



# TRIDENT

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

## The Missing Man formation

*In a tribute to those lost in the recent Cyclone crash, Royal Canadian Air Force Snowbirds fly in a Missing Man formation over the 12 Wing Shearwater chapel on May 3, 2020.*

LS LAURANCE CLARKE, 12 WING OPERATIONS SUPPORT SQUADRON IMAGING







# Stad Band member raising cancer funds with handmade masks

By Ryan Melanson,  
Trident Staff

Inspired by her mother's battle against cancer, a member of the Stadacona Band has begun raising funds for the fight against the disease, while also helping others battle the COVID-19 pandemic.

PO2 Courtney Lambert has been sewing face masks at home with scrap fabric and other materials. Canadians have been advised that wearing these types of non-medical masks can be effective in reducing the spread of re-

spiratory droplets, leading to a lower chance of spreading viruses. PO2 Lambert also hopes that the increasing availability of fabric masks will help preserve the supply of medical-grade equipment for health-care workers and immunocompromised people like her mother, who's required to be at the hospital every second week for chemotherapy treatments.

"I've done a lot of sewing and quilting projects before, and it was actually my mother who taught me to sew and who sent me the pattern to start making these masks," PO2 Lambert said.

She put a call out to see if anyone was interested, got a big response, and the project took off from there. The masks are available to anyone who wants one, and while she has been suggesting donations toward her team in

*PO2 Lambert's project was inspired by her mother, Gay Lambert, who is currently undergoing chemotherapy treatment. Her hope is that access to homemade masks will help save clinical equipment for health-care workers and people with compromised immune systems.*

SUBMITTED



*An assortment of fabric facemasks sewed by PO2 Courtney Lambert.*

SUBMITTED

this fall's Ride for Cancer in Halifax, she said it's not a requirement.

Masks have so far gone to friends and colleagues, and she also dropped some off at Halifax Meals on Wheels, where she volunteers in her spare time.

"People who are in need of help still require meals during this climate, but understandably, people are worried. I wanted to make sure that these volunteers, the people who work there and the people receiving the meals feel safe and comfortable to continue volunteering and accepting meals," PO2 Lambert said.

She's made enough to begin running out of things like elastics for ear loops, but said she's had a number of people reach out and offer her more supplies, which has been heartwarming.

The goal is to help people stay safe while raising a bit of money for advancing cancer care and research. PO2 Lambert is part of the We are Family team for the Ride for Cancer, which is riding on behalf of all cancer patients and their families in Atlantic Canada, and her personal fundraising page can be found at <https://fundraise.your-rideforcancer.ca/fundraisers/courtn-eylambert/road-100km>.

As for her role with the Stad Band, where she plays the tuba, PO2 Lambert said current projects are focused on Battle of the Atlantic commemorations. With in-person ceremonies cancelled, the band has been working with Navy leadership to provide musical support for the virtual commemorations that are now planned.

"We're still here, working away at some projects and doing our practicing from home."

## A message from PSP Halifax Corporate Services

By PSP Halifax Corporate Services

The history of the Canadian Armed Forces (CAF) includes many chapters of challenge and struggle. Today, we share these challenges with all Canadians and citizens of the world as we help to slow the spread of COVID-19. Despite these circumstances, we commit to continuing to offer Canadian Forces Morale and Welfare Services to the brave women, men and families who make up our beloved CAF community. It is with great purpose and commitment, therefore, that we share this article with those we serve, as well as all those who make our programs and special events possible.

### A Special Note to Our Sponsors

As we work to deliver services and revise strategic plans, we do so mindful of how the COVID-19 pandemic is affecting those we serve, as well as the many stakeholders we depend upon.

We have the great privilege of working with a wide variety of businesses across many industries. Their generosity, commitment and involvement make our special events and programs possible for the Military Families we serve. Many of these relationships are longstanding and have become treasured friendships over the years. We think of the people that make up our sponsor relationships with fondness and concern. We look forward to a time when we can meet and collaborate once again on great events and programs, and we sincerely hope each and every one of you are in good health and spirit.

### Our Services Continue

Though physical distancing changes the way we work, our organization has embraced innovation and collaboration to continue to serve. Nowhere

is this better demonstrated than in our on-line fitness programming that is available daily at noon at [www.facebook.com/basehalifax](http://www.facebook.com/basehalifax). Physical activity is essential, especially during these challenging times, and we congratulate our Fitness Instructors and Marketing Team for their efforts! We also invite our sponsors to join us and log in to stay active.

### Special Event Date Changes

Our programs and special annual events, such as DND Family Days and the CFB Halifax Sports Recognition Breakfast, will continue to be impacted for the foreseeable future. It is reasonable to assume that all such events will be postponed until 2021. We sincerely thank our sponsors and stakeholders for their efforts to make these events a wonderful experience for those we serve. We look forward

to the day when we can announce the resumption of special events and programs.

### We Are (Still) Here For You

Thank you to all the sponsors and stakeholders who make it possible for us to create meaningful programs and special events for the Military Families we serve. Though we are working remotely, we remain available to you, and our work continues. Let us know how we can support you during this time.

Most importantly, we sincerely wish you and yours health and happiness during these challenging times. We will make it through, and will come out on the other side even stronger than before.





# HMCS *Ville de Québec* remains ready to respond

After a two-week period of isolation in a Halifax hotel to ensure their health and safety, the crew of HMCS *Ville de Québec* departed Halifax on April 16. They're now serving as the ready-duty ship, alongside HMCS *Moncton*, in anticipation of any potential taskings, including those that may involve OP LASER, the response to the COVID-19 pandemic. The ship has been sailing off of Nova Scotia, and will soon head towards Newfoundland and Labrador.



*Personnel conduct man overboard drills off the west coast of Nova Scotia on April 18.*  
MCPL ANTHONY LAVIOLETTE, FIS



*A CP-140 Aurora aircraft flies over HMCS Ville de Québec while the ship sails through the Bay of Fundy on April 22.*  
MCPL ANTHONY LAVIOLETTE, FIS



*The flight deck may not be the roomiest work-out space, but after two weeks of indoor isolation, crew members are happy to be exercising in the fresh air. Here, OS Matt Turple, right, and OS Francis Belanger-Murphy keep fit with a sparring session on April 20.*  
MCPL ANTHONY LAVIOLETTE, FIS



*Chaplain Lt(N) Corey Pickens leads a non-denominational faith reflection period in the Wardroom on April 19.*  
MCPL ANTHONY LAVIOLETTE, FIS



*Ville de Québec receives Avalanche, the CH-148 Cyclone helicopter, to complement and assist in the ship's future tasks. The helicopter arrived on April 17.*  
MCPL ANTHONY LAVIOLETTE, FIS



*Members of Ville de Québec prepare to slip the jetty and head to sea on April 16.*  
MCPL ANTHONY LAVIOLETTE, FIS



*The crew of HMCS Ville de Québec conducts boat drills while the ship sails in the Bay of Fundy on April 22.*  
MCPL ANTHONY LAVIOLETTE, FIS





Editor: Virginia Beaton  
editor@tridentnews.ca  
(902) 427-4235

Journalist: Ryan Melanson  
reporter@tridentnews.ca  
(902) 427-4231

Editorial Advisor: Margaret Conway  
margaret.conway@forces.gc.ca  
902-721-0560

[www.tridentnewspaper.com](http://www.tridentnewspaper.com)

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Le Trident est une publication militaire autorisée par le contre-amiral Craig Baines, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

**Annual Subscription (25 issues):**  
• NS: \$37.38 (\$32.50 + 15 % HST)  
• ON, NB & Nfld: \$36.73 (\$32.50 + 13% HST)  
• BC: \$36.40 (\$32.50 + 12% HST)  
• Remainder of Canada:  
\$34.13 (\$32.50 + GST)  
• United States: \$45 US  
• Abroad: \$65 US

**Courier address:**  
2740 Barrington Street,  
Halifax, N.S.  
B3K 5X5

Publication Mail Agreement No.  
40023785

Return undelivered Canadian address to:  
Trident Newspaper Bldg. S-93  
PO Box 99000  
Station Forces, Halifax, NS B3K 5X5  
Return Postage Guaranteed  
ISN 0025-3413

Circulation: Minimum 8,500

# Base marks Day of Mourning for workers

By Ryan Melanson,  
Trident Staff

The National Day of Mourning in Canada is held each year on April 28, and serves as a day to remember those who have died or suffered injury or illness due to a work-related event.

A ceremony in Halifax is typically held at Province house and attended by local RCN leadership, but with all large gatherings cancelled for the near future, this year's Day of Mourning was marked virtually.

CFB Halifax Base Commander Capt(N) David Mazur and Base Chief CPO1 Kent Gregory encouraged members of the defence community to light a candle at home at 11 a.m. on the day, as they each did, to remember those who have lost their lives.

"This day is very poignant this year, in the era of COVID-19, when we are relying heavily on essential, emergency, and core services, and the people that provide those services to us day in and day out," Capt(N) Mazur said in a message to the base team.

"Today, CFB Halifax remembers, and we commit to ensuring our workplace health and safety remains at the forefront of all we do."

The Day of Mourning also comes on the heels of the tragic murder of 22 Nova Scotians on April 18 and 19 – during the Nova Scotia Federation of Labour's online ceremony, President Danny Cavanagh said those innocent victims are also being mourned, alongside the 22 Nova Scotians who lost their lives due to work-related reasons in 2019. He noted that more than 20,000 workers have died on the job or because of their job in Canada over the last two decades. He encouraged everyone to pause and take a moment of silence to honour them.

"Many of these deaths are preventable, and more work remains with our employers, unions, workers and other health and safety partners. We can continue to work to ensure every worker returns home at the end of the day safe and sound," Cavanagh said.

*CFB Halifax Base Commander Capt(N) David Mazur observes the National Day of Mourning from his home on April 28.*

CFB HALIFAX PA



## HMCS Moncton participates in Op LASER

*On April 16, 2020, HMCS Moncton departed HMC Dockyard Halifax and headed to sea to be prepared to support Op LASER, the Canadian Armed Forces' response to the COVID-19 pandemic. The ship will remain in Nova Scotia waters where our sailors stand ready to assist Canadians as required.*

MONA GHIZ, MARLANT PUBLIC AFFAIRS





# A message from the CFB Halifax Base Commander regarding work arrangements beyond April 30, 2020

By Capt(N) David Mazur, CFB Halifax Base Commander

To our local Defence family: **Please note that CFB Halifax will be maintaining core and critical services beyond April 30, 2020, and until further notice, in response to the COVID-19 pandemic.**

First, I wish to express my great sadness and condolences to the families, friends and colleagues of the victims of the tragic events that unfolded in our beloved province on April 18-19. My heart goes out to all who have been impacted by this devastating loss of life, including our sisters and brothers in arms within the RCMP family who are mourning a fallen comrade. This tragedy is amplified by physical distancing protocols, as mourning in isolation hinders our ability to find solace in communal healing. That being said, it is heartwarming to see that communities near and far have found creative, virtual ways of honouring the fallen and celebrating their lives.

For anyone touched by this tragedy or suffering during this particularly difficult time, please seek whatever support you need. To our members, please remember that resources—such as our Base Chaplains, the EAP Program, mental health crisis lines and much more—are available 24/7. You are not alone.

Secondly, **CFB Halifax will be maintaining core and critical services beyond April 30, 2020, in response to the COVID-19 pandemic.** This means that we are now entering a third month in this posture, which is not without its own challenges. While much effort has gone into mitigating the spread of COVID-19 within our local Defence Team and the larger community, our Base team must continue protecting its capability to support RCN and CAF operations at home and abroad. Here at home, we are maintaining a capacity to assist with future government and community Requests for Assistance (RFAs) under OP LASER (pandemic response) and OP LENTUS (natural disaster response) as part of Joint Task Force Atlantic.

Since mid-March, the vast majority of our workforce has been working from home whenever and wherever possible. By working from home, you are ensuring that our Defence Team remains healthy and ready to serve if called upon. This is important work that cannot—and does not—go unnoticed. Moreover, with ongoing school and daycare closures, many of you working from home are also responsible for educating and caring for your children full-time. Some of you are also taking care of parents or other family members. I understand that these realities add more stress and complexity to an already difficult situation, and that you are all doing your best to navigate this new work/life balance. **Keep moving forward, and remember to treat yourself kindly.**

While the majority of our Defence Team is working from home, let's not forget those members working across the Base maintaining the delivery of core and critical services. A dedicated group of friends and colleagues across our branches, lodger units and the larger Formation continue reporting to work in order to support core and critical business and operations. I want to assure everyone, especially those coming to work at the Base, that the Formation has a very vigorous Health and Wellness program that is continuously monitoring the situation. We have enhanced cleaning, response and mitigation protocols established, and both unit Command Teams and labour leadership are keeping the health and safety of our Defence Team at the forefront of everything we do. Specific to core and critical services available on Base, we have consolidated many of these services as part of a new Base Services Directory ([rb.gy/gtghlf](http://rb.gy/gtghlf)) so that you, our members, can easily access important information and resources.

As this pandemic evolves and more information becomes available, the MARLANT Safety and Environment team has been consistently issuing updates and guidelines to help mitigate risk of exposure when conducting core business and to keep our workplaces clean. From enhanced cleaning routines to strict personal protection measures, the Base is enacting proactive and preventative operating procedures to keep our work environments as safe as possible. Let's not forget, however, that we all have our part to play in helping to crush the curve. For more information regarding protecting yourself and others, please visit [canada.ca/coronavirus](http://canada.ca/coronavirus). You can also watch this helpful video on keeping your workplace (and homes) clean, compliments of Canadian Forces Health Services Centre (Atlantic). (<https://www.facebook.com/1257597104272024/videos/895549867575780/>).

Finally, these are unprecedented times and we cannot thank our community enough for everything that you do. Bravo Zulu to our entire Base Team, to lodger units across the Formation and to all the frontliners for your ongoing commitment, support and service. Thank you to the entire Defence Team for your hard work, flexibility and professionalism. Seeing how you have all risen to the occasion at a very uncertain time makes me incredibly proud and honoured to be your Base Commander.

**We are all in this together. We are Nova Scotia Strong.**

Stay connected, stay safe and stay well.

# Message du commandant de la BFC Halifax au sujet des modalités de travail après le 30 avril 2020

Par Capitaine de vaisseau David Mazur, Commandant de la BFC Halifax

**À notre famille de la Défense locale : Veuillez noter que la BFC Halifax continuera d'assurer uniquement les services essentiels après le 30 avril 2020, et ce, jusqu'à nouvel ordre, en réponse à la pandémie de COVID-19.**

D'abord, je tiens à exprimer mon grand chagrin et mes condoléances aux familles, amis et collègues des victimes de la tragédie qui a eu lieu dans notre province bien-aimée les 18 et 19 avril. Je suis de tout cœur avec tous ceux qui ont été touchés par cette douloureuse épreuve, y compris nos sœurs et nos frères d'armes de la famille de la GRC qui pleurent le départ de leur collègue. Cette tragédie est d'autant plus exacerbée par les mesures de distance physique, puisque le deuil dans l'isolement exclut la possibilité de trouver du réconfort en milieu communautaire. Néanmoins, je dois dire que je trouve très touchant de constater à quel point les collectivités de près et de loin font preuve de créativité pour rendre hommage de façon virtuelle aux personnes disparues et célébrer leur vie.

J'encourage toute personne affectée par cette tragédie ou par cette période particulièrement difficile à demander l'aide dont elle a besoin. À nos militaires, n'oubliez pas qu'il existe des ressources 24 heures sur 24, 7 jours sur 7. Vous pouvez notamment faire appel aux aumôniers de la base, au PAE, aux lignes d'urgence en santé mentale et bien plus encore. Vous n'êtes pas seul.

Ensuite, la BFC Halifax continuera d'offrir uniquement les services essentiels après le 30 avril 2020, en réponse à la pandémie de COVID-19. Cela signifie que nous entreprenons un troisième mois dans cette situation, ce qui n'est pas sans sa part de difficultés. Bien que de nombreux efforts aient été déployés pour freiner la propagation de la COVID-19 au sein de notre Équipe de la Défense locale et dans l'ensemble de la région, l'équipe de la base doit continuer à protéger sa capacité à soutenir les opérations de la MRC et des FAC au pays et à l'étranger. Au pays, nous maintenons une capacité d'assistance pour toute demande d'aide des gouvernements et des collectivités dans le cadre de l'Op LASER (intervention dans le cas d'une pandémie) et de l'Op LENTUS (intervention en cas de catastrophe naturelle) dans le cadre de la Force opérationnelle interarmées de l'Atlantique.

Depuis la mi-mars, la grande majorité de notre personnel travaille à domicile chaque fois que cela est possible. En faisant du télétravail à domicile, vous contribuez à faire en sorte que notre Équipe de la Défense reste en bonne santé et prête à servir si on lui demande. C'est un travail important qui ne doit pas passer inaperçu, et qui ne passe pas inaperçu. De plus, avec la fermeture des écoles et des garderies, nombre d'entre vous qui travaillez à domicile sont également chargés de l'éducation et de la garde de vos enfants à plein temps. Certains d'entre vous s'occupent également de leurs parents ou d'autres membres de la famille. Je comprends que ces réalités augmentent le stress et la complexité d'une situation déjà difficile, et que vous faites tous de votre mieux pour essayer de trouver un nouvel équilibre entre votre vie professionnelle et votre vie privée.

Continuez sur cette voie, et n'oubliez pas de prendre soin de vous.

Bien que la majorité de notre Équipe de la Défense travaille à domicile, n'oublions pas ceux qui travaillent à la base et qui assurent la prestation des services essentiels. Un groupe d'amis et de collègues dévoués dans nos différents services, unités hébergées et au sein de la formation élargie continuent de se rendre sur place pour soutenir les activités et opérations essentielles. Je tiens à vous assurer à tous, en particulier à ceux qui viennent travailler à la base, que la formation dispose d'un programme de santé et de bien-être très actif qui suit de très près la situation. Nous avons amélioré les protocoles de nettoyage, d'intervention et d'atténuation des risques, et les équipes de commandement des unités et les responsables du travail gardent la santé et la sécurité de notre équipe de défense au premier plan dans tout ce que nous faisons. En ce qui concerne les services essentiels offerts à la base, nous avons consolidé un grand nombre de ces services dans le cadre d'un annuaire des services de la base ([rb.gy/gtghlf](http://rb.gy/gtghlf)) afin que vous puissiez, en tant que membres, accéder facilement aux informations et ressources importantes.

Au fur et à mesure qu'évolue cette pandémie et que de plus en plus d'informations sont disponibles, l'équipe Sécurité et environnement des FMAR(A) publie régulièrement des mises à jour et des directives pour aider à réduire les risques d'exposition dans le cadre de nos activités principales et pour maintenir la propreté de nos lieux de travail. Des procédures de nettoyage améliorées aux mesures rigoureuses de protection personnelle, la base adopte des procédures opérationnelles proactives et préventives pour maintenir nos milieux de travail aussi sûrs que possible. N'oublions pas, cependant, que nous avons tous notre rôle à jouer pour aider à écraser la courbe. Pour plus d'informations sur la façon de vous protéger et de protéger les autres, veuillez consulter le site [canada.ca/lecoronavirus](http://canada.ca/lecoronavirus). Vous pouvez également regarder cette vidéo utile sur la façon de garder votre lieu de travail (et votre maison) propre, gracieusement offerte par le Centre des Services de santé des Forces canadiennes (Atlantique). (<https://www.facebook.com/1257597104272024/videos/895549867575780/>).

Enfin, nous traversons une situation sans précédent et nous ne saurions trop remercier notre communauté pour les efforts de chacun. Bravo Zulu à toute notre équipe de la base, aux unités hébergées dans toute la formation et à tous les intervenants de première ligne pour votre engagement, votre soutien et votre service continus. Merci à toute l'Équipe de la Défense pour votre travail acharné, votre flexibilité et votre professionnalisme. En voyant comment vous vous êtes tous montrés à la hauteur de la situation à un moment très incertain, je suis profondément fier et honoré d'être le commandant de votre base.

**Nous sommes tous solidaires. Nous sommes la force de la Nouvelle-Écosse.**

Restez en contact, restez en sécurité et restez en bonne santé.





# CFB HALIFAX SERVICE LEVEL UPDATE

## BASE SERVICES DIRECTORY

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### BASE ADMINISTRATION

#### BASE ORDERLY ROOM (BOR)

Effective Monday, 20 April, 2020, the BORS for Stadacona, Shearwater and Naval Reserve Coordination Center (NRCC) will serve members by appointment only.

**Hours of operation:**  
Mondays, Wednesdays and Fridays, 0800-1200

**Book an appointment:**  
BOR Stadacona Duty Clerk: 902-476-5528  
BOR Shearwater Duty Clerk: 902-943-0519  
NRCC: 902-943-2342

For any pay emergency, please call the appropriate duty clerk.

#### BASE ACCOMMODATIONS

All accommodations issues can be directed to CPO2 Sousa at 902-721-0209 or Joe.Sousa@forces.gc.ca. During silent hours or on weekends, please call 902-717-1803.

#### BASE PERSONNEL SELECTION OFFICE

ILP (Individual Learning Plan) questions/claims, and ULO (University Liaison Officer) students to email: ulohalifax@gmail.com

BPSO (Transition, Education, Career counselling, Programs) email: bpsocfbhalifax@gmail.com

BPSO appointment request forms are to be sent to bpsocfbhalifax@gmail.com and PSOHalifax@forces.gc.ca

Main office phone: 902-721-8150. Voicemails will be answered within two business days.

#### BASE DINING FACILITIES

**Warrior and Juno Tower**  
Monday to Friday (Take out only)

Breakfast	0630-0800
Lunch	1130-1300
Supper	1630-1830

Weekends and Statutory Holidays (Take out only)

Breakfast	0700-1030
Brunch	1130-1300
Supper	1630-1830

**New Wave Café**  
Open 0700-1400 daily. Take out only.

#### HG&E (HOUSEHOLD GOODS & EFFECTS)

Contact: 902-483-1614

### BASE CONFERENCE SERVICES

Halifax Officers' Mess management available by email during regular office hours.

**Halifax Officers' Mess Manager**  
Contact for miscellaneous inquiries and Mess administration questions.  
Zwicker.Caitlin@cfmws.com

**Wardroom Function Coordinator**  
Durand.rick@gmail.com

**RA Park Function Coordinator**  
RAParkevents@gmail.com

**Chiefs' & Petty Officers' Mess Manager**  
Available via email during regular office hours.  
Lockhart.Rob@cfmws.com

### BASE COMPTROLLER

Claims, Cashier: Mondays, Wednesdays and Fridays, 0730-1100. By appointment only.

**R&D Claims**  
Email: hfxbcomptrandd@forces.gc.ca  
Tel: 902-721-0332

**Cashier Office & RGDF**  
Email: HFXCASHIER@intern.mil.ca  
Tel: 902-721-8171

**Accounts Payable**  
Regular working hours - working remotely.  
Email: hfxaccountspayable@forces.gc.ca

### BASE LOGISTICS

#### CLOTHING STORES

Monday to Friday, 0800-1600, by appointment only in buildings SH30 and D206.

For appointments, please call 902-717-3139 or email Sherri.Lewis@forces.gc.ca.

#### MOVEMENT/TRANSPORT, INCLUDING UNACCOMPANIED BAGGAGE

Building D206: 0730-1600, Monday to Friday  
Contact: 902-427-1462 or 902-427-1435

Building SH30: 0730-1600 Monday to Friday  
Contact: 902-427-1462 or 902-427-1435

#### DND 404

In accordance with national policy, an expired DND 404 will remain valid until further notice, therefore the 404 service counter will remain closed at this time.

### BASE INFORMATION SERVICES

The Base Information Services Help Desk is now available seven days a week, 0730-1600.

Please submit requests through one of these methods:

**Voice message:** Dial 902-427-1515. Your call will be answered by a service desk agent.

**Online:** Clients who have access to a DWAN system can log a ticket through the EITSM Gateway <https://eitsm-gstie.forces.mil.ca/web/hfx/>, by selecting the link for Self-Service Portal <http://assyst.forces.mil.ca/assystnet/>.

**Email:** Clients who do not have access to DWAN can send a message to the SMC HFX Service Desk mailbox, at SMCHFXServiceDesk@forces.gc.ca.

### BASE STUDENT SERVICES

The CFB Halifax Student Services Coordinator is available remotely, Monday to Friday, 0800-1600. DND-BESStudentSvc@forces.gc.ca

### EMERGENCY SERVICES

Base Fire Department Emergency Contact: 902-427-3333

Dockyard Fire Hall Non-Emergency Contact: 902-427-3500

CFAD Fire Hall Non-Emergency Contact: 902-427-0646

Military Police Unit Halifax  
General Contact: 902-722-4445  
Emergency Contact: 902-722-4444 or 911

### PSP HALIFAX

Fitness and Sports - Inquires or Services  
Halifax - Ashley.Stewart@forces.gc.ca  
12 Wing - Jason.Price@forces.gc.ca

**PSP Reconditioning Program**  
Kerianne.Willigar@forces.gc.ca

**Health Promotion Services**  
Samantha.Noseworthy@forces.gc.ca

**PSP Recreation**  
Matthew.MacKenzie@forces.gc.ca

All other PSP inquiries  
Mike.Almond@forces.gc.ca





## CFB HALIFAX SERVICE LEVEL UPDATE

# BASE SERVICES DIRECTORY

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### MEDICAL SERVICES

Both Halifax and Shearwater clinics will be operating out of one door in order to maintain positive control. The main entrance will be the only point of entry. Handwashing is mandatory upon arrival.

#### COVID-19 CONCERNS

If you believe you've been exposed to COVID-19, please contact your Duty PCN Monday to Friday between 0730 and 1530. Duty PCN contact details can be found in the Mental Health Services section below.

After hours/on weekends, please contact the provincial nursing line (811). If you are swabbed by Nova Scotia Health Services after hours, please notify the Duty PCN the following morning for tracking purposes.

#### SICK PARADE

Sick Parade is at reduced capacity until further notice. CFB Halifax members should call 902-721-0537 or 902-721-8794 to discuss your needs and book an appointment. 12 Wing members should call 902-720-2006.

#### BOOKED APPOINTMENTS

If your previously scheduled appointment is urgent/time sensitive (including deployment screenings, OUTCAN screenings, or operationally required PHAs) you may book an appointment.

CFB Halifax members: 902-721-0537 | 902-721-8794  
12 Wing Shearwater members: 902-720-2006

#### MENTAL HEALTH SERVICES

Mental Health Services are available for CFB Halifax and 12 Wing Shearwater patients.

Book an appointment: 902-721-8012

For acute concerns during working hours, contact the appropriate Duty PCN listed below or after hours report to a local emergency department.

Halifax Triage/Appointment PCN: 902-721-0537  
Halifax Treatment Room: 902-721-8794  
Shearwater Triage/Appointment PCN: 902-720-2006  
After Hours Duty PCN: 902-402-6832

#### PHARMACY

The pharmacies in Halifax and Shearwater remain open from 0730-1530. Please allow 24-48 hours for processing of refills before coming to the clinic.

CFB Halifax Pharmacy refill line: 902-721-8755  
To speak to a pharmacist: 902-721-8757  
12 Wing Shearwater Pharmacy refill line: 902-720-1562  
To speak to a pharmacist: 902-720-1983

### DENTAL SERVICES

Urgent/emergency dental treatment and time-sensitive screenings only at Stadacona clinic. Shearwater clinic remains closed. Please call to schedule appointments. Hours of operation: 0730-1530

Daytime reception: 902-721-8960  
After hours emergency: 902-499-4133 (Duty Dentist) or 902-499-6346 (Duty Dent Tech)

### CAF TRANSITION CENTRE

CAF Transition Centre Halifax is closed to walk-in services, however members can receive assistance by appointment.

Hours of operation:  
Monday to Thursday, 0730-1530  
Fridays, 0730-1200

General inquiries: 902-722-1908

### CHAPLAIN SERVICES

For support during regular, daytime working hours, please call 902-721-8660.

During silent hours and on weekends, the Duty Chaplain can be reached via the MFRC Admin Support Team (AST) at 902-427-7788.

### COUNSELLING SERVICES

#### 1-800 NUMBERS

EAP/Health Canada Employee Assistance Services:  
1-800-268-7708 or 1-800-567-5803 (hearing impaired)  
Family Information Line: 1-800-866-4546  
CAF Member Assistance Program: 1-800-268-7708  
VAC Assistance Service: 1-800-268-7708

### HALIFAX & REGION MFRC

All H&R MFRC sites are closed until further notice, however many services are being offered remotely.

24/7 information line: 902-427-7788  
Website: [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca)

### CIVILIAN HR

Download the HR GO RH App to find critical human resources information for public service managers and DND employees.

### FLEET MAIL OFFICE

The Fleet Mail Office (FMO) is open Monday to Friday, 0700-1130. All services are being offered, however staffing levels may affect service and processing timelines.

FMO Contact: 902-427-6682 or 902-427-0272.  
A duty clerk is available 24/7 for emergencies at 902-476-5180.

#### Morale mail handling

The FMO has made changes to the way that it handles morale mail as a result of the MFRC closing, and in view of the fact that it cannot allow civilian customers access to the FMO to drop off morale mail.

#### Admiral's Gate

Anyone without HMC Dockyard access can drop off morale mail Tuesdays and Thursdays, 0900-1000, in the parking lot above Admiral's gate. A postal clerk wearing appropriate PPE will be on-site in a van to receive your mail.

#### Warrior Block

There is a table set up at Warrior Block to accept morale mail every Monday from 1000-1500. Juno tower accepts packages as well.

The FMO still accepts morale mail during working hours at the office for those who have access to HMC Dockyard.

### SISIP

The SISIP Halifax office is temporarily closed, however SISIP staff are fully prepared to assist members remotely via email or telephone.

For assistance, please contact SISIP Halifax at 902-717-3518 or 902-425-6926 between the hours of 0800 and 1600 Monday to Friday.

Alternatively, members can contact the SISIP Financial Customer Support line at 1-800-267-6881 or visit the SISIP website at [www.sisip.com](http://www.sisip.com).

### SOCIAL MEDIA

#### CFB HALIFAX

Facebook: @BaseHalifax  
Twitter: @CFBHalifax  
Instagram: @bfchalifax\_cfbhalifax





## LE POINT SUR LES NIVEAUX DE SERVICE DE LA BFC HALIFAX

# ANNUAIRES DES SERVICES DE LA BASE

LE 23 AVRIL 2020 | PAGE 1/2

### ADMINISTRATION DE LA BASE

#### SALLE DES RAPPORTS (SR) DE LA BASE

À compter du lundi 20 avril 2020, les salles des rapports de Stadacona, de Shearwater et du Centre de coordination de la Réserve navale offriront des services sur rendez-vous seulement. Heures d'ouverture : les lundis, mercredis et vendredis, de 8 h à 12 h.

Commis de service de la SR de Stadacona :  
902-476-5528

Commis de service de la SR de Shearwater :  
902-943-0519

Centre de coordination de la Réserve navale :  
902-943-2342

Pour toute urgence touchant la solde, veuillez communiquer avec le commis de service responsable.

#### SERVICE DU LOGEMENT DE LA BASE

Pour toute question touchant les logements, communiquez avec le PM 2 Sousa au 902-721-0209 ou à l'adresse Joe.Sousa@forces.gc.ca. Après les heures de travail ou les fins de semaine, composez le 902-717-1803.

#### BUREAU DE SÉLECTION DU PERSONNEL DE LA BASE (OSPB)

Pour les questions/demandes relatives aux plans d'apprentissage individuels, et pour les étudiants relevant de l'officier de liaison – université : ulohalifax@gmail.com

OSPB (transition, éducation, orientation professionnelle, programmes) : bpsocfbhalifax@gmail.com

Les formulaires de demande de rendez-vous avec l'OSPB doivent être envoyés aux adresses bpsocfbhalifax@gmail.com et PSOHalifax@forces.gc.ca

Téléphone du bureau principal : 902-721-8150. Vous recevrez une réponse à votre message téléphonique dans un délai de deux jours ouvrables.

#### SERVICES DE RESTAURATION

Heures de repas du Pavillon Warrior et de la tour Juno du lundi au vendredi (à emporter seulement)

Déjeuner : 6 h 30 à 8 h  
Dîner : 11 h 30 à 13 h  
Souper : 16 h 30 à 18 h 30

Heures de repas du Pavillon Warrior et de la tour Juno les fins de semaine et jours fériés (à emporter seulement)

Déjeuner : 7 h à 10 h 30  
Brunch : 11 h 30 à 13 h  
Souper : 16 h 30 à 18 h 30

Sous réserve de modifications.

New Wave Café  
Ouvert tous les jours de 7 h à 14 h. Commandes à emporter seulement.

#### ARTICLES DE MÉNAGE ET EFFETS PERSONNELS

Veuillez communiquer avec Maureen O'Ball au 902-483-1614.

### SERVICES DE CONFÉRENCE DE LA BASE

Il est possible de joindre la direction du mess des officiers d'Halifax par courriel durant les heures normales de bureau.

Gestionnaire du mess des officiers d'Halifax  
Il répond aux diverses demandes de renseignements et aux questions sur l'administration du mess.  
Zwicker.Caitlin@cfmws.com

Coordonnateur du carré des officiers  
Durand.rick@gmail.com

Coordonnateur du parc AR  
RAParkevents@gmail.com

Gestionnaire du mess des officiers marinières  
Il est possible de le joindre par courriel durant les heures normales de bureau.  
Lockhart.Rob@cfmws.com

### CONTRÔLEUR DE LA BASE

Demandes de remboursement, caissier :

Les lundis, mercredis et vendredis, de 7 h 30 à 11 h.  
Sur rendez-vous seulement.

Arrivées et départs/Réclamations  
Courriel : hfxbcomprandd@forces.gc.ca  
Tél. : 902-721-0332

Bureau du caissier et SDRG (Service de dépôt du receveur général)  
Courriel : HFXCASHIER@intern.mil.ca  
Tél. : 902-721-8171

Comptes payables – heures de travail normales – travail à distance. hfxaccountspayable@forces.gc.ca

### LOGISTIQUE DE LA BASE

#### MAGASINS D'HABILLEMENT

Du lundi au vendredi, de 8 h à 16 h, sur rendez-vous seulement, dans les bâtiments SH30 et D206.

Pour prendre rendez-vous, veuillez composer le 902-717-3139 ou envoyer un courriel à l'adresse Sherri.Lewis@forces.gc.ca.

#### DÉPLACEMENTS / TRANSPORT, Y COMPRIS LES BAGAGES NON ACCOMPAGNÉS

Bâtiment D206 : De 7 h 30 à 16 h, du lundi au vendredi : 902-427-1462 ou 902-427-1435

Bâtiment SH30 : De 7 h 30 à 16 h, du lundi au vendredi : 902-427-1462 ou 902-427-1435

#### DND 404

Délivrance de permis (DND 404) : Conformément aux politiques nationales, un permis DND 404 expiré demeure valable jusqu'à nouvel ordre. Le comptoir de service des DND 404 restera donc fermé pour le moment.

### SERVICES D'INFORMATION DE LA BASE

Le bureau de dépannage des Services d'information de la base est désormais ouvert sept jours sur sept de 7 h 30 à 16 h. Veuillez envoyer vos demandes à l'aide de l'une des trois méthodes ci-dessous :

Message vocal : Composez le 902-427-1515. Votre appel sera pris en charge par un agent du bureau de dépannage.

En ligne : Les clients qui n'ont pas accès au RED peuvent ouvrir un dossier au moyen de la passerelle du GSTIE (<https://eitsm-gstie.forces.mil.ca/web/hfx/>) en cliquant sur le lien du portail libre-service suivant : <http://assyst.forces.mil.ca/assystnet/>

Courriel : Les clients qui n'ont pas accès au RED peuvent envoyer un message au bureau de dépannage SMC HFX à l'adresse SMCHFXServiceDesk@forces.gc.ca.

### SERVICES AUX ÉTUDIANTS DE LA BFC HALIFAX

La coordonnatrice des services aux étudiants de la BFC Halifax travaille à distance, du lundi au vendredi, de 8 h à 16 h.

DND-BESStudentSvc@forces.gc.ca

### SERVICES D'URGENCE

Numéro d'urgence du Service d'incendie de la base : 902-427-3333

Caserne d'incendie de l'arsenal, sauf cas d'urgence : 902-427-3500

Caserne d'incendie du DMFC, sauf cas d'urgence : 902-427-0646

Unité de police militaire (Halifax)  
Appels non urgents : 902-722-4445  
Appels urgents : 902-722-4444/911

### PSP HALIFAX

Conditionnement physique et sports – Renseignements ou services :  
Halifax : Ashley.Stewart@forces.gc.ca  
12e Escadre : Jason.Price@forces.gc.ca

Programme de reconditionnement des PSP  
Kerianne.Willigar@forces.gc.ca

Services de promotion de la santé  
Samantha.Noseworthy@forces.gc.ca

Loisirs des PSP  
Matthew.MacKenzie@forces.gc.ca

Pour toute autre question sur les PSP  
Mike.Almond@forces.gc.ca





## LE POINT SUR LES NIVEAUX DE SERVICE DE LA BFC HALIFAX

# ANNUAIRES DES SERVICES DE LA BASE

LE 23 AVRIL 2020 | PAGE 2/2

### SERVICES MÉDICAUX

L'accès aux cliniques d'Halifax et de Shearwater se fera à partir d'une porte unique, celle de l'entrée principale, dans le but d'assurer un contrôle positif. Le lavage des mains est obligatoire à l'arrivée.

#### CRAINTES RELATIVES À LA COVID-19

Si vous pensez avoir été exposé à la COVID-19, veuillez communiquer avec votre ISP de service du lundi au vendredi, de 7 h 30 à 15 h 30. Les coordonnées des ISP de service se trouvent ci-dessous dans la section des Services de santé mentale. Après les heures et les fins de semaine, veuillez composer le numéro de la ligne provinciale de soins infirmiers (811). Si vous êtes testé par les services de santé de la Nouvelle-Écosse en dehors des heures de bureau, veuillez en informer l'ISP de service le jour suivant à des fins de suivi.

#### REVUE DES MALADES

Fonctionnement à capacité réduite de la revue des malades jusqu'à nouvel ordre. Les membres de la BFC Halifax doivent composer le 902-721-0537 pour discuter de leurs besoins et prendre un rendez-vous. Les membres de la 12e Escadre doivent composer le 902-720-2006.

#### RENDEZ-VOUS FIXÉS

Si vous avez un rendez-vous urgent prévu (ex., tests de dépistage liés aux déploiements et aux affections à l'extérieur du Canada, ou examens médicaux périodiques requis pour des besoins opérationnels), vous pouvez composer l'un ou l'autre des numéros suivants pour prendre rendez-vous :

Membres de la BFC Halifax : 902-721-0537/901-721-8794

Membres de la 12e Escadre Shearwater : 902-720-2006

#### SERVICES DE SANTÉ MENTALE

Ces services seront offerts aux patients de la BFC Halifax et de la 12e Escadre Shearwater. Pour les rendez-vous : 902-721-8012.

En cas de malaise aigu pendant les heures de travail, veuillez communiquer avec l'ISP de service (voir la liste ci-dessous). En dehors des heures de travail, veuillez vous rendre à votre service d'urgence.

ISP – triage/rendez-vous (Halifax) : 902-721-0537  
Salle de traitement (Halifax) : 902-721-8794  
ISP – triage/rendez-vous (Shearwater) : 902-720-2006  
ISP de service après les heures : 902-402-6832

#### PHARMACIE

Les pharmacies d'Halifax et de Shearwater demeurent ouvertes de 7 h 30 à 15 h 30. Veuillez prévoir un délai de 24 à 48 heures pour le traitement des demandes de renouvellement avant d'aller à la clinique.

Pour renouveler des ordonnances à la pharmacie de la BFC Halifax : 902-721-8755  
Pour parler au pharmacien : 902-721-8757

Pour renouveler des ordonnances à la pharmacie de la 12e Escadre : 902-720-1562  
Pour parler au pharmacien : 902-720-1983

### SERVICE DENTAIRE

Les soins dentaires et les dépistages urgents ne peuvent être effectués qu'à la clinique de Stadacona. La clinique de Shearwater reste fermée. Veuillez appeler pour prendre rendez-vous.  
Heures d'ouverture : de 7 h 30 à 15 h 30.

Réception (jour) : 902-721-8960. Service d'urgence après les heures : 902-499-4133 (dentiste de service) ou 902-499-6346 (technicien dentaire de service)

### LE CENTRE DE TRANSITION DES FAC D'HALIFAX

Le Centre de transition des FAC d'Halifax n'est ouvert qu'aux personnes qui ont un rendez-vous. Les militaires peuvent recevoir les services sur rendez-vous.

Heures d'ouverture :  
Du lundi au jeudi, de 7 h 30 à 15 h 30  
Les vendredis : de 7 h 30 à 12 h  
Renseignements généraux : 902-722-1908

### SERVICES D'AUMÔNERIE

Pendant les heures normales de travail, veuillez composer le 902-721-8660.

Après les heures de travail et pendant les fins de semaine, vous pouvez communiquer avec l'aumônier de service en composant le numéro de l'équipe de soutien administratif du CRFM, soit le 902-427-7788.

### SERVICE DE CONSULTATION – NUMÉROS 1-800

PAE/ Services d'aide aux employés de Santé Canada  
1-800-268-7708 ou 1-800-567-5803 (pour les malentendants)  
Ligne d'information pour les familles : 1-800-866-4546  
Programme d'aide aux membres des FAC : 1-800-268-7708  
Service d'aide d'ACC : 1-800-268-7708

### CRFM H ET R

Tous les sites du CRFM H et R sont fermés jusqu'à nouvel ordre, mais de nombreux services sont offerts à distance. Pour en savoir plus :

Ligne d'information 24 heures sur 24, 7 jours sur 7 : 902-427-7788  
Site Web : [www.halifaxmfr.ca](http://www.halifaxmfr.ca)

### RESSOURCES HUMAINES CIVILES

Téléchargez l'application HR GO RH pour trouver des informations essentielles sur les RH destinées aux gestionnaires de la fonction publique et au personnel du MDN.

### BUREAU DE POSTE DE LA FLOTTE (BPF)

Le BPF est ouvert du lundi au vendredi, de 7 h à 11 h 30. Tous les services sont offerts, mais les niveaux de dotation peuvent avoir une incidence sur les délais de service et de traitement.

Tél. : 902-427-6682 ou 427-0272  
Un commis de service est disponible 24 heures sur 24 et 7 jours sur 7 en cas d'urgence au 902-476-5180.

**Traitement du courrier d'encouragement**  
Le BPF a apporté des changements à la façon dont le courrier d'encouragement est traité après la fermeture du CRFM, compte tenu de l'interdiction faite aux clients civils d'accéder au BPF pour déposer leur courrier d'encouragement.

**Entrée de l'Amiral**  
Toute personne n'ayant pas accès à l'arsenal CSM peut déposer son courrier d'encouragement les mardis et jeudis, de 9 h à 10 h, dans le stationnement situé au-dessus de l'entrée de l'Amiral. Un commis des postes portant l'EPI nécessaire sera sur place dans une camionnette pour recevoir votre courrier.

**Pavillon Block**  
Une table est installée au Warrior Block pour déposer le courrier d'encouragement tous les lundis de 10 h à 15 h. Les colis peuvent également être déposés à la tour Juno.

Ceux qui ont accès à l'arsenal CSM peuvent continuer de déposer leur courrier d'encouragement au BPF pendant les heures d'ouverture du bureau.

### RARM

Les locaux du RARM à Halifax sont fermés temporairement, mais le personnel du RARM est parfaitement équipé pour aider les militaires à distance, par courriel ou par téléphone.

Pour obtenir de l'aide, veuillez communiquer avec le personnel du RARM d'Halifax au 902-717-3518 ou au 902-425-6926, entre 8 h et 16 h, du lundi au vendredi.

Les militaires peuvent également composer le numéro sans frais de la ligne de soutien des Services financiers du RARM, soit le 1-800-267-6881, ou consulter le site Web, [www.sisip.com](http://www.sisip.com).

### DES MÉDIAS SOCIAUX

Facebook : @BaseHalifax  
Twitter : @CFBHalifax  
Instagram : @cfbhalifax\_bfchalifax





# The rescue of HMCS *Athabaskan*: We fight as one

By CPO1 (Ret'd) Patrick Devenish,  
Canadian Naval Memorial Trust

## This is the second of 2 parts

The story now entered a new phase as HMCS *Haida* approached cautiously and steered for the largest concentration of life jackets and floating debris. In the suddenness of the action, many of the survivors believed German destroyers were picking them up and the first few moments were a time of utter confusion. LCdr Stubbs appeared alongside a group in a Carley float with burns to his hands and face but otherwise in fair condition, stating that he was blown off the bridge shortly after the second torpedo strike. He was seen moving from group to group in the water in these first few moments as LCdr DeWolf announced *Haida* would remain in the area for 15 more minutes to pick up survivors. Eyewitness accounts indicated that LCdr Stubbs insisted on remaining in the water until all his crew was picked up. Finally when *Haida*'s 15 minutes are up, it was LCdr Stubbs from his position in the water alongside *Haida* who shouted "Get out of here *Haida*! E-boats!" In a heart-wrenching move, *Haida* slowly pulled away even though the surface was still littered with survivors, losing two of her own crew who were on scramble nets assisting some of the injured *Athabaskans* out of the water. When the tally is taken, just 45 of HMCS *Athabaskan*'s crew were on board *Haida* with the last one being dragged up a lifeline as the ship departed the area. As *Haida* headed north away from the Brittany coastline, she left her lifeboats and cutter with three crew aboard to continue rescue operations. At 0448, Plymouth HQ radioed that two Motor Torpedo Boats were also enroute to assist.

On *Haida*, *Athabaskan* survivors were quickly stripped of their oil soaked clothes and wrapped in blankets and *Haida*'s crew turned all their efforts to ensuring maximum comfort for the survivors. As *Haida* steadily increased the distance from *Athabaskan*'s sinking, full speed was rung on. Muttered one of *Haida*'s stokers, "We must be doing 35 knots."

Unknown to the survivors still in the water, *Haida* was not returning and the order for the two MTBs to proceed to the area had been rescinded due to approaching daylight. On the water's surface, the deepest of despair settles in and cries cursing everyone from mothers and fathers to *Haida* to the RCN to God himself echoed across the water. All around, lifeless bodies slipped from the grasp of others or slowly just faded into the darkness. It is the greatest irony that the first rescue craft on the scene were two German minesweepers and none other than T-24, *Athabaskan*'s adversary of a few hours earlier. For many in the water though, their last battle has

been fought and lost from injuries, burns, exposure, or simply complete exhaustion.

On T-24, the survivors were treated surprisingly well considering the viscousness of the battles over the last few days between these foes. Hot tea and cigarettes were brought topside and in most cases survivors were permitted to shower in order to wash off oil. All their clothing was thrown overboard and the wounded were given blankets. T-24 continued toward Brest being strafed by two RAF Spitfires around noon, arriving at 1500 but not before two more *Athabaskans* succumbed to their wounds and were quietly lowered over the side.

The first *Athabaskans* ashore were 28 men picked up by a German Air/Sea Rescue Launch arriving alongside in Brest just after 0900. Unfortunately, one, a badly burned stoker died in his stretcher on the quay while awaiting transportation.

Meanwhile, *Haida*'s cutter had picked up six survivors and was heading west under the protest of the cutter's engine, which due to inactivity led to many starts and stops. Just before being picked up by British Air/Sea Rescue, the cutter was overflown by two Messerschmitt 109s, which circled but did not fire. The cutter was taken under tow into Penzance at Land's End.

### The Aftermath

In Brest, survivors were broken into small groups and most were sent to two prison camps near Bremen, Germany but not before being given the grisly task of identifying bodies washed ashore in and around Brest. Over the following days, many *Athabaskans*' bodies came to rest on the shores, the largest group(59) found on the Brittany coast near Plouescat. It was this group that included the body of LCdr Stubbs. The seriously injured were sent to an Army Hospital in Orleans, France and were repatriated back to Canada when the U.S. 5th Army encircled Paris in August, liberating them.

At 0840 on April 29, 1944, *Haida* arrived in Plymouth to a hero's welcome. The loss of *Athabaskan* and the uncertainty of her survivors overshadowed any festivities and *Athabaskan* became another wartime statistic as the RCN's 16th vessel lost in this, one of the last major actions in the Atlantic in the Second World War.

### Epilogue

In the investigation following the sinking of *Athabaskan*, many questions were unanswered, remaining so to this day. The chief reason given by the Royal Navy for canceling their dispatch of two destroyers and two MTBs for rescue was the threat of German air attack. At this stage of the war, the Luftwaffe was reeling after two years of continual day and night bombing



This painting by William McDowell depicts survivors from *Athabaskan* being rescued by *Haida*. It was originally presented to the HMCS Bytown Naval Officers' Mess in 1948.

CANADIAN WAR MUSEUM



LCdr John Stubbs' gravestone is seen, along with the gravestones of some his sailors who perished at sea alongside him, at the Plouescat Communal Cemetery in Finistere, France.

NAVAL MUSEUM OF HALIFAX

of Germany's industrial centers. Its strength greatly depleted, it is unlikely the Luftwaffe Command would use resources to hamper a British rescue effort of dead and dying sailors.

On the other hand, Allied fighter pilots regularly swarmed over Channel ports, destroying anything flying a German flag. Through all this, Kapitänleutnant Wilhelm Meentzen and the crew of T-24 remained on station under constant threat of Allied air attack until every measure was taken to rescue all survivors. Under nothing but a personal moral obligation, Meentzen's sense of compassion forced him to continue. There can be

no doubt as to the fate of the 87 survivors he picked up had he not chosen the course he did.

The story of *Athabaskan*'s demise is one of many in the annals of our wartime history.

### Battle Honours:

Bay of Biscay-1943

Arctic-1943-44

English Channel-1944

Remember what these and the Battle Honours bestowed upon each of our Fleet's ships and the people who sailed them during those darkest days mean.





# Shearwater Aviation Museum honours RCAF contribution to the Battle of the Atlantic

By Shearwater Aviation Museum Staff

Since the year 2000, the Shearwater Aviation Museum (SAM) has been commemorating the RCAF contribution to the Battle of the Atlantic. Most visitors to the Shearwater Aviation Museum are not aware that the RCAF played a role in the Battle of the Atlantic; this project assists staff and museum volunteers in interpreting the story for our visitors. This Eastern Air Command exhibit was the Shearwater Aviation Museum's millennium project for which it received a Department of National Defence grant. The aim of the grant was to help preserve a segment of our nation's maritime aviation heritage, particularly those global events that influenced the development of RCAF Station Dartmouth (now Shearwater) and the role of Eastern Air Command (EAC) and its historic involvement in the Battle of the Atlantic.

The map is a replica of the wall map used in EAC Headquarters at the corner of Barrington and South Streets in Halifax during the Battle of the Atlantic. The museum staff salvaged the original Mercator map before the EAC

Headquarters building was razed in 1998. However, the costs to restore the map proved to be prohibitive and the replica became a more affordable option. The scale of the replica is almost identical to the original with the major differences being that space limitations caused three degrees of latitude (180 miles/300km) to be omitted from the top and six degrees of longitude (275 miles/460 km) omitted from the right side.

The wooden banister around the exhibit and the wooden ladder used by the staff to move the symbols on the map are the original furnishings removed from the briefing room where senior EAC officers directed the Battle of the Atlantic. The mannequins wearing RCAF uniforms that were typical of the 1940s era represent members of the operation staff that assisted the senior officers.

**For more information, please contact the Shearwater Aviation Museum at 902-720-1083, or via email at [info@shearwateraviation-museum.ns.ca](mailto:info@shearwateraviation-museum.ns.ca).**



*This map is a replica of the wall map used in EAC Headquarters at the corner of Barrington and South Streets in Halifax during the Battle of the Atlantic.*

SUBMITTED

## Youth Reporter Competition: Time to vote for your favourite story

By CFMWS

Last fall, Canadian Armed Forces (CAF) Newspapers\* invited youths from military families between 13 and 18 to take part in this new and exciting Youth Reporter Competition for a chance to win a grand prize package and scholarship valued at \$2,500.

Youths were asked to submit a story idea about something important to their life or the community around them. Over 50 applications were received from CAF youths from all over the country and around the world. A selection committee comprised of CAF Newspaper Editors met in late January to go through all the applications received and select the five most unique and powerful stories with the best editorial merit. The six finalists were informed in early February and were given a few weeks to deliver their unique stories, all of which are featured in a special *PLAY* e-zine edition published on [CAFconnection.ca](http://CAFconnection.ca) as well as in

Canadian Forces Newspapers across the country.

"What a great opportunity for the youth of our military community to share their voices," says Col Telah Morrison, Director, Military Family Services. "I thank CAF Newspapers for creating this program and giving youth the means by which to express themselves."

CAF Newspapers are now inviting community members to vote for their favourite story for a chance to win a prize\*\*. Voting will be open until May 31, 2020 (closes at midnight EDT) at [CAFconnection.ca/YouthReporter](http://CAFconnection.ca/YouthReporter). They hope many of you will take the time to get to know these young finalists, read these unique stories and cast your vote to crown the best Youth Reporter of 2020.

*\*CAF Newspapers are managed by Personnel Support Programs, a division of Canadian Forces Morale and Welfare Services (CFMWS).*

*\*\*Voting rules apply.*

## Le Concours des jeunes journalistes : c'est le temps de voter pour votre histoire préférée

Par SBMFC

L'automne dernier, les responsables des journaux\* des Forces armées canadiennes (FAC) ont invité les jeunes des familles des militaires, âgés de 13 à 18 ans, à participer au nouveau et palpitant Concours des jeunes journalistes pour courir la chance de remporter un grand prix et une bourse d'études d'une valeur de 2 500 \$.

On a demandé aux jeunes de proposer une idée d'article sur un sujet qui est important pour eux ou pour leur communauté. Plus de 50 jeunes de familles de militaires de partout au pays et dans le monde ont soumis leur candidature. Les membres du comité de sélection composé de 18 rédacteurs des journaux des FAC se sont réunis à la fin de janvier pour passer en revue toutes les demandes et choisir les idées d'articles les plus uniques et percutants qui renferment la meilleure valeur rédactionnelle. Au début de février, nous avons communiqué avec les six finalistes et leur avons accordé quelques semaines pour rédiger une histoire. Chacun des articles est publié dans un numéro spécial du magazine électronique AU JEU, sur [ConnexionFAC.ca](http://ConnexionFAC.ca) et dans les

journaux des FAC à l'échelle du pays.

« Quelle occasion en or pour les jeunes de la communauté militaire de se faire entendre, » de déclarer le colonel Telah Morrison, directrice des Services aux familles des militaires. « Je remercie les journaux des FAC d'avoir mis sur pied une telle initiative et de permettre aux jeunes de s'exprimer. »

Les responsables des journaux des FAC invitent maintenant les membres de la communauté à voter pour leur histoire préférée et courir la chance de gagner un prix\*\*. Vous pouvez voter jusqu'au 31 mai 2020 (le concours prend fin à minuit HAE) en vous rendant à [ConnexionFAC.ca/JeuneJournaliste](http://ConnexionFAC.ca/JeuneJournaliste). Ils espèrent qu'un grand nombre d'entre vous prendrez le temps d'apprendre à connaître nos jeunes finalistes, de lire ces articles uniques et de voter pour couronner le meilleur Jeune journaliste de 2020.

*Les \*journaux des FAC sont gérés par les Programmes de soutien du personnel, une division des Services de bien-être et moral des Forces canadiennes.*

*\*\*Les règlements s'appliquent.*





## HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

# MFRCs are closed but we are always here to support you

By Sarah-Jean Mannette,  
H&R MFRC

Although our Centres remain closed, we continue to be here for military families, doing our very best to be as responsive as we can. We rely heavily on social media to create a space for us to host virtual programs, to disseminate updates, information and resources, and to receive input from military families.

Thank you to those who have reached out to us to ask about resources in the community or about deployment, mental health & well-being; to those who have participated in our virtual programming, or commented on a social media post, like saying how much your child enjoyed their teacher reading a story on Facebook.

Everyone is always welcome to connect with us so be sure to keep our contact info handy:

**Website:** [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca)

**Email:** [communications@halifaxmfrc.ca](mailto:communications@halifaxmfrc.ca)

**Facebook:** [www.facebook.com/HalifaxRegionMFRC](https://www.facebook.com/HalifaxRegionMFRC)

**Twitter:** [www.twitter.com/HRM-FRC](https://www.twitter.com/HRM-FRC)

**Instagram:** [www.instagram.com/hrmfrc](https://www.instagram.com/hrmfrc)

**Phone:** 902-427-7788 (24/7 for urgent matters)

### H&R MFRC Online

We now offer a variety of virtual programs that are available to everyone and are tailored for military families. There is no cost to attend programs, however registration is required. Some upcoming programs are included below. For the most updated information on programs, please visit our website: [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca). Please note that all times are in Atlantic Time.

### Programmes Francophones Parent-Bambin

Venez vous joindre à nous pour le programme Parent-Bambin virtuel! Nous allons lire une histoire et chanter des chansons ensemble!

**Quand :** les mardis en mai

**Heure :** à 9 h 30

**Pour s'inscrire :** [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca)

### Café Français

Nous vous invitons à partager cet espace virtuel pour créer des liens et

parler de leurs expériences liées au mode de vie militaire.

Rejoignez-nous virtuellement pour le Café Français virtuel de cette semaine! La participation est gratuite, mais l'inscription est obligatoire. Cliquez sur le lien pour vous joindre au programme. Nous avons hâte de vous "voir" là!

**Quand :** les jeudis en mai

**Heure :** à 9 h 30

**Pour s'inscrire :** [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca)

### Child & Youth Programs New Baby

Becoming a new parent is filled with joys and challenges and what better way to embrace this exciting time by sharing information and offering support to each other. For Expecting moms and parents for babies up to 12 months old.

**Date:** Tuesdays in May

**Time:** 1 – 2 p.m.

**Register:** [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca)

### Play & Learn

Join us virtually for a family play group that brings families together through play, songs, activities, and informal conversations.

**Date:** Thursdays in May

**Time:** 1:30 – 2:30 p.m.

**Register:** [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca)

### Henderson Sweetman Youth Centre (YC) YC Drop-Ins

Your favourite Henderson Sweetman Youth Centre is now open virtually! Join us every for Open Drop-in on web ex. Staff will be there to chat, hangout and play games. We are so excited to see you! You can access the virtual space with a phone, tablet or computer. Video is optional.

**Date:** Tuesdays in May

**Time:** 3 – 4 p.m. ADT

**Register:** Click here or email Kayla Fournier, Youth Coordinator, [kayla.fournier@hrmfrc.onmicrosoft.com](mailto:kayla.fournier@hrmfrc.onmicrosoft.com) for details and questions.

### Dungeons & Dragons

Together with the Dungeon Master, imaginary worlds are created. Explore, battle and problem solve through each adventure with your team. Together we will gather trea-

sure, knowledge and experience points in the same way as before, just online! Join our one-night adventure, must have character built already. If you need help with a character, please email Kayla at [kayla.fournier@hrmfrc.onmicrosoft.com](mailto:kayla.fournier@hrmfrc.onmicrosoft.com).

**Date:** Alternating Saturdays starting May 9, 2020

**Time:** 6 – 8 p.m.

**Register:** [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca) or send us your email in a direct message on Instagram to receive the registration link.

### Mental Health & Well-Being

Our Mental Health and Well-Being Team, counsellors, or Duty Padre are available for support whenever you call our 24-hour number 902-427-7788.

Mental Health counselling services can be accessed via the Family Information Line, 1-800-866-4546 or CFMAP (Canadian Forces Member Assistance Program) 1-800-268-7708 where you can speak directly with trained counsellors.

### Deployment Programs

Do you have a loved one who is currently deployed or will be deploying? Please feel free to connect with us at [deployment@halifaxmfrc.ca](mailto:deployment@halifaxmfrc.ca). We are here to support you with information, resources, and opportunities to stay connected.

### Children's Deployment Session

Is your family experiencing or anticipating a deployment? The H&R MFRC will be hosting a virtual deployment workshop, and your child is invited! This workshop is intended for children/youth ages 8+ and will provide an excellent opportunity for them to connect with other children/youth experiencing similar situations, where they can offer support and advice to one another, share their experiences, and participate in Coordinator-led activities designed to teach them coping strategies to help ease their family separation.

**Date:** Saturday, May 9, 2020

**Time:** 2 p.m. ADT

**Register:** [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca) (ages 8 and up)

### Deployment Coffee Social

Social distancing doesn't mean you can't be social from a distance. Brew up a cup of (decaf) coffee and get together with Nancy, Elizabeth and other family members whose loved ones are on deployment. It's free to join and all are welcome.

**Date:** Alternating Wednesdays and Fridays

**Time:** 8 p.m. ADT

**Register:** Check out social media for links to register.

### Morale Mail Halifax & Shearwater sites, H&R MFRC

As the H&R MFRC offices remain temporarily closed, we are unable to receive or send any mail. Here is the latest update we have received regarding morale mail.

If you have any questions regarding mail for deployed ships, please contact the Fleet Mail Office at the Halifax Dockyard at 902-427-6682. A postal clerk can be reached at 427-6682, 7 a.m. – 11:30 a.m., Monday to Friday.

#### Drop off locations:

**Fleet Mail Office** - Tuesdays & Thursdays from 9am – 10am

**Shearwater\*** - Mondays from 10am – 3pm, Warrior Block

**Juno Tower\*** - Packages can be dropped off at Juno Tower outside of the drop off times, only if families cannot make the designated times provided by FMO. (Monday – Friday)

\*Please note that we do not have contact information for the Shearwater and Juno Tower drop-off locations as these are operated by an independent third party and not by the FMO.

### Local Morale Mail Guidelines:

- All packages must contain a list of contents at the bottom left corner on front of the package.

- A completed customs form must be attached (one will be provided at time of drop off from the FMO and Shearwater location, if you do not have one.)

- A proper to and from address must be provided.

A full list of mail guidelines can be found on our website: <https://halifaxmfrc.ca/index.php/en/deployment/morale-mail>

### Out of Area Mail Guidelines:

- All Packages sent from out of area, still must follow regular mail guidelines provided above.

- Packages do not have to be double wrapped, package will be mailed directly to the FMO and then forwarded on to the ship.

- Canada Post can provide you with an International Parcel Air/Surface form at drop off

- Packages can be mail to the FMO using Canada Post services.

- Packages being mailed directly to the FMO from outside of the HRM can use the following address:

### Member's Name

HMCS Fredericton  
PO BOX 99000 STN FORCES  
HALIFAX, NS B3K5X5

### Peer Support

One of the best ways to get through challenging times like these is by joining others who may be having the same experience.

The H&R MFRC creates closed Facebook groups for families of currently deployed CAF members. If you'd like to learn more please contact [deployment@halifaxmfrc.ca](mailto:deployment@halifaxmfrc.ca), or visit our Facebook Page to find your loved one's deployment group.

For any information regarding deployment, please email our Deployment Coordinator at [deployment@halifaxmfrc.ca](mailto:deployment@halifaxmfrc.ca)





# Keeping financial operations running smoothly during COVID-19

By Ariane Guay-Jadah,  
Base Public Affairs Officer

While the majority of the Defence Team has been working remotely since mid-March, when CFB Halifax reverted to core services in response to COVID-19, many members are reporting to the Base to support the delivery of core activities and operations. As we all navigate these uncertain times together—doing our part in the collective fight against COVID-19—the Defence Team’s on-site contributions have proven especially crucial and important to highlight.

One such Defence Team member doing exceptional work in difficult circumstances is SLt Steph Beaton, the Base Finance Officer working in the Base Comptroller’s section at Stadacona. SLt Beaton has reported to the Base as required and has been working diligently from home to ensure continuing services are delivered. The end of the fiscal year is already a very busy time for the Base Comptroller’s Office, never mind in a context of limited resources and pandemic concerns.

“My first thought when my chief called an emergency meeting to communicate that we were changing posture was ‘but it’s year-end, we’re going to have to make this work!’” explains SLt Beaton. Despite these unique circumstances,

SLt Beaton has managed to complete year-end financial processes, coordinate her team remotely as well as support other branches with their financial reporting.

LCdr Natalie Hiscock is the Base Comptroller, and SLt Beaton’s immediate supervisor. LCdr Hiscock has been nothing but impressed with SLt Beaton’s efforts. “The COVID-19 measures hit us at the worst possible time, but SLt Beaton immediately went above and beyond to ensure work progressed smoothly; working long hours, multitasking, problem-solving and ensuring continuity in our financial reporting. Her hard work and dedication have been paramount to the operational and financial decision-making across CFB Halifax.”

Originally from Brooklyn, Queens County, Steph Beaton joined the CAF as an RMS Clerk in 2014 and went on to become a Logistics Officer in 2017. Today, her position as Base Finance Officer requires daily communication with eight Base branches and Maritime Forces Atlantic’s N8 unit to ensure that the Base’s financial position and reporting requirements are met.

Not only does SLt Beaton manage business responsibilities, but she

is also the Divisional Officer for 17 military and civilian staff. Now more than ever, it is vital to check in and ensure that our colleagues are staying safe and healthy—which is an important part of SLt Beaton’s day-to-day.

The last six weeks have been an incredible learning experience for SLt Beaton; adapting to the Base’s Business Continuity Plan and making adjustments to keep operations going, ships sailing as well as personnel ready. Despite the long days, she would not change a thing. After all, “smooth seas do not make skillful sailors.”

In her spare time, SLt Beaton enjoys reading, hiking, tennis and spending time at the beach with her partner. Since the implementation of the Nova Scotia state of emergency in response to COVID-19, Steph and her partner have purchased bicycles and are now exploring the Rails to Trails system near their home on the South Shore, staying healthy and active as best they can.

CFB Halifax thanks SLt Beaton for her dedication, professionalism and leadership at work and her overall support to Defence Team personnel during these incredibly challenging times. Bravo Zulu!



SLt Stephanie Beaton

SUBMITTED

## May - Mental Health Week

By PSP Halifax Health Promotion

Each year, the topic of mental health takes the spotlight in several awareness campaigns. From May 4 to 10, Canada observes Mental Health Week, an opportunity to gain a more comprehensive picture of mental health. Imagine a continuum, where one side represents total mental wellbeing and the other represents mental illness and crisis. Our position on the continuum is always changing, in the same way that our physical health changes. Mental Health Week aims to bring awareness to the importance of caring for our mental health, no matter where we sit on the continuum. So this May, get loud about your mental wellbeing, whatever that means to you. Share the things that make you happy and truly ask your loved ones how they are doing. Use the hashtag #GetLoud on social media platforms to let it be known that it’s time to take care of your mind like you would take care of your body.

## Sausage and egg skillet

By Dave Thorne,  
Cook Supervisor Juno Catering

Since it looks like Mother’s Day Brunch might be taking place at home this year, here is an easy recipe that Mom will love!

Extra virgin olive oil	2 Tbsp
Canola oil	1 Tbsp
All beef breakfast sausages	9 pc
OR	
Italian sausages	4 pc
Fresh mushrooms	8 oz
Red peppers	2
Green peppers	2
Red Onion	1
Eggs, large	9 ea
Milk 2 %	½ cup
Dried oregano	½ tsp
Shredded Italian blend cheese	1 ½ cups

Cut the sausages into slices on the diagonal. Place both the oils into a skillet or stainless steel fry pan on med-high temperature. Add to the pan the sausages and the vegetables and sauté until cooked.

Whip the eggs foamy with the milk, add the dried oregano. Pour the eggs into the pan cooking until the eggs are set.

Add the cheese to the top, place in the oven under the broiler setting or let the cheese melt naturally from the heat.

Serves 6 people.





# Three workouts to keep you ready for the FORCE test

By Geoff Pellerin,  
PSP Halifax Fitness and Sports Instructor

## 1. CARDIO

There are so many different options for cardio, it's hard to pick just one. Plus, some people don't enjoy running, but others do. We all have our preferences, but the main thing is that we pick one! Here are some of my favorite options:

- Hiking or trail walking
- Running, jogging or walking for 20-30 minutes
- Cycling for 20-30 minutes
- Indoor rowing, if you're lucky enough to have access to it (I am so jealous)
- Walking up and down the stairs
- Skipping
- Jogging on the spot
- My personal favourite...Burpees!

Yes, burpees are cardio. If you don't believe me, do 10 really fast. For a good Burpee workout, add one Burpee every minute. Start at five on the first minute, six on the second minute, and seven on the third until you can't complete the number of burpees in a minute!

## 2. HIIT

HIIT stands for High Intensity Interval Training. We all know by now the FORCE test requires us to work at a high intensity with relatively low time domains. For example, the 20 metre rush event requires one to complete seven hand release burpees and run 80 metres in under 51 seconds. When we perform movements like this at high intensity in training, it will allow us to be more confident and prepared when we are called up to attempt it during the real thing. Here is a great at-home HIIT workout that will specifically help you do better on your next test:

### Workout 1

Tabata plank

Rest 1 min

Tabata jump squat

Rest 1 min

Tabata burpees

Tabata means eight rounds of 20 seconds on and 10 seconds off, for a total of four minutes. The intention of this workout is to accumulate as many reps as possible during each 20-second interval. Once you've completed the first eight rounds of the first exercise you rest for one minute and then start the next Tabata!

## 3. STRENGTH TRAINING

There are three of four events in the FORCE test that require strength. Two of the events require picking up a 20kg sandbag multiple times and one event requires members to drag a pile of sandbags weighing up to 100kg. Keep in mind that bodyweight exercises still require us to move weight (ourselves). This is a type of resistance and the weight of it will vary from person to person. The easier it is for us to move our own bodyweight, the easier it will be to move other objects that are equal in weight to our own bodies. It's simple physics!

These workouts may require some equipment, so I encourage you to be creative with what you have. Some ideas for at-home equipment are: pets, backpacks full of items, cans of paint, spare tires, laundry baskets, tables or even other people.

### Workout 1 (requires at least one dumbbell)

5 rounds:

10 DB deadlifts

10 DB front squats

10 DB push press

Rest for one minute

\* If using a single dumbbell, do 5 reps per side

### Workout 2 (bodyweight)

10 minutes to complete as many rounds as you can of:

5 pull-ups OR push ups

10 sit-ups OR knee raises

15 air squats OR jump squats

### Workout 3 (mixed)

3 rounds:

1 minute odd object hold (pick up something heavy and hold on for a minute)

1 minute mountain climbers

1 minute DB front rack Lunge

1 minute rest

Complete as many reps as possible each minute. if you don't have some

of the equipment, you can still use the same format and change the movements! Pick any three movements and you're sure to get a good workout.

I hope this can provide some options over the coming weeks to get in some fitness while we all practice self isolation! If there are any questions, please feel free to reach out through email at [geoffpellerin10@gmail.com](mailto:geoffpellerin10@gmail.com).

View this story on the PSP Halifax Facebook page or at [Tridentnewspaper.com](http://Tridentnewspaper.com) to find Youtube links for examples of each exercise.



PO2 Wood, a Sonar Control Supervisor in HMCS Halifax, gets creative with use of a coffee table during an at-home workout.

HMCS HALIFAX

# Celery juice: why it isn't a superfood

By Victoria Stead, RD,  
PSP Halifax Health Promotion Specialist

Celery juice, often referred to as a miraculous superfood, is promoted by celebrities for its multitude of health benefits. Many promoters of this juice claim that it has many potent healing abilities such as: the reduction of inflammation, antiseptic properties, breakdown and disposal of viruses (ie. COVID-19) and the decrease of stress and harmful emotions.

To receive these benefits, it is recommended to consume celery juice on an empty stomach first thing in the morning.

So, should you incorporate this into your morning routine?

Find out below:

**Myth:** Celery juice will heal my body.

**Fact:** There is no evidence to prove that celery juice has any of the healing properties it claims. Celery, being 95% water, can help you stay hydrated when juiced, so if you enjoy the taste, then there is no harm in drinking it.

**Myth:** Celery juice is more nutritious than whole celery.

**Fact:** Celery is an excellent source of nutrients, but by juicing celery, you're eliminating its greatest property – fibre. Fibre is an important part of a balanced diet and helps to maintain a healthy digestive tract. Most Canadians do not consume enough fibre on a daily basis, so make sure to eat your celery whole in order to reap all of the health benefits.





# Meet your PSP Fitness and Sports staff: Joshua Tanner

**Name:** Joshua Tanner  
**Hometown:** Halifax, NS  
**PSP employee since:** 2011

Joshua Tanner, originally from Halifax, has been a fitness and sports instructor with PSP for more than nine years. He was inspired to pursue a career focused on fitness after growing up playing sports, swimming, and living an active childhood. As a teenager Josh developed a passion for weightlifting, running, and martial arts, and his interests have since shifted to more recreational endeavours such as yoga, hiking, biking, swimming, and other moderate intensity exercise. Work got in the way of his training, so he became a professional trainer.

Josh says he enjoys working in the CAF/DND environment because he is able to connect with like-minded individuals who serve our country in an important role. Specifically, he loves yoga, spin class, running, personal programming, and officiating sports. For Josh, some of the challenges that come with the job include: motivating members that struggle with embrac-

ing an active life-style, communicating with individuals that have various mental health issues, and staying motivated in this demanding environment for the long-haul.

During this time of social distancing, Josh recommends tuning in to PSP's daily live-stream at noon on the CFB Halifax Facebook page. Also, going for isolated walks alone or with those living in the same household is a great way to get fresh air, vitamin D, and to connect with nature. Stretching, meditation, art, and reading are other enjoyable habits to engage in during this time to stay physically and mentally fit. Before his career started with PSP, Josh was an urban arborist and truck driver for more than 10 years. He completed English and Kinesiology under-graduate studies at SMU and Dal respectively. His passion for music started in 1995, and he is currently a singer/songwriter in local band The Hali Project.



*PSP Halifax Fitness and Sports Instructor Joshua Tanner in his gear as a hockey referee.*

SUBMITTED



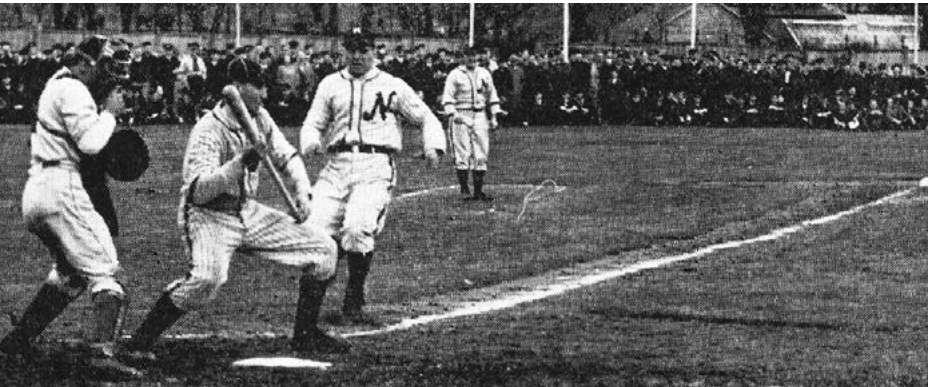
*PSP Halifax Fitness and Sports Instructor Josh Tanner also is a singer/songwriter in local band, The Hali Project.*

SUBMITTED

# RCN sports history: Senior baseball action in Halifax

**By** Ryan Melanson,  
Trident Staff

The Navy took on the Shipyard Club on the opening night of the Halifax Senior Baseball League on May 24, 1945, playing to an exciting extra-innings finish. The sailors trailed by three until the ninth inning, when a neat bunt from "Peaches" Ruven went for a base hit, allowing a run to squeak in from third. Navy team manager Bud Morrison, seen in the above photo on the third-base coaching line, said after the game that the Navy was clearly the team to beat for the season. The four-team league also included the Army and the Air Force, with those two teams facing off in the second half of the opening night double-feature, and the Air Force taking a 3-2 victory.



*Opening night of the 1945 season of the Halifax Senior Baseball League saw the Navy team take on the Halifax Shipyard Club.*

CROW'S NEST ARCHIVES

## This month in RCN sports history

**1954** - Stadacona took gold at the Atlantic Command swimming and diving championships with a standing of 56 points. Cornwallis followed with 31 points and the Quebec entry was third with 15 points. Acadia University cadets salvaged five points and Shearwater just three. OS Lawrence Uwins, 18, of Stadacona, emerged as the Command's sole contender in trials for a spot on the Canadian swim team entering the British Empire Games at Vancouver later in the summer. He won the 1,650-yard freestyle event in 24:45:5, less than six minutes over the Olympic record and also took the 110-yard freestyle race at the Command meet.

**1965** - The RCN Ladies Curling Club of Ottawa were celebrated after producing a foursome that was the first Ottawa rink, male or female, to capture a provincial curling shield. Mrs. Sterling Hanright's rink, wearing RCN Curling Club badges, won the shield at Cornwall with four wins and one loss, to Beardmore, the Northwestern Ontario rink. They then went on to Edmonton in the latter part of February, this time wearing Ontario badges, to play all other provinces in the Diamond "D" bonspiel, the ladies' version of the Brier Cup. They won five, lost four and finished in a fourth-place tie overall. They concluded the successful season at a closing banquet in May with the presentation of prizes and trophies.

**1985** - After 18 tournament competitions, 2000 challenge points and 100 percent participation by arch rivals HMCS Assiniboine and HMCS *Protecteur*, the 1984/1985 Cock of the Fleet competition ended in a tie. *Assiniboine* and *Protecteur* both finished the season with identical point totals of 1375. The annual trophy was presented to both teams on May 25 during a ceremony aboard HMCS *Athabaskan*.

**2004** - The third annual CFB Halifax Sports Recognition Breakfast was held on May 21, with the Halifax Mariners men's hockey team being named the Formation's team of the year. Under the leadership of team captain Sgt Rob Sneath, the Mariners claimed their sixth consecutive regional title win and fourth consecutive CAF national title win in 2004.





# NCAA Men's Basketball Tournament Records

By Stephen Stone

Well! The coronavirus has shut down most sports in North America, including the much anticipated NCAA Men's Basketball Tournament. Therefore, here are 20 questions related to that tournament. BTW there is a bonus question.

## Questions

1. Which two teams were involved in the highest scoring game in the history of the NCAA tournament?
2. Who coached which team that was the last non-power conference team to win the NCAA title by the record 30 point thrashing of its finals opponent?
3. Which NCAA men's basketball coach led his team to the most championships?
4. Which team scored the fewest points in an NCAA tournament?
5. Which team scored the most 3 pointers in a single tournament game?
6. To date, which is the lowest seeded team to win the NCAA tournament?
7. Who is the university coach with the record of most tournament games won?
8. Which two schools share the record of most NCAA tournament championship game appearances with 12?
9. Which school holds the record for Final Four appearances?
10. Which school currently holds the record for most consecutive NCAA tournament appearances?
11. Which team holds the record for most tournament game victories?
12. Who holds the single tournament game record for points scored?
13. Who currently holds the single game record for 3 pointers scored?
14. Who is the current record holder for blocked shots in a single tournament game?
15. Of all the teams that have appeared in more than 3 championship games, which school has not lost that game?
16. What is the largest margin of victory in the NCAA championship game?
17. What 16 seed team defeated a 1 seed in the preliminary round of the NCAA tournament and when?
18. Which teams played for the first NCAA championship?
19. Where did the term "March Madness" originate?
20. Who scored the most points in the NCAA March tournament?

## BONUS:

Which NCAA team was the first to use five African-Americans as the starting 5?

*Answers on page 17*

# Meet your PSP Fitness and Sports staff: Mary Thompson

**Name:** Mary Thompson

**Hometown:** Oshawa, ON

**PSP employee since:** May 2017

## What inspired you to pursue a career focused on fitness?

Since high school, fitness has always been an outlet for me. I played sports as well and I did alright, but I was never the best at anything. Fitness gave me an outlet that was mainly effort focused; the more effort you put in, the more results you get. By the time I was applying for university I knew I wanted to help other people find an outlet in fitness. After a few years working in the industry, I've also become more interested in the mental aspects of fitness, taking a holistic approach to include mind, body and spirit in my own practices as well as the programs I design for others.

## What do you enjoy about working in the CAF/DND environment?

I knew nothing about the military culture when I first started, so it was really interesting for me to learn more about it. I have so much respect for the CAF members and what they do for us and our country. I love that we, the CFMWS team, are there to provide a

fitness/sport/recreation outlet for the members, offering ways to stay healthy and manage stress.

## What are some of the challenges that come with the job?

Some challenges are relating to the members, as we haven't been where some of them have, but just being an ear to listen is often enough. It can also be challenging to motivate units or groups who are mandated to be at PT, but over the years you find different strategies that work for different personality types. Adding in jokes and making it fun usually works well, in addition to asking for their feedback so you can cater sessions to their likes and dislikes. For more on my personal motivation strategies you could check out the article I wrote in last year's issue of Vitality Magazine on motivation!

## What kind of exercise or sports do you enjoy in your free time?

I am a national level bodybuilder in my spare time, having been to Nationals three times with top placings in the

Bikini category. Most recently I have decided to make the switch to the Figure Division, so I've taken the year to build muscle for that. I also love to dance, both for fitness and when out with friends.

## What are your tips for staying fit while spending more time at home and practicing social distancing?

First off would be checking out the CFB Halifax Facebook Page! We've been providing daily noon hour workouts to keep people moving. Second would be just using technology in general. We are so fortunate to have this happen in a day and age where we have unlimited resources via the internet. Third would be getting outside. Walking, running, outdoor workouts or anything else you enjoy. Vitamin D and fresh air are all always important, especially at a time when we are staying home more.



*PSP Halifax Fitness and Sports Instructor Mary Thompson.*

SUBMITTED

## Tell us something unique about yourself outside of your job (hobbies, special interests, etc.)

Though I do often try to incorporate it in my job as well, philosophy/meta-physiques is my other passion. I love learning ways to better myself through finding deeper meaning in our existence.





# Yoga from home

By Josh Tanner,  
PSP Halifax Fitness  
and Sports Instructor

It's great that we're able to offer seven different classes every week with yoga being one of the focuses. I personally like to include the option into my practice two to three times per week (intensity varies). Yoga can be physically demanding, restorative and everything in between.

The art compliments high intensity interval training with its steady, flowing, low-impact nature. Also, while other modes of training tend to focus on physical health, the ancient practice tends to focus on a spiritual element that connects us to our best self and to each other.

From a physical perspective, yoga helps us lengthen the muscles, improve range of motion, increase muscular endurance, work on stability, and develop balance. PSP's Balance strategy is to cultivate relationships with service personnel in order to improve overall holistic wellness.

Other complimentary training includes: calisthenics, aerobic conditioning, meditation, and trigger-point therapy. Be well, friends, and remember that a consistent daily approach to holistic wellness will serve us now and forever.

Namaste.

# NCAA Men's Basketball Tournament Records

By Stephen Stone

Questions on page 16

Answers

1. Loyola Marymount Lions defeated Michigan Wolverines 149-115 in the 2nd round of the 1990 tournament. Michigan were the defending NCAA champions.
2. Jerry Tarkanian coach of UNLV which beat Duke in the 1990 finals
3. John Wooden of UCLA with 10 wins.
4. North Carolina scored 20 points in its loss to Pittsburgh on March 21, 1941
5. Purdue Boilermakers sank 23 treys against Virginia Cavaliers which won the game in OT 80-75 in 2019.
6. Rollie Massimino coached 8th seed Villanova to a 66-64 upset win over John Thompson's Georgetown Hoyas in 1985. BTW, it was the last tournament without the shot clock. That came into use the next year.
7. Mike Krzyzewski of Duke with 94 games won. He and UCLA coach John Wooden share the record of most Final Four appearances as coach with 12.
8. UCLA Bruins and Kentucky Wildcats.
9. North Carolina Tar Heels with 20
10. University of Kansas Jayhawks with 29 from 1990 -2018
11. University of Kentucky Wildcats with 127 tournament games won.
12. Austin Carr of Notre Dame with 61 points against Ohio in 1970
13. Jeff Fryer with 11 three-pointers for Loyola Marymount in the 149-115 win over Michigan in 1990.
14. Shaquille O'Neal of LSU with 11 blocks of BYU in the 1992 tournament.
15. Under coach Jim Calhoun – 3 wins and Kevin Ollie – 1 win, University of Connecticut are 4-0 in the championship game.
16. 30 points UNLV over Duke 1990.
17. Number 16 seed University of Maryland Baltimore County defeated number 1 seed Virginia March 16, 2018 74-54
18. In 1939, the Oregon Ducks went 29-5 on the season and beat Ohio State 46-33 to win the national title in the first NCAA tournament
19. "March Madness" was first used to refer to basketball by an Illinois high school official, Henry V. Porter, in 1939, but the term didn't find its way to the NCAA tournament until CBS broadcaster Brent Musburger (who used to be a sportswriter in Chicago) used it during coverage of the 1982 tournament. The term has been synonymous with the NCAA Division I men's basketball tournament ever since.
20. Christian Laettner, of Duke, is the player who has scored the most points in an NCAA tournament career, with 407. From 1989 to 1992, Laettner played in an unprecedented 23 NCAA Tournament games (reminder, one team can only play six games per year if they make it to the title game, i.e. 24 total throughout a four-year period), while averaging 17.7 points per game.

BONUS:

In 1966, Texas Western's starting lineup of five African Americans was the first all-black lineup in an NCAA title game; their opponents, by contrast, fielded an all-white squad. Texas Western Miners won the tournament that year, defeating the Aldoph Rupp coached Kentucky Wildcats 72-65.



# WORK IN

Virtual classes from our Fitness & Sports Instructors

**EVERYDAY AT 12PM**

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