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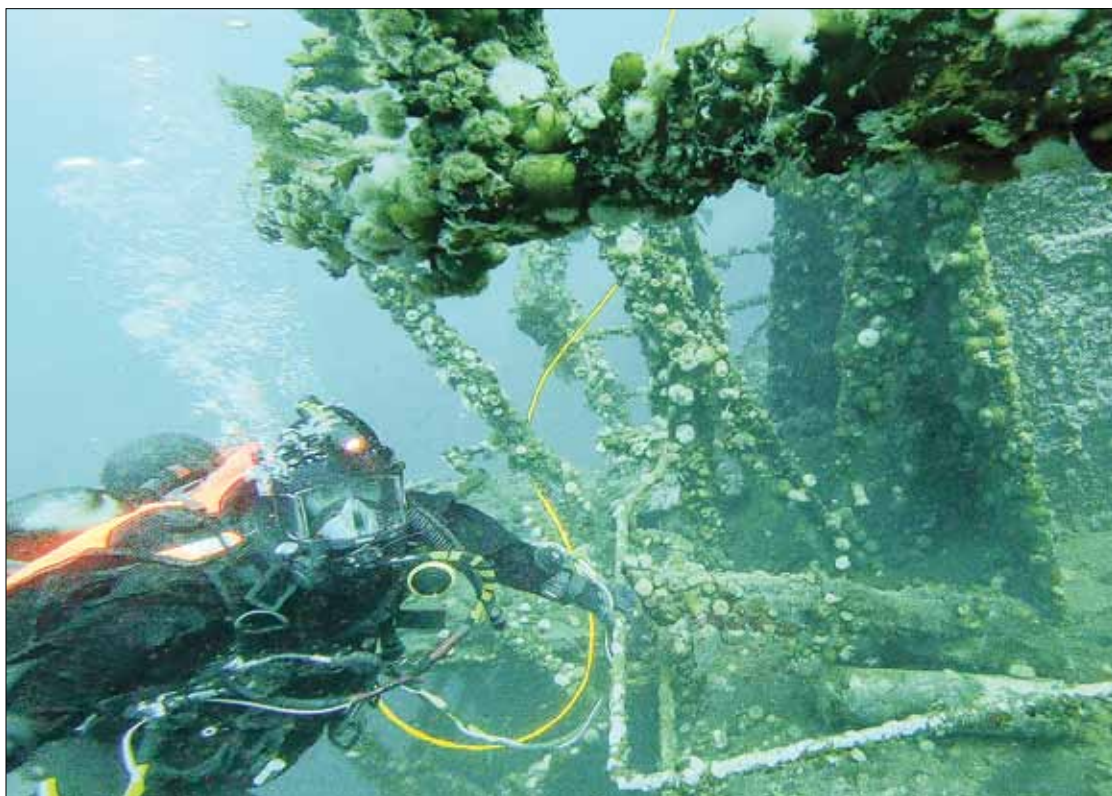


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TRIDENT

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Diving to a shipwreck

A Canadian Forces Clearance Diver from FDU(A) shows an unexploded explosive ordnance (UXO) on the SS Rose Castle wreck, during the UXO retrieval mission off the coast of Bell Island in Newfoundland on July 19, 2019.

FLEET DIVING UNIT ATLANTIC



CFB Halifax in the community Pg. 3



HMCS *Halifax* Run For The Wish Pg. 5



Back to School special Pg. 13



Atlantic Regional Slo-pitch Championship Pg. 20



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Fleet Diving Unit(Atlantic) continues to remove UXO off Newfoundland coast

Clearance Divers from Fleet Diving Unit Atlantic (FDU(A)) bring unexploded explosive ordnance (UXO) from the wreckage of the sunken ship SS Rose Castle to the surface for safe disposal at a Canadian Forces range, during the retrieval mission off the coast of Bell Island in Newfoundland. The materials are then taken for safe disposal at a Canadian Armed Forces shooting range. Rose Castle is one of several ships, including SS Saganaga that were attacked and sunk by a German U-boat in 1942.



View of the SS Rose Castle shipwreck on the sea floor as Canadian Forces Clearance Divers from FDU(A) descend during the UXO retrieval mission off the coast of Bell Island in Newfoundland on July 19, 2019.

FLEET DIVING UNIT ATLANTIC



A monument and anchor erected by the people of Bell Island commemorate the events of the sunken ships SS Saganaga, SS Lord Strathcona, SS Rose Castle, and PL.M. 27 during the Second World War, and to remember the sailors who lost their lives, at Lance Cove Seaman's Memorial on Bell Island Newfoundland.

MCPL GABRIELLE DESROCHERS, CANADIAN FORCES COMBAT CAMERA



LS Donald Warren and PO2 Class Shawn West, Canadian Forces Clearance Divers from FDU(A), lift unexploded explosive ordnance which was recovered from an underwater cleanup mission on the shipwreck SS Rose Castle.

MCPL TRUE-DEE MCCARTHY, CANADIAN FORCES COMBAT CAMERA

LS Mike Laphen, a Canadian Forces Clearance Diver from FDU(A), hoses off unexploded explosive ordnance after it was recovered during an underwater cleanup mission on shipwreck SS Rose Castle.

MCPL TRUE-DEE MCCARTHY, CANADIAN FORCES COMBAT CAMERA



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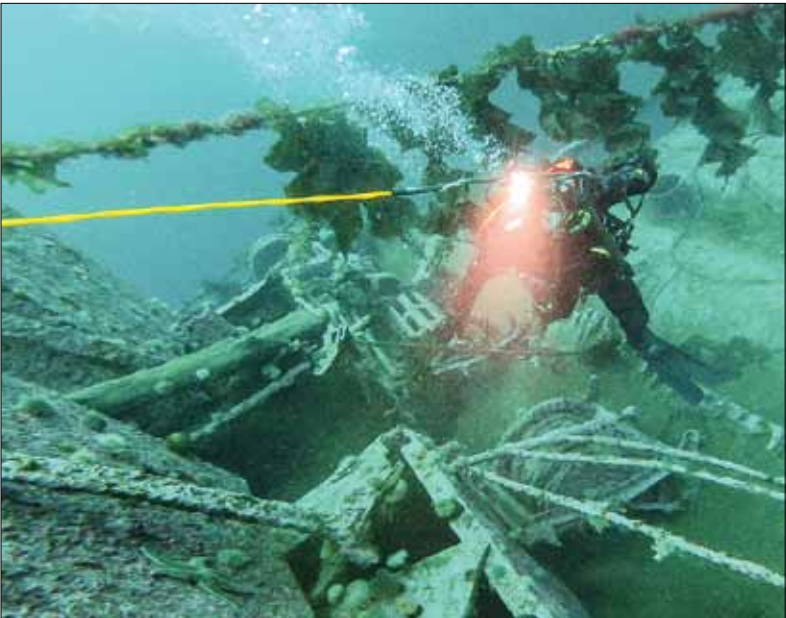
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A Canadian Forces Clearance Diver from FDU(A) searches for unexploded explosive ordnance (UXO) on the SS Rose Castle wreck.

FDU(A)



Military personnel from CFB Halifax's Base Logistics (BLog) branch serve up some delicious turkey during the 2018 Ward 5 Thanksgiving Dinner at Ward 5 Neighborhood Centre.

MARGARET CONWAY, CFB HALIFAX PUBLIC AFFAIRS

Helping those who help in our community: CFB Halifax and Ward 5

By Haley Cote,
CFB Halifax Public Affairs Student

CFB Halifax headquarters is located on its Stadacona property, in Halifax's North End neighbourhood. While much of the Base's work is done within the confines of its perimeter wall, its members are very active and engaged within the North End Halifax community. Doug Macdonald, executive director of Ward 5 Neighborhood Centre, can attest to this fact!

Ward 5 is a non-profit organization that serves the North End Halifax community in a variety of ways, with the ultimate goal of improving the quality of life for those in need by providing important resources. Since Ward 5 was founded in 1970, CFB Halifax has been connected to the organization, beginning with the non-profit using one of the Base's old mess buildings after its original headquarters burnt down in the 1970s. Over the years, CFB Halifax's connection to Ward 5 has grown and allowed for greater involvement within the community. Presently and for the past number of years, the Commanding Officer (CO) of Base Logistics (BLog) has sat on Ward 5's board of directors and members within BLog

have offered their time and skills to assist the organization year-round.

"Our BLog members truly value the important support that Ward 5 provides in Halifax," explains Cdr Chalmers, BLog CO. "We can't say enough about the impact Doug and his team at Ward 5 have had on people of all ages in this community, and we are honoured to be able to help them out wherever we're needed. Whether it's through fundraising or serving lunch, it's heartwarming to see the smiles on the kids and seniors whom Ward 5 supports every day. Overseas or in our own backyard, we are here to serve Canadians. This is about helping our neighbours."

Many of Ward 5's programs come by way of requests, allowing them to truly meet the wants and needs of community members. The organization often hosts community events and services such as holiday dinners and block parties. They provide programs for children such as a breakfast program, a day camp program and an afterschool program. Ward 5 also provides resources for seniors, including a lunch program, a food delivery service known as Meals on Wheels and much more.

BLog personnel often provide logistical support to Ward 5, such as delivering chairs and tables to many of their events. They also provide military personnel to set up and serve during events and help with the clean-up. Moreover, CFB Halifax is known for doing odd jobs for Ward 5. Whether it's shoveling snow, building wheelchair accessible ramps or unloading pallets - anything Ward 5 needs, Defence Team members are there to help! Doug is very grateful for all of the support Ward 5 receives from CFB Halifax, expressing gratitude for their help and for their ability to work with efficiency and grace.

"We have been very blessed with military board members and a very long history of involvement from the Defence Team," explains Doug. "We feel very lucky to have them as one of the biggest resources in the community. And when we can, we certainly try to be there for them when they need us."

Ward 5 Neighborhood Centre is genuinely dedicated to serving the entire North End community and CFB Halifax, as part of that community, is always ready to help in any way possible.

Mega Ice Cream Sandwich

By Juno Catering

Serves: 12 people
Ready In: 2 hours

Ingredients:

½ cup All-purpose flour
½ tsp Baking soda
1 oz. Dark chocolate, chopped
¼ cup Butter
¼ cup Cocoa powder
3 each Eggs
½ cup Brown sugar
2 litres Vanilla ice cream (in block form)

Directions:

1. Preheat the oven to 400 F. Arrange the oven rack to be in the middle of the oven. Line a 17" x 12" bake sheet with parchment paper.
2. Melt the chocolate, butter and cocoa powder in a saucepan over medium heat and stir until smooth. Set aside.
3. In a bowl, combine the flour and baking soda. In another bowl add the eggs and brown sugar and beat with a mixer until the mixture becomes light and triples in volume, approximately 5 minutes.
4. Add the dry ingredients to the egg mixture and mix at low speed until combined. Using a spatula, gently fold in the chocolate mixture until well blended.
5. Spread the batter evenly onto your prepared bake sheet. Bake in the oven for about 5 minutes or until a toothpick inserted into the centre of the cake comes out clean. Remove from oven and let cool for 5 minutes. Unmold the cake unto a wire rack and remove the parchment paper. Cool completely.
6. Cut the cake in half. Remove the packaging from the ice cream and slice it in half lengthwise. Place the 2 halves of ice cream onto one slice of the cake. Place the second slice of cake on top of the ice cream making a sandwich. With a knife, trim the excess cake on each side to even it out.
7. Cover and freeze for at least 30 minutes. Serve as one mega ice cream sandwich or cut into 12 sandwiches. Wrap each sandwich individually in plastic wrap and store in the freezer until required.



Publication
Schedule
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 than one year from publication date. Submissions may be edited.

3036 Sackville Lions Army Cadet Corps

Time: 6:30 - 9 p.m.

Date: Starting September 9

Location: 255 Damascus Drive, Bedford

The 3036 Sackville Lions RCME Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps starting September 9. New cadets are welcome to drop by for more information and to register on Monday nights between 6:30-9:00 pm from September 9th, 2019 onwards. To join the unit youth must be accompanied by their guardian on the first night and bring with them government issued photo ID and their health card. There are no registration fees. For more information: cadets3036@gmail.com or Facebook.com/cadets3036

Tuesday Night Tunes

Time: 7 - 8 p.m.

Date: Tuesday, August 20

Location: Maritime Museum of the Atlantic

The Maritime Museum's annual series of summer concerts is continuing through August, and next up will be The Missing Keys on August 20. The instrumental trio of Erin Dempsey, Colin Carrigan and Sean Feeney combine flute, fiddle, banjo and guitar to bring a passionate touch to Irish folk tunes. The last concert of the year takes place on August 27, with the museum welcoming back singer-songwriter Dan McKinnon.

Author's Stage: *The Innocents* by Michael Crummey

Time: 7 - 8:30 p.m.

Date: Thursday, September 19

Location: Halifax Central Library

This free event will feature award-winning novelist Michael Crummey as he discusses his long-awaited new novel *Innocents*, a beautiful and haunting book that chronicles the coming-of-age of a young brother and sister orphaned in isolated cove of Newfoundland. Michael will be in conversation with bestselling author

and Chronicle Herald columnist John DeMont. Books will be available for purchase.

The Sea in her Blood

Time: 9:30 a.m. - 5:30 p.m.

Date: Open until February 1, 2020

Location: Maritime Museum of the Atlantic

Like the land we call home, every generation of maritime women is shaped by the sea – through maintaining tradition and pushing boundaries, work and play, struggle and triumph. Many of their stories have been lost to time. Today maritime women continue to both redefine traditional ways of living with the sea, and shape new ones. The Sea in Her Blood, a special exhibit at the Maritime Museum of the Atlantic, highlights 17 of these extraordinary women, including five RCN members. The exhibit opened in June and will remain open until February 1.

Lessons from the wolves and the caribou

By **Capt Robin Major**,
CD, Clinical Chaplain, CF H Svcs C (A)

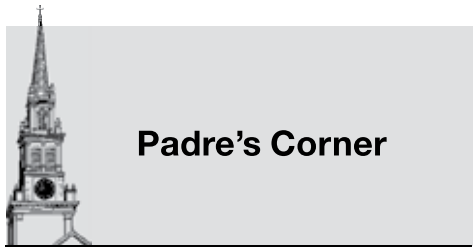
Farley Mowat in *Never Cry Wolf* tells the story of observing wolves hunting caribou. He noticed the caribou ignore wolves outside of a close distance and with good reason: the wolves were not that effective at catching them. Short of injury or very old age, caribou are mostly faster runners than wolves. The biological system governing this is the fight or flight response. When not under threat from the wolves, the caribou is relaxed. When a wolf comes too close, the fight or flight response turns on and the caribou's body fires up to fight or run for its life. Once the threat passes, the caribou's flight or flight response turns off, the caribou's body relaxes and grazing on moss resumes.

As with caribou, humans go through the same flight or flight response when we feel threatened. We have survived by relaxing when possible while being ready to fight or take flight for our lives as required. Like the caribou, turning off the fight or flight and relaxing again has been critical to our survival. The reason is simple: the flight or flight response is high energy and

high output and we need recovery from it.

We run into problems when the fight or flight gets stuck on. It is that state of always feeling stressed, never being able to relax, the mind always racing, always worrying about something, or being always afraid or angry about something. The stronger the inability to turn off the response, the deeper the destruction. The research is clear on the bad effects of extended stress on our physical health. Likewise, there is a direct link to the inability to relax and feel safe with our ability to form lasting, loving meaningful relationships. Love requires trust and vulnerability, which are impossible if you are full of fear and always defensive against everything and everyone.

If what I just described matches your personal experience, here is some good news. You are biologically built just like the caribou that naturally fell back into peaceful bliss after nearly getting eaten alive by a wolf. You were made to respond to threats and then return to a state free from continual fear and worry. The key to this recovery is first realizing the state of the problem, a fight or flight that is not turning off



Padre's Corner

as it should. With this knowledge in hand, you can proceed to learn to turn it off. Reading about the issue can help. Talking to a friend, a chaplain or seeking the help of a mental health provider trained in helping with this kind of issue can be a real benefit.

I myself find help in managing this tendency through meditation and prayer. There are many kinds of meditation which are well suited for different dispositions. In my case, meditation tends to involve the practice of mindfulness of the five senses as well as self-compassion practice. In terms of prayer, for me this involves talking with a being that I call God who I believe loves me unconditionally and never condemns me but is always loving and supportive. I have never found a safer more relaxing place than this. This is what works for me but maybe something can be more helpful for you.

Whatever it may be, may you find celebration in what helps you to relax and enjoy life and if you suffer from the inability to find relaxation, peace and love, may you find help along this path.

HMCS *Halifax* completes fundraiser for Children's Wish Foundation

By Lt(N) Paul Goff,
HMCS *Halifax*

From June 3-14, 2019, eight members from HMCS *Halifax* participated in the annual Run For The Wish Fundraiser for the Children's Wish Foundation. The eight-member team started their run in Sydney and over a 10-day period the team traveled through Baddeck, Port Hawkesbury, Antigonish, Truro, Halifax, Wolfville, Windsor, Digby, and Yarmouth. During this 10-day period, each member ran 10 kilometers per day for 10 days.

Each year HMCS *Halifax's* Run For The Wish team is given a sponsor child through the Children's Wish Foundation. This year's sponsor child was Cailum. Cailum is a nine-year-old from Dartmouth, NS who was diagnosed with Hodgkin's Lymphoma at a young age. After he was diagnosed, Cailum had surgery to remove a tumour which kept Cailum and his family in hospital for over a month. Cailum's wish is to take him and his family to Disneyland.

The money raised for the Children's Wish Foundation was collected through online donations and fundraisers held onboard HMCS *Halifax*, as well as fundraisers held



HMCS *Halifax's* ship's company present a check for \$45,780+ to Alison Harris, Development Coordinator, Nova Scotia Chapter of the Children's Wish Foundation Canada on July 4, 2019, at HMC Dockyard Halifax. Left to right: (Back row) CPO1 Trent Mahoney, Coxswain, Lt(N) Goff, Alison Harries, Development Coordinator, the Nova Scotia Chapter of the Children's Wish Foundation Canada, OS Clowes, MS Whittaker, Lt(N) Bengle, Cdr Scott Nelson, Commanding Officer, HMCS *Halifax*, LCdr Nick Buxton, Executive Officer. Front row, from left: SLt Taylor, SLt Cooney, and LS Henry.

over the run itself. Each member had to raise at least \$1000 in online donations before going on the 10-day run. From the online donations, two team members stood out. Lt(N) Stephanie Bengle raised \$2960 dollars in online donations which was almost as much as LS Bryan Henry,

who raised \$3000.

HMCS *Halifax* is pleased to announce that on July 4, 2019 a cheque with the total value of \$45,780 dollars was presented to the Children's Wish Foundation. This is the highest the ship has raised for the Children's Wish Foundation since the ship



Alison Harries, Development Coordinator, the Nova Scotia Chapter of the Children's Wish Foundation Canada presents Cdr Scott Nelson, Commanding Officer, HMCS *Halifax*, with a gift to thank the ship's company for the generous donation of \$45,780 collected during the ship's Run for Wishes event in June 2019.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

started this fundraiser 16 years ago. Each child's wish is will cost approximately \$10,000 dollars, so the eight-member team was not only be able to grant Cailum's wish but also the wish of another three sick children. Currently in Nova Scotia there are 88 sick children waiting for wishes. If you would like to donate to this great cause, you can donate online at www.childrenswish.ca or if you would like to volunteer with this organization email NS@childrenswish.ca.

Blood donor clinic at CFB Halifax exceeds goal



CFB Halifax would like to thank all members who took time to donate blood on Friday, July 19. Canadian Blood Services was very pleased that we exceeded their goal (105%) with 61 donations. Great job CFB Halifax! BFC Halifax remercie toutes les personnes qui ont donné du sang le vendredi 19 juillet. La Société canadienne du sang était très heureuse de voir que nous avions dépassé son objectif (105%) en recueillant 61 dons. Félicitations BFC Halifax!

HALEY COTE, CFB HALIFAX

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- Gospel according to John

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More than allies, we're friends

By Navy News

For many Canadians, the distinctive customs and traditions of the Royal Canadian Navy (RCN) can sometimes make it seem like a very unique world - and indeed it is.

These customs - such as the Crossing the Line ceremony, naval toasts of the day and ships' mascots - bind all mariners together, no matter the language they speak or the country they call home.

Commodore (Cmdre) Angus Topshee, the Commander of Canadian Fleet Pacific, says honouring these universal customs and traditions is not only key to building strong esprit de corps within a ship's company, but is also the foundation of building life-long sailor-to-sailor ties with other navies, which contributes to stronger navy-to-navy relationships.

"It is through these activities that strong bonds are formed and morale improved, both within our fleet and with other navies," says Cmdre Topshee.

Formal traditions, such as toasts of the day, are typically used at special occasions and mess dinners. The time-honoured Crossing the Line ceremony commemorates a sailor's first crossing of the Equator.

But not all customs are formal in nature - some are downright silly and allow our sailors to build friendships not just with their shipmates, but also with those from other navies. One such tradition involves ships' mascots, with one ship's company sneaking off with another ship's mascot, only to return it later during a deployment.

"The best ships' companies ensure all of their members feel valued and included - there's no magic formula for that - but it almost always involves a strong dose of the right type of fun," Cmdre Topshee says.

The Commander of the RCN, VAdm Art McDonald, was recently reminded of how important these traditions are to building international friendships.

During a visit to Esquimalt, B.C., VAdm McDonald seized the opportunity to reconnect with an old shipmate, the mascot from HMNZS *Te Kaha*, which is alongside in Canada for 18 months for its mid-life refit.

Nearly 20 years ago, when VAdm McDonald was a lieutenant-commander onboard HMCS *Calgary*, he and other *Calgary* officers were invited onboard

the *Te Kaha* while in port in Auckland, New Zealand. They took the opportunity to sneak the mascot - a wooden pig - across the *Te Kaha* bow and onto *Calgary*. As is normal, the mascot was returned to *Te Kaha* later in the multinational deployment.

As VAdm McDonald's experience proves, these traditions help cement friendships amongst allied navies that last a lifetime.

Plus qu'alliés : nous sommes amis

Par la Nouvelles de la marine

Pour nombre de Canadiens, les coutumes et traditions particulières de la Marine royale canadienne (MRC) peuvent parfois donner l'impression qu'il s'agit d'un monde hors de l'ordinaire - et c'est bien vrai!

Ces coutumes, comme le baptême de la ligne, les toasts du jour de la Marine et les mascottes de navire,

unissent tous les marins, peu importe leur langue ou le pays qu'ils servent.

Le commodore (Cmdre) Angus Topshee, commandant de la Flotte canadienne du Pacifique, affirme que le respect de ces coutumes et traditions maritimes universelles est non seulement essentiel à l'établissement d'un bon esprit de corps au sein de l'équipage de navire, mais aussi à l'établissement de liens durables entre les marins de différentes marines, ce qui contribue par conséquent à renforcer les relations entre les marines.

« C'est grâce à ces activités que des liens solides se tissent et que le moral s'améliore, tant au sein de notre flotte qu'avec les autres marines, » explique le Cmdre Topshee.

Les traditions officielles, comme les toasts du jour, sont généralement utilisées lors d'occasions spéciales et de dîners régimentaires. La cérémonie consacrée de la traversée de la ligne commémore la première traversée de l'Équateur d'un marin.

Cependant, toutes les coutumes ne sont pas de nature officielle; certaines sont carrément farfelues et permettent à nos marins de nouer des amitiés non seulement avec leurs compagnons de bord, mais aussi avec ceux d'autres marines. L'une de ces traditions est celle des mascottes des navires, l'équipage d'un navire subtilise la mascotte d'un autre navire, pour la rendre plus tard au cours d'un déploiement.

« Les meilleurs équipages de navires s'assurent que tous leurs membres se sentent valorisés et inclus, il n'y a pas de formule magique pour cela, mais ça comprend presque toujours une forte dose de plaisir sain, » rajoute le Cmdre Topshee.

Le Vam Art McDonald, commandant de la MRC, a récemment eu un rappel de l'importance de ces traditions pour bâtir des amitiés internationales.

Au cours d'une visite à Esquimalt, en Colombie-Britannique, le Vam McDonald a saisi l'occasion de renouer avec un ancien compagnon de bord, la mascotte du HMNZS *Te Kaha*, qui est au Canada pour 18 mois pour son carénage de mi-vie.

Il y a près de 20 ans, lorsque le Vam McDonald était capitaine de corvette à bord du NCSM *Calgary*, il a été invité à bord du *Te Kaha* avec d'autres officiers du *Calgary* pendant leur séjour à Auckland, en Nouvelle-Zélande. Ils en ont profité pour faire passer la mascotte - un cochon de bois - de l'autre côté de la proue du *Te Kaha* jusqu'au *Calgary*. Comme d'habitude, la mascotte a été rendue au *Te Kaha* plus tard au cours du déploiement multinational.

Comme le prouve l'expérience du Vam McDonald, ces traditions aident à cimenter des amitiés entre les marines alliées, amitiés qui durent toute une vie.



Cmdre Angus Topshee (left), Commander Canadian Fleet Pacific, Lt(N) Holly Swallow (centre) of HMNZS *Te Kaha*, and VAdm Art McDonald, Commander Royal Canadian Navy, hold the *Te Kaha*'s wooden pig mascot. The mascot represents time-honoured naval traditions, which help build life-long sailor-to-sailor ties and strong navy-to-navy relationships. Le commodore Angus Topshee (à gauche), commandant de la Flotte canadienne du Pacifique, le lieutenant de vaisseau Holly Swallow (au centre), du NNZSM *Te Kaha*, et le Vam Art McDonald, commandant de la Marine royale canadienne, posent avec la mascotte du *Te Kaha*, un cochon de bois. Les mascottes font partie des traditions navales de longue date, qui aident à forger des amitiés durables entre les marins et par conséquent, à renforcer les liens entre les marines.

SUBMITTED

FMF's Lord of the Rings doing a yeoman's work

By Peter Mallett,
The Lookout Staff

If you've wondered who creates the decorative Kisbee rings that adorn Royal Canadian Navy warships and units of CFB Esquimalt, you aren't alone says their maker.

Craftsman Ryan Yeomans works his magic on those doughnut-shaped flotation devices from an art studio in Fleet Maintenance Facility Cape Breton. For the past 12 years he has been the man responsible for transforming the safety rings into ceremonial display items.

"They are the first thing you see when you cross the brow on a ship, but most sailors think they come from a warehouse and are made on an assembly line. They don't realize how much work goes into creating these, and that they are all done by hand."

It's a complicated labour-intensive process involving continued attention to detail, says Yeomans.

The lifebuoys are made of plastic, filled with foam and orange in colour when they come to his shop from manufacturer Aer-o-buoy.

He removes the manufacture's rope that covers their circumference. A thicker more attractive gage rope will be attached later by workers from the rope shop.

He then washes the ring, sands it, and sprays an epoxy sealer and polyurethane finish before adding coats of navy blue and white paint. It can take up to two days for the paint job and layers of protective coating to dry.

It is at this point Yeomans' steady hands are showcased.



Ryan Yeomans, a craftsman at FMF Cape Breton, works on a kisbee.

SUBMITTED

He carefully outlines the ship or unit's name on the blue ribbon he's painted on the ring. Then he fills the letters with sizing glue, waits an hour for it to dry, and applies 23 carat gold leaf sheets. The sheen from the gold is what makes the letters pop, and gives prestige to the ring.

After that, he adds a drop shadow and maple leaves.

"For this part you really need a steady hand and there is lots of eyeballing involved," said Yeomans. "It takes practise and it's not something

that comes overnight. I have been learning over the years how to better refine my skills."

He learned the ins and outs of his craft under the guidance of former FMF Paint Shop worker Stu Guilbault, who recently retired. Yeomans, 50, has some experience in this line of work; he once worked 16 years as a body repair, paint and air brushing, and pin striping specialist at various auto body shops.

While most of his work is on regular painting projects, the Kisbee ring

What's In a Name?

Kisbee Rings are named for inventor Thomas Kisbee, who was born in Farcet, Huntingdon, England in 1792.

Kisbee served as the First Lieutenant in HMS *Driver*, the first steam paddle ship to circumnavigate the world (1842-1847) where his invention was first used.

Widespread practical use of the rings, then made of cork, became the norm when Britain's Royal National Lifeboat Institution started using them in 1855.

In recent years, due to safety concerns over injuring the casualty or nearby swimmers and doing more harm than good, the Kisbee Ring has been phased out in favour of the torpedo buoy. Source: Nauticapedia

is by far the most rewarding part of his job.

"It's great to know that some of these Kisbee rings are now sailing around the world on our warships and it gives me a feeling of great pride knowing I was the one who created them by hand," says Yeomans.

Kisbee ring making is unique to Esquimalt. On the east coast, the rings are created via computer.

"It's an old-school technique that I don't want to ever see go by the wayside," he said.



111 Wing RCAF Association gives cheque to 12 Wing Pipes and Drums

Members of 111 Wing Royal Canadian Air Force Association gather at the Shearwater Aviation Museum on July 30, 2019 as President Bob Goodwin presents WO Kate Buckland, Pipe Major with 12 Wing Pipes and Drums, with a cheque in support of the band's trip to Scotland to compete in the World's Pipes and Drums Competition. From left: Sgt Maloney, Bob Goodwin, Faye Charlebois, Bud Berntson, Chuck Charlebois, WO Buckland, John Bowser, and Earl McFarland.

LS LAURANCE CLARKE, 12 WING OPERATIONS SUPPORT SQUADRON IMAGING

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Faites-vous entendre. Il est temps de répondre au Sondage auprès des fonctionnaires fédéraux de 2019

Par la Feuille d'Érable

Le Sondage auprès des fonctionnaires fédéraux (SAFF) de 2019 a été lancé et les employés civils de la Défense nationale sont invités à y répondre d'ici le 30 août pour exprimer leur opinion sur des aspects importants du milieu de travail. Cette année, le sondage portera sur de nombreux thèmes importants, dont le bien-être en milieu de travail, l'utilisation des langues officielles, l'obligation de prendre des mesures d'adaptation et la rémunération.

Les résultats du SAFF seront disponibles en décembre 2019 et aideront la haute direction de la Défense nationale à déterminer ce qui fonctionne bien au sein de l'organisation et les secteurs à améliorer. La rétroaction à la suite du sondage de 2018 a mené à l'élaboration de plans d'action visant à répondre aux préoccupations concernant le milieu de travail, le leadership et le harcèlement, ce qui a donné lieu aux efforts suivants (entre autres) déployés par le Ministère :

- Améliorer la communication entre les employés et la direction en organisant des assemblées générales, des réunions et des ateliers ;
- Soutenir le perfectionnement professionnel par la formation linguistique, les programmes de mentorat et le partage des possibilités d'emploi à l'interne ;
- Mettre en œuvre des programmes de sensibilisation sur la prévention du harcèlement en milieu de travail.

Plus il y aura d'employés qui participeront, plus les résultats seront utiles pour favoriser un changement significatif au sein de la Défense nationale.

Qui peut participer au SAFF ?

Tous les employés de l'administration publique centrale et des organismes distincts participants peuvent remplir le sondage. Il s'agit notamment des employés nommés pour une période indéterminée, pour une période déterminée, saisonniers,

occasionnels et étudiants, ainsi que des personnes nommées par le gouverneur en conseil. Les employés exclus des cabinets des ministres, les entrepreneurs du secteur privé, les experts-conseils, et les employés en congé non payé ne peuvent pas participer au sondage. En tout temps, l'administrateur du sondage veillera à ce que les réponses des participants demeurent confidentielles et ne soient utilisées qu'à des fins statistiques.

Comment remplir le SAFF

Advanis, une entreprise de recherche sociale et de marché canadienne de confiance, gèrera le sondage au nom du Secrétariat du Conseil du Trésor (SCT). Tous les participants admissibles recevront une invitation par courriel avec un lien d'identification unique pour remplir le sondage. Ce lien est propre à chaque utilisateur et ne peut pas être partagé avec d'autres employés de l'organisation. Cependant, le lien unique peut être transféré à un courriel personnel et accessible à partir d'un appareil mobile ou

d'un ordinateur personnel.

Le sondage peut également être rempli par téléphone au 1-866-539-7829 ou par l'entremise du nombre limité de copies papier disponibles, et seulement après avoir envoyé une demande par le gestionnaire de l'employé à la boîte de réception générique <mailto:+PSES-SAFF@ADM(HR-Civ)%20DSPA@Ottawa-Hull%20PSES-SAFF@forces.gc.ca> du SAFF.

Si vous ne recevez pas d'invitation après la première semaine de collecte de données, soit du 22 au 26 juillet, vous pouvez demander le sondage par courriel sur le site Web <https://ps-saff.advanis.ca/fr/ps-saff2019/index> de soutien d'Advanis.

Le sondage prend environ 20 à 25 minutes à remplir, et les employés doivent avoir le temps de le faire pendant les heures normales de travail.

Pour de plus amples renseignements sur le SAFF, veuillez consulter la page intranet <http://intranet.mil.ca/fr/parlons-en/saff/index.page> du Sondage auprès des fonctionnaires fédéraux.



LCdr Mitchell succeeds LCdr Teri Share as CO of HMCS Shawinigan

On July 29, 2019, LCdr Matthew Mitchell (left), incoming Commander HMCS Shawinigan and LCdr Teri Share (right), outgoing Commander HMCS Shawinigan, sign Change of Command certificates while witnessed by Capt(N) Matthew Bowen, Commander Sea Training Group (centre).

CPL DAVID VELDMAN, FIS

Let your voice be heard. Time to take the 2019 Public Service Employee Survey

By The Maple Leaf

The 2019 Public Service Employee Survey (PSES) is now live and civilian employees at National Defence are encouraged to complete the survey by August 30 to express their opinions on important aspects of the workplace. This year's survey will focus on many important themes including workplace wellbeing, use of official languages, duty to accommodate, and compensation.

The results of the PSES will be made available in December 2019, and will help senior management at National Defence identify what's going well within the organization and what areas may need improvement. Feedback generated from the 2018 survey led to the development of action plans aimed to address concerns with the work environment, leadership, and harassment which resulted in the following ef-

forts (among others) being made by the department :

- * Improving communication between employees and management by scheduling town halls, meetings, and workshops;
- * Supporting career development through language training, mentoring programs, and sharing job opportunities internally; and
- * Implementing awareness programs about harassment prevention in the workplace.

The more employees who participate, the more useful the results will be in fostering a meaningful change within National Defence.

Who can take the PSES?

All employees in the core public administration and participating separate agencies are eligible to complete the survey. These include indeterminate, term, seasonal, casual, student employees, as well

as Governor in Council appointees. Ministers' exempt staff, private sector contractors, consultants, and employees on leave without pay are not eligible. At all times, the survey administrator will ensure that responses from the participants are kept confidential and only used for statistical purposes.

How to take the PSES

Advanis, a trusted Canadian market, and social research firm, will administer the survey on behalf of the Treasury Board Secretariat (TBS). All eligible participants will receive an email invitation with a unique identifier link to complete the survey. This link is specific to the individual user and cannot be shared with other employees in the organization. However, the unique link can be forwarded to personal email and accessed from a mobile device or home computer.

The survey can also be completed via telephone at 1-866-539-7829 or through the limited number of paper copies available only after sending a request through an employee's manager to the PSES generic mailbox <mailto:+PSES-SAFF@ADM(HR-Civ)%20DSPA@Ottawa-Hull%20PSES-SAFF@forces.gc.ca>.

If you did not receive an invitation after the first week of data collection (July 22-26), you can request a survey email through the Advanis support website <<https://ps-es-saff.advanis.ca/en/ps-es-2019/index>>.

The survey takes approximately 20-25 minutes to complete, and employees are to be given time to complete the survey during regular working hours.

For additional information on the PSES, please consult the Public Service Employee Survey intranet page <<http://intranet.mil.ca/en/lets-talk/ps-es/index.page>>.



Self-care event at CFB Halifax

The self-care event held in honour of International Self Care Day, provided insightful information and tips on how we, as human beings, can be more mindful of prioritizing our mental and physical health. The event consisted of a series of workshops about taking care of ourselves in all aspects including exercising self-compassion. Thank you to CF H Svcs C (A) CO LCol Heudes and Chaplain Capt Major for making this event happen, and to the CF H Svcs C(A) members, Health Promotion, EAP and OD. Une activité à la CFB Halifax organisée dans le cadre de la Journée internationale du soin de soi avait comme objectif de fournir des renseignements et des conseils pratiques pour aider les participants à accorder une plus grande place à leur santé mentale et physique. Au programme, une série d'ateliers sur les différentes façons de s'occuper de soi, notamment faire preuve de compassion envers soi-même. Merci au Lcol Heudes, commandant du Centre de Services de santé des Forces canadiennes (Atlantique) et à l'aumônier Capt Major, qui ont contribué à la réalisation de cette journée, ainsi qu'aux organisateurs du Centre des Services de santé des FC (Atlantique), de la Promotion de la santé, du PAE et du BGI.

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Cadet Museum opens for the summer

By **Wayne Emde**,
Army Cadets Corps PA

There are approximately 59,000 young Canadians enrolled in cadet programs across Canada.

But there is only one Cadet Museum and it's in Vernon, B.C.

From the outside, the former guard-house and post office just off Highway 97 retains the well-worn textures and colours that harken back to the early

1940s when Vernon Military Camp housed thousands of soldiers training for duty overseas in the Second World War. Inside, it's a different story.

In the spring of 2013, the building was declared surplus to needs and the keys were handed over to Francois Arseneault to create the museum.

Arseneault became interested in cadet history after his summers between 1978 and 1980 at the Vernon Army Cadet Training Camp, also the oldest cadet training centre in Canada.

He began collecting photos, shoulder flashes, cap badges and other items related to Army Cadets in Canada. On a shoestring, and with a great

deal of support and encouragement from Commanding Officer, LCol Terry Kopan, the museum opened its doors for cadets and visitors.

In the years since, collections have grown with donations of photos, uniforms, documents, and band instruments. Many former cadets have contributed financially, and a yearly auction serves as a major fundraiser.

"It's been a team effort," said Arseneault, who works with a committee consisting of Mitch Steck, Maria and Graham Brunskill, Lisa Devine, and Cory Schultz.

Continued on page 11



Marina Craig, Vernon Cadet Museum Director of Marketing and Operations, makes a final check on one of the many displays of uniforms before the re-opening of the Vernon Cadet Museum.

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One of the hands-on displays is a working Buzzer Practice Cadet Type Morse code transmitter, and cadets and visitors are challenged to tap out their names.

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Cadet Sgt Andrew Jancik, a member of RCACC 2137 (Calgary Highlanders), discovers a pennant from his regiment in one of the display cases.

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Cadet Museum opens for the summer

Continued from page 10

Dale Dickie of West Kelowna designed and built a detailed model of one of the H-Huts. Capt Dan Emde, a Licensed Electrical Contractor, upgraded the wiring and replaced the existing fluorescent lights with LED lights.

Arseneault's father-in-law, Eric Otto, built cabinets and performed carpentry magic to bring the building up to code.

Visitors to the museum may be surprised by the scope of the collections. More than 2,500 items are on display. Glass cases display uniforms. Video screens loop historic footage. There's a collection of books and several hands-on displays and challenges, including a working Buzzer Practice Cadet Type Morse code transmitter.

Cabinets display newspaper clippings and patriotic posters of historic items from both World Wars, including civilian gas masks, a Ross rifle from the First World War and a Lee Enfield from Second World War.

Because summer cadet training centres now include all three elements (air, sea and land), new displays represent this change, and the museum underwent a recent update.

Arseneault also created a website (www.armycadethistory.com) to

archive the history of Vernon, the museum is designed both for cadets who are attending summer training, former cadets as well as the general public.

"I hope to inspire the cadets by showing them their history," said Arseneault. Visitor parking is available on the west side of Highway 97 and visitors

enter through the tunnel under the highway. The museum is open to the public daily from 11 a.m. until 6 p.m. except Mondays.



In one of the display cases dedicated to Vernon's role in Second World War, a civilian gas mask and a warning are part of the display.

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Summer students at CFB Halifax

By CFB Halifax Public Affairs

PHOTOS BY HALEY CÔTÉ



Maryna Popova – Halifax, NS

Maryna Popova is a hard-working, goal-oriented member of the FSWEF program currently working at CFB Halifax in the Base Logistics branch. Upon graduating NSCC, she seized the opportunity knowing it would allow her to gain experience, make connections, and help her in achieving her dream of working for the government. Maryna is currently finishing up her Diploma in Occupational Health and Safety at Nova Scotia Community College, and she is extremely grateful to be getting hands on experience and to be working in such an uplifting environment, and she is so excited to see where this opportunity will take her.



Megan Flanagan – Lower Sackville, NS

Megan Flanagan's vibrant personality and work ethic make her a great addition to CFB Halifax's Base Administration team where she is currently employed as an Orderly Room Clerk through FSWEF. She is enjoying the work environment and the people she has met through this experience. As Megan works towards completing her Commerce degree at St. Mary's University, she is extremely grateful to be gaining the training, knowledge, and tools that will ultimately prepare her for life after graduation. Megan is very appreciative of this opportunity and demonstrates that through hard work and her ever-present smile.



Long Nguyen – Dartmouth, NS

Long Nguyen is a student at Nova Scotia Community College, studying in the automotive service and repair program. Long is also a student here at CFB Halifax through the FSWEF program, working as a light duty mechanic with the Transport and Electrical and Mechanical Engineering unit. He sees this opportunity of gaining experience, building confidence, and making workplace connections within CFB Halifax as important. "It's a great way to start your career, and it's where I would like to end my career," noted Long. "That would be pretty ideal." His career aspiration – to become a civilian mechanic with CFB Halifax – has been supported within FSWEF, empowering him to not only grow professionally, but also personally, and he feels that future FSWEF students could benefit greatly from this unique experience. Long is certainly a great example of what the FSWEF Program is all about.



Chantel Findlay – Dartmouth, NS

Chantel Findlay is a 19-year-old super star studying neuroscience at Dalhousie with the goal of acquiring her PhD someday. Chantel is working in CFB Halifax's Base Orderly Room at Stadacona for the summer as a member of the Federal Student Work Experience Program (FSWEF) and is loving the great hours, the experience, her co-workers and of course (as any university student would agree with) the pay! Chantel heard about the FSWEF program through a family friend, and after the few weeks she has spent here so far, she already can't wait to come back next summer. "The job can be challenging and a little stressful at times, but I am learning so much and gaining a lot of experience, not to mention I am making connections. I am very grateful for the exposure to a work environment that I was not familiar with before, and I am hoping to leave here with new knowledge about the Department of National Defence, and a good reference of course!" Chantel Findlay est une superstar de 19 ans qui fait des études en neurosciences à Dalhousie dans le but d'obtenir son doctorat un jour. Chantel travaille à la salle des rapports de la BFC Halifax à Stadacona cet été grâce au Programme fédéral d'expérience de travail étudiant (PFETE). Elle adore son horaire formidable, son expérience, ses collègues et bien sûr (comme tout étudiant en conviendra) le salaire! Chantel a entendu parler du PFETE par l'entremise d'un ami de la famille, et après le peu de temps qu'elle a passé ici, elle a déjà hâte de revenir l'été prochain. « Le travail est parfois exigeant et un peu stressant, mais j'apprends beaucoup, j'acquiers une vaste expérience et je me fais un réseau de contacts. Je suis très reconnaissante d'avoir eu la chance de travailler dans un milieu que je ne connaissais pas, et avant de partir, j'espère acquérir de nouvelles connaissances au sujet du ministère de la Défense nationale et obtenir de bonnes références bien sûr! »



Rebekah Kinal – Georgetown, ON

Rebekah Kinal is a bright and ambitious member of our FSWEF program who has returned to CFB Halifax for a second summer. Working in the Base Logistics (BLog) Safety and Environment department this time around,

Rebekah is working towards gaining experience in the legal field as she plans to attend law school once she is finished her undergrad at Dalhousie University. She loves working with BLog not only because of the experience and opportunities it has presented, but also because of the positive role models and friendships she has acquired throughout her time there. Rebekah is extremely grateful to be a part of the FSWEF program at CFB Halifax as it has exposed her to new experiences, different training opportunities, and has many benefits as she works to achieve her career goals.

Rebekah Kinal est une brillante et ambitieuse stagiaire du PFETE qui est de retour à la BFC Halifax pour un deuxième été. Cette année, Rebekah travaille pour le Service de la

logistique de la base, au bureau de la Sécurité et de l'environnement et elle cherche à y acquérir de l'expérience dans le domaine juridique, puisqu'elle a l'intention de faire des études en droit à la fin de son baccalauréat à l'Université Dalhousie. Elle aime travailler au Service de logistique de la base non seulement à cause de l'expérience et des occasions que cela représente, mais aussi à cause des modèles positifs et des amis qu'elle côtoie lors de son passage ici. Rebekah est profondément reconnaissante de participer au PFETE à la BFC Halifax, qui lui a permis de profiter de nouvelles expériences, de différentes occasions de formation et des avantages qui lui sont offerts dans son parcours pour atteindre ses buts professionnels.



Mathew Deakin – Calgary, AB

Mathew Deakin is a hard-working, career driven individual who is eager to join the work force. Mathew applied to work at CFB Halifax through the FSWEF program with intentions of gaining hands on experience and making connections which would in turn help pave the way to his success, and that's exactly what he did. The FSWEF program has allowed Mathew to meet people who support him and help him to achieve his goal

of becoming a Unit General Safety Officer. This opportunity has allowed him to apply his knowledge in the Occupational Health and Safety field which he acquired through his education at NSCC, and he feels that the FSWEF program will open many doors for him in the future. The FSWEF program has exposed Mathew to a variety of different work all of which is relevant to his schooling, and he is extremely excited to see what the future holds.

BACK to SCHOOL



Going off to university? Student life survival tips

(NC) As a college or university student it's natural to feel overwhelmed, especially if you're away from home. It might be your first year of post-secondary and you're moving to a new city – or country – and are planning to live on campus. Or you're a grad student renting an apartment with someone you may – or may not – know. Regardless of your situation, there are essential survival tips that can help you get through these exciting, yet challenging, times and to help you successfully manage school, work, life and everything in between:

Put education first: It might seem obvious to prioritize education above all else, but it can be easy for your focus to shift as you juggle your schooling. It's important to continuously check in and remember that your time should be dedicated to your future career path. Time management and prioritization will not only get you through your student years but these transferable skills will serve you well throughout your career and your life.

Stick to a budget: Student life comes with several big expenses – and all at

once. Tuition, rent, books, etc. add up quickly and which often means taking on debt and managing payments. As an international student getting used to Canadian currency, budgeting and figuring out how much things cost can also be a challenge. It's important to know and understand your budget prior to starting school so you can rework your personal finances to suit your new student lifestyle.

Create a support system: While it's important to make new friends, it's a good idea to keep existing friends and family close. Those who've known you for years are great resources to lean on if you feel stressed. The balance of major milestones and prioritizing school can be especially challenging as an international student as you're also learning the way of life in Canada. Regular phone calls, video chats and checking in with family and friends back home can help you cope through all the change and challenges that this new life will bring.

International students can find advice to help you save more and settle in faster at rbc.com/newcomers.

Four things kids need to know about money

(NC) Responsible spending includes knowing the difference between wants and needs. Back-to-school season, with added expenses and expectations around spending, is the perfect time to not only build your own budget for the year ahead, but also to introduce your own children to the concept of budgeting.

The experts at Capital One break down four basic things that every child should know about money, along with tips for bringing real-life examples into the conversation.

1. What money is. There's no need for a full economic lesson, but knowing that money can be exchanged for goods and services, and that the government backs its value, is a great start.

2. How to earn money. Once your child understands what money is, use this foundational knowledge to connect the concepts of money and work. Start with the simple concept that people go to work in exchange for an income, and explain how it may take time (and work) to save for that new pair of sneakers or backpack. This can help kids develop patience and alleviate the

pressure to purchase new items right away that might not be in your budget.

3. The many ways to pay. While there are myriad methods to pay for something in today's digital age, you can start by explaining the difference between cash, debit and credit. When teaching your kids about credit, real examples help. For instance, if your child insists on a grocery store treat, offer to buy it for them as long as they pay you back from their allowance in a timely manner. If you need a refresher, tools like Capital One's Credit Keeper can help you better understand your own credit score and the importance of that score to overall financial health.

4. How to build and follow a budget. This is where earning, spending, saving and sharing all come together. Build a budget that is realistic based on your income and spending needs and take advantage of banking apps to keep tabs on your spending in real-time. Have your kids think about how they might split their allowance into saving, spending and giving back to help them better understand money management.

Easy ways to teach your kids to help others

(NC) As a parent, you want to ensure your kids learn to help the people around them. This valuable lesson will build strong character and follow them through to adulthood.

Here are three ideas to get you started:

Donate old toys to kids in need. Have your kids go through their older toys, or donate a new toy to kids less fortunate.

Host a fundraiser. Getting kids involved in fundraising is the perfect

way to teach them to help others. You could host a sugar-free lemonade stand and donate the proceeds to help kids living with type 1 diabetes attend Diabetes Canada's D-Camps—medically supervised summer camp.

Donate to your local food bank. Have your kids rummage through your pantry or pick up some items up at the grocery store to donate to a local food bank.

Find more information on fundraising for diabetes at putasqueeze.ca.

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HMCS *Ville de Québec* sails to Arctic waters

On July 29, 2019, HMCS Ville de Québec departs HMC Dockyard in Halifax, for Arctic waters.

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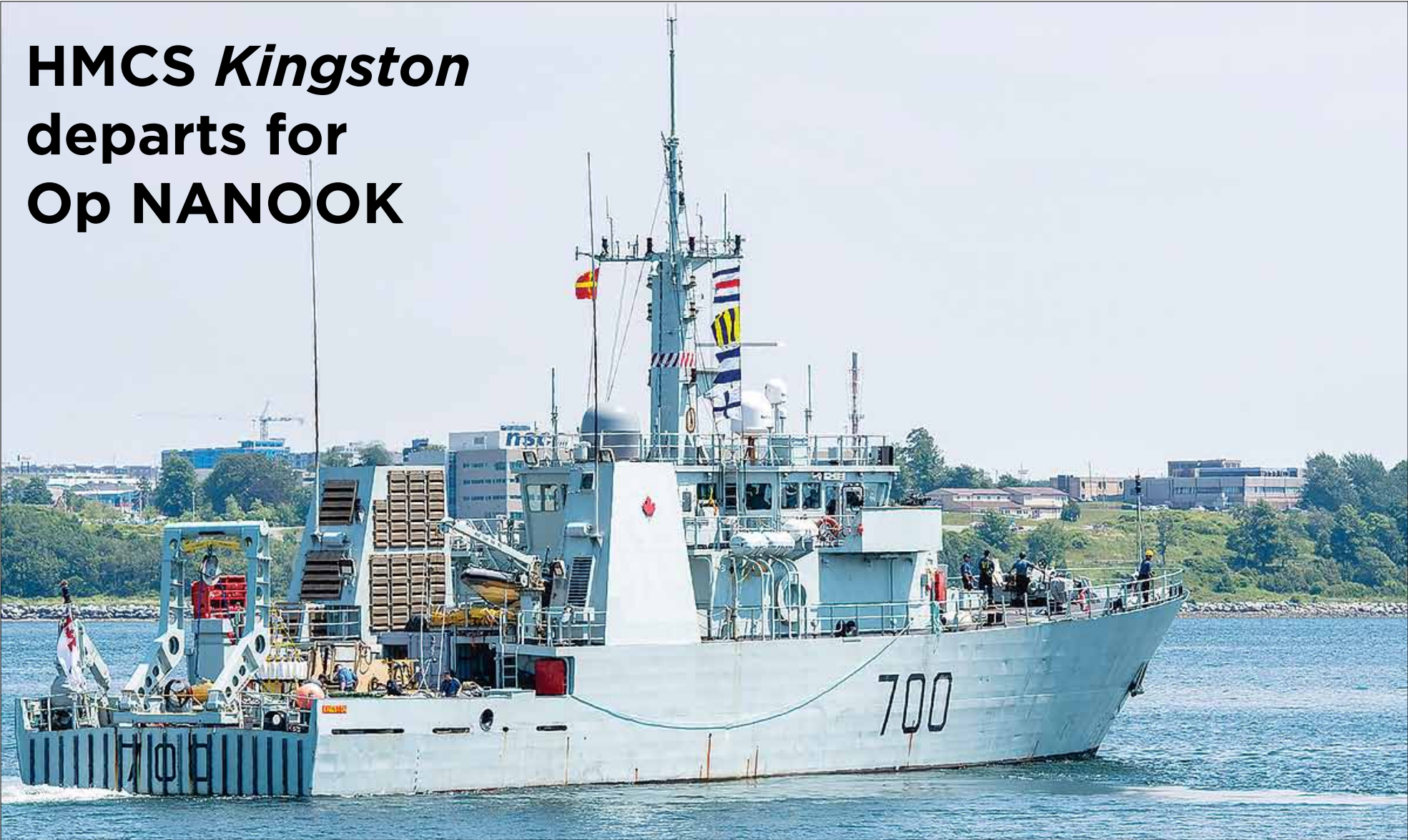
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Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**.



HMCS Kingston departs for Op NANOOK



HMCS Kingston departs Arctic waters on July 31, 2019. The ship and crew will be joining Op NANOOK.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

This is You event onboard HMCS Winnipeg

By Slt Wilson Ho,
HMCS Winnipeg UPAR

A hundred and fifty eager and excited young women stepped onboard HMCS Winnipeg on July 27, 2019 at Burrard Street Pier in North Vancouver, for a first-hand experience in the life of a Canadian sailor. Partnering with the Achieve Anything Foundation's This is You program, the crew of the Winnipeg welcomed them for a day sail.

The Achieve Anything Foundation organizes hands-on experience events by the Royal Canadian Navy and other agency/industrial partners that are improving gender diversity in their workplaces, and also promoting equal opportunity in all of their jobs.

The day's events started with guided tours of the ship, including the Operations Room, Bridge, and Machinery Control Room, highlighting the various jobs onboard the Halifax

Class frigate. In addition to tours, guests were able to try on equipment from the Ship's Team Divers, and test their skills at firefighting. For lunch, with clear skies and Howe Sound as the backdrop, crew and guests were treated to a flight deck luncheon. In the afternoon, Winnipeg demonstrated her full manoeuvrability, conducting full speed runs, crash stops, and high speed turns.

The crew of Winnipeg made sure to leave a lasting impression for the participants of the This is You day sail. From the excitement and smiles throughout the visit, it can be certain that everyone enjoyed their day onboard Winnipeg. Day sails are one of the many ways that the Royal Canadian Navy connects with the public, showcasing what life at sea is like. HMCS Winnipeg is currently conducting trials, working up to deploy on the Rim of Pacific (RIMPAC) Exercise and Op Projection next year.



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HMCS *Toronto* returns from Op REASSURANCE deployment

By Ryan Melanson,
Trident Staff

After a six-month deployment supporting NATO's mission in the Mediterranean, HMCS *Toronto* was welcomed back to Halifax on August 4 by hundreds of family members, friends and colleagues at HMC Dockyard.

The ship sailed on January 19 to join Standing NATO Maritime Group 2 (SNMG2) and begin a busy schedule of exercises, patrols and port visits along the Adriatic Sea, Mediterranean Sea, and Black Sea.

"We visited nine countries and we engaged with more than 13 nations to complete Op REASSURANCE. The mission was to reassure our allies of Canada's commitment to safety and security in Eastern Europe," said Cdr Martin Fluett, *Toronto's* Commanding Officer.

The NATO presence in the region is a response to Russian aggression, including the Russian annexation of Crimea in 2014. In support of these NATO measures, the RCN has consistently deployed a Halifax-class Frigate to the Mediterranean, with *Toronto* being the 11th rotation so far.

The ship ended its deployment by participating in the Bulgarian-led Exercise SEA BREEZE 2019, and also became the flagship of SNMG2, with the task group now under the Canadian command of Cmdr Josée Kurtz. *Toronto* left SNMG2 to return to Canada in mid-July, and HMCS *Halifax* officially became the new SNMG2 flagship on July 30.

The homecoming in Halifax meant plenty of happy reunions – with loved ones, kids and even a few pets waiting at the Dockyard for the crew to disembark. A special surprise also



HMCS Toronto returns from a 6-month deployment on Op REASSURANCE to its homeport of Halifax. Family members and friends filled the jetty to greet the ship's company upon arrival.

AVR RENZO RUIZ
HAAS, FIS

came from LS Nathan Durette, who was first off the ship and greeted his partner Alexandra with an engagement ring in hand. She said yes, of course, and the newly engaged couple, along with many other reunited fami-

lies, headed off for some quality time together.

HMCS *Halifax* will soon begin a crew swap before the ship prepares to sail again in 2020.

Nova Scotia's Highway of Heroes ride is August 24

By CPO2 Ben Broome,
FMF Cape Scott

This event is social in nature (not a fundraiser) and is not affiliated with the Highway of Heroes Bike Ride in support of Wounded Warriors taking place in Nova Scotia on August 24-25. This event is not sanctioned by the Canadian Armed Forces.

My name is Ben Broome and on behalf of my friend George Anthis, I have assisted him with promoting his thoughts for a Nova Scotia, Highway of Heroes tribute similar to that of Ontario.

The Highway of Heroes tribute will take place on Saturday, August 24. The starting point is the Value Village in Dartmouth at noon, and the route will be the Circ Highway to Highway 118 to 102. The end point is the Truro Power Centre.

George Anthis is a veteran of the Canadian Armed Forces and member of

the Veterans UN NATO group of Nova Scotia.

We are a social group of veterans and their families who gather to assist one another and our community.

We are routinely mistaken as a motorcycle or riding club but we only have about 20% of our group that are motorcycle enthusiasts.

The purpose of our group is to try and find our brothers and sisters in arms who may be suffering in isolation as many do, caused by the cumulative effects of numerous missions that have left them with a diagnosis of PTSD.

We simply want to get them out and show them a new desire for life by sharing time and events together. It can be an outing at a movie or simple coffee or just to meet on a park bench and watch the world go past knowing that we have the comfort of someone beside us who cares and understands.

A simple slogan that was recently created for a community outreach event

with the Halifax & Region MFRC was, "Saving lives through camaraderie."

Getting the word out so that those in seclusion will know there is a place for them to once again join the public in a sheltered protected way is why we are conducting the Nova Scotia rendition of Ontario's successful Highway of Heroes.

As George states, "The reason I wanted to do it here in Nova Scotia is because I have lost many friends due to conflict as well as PTSD."

I felt it was very important to emulate Ontario's successes as not everyone can make it to that event."

The inaugural run last year only included approximately 55 participants and this year it was decided to open it up to the Fire Services, HRM Police & RCMP, First Responders EMS and Corrections/Sheriff's department. Basically, anybody who deals with conflict on a daily basis and for the public as well who just want to show their respect and support.

The premise is very simple: show up at the starting point. There is no cost.

Refreshments will be available at the conclusion of the ride in Truro.

This event is open to all forms of transportation including cars, motorcycles, and trucks. If you can drive it, bring it. This is intended as an opportunity for Nova Scotians who want to show their support to all these varied services who are routinely placed in harm's way and witness to some horrific situations.

If you could spare an hour of your time to come out and show your community that you support them, then come enjoy the company and camaraderie of many people to whom you have yet to meet.

Come out and put a face to your Nova Scotian First Responder and Military team.

Come and join us as we start a new Nova Scotia tradition called The Highway of Heroes.



Change of command in HMCS *Glac Bay*

LCdr Owen Smith, (left), incoming Commanding Officer of HMCS Glac Bay, Capt(N) Matthew Bowen, (centre), Commanding Officer Sea Training Group, and LCdr Peter MacNeil, (right), outgoing Commanding Officer of HMCS Glac Bay, sign Change of Command documentation for HMCS Glac Bay on July 25, 2019.

PTE SARINA MCNEILL, FIS



CFB Halifax celebrates Natal Day

CFB Halifax celebrated Natal Day by dishing up a free pancake breakfast in the Hydrostone Market Park in the city's north end on Monday, August 5. Attendees were treated to pancakes and syrup, as well as a concert by the National Band of the Naval Reserve, and entertainment from Milo the Clown. Volunteers from CFB Halifax, the Canadian Naval Memorial Trust, and the Halifax & Region Military Family Resource Centre served the pancakes.



Under the direction of conductor, LCdr Kovacs, the National Band of the Naval Reserve performs during the pancake breakfast.
PTE SARINA MCNEILL, FIS/TRINITY



Base Chief CPO1 Kent Gregory (left), Milo the Clown, Halifax Mayor Mike Savage, and CFB Halifax Base Commander Capt(N) David Mazur prepare to serve the pancake breakfast in Hydrostone Market Park.
PTE SARINA MCNEILL, FIS/TRINITY



Military members serve breakfasts to citizens during the pancake breakfast on Natal Day, Monday July 5, 2019 at Hydrostone Market Park, Halifax.
PTE SARINA MCNEILL, FIS/TRINITY



Student receives NSNAC Bursary

Brianna Marie Allard of Mount Uniacke, NS, a graduate of Avon View High School in Windsor, NS, is the recipient of the Nova Scotia Naval Association of Canada (NSNAC) 2019 bursary. Dr Guy Chauvin, chair of the NSNAC bursary selection committee, was on hand to present a cheque when Brianna registered in the BA program at Dalhousie University. The bursary is awarded to a student with a naval connection. Brianna's grandfather is LCdr (ret'd) Bernard Allard, formerly of Halifax. Brianna has been active in cadets and assisting with the Royal Canadian Legion.

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CFB Halifax celebrates Pride Week 2019

CFB Halifax marked Pride Week 2019 with a flag raising ceremony on Thursday July 18, an inclusive prayer service on Friday July 19, and a large contingent of Defence Team personnel and their families, as well as the Stadacona Band of the Royal Canadian Navy, and a float in Halifax's Pride Parade on Saturday, July 20. This year's CFB Halifax float was decorated by members of the Positive Space Working Group, the Maritime Defence Pride Network and the Halifax & Region Military Family Resource Centre with support from Base Logistics' TEME unit. Many thanks to all who participated.

Defence Team members and their families patiently await the start of the Halifax Pride Parade on July 20 at HMC Dockyard.

CPL SIMON ARCAND, FIS



CFB Halifax Base Commander Capt(N) David Mazur, Base Chief CPO1 Kent Gregory and Maritime Defence Pride Network Champion Capt(N) David Benoit joined with a group of Defence Team members for an inclusive prayer service at the Stadacona Chapel on July 19. This service was held during the Halifax Pride Festival in honour of members and allies of the LGBTQ2+ community. Many thanks to Chaplain Gosse for her work putting together this service.

HALEY COTE, CFB HALIFAX PUBLIC AFFAIRS STUDENT



MS Shane Ritchot and CPO1 Wes Whitlock stop and smile for the camera as they walk with the CAF/Department of National Defence contingent at the Halifax Pride Parade.

AVR OLIVIA MAINVILLE, 12 WING IMAGING



Stadacona Band member PO2 Eric Sproule adds a pop of colour to the band's performance with his pink trumpet during the Halifax Pride Parade.

CPL SIMON ARCAND, FIS

TRIDENT Sports

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

Younger racers welcome at Navy 10K

By Ryan Melanson,
Trident Staff

The 34th annual Navy 10K is less than a week away, and hundreds of runners have already signed up for the 5 or 10-kilometre run through Halifax's North End. But that main race isn't the only run taking place on August 18 – younger members and friends of the defence community are encouraged to sign up for the 1.25k or 2.5k kids' run, which starts at 8 a.m. and follows a loop inside the Stadacona gates.

The short courses are a great way to get the little ones interested in running, and registration is only \$20. Parents are welcome to run alongside their kids for motivation. The 1.25k race is open to participants 10 and under, while the 2.5k is open to ages 5-14.

Time is also running out to register for the Navy 10K virtual run, which allows CAF members outside of Halifax to participate. While virtual runs can be completed after the Navy 10K, all requests and forms must be submitted by August 15. Contact Navy10KRun@gmail.com to register routes and completion dates for a virtual run.

The main event 5K and 10K races kick off at 9 a.m. on Gottingen Street, with presentations to the winners and draw prizes to follow outside the Naval Museum of Halifax. In addition to potential prizes, every runner will get their official race time from Atlantic Chip, along with a Navy 10K t-shirt and finishing medal. Registration is \$30 for CAF members and \$40 for civilians, and online registration will remain open until 11 p.m. on August 17. Registration will also take place in person on August 18 right up until the race begins, with an added \$5 fee for same-day registrations. To register now or find more information, visit cafconnection.ca/halifax/navy10k.



Members of HMCS Halifax go for a run during a recent port visit while deployed to Op REASSURANCE. Virtual Navy 10K run options for deployed CAF members are available until August 15.

CPL BRADEN TRUDEAU, FIS

Young racers participate in the kids' run prior to the main Navy 10K in 2018.

RYAN MELANSON, TRIDENT STAFF



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CFB Halifax women win slo-pitch gold

By Trident Staff

The CFB Halifax Mariners women's slo-pitch team won gold medals on home turf recently, emerging victorious after three days of competition in Eastern Passage.

The CAF Atlantic Regional Slo-pitch Championship was held from July 13-16 at Dennis Naugle and Bob Hilchie fields, and the women's side saw teams from CFB Halifax, 14 Wing

Greenwood and 5 CDSB Gagetown competing. The championship match pitted the Mariners against the Gagetown warriors, who were forced to settle for silver. The men's tournament included a four-team field of Halifax, Shearwater, Greenwood and Gagetown, with the finals played between the Greenwood Bombers, who took the gold, and the CFB Halifax Mariner's men's team, who won silver.



The CFB Halifax Mariners women's slo-pitch team pose with their gold medals from the CAF Atlantic Regional Championship on July 16.

PTE SARINE MCNEILL, FIS



The men's championship game was the Mariners and the Greenwood Bombers, PTE SARINE MCNEILL, FIS



The Mariners women took on Gagetown in the championship game. PTE SARINE MCNEILL, FIS

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

Using exercise as medicine: Lt(N) Dale Molenaar

By Ryan Melanson,
Trident Staff

After being diagnosed with multiple sclerosis in 2017 and suffering his first relapse from the neurological disease, Lt(N) Dale Molenaar found himself in poor health. His symptoms started with numbness in his arms and legs, and progressed to include balance and vision issues.

His diagnosis was closely followed by nine months of paternity leave, and by the time he returned to work at FMF Cape Scott in the fall of 2018, he knew he needed help.

"Things weren't going good. My balance and vision were still off and my confidence was totally shattered," he said.

"I didn't trust myself walking down the street without a cane."

He sought out professional help from the resources available to him as a CAF member, starting with Occupational Therapist Amanda Campbell and Dr. Alex Swift at CF Hlth Svcs C (A), who then referred Lt(N) Molenaar to the PSP Reconditioning Program. Targeted exercises got him moving again, and he was monitored to ensure measurable results were seen, including improvements to his balance, which began to restore confidence.

Lt(N) Molenaar's MS is the relapsing-remitting type, which means periods of remission offer a chance to build muscles and bounce back from



After being diagnosed with multiple sclerosis in 2017, Lt(N) Dale Molenaar used an exercise routine to regain strength and confidence.

RYAN MELANSON, TRIDENT STAFF

setbacks that occur while symptomatic. Without hard work and motivation, however, that can be very difficult.

"Exercise is very important to MS. Once I lose some sort of function, it's

tough to get it back. Going through rehab forced me to get exercising and go through some uncomfortable movements," he said.

"It wasn't necessarily that I couldn't

do it, but I was scared to do it."

Thanks to his work in the gym and the support of clinic and PSP staff, he was able to get back to a regular exercise routine and pass his most recent Force Test. The summer heat has made it hard to keep the same momentum, but he's still hitting the gym and getting out for walks or long bike rides.

Lt(N) Molenaar works as Deputy Marine Systems Engineering Officer at FMF, and said the support from his unit and chain of command has also been critical in allowing him to stay productive at work while also taking care of his health.

He emphasized the importance of the health care team he's assembled in Halifax, and should he suffer another health setback, said he'll feel more comfortable on the road to recovery.

"Getting confidence back and seeing the measurable improvements was the biggest part for me. I know I'm still battling this, and it's not going to go away, but I have to keep pushing through."

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

Fitness and sports updates

By Trident Staff

CFB Halifax men's and women's soccer teams are looking for players. Training runs 3-5 p.m. on Mondays and Wednesdays at the Harbour-East Turf in Burnside. Interested soccer enthusiasts are encouraged to join us on the field or contact halifaxmarinerssoccer@gmail.com (Men's) or archibaldk9@gmail.com (Women's) for further details.

The PO2 Craig Blake Memorial Fitness Challenge takes place on September 27 at MacDonald Beach.

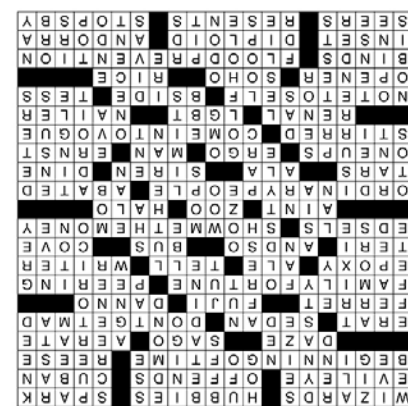
The CFB Halifax Walk takes place at 10:30 a.m. on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene at the STAD gardens in front of S-90 for a PSP led warm-up. The walk will take approx. 30 minutes and be approx. 2.5-3km,

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 Tri-

dents 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 Tridents Triathlon Club on Facebook.



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PO2 Lambert tops the fitness charts

By LS Emily Bellman,
Stadacona Band of the Royal Canadian Navy

The phrases “Going Gold” and “Going Platinum” have been used in the music industry for years to describe record-breaking album sales. On top of being a fantastic musician with the Stadacona Band of the Royal Canadian Navy, PO2 Courtney Lambert has her own gold and platinum records going for her, and only over the course of a few days. On July 4, PO2 Lambert scored platinum on the FORCE Operational Fitness Evaluation with an almost perfect score of 399/400, placing her in the top 1% of all Canadian Armed Forces members since the start of the FORCE Evaluation back in 2013. Just two days later she won a gold medal in the CAF Triathlon National Championships in Gatineau, QC.

“I feel very lucky to have the resources and support in my workplace to be able to prepare for a competition like this,” PO2 Lambert states. “I am so grateful for all the opportunities to participate in CAF national sports and completely surprised and ecstatic to have come away with a CAF gold medal!”



PO2 Courtney Lambert recently won a gold medal in the CAF Triathlon National Championship.

SUBMITTED

PO2 Lambert is a member of the Navy Tridents Triathlon Club, and her next race is with the MultiSport Canada triathlon series in Wasaga Beach at the end of August. For information on joining and competitions, contact club president Lt (N) Sam Kehler at Samuel.kehler@forces.gc.ca or search on Facebook for Navy Tridents Triathlon Club.

Team Atlantic takes silver at Ball Hockey Nationals

By Ryan Melanson,
Trident Staff

The Atlantic Region team recently brought home silver medals from the CAF National Ball Hockey Championship, falling 2-1 to the Quebec Region team from CFB Montreal in the championship game on July 26 at 8-Wing Trenton.

The Atlantic Team scored a 5-4 win over Cold Lake and a 3-2 win over Trenton in the round robin portion, with the eventual champions from Montreal handing them their only round robin loss. Another 2-1 win semi final over Cold Lake earned the team a spot in the championship game, where they once again fell to CFB Montreal.

While the Atlantic region was represented by 14 Wing Greenwood thanks to their earlier victory at CAF Ball Hockey Regionals, some of the team's pickups from Halifax were difference makers – hockey brothers LS Anton Manson and AB Triston Manson both picked up game MVP awards. The tournament MVP award for the Atlantic Region went to MCpl Pierre Poulin.

Following the final game, participants heard from MGen Sylvain



Team Atlantic MVP MCpl Pierre Poulin receives his award from MGen Sylvain Sirois after the finals of the CAF National Ball Hockey Championship on July 26.

SUBMITTED

Sirois, the CAF Patron for Ball Hockey, who congratulated the winners and emphasized the importance of sport as part of military life.

“Sports are very important in the Canadian Armed Forces and as generals it's something we take very seriously. Ball Hockey is no exception,” he said.

“Nationals is a great experience, and it's not only about fitness of the body, but also fitness of the mind and spirit.”



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Super Crossword

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ACROSS

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- 8

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- 15

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- 21

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- 22

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Call of dissent



12 Wing team completes the Nijmegen marches

The Nijmegen team from 12 Wing Shearwater recently completed the annual four-day marches known as Vierdaagse, in the Netherlands.

SUBMITTED

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