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TRIDENT

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Sports day for HMCS *Ville de Québec*



Members of HMCS *Ville de Québec* played ball hockey on Jetty NB while alongside during a weekend sports day in early May. Planning fun activities has been a priority for the ready-duty ship as a way to keep spirits high among the ship's company, as they remain ready to respond to the COVID-19 crisis or any other tasking.

MCPL ANTHONY LAVIOLETTE, CAF IMAGERY TECHNICIAN



HMCS *Ville de Québec* sails under the Confederation Bridge between New Brunswick and Prince Edward Island on May 17.

MCPL ANTHONY LAVIOLETTE, CAF IMAGERY TECHNICIAN

HMCS *Ville de Québec* focused on mental health of sailors

By Ryan Melanson,
Trident Staff

As one of two ready-duty ships on the east coast, HMCS *Ville de Québec* has taken extreme measures to ensure its ship's company remains free of COVID-19, including the two-week hotel isolation period before heading to see in mid-April.

Keeping sailors physically healthy is obviously crucial to the ship maintaining its readiness, but with crew members separated from their loved ones during a difficult time, taking stock of the morale and mental health on board becomes increasingly important.

"It's certainly the biggest concern

I have day to day, is taking that temperature and trying to find new and innovative ways to negate those negative effects," said Cdr Michael Eelhart, *Ville de Québec's* commanding officer. Sailors have concerns about their family members and loved ones at home during the pandemic, some members personally knew victims of the shootings in the Portapique area, and all are coping with the tragic loss of their colleagues from HMCS *Fredericton*, as well as the news of the recent Snowbird crash.

While those who required it were

given time to grieve, Cdr Eelhart said sticking to routine and keeping up with normal business at sea can be therapeutic for the crew. They've also made efforts to consistently plan fun or interesting activities for people to look forward to. Part of this has been the domestic presence operations the ship has been conducting over the past month, sailing to and anchoring near a number of Maritime communities, including hometowns of many of their sailors. *Ville de Québec* toured through the Bay of Fundy and Minas Bay on the first leg, sailing near Portapique in

the days following the tragedy in that area, and proceeded to sail through the Northumberland Strait, making appearances off of Prince Edward Island, in Northern New Brunswick and up to the Gaspé region of Quebec. They used social media to announce their location and engage with communities when they passed by.

"We thought 'Let's try to connect with Canadians as best as we can,'" Cdr Eelhart said.

"It was also a way to keep our sailors interested and engaged, maintaining their readiness at the same time, and



Members of HMCS Ville de Québec take the ship to anchor in Sydney Harbour, Nova Scotia on April 30, 2020.

MCPL ANTHONY LAVIOLETTE, CAF IMAGERY TECHNICIAN

keep them from getting overly bored doing the same old things each day.”

They’ve also tried to plan some fun when they come alongside, even if they can’t stray far from the ship. A sports day in early May saw members hold an all-day ball hockey tournament on Jetty NB, and for the May long weekend, they set up propane fireplaces and had a party with barbecue, smores, sing-alongs and karaoke.

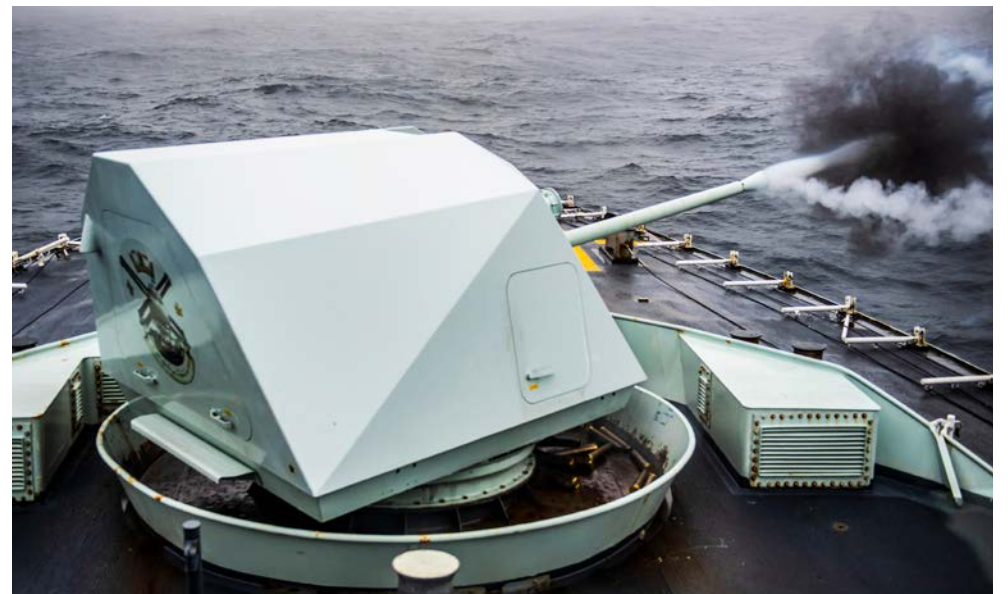
“We tried our best to recreate a cottage weekend on the jetty. It was probably one of the best ship parties we’ve ever had.”

The original plan for *Ville de Québec* was to sail to Québec this summer for a docking work period. Instead, the ship will undergo a full crew change, with the current crew of HMCS *St. John’s*

set to come aboard and continue as the ready-duty ship starting in August.

For now, the ship and crew, along with their colleagues in HMCS *Moncton* will remain ready to respond and make every effort to keep their sailors healthy. This now means any new crew member must undergo a two-week isolation period and be tested for COVID-19 before coming aboard, and any stores or other items coming from land are kept off the ship for about three days before being sanitized and brought on.

“It’s all part of the preventative measures we’re taking. Our day-to-day running at sea is relatively normal, but our interaction and the interface between the ship and the shore is incredibly abnormal,” Cdr Eelhart said.



HMCS Ville de Québec conducts a live-fire exercise while the ship sails east of Nova Scotia on May 2, 2020.

MCPL ANTHONY LAVIOLETTE, CAF IMAGERY TECHNICIAN



Members of HMCS Ville de Québec demonstrate and learn Multi Ammunition Soft Kill System loading and unloading while the ship sails in the Bay de Chaleur between New Brunswick and Québec on May 19.

MCPL ANTHONY LAVIOLETTE, CAF IMAGERY TECHNICIAN



Members of HMCS Ville de Québec play ball hockey on Jetty NB while alongside during a weekend sports day in early May.

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CF H Svcs C (A) says thank you



On May 22, the Lebanese Festival of Halifax delivered 60 meals to our wonderful healthcare staff at CFB Halifax CF Health Services Centre (Atlantic). Due to COVID-19, this year's festival has been cancelled but it nonetheless committed to delivering 2000 meals throughout the HRM in support of our first responders, healthcare workers, charitable organizations and communities in need. Thank you to the Lebanese Festival for its generous support and kindness towards our frontline workers during these trying times! And thank you to our healthcare workers for their dedication and tireless work in delivering essential services and helping to keep us safe.

VERENA RIZG, CF H SVCS C (A)

Caffeine and your health

By Samantha Noseworthy,
PSP Halifax Health Promotion Specialist

Caffeine is the most widely used psychoactive substance in the world, with about 80% of adults in Western society consuming some form of caffeine on a daily basis. The most common sources of caffeine are beverages such as coffee, tea, soft drinks and energy drinks but caffeine can also be found in foods like chocolate as well as in many pharmaceuticals.

Most of us have experienced the stimulatory effects of caffeine at one point or another; there are many people who feel that they can't properly function before their first cup of coffee or tea in the morning.

The effects of caffeine peak about one hour after ingestion and it takes approximately 5-6 hours for half of the caffeine ingested to be eliminated from your body. That being said, everyone reacts to caffeine a little bit differently with some people being much more sensitive to the effects of this stimulant.

Health Canada recommends that the average adult consume no more than 400mg of caffeine per day - that is the equivalent of about two medium coffees from Tim Horton's. Health Canada also recommends the avoidance of other sources of caffeine such as energy drinks and soft drinks due to their high sugar

content and the excessively high caffeine level in most energy drinks.

Caffeine can be consumed safely as long as you monitor your intake and you are still consuming the recommended amounts of water on a daily basis. Caffeine can be used to boost your energy when needed, but if you are consistently relying upon this stimulant to get you through the day, maybe it's time to try getting a few more hours of sleep!



Statement on behalf of Capt Jennifer Casey's Family

Capt Jennifer Casey, our beloved daughter lost her life on Sunday, May 17 in Kamloops, British Columbia while supporting an important mission that seemed to be designed for her. Operation INSPIRATION is a mission with one focus, making Canadians happy in a time of uncertainty and there was no better person in this world to carry out that mission than Jenn. Her beautiful smile and positively infectious personality could brighten anyone's day and she proudly served the mission as she flew across our great nation with a team that she adored, the Snowbirds.

Jennifer was more than a granddaughter, daughter, sister, and friend to many, she was a storyteller, a role that she embraced with passion and skill. She was also a proud Nova Scotian that served as an advocate and ambassador for her province wherever she went. Her journey took her many places but her heart was always at home in Halifax.

It was in Halifax where Jenn studied Journalism at the University of Kings College and started her career in journalism with the Roger's network at

News 95.7 where she developed her story telling skills, giving a voice to local causes and community groups that often didn't have one. Working with News 95.7 is where she built her enormous network of friends that have spent the last several days sharing kind words about her professionalism and beautiful character. Now they are telling her story.

Always one for an adventure, Jenn joined the Canadian Armed Forces in 2014 as a Public Affairs Officer where she thrived personally and professionally. While serving her country, Jenn traveled around the world meeting new friends at every stop along the way. Using her experience and media connections, Jenn was great at telling the stories of the brave men and women that serve Canada at home and abroad. She was committed always to honing her skills and advancing her education in the field by completing a Master of Interdisciplinary Studies from Royal Roads University in B.C.

Many say that the military is much like a second family and Jenn welcomed these brothers and sisters with open arms and all her heart. There are

many groups in her military family that are sharing in her loss. First and foremost, we are sharing this loss with the Public Affairs Branch, a group of communications professionals that introduced Jenn to her military family. We also share this loss with everyone in the Royal Canadian Air Force, a group of loving individuals that will always remember Jenn for the contributions that she made to the team.

And finally, we share her loss with the Canadian Forces Snowbirds, 431 Air Demonstration Squadron, a team that she proudly served in a job she truly loved. Our hearts are with all of you at this time as we mourn the loss of Jenn and remember all of the memories we shared with her.

As she makes her way back to Nova Scotia to her final resting place, we ask those that knew and loved Jenn to cherish the memories that you have of her and continue to bask in the light that she shone on everyone's life. She is gone but will never be forgotten.

Captain Jennifer Casey.....we salute you.



Dignitaries join RCAF personnel in the homecoming ceremony for Capt Jennifer Casey, Public Affairs Officer for the Snowbirds demonstration team.



At the airport, dignitaries including the Her Excellency Govey General Julie Payette, (far right); his Honour the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia and Her Honour Mrs. Patsy LeBlanc; the Honourable Harjit Sajjan, Minister of National Defence; Gen Jonathan Vance, Chief of the Defence Staff, await the arrival of Capt Jennifer Casey.

OS MELISSA GONZALEZ, 12 WING IMAGING



The processional ceremony for Capt Jennifer Casey begins at the Shell Aerocentre Halifax, in Halifax on May 24, 2020.

CPL MITCHELL PAQUETTE, 12 WING IMAGING SERVICES

CAF Snowbirds CT-114 Tutor crash

By DND

At approximately 11:45 a.m. on May 17, 2020, shortly after take-off from Kamloops Airport, Snowbird 11, a Canadian Forces Snowbirds CT-114 Tutor, crashed into a nearby neighbourhood. Prior to the crash, the two-person crew of the aircraft ejected. Tragically, Capt Jenn Casey, the team's Public Affairs Officer, did not survive. The aircraft's pilot, Capt Rich MacDougall, survived with non-life threatening injuries.

The team is devastated by the loss of Jenn. She was the quintessential Public Affairs Officer. A tireless and energetic officer with a network of media contacts from her previous media career and savvy with social media which endeared her to the public. She absolutely loved what she did; she was one of the main reasons Op INSPIRATION has been so well received by the public. She had just received a 1 Canadian Air Division Commander's coin in recognition of her stellar efforts and a nomination was being drafted for a Chief of the Defence Staff commendation.

Her loss is a serious blow to not only our Team, but to the Royal Canadian Air Force and the Canadian Armed Forces as a whole. I've spoken with Jenn's family, and passed on our sincere and heartfelt condolences. No words can ease the pain they are feeling right now, I have passed on that they are not grieving alone.

We are also thinking of Capt MacDougall at this time, and supporting him

as he recovers from his injuries. I've spoken to him, and assured him he has the full support of the Team and the Canadian Armed Forces while he too goes through this difficult time.

At this time the precise circumstances leading up to the crash are not known. The crash site has been secured by local law enforcement and the immediate Flight Safety response is being coordinated on the ground by the team's Flight Safety Officer as we speak. An investigation team from the Directorate of Flight Safety in Ottawa has already arrived in Kamloops to conduct a flight safety investigation to determine the cause of the incident.

We want to thank the first responders from the Kamloops region for their timely and professional response, and I would be remiss if I did not mention the stoic and brave response of the members of the public who came to the aid of our teammates, especially those who had the aircraft land in their neighbourhood.

We also appreciate all the messages of support for Rich and his wellbeing. The support of every Canadian is truly appreciated during these difficult times.

As of now, Op INSPIRATION is postponed until further notice, and the entire Snowbird fleet is on an operational pause. Over the coming days the team will regroup, and come together to mourn the loss of our colleague. When appropriate to do so, we will return to 15 Wing Moose Jaw to plan our next steps.



The procession in honour of Capt Jennifer Casey proceeds from the airport to the funeral home on May 24, 2020.

AVIATOR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES



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902.427.7788

Because this is what community does

By Sarah-Jean Mannette,
H&R MFRC

The Royal Canadian Air Force CH-148 Cyclone helicopter that crashed in the Mediterranean on April 29, 2020 has immeasurably impacted the military community and our country. Since news of the incident, the Halifax & Region Military Family Resource Centre (H&R MFRC) has been so warmly inundated with messages of kindness, shared sorrow, prayers, and offerings to help.

Because this is what community does. This is what community is. Especially in times of tragedy, military members, families, friends, and even strangers join together to show their compassion and lend their support. During these times of COVID-19, however, joining together is hard. Dropping off a casserole or a loaf of freshly baked bread is not possible. Neither are hugs or conversations over a hot cup of tea at the kitchen table. Instead, we find alternative ways to show that we stand together; social distancing will not distance our connection with one another.

The H&R MFRC was approached by numerous military family members who wanted to do something for military members deployed in HMCS *Fredericton*, and their families at home. Staff at the H&R MFRC quickly put in place a plan to send care packages to all members onboard the ship. The purpose of the care packages is to send some kindness and treats from home, to remind the members of home and that they are not alone, that people are thinking of them.

On Friday, May 8, 2020, staff of the H&R MFRC and Windsor Park and Shearwater Children's Centres got together (in accordance with social distancing precautions) and assembled the care packages. Contents included local products: chocolate bars from Peace by Chocolate, maple syrup treats from Acadian Maple Products, Nova Scotia tartan pins donated by the province, Canadian flags donated by Member of Parliament Darren Fisher, H&R MFRC pens, and coffee K-cups donated by one of the H&R MFRC's dedicated supporters, Angus G. Foods (McDonald's). Also included in these packages were thank you cards handwritten by H&R MFRC staff.

To help family members, as designated by the deployed member, they received \$50 gift cards

from The Kitchen Door. "It's such a maritime thing to do, to drop off a homecooked meal to a family as a comfort and say that we're thinking of them," Shelley Hopkins, executive director of the H&R MFRC explains. "These gift cards are a small way to show families that we're here to support them."

It was the generous support from TD that helped make all of this possible. During the Canadian Mental Health Association's (CMHA) Mental Health Week (May 4-10, 2020), TD donated \$10,000 to the H&R MFRC in support of mental health initiatives for military families.

"The mental health and well-being of military families can be especially challenging to manage during these times," says Hopkins. "It only seemed fitting to use TD's donation to fund these care packages because this really is a mental health initiative."

Members aboard HMCS *Fredericton* will receive these packages in the coming weeks and family members have already started receiving their gift cards. Comments on social media positively support this initiative and commend the

Contents included local products: chocolate bars from Peace by Chocolate, maple syrup treats from Acadian Maple Products, Nova Scotia tartan pins donated by the province, Canadian flags donated by Member of Parliament Darren Fisher, H&R MFRC pens, and coffee K-cups donated by one of the H&R MFRC's dedicated supporters, Angus G. Foods (McDonald's).

SUBMITTED

service of military members and their families.

The H&R MFRC was stood up over 30 years ago to support the wellbeing of all those who share the unique experience of military life. The H&R MFRC is the only local charity that is dedicated to supporting military families in our community, which is from the Halifax Regional Municipality (HRM) all the way to Cape Breton, and everywhere in between. The Centre is so appreciative of the funding it receives from the Base and Wing, as well as from Military Family Services (MFS), it relies on support from businesses and individuals to fund programs and services exclusive for military families.



Many military family members who wanted to do something for military members deployed in HMCS Fredericton, and their families at home, approached the MFRC with ideas. The result was these care packages that will be sent to the ship very soon.

SUBMITTED



Although our Centres are currently closed, our professional staff remain dedicated to military families. There are a number of ways to connect with us so be sure to keep our contact information nearby:

Website: www.halifaxmfrfc.ca
Email: communications@halifaxmfrfc.ca
Phone: 902-427-7788 (24/7)
Facebook: www.facebook.com/HalifaxRegionMFRC
Twitter: www.twitter.com/HRMFRC
Instagram: www.instagram.com/hrmfrfc

A note on mental health & wellbeing support

Military families have access to a team of registered social workers who provide over-the-phone, confidential counselling at no cost. Families can seek support for a variety of reasons, such as: work-related separations, parenting challenges, relationship issues, separation and divorce, grief and loss, and family violence. For more information, please contact us: 902-427-7788.



WORK IN CHALLENGE

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!

#PSPFITNESSCHALLENGE

#PSPWORKIN

#PSPHALIFAX



/psphalifax

cafconnection.ca/halifax

Finding recreation activities at home

By Megan Stewart,
PSP Halifax

The government has told everyone to stay home unless absolutely necessary to go outside. So, what can we do now? While being social, having fun and staying fit may seem like something that is only feasible by being able to go out to other places, it is possible to do staying home with your family! Here are some things to know moving forward during this pandemic.

1. Staying social: With technology, it is so much easier to stay connected with family and friends. Some popular free platforms that can be used to chat with others face-to-face are: Skype, Zoom, Google Hangouts, Facebook Messenger, Snapchat, FaceTime and WhatsApp. These can be used on phones or computers but if you don't have those it is just as good to talk to someone by calling then not at all. You can also play online games over these platforms! Not all of them are free unfortunately, but there are apps of board games that are available for purchase, JackBox has a variety of party games to choose from that range in price and I recently found a free online card website that I have been using to play Cribbage with my family (<https://cardgames.app/>).

2. Try and get outside: Though we all have been told to stay home, we should still be getting outside. What this will look like now is staying in your neighbourhood. If you live in urban areas, go for walks every day or a couple times a week. To spice it up a bit, see if you can get a skateboard, rollerblades or bike by yourself or with your kids! Remember to avoid high traffic areas and if you are passing someone, keep a 2 meter distance as best you can at all times. Another idea if you have some yard space is to start a garden! Now is the time of year to get the soil ready to start planting seeds at the end of May/early June.

3. Staying fit: Going to the gym might seem like the only way to motivate yourself to exercise, but there are many workouts online that are just as good! PSP Halifax has daily noon workouts from Fitness and Sports Instructors using things around the house to help keep you working. YouTube also has many different videos for inspiration!

4. Being creative: Now that we are all mostly stuck at home, start that project you have always wanted to start. Most supply stores are still open at reduced hours so it is possible to get the materials for whatever you or your kids have been wanting to make or try! The internet is a great resource here as well if you are stuck or need some help.

Finally, if none of these suggestions work for you, try asking yourself the following questions for some inspiration or to remind yourself to do these things daily:

Who am I checking on or connecting with today?

How am I getting outside today?

How am I moving my body today?

How am I expressing my creativity today?

What type of self-care am I practicing today?

These questions are a daily reminder to help keep yourself sane throughout this pandemic. Remember for all of these to stay safe and practice physical distancing to keep everyone safe.



Inclusion: What it means to be a Positive Space Ambassador

By Ashley Evans,
FMFCB PAO

While inclusion of the LGBTQ+ community has grown, not all are informed or as informed as they would like to be. Many people may not know what the full acronym, LGBTQIP2SAA, represents, which communities it encompasses, or why. For me, the Positive Space Ambassador training allowed time and space with others - LGBTQ+ and non-LGBTQ+ members, those who have completed the Positive Space Ambassador training, and those who have not - to explore the answers to these questions.

Inclusion

Lesbian, Gay, Bisexual, Trans, Transgender, Queer, Questioning, Intersex, Pansexual, Two-Spirit (2S), Asexual, and Ally

Many ask what this acronym means and why the acknowledgement of these communities is important. It may sound simple to say that feeling a sense of community is incredibly important to one's well-being, but it is also important to recognize that not very long ago these communities did not feel much - if any - inclusion. Community members and allies, individuals and groups, have spent decades fighting for the rights of LGBTQ+ communities. The importance of this is further impacted by research done by Sheffield Hallam University that has shown that feeling part of an LGBTQ+ community has a positive impact on mental health, emotional wellbeing, and quality of life. Regardless of gender identity, sexual orientation, or gender expression, the Positive Space initiative fosters an inclusive work environment - and community - for everyone.

We have heard the adage "when you know better, you do better," and I think this reflects why more and more groups within the LGBTQ+ community are being recognized and included in the acronym than before. The truth is that these communities have existed, some could argue, since the beginning of time. However, it has taken years of fighting for rights, for a voice, for inclusion, for these groups and individuals to be seen, heard, and recognized. As more acceptance has been offered, I believe more minority communities are identifying and speaking up. We all are unique in our own ways and want to be seen for who we are. Every person in every community deserves this.

Acknowledgment and Education

Inclusion speaks to the acknowledgement of these communities, which I think the Positive Space Ambassador training encompasses. There are members of these communities within our

work communities. Subtle nuances, as minute as they may seem, can leave a lasting impact on minorities who do not feel represented or even acknowledged. I believe that education plays a big part in becoming more mindful of our language and behaviours.

To become a Positive Space Ambassador means you are part of a support group for LGBTQ+ and non-LGBTQ+ Defence Team members, offering information and assistance on LGBTQ+ questions, while providing a safe space for individuals to create a variety of networks.

I have seen a variety of different ways that individuals are showing that they are an ambassador of Positive Space through rainbow pins, signature tags, and flags proudly displayed in their work space. You can approach these individuals for support, resources, and to ask questions.

While I have started with the half-day training, I am currently on the waitlist for the two-day training, which is a program offered to volunteers interested in becoming ambassadors in support of LGBTQ+ community members within the Defence Team.

I encourage anyone interested in becoming a Positive Space Ambassador to reach out to their supervisors for more information about how they can register.

Terms:

Gender Identity - A person's sense of being masculine, feminine, or other gendered.

Lesbian - A term used to describe female-identified people attracted romantically, erotically, and/or emotionally to other female-identified people. The term lesbian is derived from the name of the Greek island of Lesbos and as such is sometimes considered a Eurocentric category that does not necessarily represent the identities of African-Americans and other non-European ethnic groups. This being said, individual female-identified people from diverse ethnic groups, including African-Americans, embrace the term lesbian as an identity label.

Gay - A term used to refer to the LGBTQ+ community as a whole, or as an individual identity label for anyone who does not identify as heterosexual.

Bisexual - A person emotionally, physically, and/or sexually attracted to males and females. This attraction does not have to be equally split between genders and there may be a preference for one gender over others.

Trans - An abbreviation that is sometimes used to refer to a gender variant person. This use allows a person to state a gender variant identity without having to disclose hormonal

or surgical status/intentions. This term is sometimes used to refer to the gender variant community as a whole.

Queer - An umbrella term which embraces a matrix of sexual preferences, orientations, and habits of the not-exclusively-heterosexual-and-mogamous majority. Queer includes lesbians, gay men, bisexuals, trans people, intersex people, the radical sex communities, and many other sexually transgressive (underworld) explorers.

Questioning - A person who is figuring out their gender identity and figuring out how they want to identify their sexual orientation.

Intersex - Intersex people are born with sex characteristics, such as genitals, gonads, and chromosome patterns that, according to the UN Office of the High Commissioner for Human Rights, "do not fit the typical definitions for male or female bodies".

Pansexual - A term used to describe the sexual, romantic or emotional attraction towards people regardless of their sex or gender identity.

2-Spirit - A term that refers to a person who identifies as having both a masculine and a feminine spirit, and

is used by some Indigenous people to describe their sexual, gender and/or spiritual identity.

Asexual - A person who experiences little or no sexual attraction.

Ally - A person who confronts heterosexist, homophobia, biphobia, transphobia, heterosexual, and gender straight privilege in themselves and others; has a concern for the well-being of lesbian, gay, bisexual, trans, and intersex people; and a belief that heterosexism, homophobia, biphobia and transphobia are social justice issues.

Sources:

Gender and Sexuality Student Services; University of Illinois Springfield; Common Terms; <https://www.uis.edu/gendersexualitystudentervices/about/lgbtqterminology>

Gender and Sexuality; Research; Sense of community 'important' to LGBT people; <https://www4.shu.ac.uk/mediacentre/sense-community-important-lgbt-people?filter=Gender-and-sexuality>

Wikipedia

<https://lgbtqhealth.ca>





An ode and tribute to Capt Brenden MacDonald, by observing his son in grief

By Maj (The Rev'd) Dr. Derrick Marshall, CD
Halifax Senior Fleet Chaplain

The wolf shall dwell with the lamb, and the leopard shall lie down with the young goat, and the calf and the lion and the fattened calf together; and a little child shall lead them.
- Isaiah 11:6

But when Jesus saw it, he was indignant and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God." - Mark 10:14

"These are the things I learned (in Kindergarten)":

1. Share everything.
 2. Play fair.
 3. Don't hit people.
 4. Put things back where you found them.
 5. CLEAN UP YOUR OWN MESS.
 6. Don't take things that aren't yours.
 7. Say you're SORRY when you HURT somebody.
 8. Wash your hands before you eat.
 9. Flush.
 10. Warm cookies and cold milk are good for you.
 11. Live a balanced life - learn some and drink some and draw some and paint some and sing and dance and play and work every day some.
 12. Take a nap every afternoon.
 13. When you go out into the world, watch out for traffic, hold hands, and stick together.
 14. Be aware of wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
 15. Goldfish and hamster and white mice and even the little seed in the Styro foam cup - they all die. So do we.
 16. And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK."
- Robert Fulghum, *All I Really Need to Know I Learned in Kindergarten* (1989).

I think Robert Fulghum distilled the wisdom of kindergarten very well years ago in his little book *All I Really Need to Know I Learned in Kindergarten* and I think we could all learn quite a bit from children about how to go about the most important things in life. This includes how we should grieve. Over

the past several weeks I have had the duty and privilege to be chaplain to the family of the late Capt Brenden MacDonald, who was tragically lost in the Ionian Sea during Op REASSURANCE when the Cyclone Helicopter (call sign STALKER) he and five others were flying in went down to the depths.

As I have been with the family of the late Capt Brenden McDonald, I have observed and learned much by watching Amanda and Brenden's oldest son Brody, aged six, grieve.

Here is what I have learned in my observations. We should learn as adults to let a child lead us. In grief, as in so many other basic and important emotional cycles, children aren't afraid to "let it all hang out" when it comes to expressing their feelings. They cry and rage and express - with startling honesty - their hurts, disappointments, their anger and feelings of loss. Children lead us in healthy self-expression.

Children often have dreams and which are an honest expression of fears and insecurities. Children lead us in being open to the intuitive side of our humanity.

Children instinctively turn to their parent(s) when they are feeling vulnerable. Jesus told His closest followers not to get in the way of children who seek Him out. Children teach us how to rely on a Higher Power with an amazing vulnerability and trust. Children lead us in seeking out a Higher Power.

Children still celebrate even in the midst of grief. Brody celebrated his sixth birthday with a party, and the local community came out to help him celebrate that significant life event and so there was still rejoicing at a significant life passage, even in the midst of death. We could and should still celebrate what is good about life, even as we mourn the passing of one who cannot be there to celebrate with us. It does the fallen honour and helps those who are grieving begin to live again. Children teach us it is important to celebrate. In so doing children teach us that we are able to honour those whom we have loved and lost.

Children seek out the comfort of friends. They automatically make friends and seek them out at every opportunity. Children lead us in building community.

Let the children lead us once again, through our grief, once more to the paths of peace.

Career progression during COVID-19



On May 20, Cpl Sarah MacKenzie received her surprise promotion to MCpl at her home in Halifax, which was covered by CTV's Live at 5. Bravo Zulu to MCpl MacKenzie, a valued member of our Base Orderly Room team, a CTV alumna and a dedicated volunteer with CTV Christmas Daddies Telethon. Thank you for your service, and many thanks to all who made this promotion possible while respecting physical distancing!

MARGARET CONWAY, CFB HALIFAX PUBLIC AFFAIRS OFFICER

Storytime

Tuesdays & Thursdays

Join our PSP Halifax staff for our weekly story reading - in both English and French.

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2020 CANADIAN NAVAL MEMORIAL TRUST

Essay Competition

Canadian Naval Review will be holding its annual essay competition again in 2020. There will be a prize of \$1,000 for the best essay, provided by the **Canadian Naval Memorial Trust**. The winning essay will be published in *CNR*. (Other non-winning essays will also be considered for publication, subject to editorial review.)

Essays submitted to the contest should relate to the following topics:

- Canadian maritime security;
- Canadian naval policy;
- Canadian naval issues;
- Canadian naval operations;
- History/historical operations of the Canadian Navy;
- Global maritime issues (such as piracy, smuggling, fishing, environment);
- Canadian oceans policy and issues;
- Arctic maritime issues;
- Maritime transport and shipping.

If you have any questions about a particular topic, contact cnrcoord@icloud.com

Contest Guidelines and Judging

- Submissions for the 2020 *CNR* essay competition must be received at cnrcoord@icloud.com by Wednesday, **30 September 2020**.
- Submissions are not to exceed 3,000 words (excluding references). Longer submissions will be penalized in the adjudication process.
- Submissions cannot have been published elsewhere.
- All submissions must be in electronic format and any accompanying photographs, images, or other graphics and tables must also be included as a separate file.

The essays will be assessed by a panel of judges on the basis of a number of criteria including readability, breadth, importance, accessibility and relevance. The decision of the judges is final. All authors will be notified of the judges' decision within two months of the submission deadline.

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Indigenous Awareness Week 2020



On May 22, the CFB Halifax Base Commander and Base Chief joined local Indigenous leaders and MARLANT Defence Aboriginal Advisory Group representatives for an intimate, physically distant flag-raising ceremony on Base in honour of Indigenous Awareness Week. Today and every day, we salute all Indigenous Defence Team members who have made us stronger. We also commend Indigenous leaders, community members and organizations who do so much to enrich both our Defence family and our local communities. Here at CFB Halifax, and throughout the entire Canadian Defence community, we are committed to keep fostering a workforce that reflects Canadian values of diversity, respect and inclusion.

Base Logistics finds new ways to stay connected and have fun from a distance

By Sydney MacLeod,
CFB Halifax Public Affairs Intern

The CFB Halifax Base Logistics (BLog) team didn't hesitate to welcome me with open arms when I asked to join the virtual Isolation Baking competition they were hosting in an app called Discord.

I wasn't familiar with Discord prior to this experience, but soon discovered its intended purpose, as it was listed in most app stores as Chat for Gamers due to its integration with gaming platforms like Steam and Twitch. Despite being extremely popular with gamers, Discord is also commonly used as a free communications app allowing users to add each other and send text, photos or voice chat all in real time.

The latter use - for general communication - is what appealed most to the team at BLog, as they looked for ways to connect as a team during the COVID-19 pandemic. But how did a baking competition become part of the communication strategy?

"Ultimately, our team's presence on Discord evolved from a need to communicate for wellness checks and convey critical Base and unit information," explains Cdr Christopher Chalmers, BLog Commanding Officer. "We tapped into the network for health and safety committees and working groups, but that was quickly followed by requests for entertainment events, family craft activities, celebrations for promotions, as well as new baby and retirement announcements. Chat groups also stood up for mental health resources, personal admin, coffeehouse discussions, and cooking groups. By week three, this online community began to develop naturally."

Although the BLog virtual baking competition participants were BLog members or their families, they were kind enough to let me jump in for the day. As a Public Affairs intern, I was very interested in how other members across the Base are staying connected during the pandemic, and was eager to join in on the fun.

Even though I wasn't eligible to win any prizes, the bragging rights alone were well worth it. MWO Joiner, the Company Sergeant Major for BLog's Transportation and Electrical Mechanical Engineering division, added me to the channel they were using in Discord where the rules for the competition were posted and members could send messages and photos to each other.

The rules were fairly straightforward: one entry per household and teams of one or multiple persons from the same household were allowed. Participants were allowed to bake cakes, cupcakes, cookies, brownies and pies which were all judged based on quality, appearance, creativity, pre-

interactive they were being on Discord, sharing their pictures and liking and commenting on each other's entries. There were multiple Nova Scotia Strong-themed desserts and numerous unique and delicious looking cakes and cookies which made it a tough decision for the judges. Though after

that my silly little cake won," explains OS Jensen. "It was full of mishaps. My grand idea of painting a Canadian flag through the center of my cake morphed into a Canadian spider? Squid? We are not sure. When I saw my name on the winner's roster, I couldn't stop laughing! This tiny, edible disaster was making people smile, and making me smile in return."

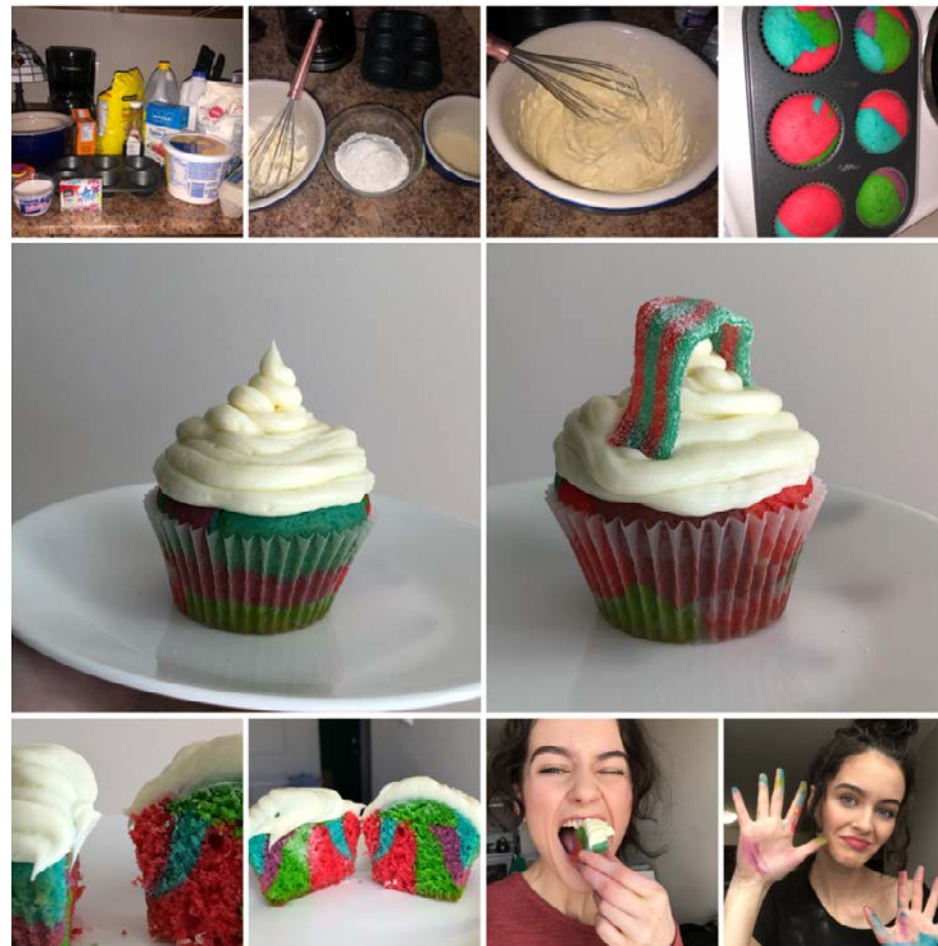
While this was obviously just a fun and friendly competition, I could see that all participants were getting into the competitive spirit. At the end of it, we all got to know one another a little better, have some fun, and share this experience.

As Cdr Chalmers mentioned, this baking competition is just one of the many creative, virtual activities BLog members have come up with in an effort to stay connected and positive during this challenging time. Other activities have included Virtual Treasure Hunts, Craft Days, Family Feud, Painting Days, and even an eSports tournament with games like Fortnite.

"The site has truly taken on a momentum of its own," Cdr Chalmers reflects. "It's become a resource for people. It's become a support network. It's become a community."

And this community is exactly what OS Jensen and many of her colleagues like most about their unique online experience. "Because of an online platform that links a great number of members, I was able to forge connections to some absolutely amazing people whom I otherwise would never have had the chance to meet at all. It erases the roadblocks of physical distance, rank, or work placement. It takes all that away and you get to see the people."

It takes a lot of hard work to make all these activities happen, so thank you to all of the members at BLog for putting in the effort to help us feel a little closer to each other while many of us are physically apart.



Sydney MacLeod shows the progress of her rainbow cupcake baking project.

SYDNEY MACLEOD

sentation, and more. There were five points allotted for each image taken during the baking process, as well as bonus points given for creativity. Each team or individual created their own team name, mine being Syd the kid, a nickname that I've carried since childhood. I suppose the name is very fitting, considering my choice of rainbow cupcakes and the absolute mess that I made baking them.

The final product turned out well, considering they were gone by the next morning. I guess you could say it was a pretty sweet way to spend a Friday.

I was extremely impressed by the talent of all the participants and how

much deliberation, OS Amy Jensen was announced the winner of the baking competition, with this incredible, Maritime Coastal Defence Ship-themed cake.

"When doing the Isolation Baker challenge, I wanted to have fun by being simply absurd, so I was VERY shocked

OS Amy Jensen's cake, which depicted a Maritime Coastal Defence Vessel, won the contest.

OS AMY JENSEN





Go for a run!

By Dave Carr,
Fitness and Sports Instructor,
Fleet Fitness and Sports Centre

A quick breath of fresh air to get out of the house. If you have been using this tactic to stay active, then follow these tips to be pain-free and increase your efficiency to run longer and faster.

Of course to measure if you are more efficient you will need to keep track. Write down at least 3 things each run: How far you ran, how long it took, and compare it to how hard you feel you had to work for it on a numeric scale. Then look back every 5-10 runs or 4 weeks.

Running economy refers simply to how much energy you need to run at a given speed. This is a training factor that can improve your health without having to go as fast as you can. Things you can practice and apply pretty quickly can make a difference in how you feel during your run. The pace of your steps and the length of your stride combined with how your foot rebounds off the ground can help you run faster without having to get winded.

1. Forefoot strike to take advantage of your bodies built in shock absorption. As I discussed in my running shoe article, walking and running towards your forefoot helps you receive feedback for your hips and back to move better and reduce injuries. When running, there is a lot of elastic force stored in the many tendons of your foot and ankle. That can translate into absorbing the impact on knees and hips, and can push back on the ground to give you more speed. Keep up on your toes and think about flexing your calves as you take off. You may not run as long at first as you strengthen the muscles around the ankle so start with a shorter distance run but try to do it a little faster.

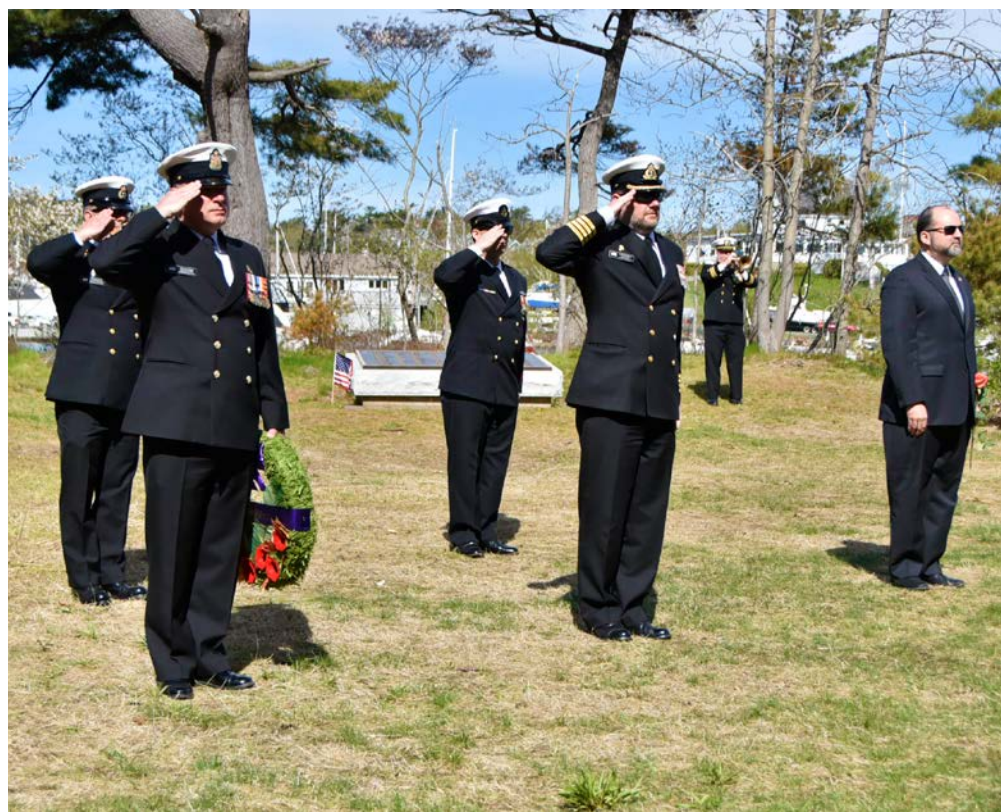
2. Faster foot turnover and spending less time on the ground.

Any time you spend with your foot on the ground is time you aren't spending in motion in the air. This differentiates between running and walking, as both feet leave the ground for a moment when running. Combining the forefoot strike and trying to push off the ground faster act like pumping up a tire. When more air is in a tire the total surface area increases but the amount that contacts the ground at any one time is less. You will find a faster stride rate means you have to shorten the distance of each step but overall speed will go up. Again, train these steps in small intervals to strengthen and get used to running differently.

3. Put all your energy into running forward. Moving your arms when running is critical to counterbalance the hips and legs. But swinging them across your body when running wastes energy by sending momentum outwards. In the same way, bounding up and down is sending your energy output upward instead of forward. The more energy you spend on these extra directions the less capacity you will have to put into your speed. While keeping your body upright is the safest posture for running, you can use your arms to reduce the twisting forces on your trunk.

Keep in mind that there is no ideal running pattern and your body and training level will change your gait towards your optimal technique. These three things to remember will help avoid running related injuries like shin splints. The other factors that could affect your running economy include body dimensions, fatigue, speed, and external factors like wind and surfaces.

Memorial Day commemorated at Deadman's Island



On May 25, American Memorial Day, the CFB Halifax Base Commander and Base Chief joined Kevin Skillin, the U.S. Consul General in Halifax, and several members of the United States Navy (USN) Personnel Exchange Program (PEP) at Deadman's Island to honour these fallen U.S. service members and all members who have died in the line of duty. Many thanks to our Senior Base Chaplain, LCDR(USN) Gardner, for coordinating this intimate ceremony.

MARGARET CONWAY, CFB HALIFAX PUBLIC AFFAIRS OFFICER



COOKING IN *Quarantine*

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Sports trivia from the record books

By Stephen Stone

It's no fun being self-isolated, especially since there are no sports to watch, disregarding rewinds. Have fun and save these for the time you can get to the mess and wagger a cuppa.

Questions

1. This NHL goalie was involved in a 1992 trade three times in the same off season, and twice for the same player! Who is he?
2. Who are considered to be the tallest and the shortest players to see court time in the National Basketball Association?
3. Who was the heaviest player to play in the NBA?
4. For what is Arnold Raymond Cream famous?
5. Who is the only fighter to get in the ring with both Rocky Marciano and Muhammad Ali? He did lose both fights.
6. Who was the first heavyweight champion with a college degree?
7. Who was the busiest boxer in modern history who holds the record for most wins and most losses?
8. Which teams participated in the first playoff tiebreaker in Major League Baseball history?
9. Who has recorded more career knockouts than anyone else in the history of boxing with 141?
10. Who set the Major League Record record for stolen bases in a single game?
11. Who is the only player in MLB history to hit 60-plus homers in three seasons?
12. Who was the first black player in Chicago White Sox franchise history and the only MLB player to play in five different decades?
13. Who was the first player in the NHL to win two or more trophies in a single season?
14. How many surfaces are on a standard soccer ball?
15. Why was Marty McSorley suspended for one year by the NHL?
16. Who is the first American woman to win a medal in judo at the Summer Olympics?
17. Who is the first pitcher in modern history to throw 5 wild pitches in a single playoff inning?
18. Who are the only golfers to score a double eagle at the Masters?
19. In the 1920s, "Tarzan" (the Edgar Rice Burroughs character as seen in the movies) competed in the Summer Olympics and won five gold medals in swimming. What is Tarzan's real name?
20. In which Olympics did all participating countries send female athletes?

Answers on page 16



Update on the Shearwater Yacht Club

By PSP Halifax

Social distancing must be maintained at all times.

No more restriction on the number of members that can access the yard at the same time, nor on the length of time these members can spend in the yard (members only).

Launching of boats on trailers will now be allowed.

The normal lock will be placed on the main gate. You can access the yard on your own time as before.

Members will close the gate behind them when entering and leaving the yard.

The Clubhouse will remain closed to gatherings, but members can use the washrooms as long as the protocol below is followed:

Washroom Protocol: There will be paper towel and disinfectant in each washroom. Every member is instructed to wipe anything he or she touches with the disinfectant before leaving the washroom.

RCN sports history: Navy takes Maritime hockey title

By Ryan Melanson,
Trident Staff

Down two games in a best of five series, the Halifax Navy team from Stadacona went on to beat the Campbellton Tigers in three straight games to win the Maritime Intermediate hockey championship June 13, 1953 in Halifax.

The New Brunswick club, led by the former pro Bud Hellyer, were heavy favourites to win the title after beating the sailors in the first two games of the finals. Over the weekend of June 11, however, the sailors triumphed by scores of 8-1 and 5-2. On June 13, in front of a crowd of more than 2,000, they racked up a 7-3 victory to clinch the title. Goal scorers in the final game included LS Rowan Carroll, AB Arnold Riches, AB Joseph Peron and PO Ken Guertin.

The Stadacona team also set scoring records through the earlier part of the tournament, with some games even being called early due to the Navy's insurmountable lead.



The Stadacona team captured the Maritime Intermediate Hockey Championship in 1953, taking a 7-3 win over Campbellton in the final.

CROW'S NEST ARCHIVES

This month in RCN sports history

1964 - A muscular, mild-mannered sailor by the name LS Frederick Desrosiers became the new Canadian amateur welterweight boxing champion, and earned the right to represent his weight class at the 1964 Olympic games in Tokyo. Stationed at HMCS *Naden*, LS Desrosiers won the Canadian title and an Olympic Games berth with a series of clear-cut victories in Vancouver in late June. Making the achievement even more impressive is the fact that the boxer hung up his gloves six years earlier, and resumed training only a few months before clinching the championship. He credited his former neighbour Fred Fouty, a former RCN chief petty officer and boxer himself, with introducing him to his first punching bag and getting him started with the sport.

1987 - The final tally of the past year's Cock of the Fleet competition once again revealed that the fittest sailors on the east coast hung their caps in HMCS *Assiniboine*. The ship took wins, many of them decisive, in base basketball, softball, volleyball, squash, broomball and floor hockey, as well as the Atlantic Region softball title over the past year. This marked an unprecedented fourth year in a row that the COTF trophy was handed to *Assiniboine*, and Cmdre John Harwood joked it should be renamed the *Assiniboine* cup.

1996 - CFB Halifax civilian firefighter Brent MacDonald brought back three gold medals and one silver from the World Firefighter Games in Edmonton. Competing in the Senior Masters category, MacDonald won gold in the 5,000 metre, the 6.7 kilometre cross country, and the half-marathon, where he ran a personal best 1:14:35. He won silver in the 1,500 metre, and placed fourth in the 400 metre. MacDonald said he was never much of an athlete, but took up running about 13 years earlier to lose weight after he quit smoking, and found a love for the sport. MacDonald said lots of support at home helped him get to the games in Edmonton, specifically shouting out deputy fire chief Don Howard for his help.



Hartlen Point Golf Club opens

The CFB Halifax Base Commander, Base Chief, Assistant Base Chief and Formation Chief enjoying a sunny game of golf at Hartlen Point. Due to the easing of some public health restrictions in Nova Scotia, the PSP Halifax Hartlen Point Force Golf Club has reopened its doors to all CAF and DND members effective May 23, 2020. Please note that physical distancing and additional public health measures outlined by club staff must be respected at all times while at the golf club. For more details on Hartlen Point, visit <http://hartlenpoint.blogspot.com/>.

JOE CHAPUT, BASE COMMANDER EA



Meet your PSP Fitness and Sports staff: Emily Morton

Name: Emily Morton

Hometown: New Glasgow, NS

PSP employee since: November 2019

What inspired you to pursue a career focused on fitness?

Sport and fitness has played a significant role in my life since a very young age. Through competitive swimming, running, basketball and triathlon I had the opportunity to be inspired by amazing coaches, who instilled in me the importance of self discipline and embracing a holistic approach to my physical health. It was a simple decision to dedicate my post-secondary studies to the field of health and fitness. I fell in love with sharing my passion with others and giving back to those who have given me so much. I couldn't imagine a life where I didn't get to share my passions with those around me.

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

I'm being honest when I say I love every aspect of my job. We are always in a position to help other people through sharing our knowledge, and we are lucky to be supported by fantastic leadership. The opportunities for learning are endless. The most recent highlight of my position has been instructing the Force Prep program; I have met the most wonderful and hard working CAF members and watching their progress has been incredibly rewarding.

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

We work in a very fast paced environment, and we are lucky to have so much to keep us busy! Sometimes, however, I do wish we had a little more time to spend getting to know our members. We are blessed to work with amazing people who go above and beyond for our country everyday!

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

I train to compete in CrossFit (functional fitness) daily, and I also love spending time outside hiking with my daughter. During the summer months especially, I still try to make time for running, open water swimming, cycling and triathlon.

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

This is a change for all of us; it can without a doubt take a toll on our physical and mental health if we let it. Here are my top ten suggestions for staying healthy during this time.

1. Make time for movement! Tune into the base Facebook page daily at 12:00 p.m. for a workout with our amazing fitness staff. Try

and move in some way for 10 minutes every hour following throughout the day.

2. Make a to do list/schedule and stick to it!
3. Get outside, fresh air and sunshine does wonders for the body and mind!
4. Try eating healthy, cooking new recipes and continue to meal prep.
5. Practice mindfulness and self care.
6. Continue to learn and increase your knowledge through reading, courses etc.
7. Connect with friends and family daily.
8. Limit the time you and your family spend on social media/screen time.
9. Try and keep your home organized and free of clutter.
10. Use this time as a chance to rejuvenate! We are all in this together.

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

In my free time, I enjoy spending time outside, and in the summer I can typically be found hiking, camping at our cottage or lying on a beach!



Emily Morton



Sports trivia from the record books

By Stephen Stone

Questions on page 14

Answers

1. Stephane Beauregard. During the 1992 off-season, he was traded from Winnipeg to Buffalo for Christian Ruuttu. Buffalo then traded him to Chicago for a then unknown Dominik Hasek. Chicago then traded him to Winnipeg for Christian Ruuttu (sound familiar?).
2. Manute Bolat 7'7", and Tyrone "Muggsy" Bogues, at just 5'3" were the tallest and shortest players in the NBA.
3. 7'2" center Thomas Hamilton holds the record for the heaviest listed NBA player to ever be in the league. He weighed 330 pounds.
4. Arnold Cream is better known as Jersey Joe Walcott (51-18-2, 32 KOs). Before George Foreman, Walcott had been the oldest man to win the heavyweight title when he did so at the age of 37.
5. Archie Moore. He lost by TKO in the 4th against Ali and was knocked out by Marciano in the 9th.
6. James "Bonecrusher" Smith (44-17-1, 32 Kos).
7. The most prolific boxer in history was Great Britain's Len Wickwar who, between 1928 and 1947, fought 463 bouts.
8. 1946. The Brooklyn Dodgers battled the St. Louis Cardinals in a tight pennant race. The two teams ended the season tied for first place and met in the 1946 National League tie-breaker series.
9. Archie Moore
10. Eddie Collins stole 6 in one game twice in 1912.
11. Sammy Sosa (1992-2004)
12. Minnie Minoso (1951-57, '60-61, '64, '76, '80)
13. Stan Mikita, with the Chicago Blackhawks in 1966-67 and 1967-68.
14. There are 20 hexagonal and 12 pentagonal surfaces on a standard soccer ball.
15. In 2000, he orchestrated one of the dirtiest plays in NHL history when he swung his stick at Vancouver's Donald Brashear, striking him in the head from behind.
16. Ronda Rousey
17. Rick Ankiel
18. Bruce Devlin, Jeff Maggert, Louis Oosthuizen and Gene Sarazen
19. Johnny Weissmuller, an athlete-turned-actor who played Tarzan in 12 movies.
20. The 2012 London Games

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