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TRIDENT

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Port visit in Kiel, Germany

HMCS Fredericton's cable party set the ship ashore in the port of Kiel, Germany during Op REASSURANCE on June 17, 2020.

CPL SIMON ARCAND, CAF PHOTO





New Formation Chief brings valuable experience to MARLANT

By Ryan Melanson,
Trident Staff

CPO1 Tom Lizotte will be a familiar face to many as he steps into his new role as the Maritime Forces Atlantic Formation Chief. He not only spent the last year as Fleet Chief on the Atlantic coast, but also brings experience as the former Coxn of Sea Training Atlantic, the Coxn of HMCS *Montreal*, and as part of the ship's company of a number of additional east coast vessels.

"The Navy has been very good to me and has given me all of the opportunity I could ask for, so I'm truly honoured and very humbled to be selected as the Formation Chief," CPO1 Lizotte said during a small Change of Appointment ceremony held on June 12.

He takes over the role from CPO1 Derek Kitching, who served as Formation Chief for nearly two years, and who CPO1 Lizotte said has long been a friend and mentor to him.

"It's not going to be easy following a great person like Derek Kitching, but I look forward to it."

RAdm Craig Baines, Commander MARLANT and JTFA, welcomed CPO1 Lizotte to the Formation office, noting that he's enjoyed watching him progress through the ranks over recent years. He also had praise for his outgoing chief, who stepped into

the role during a demanding time, and had his abilities tested by the difficult and tragic events that have hit the RCN community in 2020.

"The post of a Formation Chief isn't like any other job in the RCN," RAdm Baines said, describing the role as straddling the line between the strategic, tactical, and operational realms, while also acting as a bridge between

senior officers and the NCM corps. In this role, as well as acting as the eyes and ears of the Formation while providing advice to senior officers, CPO1 Kitching excelled, he added.

"He was exceptional, and I was always impressed by his unfailing positive attitude and enthusiasm with everything he did."

While RAdm Baines won't be work-

ing with CPO1 Lizotte for long before stepping aside for his own successor in RAdm Brian Santarpia, he expressed confidence that the new Chief will use his years of experience to continue the positive momentum that began under CPO1 Kitching's watch.

"I know he's going to continue to empower and energize our Master Seamen and below as they carry out the lions' share of our work at sea," RAdm Baines said.

CPO1 Kitching, who will soon be commissioning and moving to a new role at FMF Cape Scott, said he's been struck by the resilience of the Formation's sailors during his time in the job, specifically through these recent pandemic months and following the tragedy of Stalker 22 and its crew being lost during operations with HMCS *Fredericton*. He added his main advice to his successor would be to focus on taking care of these young members as they progress to become the next generation of Naval leaders.

"Our young sailors are terrific. They're smarter and better educated than we ever were, and they can do way more than we give them credit for. Set the benchmarks high and they will always impress you," CPO1 Kitching said.



From left, Outgoing Formation Chief CPO1 Derek Kitching, RAdm Craig Baines, and new Formation Chief CPO1 Tom Lizotte sign the official paperwork during a Change of Appointment ceremony held at D201 on June 12.

MONA GHIZ, MARLANT PA

The unexpected unfolds at CPO1 promotion

By Peter Mallett,
The Lookout Staff

CPO1 Tina Steeves was duped last week.

Her Commanding Officer, Maj Giuseppe Ramacieri, informed her they were going to conduct a surprise promotion for the unit's Administration Officer that morning. As the Unit Chief, her presence is required at all of these events.

When she got to the venue, the foyer of the Canadian Forces Recruiting Centre (CFRC) in Ottawa, she saw her husband and knew something was up. A spark of hope interrupted her thoughts; could it be her promotion?

Then CPO1 David Steeves stepped forward with CPO1 slip-ons in hand.

"I was in complete shock when I realized my husband was going to

promote me."

Her husband was thrilled to spring the surprise on his wife.

"It was an emotional honour to be able to personally promote my wife," he said. "Although it isn't the first time this has happened, it was still an extreme privilege and pretty darn neat to see the two CPO1 Steeves side-by-side on the DWAN [Defence email list]."

Husband Steeves serves as the Royal Canadian Navy Chief Petty Officer; wife Steeves is the Recruiting Chief for Northern and Eastern Ontario. They have both reached the pinnacle rank in the non-commissioned officer rank system.

CPO1 David Steeves has spent 31 years in the navy, and CPO1 Tina Steeves has accumulated 28 years

thus far. In six weeks, she will start a new posting, Commander Navy Comptroller, Divisional Chief Petty Officer First Class.

She says achieving the rank of CPO1 is a rarity that only one percent of those in the military ever attain and she is truly honoured to wear the rank.

"Achieving this is something I could never have imagined when I was a young reservist and is one of the proudest moments of my life," she said.

CPO1 David Steeves and CPO1 Tina Steeves. This husband and wife team both have achieved the highest rank in the non-commissioned member rank system.

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VAdm Art McDonald, Commander RCN (centre) presides over MARLANT and JTFA's Change of Command between RAdm Craig Baines (right) and RAdm Brian Santarpia (left) on June 24, 2020 in HMC Dockyard.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

New Commander for JTFA and MARLANT

By Trident Staff

During a Change of Command ceremony on Wednesday, June 24 in HMC Dockyard in Halifax, Maritime Forces Atlantic (MARLANT) and Joint Task Force Atlantic (JTFA) welcomed a new Commander.

RAdm Craig Baines was succeeded by RAdm Brian Santarpia.

VAdm Art McDonald, Commander Royal Canadian Navy, was the presiding officer and the ceremony was livestreamed on Facebook.

In his remarks, RAdm Baines stated, "I feel considerable pride to have had the opportunity to command MARLANT and JTFA over the past three years. I would like to extend my heartfelt

gratitude to the hard working military and civilian members of our Defence Team for their outstanding support to the Royal Canadian Navy and the Canadian Armed Forces. It has been an honour to work with so many great Canadians in the service of our country."

The Commander of MARLANT and JTFA is responsible for the Royal Canadian Navy on the east coast, as well as for conducting routine and contingency domestic operations within the Atlantic area of responsibility to meet Canada's defence and security objectives.

"It is a great honour to be the next Commander of MARLANT and JTFA. I recognize that I am



RAdm Baines gives his farewell address.

MONA GHIZ, MARLANT PUBLIC AFFAIRS



RAdm Santarpia addresses the audience gathered on jetty NJ.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

taking over an extremely professional team of sailors, soldiers, aviators and civilians who are committed to serving Canada," stated RAdm Santarpia. "Working together we will continue to meet the day-to-day operational requirements of the Atlantic region while promoting the vital role of the Royal Canadian Navy both at home and abroad."

RAdm Santarpia enrolled in the CF Officer Candidate Training Plan as a Maritime Surface Officer in 1986. His operational postings on both the east and west coasts of Canada, including as Navigating Officer of HMC Ships *Cormorant* and *Vancouver*, Combat Officer of HMCS *Huron*, Executive Officer of HMC Ships *Chaleur* and *Halifax*, and as Commanding Officer of HMCS *St. John's* from January 2007 to July 2008. He was Navigation Instructor at the Naval Officer Training Centre, Head of the Warfare Training Division at CF Fleet School (Esquimalt), Operations Officer of Sea Training Pacific, and Commanding Officer of Sea Training Atlantic.

Following his promotion to Captain(N) in 2009, he was appointed as the Special Advisor to the Vice Chief of Defence Staff. In 2010, he was appointed Base Commander of CFB Halifax until his departure to attend the National Security Programme in 2012.

Promoted to Commodore in July 2013, he was appointed Director General Naval Personnel. He led the transformation of that organization and assumed the duties of the first Director General Navy Strategic Readiness in April 2014.

From December 2014 to April 2015, then Cmdre Santarpia deployed to Bahrain to command Combined Task Force 150, a multi-national group of ships and aircraft conducting counter-terrorism operations. Upon his return to Canada, he was appointed to Chief of Staff to the Vice Chief of Defence Staff and later appointed Director General Plans at the Strategic Joint Staff in July 2016.

In May 2018, he joined the Canadian Joint Operations Command as the Chief of Staff.



The Change of Command ceremony was held on the jetty, with HMCS Ville de Quebec as backdrop.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

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Contract awarded for 30 new RCN multi-role RHIBs

By Trident Staff

The Halifax-class fleet will soon have its capabilities bolstered by a new fleet of multi-role rigid-hulled inflatable boats (RHIBs) to be used in a wide range of operations at sea.

A contract was recently awarded to British Columbia-based Zodiac Milpro to build 30 of its Zodiac Hurricane boats for the RCN, with final delivery set for spring 2024. Two RHIBs will go to each Halifax-class frigate, replacing those currently in use with upgraded models that feature a more modern and operationally flexible design. Four of the 30 boats will be used for training, while two will be set aside as spares.

“The multi-role boat enhances the capabilities of our sailors and strengthens the RCN,” said VAdm Art McDonald, Commander RCN, in a press release. The boats are described as small, fast, maneuverable, and highly capable in scenarios like search and rescue, humanitarian aid and maritime interdiction operations. The new RHIBs will also provide improved support for divers and more efficient cargo and personnel transfers compared to the previous models.

They also come with increased speed, an upgraded electronics suite, and a dual-engine configuration. They are roughly nine metres in length and each boat comes with shock-mounted seats for 12 people.

“Ensuring our sailors are well equipped to carry out their work is critical for maintaining the success of Royal Canadian Navy operations at home, and abroad,” added Minister of National Defence Harjit Sajjan.

To ensure compatibility with the new equipment, each Halifax-class ship will also be equipped with new cranes for launching and recovering the RHIBs, and a separate contract for the new cranes was awarded in April of 2019.

The press release notes that Zodiac Milpro is an industry leader, and the company's products are already in use by both the RCN and the Canadian Coast Guard.



British Columbia-based Zodiac Hurricane technologies has been awarded a contract to build the RCN's new fleet of rigid-hulled inflatable boats for the Halifax-class frigates.

ZODIAC HURRICANE TECHNOLOGIES

CAF members recovered from Stalker 22 crash identified

By DND

On June 18, 2020, the Office of the Chief Coroner for Ontario identified the remains of four of the six Canadian Armed Forces (CAF) members killed in the CH-148 Cyclone helicopter crash of April 29.

Remains of the following CAF members have been positively identified:

Capt Kevin Hagen, Pilot, originally from Nanaimo, BC;

Capt Maxime Miron-Morin, Air Combat Systems Officer, originally from Bécancour, Quebec;

SLt Matthew Pyke, Naval Warfare Officer, original-

ly from Truro, Nova Scotia;

MCpl Matthew Cousins, Airborne Electronic Sensor Operator, originally from Guelph, Ontario.

Their remains were located and recovered during a combined CAF-United States Navy search and recovery operation conducted between May 25 and June 2. The families of all crew members lost in the accident have been notified.

Remains of SLt Abigail Cowbrough, a Marine Systems Engineering Officer originally from Toronto, Ontario, were previously identified shortly after the

accident. Partial remains of Capt Brenden MacDonald, a Pilot originally from New Glasgow, Nova Scotia, were originally identified on May 9; no further remains were found in the recovery operations.

Over the coming days, our fallen who have now been positively identified, will be released to the families so they can be brought home. Ceremonial arrangements are being planned by the Royal Canadian Navy and Royal Canadian Air Force in consultation with the families, and will be communicated when available.



CFB Halifax hosts flag ceremony for National Indigenous Peoples Day

In honour of National Indigenous Peoples Day on June 21, a special flag ceremony was held at the new Consolidated Seamanship Training Facility (CSTF) at CFB Halifax, in the presence of CPO2 (ret'd) Debbie Eisan, a RCN veteran (right); Elder and Mi'kmaq Native Friendship Centre Community Events Planner Raymond Sewell, Indigenous Student Advisor at Saint Mary's University St. Mary's University (left); Defence Aboriginal Advisory Group members and Champion Capt(N) Matt Bowen; Padre Gosse and the Base Commander, Capt (N) David Mazur. The Mi'kmaq flag now stands alongside national and provincial flags at the CSTF, as a sign of unity, community and inclusivity. We recognize that CFB Halifax sits on the ancestral and unceded territory of the Mi'kmaq People and that we are all Treaty people. Today and every day, we recognize the history, contributions and strength of Indigenous peoples and communities.

CPL IAN THOMPSON, FORMATION IMAGING SERVICES

National Scholarship Program: supporting education for military family members

By CFMWS

Due to the unique circumstances of military life, funds for pursuing post-secondary education are a significant barrier for many Canadian Armed Forces families. The National Scholarship Program works to remove some of those barriers.

Last year, more than \$72,000 was awarded to military family members through 42 scholarships, with winners selected from over 400 competitive applications.

The 2020 National Scholarship Program is accepting applications from May 21 to August 1. Scholarship recipients will be announced at the beginning of September. There are 50 scholarships available ranging from \$500 to \$2500.

Eligibility

You are a dependent (includes spouse) of a serving or former member of the Canadian Armed Forces;

You are a Canadian citizen or permanent resident of Canada; and

You are enrolled in an undergraduate program leading to a degree, diploma or certificate at an accredited Canadian college or university. Post graduate and career college students are also welcome to apply.

All 2020 scholarship applications must include the following:

Proof of enrollment from an academic institution

A three-part essay

A reference letter

Most recent academic transcript

A point form list of volunteer/civic engagement activities

For application details go to:

www.supportourtroops.ca/Get-Support/Education/Scholarships

Seaspan receives contract for Joint Support Ship construction

By Trident Staff

A federal contract recently awarded to Seaspan Shipyards in Vancouver will ensure that construction continues apace on the Royal Canadian Navy's new Protecteur-class Joint Support Ships (JSS).

The announcement was made on June 15, and includes \$2.4 billion to complete the full-rate construction on the first ship, which began in June 2018, as well as to build the second JSS. The ships are being built to replace the Navy's decommissioned auxiliary oiler replenishment vessels, and will allow for better flexibility in delivering fuel and other vital supplies to vessels at sea. The JSS project is part of the National Shipbuilding Strategy and the effort to revitalize Canada's naval surface fleet.

"I am pleased to see yet another milestone happen this year for our future joint support ships," said VAdm Art McDonald, Commander RCN, in a press release. He added that the ships will form the core of future naval task groups, and said supply ships represent a vital strategic and national asset

that will enable the Navy to maintain global reach and staying power.

Minister of Public Services and Procurement Anita Anand credited Seaspan for continuing construction on the project despite disruptions due to COVID-19, with the shipyard operating in new ways to allow employees to practice social distancing and other public health recommendations.

"We continue to work closely with the Canadian shipbuilding industry and its associated sectors during this unprecedented time for our country and the world. I commend the dedicated workers across the country for their continued perseverance in delivering on critical federal shipbuilding projects," she said.

The new ships will take the name of the RCN's most recently decommissioned supply ships, HMCS *Protecteur* and HMCS *Preserver*, with the first JSS expected to be delivered in 2023, followed by the second in 2025.



The first of the RCN's two new Joint Support Ships is currently under construction at Seaspan's Shipyard in Vancouver.

SEASPAN



Operational pause of CH-148 Cyclone fleet lifted

By DND

The Commander of 1 Canadian Air Division, Lieutenant-General Alain Pelletier, has lifted the operational pause on the CH-148 Cyclone maritime helicopter fleet.

The return to flying operations follows a thorough risk assessment that outlined mitigation measures to ensure aircrews understand the conditions that led to the crash and how to avoid or resolve them.

While the Directorate of Flight Safety investigation continues, information that the investigation uncovered to date — primarily from the Cyclone's flight data recorder — allowed the investigative team to replicate the conditions in the CH-148 Cyclone flight simulator and rule out any mechanical failure. This revealed that the aircraft's flight director was set to hold a specific altitude and airspeed. Thus, during the complex manoeuvring turn to align with the ship, the pilot's inputs were significantly different from the autopilot settings and the aircraft did not respond in a way that the crew was expecting. The investigative team has confirmed that this rare anomaly only occurred under a very specific and narrow set of circumstances. The crew would have had no previous exposure or experience on how to handle this situation.

With these circumstances now clearly understood, the RCAF has completed a detailed risk assessment and is implementing mitigation measures to allow for the safe resumption of flying operations.

"I truly appreciate the professional efforts of the Canadian Armed Forces airworthiness authorities who have contributed to both the investigation and risk assessment. I have the fullest confidence in their work, the Cyclone fleet, and our ability to safely return the maritime helicopter community to flying operations. We will do so in memory of our fallen," said Lieutenant-General Al Meininger,

Commander Royal Canadian Air Force.

"The Canadian Armed Forces continues to mourn the six members we so tragically lost on April 29. The best way we can honour them is to get back into operations in a safe and deliberate manner and carry on our maritime mission in support of the Royal Canadian Navy. The resumption of flying for the CH-148 Cyclone fleet allows our maritime helicopter community to return to what they do best — using a leading-edge aircraft to support naval operations. While the Flight Safety investigation continues to work towards a more complete understanding of this tragic accident, the information uncovered so far has allowed us to thoroughly analyze what happened and mitigate risk to allow the fleet to resume flying. As our Cyclone crews return to the air, we will continue to support the families of the fallen and their loved ones here at home," said Lieutenant-General Alain Pelletier, Commander 1 Canadian Air Division and Department of National Defence's Operational Airworthiness Authority.

"Working with Lieutenant-General Pelletier and his team, I am confident that the measures put in place prior to lifting the operational pause ensure this aircraft is safe for operations and fit for its role. I remain committed with my team to looking after the continued airworthiness of the CH-148 Cyclone fleet," said Brigadier-General Nancy Tremblay, Director General Aerospace Equipment Program Management and Department of National Defence's Technical Airworthiness Authority.

"It is critical to recognize that the investigation into the accident continues, and there is still a tremendous amount of work remaining to ensure we understand the exact circumstances that contributed to the incident. Because of this, while some information was shared with the Operational and

Technical Airworthiness Authorities to facilitate the risk analysis process, details about the crash will remain privileged by the investigation until it is complete," said Col John Alexander, Director of Flight Safety and Department of National Defence's Airworthiness Investigative Authority.

Through the detailed risk assessment process, the RCAF is making a number of updates to training, publications, and operational maneuvering that together decrease the risk to an acceptable level to allow for the resumption of flying operations.

Updates to training and aircraft publications will increase aircrews' awareness of the possible risk identified by the Director of Flight Safety, how to avoid it during flying operations, and how to recover it if does happen. Changes to aircrew and aircraft publications will deal with specific procedures for aircrew to follow.

Aircrew will also receive ground training and go through simulator scenarios that will allow them to practice identifying specific flight conditions and taking recovery actions. Given the length of the operational pause, aircrew will also perform shore-based flight training to rebuild flying proficiency and regain currency.

Changes in operational maneuvering of the aircraft will further mitigate risk while not affecting the Cyclone's ability to effectively conduct operations at sea.

These mitigation measures will prevent a similar accident from occurring in the future, while the investigation pursues a more complete assessment of the causes of the accident. Once the investigation is completed, the RCAF will determine what, if any, additional longer-term mitigation measures may need to be implemented going forward.

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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.



A crane places a CT scanner into the parking lot of CF H Svcs C (A) at Stadacona on June 19, 2020.

SUBMITTED

New medical capability comes to CFB Halifax

By **Elizabeth Sharpe**
CFB Halifax PA Intern

On June 19, 2020, a containerized Deployable Computer Tomography Scanner (CT scanner) arrived in the parking lot of CF H Svcs C (A), the Canadian Armed Forces (CAF) medical clinic at CFB Halifax. There has not been a CT scanner in-house at the clinic since 2015, when the computer in the initial machine purchased in 2007 was deemed obsolete and parts could not be obtained to fix it. Currently, any patients requiring a CT scan are redirected outside of the unit for service.

Based on the number of patients who required a CT Scan in 2015 when the machine was operational, and on the 820 patients in the Atlantic Region in 2018, LCol Rochelle Heudes, Commanding Officer at CF H Svcs C(A), requested that the Deployable CT scanner be sent to Halifax instead of CFB Petawawa. This request was also supported by the Chief of Radiology, since the machine would be used more in Halifax as a result of the two Civilian Radiologists employed at the clinic.

"The placement of the CT scanner will benefit CAF members in the Atlantic Region by providing enhanced patient care opportunities, while maintaining the standard of care that patients have grown accustomed to receiving," explains LCol Heudes. According to MayoClinic.org, a CT scanner is used to take multiple X-ray images of the body from different angles, and can be used for examining internal injuries from a trauma, diagnos-

ing diseases and planning for medical treatments such as surgery or radiation treatment. CFB Halifax has one of the largest clinics in the Canadian Forces Health Services Group Canada-wide. The team at CF H Svcs C (A) has all of the resources in-house to utilize the CT scanner to its fullest potential, which was a major factor in the request for it to be moved to Halifax. CF H Svcs C (A) currently employs six Medical Radiology Technicians, four of whom are qualified on the CT.

"Having a scanner in-house is going to significantly reduce the utilization of civilian resources," explains Maj Danielle Stacey, Director of Pharmacy Services at CF H Svcs C(A). "While some patients may still need to be sent off-unit, 75% or more of the scans will be done here on the base. Units across Atlantic Canada will [also] be able to utilize the scanner."

Testing on the scanner will take place between July 14-17, 2020, and physicists will be on-site conducting radiation testing the following week. The official deployment of the CT scanner is set for July 24, 2020. Although the machine will be ready for use on this date, no patients will be treated until all staff are sufficiently trained. As this machine is a CAF asset, the main purpose of the CT scanner will continue to be deployment in support of 1 Canadian Field Hospital Operations.

Congratulations to CF H Svcs C (A) on the receipt and future deployment of this important piece of equipment!



National Public Service Week 2020

CFB Halifax celebrated National Public Service Week (June 14–20) by honouring our public servants from across the Base and recognizing the value of their service and hard work. These past few months have been extra challenging, with many employees working diligently from home, while many others have been stationed on the Base to ensure that our critical and core services continue. Which is why it's all the more important to highlight the accomplishments, leadership and professionalism of our local civilian workforce, who work tirelessly to make Canada a better, safer, more inclusive place. Thank you for your dedication, knowledge and support as you keep strengthening our Defence community!

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER



Queens Harbourmaster staff recognized during National Public Service Week 2020

According to Jeff Hutt, Manager of Port Operations & Emergency Services branch, Queens Harbourmaster personnel are an amazing group of essential workers. We thank you – always – for all that you do!

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER



Emergency Services personnel recognized during National Public Service Week 2020

Jeff Hutt, Manager of our Port Operations & Emergency Services branch, oversees an amazing group of emergency services and essential workers who have been coming to work on a consistent basis, even as we continue navigating our way through a global pandemic. He writes: "CFB Halifax has relied upon a number of essential workers through the pandemic to support CAF Operations. Dedicated members of the Defence Team from Fire Services and Queens Harbour Master (QHM) are examples of groups that continued to report to work daily to provide their essential service. He says, "I have been extremely proud of the professionalism of each and every one of them." Bravo Zulu to these valued public servants. We thank you – always – for all that you do!

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER



Face of the Base: LCdr Travis Gardner, USN

Meet our latest Face of Base: LCdr (USN) Travis Gardner, whose last day with CFB Halifax was Friday, June 19. Chaplain Gardner came to MARLANT in 2017 as part of an exchange of chaplains between the Canadian Armed Forces (CAF) and the United States Navy (USN). Prior to his posting to Halifax, Lt(N) Gardner served with the USN in Japan, New York and Hawaii. Upon his arrival, he immediately integrated into the Base Chaplain Team and was deployed to provide chaplain support to CFS Alert for several weeks in the fall of 2017, an opportunity he describes simply as "Amazing!" Being promoted to LCdr in the summer of 2018, he assumed the role of Senior Base Chaplain, and for the last two years has excelled as a leader of the seven other chaplains on that team. During his ministry he has become well known for his Oxygen Mask presentation on resilience – coaching members of the #DefenceTeam to ensure that they look after their own physical, mental and spiritual needs in order to serve faithfully and succeed in their missions. In an extraordinary turn of events, at last year's Navy Chaplain Exercise, Chaplain Gardner drew upon his previous experience in Hawaii as the chaplain of a unit who lost a helicopter and its crew, and led the Royal Canadian Navy (RCN) chaplains through a case study of how to provide chaplain support during such a disaster. His willingness to share that experience meant that when the unthinkable happened here in April, with the loss of Stalker 22, the chaplain team could rely on the training he had provided to step up and do what was necessary in a terrible situation. Chaplain Gardner has been an outstanding member of the MARLANT team for three years and we are very sorry to see his posting come to an end, but we wish him well on the next stage of his career: a posting to Rota, Spain. Fair winds and following seas, Chaps!

SUBMITTED



Face of the Base: MWO Leigh Joiner

Another great Face of Base is MWO Leigh Joiner, a valued CFB Halifax Base Logistics (BLog) team member. MWO Joiner's service to BLog's Transportation and Electrical Mechanical Engineering (TEME) unit as Company Sergeant Major (CSM) has been outstanding. In September 2019, MWO Joiner provided integral support to OP LENTUS during Hurricane Dorian. Aside from his dedicated service to the Canadian Armed Forces, MWO Joiner is also a very active member of the greater Defence community. During his two years at CFB Halifax, MWO Joiner has participated in the Nova Scotia Harbour Swim and raised \$721 in support of United Way Halifax. He has been the Blood Drive coordinator on Base for well over a year, working with Canadian Blood Services to plan blood donation events for our members every three to four months. He has also dedicated many years to volunteering at the Royal Canadian Army Cadet Corps (RCACC), most recently having volunteered with the 3036 Sackville Lions RCCEM Royal Canadian Army Cadet Corps. In April 2019, MWO Joiner was awarded a Vice Chief of the Defence Staff (VCDS) Commendation for his volunteer service with the RCACC. In the words of LGen P.F. Wynnyk (VCDS), MWO Joiner's "exceptional devotion [to RCACC] has brought great benefit to the CAF." MWO Joiner has recently been posted to the Canadian Forces Language School, which means he will be leaving TEME very soon. Although he will be greatly missed, we wish him every success as he continues his exceptional service to the CAF and the greater Defence community. Thank you, MWO Joiner, for your dedication, leadership and support!

SUBMITTED



Face of the Base: Ryan Melanson

Meet one of our newest Faces of Base: Ryan Melanson. Since 2015, Ryan has been the reporter for Trident Military Newspaper. As such, he regularly attends and covers events around our Formation, taking photos and writing articles about everything from Changes of Command, to Divisions, to sports events. According to Ryan, "The highlight of working for Trident for me has been to be welcomed into the military community, because I didn't really have any ties or connections before coming to Halifax. This has allowed me to sail in ships and submarines, fly in helicopters, and spend time with military members of all different ranks and occupations." Ryan attended university on Prince Edward Island, started his newspaper career in New Brunswick, and then moved to Nova Scotia to begin working with Trident. Since then, he's become well-known for his enthusiasm and his outstanding work ethic. During the pandemic, Ryan has been working from home and doing his best to stay connected with the community via phone calls and zoom meetings, and to spread information from our Trident website and social media channels. Although he's been adapting well to the new normal, Ryan does "have some complaints about my new coworker, my cat Farooq." In his spare time, Ryan enjoys playing the guitar and reading old science fiction novels. However, he adds, "My biggest hobby in my free time is probably cooking. My wife says I could have my own sandwich shop or food truck." Thank you, Ryan, for your service and for helping the Defence community share its stories!

SUBMITTED



CCMS services during COVID-19

By CCMS

Dear CCMS, during my change in work structure due to COVID-19 I have had some time to think about my workplace, and I have some questions. What services are you now able to provide to me as a member of the Defence Team?

Sincerely, Back to our Building

Thank you for your question BTOB. During the changes brought on by COVID-19 every CCMS in the Atlantic Region (Greenwood, Halifax, and Gagetown) has been providing remote service delivery via telephone and e-mail. Now that more personnel are moving back to working in their buildings, each CCMS is adapting its services to meet the need as our offices will likely experience an increase in demand. Each CCMS is assessing their return to office protocols with base safety personnel, and exploring how best to provide face-to-face service delivery while respecting safe distance protocols. However, in the interim, your CCMS continues to respond to request for services by telephone and e-mail, with regular DWAN access. Requests for unit briefings are being considered on a case-by-

case basis, and in accordance with safe distancing protocols. The region is also developing the capability to provide virtual face-to-face services, which will enhance the experience for all members of the Defence Team.

At this time no resolving conflict effectively (RCE), or conflict management for leaders (CML) courses can be scheduled until public health officials allow for small group training sessions to occur, and each base allows for the resumption of these activities. Once training resumes each CCMS will disseminate information through a variety of channels on each base.

The staff of Atlantic Region CCMS offices (Greenwood, Halifax and Gagetown) recognize this has been a difficult period for most members of the Defence Team, and we look forward to having you connect with us so that we can support you, and your team, toward addressing conflicts early at the local level, and in an informal manner wherever possible to enhance the operational effectiveness of the Defence Team. The CCMS team is here to help in reaching that goal.

Sincerely, CCMS Staff

SGCP et la COVID-19

Par SGCP

Cher personnel du Service de gestion des conflits et des plaintes (SGCP), Les changements entraînés à ma structure de travail en raison de la COVID-19 m'ont donné l'occasion de réfléchir à mon milieu de travail et j'ai des questions. Quels services êtes-vous maintenant en mesure de m'offrir, à titre de membre de l'Équipe de la Défense?

Merci d'avance, Back to our Building

Merci de poser la question, BTOB. Pendant la période de changements qu'a entraînée la COVID-19, tous les centres de SGCP de la région de l'Atlantique (Greenwood, Halifax et Gagetown) ont offert des services à distance par téléphone et par courriel. Maintenant que de plus en plus de membres du personnel retournent en milieu de travail, chaque centre de SGCP adapte ses services afin de répondre aux besoins, étant donné que les services de nos bureaux connaîtront probablement une augmentation de la demande. Chaque centre de SGCP évalue ses protocoles de retour au bureau avec le personnel de sécurité de la base desservie et évalue la meilleure façon d'offrir des services en personne, tout en respectant les protocoles de distanciation sociale. Cependant, votre centre SGCP continue, dans l'intervalle, de répondre aux demandes de service par téléphone et par courriel, grâce à un accès régulier au Réseau étendu de la Défense (RED). Les demandes de séances

d'information de l'unité sont évaluées au cas par cas et conformément aux protocoles de distanciation sécuritaire. De plus, la région élabore la capacité d'offrir des services en personne virtuels qui amélioreront l'expérience de tous les membres de l'Équipe de la Défense.

À l'heure actuelle, aucun cours de Résolution efficace des conflits (REC) ou de Gestion des conflits à l'intention des leaders (GCIL) ne peut être mis à l'horaire jusqu'à ce que les responsables de la santé publique permettent l'organisation de séances de formation en petits groupes et que chaque base autorise la reprise de ces activités. Une fois que l'instruction reprendra, chaque centre de SGCP transmettra les renseignements à leurs bases respectives par divers moyens.

Les membres du personnel des centres de SGCP de la région de l'Atlantique (situés à Greenwood, Halifax et Gagetown) sont conscients que la plupart des membres de l'Équipe de la Défense ont traversé une période difficile et ils ont hâte de connecter avec vous afin de vous appuyer, ainsi que votre équipe, dans la résolution rapide et informelle, dans la mesure du possible, des conflits au niveau local. Le tout s'effectue dans une démarche d'amélioration de l'efficacité opérationnelle de l'Équipe de la Défense et l'équipe du SGCP est là pour vous aider à atteindre cet objectif.

Bien à vous, Le personnel du SGCP

Sirloin steak with mushrooms

By Paul Gendre,
Cook, Juno Catering

This is a great recipe for your Canada Day celebration menu.

Prep time 15 minutes, cooking 15 minutes, ready in 30 minutes.

Ingredients

1 – 12 oz steak
salt and pepper to taste
2 tablespoons oil
1/3 cup sliced mushrooms
1/2 onion sliced
1 clove peeled garlic
1/3 cup white wine
1/3 cup beef broth
¼ cup butter cubed

Ingredients

Season steak with salt and pepper on both sides.
Heat skillet and add oil, add steak and cook for medium 4 minutes per side.
Remove steak and keep warm in foil.
Reduce heat to skillet cook mushrooms, onion and garlic, and stir occasionally for 5 minutes.
Pour in beef broth, reduce heat to low, and stir in butter 1 cube at a time, stirring well after each addition.
Pour in white wine and continue cooking until sauce is reduced.
Serve reduced sauce over the steak.

Storytime

Tuesdays & Thursdays

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

[f /psphalifax](https://www.facebook.com/psphalifax)



HMCS Sackville moves to summer berth

HMCS Sackville was cold moved around Halifax Harbour, en route to the Halifax Waterfront by the Maritime Museum for the summer on June 23, 2020. Sackville is Canada's last corvette from the Second World War and is a floating museum dedicated to the legacy of those who served in the Royal Canadian Navy and those lost at sea during the Battle of Atlantic.

MONA GHIZ, MARLANT PA

Changing plans and finding joy

By Padre Lt(N) Krystal Sheremeta
Chaplain, CFB Halifax

This summer is just going to be different.

I like to think of myself as a fairly flexible person. The kind to go with the flow, who doesn't get upset or worried by a simple change of plans. For those of us in the military, this is a necessary trait to go along with the hurry up and wait. And most days I am that person. But sometimes I'm not.

We all reach that point when we are tired of being flexible. Where we just want one thing we've planned to be able to happen, for sure, no "maybes" or "possiblys." We know in our heads that this summer, in the midst of pan-

demic, will be unlike any we've experienced in our lifetimes. For ourselves and our families. And with that comes some uncertainty and yes some grief. When long held traditions of driving three provinces to get together with family won't be happening, or the fair or festival you've attended every year won't be happening, or the camp your children have been looking forward to, that sports season, that concert, all cancelled. And replacement idea after ideas is met with, maybe we can do x? It's ok to grieve what is missing this year. Even if in your head it seems silly in the grand scheme of things. You're allowed to be disappointed

when plans have to be changed. There is a lot that is out of our control this year. More than usual. The added uncertainty can be exhausting.

So where do we go from there? Joy. Yes, this summer will be different, but that doesn't mean it won't be filled with joy, with memories that are also good. Dare to try new things. Find a new path to explore, a new game to play, pick up a new hobby, or a new sport to try. Seek out experiences that are not normally on your to do list, but are very much possible in today's COVID world. Camp out in your living room, build blanket forts and watch movies. Sneak out with your kids in

their pyjamas at night to look at the stars. Sing songs and have dance parties. For everything there is a season, so let yourself and your families find the joy in this one. It will be different, but allow yourself and your family to find new things you love, to explore new possibilities, and create new traditions. There will be days that are difficult, but there will also be days that are good, that are joy-filled. May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

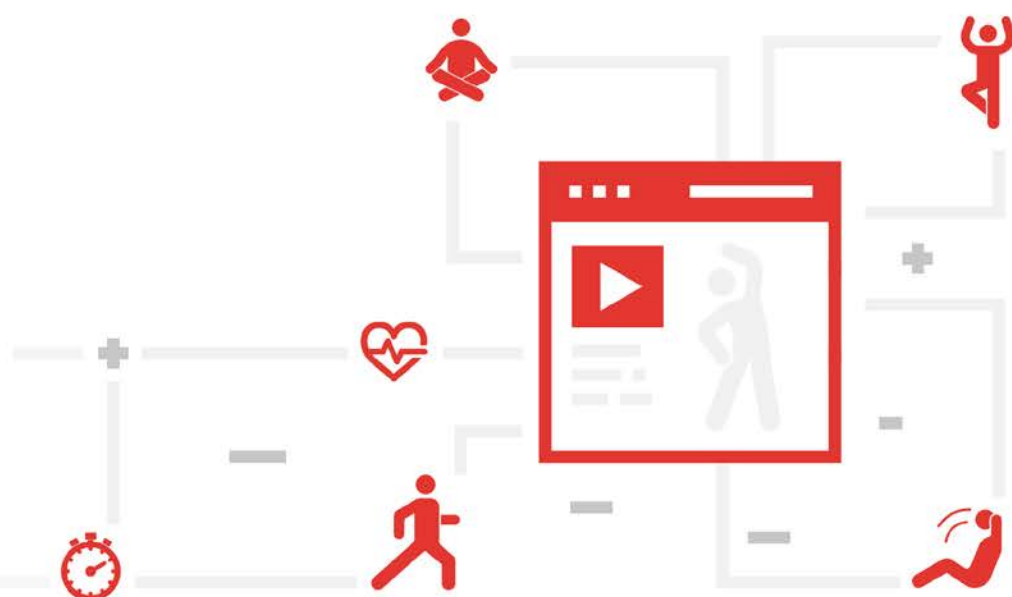


WORK IN

Virtual classes from our Fitness & Sports Instructors

WEEKDAYS AT 12PM

/psphalifax





Dry land training for swimmers - Part II

By Ashley Blanchard,

Aquatic Coordinator & Group Fitness Instructor
Shearwater Fitness, Sports & Recreation

Welcome back! Part I of Dryland Training for Swimmers focused on the importance of completing a suitable warm up for a swim practice, while Part II focuses on dryland accessory training. Accessory work means any exercise that will contribute to the greater movement by increasing an athlete's progress.

Let's consider the muscle groups and actions involved in swimming. Swimmers tend to develop broad shoulders; strong latissimus dorsi; a solid core; and powerful legs. Swimmers also develop large triceps and strong chest muscles. Those who swim often, particularly on their fronts, may develop a swimmers' slouch or hunch as the chest muscles become too tight and shorten. In addition to regular chest stretches, it's good to perform exercises to strengthen the upper back, such as rows, supermans and good mornings, that will assist in keeping the spine straight.

Compound exercises, like the deadlift, develop the posterior chain and will also assist in preventing a slouch. Building strong abdominals and spinal erectors, through regular core training, will assist in keeping the core engaged while swimming, which will aid in maintaining the streamline position; prevent the lower body from swaying; and increase power in both the kick and pull phases of a stroke. Incorporating lower body movements, such as the squat or lunge, will develop leg and hip drive for a more effective kick. Consider exercises such as burpees, box jumps or kettlebell swings that require an explosive hip drive to reach a vertical height or vertical momentum. Now, apply that power to the dive, ie. launching yourself off of the block or having a powerful push off the wall to gain additional distance on a component or simply improving personal bests.

The below exercises can be incorporated into any aquatic, or weightlifting, program; they can be completed following a swim training, or on a rest day [from swimming]. Exercises can be performed consecutively or done as a circuit routine. A variety of routines can be created using movements from each list. Many movements can be done with resistance bands or weights; however, if equipment is limited - get creative; use food cans, water jugs, broomstick handles, laundry detergent bottles, or a backpack filled with books as weight. Workouts can also be effective weight-free with proper focus on engaging the desired muscles.

Please perform the exercises safely by maintaining the proper body position and form. It is crucial to complete movements using a full range of motion - no half reps! Remember to always perform exercises at your own pace, and that improvement occurs gradually over time with practice. Avoid letting shoulders drift up toward the ears; roll them back and squeeze the shoulder blades together. Try to keep the core tight to provide stability to the spine. Keep the core tight as you would if you sneezed or laughed and keep the glutes activated for additional support.

Core bracing

[youtube.com/watch?v=J_2ImNPjxtc](https://www.youtube.com/watch?v=J_2ImNPjxtc)

and

[youtube.com/watch?v=TMwrdWspnPw](https://www.youtube.com/watch?v=TMwrdWspnPw)

Cardiovascular/Full Body Exercises

Skipping (singles or double-unders)

Kettlebell Swings:

[youtube.com/watch?v=Eui-kToK2mU](https://www.youtube.com/watch?v=Eui-kToK2mU)

Tuck Jumps:

[youtube.com/watch?v=r7oBejx1PHM](https://www.youtube.com/watch?v=r7oBejx1PHM)

Star Jumps:

[youtube.com/watch?v=5EdEoJAY0Mg](https://www.youtube.com/watch?v=5EdEoJAY0Mg)

Bear Crawl:

[youtube.com/watch?v=kabwOyWTtYM](https://www.youtube.com/watch?v=kabwOyWTtYM)

Broad Jumps

Thrusters (Barbell or Dumbbells):

[youtube.com/watch?v=u3wKkZjE8QM](https://www.youtube.com/watch?v=u3wKkZjE8QM)

Sprints (100m)

Burpees:

[youtube.com/watch?v=Ts2yUe9cVFW](https://www.youtube.com/watch?v=Ts2yUe9cVFW)

Shuttle Runs

Toe Taps:

[youtube.com/watch?v=Yg0EmyYeyJw](https://www.youtube.com/watch?v=Yg0EmyYeyJw)

Rowing

Sumo-Deadlift High-Pull

Upper Body

Pull Ups

Chin Ups

Push Ups

Traditional Push Up

Wide Grip Push Up

Staggered Push Up

Diamond Push Up

Plyometric Push Up:

[youtube.com/watch?v=FRo3b_Pfw3M](https://www.youtube.com/watch?v=FRo3b_Pfw3M)

Dips:

[youtube.com/watch?v=3ydgLFLK8e0](https://www.youtube.com/watch?v=3ydgLFLK8e0)

High Pull (banded, or with cables or weights)

Rows

Weighted

Banded

Suspension

Bench Press (with a barbell)

Chest Press (banded, or dumbbells or kettlebells)

Chest Fly

Shoulder Presses (banded or with dumbbells

or kettlebells)

Front & Lateral Shoulder Raise

Tricep Extensions

Tricep Kickbacks

Core

Flutter Kicks

Butterfly Situps

Leg Raises

V-Ups

Plank [and plank variations]

Mountain Climbers

Hollow-Rock:

[youtube.com/watch?v=p7j02V1fzU](https://www.youtube.com/watch?v=p7j02V1fzU)

Superman:

[youtube.com/watch?v=z6PJMT2y8GQ](https://www.youtube.com/watch?v=z6PJMT2y8GQ)

Dead Bug:

[youtube.com/watch?v=jbWmbhElf3Q](https://www.youtube.com/watch?v=jbWmbhElf3Q)

Russian Twist

Good Mornings

Scissor Kicks

Table Top

Lower Body

Squat

Back Squat

Front Squat

Goblet Squat

Pistol

Cossack Squat

Jump Squat

Sumo Squat

Overhead Squats

Step Ups

Bulgarian Split Squat:

[youtube.com/watch?v=KmXGOusCsc](https://www.youtube.com/watch?v=KmXGOusCsc)

Calf Raise

Lunge

Overhead Lunge

Walking Lunge

Reverse/Backward Lunge

Forward Lunge

Deadlift

Conventional Deadlift:

[youtube.com/watch?v=LATVC5gwp0w](https://www.youtube.com/watch?v=LATVC5gwp0w)

Sumo Deadlift:

[youtube.com/watch?v=JNpUNRPQkAk](https://www.youtube.com/watch?v=JNpUNRPQkAk)

Romanian Deadlift

Split-Stance Romanian Deadlift:

[youtube.com/watch?v=pJcNzjZb14Q](https://www.youtube.com/watch?v=pJcNzjZb14Q)

Stiff-Leg Deadlift

Example Workout

Complete the circuit 3 - 5 times:

1. 1 minute push ups
2. 1 minute mountain climbers
3. 1 minute scissor kicks
4. 1 minute burpees
5. 1 minute REST



Book Outdoor Unit PT

Units looking to make a weekly booking – or to book an Outdoor Unit PT on Porteous field – may contact Lucas Hardie at lucas.hardie@forces.gc.ca. For any questions, please call the Fleet Gym at 902-427-3524 or Shearwater Gym at 902-720-1071.

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER



Cycling while sailing

From left to right: Petty Officer First Class (PO1) Jeremy Finlay, PO1 Quentin Locke, Leading Seaman (LS) Roderick Reid, LS Justin Caldwell, Chief Petty Officer Second Class Edward Hopkins and Able Seaman Emily McDonald participate in a Navy Bike Ride, organized to contribute to the Battle of the Atlantic Challenge, a multi-event organized to fundraise the Royal Canadian Navy Benevolent Fund and the Support Our Troop programs, during Operation REASSURANCE, June 13, 2020.

CPL SIMON ARCAND, CANADIAN ARMED FORCES PHOTO



Base Commander tours Dockyard gym

The Base Commander, Capt(N) David Mazur, toured the Dockyard gym alongside PSP instructors and leadership to check out the space and new public safety measures in anticipation of PSP gyms reopening on June 22. The Base Commander was eager to see all the hard work that had gone into preparing for a safe and secure partial reopening of our gym facilities. Starting on June 22, gym rooms will be at 30% capacity, as approved by the Nova Scotia Government for Gym Reopenings. Please note that access to the gyms is by appointment only and for CAF members only. Members are encouraged to come dressed for their workout (as change rooms have limited capacity and showers remain closed) and to bring their own water (water fountains remain closed). Upon entry, members will be given a spray bottle with disinfectant to spray on the equipment after use. Members not following cleaning or physical distancing protocols will no longer be permitted access to the gym facilities.

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER

Ask the Expert: getting fit during physical distancing

By Dr. Darrell Menard OMM MD,
Dip Sport Med

Q: I've been told to stay home as much as possible as part of the COVID-19 pandemic physical distancing strategy. Consequently, I have a lot of free time on my hands and I have decided to use some of that time to improve my fitness. It has been 8 years since I last ran and I am looking for advice on how to safely start running again. - Bored Barb

A: Dear Bored Barb: congratulations on your decision to do something positive with your free time. You haven't run in a long time and following these tips will reduce your risk of injury and make getting back into shape much more enjoyable:

"Trying too hard" is the number one reason people get injured when they try to get back into shape. It is much smarter to start slower to give your body the time it needs to adapt to the demands of exercise;

With the above in mind, don't begin by running during your workouts. Running is a high impact activity and your body tissues need to adapt and be toughened up before they can safely handle this load;

Instead, start with walking for the first four to six weeks. Try walking 30 minutes/day and as tolerated, gradually increase the length of your walks to 60 minutes/day.

Once you can comfortably walk 60 minutes/day, you are ready to start doing walk/run workouts. For these, warm up by walking the first 10-20 minutes. For the next 30 minutes alternate jogging one minute and walking one minute. Warm down by walking the last 10-20 minutes.

As you get fitter, progressively increase the time you jog to the point where you can eventually jog 10 minutes and walk one minute.

At that point, you are ready to try running 30 minutes every second day and to walk, cycle, swim, etc. (called cross training) on the other days. This approach allows your body time to recover from the impact loads of your running workouts.

It is important to note that you don't need to run to get fit. Walking is also an excellent way to improve and maintain your fitness. Walking is a low impact activity and has a much lower injury rate than running.

The bottom line: Be sure you don't overdo it when you start your physical distancing fitness program. It took a while to get out of shape and it will take a while to return to being physically active and reach your fitness goals. Try the above strategies: they will not only reduce your risk of injury but they will also make your fitness program much more enjoyable. Train smart and remember that Movement is Medicine!

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.

Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and wellbeing.



PSP Fitness and Sports Instructor Josh Tanner leads a small group in an exercise class on Porteous Field on June 24.

RYAN MELANSON, TRIDENT STAFF

Base gyms, fitness classes return in limited capacity

By Ryan Melanson,
Trident Staff

As more members of Formation Halifax begin to return to their workplaces, PSP staff are working to bring opportunities for exercise back to the base as well.

As of June 22, both the Fleet and Shearwater gyms have reopened, though with reduced capacity and a number of new safety protocols in place. Access to the gyms is currently exclusively to CAF members, and appointments for each room must be booked in advance with one-hour time slots. Rooms will be at 30 percent capacity to abide by new provincial rules, change rooms will be limited, and showers and water fountains remain closed, meaning members should bring their own water and arrive dressed in workout gear if possible.

Disinfectant spray bottles will be given to each person who uses the gym upon entry, and members are required to spray equipment down after use. Anyone who refuses to practice social distancing or to follow the new cleaning requirements will no longer be permitted at the gyms.

At the Fleet gym, Fitness Coordinator Lucas Hardie said things were going well with members beginning to trickle back in for their workouts. Because time and space are limited, the hope is to maximize the 30 percent capacity to ensure everyone

who wants to use the gym can get a chance.

“We’ve sent out the notification to all of the sports reps, and we’re encouraging units to get groups together to fill out timeslots, rather than having members of one unit coming in throughout the day,” he said.

PSP staff also continue to use the True Coach app for one-on-one virtual fitness and training advice for clients, and Hardie said feedback has been positive, with more members signing up each week.

And for those interested in getting outside for a workout in a group setting, exercise classes have resumed on Porteous Field each Tuesday and Thursday at 1 p.m.

Units wishing to book time at the Fleet Gym or a group workout on Porteous Field can contact Hardie at Lucas.Hardie@Forces.gc.ca, or in Shearwater, contact Briana Plante at Briana.Plante@Forces.gc.ca. Those interested in one-on-one virtual training should contact Isaac Habib at Isaac.Habib@forces.gc.ca, and clients of the Reconditioning Program can reach out to Kerianne Willigar at kerianne.willigar@forces.gc.ca to schedule time. Questions can also be directed to the gym front desks at 902-427-3524 for the Fleet Gym and 902-720-1071 for the Shearwater Gym.

Meet your PSP Fitness and Sports staff: Jessie Thibeault

Name: Jessie Thibeault

Hometown: Rimouski, Québec

PSP employee since: January 2019

What inspired you to pursue a career focused on fitness?

Fitness has always been a big part of my life as an athlete. Now, I feel the need to help people to reach a better health.

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

I like the fact that we are a community and that we can build trust and see the progress of the military.

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

I would say for us it can be hard at some point to understand the military world because we are civilian. It is always a challenge to do our best with the restriction that their jobs put them into (schedule, being at sea, etc.).

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

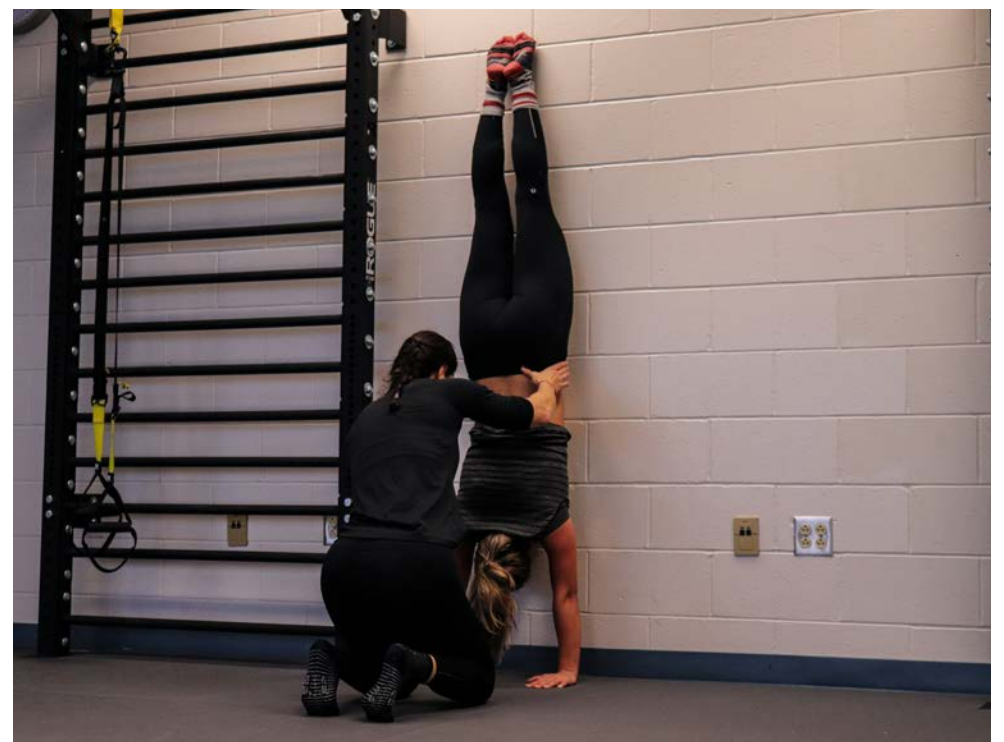
Hand to hand (circus), Acroyoga, hand balancing, jogging, training in the gym (mobility, strength, injury prevention, endurance).

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

Going out to do jogging and walking, doing my training online with friends (handstand and circuit). I am trying to keep not too far from what I am used to with my sleep schedule and also I am eating a bit less since my body is less active.

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

I have an interest for arts in general (singing, arts and craft), I love to watch movies, I love animals more especially dogs, and also I enjoy cooking fancy recipes.



Jessie Thibeault, Kinésiologue accréditée FKQ.