base Chief CPO1 Fraser Beazley. From left, CPO1 Mondelli, CPO1 Shebib, and CPO1 Beazley.

MONA GHIZ, MARLANT PA

Committee members thanked after historic government apology / Les membres du comité remerciés après les excuses historiques du gouvernement

On July 9, following the National Apology to descendants of No. 2 Construction Battalion, the Halifax Defence Visible Minorities Advisory Group (DVMAG) presented National Apology Advisory Committee (NAAC) members with certificates of appreciation for their contributions and leadership in shaping this historic moment of remembrance and reconciliation. The event brought together NAAC members and local Defence Team members – including Rene Gannon and 2Lt Jerome Downey, Halifax DVMAG co-chairs, and Base Commander Capt(N) Sean Williams, DVMAG Champion – working in the anti-racism, equality and inclusion space. Certificates of recognition were also presented to Rene and Jerome for their service and support to the NAAC as well as their continuous efforts in fostering an inclusive and respectful work environment. Bravo Zulu to our Defence community and local leaders for honouring the legacy of No. 2 Construction Battalion and for paving the way towards a more equitable future!

Le 9 juillet, après la présentation d'excuses nationales aux descendants des membres du 2e Bataillon de la construction, le Groupe consultatif des minorités visibles de la Défense (GCMVD) d'Halifax a remis des certificats d'appréciation aux membres du Comité consultatif sur la présentation d'excuses nationales (CCPEN) en reconnaissance de leur leadership et de leur contribution à ce grand moment de commémoration et de réconciliation. Ont assisté à l'événement des membres du CCPEN et de l'Équipe de la Défense locale, dont Rene Gannon et l'Ens 1 Jerome Downey, coprésidents du GCMVD d'Halifax, et le commandant de la base, le Capv Sean Williams, champion du GCMVD, qui œuvrent en faveur de la lutte contre le racisme, de l'égalité et de l'inclusion. Des certificats de reconnaissance ont également été remis à Rene et Jerome pour leur service et leur soutien au CCPEN ainsi que pour leurs efforts continus visant à favoriser un milieu de travail inclusif et respectueux. Bravo Zulu à nos membres de la Défense et aux dirigeants locaux pour avoir honoré l'héritage du 2e Bataillon de construction et pour avoir ouvert la voie vers un avenir plus équitable



SUBMITTED/SOUMIS



SPORTS & FITNESS

Boxing classes: one way for sailors stay fit while deployed

By Kateryna Bandura,
The Lookout

Nothing beats boxing under infinite sky at sea – that's according to one Marine Technician aboard HMCS *Winnipeg*.

Finding time to exercise on a deployed ship can be challenging, Sailor First Class (S1) Adrian Cordari says, so, a solid fitness routine during a deployment is a must.

"A Marine Technician's job onboard a ship is very demanding," he says. "Eating healthy on ship can be occasionally challenging but the cooks are very accommodating; you are more than capable of limiting your duff intake."

HMCS *Winnipeg* is currently deployed on the Rim of the Pacific 2022 exercise with HMCS *Vancouver*. This is S1 Cordari's first deployment after two years.

S1 Cordari grew up learning karate and jujitsu in southern Ontario, but found his way towards boxing when he moved to Victoria. He says hearing about and seeing sparring clubs on ships encouraged him to join up with other sailors to start boxing classes during this deployment.

Various HMCS *Winnipeg* sailors attend boxing classes every second morning at 8 a.m. to beat the day's heat. A typical session consists of 20-30 minutes of skill development geared towards each participant's capabilities, followed by sparring for those who wish to practice more.

The movement of the ship at sea poses an additional challenge and requires another level of awareness, said



Morning boxing lessons have caught on lately for the crew of HMCS Winnipeg.

S1 MELISSA GONZALEZ

Captain Christine MacNeil, Public Affairs Officer aboard HMCS *Winnipeg*.

"Understanding the strengths and weaknesses of those participating is important. We want people to be challenged and to learn, but not be overwhelmed," she says. "It's important to find an activity you enjoy so you are more likely to keep at it."

Capt MacNeil said extracurricular activities like boxing spring up because someone has a passion to share it with others.

"Everyone on board is a sailor first, meaning anyone can be called upon to haul a rope or fight a fire," she said. "Being fit, being strong, is an important factor in doing those jobs well."

S1 Cordari encourages sailors to

make fitness a priority, and stay hydrated and motivated during a deployment.

"Do something every day, no matter

what it is. Even if it doesn't feel like enough, it all adds up to a healthier life," S1 Cordari says.



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Cours de boxe : les marins restent en forme pendant leur déploiement

Par Kateryna Bandura,
The Lookout

Rien ne vaut la boxe sous un ciel infini en mer - c'est ce que croit un technicien maritime à bord du NCSM *Winnipeg*.

Trouver le temps de faire de l'exercice à bord d'un navire déployé peut s'avérer difficile, selon le matelot de première classe (Mat1) Adrian Cordari, et il est donc essentiel d'avoir une bonne routine de conditionnement physique pendant un déploiement.

« Le travail d'un technicien maritime à bord d'un navire est très exigeant », dit-il.

« Manger sainement sur le navire peut être occasionnellement un défi, mais les cuisiniers sont très accommodants ; vous êtes plus que capable de limiter votre consommation de duff. »

Le NCSM *Winnipeg* est actuelle-

ment déployé dans le cadre de l'exercice Rim of the Pacific 2022 avec le NCSM *Vancouver*. Il s'agit du premier déploiement du mat1 Cordari après deux ans.

Le Mat1 Cordari a grandi en apprenant le karaté et le jujitsu dans le sud de l'Ontario, mais il s'est orienté vers la boxe lorsqu'il a déménagé à Victoria. Il dit que le fait d'avoir entendu parler de clubs d'entraînement sur les navires et d'avoir vu ces clubs l'a encouragé à se joindre à d'autres marins pour commencer des cours de boxe pendant ce déploiement.

Plusieurs marins du NCSM *Winnipeg* assistent aux cours de boxe tous les deux matins à 8 h pour éviter la chaleur de la journée. Une séance typique consiste en 20 à 30 minutes de développement des habiletés en fonction des capacités de chaque par-

ticipant, suivies d'un combat pour ceux qui souhaitent s'entraîner davantage.

Le mouvement du navire en mer pose un défi supplémentaire et exige un autre niveau de sensibilisation, a déclaré la Capitaine Christine MacNeil, officier des affaires publiques à bord du NCSM *Winnipeg*.

« Il est important de comprendre les forces et les faiblesses des participants. Nous voulons que les gens soient mis au défi et qu'ils apprennent, mais sans être dépassés », dit-elle.

« Il est important de trouver une activité que vous aimez afin d'être plus enclin à la pratiquer. »

Selon la Capt MacNeil, les activités hors-programme comme la boxe naissent parce que quelqu'un a la passion de la partager avec les autres.

« Tout le monde à bord est d'abord un marin, ce qui signifie que n'im-



Les leçons de boxe matinales ont fait fureur dernièrement auprès de l'équipage du NCSM Winnipeg.

MAT1 MELISSA GONZALEZ

porte qui peut être appelé à tirer une corde ou à combattre un incendie », a-t-elle déclaré. « Être en forme, être fort, est un facteur important pour bien faire ces tâches. »

Le Mat1 Cordari encourage les marins à faire de la forme physique une priorité, et à rester hydratés et motivés pendant un déploiement.

« Faites quelque chose tous les jours, peu importe ce que c'est. Même si vous avez l'impression que ce n'est pas suffisant, tout cela contribue à une vie plus saine », déclare le Mat1 Cordari.

Championnat du monde militaire de voile



Cinq athlètes de la Marine royale canadienne (MRC) ont récemment représenté le Canada au 53e Championnat du monde militaire de voile à Brest, en France. L'événement, organisé par la Marine française pour le compte du Conseil international du sport militaire (CISM), vise à promouvoir l'amitié par le sport en donnant l'occasion aux membres des forces armées de tous les pays de se rencontrer dans un contexte sportif plutôt que sur le champ de bataille. L'équipe canadienne a adhéré à cet objectif et a reçu le Prix de l'esprit sportif en voile pour son esprit d'entraide et sa convivialité avec les autres nations.

L'équipe canadienne était composée du M2 Clayton Mills (barreur), du Capo Ryan Deforest (régleur principal), du Ltv Sam Morgan (régleur de foc), de la Ltv Alanna Foscarini (pont avant) et de Ens 2 Fraser Smith (remplaçant/entraîneur). Ce fut également une occasion unique de se mesurer à certains des meilleurs marins du monde, dont des champions du monde et des médaillés olympiques.

DOMINIQUE EINSWEILER, CISM

World Military Sailing Championships



Five athletes from the Royal Canadian Navy recently represented Canada at the 53rd World Military Sailing Championships in Brest, France. The event, organized by the French Navy on behalf of the International Military Sports Council (CISM), aims to promote friendship through sport by providing opportunities for armed forces personnel from all nations to meet on the sports field instead of the battlefield. The Canadian Team (on the right in the photo above) embraced this objective and was awarded the "fair play in sailing" prize for their sportsmanlike conduct and conviviality with other nations.

For the Canadian Team of PO2 Clayton Mills (helm), LCdr Ryan Deforest (main trim), Lt(N) Sam Morgan (jib trim), Lt(N) Alanna Foscarini (foredeck), and A/Slt Fraser Smith (spare/coach), it was also a once-in-a lifetime opportunity to race against some of the best sailors in the world, including world champions and Olympic medalists.

DOMINIQUE EINSWEILER, CISM