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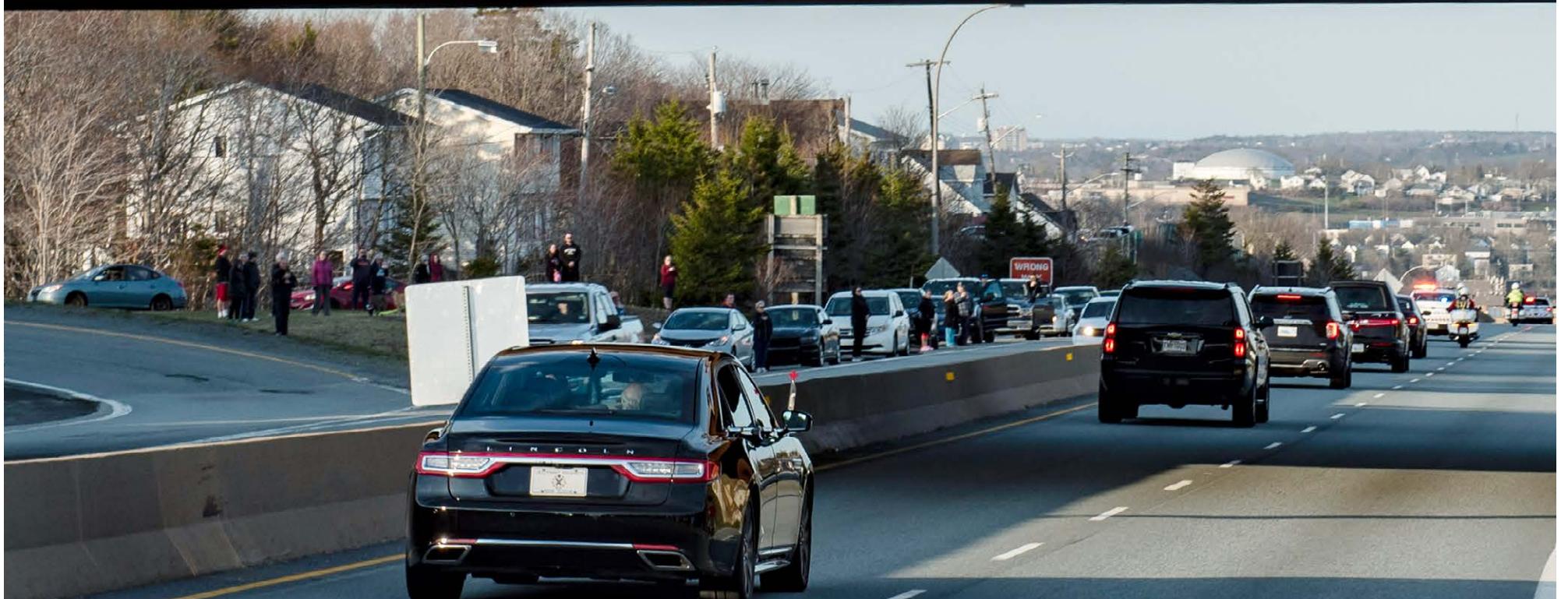
TRIDENT

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

A final salute

SLt Abbigail Cowbrough, a Marine Systems Engineering Officer, killed in the accident involving an RCAF CH-148 Cyclone helicopter deployed with HMCS Fredericton on April 29, 2020, arrives home to Halifax, NS on May 11, 2020.

MCPL MANUELA BERGER, CANADIAN FORCES PHOTO





During the disembarkation ceremony in Taranto, Italy, on May 6, 2020, six CAF personnel each hold a headdress representing one of the fallen members, which included four RCAF members and two RCN members.

PHOTO COURTESY OF THE ITALIAN ARMED FORCES

Defence community mourns Cyclone crash victims

By Ryan Melanson,
Trident Staff

A difficult period for the CAF/DND community continued over recent weeks, as families, friends and colleagues continue to mourn the six CAF members who lost their lives on April 29 when HMCS *Fredericton's* CH-148 Cyclone helicopter crashed during operations off the coast of Greece.

A repatriation ceremony was held on May 6 at CFB Trenton for Capt Brenden Ian MacDonald, Capt Kevin Hagen, Capt Maxime Miron-Morin, MCpl Matthew Cousins, SLt Abbigail Cowbrough and SLt Matthew Pyke, who were all deployed with *Fredericton* as part of Canada's ongoing commitment to Operation REASSURANCE. Among the attendees were the families of each of the fallen, as well as Her Excellency Governor General Julie Payette, Prime Minister Justin Trudeau, and Defence Minister Harjit Sajjan.

Canadians were encouraged to watch online or on television rather than gather at the base in person to pay their respects, and thousands tuned in. SLt Cowbrough's casket, draped in a Canadian flag, was carried out of a CC-177 Globemaster, while CAF members carried service caps representing the other five victims, whose remains had not yet been recovered at sea. Each was then placed into a hearse, and driven along Highway 401 in Ontario, through the section known as the Highway of Heroes, en route to Toronto. Since that time, the remains of Capt MacDonald have also been identified overseas, while the others remain missing.

Prior to the ceremony on home soil, a dignified disembarkation ceremony was held aboard HMCS *Fredericton* itself, which remains deployed and has

recently rejoined Standing NATO Maritime Group 2 in the Mediterranean. Commanding Officer Cdr Blair Brown offered a tribute to the shipmates, who he said will be missed greatly by each member of the crew.

"We will remember them as they lived. We vow to hold them in our hearts and to cherish the precious memories of our time together. We grieve for their families and offer them our most heartfelt condolences."

A statement was also released by the family of SLt Pyke, describing him as a community leader and patriotic Canadian who had strong roots in Nova Scotia and who also had a drive to help those around him.

"Matthew, throughout his entire life, was pulled by his sense of duty which drove him to set his goals. Whether he was protecting his hometown in Raw-

don, Nova Scotia, as a volunteer firefighter, or while in service in the Royal Canadian Navy, Matthew was happiest when he knew he was contributing to something greater than himself," the statement read.

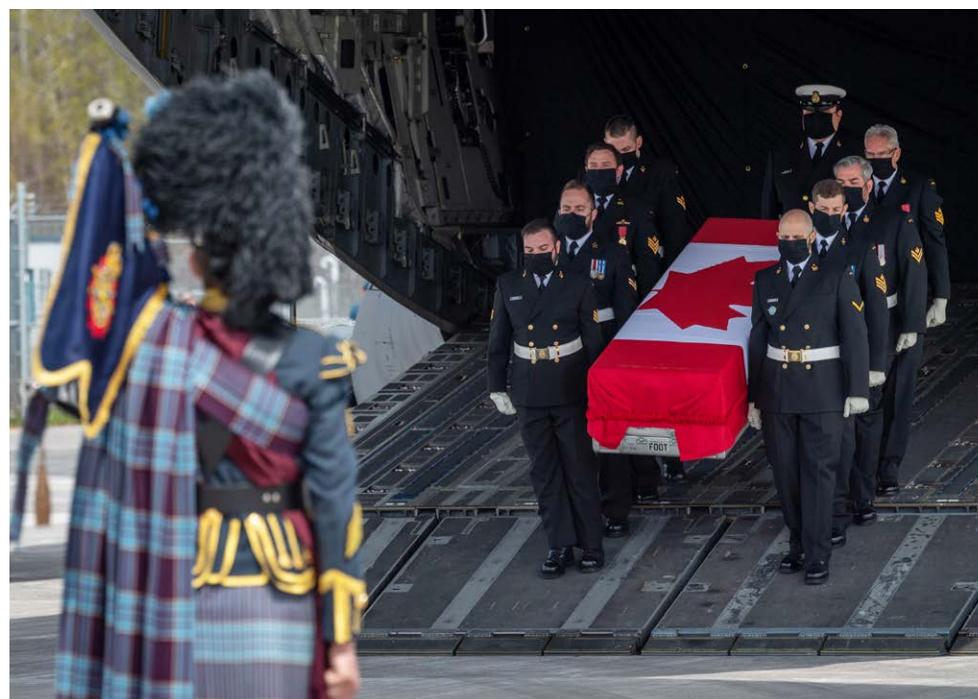
"Though we know he is not coming home, we will carry the light of his memory within us."

In the Halifax area, the mourning continued on May 11, when SLt Cowbrough's remains arrived at the Halifax airport before making the final journey to a Dartmouth funeral home. Thousands of people, including civilians and uniformed CAF members, lined the highway and streets along the route to pay respects as the police-escorted motorcade rolled through the community.



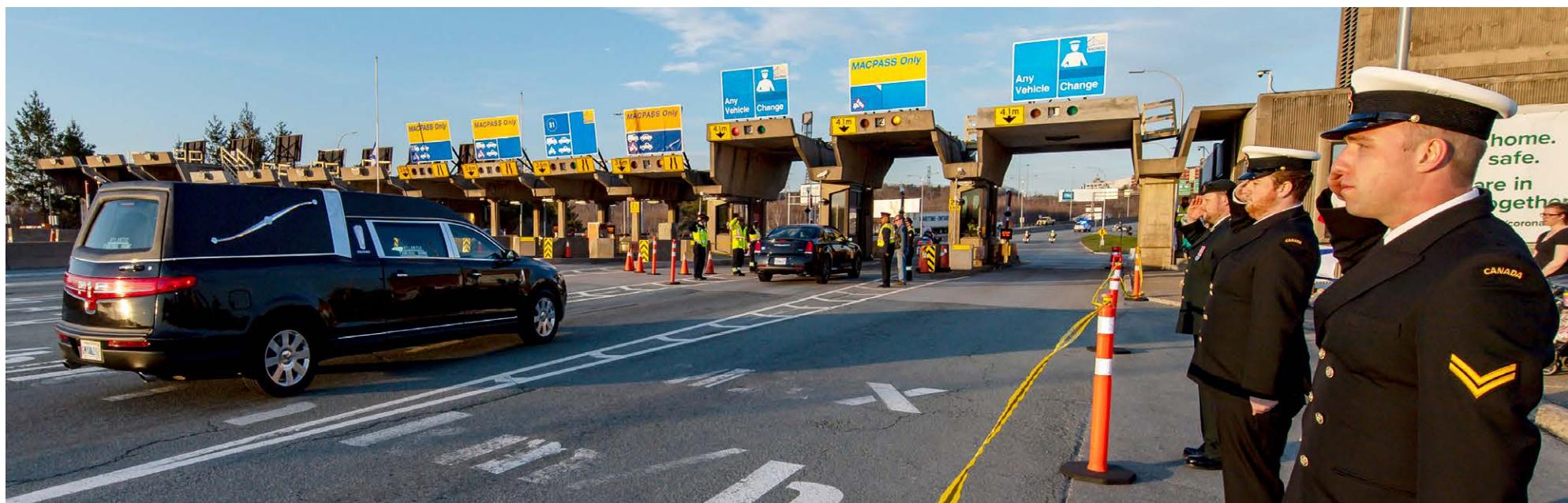
This ship's company from HMCS Fredericton participate in a dignified disembarkation ceremony for their fallen comrades in Taranto, Italy, on May 3, 2020.

CPL SIMON ARCAND, CANADIAN ARMED FORCES PHOTO



Pallbearers carry the remains of SLt Abbigail Cowbrough from a CC-177 Globemaster during a repatriation ceremony at 8 Wing, CFB Trenton on May 6, 2020.

MCPL JENNIFER KUSCHE, 8 WING IMAGING TRENTON



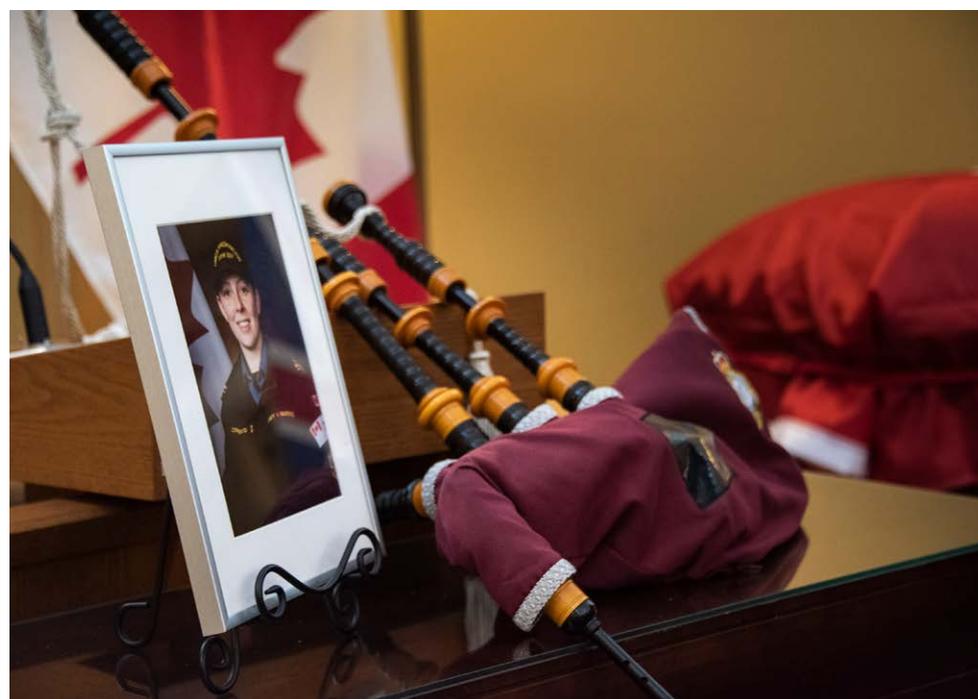
The funeral procession for SLt Cowbrough arrives home in Halifax, Nova Scotia on May 11, 2020. The route from Halifax Stanfield International Airport was lined with thousands of civilians as well as uniformed CAF personnel paying their final respects to SLt Cowbrough.

LS JOHN IGLESIAS, FORMATION IMAGING SERVICES



Along the Highway of Heroes, crowds of people, many waving flags, gather to pay their respects to the six CAF members.

PTE NATASHA PUNT



A photo of SLt Cowbrough, together with bagpipes, at the Atlantic Funeral Home in Dartmouth, Nova Scotia, May 11, 2020.

CPL IAN THOMPSON, IMAGERY TECHNICIAN, CANADIAN ARMED FORCES.



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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

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HMCS Margaree's anchor, before restoration

The anchor from former HMCS Margaree is situated behind the hall where the cadets of RCACC 2940 Cheticamp parade each week in Belle Cote harbour. The anchor was rusting badly and the cadets undertook a cleanup project.

SUBMITTED



HMCS Margaree's anchor, now restored

At their Annual Ceremonial Review, the cadets of RCACC 2940 Cheticamp had the honour of meeting several RCN sailors who had sailed in HMCS Margaree. CPO2 Jeff Pearson was the Reviewing Officer and he was joined by Scott MacDonald, PO2 (ret'd) Scott Mackay, CPO2 (ret'd) Jed Lockyer, PO2/Sgt (ret'd) Tony MacDougall, Delmar MacDonald, and Steve White. The cadets also restored signage identifying the anchor and the reason for its placement in the Margaree area.

SUBMITTED



COVID-19 and mental health at work

By MARLANT Safety and Environment

Employees may be experiencing a high degree of uncertainty, worry, anxiety and stress about the health and safety of their loved ones, and how COVID-19 is or may disrupt their work and personal lives. It is important for all of us to acknowledge these impacts and to engage in an open dialogue about them, including ways to maintain and support our mental health.

Tips to take care of your mental health include:

- Get information from reliable sources, such as Canada.ca/coronavirus.
- Stay informed but follow news coverage about COVID-19 in moderation. Take breaks from watching, reading, or listening to news stories.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.
- Make time to step back and consider how to take advantage of unexpected flexibility in your daily routine.
- Stay connected. Talk to friends or family about your feelings and concerns.
- Maintain healthy relationships and respect other people's feelings and decisions.
- Show support and empathy to those dealing with difficult situations.
- Identify what is within your control and try to direct your energy towards what most worries you within your own control.

To access confidential, short term or crisis counselling, contact the Employee Assistance Program (EAP) toll-free at 1-800-268-7708.

If you are seeking health care advice, call 8-1-1.

What additional measures have you taken to take care of your mental health?

Send your personalized suggestions to MARL SE at +N48FormationSafetyandEnvironment@forces.gc.ca.



The crew of HMCS *Ville de Québec* participates in a ceremony to commemorate the 75th Anniversary of the end of the Battle of the Atlantic. The ship is anchored off Point Pleasant Park in Halifax on May 3, 2020.

LT JEFFERY MCBRIDE, CAF PHYSICIAN'S ASSISTANT

Battle of the Atlantic commemorated with at-sea ceremonies

By Ryan Melanson,
Trident Staff

The commemorations marking Battle of the Atlantic Sunday were a bit unique this year, and for a number of different reasons.

Although 2020 marks the milestone 75th anniversary of the conflict, the many ceremonies and special events planned around the occasion were called off or postponed due to the COVID-19 pandemic. The need for social distancing made for a pared-down version of events, highlighted by at-sea ceremonies held on HMC ships on both coasts, along with a wreath-laying in Ottawa, and live streams allowed people across the country to join in virtually.

"This anniversary of a national effort against a formidable foe has also fallen on us as we now struggle with a different type of foe and again as we need to unite in our actions from coast to coast to secure a critical victory," said VAdm Art McDonald, Commander RCN, in a video message to the RCN community.

In addition to the ongoing pandemic, the commemorations also took place under the

shadow of the recent tragedy involving HMCS *Fredericton* and its Cyclone helicopter. The April 29 crash happened off the coast of Greece, and took the lives of two RCN members, SLt Abigail Cowbrough and SLt Matthew Pyke, along with four members of the RCAF air crew, Capt Brenden Ian MacDonald, Capt Kevin Hagen, Capt Maxime Miron-Morin, and MCpl Matthew Cousins.

"We are still aching from this latest bill of service and sacrifice at sea," VAdm McDonald said, adding that support for the families, friends and colleagues of those impacted is the current priority, even as the RCN commemorates this significant anniversary.

In Halifax, a ship-borne ceremony was held aboard HMCS *Ville de Québec* off Point Pleasant Park and streamed online. The ship was joined by HMCS *Moncton*, which is still painted in its Second World War-era camouflage pattern.

"It's very appropriate that we're anchored in full view of the Sailors' Monument, which pays homage to the sailors,

airmen and merchant mariners who made the ultimate sacrifice during the Second World War," said Cdr Michael Eelhart, the Commanding Officer of *Ville de Québec*.

The Battle of the Atlantic was Canada's longest military engagement of the Second World War – Canadians sank or shared in the destruction of 50 enemy U-boats, and escorted some 25,000 merchant ships from 1939 to 1945, but they also paid a high price for the crucial victory. More than 2,700 RCN and RCAF members lost their lives, along with roughly 1,600 Canadian merchant mariners, with 24 Canadian ships and 175 additional allied warships lost throughout the conflict. Canada's Navy grew to 373 ships and more than 100,000 sailors by the end of the war, becoming the third largest in the world.

Along with the ceremony in *Ville de Québec*, similar commemorations on the west coast were led at-sea by HMCS *Calgary*, and in Ottawa, VAdm McDonald and Command Chief CPO1 David Steeves laid wreaths at the National War Memori-



The Sailors' Monument Point Pleasant Park can be seen by all ships entering or leaving the harbour. It is common for naval vessels of all nations to pay respects by saluting when passing.

MONA GHIZ, MARLANT PUBLIC AFFAIRS



HMCS *Ville de Québec* (left) was joined by HMCS *Moncton* for the ceremony. To commemorate 2020 as the 75th anniversary of the end of the Battle of the Atlantic, *Moncton*, like HMCS *Regina*, has a Second World War Admiralty Disruptive camouflage paint scheme.

MONA GHIZ, MARLANT PA

al. Other initiatives included virtual performances of Heart of Oak and other traditional Navy songs from the Stadacona and Naden bands, and some ships, like HMCS *Halifax*, posted video montages of their crew members explaining the significance of the conflict and paying respects to those who fought and died, as well as the veterans who are still with us.

"As we know, our proud Canadian naval and maritime history could not be better represented than by the examples of service, sacrifice, and success in this critical campaign," VAdm McDonald said.

"The veterans of the Battle of the Atlantic remain the foundation of not just these commemorations, but also of our RCN pride of service."



What's Next?

A message from the Base Commander to our CFB Halifax Community

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

I would like to begin by **thanking all members of the CFB Halifax Defence Team for the outstanding work that you have been doing over the past several weeks.** You have been pushing forward as we grapple not only with a global pandemic, but with two devastating tragedies in our own backyard that have deeply affected our Defence community, Nova Scotians and so many more. Despite these challenges, our Base team has continued to support all its core functions, allowing our local navy, army and air force units to operate effectively.

Outside of the Base, COVID-19 restrictions have eased slightly across Nova Scotia, with residents permitted to access municipal and provincial parks and walking trails while certain businesses, such as golf driving ranges, are now open. You may be wondering how this impacts you. As per the Chief of the Defence Staff's (CDS) letter dated 8 May 2020, CAF personnel are now permitted to adjust their personal situation to match what is permitted in their respective Province or Territory. You can find the most up-to-date list of public health directives in Nova Scotia [here](#). There is also some great advice on how to safely enjoy outdoor activities in your community [here](#). For those assigned to [Operation LASER](#), or any other operational function, you are required to continue to abide by the CDS' latest directions given as part of Tasking Order Op LASER 20-01 to remain home and remain ready.

All Defence Team members, regardless of your levels of activity within the Base or greater community, are reminded to practice physical distancing; maintain proper cough, sneeze and hand hygiene etiquette; and adhere to public health directives at all times to ensure our Base team remains healthy and operationally capable.

When can I expect to come back to work?

As the CDS outlined in his letter dated 1 May 2020, the opening of Bases, Wings and individual CAF/DND facilities to a larger portion of our workforce will be done "at the speed we can, when it is safe to do so, or, if there are residual risks, only if safe procedures can be adopted." In his subsequent letter on 8 May, he indicated that the CAF will begin to resume activities based on a strategic directive to be issued shortly. Please keep an eye out for that directive.

The Deputy Minister (DM) added that some (not all) civilian members may be looking at the end of May, or later into June, for their return-to-work. When the time comes, I recognize that many of you will not be able to adopt a business-as-usual posture due to various factors including disruptions in family care plans. Please continue communicating with your immediate supervisors so that we fully understand the challenges you might face in getting back to work.

As CFB Halifax serves a diverse mix of Integral and Lodger Units, the return to our normal operational support will follow a phased approach. **This approach will align with Phase 4 of Operation LASER, the recovery portion of DND's Pandemic Response.** Provincial restrictions, the availability of Personal Protective Equipment (PPE), the status of COVID-19 in our region, Provincial and Base health authority guidance and many other factors will be taken into consideration as we determine when we can roll out this full recovery phase at CFB Halifax. Your safety and well-being are—and will continue to be—at the forefront of this decision-making process.

So, what next?

While there is no defined 'end date' for our current posture, and as we anticipate further CDS direction, our Base team is now proactively planning for an eventual, more sustainable routine with an increased number of personnel being physically present in the workplace.

What will that look like?

As part of this planning, we are paying close attention to how we will further implement COVID-19 public health measures into our daily routines at various work sites. CFB Halifax includes a range of diverse work environments, which can be broken down into **Operational/Industrial; General Office; and Customer Service.** Upon your return, you may notice different protocols in a warehouse, for example, as compared to an office environment. Do not feel concerned, as these differences will be intentional, with health and safety measures tailored to your specific environment.

Detailed Business Resumptions Plans (BRPs) for Base Logistics, Base Administration, Base Information Services, Base Executive Services and Port Operations and Emergency Services will be developed in the coming weeks in close cooperation with local Union leadership and Workplace Health and Safety Committees. These BRPs will include clear guidance on health and safety protocols you can expect to see and follow upon your return to work. These BRPs will be provided to you as soon as they are available.

In the meantime, I have drafted a letter that defines the foundational principles of these BRPs. The letter focuses on the recovery portion of Operation LASER, outlining the workforce safety guidelines that will be implemented within our various work environments so that we can continue to operate safely and effectively as a Base community. This letter will be released on 15 May, with a digital version available on the [Trident Newspaper website](#) for those members without DWAN access. Please read and become familiar with these workforce safety guidelines, as these will be part of our new normal on Base.

We need to continue to operate in a safe and focused manner despite the ongoing health crisis, but will need your help and feedback in order to do so. When we do begin reintroducing a larger physical cohort of members onto the Base, it will be up to everyone to ensure that all defined health and safety protocols are followed. This will be our only path to success. Communication throughout this next phase will be critical, so please do not hesitate to bring any concerns or suggestions you may have to the attention of your respective supervisors. I, in turn, will continue communicating with you to ensure you have the most up-to-date information as we navigate this recovery phase.

I would like to close by saying that every single member of our CFB Halifax Defence Team has a role to play to support our readiness to serve where needed, and your efforts at this unprecedented time have certainly not gone unnoticed. Please know that **your continued hard work, perseverance, patience and resilience are very much appreciated.** This is a strange and difficult time, so please do not forget to take care of your own mental and physical health, as well as each other. If you are struggling, you can find some great support resources [here](#). And when the time comes, know that your Base team will be prepared to welcome you back to a safe, secure and supportive work environment.

Stay safe and stay well.

Find the latest COVID-19 updates:

- [Government of Canada](#)
- Government of Canada COVID-19 Information Line: 1-833-784-4397
- [CAF/DND](#)
- [Government of Nova Scotia](#)

Follow CFB Halifax on social media for the latest Base updates

- [Facebook](#)
- [Daily CFB Halifax COVID-19 Resources Information and Updates](#)
- [Instagram](#)
- [Twitter](#)



Quelle est la prochaine étape?

Un message du commandant de la base aux membres de la BFC Halifax

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

J'aimerais tout d'abord **remercier les membres de l'Équipe de la Défense de la BFC Halifax pour le travail remarquable que vous avez accompli au cours des dernières semaines.** Vous avez fait avancer les choses alors que nous sommes confrontés non seulement à une pandémie mondiale, mais aussi à deux tragédies dévastatrices qui se sont produites chez nous et qui ont profondément bouleversé le milieu de la défense, les Néo-Écossais et bien d'autres encore. Malgré ces épreuves, l'équipe de la base a continué à remplir toutes les fonctions essentielles, permettant aux unités locales de la Marine, de l'Armée et de la Force aérienne de fonctionner efficacement.

En dehors de la base, les restrictions imposées à cause de la COVID-19 se sont légèrement assouplies dans toute la Nouvelle-Écosse, les résidents étant autorisés à accéder aux parcs municipaux et provinciaux et aux sentiers pédestres, et certaines entreprises, comme les terrains de golf, sont désormais ouvertes. Vous vous demandez peut-être quelles en sont les conséquences pour vous. Conformément à la lettre du chef d'état-major de la défense (CEMD) du 8 mai 2020, les membres du personnel des FAC sont désormais autorisés à adapter leur situation personnelle en fonction de ce qui est permis dans leur province ou territoire. Vous trouverez la liste la plus récente des directives de santé publique en Nouvelle-Écosse sur [ce site](#) ainsi que d'excellents conseils sur la manière de pratiquer des activités de plein air en toute sécurité dans votre communauté sur [ce site](#). Les personnes affectées à l'**opération LASER** ou à toute autre fonction opérationnelle doivent continuer à se conformer aux dernières directives données par le CEMD dans son ordre de mission Op LASER 20-01, qui les invitent à rester chez elles et à se tenir prêtes.

Je rappelle à tous les membres de l'Équipe de la Défense, quel que soit leur niveau d'activité au sein de la base ou de la communauté, de pratiquer l'éloignement physique, d'observer les règles de bonne conduite pour la toux, l'éternuement et l'hygiène des mains, et de se conformer aux consignes de santé publique en tout temps afin de veiller à ce que l'équipe de la base reste en bonne santé et en mesure de poursuivre ses activités.

Quand puis-je espérer retourner au travail?

Comme l'a souligné le CEMD dans sa lettre du 1er mai 2020, l'ouverture des bases, des escadres et des installations des FAC/du MDN à un plus grand nombre de nos effectifs se fera « selon un rythme qui nous conviendra, lorsqu'il est conseillé de le faire, ou, si des mesures de sécurité peuvent être adoptées ». Dans sa lettre du 8 mai, il a précisé que les FAC commenceraient à reprendre leurs activités conformément à une directive stratégique qui serait publiée prochainement. Restez donc à l'affût.

Le sous-ministre (SM) a ajouté que certains membres civils (pas tous) pourraient envisager de retourner au travail à la fin du mois de mai, ou plus tard en juin. Je reconnais que, le moment venu, beaucoup d'entre vous ne pourront pas reprendre le train-train

habituel en raison de divers facteurs, notamment des perturbations au sein de la famille. Veuillez continuer à communiquer avec vos supérieurs immédiats afin que nous mesurions pleinement les difficultés que vous pourriez affronter lors de votre retour au travail.

Comme la BFC Halifax offre des services à diverses unités intégrées et hébergées, la reprise des activités normales de soutien opérationnel se fera par étapes. **Cette démarche sera menée en parallèle avec la phase 4 de l'opération LASER qui, dans la lutte du MDN contre la pandémie, est celle du rétablissement.** Les restrictions provinciales, la disponibilité de l'équipement de protection individuelle (EPI), la situation de la COVID-19 dans notre région, les directives des autorités sanitaires provinciales et de la base, ainsi que de nombreux autres facteurs seront pris en considération lorsque nous déterminerons quand nous pourrons déployer cette phase du rétablissement complet à la BFC Halifax. Votre sécurité et votre bien-être sont, et continueront d'être, au premier plan au moment de la prise de toute décision.

Alors, quelle est la prochaine étape?

Même si aucune « date de fin » de la situation actuelle n'a été fixée, nous sommes en train de planifier activement une éventuelle façon de faire plus durable et la présence physique d'un plus grand nombre de personnes au travail.

Comment cela se traduirait-il?

Pour cette planification, nous accordons une attention particulière à la manière dont nous allons poursuivre la mise en œuvre des mesures de santé publique concernant la COVID-19 dans nos activités quotidiennes dans les divers lieux de travail. À la BFC Halifax, il existe différents types de milieux de travail, qui peuvent être classés dans trois catégories : **services opérationnels/industriels, services de bureau généraux et services à la clientèle.** À votre retour, vous constaterez que les protocoles en vigueur dans un entrepôt, par exemple, sont peut-être différents de ceux utilisés dans un bureau. Mais ne vous en faites pas, car ces différences seront intentionnelles, et des mesures de santé et de sécurité seront conçues pour votre propre milieu de travail.

Des plans de reprise des activités (PRA) détaillés destinés au Service de la logistique, aux Services d'administration, aux Services d'information et aux Services de direction de la base, ainsi qu'au Service des opérations portuaires et services d'urgence seront élaborés dans les semaines à venir en étroite collaboration avec les dirigeants syndicaux locaux, et les comités de santé et de sécurité au travail. Ces PRA comprendront des directives claires sur les protocoles de santé et de sécurité que vous pouvez vous attendre à voir et à suivre à votre retour au travail. Ces documents vous seront fournis dès qu'ils seront prêts.

Dans l'intervalle, j'ai rédigé une lettre qui définit les principes fondamentaux de ces PRA. La lettre porte essentiellement sur la partie de l'opération LASER

relative au rétablissement, et présente les lignes directrices en matière de sécurité des effectifs qui seront mises en œuvre dans nos différents milieux de travail afin que nous puissions continuer à fonctionner en toute sécurité et efficacité au sein de la base. Cette lettre sera publiée le 15 mai et une version numérique sera affichée sur [le site web de Trident](#) pour les personnes qui n'ont pas accès au RED. Veuillez lire et bien comprendre ces directives relatives à la sécurité au travail, car elles feront partie de notre « nouvelle normalité » au sein de la base.

Nous devons continuer à fonctionner en toute sécurité et de manière ciblée malgré la crise sanitaire actuelle, mais nous aurons besoin de votre aide et de vos commentaires pour y parvenir. Lorsque nous commencerons à accueillir un plus grand nombre de personnes au sein de la base, il appartiendra à chacun de s'assurer que tous les protocoles de santé et de sécurité définis sont respectés. C'est la seule voie qui nous mènera au succès. La communication tout au long de cette prochaine phase sera essentielle, alors n'hésitez pas à faire part de vos préoccupations ou suggestions à vos supérieurs respectifs. Pour ma part, je continuerai à communiquer avec vous afin de vous donner les informations les plus récentes pendant la phase de rétablissement.

En terminant, j'aimerais affirmer que chaque membre de l'Équipe de la Défense de la BFC Halifax a un rôle à jouer pour nous aider à être prêts à servir là où c'est nécessaire, et vos efforts en cette période exceptionnelle ne sont certainement pas passés inaperçus. **Je vous remercie de votre travail acharné, de votre persévérance, de votre patience et de votre résilience.** Nous traversons une période étrange et difficile, alors n'oubliez pas de prendre soin de votre santé mentale et physique, ainsi que de celle des autres. Si vous vivez des moments difficiles, vous trouverez ici des ressources très utiles pour vous aider. Et, le moment venu, sachez que l'équipe de la base sera prête à vous accueillir dans un milieu de travail protégé et solidaire.

Prenez soin de vous.

Pour avoir les dernières mises à jour concernant la COVID-19, consultez les sites suivants :

- [Gouvernement du Canada](#)
- Ligne d'information du gouvernement du Canada (COVID-19) : au 1-833-784-4397
- [FAC/MDN](#)
- [Gouvernement de la Nouvelle-Écosse](#)

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FMF Cape Scott, NFS(A) sewing face coverings for Formation Halifax

By Ryan Melanson,
Trident Staff

Despite working in a reduced capacity, staff at Fleet Maintenance Facility (FMF) Cape Scott and sailors from Naval Fleet School (Atlantic) (NFS(A)) are now directly contributing to the fight against COVID-19 and the efforts to keep members of Formation Halifax safe and healthy.

Small sewing operations at each location are now producing a combined average of about 450 fabric face coverings per day to be distributed to ship's companies, shore units and any other members of the defence team who require them.

After limiting the physical presence of employees in the work place on March 13, and as the scope of the pandemic situation began to make itself clear, members of the FMF team quickly began brainstorming ways they could use their expertise to help.

"We have a fantastic production facility staffed by incredible, creative and inventive people, and they wanted to be part of the response. I'm very proud of this group," said Capt(N) David Benoit, who was the Commanding Officer at Cape Scott until April 24.

Soon after, NDHQ requested that Cape Scott, its sister site FMF Cape Breton, and other CAF production facilities begin working toward a face covering design that would be appropriate for CAF members. Because they had been considering this ahead of time, FMF was in position to begin producing immediately once a design was approved, and was able to have their first 1000 masks produced in the week following Easter.

"We were ready to go with our team and we had things up and running almost immediately," said Evan McKeen, a floor supervisor overseeing the work. They started with seven staff members from the Marine Survival shop, and have since recruited a few more volunteers who are helping with cutting materials, packaging the finished products, and other small tasks.

To increase the production capacity, the team also contacted NFS(A), where Boatswains learn sewing skills as part of their training. Both locations are now producing the coverings, which are packaged in kits of two along with instructions on how to wear them properly. Members of the FMF workforce were some of the first to receive the product, and Base Logistics will now handle the distribution to those who need them across the Formation.

"The masks are available for anyone in the Formation to use, including our Op LASER designated forces," said FMF Production Manager Derek Cann.

Leadership and management at FMF gave the credit for the quick success of the project to the workers, who were eager to help from the beginning and

volunteered to come into work at a time when many of their colleagues are being told to stay home to help prevent the spread of COVID-19.

"They're certainly doing a great job of maintaining the physical distancing, because it's quite a large area of the shop where the work is being done, but these people are still putting aside their own personal concerns about COVID-19, so they can come in and support the cause," McKeen said. He added that FMF's supply and procurement team have also been crucial in tracking down the needed materials at a time of high demand.

The local production of the face coverings is part of a three-stage plan through ADM (Materiel) to supply the CAF and DND with face coverings, and it's expected that a contract with proper material fabricators will soon be in place to provide a large, steady supply. Until then, however, the locally-produced product will help essential workplaces operate more safely.

Feedback has been positive from those who've started wearing the masks during their work days. Union leadership at FMF reported their members found them to be comfortable and breathable, and that the accompanying instructions helped with ease of use.

"I think we'll be hearing more of that from other people as we start getting these issued around the Formation," Capt(N) Benoit said.

FMF Cape Scott CO Capt(N) David Benoit (left) and Production Manager Derek Cann (right) said the initiative is succeeding because of the enthusiasm of the workforce and their willingness to help.

MONA GHIZ, MARLANT PA



FMF employees who volunteered to come in and take part in the project, along with sailors from NFS(A), are now sewing about 450 coverings per day.

MONA GHIZ, MARLANT PA



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Dockyard Firefighter Tyler Dyke: from life-altering diagnosis to dream job

By Sydney MacLeod,
CFB Halifax Public Affairs Intern

The daily routines of our Department of National Defence (DND) firefighters at Canadian Forces Base (CFB) Halifax looked very different eight weeks ago. In response to the COVID-19 pandemic, special kits consisting of masks, gloves, gowns, face shields and sanitizer are now stored in the trucks at HMC Dockyard fire department, ready for quick access in any emergency situation. There have also been quite a few adjustments to firefighters' practices on the job, from the installation of a hand washing station at the entrance of the Dockyard fire hall to the restriction of personnel movements except when responding to emergencies. It's undeniable that COVID-19 has changed how our firefighters must act and respond to safely



Tyler Dyke has been a firefighter at CFB Halifax since November 2018.

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and effectively do their jobs.

But while the pandemic has presented unique mental and physical challenges within the emergency/first responder community, Dockyard firefighter Tyler Dyke is taking it in stride. One reason for this relatively smooth adjustment to a new routine is due to the dynamic nature of the job, of course, as each call to which Dyke responds is different; he has to be flexible. Beyond that, however, he's also no stranger to overcoming immense obstacles in his personal life.

Dyke was diagnosed with epilepsy when he was just three years old. Epilepsy, the fourth most common neurological disorder, is characterized by unpredictable seizures and can cause other health problems. A seizure is a sudden, uncontrolled electrical disturbance in the brain that can cause changes in your behaviour,

movements or feelings.

Despite being a very capable child, Dyke was faced with some difficult realities very early on due to this diagnosis. "From a young age, having to deal with seizures and taking medication, I knew that I was different from all my friends," he explains. "I was told there would be challenges and I would not be able to do everything that everyone else was able to do."

After undergoing multiple EEGs, CAT scans and other testing that included cranial surgery, the location of the problem was identified. This meant Dyke was considered a candidate to have the affected area removed through risky brain surgery. He jumped at the opportunity.

On June 16, 2006, when Dyke was 19 years old, his neurosurgeon, Dr. Robert Brownstone, successfully removed the piece of Dyke's brain that was causing his seizures. The outcome of the surgery was promising, as Dyke stopped having seizures. He now had a chance to lead a normal life.

Dyke took full advantage of this new, seizure-free reality, following his passion and becoming a volunteer firefighter in 2010. Eight years later, on November 27, 2018, he landed his dream job as a DND firefighter at CFB Halifax.

"Growing up I always wanted to help people, and working at the Dockyard fire hall has given me the perfect opportunity to do what I love and serve the community," Dyke explains. Beyond the rewarding work, he also feels right at home working with the women and men on his team. "It's really like gaining a new family. Everyone looks out for each other through the good times and the bad while on shift and outside the workplace."

The Base Fire Chief, Brian MacDonald, has been grateful for the addition of Dyke to his team. "In the limited time Tyler has been employed with the CFB Halifax Fire Department, he has contributed well to the team," he explains. "He has added a diversity of perspective and a sense of compassion that will serve both Dyke and the department well for years to come."

Dyke's sense of compassion is regularly on display at work, but is also evident in his everyday life, as he is passionate about helping others whenever (and however) he can. While attending the Nova Scotia Community College for pipe trades back in 2008, the Epilepsy Association of the Maritimes (then the Epilepsy Association of Nova Scotia) awarded Dyke a scholarship. Beyond grateful for this opportunity and all the support shown to him by family and friends through-



Dyke says he's always wanted a job that allows him to help people and serve the community.

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out the years, firefighter Dyke has been looking for a way to give back.

To help others dealing with epilepsy, Dyke plans to organize a fundraiser next year in honour of Purple Day, March 26, 2021 to raise awareness around epilepsy and to help those individuals and families who are experiencing challenges due to an epilepsy diagnosis.

People like Dyke make a big differ-

ence in trying times such as these. The fact is, we can't face it alone. We must stick together and stay connected (at a physically acceptable distance, of course).

After overcoming past challenges and currently working in the midst of another, Dyke looks forward to continuing to help others in the future in whatever way he can.

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Commonwealth War Graves Commission launches digital initiatives to honour Canadian heroes

Just before Victory in Europe Day (VE Day), the Commonwealth War Graves Commission (CWGC) launched innovative online tools to help Canadians learn more about, honour and pay respects to war dead from the First and Second World Wars.

Canadians can discover and pay tribute to those who served in the World Wars by participating in the Wall of Remembrance campaign, listening to the The 1.7 Million Stories of CWGC podcast series or browsing the new Enquiry Files archival records.

To maintain physical distancing, the CWGC has launched a Wall of Remembrance digital campaign, calling on the public to take part in an act of virtual remembrance. This innovative online space will allow Canadians to commemorate the 75th anniversary of VE Day by submitting a tribute or photo as part of the new initiative.

The public is encouraged to submit their tribute using #ShareYourTribute on social media, or upload on the CWGC website to honour the moment the most destructive conflict in European history finally came to an end.

“At this dark time, we want to give people a way to honour those brave men and women who gave their lives in the Second World War, creating this virtual Wall of Remembrance, so they can take part in VE Day. Whether it is a simple thank you, a picture or a few lines of text, we want to collect as many tributes as possible.” said Victoria Wallace, Director General for the CWGC.

Alongside the online Wall of Remembrance, the CWGC has launched a new podcast series called The 1.7 Million Stories of CWGC. The series explores some of the stories of those who lost their lives, the history of these wars and how the CWGC continues its work today.

Together with these campaigns, Canadians can also discover the Commission’s newly digitized Enquiry Files (E-Files): personal letters, pictures and documents sent between the Commission and the wives and parents of soldiers that reveal the anguish of the First World War as families sought answers about their loved ones.

Among the stories is that of George William Malcolm, a father who

searched for eight years to find the grave of his son, Lt Alan Alexander Malcolm, as well as Capt Ralph Bell of the Canadian Expeditionary Force. Heartbreaking stories like these are now being made available to the public for the first time in generations thanks to the newly released archive material.

By digitising and releasing these files over the course of the year, a new generation of researchers and students will be able to understand the impact of losing loved ones during the First World War, including that of Capt Bell who worked as journalist for The Globe newspaper in Toronto prior to joining the military.

“Stories like that of Capt Bell and Lt Malcolm reveal the struggle many families faced during the First World War to find answers about their loved ones. These important stories of grief honour the sacrifices made by our Canadian heroes and must continue to be shared with generations to come. We are pleased to be able to make this invaluable piece of World War history accessible to a new generation of Canadians” said David Loveridge,

CWGC’s Area Director for Canada and the Americas Area.

The records are part of a collection of nearly 3,000 files which never been made available to the public before. Nearly half have been digitised so far, alongside a previously unreleased collection of more than 16,000 photographs held in negatives in the Commission’s archive.

To learn more about or add your tribute to the online Wall of Remembrance: <https://www.cwgc.org/share-your-tribute>.

To listen to The 1.7 Million Stories of CWGC podcast: <https://anchor.fm/cwgc/episodes/EP1-Africa-ecmk-g2/a-1trep2>

To discover the Commission’s new Enquiry Files: <https://www.cwgc.org/history-and-archives/cwgc-archive/efiles>.

For more information please contact: Nicholas Schiavo
Email: nicholas@impactcanada.com
Phone: 613-323-0205

Meet your PSP Fitness and Sports staff: Tammie Barriage

Name: Tammie Barriage

Hometown: Kingston, Ontario

PSP employee since: April 2011

What inspired you to pursue a career focused on fitness?

Growing up, I played basketball competitively and wanted to become a professional athlete at one point. Knowing that I also wanted to go to University, I found the Kinesiology program at McMaster and realised that was the program for me. I think it is somewhat of a common trend for a lot of us who continued to pursue athletics in our adult years, especially at the high performance level, to want to carry that over into a career.

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

Over my career so far within this environment, I have had the opportunity to really learn about and even experience some of the demands that go along with being in the CAF. Having had the opportunity to sail on one of the ships on an Op Carribe was such an eye-opening experience into how the

Navy works. It has definitely pushed me to learn how to adapt and get creative, as well as see the importance of a healthy and active lifestyle as it relates to job performance. Working in this environment is so much more than just teaching classes at a gym, and I appreciate the professionalism and growth opportunities it can bring.

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

Along the lines of adaptability, this job means almost always having to adapt. Our schedule can change at any time, a task can come up that needs to be done on short notice or sometimes units may not even show up due to being tasked elsewhere. It is a very unique environment that we are a part of, but it is definitely always interesting!

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

I have always been a basketball player but have become more into running over the last few years.

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

Now is the perfect time to try something new. It is so important to try and establish some kind of physical and mental outlet, if you don’t have one already or the one you are used to requires going somewhere that is closed right now. Movement is key for all of us, so it is all about finding the movement that works for you, whether it is 20 minutes of body-weight strength exercises, a 10-minute yoga session in your living room, or even longer walks with your dog.

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

This past year I became the Assistant Basketball Coach for our Dartmouth, NS Special Olympics Basketball Team and it has been such an amazing experience, I feel so grateful to have this opportunity to be involved with this team.



*PSP Fitness and Sports Instructor
Tammie Barriage
SUBMITTED*



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Complete the challenge and receive a **FREE swag bag** and a **chance to win a TRX kit!**

This 4-week fitness challenge will begin Sunday, May 17th. Participants will be asked to capture 3 screenshots each week of themselves doing our daily 'Work IN' live streams from our Facebook page. Each week, we will make a post to share your screenshots in the comments section and advance to the next round. After the final round, all remaining participants will be eligible to win a TRX kit!

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Functional postural exercises

By Maddie McDonald,
 PSP Fitness & Sports Instructor,
 12 Wing Shearwater

We live in a world where computers and other means of technology are used daily - if not hourly. Because of this, a lot of us have become less physically active, and more stationary.

This happens especially to those of us who are required to be at a desk or complete repetitive movements as part of our jobs. As we age and continue to foster bad habits such as slouching while using technology, and continuing to be less active, we become susceptible to poor posture. There are other causes for poor posture such as injury, genetics, or disease, which are out of our control. However, if you fall into the category of those who have poor posture as a result of your daily actions, keep reading to find exercises and stretches that will help you to improve your form.

Keep in mind that the following postural stretches and exercises are not a prescription, they are meant to be used as suggestions for those who want to correct their form. If you suffer from an injury, or have postural problems that are not associated with lack of activity or a tendency to slouch, please refer to a health care professional before attempting the following exercises.

My personal favourite postural exercise is the cervical retraction. You can do this while standing, as the demo shows, or while seated. This is a great exercise to strengthen your neck muscles, and to teach yourself to not constantly look down.

www.youtube.com/watch?v=Vg4iSulJStI

Prone shoulder retractions are excellent for trying to combat rounded shoulders, as they remind your shoulder muscles where they should naturally sit.

www.youtube.com/watch?v=YeQR2MMZUKI

Wall slides are my second favourite, as they work more than one muscle group. Primarily wall slides assist in strengthening your shoulders, as well as aids in shoulder mobility. Wall slides also are used to relieve pressure off the lower back, as well as quad and glute strength.

www.youtube.com/watch?v=GaP20t6ZOfU

Core and back strength play a huge role in being able to maintain proper posture. The next few exercises are to help you develop core strength to compliment your postural exercises.

Superman! This exercise is to strengthen your lower back, as well as make you feel like a superhero flying through the sky.

www.youtube.com/watch?v=cc6UVRS7PW4

Bird dogs are perfect for working the glutes, back and core at a lower intensity. This allows your body to practice stability and control.

www.youtube.com/watch?v=wiFNA3sqjCA

Cobra pose is an awesome lower back stretch that develops strength. It also allows your chest and shoulders to open up.

www.youtube.com/watch?v=XU0wJ00TopU

Lastly everyone's favourite, plank. Planks strengthen not only your abs, shoulders and back. They also allow your body to work on stability, and engage almost every muscle group in your body.

www.youtube.com/watch?v=ASdvN_XE1_c

Proactive approach to wellness

By Tammie Barriage,
Fitness and Sports Instructor,
PSP Halifax

Many of us have our own fitness routines that we try to stick to on a regular basis, whether it's going to fitness classes, following a video or on-line workout, going for walks or runs, etc. In our CAF setting in particular, we also establish fitness training schedules, fitness goals, and help to create fitness expectations and routines. Some of our programming is even focused on the need for training as a result of being unsuccessful in meeting fitness standards, and this can be the push people need to get back on track or make changes.

These are all important paths to fitness training, but they also have something in common – they are reactive versus being proactive. We feel the need to be fit because of standards we have to meet, so we workout. We have an injury from running, a team sport, or from work and so we workout or do physical rehabilitative training. What if we focused more on training as a forethought, something before there was an actual need?

Adopting a holistic approach to our training is one way that we can start to make the shift from reactive to proactive training. Holistic can mean many things, but in this case it is talking about taking care of both our physical and psychological health, and before they even necessarily need to be taken care of. If we look after not only our physical training, but include preventative psychological training, we can start to create resiliency. Resilience is a word that has become more common over the last few years, especially within the CAF and for other first responders in particular. This is not a word that should be taken lightly or underestimated, as it can set us in the right direction for a proactive approach to holistic wellness. Resilience does not, however, need to be something just meant for individuals in a high-stress, high-readiness position, it is something we can all benefit from, especially at a time like this.

So how can we start to think about this proactive approach to holistic wellness? Even if we are feeling great, and don't feel stressed, now is the time

to create a routine and start to see what practices work for us – this is the perfect time to be proactive. Gradually establishing a routine, and progressively taking steps towards our overall wellness, is all we need to do.



Meditation can include activities like yoga, but it can also be as simple as listening to music or relaxing with a book.

COMBAT CAMERA

Here are a few simple ways we can start to work towards our overall wellness and resiliency:

Goal Setting: Setting aside a few minutes to consider some goals that are important to us at the moment and that we can start to work towards, then start to think of the steps needed to try and complete these goals.

Positive Self-talk: We often can be our own worst critics and are hardest on ourselves at times. Take a moment to make note of something you have accomplished or feel proud of. Ensure to remind yourself of these positive skills, behaviours, and moments, as often as you need to in a day.

Meditation: It may sound intimidating or like something that isn't for you, but meditation can be anything we want it to be. Simply taking a moment to yourself to allow your mind to have a break; the last few minutes of a yoga class, listening to music, an audio book or podcast, these can be various forms of meditation depending on what we need.

Focusing on including the practices that work best for us on a regular basis, instead of just when we feel we need it, is key. Big or small, establishing a routine for both our physical and mental health can lead our way to taking the proactive approach to wellness. Check out this article from PubMed for more information – titled Sport Psychology for the Soldier Athlete: A Paradigm Shift. www.ncbi.nlm.nih.gov/pubmed/29420813

Goal setting; beyond SMART goals

By Mary Thompson,
Fitness and Sports Instructor,
PSP Halifax

Most of us have heard the term SMART Goals by now; Specific, Measurable, Achievable, Realistic and Timely. While I agree that all goals should align with these five points, after many years in fitness the industry I believe there are other key factors in order to be successful in achieving a goal.

First off, I would like to introduce the power of belief. Though a goal could be realistic and achievable, it doesn't necessarily mean someone truly believes that they are able to accomplish it. In order to set ourselves up for success, we have to eliminate negative self talk. One practice to do this is first identifying any limiting beliefs we currently have; ie: "I've been overweight my whole life, I'll never lose weight." I would encourage people to then change the beliefs into something more empowering, yet something that still reigns true to the individual. For example: "I have never been overweight" is a bit of a stretch, but something more vague such as: "I am looking and feeling better every day." This process won't be a one time thing. Many of us have developed limiting beliefs such as this from a very young age. We have to learn the skill of pivoting; to catch ourselves in the moment of a thought that reflects a limiting belief and change the thought into something more empowering.

"Whatever the mind can conceive and believe, it can achieve." — Napoleon Hill. Secondly, we have to act as if we already have accomplished it. As explained in the article below by Kelli Cooper, often when we are extremely determined to achieve something, we unintentionally focus on the lack of it. If our thoughts are constantly, "I'm not losing weight I'm not losing weight" and our outer world experience reflects our inner thoughts, then you can probably guess what's going to happen. Using the example of weight loss again, people often focus on the fact that their body composition is not where they want it to be. Instead, we must focus on the feeling of already having achieved our goal.

As Kelli explains; "Acting as if you already had what you wanted is not about playing pretend or totally ignoring your current reality. It is about realizing your point of power is how you are focusing in the present moment and deliberately directing your attention towards what you want, knowing your reality will eventually follow suit."

Kelli outlines that no matter what one's goal is, they want to achieve it to

gain some sort of desirable feeling. For example, one might want to lose weight so they feel healthy, less stressed, to gain freedom, self-esteem or self love, just to name a few. The well-known theory of the Law of Attraction suggests that one's inner thoughts and feelings reflect their outer experience. So if we can find a way to feel those feelings we desire anyway, before having achieved our goal, we are more likely to succeed. For example, before you lose the weight you can still find ways to increase self-esteem and self-love through various daily practices such as journaling, visualization and mirror work.

From www.huffpost.com/entry/law-of-attraction-acting-as-if-you-have-what-you-want-when-you-dont_b_7938140?fbclid=IwAR3p-5nEwAQ3y_KJRY-2KCrSguWvxak-MilTLA6t5-iBKEYot06QvbyFlw5TI

Lastly, what I've noticed in my years in the fitness industry is that people's goals are often coming from a place of unhappiness or dissatisfaction, instead of a place of love. Often clients come to me saying they are unhappy with their bodies or their current physical fitness levels. Though that unhappiness might have initiated the idea of wanting to change, basing a goal off of self hatred is a recipe for disaster. When our mantras for exercising start sounding like "Come on you lazy sack of ____, or I hate how I look, let's burn this fat!" It is only a matter of time before motivation slips. We have to want to do things out of love. Instead of starting an exercise regime because we hate our bodies, if we want to create lasting change we must do it because we love our bodies. When working out our self motivation should sound more like, "Come on, you can do it. You deserve to be healthy and happy. You are worthy of feeling confident. I am doing this because I love my body and want the best for it."

Oprah Winfrey has found self-love goes hand and hand with lasting change. "Your overweight self does not stand before you craving food. It's craving love," she says. "When you love yourself enough, you take care of yourself."

From www.oprah.com/health/oprah-weigh-loss-confession/8

I know during these times we might feel limited in some ways towards our fitness goals, many of us being confined to the square meters of our homes. However, I would like to encourage people to use this time to re-visit their goals and take a good look at how they have been working towards them mentally as well. As Leon Brown reminds us: "It all begins and ends in your mind."