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TRIDENT

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



The golf course by the sea

Atlantic Region Golf Championships took place at Hartlen Point Golf Club from July 8 to 10, 2019. Teams from Gagetown, 14 Wing Greenwood, CFB Halifax, 9 Wing Gander and 12 Wing Shearwater participated in the tournament.

CPL JESSICA FOX, 12 WING IMAGING SERVICES



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12 Wing Change of Command Pg. 10



CAF team tackles ocean race Pg. 20

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Outgoing CCFL credits team for adapting to change

By Ryan Melanson,
Trident Staff

The first of the Royal Canadian Navy's future fleet of Canadian Surface Combatant ships won't be set to for acceptance until the mid-2020s, and while that may seem like a far off date, Cmdre Craig Skjerpen doesn't see it that way.

"In reality it will be just the blink of an eye," he said, highlighting the importance of the many changes that have taken place in the Atlantic Fleet in recent years as the RCN begins looking ahead to the CSC.

"We're on a path to change the culture of the Navy, and to continue to be adaptive in a world that is changing."

Cmdre Skjerpen gave his final address as Commander of Canadian Fleet Atlantic on the newly opened Jetty NJ at HMC Dockyard on July 11, before officially handing over command to incoming CCFL Cmdre Richard Feltham.

While joking that his exit marked the unfortunate end of the position being held by "Craigs from Saskatchewan" – referring to himself and his predecessor RAdm Craig Baines – he said he was happy to hand over the job to his longtime colleague, and expressed confidence in the strong leadership that now exists across the Formation, including other command teams like Fifth Maritime Operations Group, FMF Cape Scott and in the Base Commander's office at Stadacona.

Cmdre Skjerpen got technical in describing some of the many changes and new initiatives undertaken by the Fleet during his time in command, mentioning changes to watch rotations, leadership and mentorship structures, crew flexibility, attack-team size reduction, the introduction of Asterix, and more. He also talked about new technologies like land-attack missiles, low-frequency active sonars and UAVs that are being adopted.

"I'm heartened by the fact there are terms and ideas that are new to me, but that will soon be in the everyday vernacular of every sailor here," he said.

"The level of engenuity, flexibility, change initiative and change management has been nothing short of fantastic. The Fleet and readiness team has astonished me with how much they've been able to accomplish."

RAdm Craig Baines, Commander MARLANT and JTFA, presided over the ceremony, and credited Cmdre Skjerpen for excelling in a demanding job while being an agent of positive change for the Fleet and the Formation. The CCFL role requires strategic communication, planning and net-



Cmdre Craig Skjerpen inspects members of CANFLTLANT on parade for the last time as Fleet Commander on July 11.

CPL DAVID VELDMAN, FIS

working skills, along with the ability to command multiple ships at sea in austere environments, he said.

"Craig has done this multiple times with incredible success, as particularly evidenced during his time commanding numerous ships during TRIDENT JUNCTURE 18 last year."

RAdm Baines noted that Cmdre Feltham will soon have a similar opportunity as he steps into the CCFL role, set to command a multinational task group at sea during CUTLASS FURY 19 off of Halifax this September. A new Fleet Commander will also mean new perspectives and fresh ideas among the senior leadership of the formation, he said.

"I absolutely look forward to having his counsel and advice as part of the team."

Cmdre Feltham is a former Commander of MOG 5, and is being welcomed back to the east coast after a stint in Ottawa, serving most recently as Director General Naval Force Development. This is the third time in his career that he and Cmdre Skjerpen have exchanged command responsibilities, and he said he was humbled to be taking over from a good friend.

"It's hard for me to express how I feel and how honoured I am today to be coming back to the fleet in this



From left, outgoing CCFL Cmdre Skjerpen, RAdm Craig Baines, Commander MARLANT and JTFA, with incoming CCFL Cmdre Richard Feltham at the Change of Command ceremony on July 11.

CPL DAVID VELDMAN, FIS

role," he said, adding the special connection he feels to the city where he met his wife Michelle and started his family.

"No matter how far away I've been from Halifax, my heart has always remained here."

Cmdre Feltham added he was looking forward to the next two years, beginning with the excitement of CUTLASS FURY 19, then heading into

delivery of the first Harry DeWolf-Class ship, and continuing with further changes aimed at preparing for the future while maintaining the reliability that east coast ships and crews have become known for.

"There's change coming, and we have to put all our energy and attention on making sure we give our sailors the tools to succeed. That's my number one priority."



Sailor of the Quarter proved herself during Exercise FORMIDABLE SHIELD

By Ryan Melanson,
Trident Staff

AB Jasmine Abdi may not technically be a member of the ship's company of HMCS *St. John's*, but that didn't stop her from becoming a key member of the crew during a recent overseas exercise.

She is a member of HMCS *Charlottetown*, but volunteered for an attach posting to *St. John's* as the ship sailed to Ex FORMIDABLE SHIELD 2019 this past spring near Scotland. Her performance during that deployment, which saw her excel mentoring junior sailors and excelling at tasks above her rank level, has earned AB Abdi the title of Canadian Fleet Atlantic's Sailor of the Quarter for Q2 2019.

FORMIDABLE SHIELD was an air missile defence exercise involving more than 3,000 personnel from a dozen different countries, with 13 warships and 10 aircraft at sea, and included a number of successful live-fire and simulated engagements. The exercise also saw the RCN's first successful engagement of a supersonic target with an Evolved Sea Sparrow Missile.

For AB Abdi, this meant making herself useful and taking on any task that was presented to her during the two-week exercise. She was credited for performing MSO duties, for her expertise with cryptographic material and devices, for her professionalism on the bridge, and for providing advice and mentorship to her Ordinary and Able Seaman colleagues. High praise was also given for her knowledge of high-frequency circuit



AB Jasmine Abdi was presented the Atlantic Fleet's Sailor of the Quarter award on July 6 by Cmdre Craig Skjerpen and Fleet Chief CPO1 Tom Lizotte, along with her command team and supervisors aboard HMCS *St. John's*.



Ab Jasmine Abdi

PTE SARINA MCNEILL, FIS

PTE SARINA MCNEILL, FIS

setup, allowing her to troubleshoot UHF data and contact another NATO unit that was out of UHF range, while teaching others at the same time.

She was previously awarded a Bravo Zulu from Canadian Fleet Atlantic for her work during FORMIDABLE SHIELD, and on July 6, Cmdre Craig Skjerpen, then Fleet Commander, and Fleet Chief CPO1 Tom Lizotte, visited

her on board *St. John's* to present the Sailor of the Quarter certificate.

Criteria for the award involves performing duties above and beyond what's expected, and that doesn't just include operations. It was noted that AB Abdi has participated in a number of valuable outreach and public relations events with HMCS *Charlottetown*, and that she's also become involved in her community with vol-

unteer work and fundraising for Feed Nova Scotia.

Cmdre Skjerpen described AB Abdi an excellent example of what a strong, smart, and organized Naval Communicator can achieve in the in the RCN and the CAF, while her supervisors noted she acts as a strong example to her crewmates, and her versatile nature allows her to be employed in any position as a naval communicator.

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for 2019

January 14 — MFRC & Money Matters
January 28
February 11 — MFRC
February 25
March 11 — MFRC
March 25 — Posting Season
April 8 — MFRC & Spring Automotive
April 22 — Battle of the Atlantic
May 6 — MFRC
May 21 — Spring Home and Garden
June 3 — MFRC & Family Days
June 17
July 2 — MFRC
July 15
July 29 — MFRC
August 12 — Back to School
August 26 — MFRC
September 9
September 23 — MFRC & DEFSEC
October 7 — Fall Home Improvement
October 21 — MFRC
November 4 — Remembrance Day
November 18 — MFRC & Holiday Shopping
December 2
December 16 — MFRC & Year End Review

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Community Calendar

Reunion and event notices must be submitted by email.

editor@tridentnews.ca include the sender's name and phone number.

A notice will not be published if the event is to happen more that one year from publication date. Submissions may be edited.

CFB Halifax Walk

Time: 10:30 a.m.

Date: Wednesday, July 31

Location: CFB Halifax Stadacona

The CFB Halifax Walks are now taking place on the last Wednesday of each month. Both military and civilian members are welcome to participate. The group will convene in front of S-90 at Stadacona for a PSP led warmup. The walk will take approximately 30 minutes and will cover 2.5 - 3 kilometres, heading towards Fort Needham and back. For more information, please contact Lucas Hardie at 902-427-6335.

Halifax Busker Festival

Date: July 31 - August 5

The 33rd annual Halifax Busker Festival takes place on the Halifax Waterfront starting Wednesday, July 31. The festival stretches from Historic Properties and the Nathan Green Stage at the Ferry Terminal, to Sackville Landing at the Wave, to the Helipad Stage at Bishop's Landing. The East Coast Amusements Midway also returns to the 2019 festival with carnival rides and games in the Salter Street lot. The week will feature a mix of local and international performers who are sure to bring electrifying entertainment to the multiple stages. For updates on the festival schedule and more information visit www.buskers.ca.

CFB Halifax Natal Day Pancake Breakfast

Time: 8 - 10 a.m.

Date: Monday, August 5

Location: Hydrostone Park

Come enjoy free entertainment and pancakes while supplies last, served up by volunteers from CFB Halifax the Canadian Naval Memorial Trust, and the H & R MFRC.

National Band of the Naval Reserve at CFB Halifax

Time: Noon - 1:30 p.m.

Date: Thursday, August 8

Location: Stadacona Admiralty Garden

The National Band of the Naval Reserve will be hosting a free community concert at Stadacona in front of the Naval Museum of Halifax over the lunch hour on August 8. CFB Halifax and the NBNR welcome all members of the public to attend and enjoy this afternoon of show tunes, classics and even a few marches from the full concert band as well as its jazz ensemble. The pedestrian gate located on Gottingen Street facing Northwood Manor will be opened on the day of the concert. To gain access to the Base, simply present a government issued photo ID. Foot traffic is encouraged as parking is limited.

Submarine exhibit at Naval Museum

Date: Opens August 8, 1:30 p.m.

Location: Naval Museum of Halifax, Stadacona

The Naval Museum of Halifax newest feature exhibit looks at the history of Canada's submarine service, and will be open to the public starting August 8. Titled *Diving Now! Diving Now! Submarines in the Service of Canada*, the exhibit follows the story from Canada's West Coast subs in 1914, through to the Oberon-Class fleet and the Victoria-class submarines that are in service today. The public is invited to come learn about the legacy of Canada's submarines and the men and women who have served in them.

New Canadian Nonfiction Showcase

Time: 6:30 - 8:30 p.m.

Date: Wednesday, August 14

Location: Halifax Central Library

Graduates of the University of King's College Master of Fine Arts in Creative Nonfiction Program will present their new and soon-to-be released books. The third annual Donald Sedgwick Reading Series, named for the program's founding director, will introduce four new voices in Canadian nonfiction. The free event will feature Joan Francuz's *Press Enter To Continue: Scribes From Babylon To Silicon*, Andrew Reeves' *Overrun: Dispatches From the Asian Carp Crisis*, Suzanne Stewart's *The Tides of Time: A Nova Scotia Book of Seasons*, and Jenn Thornhill Verma's *Cod Collapse: The Fall and Rise of Newfoundland's Saltwater Cowboys*.

Author's Stage: *The Testaments* by Margaret Atwood

Time: 7 p.m.

Date: Thursday, October 3

Location: Halifax Central Library

Margaret Atwood will be coming to the Halifax Central Library for *The Testaments* national book tour. In this brilliant sequel to *The Handmaid's Tale*, acclaimed author Margaret Atwood answers the questions that have tantalized readers for decades. Atwood is the author of more than 40 books of fiction, poetry, and critical essays. Her many awards include the Giller Prize and Booker Prize and the Order of Canada. This is a free, ticketed event, with tickets available starting September 10; call 902-490-5700 for ticket details.

Theological reflection on spirituality resiliency in deployment

By Capt Albert Lee,
CANFLTANT Chaplain

Deployment is a challenge for sailors. Experiences such as traumatic events during war can lead to questioning your values, meaning of life, death and trying to make sense of what happened.

Spirituality can help sailors cope by connecting to something bigger than them. For others, it may be a relationship with God or a Higher Power and religious practices. However you express it, spirituality can create values and beliefs to give life meaning.

Study has proved that there are benefits of spiritual resiliency in a

deployed situation. The military had a surprising find that the suicide rate is low from those who've gone to war. Part of the reason for this is because they practice spiritual resiliency.

Sailors who have been deployed to a war zone know what it feels like to be in a war. For some people life feels like a battlefield...and they're constantly being engaged in conflict or fighting, for some, the war they fight is within them, battling addiction, battling criticism and negativity and fear. We've heard it said that "self is the worst enemy."

Spirituality can help sailors cope with stress in all stages of military life. Sailors were able to spiritually



Padre's Corner

and emotionally rebound, reorganize, and reset after living through many traumatic events. For example, through meditation or prayer, sailors may feel at peace and find more purpose in life. It can reduce anxiety and depression, promote a positive out-

Continued on page 5

Ride ready: Wounded Warrior August adventure fast approaching

By Sara White,
Managing editor, The Aurora

Details are shaping up for the first Nova Scotia Wounded Warrior Canada Highway of Heroes Bike Ride August 24 and 25.

It's not too late to get your peddling and fundraising plans in place to join in the funds- and awareness-raising event, says organizer Dean Peach.

"We can take new people right up to the day, and anybody not able to get a jersey for the ride, we'll get one after so you'll have that hands-on keeper."

The ride is patterned after larger events that take place across the country, but will take in two Nova Scotia routes: the ride will start at 14 Wing Greenwood at 8 a.m. August 24 and make its way through the Valley,

travelling 92 kilometres and ending at Acadia University. August 25, riders will cover 112 kilometres through Eastern Kings and Hants counties, ending in Halifax at Citadel Hill.

Along the way, a number of sponsors are taking care of water stops, dinners and auction items, ride support and other on-route needs. Peach is also working with several communities, including Legions, to organize cenotaph stops by the riding group. They expect to be in Berwick around 10:30 a.m. August 24, and Windsor mid-day August 25. Other stops will be located at paramedic stations, police detachments and fire halls, as the ride highlights the people Wounded Warriors Canada helps: military veterans, firefighters, paramedics and police - and their families.

"14 Wing Greenwood has just appointed an OPI for the ride, helping us with anything we might need - ride promotion, public affairs, a photographer, accommodations for out-of-town participants," Peach says. Military and civilian workers interested in joining in may contact Cpl John Wayne at JOHN.WAYE@forces.gc.ca or 902-765-1494 local 3094.

As the ride dates approach, new participants are welcome to sign on with an adjusted registration rate: \$250, plus any fundraising they'd like to bring to the table. That includes the ride and support, special events and dinners, accommodations, transportation to or from Halifax, the ride jersey and more. The fee and fundraising totals will all support Wounded Warriors programming.

In the meantime, Peach and a handful of local riders already committed have been meeting up for Tuesday and Thursday evening and Sunday rides, starting from Greenwood, Berwick or Middleton - just to build their skills and stamina, but also develop the camaraderie and support Peach knows makes a big difference on an actual Wounded Warrior ride.

"We're a non-drop riding group: everyone is together. We want people involved, healthy and fit and, if they're not having fun, they won't do it."

For details or to register for the August ride, or join in on some of the local pre-event social rides, contact Peach, hhrns@woundedwarriors.ca or 902-840-0325.

Theological reflection on spirituality resiliency in deployment

Continued from page 4

look, mend feelings of moral injury, strengthen personal relationships and maintain healthy lifestyle. In addition, writing journaling is a healthy outlet to express our deepest feeling to God; through record personal thoughts to God that might not ever be shared with another human being. Writing out one's grief following a tragedy was actually practiced in ancient Chinese soldiers. These worked for soldier's combat stress, and they can help soldiers be more resilient as well.

Spirituality resiliency plays a key role in wellbeing and overcoming the stresses of war. It helps protect from moral injuries. Resiliency is the ability to cope with stress and adversity and bounce back to a previous state of normal functioning.

Moreover, spirituality can lead to unity. It helps to increase unit moral. For example, allow time to practice religious or attend religious service can help unit members cope with psychological health concerns and stay spiritually fit.

Before and during and after deployment: Spirituality can help "In Times of Doubt" "Healing in Emotion" and "Roles and Responsibilities".

Here are some tips to boost sailor's daily routine during deployment:

- Share thoughts and questions with others who have similar beliefs
- Writing spiritual journal
- Read about spiritual books like Bible or Koran etc.
- Find a religious field service or practice
- think positively
- Practice prayer or meditation.

CF Chaplaincy is organized to provide the most responsive religious support and ministerial presence. Religious support includes providing those aspects of religious education, pastoral counsel and reassuring presence, authentic worship, and faith group expression during deployment. Chaplain's spiritual leadership is mission essential and is making a tremendous difference in the life of our sailors. Sailors can continue to fight the good fight as we provide religious support that daily enhances the souls of our Sailors.

Faith is so crucial to our everyday functioning, yet faith can be fragile. Deployment can lead to lose their faith after going through a long difficult stretch. Spiritual Resilient is a quality of faith that's able to see us through trouble, temptation and trials and even come through stronger.

We don't have to look very far to see why we need faith that's tough and strong. We can have faith that's resilient and strong. God provided some help for us in this area. Listen to the encouragement of Ephesians 6: 10-18.

"Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist,

with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

So Sailors can be strong in the Lord and in his mighty power.

They don't have to rely on their own strength to deal with war.

They can wear the right armour and understand where the struggle comes from.

We can't fight what we don't understand. Because the attack may begin in the spiritual or unseen realm, we need to be spiritually armed. Like a US Commander, General George C. Marshall constantly quoted while he was deployed in the field, "Be spiritually fit: stay alert, stay alive."

A Padre's Prayer

By Padre Lt(N) Haupi Tombing

Quiet is the night, and clear the sky;
Glittering stars illuminate the blues.
Calm is the water, and gentle the breeze;
The Mediterranean's glassy sea.
Oh, that silvery moon, shines bright above;
Gazed through the Big Eyes, a wondrous sight.
Craters and terrains, rugged and smooth;
Behold its face, a grand display.
The NavO charts, the Helmsmen steer;
The OPS room tracks, the Lookout watches.
Engineers drill, Roundsmen keep vigil;
All through the night, so others rest.
Watch over my Love, and those I care,
Across the ocean, awaiting my return.
In stillness I pray, this solitary night;
On the bridge-wing, of *Charlottetown*."

This poem was written by Lt(N) Haupi Tombing in November 2016, during his deployment in HMCS Charlottetown.



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HMCS *Halifax* departs for Op REASSURANCE

By **Mona Ghiz**,
Maritime Forces Atlantic Public Affairs

After months of preparation, HMCS *Halifax* and the Cyclone air detachment from 423 squadron, 12 Wing Shearwater departed Halifax on Sunday July 14 en route to a six-month tour on Operation REASSURANCE, Canada's support to NATO assurance and deterrence measures in Central and Eastern Europe.

Despite some mechanical issues with the ship that delayed its departure for approximately a week, *Halifax* and all hands on board were well prepared to embark upon this important operation. "The ship's company have worked incredibly hard over the last 9 plus months and more, to get ready for this deployment. They have exceeded the standards that we have set out to every step," said Commodore Skjerpen, Commander, Canadian Fleet Atlantic.

During the deployment, *Halifax* will replace *Toronto* and assume the role of flagship for the Standing NATO Maritime Group 2 (SNMG2), a NATO-led mission to promote security and stability in Central and Eastern Europe.

Halifax's commanding officer, Cdr Scott Nelson, said, "Op REASSURANCE is Canada's mission with NATO in various waters that connect to Europe. Canada commits a ship consistency in the region to assure our NATO alliance allies, Canada is there to support the endeavours of NATO's mission overseas."

This is the first time *Halifax* will deploy on Op REASSURANCE and



HMCS Halifax departed Halifax on Sunday, July 14, en route to Op REASSURANCE for the next six months.

MONA GHIZ, MARLANT PA

the 12th time a Royal Canadian Navy (RCN) ship has taken part since 2014. Cdr Nelson added, "A lot of work has gone into getting the ship ready. From the sailors on board, to shore establishments like Fleet Maintenance Facility Cape Scott, Base Logistics, and Sea Training. We also have the support of our families."

Another first is that during this

operation, Standing NATO Maritime Group 2 is being commanded by a Canadian woman, Commodore Josée Kurtz, Royal Canadian Navy. She is currently onboard *Toronto* and will join *Halifax* on their arrival in the theatre.

Halifax sets sail with 196 sailors and 20 members of the air detachment. On arrival in the region, Cmdre Kurtz

and her international NATO staff will join the ship, which will bring the crew compliment to 253 personnel. During its time on Op REASSURANCE, *Halifax* will lead and execute a range of missions across a broad spectrum of operations to enhance interoperability and cooperation with our allies and NATO partners in the region.

Peacekeepers to be honoured in ceremony

By **Trident Staff**, with files from
CPO2 Ben Broome

On National Peacekeepers Day, Friday, August 9, a ceremony at 11 a.m. at the World Peace Pavilion in Dartmouth will honour CAF peacekeepers.

Guests of honour will include His Honour the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia, and her Honour Mrs. Patsy LeBlanc.

The ceremony will include a colour party, the National Anthem, the Act of Remembrance, readings, several speakers, and wreath laying.

Among other guests will be Andy Fillmore, Member of Parliament for Halifax; MLAs Susan LeBlanc and Claudia Chender; His Worship, Mayor Mike Savage; Superintendent Jason Popik of the RCMP; Steinar Engeset, Convoy Cup founder; and representatives of the RCN, Halifax Regional Police, and the Royal Canadian Legion Nunavut Command.

On December 11, 2002, the UN General assembly designated May 29 as the International Day of United Nations Peacekeepers. This day was first observed in 2003. The International Day of United Nations Peacekeepers is a tribute to people who serve or have served in UN peacekeeping operations.

The National Day of United Nations Peacekeepers was established in Canada in 2008 to provide Canadians an opportunity to express the pride and respect they have toward personnel of the CAF, the RCMP, and provincial and municipal police forces, as well as to Canadian diplomats and civilians who have worked in support of international peace and security operations.

August 9 was selected as National Peacekeepers' Day in Canada in 2008. This date was chosen to recognize the greatest single loss of Canadian lives on a peacekeeping mission, which occurred on that date in 1974 when

all nine Canadian Peacekeepers who were onboard Buffalo 461, a United Nations-marked Canadian transport aircraft, were killed when their plane was shot down by three Syrian missiles during a regular resupply mission in the Middle East. It was the largest single-day loss of all nine passengers and crew during a peace support operation.

"My name is Ben Broome and I am a currently serving Chief Petty Officer 2nd Class Veteran of the Royal Canadian Navy in my 38th year, employed at HMC Dockyard with the Fleet Maintenance Facility Cape Scott as a Fleet Technical Authority. In my civilian capacity I am the Provincial Representative of Nova Scotia for the Veterans UN NATO Group of Canada, and on behalf of the Veterans UN NATO, we will be hosting HRM's National United Nations Peacekeepers Day ceremony

When I came to realize that Ken Jamieson and Karen Ewing in the

community of Bass River could hold a ceremony at the Cobequid Veterans Memorial Park for the International Peacekeepers day in May each year, and Sydney, Cape Breton through the efforts of Michele Gardiner and others that enabled a cenotaph to be placed on their waterfront and hold a National Peacekeepers Day in August each year, it left me to wonder why HRM, with the largest contingent of RCMP and Military Peacekeepers, provincial police services and Canadian civilian diplomats who have worked in support of international peace and security operations in the province, did not have a tribute here in our city.

On August 9 at 11 a.m., we will honour the sacrifices of our fallen and remember their dedication by respecting the work our combined cities and communities throughout Nova Scotia have contributed to in supporting Canada's peacekeeping duties."



Results of HMCS *Chicoutimi* Health Surveillance Study shared at Town Hall

The Royal Canadian Navy (RCN) and Canadian Forces Health Services Group have finalized the first phase of a health study designed to systematically document and describe the health effects associated with crew members' exposure to the October 2004 fire on board Her Majesty's Canadian Submarine (HMCS) *Chicoutimi*. The fire happened during the submarine's transatlantic voyage from Scotland to Canada, and resulted in a number of casualties and the death of Lt(N) Chris Saunders.

The health study followed 250 participants, including 56 crewmembers, 42 members of the Care and Custody Team who looked after the submarine following its return to Faslane, Scotland, and 152 randomly selected submariners (acting as a control group). Stage one of the study analysed the health of participants in the five years preceding the fire and the five years following the fire.

The results of the health study were shared with the former members of HMCS *Chicoutimi* and the Care and Custody Team at a Town Hall on July 11 at CFB Halifax. Following the Town Hall, results of the study were then released to the public. The results presented were not individual medical states (no new personal information was presented to individual sailors), but were instead an overview of the cohort's general health, which has been compiled to help individual sailors to contextualize their own health as well as to enable the best possible CAF/VAC support to those who expe-

rienced the fire.

"As the mental and physical well-being of our sailors and the care of our people is our first priority, we appreciate the significance of the study's findings, and the importance of maintaining a dialogue with and continuing to monitor the health of everyone who was exposed to the fire," said VAdm Art McDonald, Commander of the RCN, while leading the Town Hall.

Comprehensive and enhanced medical and mental health care received

Immediately following the fire and over the subsequent months, crewmembers received comprehensive and enhanced medical and mental health care. Despite this care, however, concerns have lingered with respect to long-term health impacts stemming from exposure to carcinogens or related to respiratory and mental health issues.

Naturally, these issues were amongst those included in the Town Hall discussion. It was noted by participating VAC staff, for example, that applications from former HMCS *Chicoutimi* crewmembers for disability claims specific to Post-Traumatic Stress Disorder, depression and asthma - all diagnoses of elevated risk of occurrence for the former boat crew according to the results briefed - have been assessed favourably to date by VAC.

The CAF and VAC have new resources available for monitoring crew-

members' health and for providing other forms of support. During the Town Hall event, VAC representatives were on site to provide crewmembers with details of these resources and to answer their questions.

Sharing of results delayed

The RCN apologized at the Town Hall for a delay in sharing the results of the study which had its first draft completed in 2015, but which was not finalized until January 2019.

Apologizing, VAdm McDonald said, "For this delay, for which I can offer no explanation that is acceptable to the ex-crew or to me, and for our failure to continue communicating with the ex-crew during the intervening period, I offer my unreserved apology to the ex-crew and their families - appreciating that we owe them better and we are committing to do exactly that!"

According to VAC, delay in providing the health study findings has not adversely affected any claim submissions.

Options for next phase discussed

A key point of discussion at the Town Hall revolved around the way-ahead for continued, long-term monitoring of ex-crew health as well as accompanying dialogue.

The results of the health study were shared, and options for the next phase of the study were discussed at the Town Hall.

According to VAdm McDonald, the RCN is "committed to improving our

communication, and to continuing to monitor the former *Chicoutimi* crew's health and well-being in a way that suits the ex-sailors' needs."

Following consultation with the former crew, a decision on the way ahead will be signalled later this summer.

A defining event in Canadian naval history

The events aboard HMCS *Chicoutimi* on October 5, 2004, during which the sub's crew saved their boat and fought valiantly for each other, have proven themselves to be a defining moment for the Canadian submarine service, and, indeed, the Navy as a whole. "The RCN," according to VAdm McDonald, "is stronger as a result - both in terms of how we care for and support our people as well as in form of the capability we put to sea." As one of Canada's Best Employers, as recognized by Forbes in 2019, the RCN now has a fleet of accomplished and capable submariners and submarines whose recent work includes simultaneous international deployments in 2018 that saw *Chicoutimi* deployed on a record-breaking 197-day Asia-Pacific deployment that saw her at-sea for more than 240 days in the calendar year while HMCS *Windsor* was likewise conducting a Mediterranean and Euro-Atlantic deployment of more than four months' duration. Through these types of contributions, submarines are a vital pillar of the RCN's Strong, Secure, Engaged employments.



Students join CFB Halifax for summer work experience

CFB Halifax Base Commander Capt(N) David Mazur (left) and Base Chief CPO1 Kent Gregory (right) welcomed high school students from the Federal Student Work Experience (FSWE) program to the Base during a student orientation session on July 16 at Base headquarters. We're very proud to have these students as a part of our team for the summer and can't wait to see what they are able to accomplish during their time here. Welcome to CFB Halifax!

HALEY COTE, CFB HALIFAX PUBLIC AFFAIRS STUDENT

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Welcome students, to the Defence Team Halifax

By Colleen MacKinnon,
Learning and Performance
Management Specialist, Atlantic
Learning and Career Centres, DND

The Learning and Career Centre hosted two Student Orientation to the DND Workshops on June 26 at the Piers Military Community Centre in Windsor Park, and July 16 at D200, FMF Cape Scott. We delivered this training session to many of the 89 students working in and around CFB Halifax this summer, with 54 students attending one of the dates. Many others have attended alternative Student Orientation events at Canada School of Public Service or internal training sessions delivered by their Units. The students are a very diverse group, ranging from high school to graduate students involved in the Federal Student Work Experience Program and Post-secondary Co-op Education and Internship programs.

This informal information session was an opportunity to formally welcome the students to our integrated Military-Civilian Team, and so we had speakers from both branches discuss the important role that Civilians play in supporting Military Operations at home and around the world. They were welcomed by RAdm Baines, Commander JTFA and MARLANT; Capt(N) Lafrance, MARLANT Chief of Staff; Cdr Jason Lawton, Deputy Commanding Officer, Fleet Maintenance Facility Cape Scott; and Patrick Hunt, Manager



Students received an orientation to the Defence Team during several sessions held at the Piers Military Community Centre and at FMF Cape Scott.

MCPL NEIL CLARKSON, FIS

of National Staffing Operations for ADM HR-Civ.

In addition, students learned about part-time employment opportunities in the Reserves, and the training, experience, and leadership opportunities that they could develop on the weekends while they continue to study. Students also learned about

the importance of building a professional network during their summer employment, and maintaining that network throughout the school. Staffing experts de-mystified the Public Service Staffing process and informed students about how to find opportunities, how to apply, and what to expect. They also heard from former students

who were lucky enough to turn their student experience into an indeterminate position with our Team.

We hope that our students will continue to learn about the range of job possibilities across the Defence Team and bring their talent to our Team in order to support the Initiatives of Strong, Secured, Engaged.

Political activities guidance

The Maple Leaf

Are you member of the Defence Team who is considering involvement in a political activity?

Then you need to be aware of what is permissible for whom and at which levels of government.

Here's a breakdown:

DND employees can be candidates and participate in municipal, provincial, territorial and federal elections but they must seek approval from the Defence Ethics Programme (DEP) and the Public Service Commission (via

the Assistant Deputy Minister Human Resources – Civilian).

Regular Force members are permitted to participate in municipal level political activities with the permission from the Chief of the Defence Staff, delegated to the Assistant Deputy Minister of Review Services (ADM(RS)). A Confidential Report must be submitted to the DEP. However, as per QR&O – 19.44 Political Activities and Candidatures for Office, they cannot take an active part in the affairs of a political organization or party, and cannot make a political

speech to electors, or announce or allow themselves to be announced as a candidate, or prospective candidate, for election to the Parliament of Canada or a provincial legislature.

Reserve Force members are not prohibited from engaging in political activities in the same way as Regular Force members are. However, Reserve Force members should remember that they remain subject to the general rules set out in QR&O (and other orders and instructions issued to the CAF) at all times when they are subject to the Code of Service Discipline, including QR&O 19.14 – Improper Comments and 19.36 – Disclosure of Information or Opinion. Consequently, members of the Reserve Force are encouraged to submit a Confidential Report to ADM(RS).

In order to avoid any perceived or real conflict between their obligations of service and their political activities, members of the Reserve Force may also wish to request to be exempt duty and training for the duration of their political activities under CMP Military Instruction 20/04, at its paragraph 3.11.

Defence Team members who wish to volunteer for the non-partisan electoral agencies at the federal, provincial, territorial or municipal levels need to submit a Confidential Report.

During campaigns, everyone must respect the impartiality of the public service and neutrality of the DND and CAF, as well as their obligations or loyalty towards the Government of Canada. All comments in social media and letters to the editor must be well considered before they are published or submitted for publication.

Voting in an election is your fundamental right as a Canadian citizen.

You can consult the political activities diagram for matters related to volunteering, working for a political campaign and running for office. All questions related to political activities can be directed to the DEP:

Email: COIDEP-CIPED@forces.gc.ca

Phone: 613-901-1090

Website: <http://ethics-ethique.mil.ca/index-eng.aspx>

CANFORGEN : <http://vcds.mil.ca/apps/canforgens/default-eng.asp?id=094-19&type=canforngen>

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"In the beginning was the Word, and the Word was with God, and the Word was God" - Gospel according to John



Eat healthy carbohydrates

By Kathleen Bayliss-Byrne
CF H Svcs C (A), Clinical Dietitian

The media often features topics on eating all your macronutrients (Macros) which include healthy carbohydrates, protein and fat. Carbohydrates provide us with our first line of energy in our blood stream via glucose. Healthy carbohydrates are found in a variety of foods such as fruits, root vegetables, whole grains, beans/lentils and plain milk/yogurts. These carbohydrates are healthy because they provide us with a variety of nutrients, fibre and energy for our activities of daily living. Nutrients also help us heal, build muscle, maintain a healthy immunity to fight off illness, maintain normal functions within our organs, prevent disease and potentially delay death (mortality).

In a meta-analysis of studies reported in the September 2018 issue of the Lancet Journal, it showed that the

amount of carbohydrates in our diet can impact our mortality. The lower percentage of carbohydrate (less than 45% of calories) in our diets, the higher the risk for all-cause mortality. The very low carbohydrate diets are not considered healthy not just due to increased risk for all-cause mortality but also due to the lower fibre and nutrient content of those diets. They are often difficult to sustain and therefore not a healthy long term choice.

Diets that are higher in carbohydrates (more than 55% of calories) start to see an increased risk for all-cause mortality, especially if total diet contains mostly animal-based proteins such as meats. The people who primarily eat plant-based proteins and consume higher carbohydrates diets actually have a reduced risk for all-cause mortality.

The 2019 Food Planet Health report by EAT-Lancet shows that we in North America consume 638%

more red meats, 268% more eggs, 234% more chicken, 145% more dairy and 171% more potatoes than what is sustainable for our planet. This same report shows that we do not eat enough plant-based foods such as fruits, vegetables, whole grains, beans/lentils and nuts/seeds.

So if you want to live longer and be healthy consider eating more plant-based proteins (beans/lentils, nuts/seeds, and soy-based foods such as edamame, tofu or soy nuts) on a regular basis coupled with whole fruits, vegetables and whole grains. We do not have to give up animal proteins, just consider reducing the amount and frequency that we eat them. The new Canada's Food Guide encourages us to do just that, eat less meat and consume more plants. Discover more information about the new food guide at www.Canada.ca/FoodGuide.

Strawberry Shortcake

By Kevin Ouellette,
Juno Banquet Catering

We are in the peak of summer strawberries and the Annapolis Valley berries are ready to be savoured.
Serves: 6 people
Ready in: 1 hour 10 minutes

Ingredients:
1.5 lbs Strawberries, stemmed and quartered
3 Tbsp Granulated sugar
0.25 cup Orange liqueur

Shortcake:
2 cups All-purpose flour
2 tsp Baking powder
0.25 tsp Baking soda
2 Tbsp Granulated sugar
0.75 tsp Salt
0.5 cup Sliced almonds, crushed with your hands
1.5 cups Heavy cream

Whipping cream:
1.5 cups Heavy cream
3 Tbsp Granulated sugar
1.5 tsp Vanilla
1 tsp Lemon zest, freshly grated

Directions:

Strawberries:
• Mix the strawberries with the sugar and orange liqueur until well coated. Refrigerate for 30 minutes.

Shortcake:
• Preheat oven to 400 F.
• Sift together the flour, baking powder, baking soda, sugar and salt into a medium bowl. Add the crushed almonds and mix together.
• Add the heavy cream and mix until just combined. Place batter in an ungreased 8" square bakepan and bake until golden brown, approximately 20 minutes.
• Remove shortcake from the pan and place on rack to cool. Cut into six pieces and split each piece in half horizontally.

Whipping cream:
• Place the heavy cream, sugar, vanilla, and lemon zest into a mixing bowl. Beat until soft peaks form.

Construction:
• Place each bottom half of the shortcake onto a dessert plate. Spoon some of the marinated strawberries with their juice onto each piece. Top with a generous portion of whipped cream and then the shortcake top.
• Spoon more strawberries over the top and enjoy.



New Commander for Sea Training (Atlantic)

Capt(N) Matthew Bowen, Commanding Officer Sea Training Group (left), and Commodore Craig Skjerpen, Commander Canadian Fleet Atlantic (right), sign an Assumption of Command certificate during a ceremony for the Sea Training Group on July 8, 2019 in Halifax, Nova Scotia.

Col Hawthorne takes command at 12 Wing Shearwater

By Capt Lynne Patterson,
12 Wing PAO

Col James Hawthorne assumed the duties of 12 Wing Commander during a change of command parade at 12 Wing Shearwater on July 18, 2019.

BGen Sean Boyle, Deputy Commander 1 Canadian Air Division, was the reviewing officer for the parade.

Col Hawthorne, originally from Shelburne, Ontario, is a graduate of the Royal Military College of Canada in Kingston, Ont. He earned his pilot wings in December 1999 and was first employed as a Sea King pilot and various other roles at 12 Wing's 443 Maritime Helicopter Squadron in Patricia Bay, BC. Over the last two decades he has worked in Shearwater, NS, including roles as the 12 Wing Operations Officer and, in 2013, temporary command of the wing. During that time he also worked in Ottawa as Special Advisor 2 to the Vice Chief of the Defence Staff and Military Assistant to the Minister and Associate Minister of National Defence.

"It is an honour to take command of 12 Wing for the second time in



Colonel James Hawthorne, incoming 12 Wing Commander.

AVR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES

my career, this time with CH-148 Cyclones," said Col Hawthorne. "I look forward to working with the highly capable members of the maritime helicopter community—as we accept more Cyclones on the east and west coast here at home and continue our support to the Royal Canadian Navy on deployments.

"We are all the first generation of

Cyclone aircrew and maintainers. We are the new pioneering warriors of the maritime helicopter. It is a great time to be MH."

In addition to welcoming Col Hawthorne, the parade was an opportunity for 12 Wing and local community members to say goodbye to Col Sid Connor, who has led the wing since 2017, during the transi-

tion from the CH-124 Sea King to the state-of-the-art modern CH-148 Cyclone.

"It sure has been exciting," said BGen Boyle, addressing Col Connor directly. "A full fleet retirement and a new fleet introduction with a launch of three operational deployments and one command tour. It was rare and prestigious opportunity that you will undoubtedly remember and hopefully cherish for a lifetime."

Before leaving the ceremony on a tractor—a nod to growing up on a farm in New Brunswick—Col Connor echoed BGen Boyle's sentiments as he addressed members of 12 Wing for the last time.

"We are doing real world operation on three detachments in two different oceans because of the hard work you've done over these years,"

he said. "I've been extremely proud to be your commander. As you stand out there on parade today, I want you to remember, to think back, to all the things we've accomplished over these last several years. So, to James, I have all the confidence in the world that you'll take over my baby and take care of it. These people will never let you down."



From left: Incoming Wing Commander Col James Hawthorne; 12 Wing Chief Warrant Officer Bruno Poirier; Presiding Officer BGen Sean Boyle, Deputy Commander 1 Canadian Air Division; and outgoing 12 Wing Commander, Col Sid Connor, sign the investiture certificates during the Change of Command ceremony on Thursday, July 18, 2019.

AVR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES



Col Sid Connor, outgoing 12 Wing Commanding Officer, leaves the parade on a tractor.

AVR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES



Princess Louise Fusiliers mark 150th anniversary



The Princess Louise Fusiliers, a Primary Reserve infantry unit of the Canadian Armed Forces, celebrates its 150th anniversary this year. The anniversary was marked by a number of events, including a visit from His Royal Highness Prince

Andrew, the Colonel-In-Chief of the unit; Freedom of the City; and several decorative flowerbeds planted throughout the municipality as tributes to the Princess Louise Fusiliers' longstanding history within the city of Halifax.



Prince Andrew, the Duke of York, as the Colonel-in-Chief of the Princess Louise Fusiliers, inspects the honour guard during a military ceremony marking the 150th Anniversary of the Halifax-based Reserve Infantry Unit, outside Government House, Halifax on May 23, 2019.

SGT LANCE WADE, 5TH CANADIAN DIVISION, PUBLIC AFFAIRS

The Princess Louise Fusiliers were granted Freedom of the City of Halifax. This is a most prized honour as it confers the privilege and distinction for all time, of marching through the city with drums beating, colours flying and bayonets fixed. This parade concluded at the Grand Parade in Halifax on June 15, 2019.

SGT LANCE WADE, 5TH CANADIAN DIVISION, PUBLIC AFFAIRS



The city of Halifax has created flowerbed displays throughout the city to highlight the continued support of the Princess Louise Fusiliers, a unit that traces its roots back to the founding of Halifax in 1749.

MCPL BRIAN WATTERS, 5TH CANADIAN DIVISION, PUBLIC AFFAIRS



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Finding and clearing undetonated explosive ordnance

Divers from the Fleet Diving Unit (Atlantic) were tasked to locate and remove unexploded ordnance from ships off Newfoundland and Labrador in July 2019. SS Saganaga was one such ship. According to uboat.net, the ship was a British merchant cruiser. On September 5, 1942, U-513 entered

Conception Bay and attacked the Saganaga and another ship, named Lord Strathcona. Saganaga was hit by two torpedoes and quickly sank, resulting in the deaths of 27 crewmembers and three gunners. A Customs launch rescued the master, 10 crewmembers and three gunners.



Canadian Forces Clearance Divers from FDU(A) tend the divers' lines while they gather undetonated explosive ordnance around SS Saganaga, during the retrieval mission off the coast of Bell Island in Newfoundland and Labrador, July 16, 2019.

MCPL GABRIELLE DESROCHERS, CANADIAN FORCES COMBAT CAMERA



PO2 Barry Noseworthy, a Canadian Forces Clearance Diver from FDU(A), hoists a net full of unexploded explosive ordnance retrieved from the underwater cleanup mission of the shipwreck SS Saganaga, aboard HMCS Shawinigan, off the coast of Bell Island, Newfoundland.

MCPL TRUE-DEE MCCARTHY, CANADIAN FORCES COMBAT CAMERA



A Canadian Forces Clearance Diver at FDU(A) prepares the dive gear for the first dive on the SS Saganaga in order to retrieve undetonated explosive ordnance.

MCPL GABRIELLE DESROCHERS, CANADIAN FORCES COMBAT CAMERA



A clearance diver from FDU(A) searches for undetonated explosive ordnance on SS Saganaga.

MCPL GABRIELLE DESROCHERS, CANADIAN FORCES COMBAT CAMERA



A Canadian Forces Clearance Diver from FDU(A) combs the sea floor around Saganaga for undetonated explosive ordnance during the retrieval mission off the coast of Bell Island in Newfoundland and Labrador.

MCPL GABRIELLE DESROCHERS, CANADIAN FORCES COMBAT CAMERA

Former Kosovar refugees mark 20 years since Operation PARASOL

By Ryan Melanson,
Trident Staff

There was a celebratory feeling at the Canadian Museum of Immigration at Pier 21 on July 12, as members and friends of Nova Scotia's Kosovar community gathered to mark 20 years since their arrival in Canada. The scene included friends laughing and catching up, energetic children running around, and culture being shared through art and live performance.

This would have all been hard to imagine when more than 5,000 refugees arrived in Canada in 1999 as part of Operation PARASOL. Kosovo's ethnic Albanian population was being violently forced from their homes during a brutal civil war, and many of those airlifted to Canada had lost everything.

"Operation PARASOL did indeed open up a parasol of hope for thousands of our people who watched their lives go up in flames. They were given a chance to start over," said Lulzim Hiseni, Ambassador of the Republic of Kosovo in Canada. He added that the 20th anniversary gathering, organized by Pier 21 and the Kosovar Embassy in Ottawa, was intended as both a celebration of the successful lives former refugees have built in Canada, and as a thank you to the Canadian government agencies and hard-working individuals who supported the resettlement in 1999.

Along with many of the former refugee families and plenty of Canadian-born children who now call Nova Scotia home, the event was attended by a number of former public servants, medical professionals, and CAF members who supported Op PARASOL.

"As a former refugee myself, I'm very touched to be here with my people and with many of the Canadians



Work from local artist Zeqirja Rexhepi, inspired by the civil war in his home country, was on display during the Op PARASOL commemoration event.

CANADIAN MUSEUM OF IMMIGRATION AT PIER 21

who were actually there to help when the refugees arrived," Hiseni added.

The ambassador also used the occasion to recognize a well-known member of the Halifax Kosovar community for his promotion of Kosovar Albanian culture and traditions. Artist Zeqirja Rexhepi, who is also a member of the Canadian Forces Artist Program and recently donated an original painting to CFB Halifax, was presented a Certificate of Achievement from the embassy.

The violence and conflict that brought the Kosovar Albanians to Canada was a tragedy, and the losses are still felt deeply by that community today, but successes and new beginnings must still be celebrated, Rexhepi said, adding the event and venue provided a great opportunity to do just that.

"History is history, and bad things have happened. But we're not here today to cry, we're here to celebrate the life we've made for ourselves."

Those gathered also heard from representatives of the Canadian Red

Cross and government agencies who were involved in the resettlement project – LCol Warren Smith was set to speak at the event representing Joint Task Force Atlantic, but was unfortunately pulled away by other duties at the last minute.

The essential contributions of DND and the CAF was still highlighted by others, including Ron Heisler, who worked as the Nova Scotia and PEI operations director for Citizenship and Immigration Canada in 1999. His team led the project along with DND, and he noted that without the use of CAF airplanes, the support of CAF members on the ground, and the ability to take over accommodations in Greenwood, Halifax and Gagetown, the operation would have been unrealistic.

"We had so many phenomenal people on the project, who all truly wanted to be there helping, and that made a huge difference," Heisler said.

He recalled fond memories, including the team of young Dalhousie medical graduates who pitched in to help assess the newcomers, as well as the first birth and first wedding



Ron Heisler, a former director of operations for what was then known as Citizenship and Immigration Canada, spoke at the event marking 20 years since the arrival of Kosovar refugees in Canada.

RYAN MELANSON, TRIDENT STAFF

among the refugees. Tougher moments included the overwhelming feeling when the first planes touched down, as well as the emotional good-byes when some refugees decided to return to Kosovo months later.

"They're a beautiful group of people and we wish they could have all stayed here in Nova Scotia with us," Heisler said.

The 20th anniversary gathering follows a special visit to CFB Halifax in late 2017 by Kosovo President Hashim Thaci, where he was joined by the Rexhepi family and other former refugees to thank the CAF and DND for their role in Op PARASOL.



Local artist Zeqirja Rexhepi, left, a former Kosovar refugee, was presented a Certificate of Achievement from Kosovar Ambassador to Canada Lulzim Hiseni during the Op PARASOL 20th anniversary event at the Canadian Museum of Immigration at Pier 21 on July 12.

RYAN MELANSON, TRIDENT STAFF

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HMCS *St. John's* crew peers into future design of Canadian Surface Combatant

By SLt Vincent Massé

Sometimes we wish we could peer into the future. Twenty-nine sailors from HMCS *St. John's* recently had the opportunity to do just that when they visited the BAE Systems Shipyard in the United Kingdom (UK).

The facility houses the construction of the UK's Type 26 frigate, which is the winning design for the Canadian Surface Combatant (CSC). Up to 15 new CSC vessels will be built for the Royal Canadian Navy (RCN).

St. John's crew was shown a presentation on the main differences between the Royal Navy Type 26 and the RCN CSC. Some of the most obvious differences include the accommodation spaces and the combat systems. The hangar will accommodate the CH-148 Cyclone, Canada's main ship-borne maritime helicopter, providing air support to the Royal Canadian Navy.

There are many commonalities however. For instance, the largest mess will be a home to nine sailors in both designs. A gym area is planned in the original design, unlike the current ships where it has been retrofitted from existing spaces.

Following the presentation, the *St. John's* crewmembers had a chance to view the computerized 3D model of the ship and see its various decks, spaces, and compartments. The ship will have two main passageways, one on each side, with interconnecting passageways in between the two.

The messes will open up into the cross passages. The passageways will not be directly up against the side of



HMCS *St. John's* crew visited BAE Systems Shipyard in Govan, United Kingdom, on May 7, 2019.

SUBMITTED

the hull, as an engineering void will be reserved for the cabling, piping and equipment on the ship. The enclosed forecastle where the cable party and part-ship hands will be protected from the weather will be most welcome.

At first glance the galley seems much larger than on the Halifax-class frigate. On the quarterdeck both sides will have a capstan to help the personnel handling the lines, rather than just the one present on Halifax-class frigates. Lastly, the bridge wings will wrap around the bridge providing easy access to the outside of all the windows.

One of the most innovative features

of the ship is the new mission bay. The mission bay is a very large area located forward of the hangar, spanning the width of the ship. With a crane located on the deckhead that slides on rails from port to starboard, this space will likely prove to be very flexible and adaptive to the mission roles the RCN is likely to have in the future. It will have enough space to house 10 shipping containers, four rigid inflatable boats or any other configuration required.

In terms of propulsion, the ship will have a single gas turbine driving a cross-connect gearbox with two electric motors mounted on each shaft

in a combined diesel-electric or gas configuration. At lower speeds, the diesel engines will provide the electrical energy to turn the electric motors. For faster sprints, the gas turbine will provide the required power.

St. John's crew continued the tour with a visit of the Govan Shipyard. BAE Systems has established new construction methods for the Type 26 by working on the River-class Offshore Patrol Vessels for the Royal Navy. This is similar to Irving Shipbuilding's model, which started the construction of the Harry DeWolf Class in advance of the start of the CSC program.

The first building hall contained the fabrication and forming shops where plates of steel would be received and formed into useable building blocks for the ships. During the tour, workers were fabricating new components for the Type 26 project.

Following this, the crew proceeded to the second building, which housed the construction of the forward and aft ends of the first Type 26 frigate, HMS *Glasgow*. Here, from scaffolding erected on its starboard side, they were given a bird's eye view of the engine spaces and the rest of the aft end of the ship.

The visit concluded with the presentation of a ship's plaque to the staff at BAE Systems. They told the crew that it will be hung with pride in the shipyard's new Canadian project office.

Most people don't get a chance to see what the future has in store. But some of the crew of *St. John's* did just that—and the future looks bright for the Royal Canadian Navy.

Three additional cannabis products soon to be legal: What you need to know

The Maple Leaf

The Government of Canada has announced the final regulations for the sale and production of three soon-to-be-legal cannabis products.

The cannabis products include: edible cannabis, such as baked goods and beverages; cannabis extracts, such as vaping liquids, tinctures, wax, rosin, hash, and resin, as well as cannabis oil (which becomes part of the cannabis extracts products); and cannabis topicals, such as creams, soaps and products that are meant to be applied to skin, hair, or nails.

The sale of edible cannabis, cannabis extracts, and cannabis topicals comes into effect on Oct. 17, 2019. Legal products will appear gradually in stores no earlier than mid-December 2019.

Studies indicate it may take much longer to feel the effects of cannabis when eating or drinking it rather than inhaling and that the effects may also last longer. Health Canada provides guidelines for the proper and safe use of cannabis, and is also a trusted source of information about the impact of cannabis on both physical and mental health.

To ensure that the Canadian mili-

tary remains a fit, deployable, and effective force, recreational cannabis consumption by a CAF member is prohibited during the entire period of the member's working day or shift, during the entire period the member is serving on a domestic operation, and eight hours before any duty, among other restrictions. Complete details of the prohibitions in place for recreational cannabis consumption for CAF members can be found in the DAOD 9004-1, Use of Cannabis by CAF members.

Civilian members of the Defence Team are reminded that impairment in the workplace is not tolerated, and

that they must refrain from using recreational cannabis eight hours prior to regular duty performance, among other restrictions. Complete details can be found in the DAOD 2007-2, Use of Cannabis by DND Employees.

For the latest details on the legalization of cannabis edibles, organizational policies, impacts on health and travel, and other cannabis-related resources, visit the Cannabis: What you need to know intranet page. Additional information can also be found on the Government of Canada's Cannabis in Canada web page: www.canada.ca/cannabis.



Pride Festival kicks off with flag raising

Thursday, July 18 marked the opening of the Halifax Pride Festival, and CFB Halifax got in on the festivities by raising the Pride Flag during morning colours. Members of the Maritime Defence Pride Network and the MARLANT Positive Space Working Group were on hand, including Base Chief CPO1 Kent Gregory and Pride Network Champion Capt(N) David Benoit, CO of FMF Cape Scott, along with other colleagues and friends from across the base. The group continued the festivities through the morning with an event at TEME to decorate the base float for this year's Halifax Pride Parade.

RYAN MELANSON, TRIDENT STAFF



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Message from the DM and CDS regarding the CAF/DND Sexual Misconduct Class Actions

From Jody Thomas,
Deputy Minister, and
General Jonathan Vance,
Chief of the Defence Staff

The Government of Canada has agreed to a settlement relating to several class action lawsuits regarding sexual misconduct that were brought on behalf of current and former CAF members.

The proposed settlement would include current and former CAF members, Department of National Defence (DND) employees, and Staff of the Non-Public Funds (NPF), Canadian Forces employees, who experienced sexual misconduct – including sexual harassment, sexual assault or discrimination based on sex, gender, gender identity or sexual orientation – in connection with their military service or civilian employment. To learn

more about the Class Actions and how the proposed settlement may impact you, please visit the CAF/DND Sexual Misconduct Class Actions website caf-dnd-sexualmisconductclassaction.com or call 1-888-626-2611.

As your senior leaders, nothing is more important to us than creating a work environment where you feel safe, respected and included. Since Operation HONOUR began four years ago, we have begun the work of creating a lasting culture change – not only with a mandate, but with a movement. We are listening to and learning from those who have experienced various forms of sexual misconduct and are continuing to evolve our policies and programs. We are committed to putting effective prevention measures in place, and understanding why incidents of sexual misconduct occur. Responding to sexual misconduct

appropriately with compassionate support is central to our efforts.

This culture change is not solely focused on the CAF, but across the Defence Team and our workplace. We are working towards a better future for everyone in the Defence Team, through victim centered support for CAF members through the Sexual Misconduct Response Centre, as well as through wellness and assistance programs for DND and NPF employees. If you have experienced sexual misconduct, we encourage you to reach out to the resources listed at the close of this message, and to report incidents so we can ensure you are provided with support.

The success of the Defence Team and the mission of the CAF depend on the unwavering trust and teamwork of our people: military and civilian alike, regardless of gender or background.

To all those who have had the courage to come forward as part of these class actions – and to those who will come forward – we offer our sincere regret that you experienced sexual misconduct in our workplace. The settlement offers financial compensation, as well as unique policy measures to advance the culture change initiatives already underway, and opportunities for individuals to share their experiences through restorative engagement and consultation. Please know that by sharing your experiences, you are leading the way and pushing for real and lasting change.

Services and Resources:
Operation HONOUR
Sexual Misconduct Response Centre
Respect in the Canadian Armed Forces mobile application
Integrated Conflict and Complaint Management
Canadian Forces Member Assistance Program
Employee Assistance Program for DND Employees
Employee and Family Assistance Program for Staff of the NPF Employees

Message de la SM, et du CEMD : Recours collectifs pour inconduite sexuelle dans les FAC et au MDN

Par Jody Thomas,
Sous-ministre, et
le Général Jonathan Vance,
Chef d'état-major de la défense

Le gouvernement du Canada a accepté le règlement de plusieurs recours collectifs traitant de l'inconduite sexuelle, lesquels ont été déposés au nom de membres actuels et anciens des FAC.

Le règlement proposé touche les membres actuels et anciens des FAC, les employés du ministère de la Défense nationale (MDN) et les employés des fonds non publics (FNP), Forces canadiennes, qui ont été victimes d'inconduite sexuelle – entre autres, de harcèlement sexuel, d'agression sexuelle ou de discrimination fondée sur le sexe, le genre, l'identité de genre ou l'orientation sexuelle – dans le cadre de leur service militaire ou emploi civil. Pour vous renseigner davantage sur les recours collectifs et connaître l'incidence que pourrait avoir sur vous le règlement proposé, visitez le site Web sur les recours collectifs concernant l'inconduite sexuelle au sein des FAC et du MDN, à l'adresse fac-mdn-recourscollectifinconduitesexuelle.com ou appelez au 1-888-626-2611.

En notre qualité de hauts dirigeants, rien ne nous importe plus que la création d'un milieu de travail dans lequel vous vous sentez en sécurité, respecté et inclus. Depuis le lancement de l'opération HONOUR il y a quatre ans, nous avons amorcé la création d'un changement de culture durable, lequel comprend non seulement un mandat, mais également

un mouvement. Nous écoutons les personnes qui ont été victimes de diverses formes d'inconduite sexuelle et tirons des leçons d'elles, tout en continuant de faire évoluer nos politiques et nos programmes. Nous sommes résolus à établir des mesures de prévention efficaces, ainsi qu'à comprendre pourquoi les incidents d'inconduite sexuelle se produisent. Nous souhaitons remédier à l'inconduite sexuelle de façon appropriée en offrant aux victimes un soutien compatissant. Cet objectif est au cœur des efforts que nous déployons.

Ce changement de culture met non seulement l'accent sur les FAC, mais également sur l'Équipe de la Défense et notre milieu de travail. Nous travaillons à bâtir un avenir meilleur pour l'ensemble des membres de l'Équipe de la Défense. Pour ce faire, nous offrons aux membres des FAC du soutien axé sur les victimes par l'intermédiaire du Centre d'intervention sur l'inconduite sexuelle et nous mettons des programmes de mieux-être et d'aide à la disposition du personnel du MDN et des FNP. Si vous avez été victime d'inconduite sexuelle, nous vous incitons à tirer parti des ressources énoncées à la fin du présent message, ainsi qu'à signaler les incidents, de sorte que nous puissions vous appuyer.

Le succès de l'Équipe de la Défense et la réalisation de la mission des FAC reposent sur la confiance inébranlable et le travail d'équipe des membres de notre personnel, militaires comme civils, peu importe leur genre ou leurs antécédents. À toutes les personnes qui ont eu le courage de se manifester

dans le cadre de ces recours collectifs – ainsi qu'aux personnes qui le feront à l'avenir – nous regrettons sincèrement que vous ayez été victime d'inconduite sexuelle dans notre milieu de travail. Le règlement prévoit le versement d'une indemnité financière, la prise de mesures stratégiques singulières ayant pour objet de faire progresser les initiatives axées sur le changement de culture qui sont déjà en cours, de même que la création de possibilités pour ces personnes de faire connaître les expériences qu'elles ont vécues, au moyen de séances d'échange réparateur et de consultations. Sachez qu'en faisant

part de vos expériences, vous ouvrez la voie et vous nous aidez à entraîner un véritable changement durable.

Services et ressources:
Opération HONOUR
Centre d'intervention sur l'inconduite sexuelle
Application mobile Respect dans les Forces armées canadiennes
Gestion intégrée des conflits et des plaintes
Programme d'aide aux membres des Forces canadiennes
Programme d'aide aux employés (employés du MDN)
Programme d'aide aux employés et à la famille (employés des FNP)



HMCS Oriole sails on Lake Ontario

OS Shaheed Joe-Dewarder adjusts lines aboard HMCS Oriole while transiting Lake Ontario during the Great Lakes Deployment, July 3, 2019.

LS A.J. DOMINGO



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

www.halifaxmfr.ca
902.427.7788

The H&R MFRC Presents: Community Fall Fair

By Sarah-Jean Mannette,
H&R MFRC

Get a head start on fall by celebrating with us. Our Community Fall Fair is a great way to embrace all that September means for many of us (start of school, end of summer leave, settling into a new community). The H&R MFRC believes in creating opportunities to connect, so spend your Saturday with us to meet your neighbors, community partners and local organizations that make up the military community you live in.

Things to look forward to include:

- Meet H&R MFRC staff and hear about programs and services available to military families.
- Check out the Henderson Sweetman Youth Centre.
- Activity stations for all ages.
- Pop-up Farmers' Market with local vendors.
- Food trucks, including the Gecko Bus and Miller's Kettle Corn.
- All-ages country dance with live band from 2:30 – 4 p.m.

Date: Saturday, September 14, 2019

Time: 11am – 4:30pm

Location: Shearwater Site, H&R MFRC (Hampton Gray Gymnasium)

Ages: All ages

Cost: There is no cost for entrance to the event. Food trucks and vendors will accept cash only. Visit our website for more info: www.halifaxmfr.ca. See you there.

La Fête communautaire d'automne, présentée par le CRFM H et R

Prenez une longueur d'avance sur l'automne en célébrant avec nous! Notre fête automnale est une excellente occasion d'accueillir ce que représente septembre pour beaucoup d'entre nous (le début des classes, la fin des congés d'été, l'installation dans un nouvel endroit). Le CRFM H et R croit que tisser des liens apporte beaucoup de bienfaits. Venez passer un samedi en notre compagnie pour faire la connaissance de vos voisins, des partenaires communautaires et des organismes locaux qui composent la communauté militaire où vous vivez!

Au programme :

- Rencontrez le personnel du CRFM H et R et découvrez quels programmes et services sont offerts aux familles militaires
- Visitez le Centre jeunesse Henderson Sweetman
- Activités organisées pour tous les âges
- Marché des fermiers improvisé avec commerçants locaux



The H&R MFRC's Board of Directors, at the Annual General Meeting on June 12, 2019.

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- Des food trucks, notamment : « Gecko Bus » et « Miller's Kettle Corn
 - Danse country pour jeunes et moins jeunes avec musiciens sur place, de 14 h 30 à 16 h
- Date: Samedi 14 septembre 2019
Heure: 11 h – 16 h 30
Lieu: CRFM H et R, site de Shearwater (gymnase Hampton Gray)
Âge: Pour les personnes de tous les âges
Coût: L'entrée est gratuite mais des billets seront en vente pour le barbecue. Les food trucks et les commerçants acceptent l'argent comptant seulement. Visitez notre site Web pour plus d'informations: www.halifaxmfr.ca. On se voit là-bas.

Fall Programs and Events at the H&R MFRC

Staff has been busy planning a variety of programs and events to keep the fun going throughout fall. Program Guides will be available online and in paper format on August 12, 2019. Be sure to visit our website (www.halifaxmfr.ca) or call (902) 427-7788 for more details, online registration, and the full calendar of events.

Les programmes et événements
d'automne du CRFM H et R

Le personnel s'affaire à organiser une belle variété de programmes et d'événements afin que vous puissiez continuer à vous amuser tout au long de l'automne. Notre Guide de la programmation sera disponible en ligne et en format papier à partir du 12 août 2019. Assurez-vous de visiter notre site Web au www.halifaxmfr.ca ou téléphonez au (902) 427-7788 afin de consulter le calendrier complet en plus de connaître les détails, les inscriptions et les dates limites des événements.

Unit Briefings

Would you like to learn more about the H&R MFRC? We are happy to provide a brief to your unit on who were

are, what we do and the programs and services available to CAF members, veterans, and families. For more information, please contact Sarah-Jean Mannette at sarah-jean.mannette@forces.gc.ca.

Briefings aux unités

Souhaitez-vous en savoir plus sur le CRFM H et R? Nous sommes heureux de fournir à votre unité un résumé de qui nous sommes, de ce que nous faisons et des programmes et services disponibles pour les membres FAC, les vétérans, et les familles. Pour plus d'informations, veuillez contacter Sarah-Jean Mannette à l'adresse sarah-jean.mannette@forces.gc.ca.



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A propeller in the Wardroom

By Peter Mallett,
The Lookout Staff

The granddaughter of a famous British aviation pioneer visited CFB Esquimalt's Wardroom on June 28 to see the iconic propeller from the Vickers Vulture aircraft used in his failed attempt to fly around the world 95 years ago.

Vanessa Ascough, 70, travelled from her home in Devon, England, to Vancouver Island to give a presentation about her grandfather at the B.C. Aviation Museum in Sidney. She also went to the Officers' Mess to see the giant four-blade pusher propeller located on the south facing wall.

Few people know about its remarkable history.

The propeller was given to the Royal Canadian Navy as a gift from As-

cough's grandfather, Royal Air Force (RAF) Squadron Leader Archibald Stuart MacLaren. It was part of the single-engine amphibious plane used by MacLaren and his two-man flight crew in a highly publicized international race to become the first nation to fly around the world.

The propeller is precious to Ascough, but she is quick to point out the significance of the flight has been forgotten. As proof, she says the signatures of her grandfather and the two other crew members have not only faded but are covered by a large clock placed on the propeller at some point over the years.

"I have no idea how that clock got on the propeller and the sad thing is it covers the autographs. It is part of aviation history and it is still marvelous after so many years."

Ascough, a former magazine editor at the University of Exeter, is writing a book about the flight to make certain her grandfather's legacy is never forgotten.

She is also in possession of a silver model of the Vickers Vulture, his war medals, a silver rose bowl presented to him by the Japanese, and an atlas used by her grandfather to plot their course, which includes a description of each place they visited.

Because MacLaren's military and flying legacy was seldom talked about in the family during the post-war years, Ascough was compelled to find out more about her grandfather and the flight.

"All these things were locked away in a cupboard when I was a child and never talked about. But I know I am meant to be writing his biography. I want the whole world to know about it because it is important."

The Amazing Race

The Vickers flight crew departed Calshot, England, on March 25, 1924, in a mission financed by private donations. The flight path would take them in an eastward direction through France, Italy, Cairo, India, Burma and northward through East Asia.

Accompanying MacLaren were RAF Flying Officer W.N. Plenderleith as the pilot and Sgt W.H. Andrews as their fitter and rigger. Their task had added significance because flight crews from the United States, Italy, Portugal, France and Greece were all competing to accomplish the milestone.

In their attempts, the Americans lost two planes in crashes, but remarkably none of their flight crew. One U.S. plane was lost after flying into a mountainside near Prince Rupert during a fierce blizzard, while another crashed in the Atlantic Ocean near Iceland.

Unfortunately, MacLaren's Vickers Vulture also met a premature end when it crashed into the sea at Akyab, Burma, with no casualties. In a twist of fate, rival flyers from the U.S. had arrived in Tokyo and, in a show of sportsmanship, they helped MacLaren transport his backup Vickers Vulture, which was in packing cases in Tokyo, to Akyab via ship, and then aided in the assembling of the plane so their British rivals could continue in the race.

RCN to the Rescue

There would be more calamity for MacLaren's team.

After travelling 21,082 kilometres and logging 195 hours and 15 minutes of flying time, their dream of winning the race ended abruptly when their second Vickers Vulture crash-landed in the Bering Sea.

They had no idea of their fate when



Royal Air Force Squadron Leader Archibald Stuart MacLaren.

SUBMITTED

they set off from Petropavlovsk-Kamchatskiy, Russia, on August 4.

Heavy fog, rain and high winds forced pilot Plenderleith to set the plane down in the sea near Bering Island. The pilot got them down successfully despite a heavy sea running, but both wing tips wrenched off.

Support ship HMCS *Thiepval* and its crew plucked MacLaren and his men to safety from the icy waters. The 130-foot battle class trawler's mission was to rendezvous with MacLaren and

his crew in Hakodate, Japan, for the crucial leg of the Vulture's northward journey to the Kamchatka Peninsula and then westward across the Bering Sea and through the Aleutian Islands to Alaska. The Royal Canadian Navy vessel was to supply the flight crew with aviation fuel dumps and other supplies. In the end, it was their rescue of the crew that proved most vital.

In thanks, the propeller was given to the Royal Canadian Navy by MacLaren, and the thermometer has been found to reside at the B.C. Aviation Museum.

Ascough never knew her grandfather, who had served as a soldier in the King's Own Scottish Border Regiment in the early days of the First World War before taking to the skies. The war years and flying had taken its toll on MacLaren and he died at age 51 on Madeira Island, Portugal, while attempting to recover from lung disease.

So, who won the race?

The United States became the world's first to fly around the world using four two-seat, single engine Douglas Aircraft, which were later renamed the Douglas World Cruiser (DWC). The Americans accomplished their mission when they returned to Seattle on September 28, 1924, after completing a journey of approximately 44,342 kilometres.



Vanessa Ascough with the propeller from her grandfather's Vickers Vulture.

PETER MALLET, THE LOOKOUT



The Vickers Vulture, single-engine amphibious plane.



Squadron Leader Archibald Stuart MacLaren and his crew aboard the Vickers Vulture used in their attempt to fly around the world in 1924.

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HMCS *Regina* goes wireless at sea

By HMCS *Regina*

Today, the need for connectivity to families and friends, or even the ability to check sports scores, news, or download a new movie, book, or music is important to the quality of life for sailors at sea.

The Royal Canadian Navy is committed to improving our sailors' quality of life, connectivity goes a long way to keeping the navy a top employer.

The navy has been working hard to deliver Wi-Fi to sailors at sea, and there is light at the end of the tunnel. Wi-Fi at sea is currently being installed in HMCS *Ottawa* for evaluation during their upcoming deployment, and short work periods are be-

ing scheduled to install this system in other ships. This project will deliver Wi-Fi systems to messes, connecting sailors with home.

HMCS *Regina*'s crew had desperately hoped it would be selected and fitted for this new system in time for the 2019 deployment, but these types of projects take a significant amount of time and effort to research and implement a fulsome solution.

So, the warship sailed from Esquimalt last February for a six-and-a-half-month deployment without Wi-Fi installed.

But then someone had an idea. If we can get Satellite TV in the messes, and we can get cable internet at home, why can't we have cable internet at sea?

The Heads of Departments went to work.

Researching options, risks, costs and developing solutions and mitigations to each hurdle encountered, team REGi-Net plugged away like code breakers at Bletchley Park.

Radiation hazard considerations, check.

Emissions security concerns, check.

Weight and stability, check.

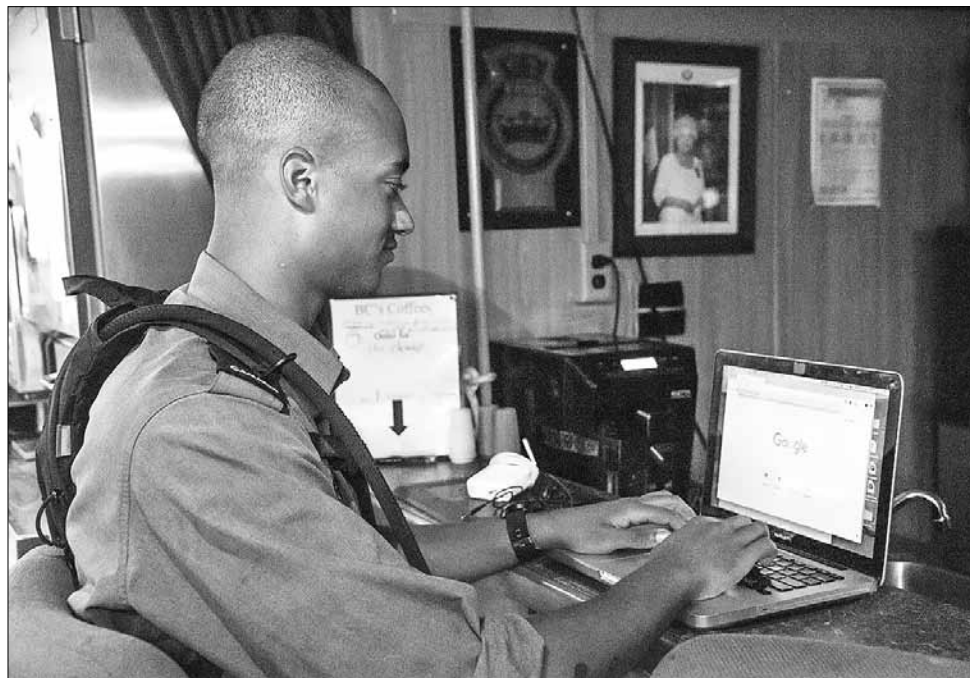
Finances and contracting, check.

Finally, full of optimism, the team made their pitch in a briefing note. REGi-Net was Wi-Fi at sea with minimal added risk, and only the loss of Satellite TV. Most thought this idea would die, but, to their collective surprise, an email came from the coast that said "go".

With that, companies were consulted, parts ordered, and subscriptions arranged. Eventually a massive crate arrived, and with it a towering crane. Communication Technicians were brought into the project to supervise the installation. Satellite TV

was removed, and diligently packed up to ship home for later use. A new shiny satellite dish was plopped in the same location. Sector blanking zones to avoid electronic mutual interference and radiation hazard issues were programmed in. Naval Communicators configured the network, creating firewalls and blocking unscrupulous sites.

The key to it all: use the same cabling as Satellite TV. No need for costly new cables running through watertight zones. We had coaxial cables carrying Satellite TV signals going to each mess, and coaxial cables can carry the Internet well. All we needed was a new satellite dish. Add in a few tweaks, such as web caching, call up a standing offer for Inmarsat data and suddenly there was Netflix in the mess. Skype, FaceTime and streaming sports – all in time for Raptors mania and NHL playoffs. It sure isn't your home internet connection, but with careful management and rules Regina had what its sailors sought: connectivity.



HMCS *Regina* sailors now enjoy connectivity.

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HMCS *Regina*'s AB Valerie Bustros works on the bridge wing as *Regina* and NRU *Asterix* conduct a Replenishment at Sea during Op PROJECTION in the South China Sea.

CPL STUART EVANS, BORDEN IMAGING SVCS



MS *Pamela Vant* (left), Capt Daniel Simpson and Capt William Hodson conduct physical training onboard HMCS *Regina* during Op PROJECTION.

CPL STUART EVANS, BORDEN IMAGING SVCS

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TRIDENT Sports

What’s the score with local sports in your community? Send write-ups, photos, and results to editor@tridentnews.ca

CAF sailing duo collects more hardware from prestigious offshore race



By Ryan Melanson,
Trident Staff

Another Marblehead to Halifax Ocean Race is in the books for 2019, and that means another strong result from Capt Mike Evans and LS Spencer Baldwin, who’ve been teaming up for the past three years to sail in local races as well as major North American offshore events.

This year saw a new milestone for the team, which also included three civilian crewmembers in Capt Evans’ boat Sea Smoke, a Bavaria 38 Cruiser. They took the first-place trophy and plaque for their PHR 3 division, and also scored a personal accomplishment in finally beating out former

Royal Nova Scotia Yacht Squadron (RNSYS) Commodore and longtime rival Bill Greenwood.

“We stuck with them the whole race. It was a battle right down to the end, but we managed to beat him this time. It was a real team effort,” said Capt Evans, who has been racing against Greenwood and his well-known boat Airborne IV for a decade.

Returning to Capt Evans’ crew this year were Lesley Taylor and Andrew Sweet, while the crew picked up an accomplished second helmsman in Jono Reid.

The new team gelled together quickly and were able to support each other through the long race, which took more than three days to complete thanks to weather conditions this year. The full course is 363 nautical miles from Marblehead, Massachusetts to the finish line near the entrance to the Northwest Arm near the RNSYS.

From left, Jono Reid, Capt Mike Evans, Lesley Taylor, Andrew Sweet and LS Spencer Baldwin, with the trophy and plate from their recent division win at the Marblehead to Halifax Ocean Race.

SUBMITTED

Continued on page 21

FLEET – Summer Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:15			SPIN		
8:30-9:30	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep
12:00-13:00	YOGA		YOGA	YOGA	
12:10-12:55	TACTICAL ATHLETE STRENGTH	SPIN	TACTICAL ATHLETE CONDITIONING	TACTICAL ATHLETE STRENGTH	STEP AEROBICS

**The last Friday of every month will be a FORCE FAMIL Session*

SHEARWATER – Summer Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:15	FORCE PREP		FORCE PREP		FORCE PREP*	SPIN (0930-1030)
11:45-12:30	SPIN	TRX	SPIN	FUNCTIONAL STRENGTH	RANGE OF MOTION	
12:00-13:00	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	
12:30-13:00	YOGA		YOGA			
18:00-19:00	YOGA	BOOT CAMP	YOGA	BOOT CAMP		

**The last Friday of every month will be a FORCE FAMIL Session*

CAF sailing duo collects more hardware from prestigious offshore race

Continued from page 20

“It’s phenomenal how our team can always just jump on the boat together and get it done. Jono was definitely a good addition and team player to have as well,” LS Baldwin said, adding that the crew meet Wednesday nights in the summer for local racing, and have also added curling to their routine to keep things going through the winter.

Sea Smoke also had a sixth member on board in spirit, as they volunteered to sail with the ashes of Capt Evans' late friend Alfred D'Alessandro, a retired US Navy Officer and Marblehead regular who gave Capt Evans his introduction to the race years ago.

“His widow asked us to carry his ashes across the finish line, to get him one more Marblehead race, because it

was just so important to him.”

Capt Evans is now looking ahead to his next challenges, with the possibility of returning to the prestigious China Cup Regatta this fall to represent Sail Canada, fresh off another international race from Japan to Taiwan earlier this summer. Depending on the operational flexibility of his job in HMCS *Charlottetown*, LS Spencer is hoping to join in for the four-day inshore trip in and around Hong Kong, which would be his first major international race.

The Sea Smoke team on the water during the Marblehead to Halifax Ocean Race.

SUBMITTED



Fitness and sports updates

By Trident Staff

The Formation Mariners Female Football Team is seeking new players this summer. All skill levels welcome. No experience required. Practices will take place at the Windsor Park Field on Tuesdays from 2:30-4p.m., and Shearwater Field on Thursdays from 3-4 p.m. Don't be deterred by the practice times; it is fully understood that people are busy in their jobs, and cannot always get away. If you have any interest in playing, or have any questions with regards to the team, please contact LCdr Cindy Hawkins at Cindy.Hawkins@forces.gc.ca; or PO2 Shaunda Lillington at Shaunda.Lillington@forces.gc.ca.

Coach and players needed for the 12 Wing Ball Hockey team. Practices are Mondays and Wednesdays, 2:30-4 p.m. Regionals will be June 25-28, hosted by Gaagetown. If interested in coaching please contact Ashley Stewart ASAP at Ashley.stewart2@forces.gc.ca Coach and players needed

for 12 WING slo-pitch team. Practices are Tuesdays from 2-4 p.m. and Thursdays from 1-3 p.m. Regionals will be in July, hosted by Halifax. If interested in coaching, please contact Ashley Stewart ASAP at Ashley.stewart2@forces.gc.ca

The CFB Halifax Walk takes place at 10:30 a.m. on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene at the STAD gardens in front of S-90 for a PSP led warm-up. The walk will take approx. 30 minutes and be approx. 2.5-3km, heading towards Fort Needham and back. For more information please contact Lucas Hardie at 902-427-6335 or email Lucas.Hardie@forces.gc.ca

The FORCE Rewards Program is designed to recognize CAF personnel who achieve high levels of health-related fitness and operational readiness on their FORCE Fitness Profile, as part of their annual FORCE Evaluation. In line with the

CAF objective of maintaining high levels of health-related fitness and operational readiness, this program is being implemented to motivate CAF personnel to pursue physical activity while recognizing those who achieve excellence. FORCE Program location: Fleet Gym location, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS *Scotian* location: Fridays, 10 a.m. and 1:30 p.m.

Has competing a triathlon been on your bucket list? Don't know where to start? Join the Navy Trident's Triathlon Club. Membership is \$50 for military members and their families, \$60 for DND employees and their families, and \$65 for civilian friends. Contact club president Lt(N) Sam Kehler at samuel.kehler@forces.gc.ca or search Navy Trident's Triathlon Club on Facebook.

Intersection/Drop-In Pickleball. Come and learn a fun new sport. Shearwater Gym, Mondays and Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt

Rick Austin, 720-1711 or rick.austin@forces.gc.ca

12 Wing Shearwater drop-in basketball is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or philip.gagnon@forces.gc.ca





Using exercise as medicine: Cpl Tyler Major

By Ryan Melanson,
Trident Staff

Getting active again after recovering from a physical injury or bout of illness is always difficult, and on top of any physical challenges, mental roadblocks can also have an impact.

Cpl Tyler Major, an Avionics Tech with 12 Air Maintenance Squadron in Shearwater, suffered a pulmonary embolism in 2016, and though he was given the clear to resume exercise after recovering, the fear of a recurrence kept him from the gym.

The incident was life threatening, with Cpl Major's wife finding him collapsed shortly after arriving home from a trip to the hospital, where doctors originally missed the problem.

"My wife called an ambulance and I was rushed back to the hospital. If I lived alone, I probably would have died," Cpl Major said.

"I was afraid to do anything after that. I was too afraid to go to the gym or do any exercise for almost two years."

The new sedentary lifestyle led to significant weight gain, which brought mental health difficulties along with it.

Since the beginning of 2019, however, Cpl Major has put himself back on a positive path. He had difficulty



Cpl Tyler Major is an avionics technician who suffered a potentially-deadly pulmonary embolism in 2016. He's now working to get back to better health, and said advice from the PSP Reconditioning team has made a big difference.

RYAN MELANSON, TRIDENT STAFF

with regular gym classes because of anxiety around his heart rate, leading PSP Reconditioning Manager Kerianne Willigar to recommend wearing a heart-rate monitor that can be observed during exercise.

"It became more of a mental thing,

I would panic if I felt any tension or discomfort. Now, I can look down at a watch and see proof that my heart is ok."

He's now been wearing the monitor for about six months, reintroduced light weightlifting and cardio into

his routine, and started going on short hikes with his wife again. He's already lost 100 lbs of the extra weight he put on after the health scare.

"I still have work to do but I'm feeling much better and starting to feel comfortable with myself again," Cpl Major said. He added that his supervisors and colleagues at 12 AMS have been supportive from the start, which has made things easier as he works to get things back to normal while continuing his RCAF career.

"They've given me time to come to the gym for classes and appointments, and we've got a gym right in the squadron that I can use. They've really allowed me to look after myself first."

Cpl Major continues to monitor his health closely and meet with his doctors, but thanks to the support of family, colleagues and PSP staff, he's now on the way to a more complete recovery.

The PSP Reconditioning program is a fitness program designed to meet the demands of serving CAF members that are dealing with injury and illness. For more information, speak to your doctor or contact PSP Reconditioning Manager Kerianne Willigar at 902-402-4890 or Kerianne.Willigar@forces.gc.ca.



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ACROSS

- 1 Letters with twists
- 6 "For want of -- the horse was lost"
- 11 "Fernando" quartet
- 15 Tax-deferred svgs. plans
- 19 Not express, as a train
- 20 Daring feat
- 21 Briny expanses
- 22 Roman historian
- 23 Start of a riddle
- 25 Back talk
- 26 Caustic compounds
- 27 "Silkwood" star Meryl
- 28 Hail, mostly
- 29 Papier- --
- 30 iPod option
- 31 Riddle, part 2
- 35 700, to 22-Across
- 38 -- -Julie, Que.
- 39 Morays and congers
- 40 Lays away
- 41 Momentous stretches
- 43 "Silence!"
- 46 Skinny
- 48 Six-pt. scores
- 49 Riddle, part 3
- 53 One of Isaac's twins
- 57 Prenatal exam, briefly
- 58 "I'm so hungry I could -- horse!"
- 59 J.D. Salinger title girl
- 60 Old Russian overlords
- 61 Movie house, in Spanish
- 63 Moreno of movies
- 65 Moo -- pork
- 67 Rural tract
- 68 Riddle, part 4
- 74 Jackie O's Onassis
- 76 Feel lousy
- 77 -- Alto, California
- 78 Old -- (Disney dog)

- 81 Ridge on a fingerprint
- 83 -- mater
- 87 Gilbert of "Roseanne"
- 89 Go away
- 90 Individual
- 91 Riddle, part 5
- 94 Sothern of "Blind Date"
- 96 "Nuts!"
- 97 "Scat, cat!"
- 98 Email button
- 99 Flashy keyboard composition
- 103 Ruess of the band Fun
- 105 German city where Einstein was born
- 107 Real mess
- 108 End of the riddle
- 113 Prefix with presence
- 114 Shutter parts
- 115 -- de plume
- 116 Privy to the plot
- 120 City in Texas
- 121 El -- (city in Texas)
- 122 Riddle's answer
- 124 "Son of --!"
- 125 Kuwaiti, e.g.
- 126 -- Lodge motels
- 127 Fashion's Oscar de la --
- 128 Deep wishes
- 129 Parcel (out)
- 130 Halt
- 131 Bar seat

DOWN

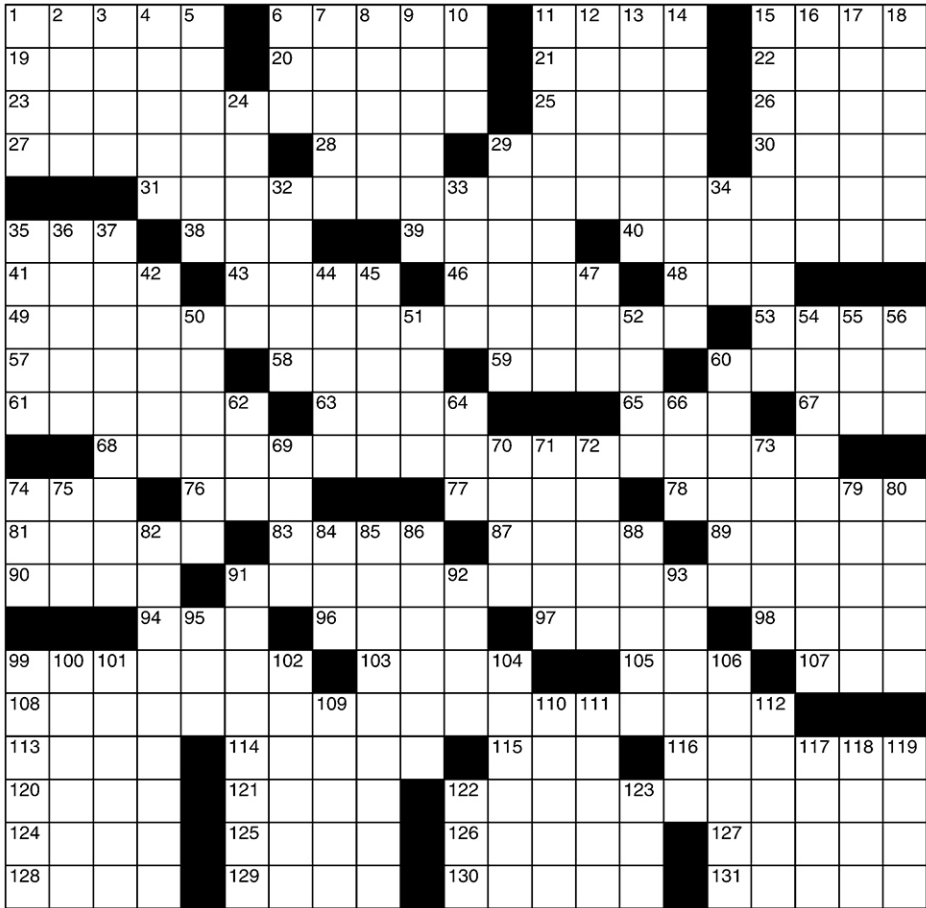
- 1 Students at Yale
- 2 Cushiony
- 3 Injury vestige
- 4 Loosens up
- 5 Rains down cold pellets
- 6 Stubborn quadruped
- 7 Unemotional
- 8 Intuitive feeling

- 9 Cyclops' facial feature
- 10 Sched. guess
- 11 Lee Harvey Oswald and others
- 12 Shore area
- 13 Big parties
- 14 Approve
- 15 Infirmities
- 16 Capital of Saudi Arabia
- 17 Broad road
- 18 B-board admins
- 24 Indifference
- 29 "Thoroughly Modern --"
- 32 Don't throw away, maybe
- 33 Study fixture
- 34 The old man
- 35 Trim, as meat
- 36 Perjury, e.g.
- 37 Pink flower
- 42 Actress Jacyln
- 44 Initiate
- 45 "Begin the tune!"
- 47 "Get Shorty" studio
- 50 Parent of Maybelline
- 51 Roman orator
- 52 Musician John
- 54 Habitats for brine shrimp
- 55 Live
- 56 USSR's Cold War rival
- 60 Mississippi city
- 62 Far Eastern sash
- 64 Gig gear
- 66 "Over here!"
- 69 Kingly name in Norway
- 70 Oven for drying hops
- 71 Weak spots
- 72 Shul text
- 73 Butter alternatives
- 74 Piercing tool
- 75 Pi-sigma link
- 79 Occurrence
- 80 "Angie Baby" singer Helen

- 82 Knee jerks, e.g.
- 84 British "Inc."
- 85 Destined
- 86 Orderly groupings
- 88 Nary -- (no one)
- 91 Serving to block junk email
- 92 Obsessed by
- 93 Sheltie relative

- 95 Hanoi's home, briefly
- 99 Having give-and-take
- 100 Measure of resistance
- 101 Mexican resort on the Yucatan
- 102 Blindingly bright
- 104 One of JFK's sisters
- 106 Coal diggers
- 109 Tears into

- 110 Chocolate quaff
- 111 Church cries
- 112 Flat rental sign
- 117 Taboo deed
- 118 "... as -- say ..."
- 119 Popular cookware brand
- 122 "Parks and --" (NBC series, for short)
- 123 "The Raven" poet



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Marching at Nijmegen

VAdm Darren Hawco, Chief of Force Development at National Defence Headquarters in Europe, marches with members of the Canadian Armed Forces Nijmegen Contingent during the second day of marching in Nijmegen, Netherlands on July 17, 2019.

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