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# TRIDENT

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## Rapid Attack Team

*S1 Astudillo and S3 Dilly pose in front of the embarked Canadian Coast Guard Bell 429 Global Ranger Light Helicopter on the flight deck of HMCS Robert Hampton Gray prior to a firefighting exercise. The ship recently participated in Operation NANOOK-TUUGALIK and is currently transiting the Northwest Passage en route to its new West Coast homeport at Canadian Forces Base Esquimalt.*

CPL MITCHELL PAQUETTE

# Admiral's account of Navy's efforts during First Gulf War gets a new edition

**By Nathan Stone**
Trident Staff

**The man who led Canada's naval task** group in the First Gulf War, Vice-Admiral (VAdm) (Retired) Duncan (Dusty) E. Miller, launched a new edition of his book on the actions of Canada's Navy during the conflict.

The launch party was hosted by the Canadian Naval Memorial Trust, aboard His Majesty's Canadian Ship (HMCS) *Sackville* on September 11.

*Canada's Navy in the First Gulf War*, co-written with Sharon Hobson, is a first-hand account of the Canadian-led naval operation during the 1990-91 conflict. Miller commanded the Canadian task group deployed to the Persian Gulf under Operation FRICTION. At the time, the service was known as Maritime Command; it was renamed the Royal Canadian Navy in 2011.

Originally released in 1995 under the title of *The Persian Excursion*, the book covers Canada's role in the conflict from start to finish.

The new edition, published by Formac, includes an additional chapter exploring how the navy has evolved over the past 35 years.

During the launch, Miller recounted tales from the book, including the extraordinary effort required to prepare the ships for war. After Iraq invaded Kuwait in August 1990, Canada committed two warships and a supply vessel. Each of the ships required significant equipment upgrades.

"The Dockyard did two weeks' worth of putting all this new equipment aboard in what would have been an eight-month job," Miller said, even noting a final, last-minute trip to Canadian Tire for a missing part.

Once in the Gulf, Miller and the naval task group oversaw the Combat Logistics Force, made up of about sixty ships from allied nations.

Miller said the book was written to let Canadians know how well their Navy (then known as Maritime Command, now as the Royal Canadian Navy) operates when it matters most. He recalled being urged to write it by the then Chief of Defence Staff, General John de Chastelain, upon his return from the Gulf. De Chastelain told him that leading a coalition force during wartime was something Canadians hadn't done since the Second World War.

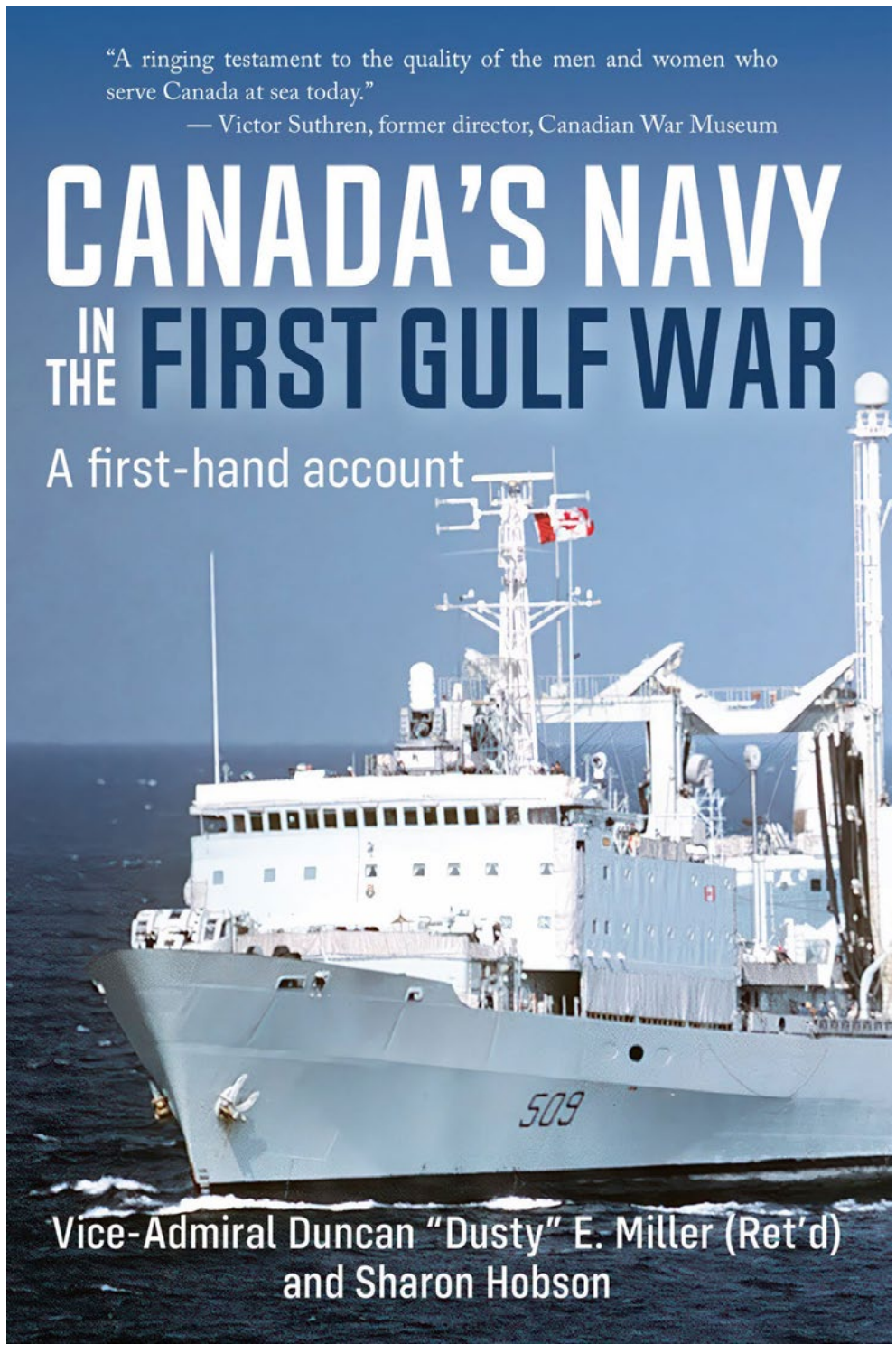
He highlighted the critical role of HMCS *Protecteur*, which refueled 70 allied ships during the war. The ship also carried 35 women, marking the first time Canada sent women into a war to serve in a front-line role.

In another story from the book, Miller described how HMCS *Athabaskan* "tiptoed" through a minefield to rescue the United States Ship (USS) Princeton after it struck a mine off Kuwait.

He also made mention of the support from home during the war, including free pizzas brought to the ships from a Halifax Greco Pizza location, and lobsters from Clearwater for Christmas. He noted the sailors voted to go to sea on Christmas Eve and Christmas Day because they felt safest there.

"The quality of the men and women sailors was amazing," he said.

Canada's Navy in the First Gulf War is now available for purchase. Miller will also deliver a presentation on the book at the Maritime Museum of the Atlantic on Nov. 10.

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*HMCS St. John's is seen departing Halifax on September 11.*

MS ALEX HEAGLE

# HMCS *St. John's* deploys for Exercise STRIKE WARRIOR 26

**By Trident Staff**

**His Majesty's Canadian Ship (HMCS)** *St. John's* departed Halifax on September 11 for an overseas deployment that will see the ship join NATO allies and partners for Exercise STRIKE WARRIOR 26.

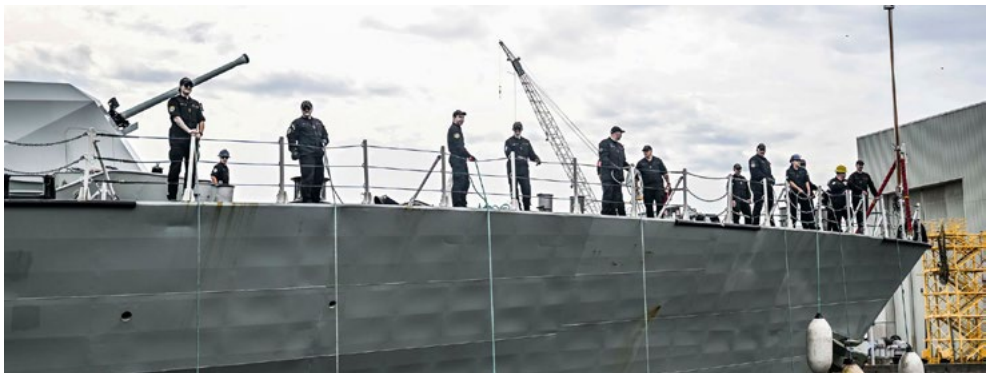
The United Kingdom-led exercise will take place across the North Sea and the waters west of Scotland, including the Northwest Approaches and the Western Isles, from September 21 to October 9.

Exercise STRIKE WARRIOR is designed to prepare the UK Carrier Strike Group and participating allied forces to operate together in challenging environments. The training will test a range of capabilities in scenarios designed to reflect potential real-world threats, including evading hostile submarines, defending aircraft carriers against simulated missile attacks and navigating narrow waterways while operating under threat.

The deployment will also continue recent Royal Canadian Navy cooperation with the UK Carrier Strike Group. In 2025, HMCS *Ville de Québec* became the first RCN warship to fully integrate into a UK-led Carrier Strike Group, sailing alongside HMS *Prince of Wales* and other allied ships during the multinational Operation HIGHMAST deployment to the Indo-Pacific.

For the crew of HMCS *St. John's*, the deployment provides an opportunity to strengthen interoperability with some of Canada's closest allies while sharpening the skills required for high-tempo maritime operations.

The deployment follows a busy summer for the Halifax-based frigate. HMCS *St. John's* recently participated in International Naval Review 250 in New York City, as well as the United States-led FLEETEX 250 exercise. Earlier in the summer, the ship completed Basic Single Ship Readiness Training and Intermediate Air-Sea Readiness Training in June, helping prepare the crew for these increasingly complex operations alongside allied forces.

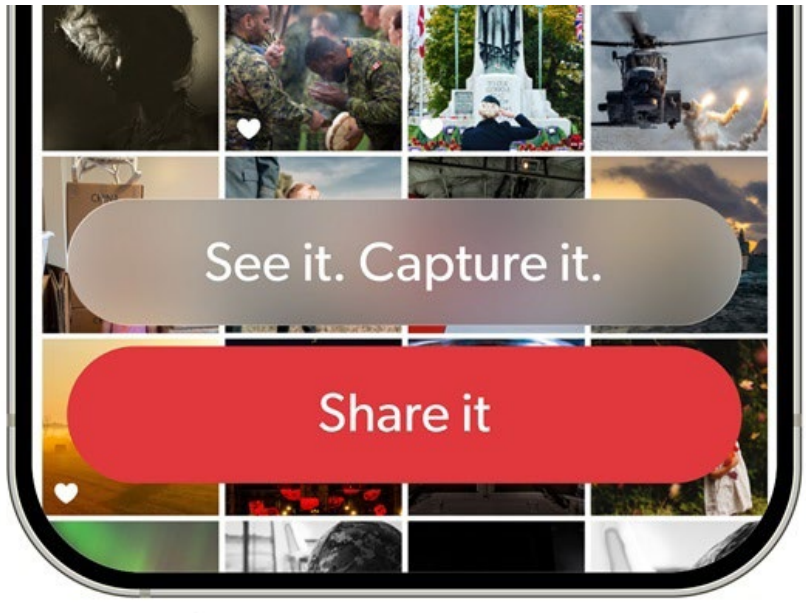


*Exercise STRIKE WARRIOR will take place in waters off the UK from September 21 to October 9.*

MS ALEX HEAGLE

# Register now for upcoming CANSOFCOM Virtual Job Fair

*The Canadian Special Operations Forces Command (CANSOFCOM) is hosting a virtual job fair on October 8 from 12:00 p.m. to 2:00 p.m. EDT. There will be a live information session followed by a question & answer period with CANSOFCOM members from a variety of trades. All CAF members welcome. Register for the CANSOFCOM virtual job fair today (internal access only – sign in with D365).*

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# Your photos, our CAF:

## Help build a more representative photo library

**By DND**

**The Canadian Armed Forces (CAF) is** made up of people with diverse identities, experiences, and backgrounds. Ensuring this diversity is reflected in CAF health communications helps ensure programs and services resonate with and support their intended audiences.

To help achieve this, the Women and Diversity Health (WDH) team is inviting all Defence Team members to submit photos of CAF members that reflect their experiences and life in the CAF. Submitted images may be featured in health promotion and communication products. Your photos will help increase representation across educational resources, guides, brochures, infographics, event displays, social media, websites, and presentations.

Featuring a range of CAF members in health communications helps ensure resources feel relevant, inclusive, and reflective of the communities they serve.

Diversity can take many forms, including culture and ethnicity, religion, sex and gender, age, ability, and family status. WDH welcomes submissions that showcase women and diverse CAF members. Photo submissions are not limited to operational, training, or clinical settings.

Click here for more information and photo submission guidelines.

Submit your photos through the Women & Diversity Health Photo Initiative form (available only on the DND network). The form can also be used to send questions to the WDH team about the initiative or submission process. Please note that submissions require a Defence365 ECN account.

*Cpl Morgan LeBlanc was among the winners in the Military Operations category of last year's CAF Imagery Contest. Submissions for the 2026 edition are being accepted until September 30.*

CPL MORGAN LEBLANC

# CAF Imagery Contest 2026:

## Time to share your best shots!

**By CFMWS**

**The 58th Annual Canadian Armed** Forces (CAF) Imagery Contest is now accepting submissions from seasoned professional and amateur photographers alike.

Running from August 19 to September 30, 2026, the contest is open to all CF One members. Whether you're a CAF member, family member, or friend of the military community, this is your opportunity to showcase the moments, people, places, and experiences that capture the spirit of the CAF community.

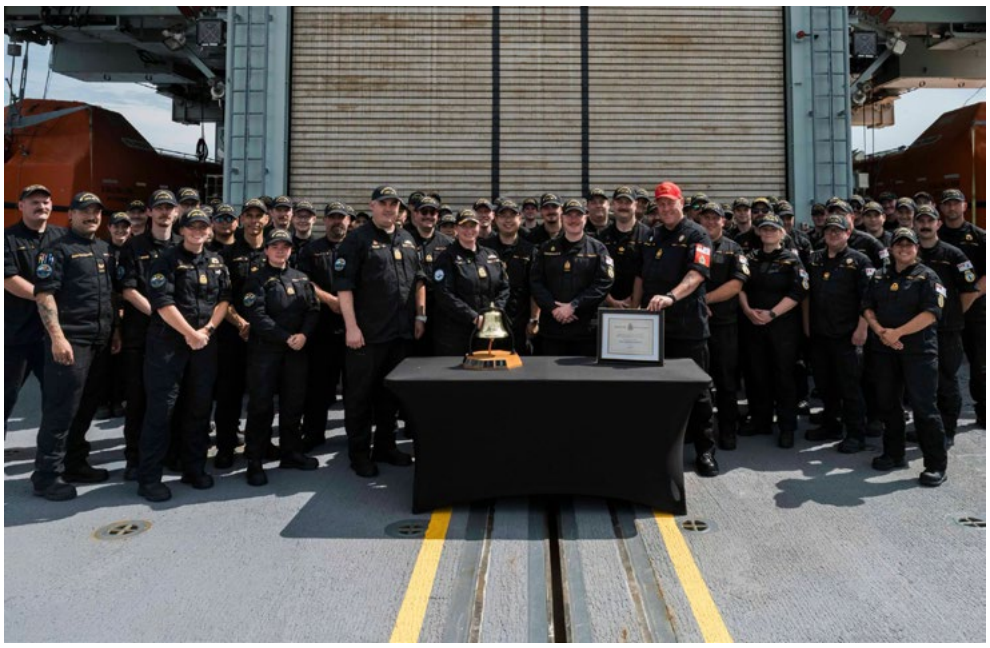
Submit your photos in one of the following categories:

- **Military operations**
  Capture military personnel in uniform at work, on exercise, training, deployment, or operations at home and abroad. This category also includes military equipment and vehicles in action.
- **Community life and events**
  Celebrate recreation, sports, fitness, culture, family life, travel, hobbies, friendships, and the everyday moments that bring the CAF community together.
- **NEW! Pets and working animals**
  Showcase beloved pets, military working dogs, ceremonial animals, horses, and other animals that enrich our lives or support the mission.
- **NEW! Honouring history, environment, and landscapes**
  Highlight historical sites and commemorations, Canada's natural beauty, Bases and Wings in Canada and abroad, architecture, monuments, and the built environments where military life unfolds.
- **NEW! JUNO**
  A category dedicated to young photographers, encouraging children and youth to share their unique perspectives through photography.

### Photo Submission Form:

CFMWS | CAF Imagery Contest | CFMWS

For over five decades, the CAF Imagery Contest has celebrated the talented photographers who capture life in CAF communities from coast to coast. As you take photos throughout the year, keep the contest in mind. Family adventures, community events, pets, breathtaking landscapes, historic landmarks, and memorable moments of military service can all make outstanding submissions.



# HMCS *Frédérick Rolette* awarded Admiral's Bell after first year with Atlantic Fleet

*The ship's company of HMCS Frédérick Rolette has been recognized for its efficiency, strong morale, and leadership over the past year with one of Formation Halifax's signature annual awards. The 2026 Admiral's Bell was presented aboard the ship on August 28 by RAdm Pascal Belhumeur, Commander MARLANT and JTFA, and CPO1 Patrick Mackey, the Formation Chief. The Bell is typically awarded to a Maritime Forces Atlantic unit with 100 members or less. HMCS Frédérick Rolette was described as setting the standard for excellence in the fleet since its commissioning in summer 2025. Recent months have seen the ship complete cold-weather Arctic trials while supporting scientific research, hosting numerous ship tours and conducting public outreach and volunteer activities.*

CPL ANTONIO GARCIA-ALVAREZ

# CAF Pelvic Floor Rehabilitation: Survey now open

**Who**
All women in the Canadian Armed Forces (CAF) – Regular and Reserve Force members located in Halifax, NS

**What**
Share your experiences with accessing pelvic floor rehabilitation (including physiotherapy)

**Why**
Your feedback will inform care needs, break down barriers, and improve outcomes for others

**Time Commitment**
Fewer than 15 minutes on any internet-connected device

**Deadline**
Survey open until 14 October 2026

This research has been reviewed by the Surgeon General's Health Research Program in accordance with DAOD 5062-0 and 5062-1. The UBC BREB Ethics ID # is H26-00587. This is a UBC study conducted by Dr. Lesley Bainbridge (Primary Investigator) and Maj B. Stefanov.

**If you have any questions or concerns regarding this study, please contact the research team:**

**Major Boriana Stefanov**
Physiotherapy Officer, Canadian Forces Health Services Group
Department of National Defence / Government of Canada
University of British Columbia

Boriana.Stefanov@forces.gc.ca

**Scan to start the survey!**

*Members of HMCS Robert Hampton Gray pose with the ship in the background alongside the grave sites of the 1845 Franklin Expedition members who died on the island.*

CPL MITCHELL PAQUETTE

*The ship's Coxswain, CPO1 Lightwood, poses with the Navy Memorial after adding the HMCS Robert Hampton Gray crest to the collection.*

CPL MITCHELL PAQUETTE

# HMCS *Robert Hampton Gray* crew visits Franklin Expedition graves

**By Trident Staff**

**Sailors aboard His Majesty's Canadian Ship (HMCS)** *Robert Hampton Gray* had an opportunity to connect with a famous chapter of Arctic maritime history during a recent visit to Beechey Island, Nunavut.

Members of the ship's company went ashore in rotations, spending about an hour each exploring the historic sites on the island. These include the graves of three members of the 1845 Franklin Expedition and memorials connected to the generations of explorers and sailors who followed them into the Arctic.

Beechey Island was the wintering site for Sir John Franklin and the crews of HMS *Erebus* and HMS *Terror* during the winter of 1845/46. Franklin's expedition had set out in search of the Northwest Passage, the long-sought sea route connecting the Atlantic and Pacific through the Arctic Archipelago. The ships later became trapped in ice near King William Island and were abandoned in 1848.

The disappearance prompted decades of searches that contributed significantly to the mapping and understanding of the Canadian Arctic. More recently, Inuit traditional knowledge, combined with modern archaeological methods, played a central role in the searches that located the wrecks of *Erebus* in 2014 and *Terror* in 2016.

The visit also highlighted a connection to the Royal Canadian Navy's own history in the Arctic. Near the Franklin memorials stands a wooden monument erected by members of HMCS *Labrador*, commemorating the icebreaker's historic 1954 transit of the Northwest Passage. The pyramid-shaped structure was modelled after navigational beacons erected by *Labrador* crews during the ship's Arctic operations.

The stop came as *Robert Hampton Gray* continues its Operation NANOOK deployment and westward transit toward its new home port at CFB Esquimalt. Now roughly halfway through the voyage, the ship recently stopped outside Cambridge Bay to take on fuel and provisions before beginning the longest remaining leg of the journey.

The crew is also preparing for more challenging ice conditions ahead, adding another modern chapter to the long history of naval operations along the Northwest Passage.

CPL GREGORY COLE

# Replenishment at sea during Op REASSURANCE

*HMCS Ville de Québec conducts a replenishment at sea (RAS) with German Navy ship FGS Rhön while operating in the Norwegian Sea as part of Operation REASSURANCE on August 15. Ville de Québec is currently serving as flagship of Standing NATO Maritime Group One (SNMG1), under the command of Rear-Admiral Nicolas Molitor of the French Navy. The task group most recently made a port visit to Dublin, Ireland, and conducted exercises with Irish Naval Service vessel L.É. James Joyce.*

The CROWSNEST

# The return of *The Crowsnest*

**By RCN**

**Royal Canadian Navy (RCN) history** is carried not only through its ships and sailors, but also through the names that endure across generations. On September 3, 2026, *Our Navy Today* was rebranded to *The Crowsnest*.

For our sailors, the term "crow's nest" is a callback to the lookout positioned high above a ship, scanning the horizon, reporting what lies ahead and helping connect the crew with the wider world. It is a fitting symbol for a publication that exists to inform, connect, and share the stories of our naval community.

The Crowsnest has been a cornerstone of the Navy since its first publication at HMCS Cornwallis in 1942. It informed sailors at home and overseas during the Second World War and later served as the RCN's official magazine. Across three iterations, *The Crowsnest* has evolved from a wartime newspaper to a quarterly magazine and now a monthly digital newsletter.

Bringing back *The Crowsnest* re-establishes *Our Navy Today* with a name rooted in generations of service and a longstanding tradition of highlighting the people, operations and achievements that define Canada's Navy.

To learn more about The Crowsnest's history, read some of the archives at CFB Esquimalt Naval and Military Museum.

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*Tony, Military to Carpenter and H2H Advisor*

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*Militaire devenu charpentier-menuisier et conseiller chez DRB*

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Canada

# SPORTS & FITNESS

## Mariners soccer teams ready for CAF National Championship

By Trident Staff

**After celebrating big wins at the re**cent regional tournaments, the Canadian Forces Base (CFB) Halifax Mariners are set for the Canadian Armed Forces (CAF) National Soccer Championship, set to be hosted by CFB Borden from September 24-29.

Both the men's and women's Mariners teams won regional gold in August, earning invitations to compete at nationals as the Atlantic representatives facing off against the top teams from the Quebec, Central and Western regions.

"Regionals was a great opportunity to compete against talented teams in the Atlantic Region. Our success throughout the tournament reflected the months of commitment and effort by players and our coach. We're excited to build on our success at Nationals," said team captain and regional MVP award recipient Lieutenant (N) (Lt(N)) Kate Costello.

She also credited other Atlantic region teams for raising the stakes and allowing for a hard-fought and competitive soccer season. The Halifax teams are also preparing to welcome a few top players from other bases to round out their rosters for nationals.

"As always, one of the highlights of the regional tournament was the camaraderie among the teams. While all players were competing hard on the field, there was a great sense of respect between teams throughout the tournament."

On the men's side, coming off a similarly strong performance at last month's regional tournament, the team will once again be led by Lt(N) Jaidonn Freeland, a regular at CAF nationals over the last decade and a veteran of the CAF international soccer team.

Follow CAF Sports on Facebook for results and more information as the tournament gets underway.

### Upcoming Base sporting events

The soccer season may be wrapping up, but there's plenty of opportunity to play sports at the unit level through the upcoming fall and winter and earn Base Cup, Fleet Cup, and Wing Cup points. Check out the schedule below and send your team information to Isaac.Habib@forces.gc.ca (Halifax) or Mary.Thompson@forces.gc.ca (Shearwater).

**Volleyball — MEGA/Wing Cup**
19–23 Oct 2026 | Dockyard Gym / Shearwater Gym
**Team information deadline: 9 Oct 2026**

**3-on-3 Basketball — MEGA/Wing Cup**
13-16 Nov 2026 | Dockyard Gym / Shearwater Gym
**Team information deadline: 6 Nov 2026**

**Curling — MEGA**
16–20 Nov 2026 | CFB Halifax Curling Club
**Team information deadline: 9 Nov 2026**

**Badminton — MEGA/Wing Cup**
23–27 Nov 2026 | Dockyard Gym / Shearwater Gym
**Team information deadline: 16 Nov 2026**

**Ice Hockey — MEGA**
30 Nov–4 Dec 2026 | Shearwater Arena
**Team information deadline: 23 Nov 2026**

*The CFB Halifax Mariners men's and women's soccer teams will both be competing at the 2026 CAF National Soccer Championship, September 24-29 at CFB Borden.*

AVR SUMIN KIM