



# TRIDENT

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## Piper, pipe that tune again

*LS John Kester plays the bagpipes as HMCS Fredericton enters the port of Reykjavik, Iceland during Op REASSURANCE on July 11, 2020. The ship is expected to return to Halifax on July 28, 2020.*

CPL SIMON ARCAND, CAF







# Royal Nanny International Tattoo honours longtime show supporter

By Virginia Beaton,  
Trident Staff

On Saturday, July 18, the sound of bagpipes welcomed Mrs. Joyce Meikle to the Royal Nanny International Tattoo. Inside the Common Support Training Facility at Stadacona, the Stadacona Band of the Royal Canadian Navy, the 12 Wing Shearwater Pipes and Drums, and the Royal Nova Scotia International Tattoo Highland Dance Team awaited.

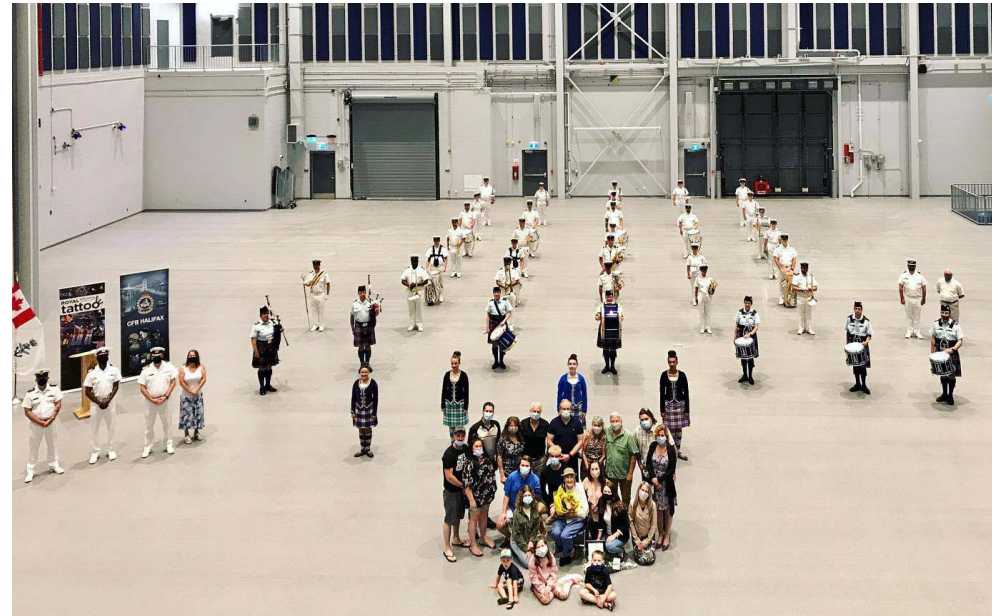
Mrs. Meikle, aka Nanny, is a longtime supporter of the Tattoo. Now aged 88, she has attended the show every year since the Tattoo began in 1979, turning it into a family tradition that now includes her grandchildren. When this year's Tattoo was cancelled in March because of the COVID-19 pandemic, Mrs. Meikle's granddaughter Allison contacted Tattoo organizers to see what could be done to arrange a surprise performance for Mrs. Meikle.

The result was a half-hour mini-Tattoo that was broadcast live on the Tattoo's Facebook page. With the help of the Canadian Armed Forces, the show presented live entertainment to a small, socially distanced number of

attendees comprising Mrs. Meikle and members of her family. The We are Young Association, a non-profit group that grants unfulfilled wishes to Nova Scotia seniors, also provided support to the event.

The Stadacona Band played marches including Heart of Oak, and the band's drum line took a solo turn. The 12 Wing Shearwater Pipes and Drums played several tunes and also accompanied the Highland Dancers. The event concluded with the Tattoo's annual rendition of Scotland the Brave, followed by Black Bear, which is always played as the performers march off.

Capt(N) David Mazur, CFB Halifax Base Commander, was among those present and in his remarks, he thanked all the performers, noting the lengthy partnership between the Tattoo and the CAF that made possible the annual production of the show. The Royal Nanny International Tattoo "is a step towards normalcy," he observed.



*The Meikle family poses for photos in front of the cast of the show.*

ARIANE GUAY-JADAH, BPAO



*At the end of the Royal Nanny International Tattoo, Joyce Meikle received flowers and gifts from CFB Halifax and from the Royal Nova Scotia International Tattoo.*

ARIANE GUAY-JADAH, BPAO



*Capt(N) David Mazur, Base Commander CFB Halifax, addresses those present for the event, which was held in the new Common Support Training Facility.*

LS BRYAN UNDERWOOD, FIS





*The Stadacona Band of the Royal Canadian Navy recently celebrated their 80th anniversary with an online celebration, and plan to continue marking the milestone with further initiatives through the year.*

MONA GHIZ, MARLANT PA

# Stadacona Band goes virtual with 80th anniversary celebration

By Ryan Melanson,  
Trident Staff

While the live performance schedule has been light through the spring and summer for the Stadacona Band of the Royal Canadian Navy, they've found a number of other ways to stay connected with the community through the pandemic period.

The members' virtual performances from home have been a hit on social media, the band made an appearance during HRM's live Canada Day stream on July 1, and just recently, they celebrated their 80th anniversary with a special online celebration from July 13-17.

"Our original goal, of course, was to have an in-person reunion in September, with a concert and reception and everything else," said PO2 Sue Kulik, a flute player who is the longest currently serving member of the band and head of the 80th anniversary committee.

Once it became clear that in-person events weren't in the cards for 2020, they got to work on alternate plans, and the extra free time brought by COVID-19 restrictions made for an opportunity to dig through the archives and reach out to alumni.

"We decided to celebrate virtually instead, and we put together some really interesting things to share," said

PO2 Eric Sproul.

This included a special message from current CO Lt(N) James Risdon, Stad Band trivia, photos from over the years, and more.

"We also found the band's very first recording from 1943," PO2 Sproul added. They used this audio to create a mashed-up performance of the Navy march HM Jollies, assembled from the 1943 recording along with other performances from 1982, 1995, 2015, and a 2020 edition recorded remotely with each current member at home.

An effort to update the band's alumni list also led to the committee reconnecting with a number of former members, and many of them contributed to a video compilation of alumni wishing the band a happy birthday.

Former Commanding Officer LCdr (ret'd) Jim Forde said he was thrilled to see former colleagues pop up on his screen to share kind words about the band, including his old friend Paul Butler, who departed in 1968.

"I couldn't believe they tracked him down and it was wonderful to hear from him. I was so pleased with the work the band did around the 80th anniversary," he said.

LCdr (ret'd) Forde, who played tuba in the band from 1967 to 1984 before

leading it from 1988-1993, has stayed connected through his involvement in the larger music community and his years of work with the Royal Nova Scotia International Tattoo. He described his time with the band as life-changing.

"To lead a band like that is an absolute delight and a real honour," he added. He was able to pinpoint the 50th anniversary of the Battle of the Atlantic in 1993, and the coinciding performances in Liverpool, England, as a highlight of his time with the band, but he stressed that his Stadacona Band career was one of constant highlights.

"Every concert or performance I ever did with that band was memorable, whether we were standing on the Dockyard sending ships off to sea or we were away on tour."

Other standout moments brought up by current members included the 1995 International Band Festival in Shanghai, China, as well as the more recent performances in Mons, Belgium in 2018 to mark 100 years since the end of the First World War.

Other stories and special moments have been shared on the band's 80th anniversary Facebook page, and it's expected those discussions will con-

tinue during a virtual reunion event planned for September on the Zoom platform. There's also an ongoing effort to connect with older alumni who may not be online, through snail mail, and there's hope that a smaller in-person reunion will be possible for 2021. The band also plans to continue marking the anniversary online through the rest of this year, and to continue streaming at-home performances on social media.

"This has actually been very nice for our smaller groups, who have been performing online for such a large audience. We're reaching way more people online with groups like our brass quintet or our trios, and we're growing the band's presence," said PO2 Sproul.

PO2 Kulik said the successful virtual anniversary celebration wouldn't have been possible without the help of committee members, specifically shouting out LS Tony Taylor and PO2 Matt Reiner for their video and audio editing, PO2 Courtney Lambert and her public affairs team for their work, and PO2 Krisanne Crowell for writing lyrics and leading the jazz group in performing the new Stadacona Band 80th Birthday Song.





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# Stadacona Band goes virtual with 80th anniversary celebration cont'd



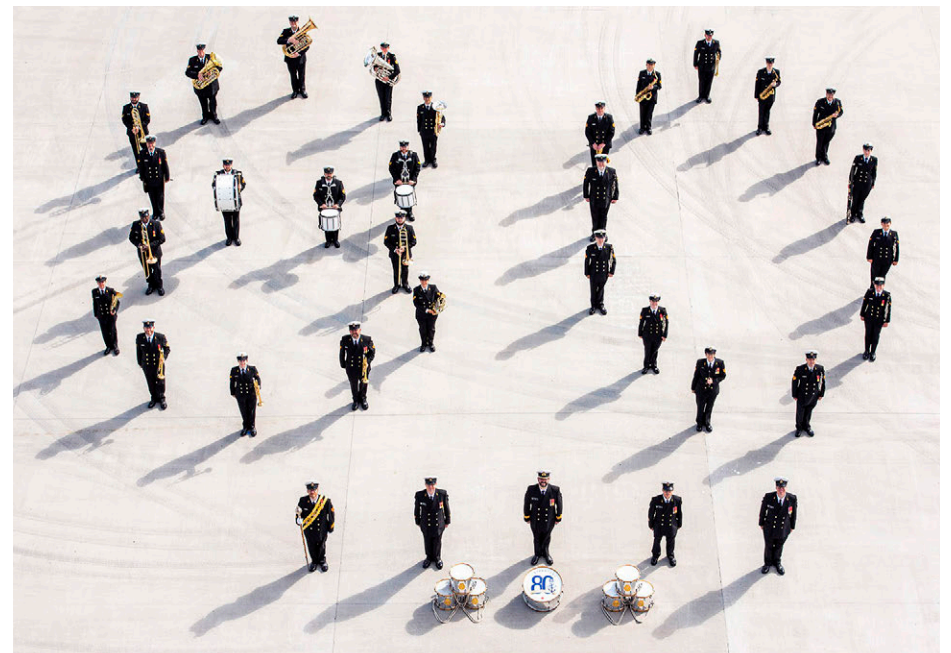
*The Stadacona Band at HMC Dockyard in 1981, under the leadership of Director Lt(N) Ben Tempelaars and CPO1 Dirk Peetoom. The Band is wearing the traditional Navy uniforms that were revived by the Naval Officers Association of Canada in 1980, after being lost following unification in 1968.*

COURTESY OF LCDR(RET'D) JIM FORD



*The Stadacona Band's 80th anniversary logo decorates the band's bass drum.*

MONA GHIZ, MARLANT PA



*On jetty NJ, the Stadacona Band of the Royal Canadian Navy marks its 80th anniversary with a group shot in the formation of the number 80.*

MONA GHIZ, MARLANT PA





*Cmdre Richard Feltham, Commander CCFL, far left, salutes HMCS Toronto as it departs Jetty NB in Halifax on July 25. To his right is The Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia*

MARLANT PA

# HMCS *Toronto* departs for Op REASSURANCE under unique circumstances

By Ryan Melanson,  
Trident Staff

As HMCS *Toronto* prepared to depart Halifax on the afternoon of July 25 for a six-month stint deployed to Operation REASSURANCE, there was plenty of chatter about the difficulties brought on by the COVID-19 pandemic and how that will impact the crew and the mission.

For LS Gabrielle Garant-Grenon, however, it was best to focus on the positives. With roughly 10 years of service behind her, the Sonar Operator she said she was excited to head to sea and gain more experience on her second major deployment. While the pandemic has had an impact, it hasn't changed everything, she said.

"Obviously there would normally be a lot more people on the jetty to see us leave, but in other regards, this deployment isn't so different. Once we leave the wall, this is like any other mission; we just have to do our jobs, focus and work hard as a team."

That hard work began many months ago as the ship ramped up its readiness level ahead of deploying, and intensified in June, when crew came back aboard – and remained aboard – quarantined away from their families for 40 days prior to departing. Prior to that, they were forced to adjust and conduct important planning while working from home during the height of the pandemic earlier this spring.

Cmdre Richard Feltham, Commander Canadian Fleet Atlantic, said *Toronto* has set an excellent example of carrying out their responsibilities in the face of obstacles that are unpre-

cedented for a modern Navy.

"I can't explain how proud I am of what this ship has done, and they haven't even left yet. To achieve this high state of readiness in a pandemic environment, and overcome the obstacles as they have, is tremendous."

Cmdre Feltham noted that this is the third time *Toronto* has deployed on this particular mission, and that this

ship, only a handful of others attended the departure ceremony in person, including support staff, colleagues, and the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia, and Her Honour Mrs. Patsy LeBlanc. Family and friends were able to watch via live stream online, where *Toronto*'s Commanding Officer, Cdr Jeff Dargavel, thanked those loved ones

members aboard HMCS Fredericton's Cyclone helicopter, this lead up to deployment has been uniquely challenging, he said.

"There is no way we could have done it without the undying support of our families, friends and communities."

He added that pandemic restrictions are likely to prevent the usual port visits from taking place in Europe, and will also make it more difficult to get outside technical support on board if needed. This will require the crew to be more self-reliant, and to look to each other for recreation and moral support through the six months.

"We've had to make sacrifices and adjust to the new normal; that means saying farewell in this non-traditional manner, and it will mean other things over the coming months," he said, while stressing the importance of the mission.

"The pandemic has changed a lot about our day-to-day lives, but it hasn't changed Canada's commitment to our allies and partners, nor has it changed the resolve of those who would act against our national interest."

The six-month sail will see *Toronto* operating primarily in northern Europe with Standing NATO Maritime Group 1, which is currently under Portuguese leadership. The crew expects to come alongside in a number of Baltic states and focus on interoperability with NATO allies through the deployment. The ship will be due back in Halifax early next year.



*HMCS Toronto departed Halifax for a six-month deployment to Operation REASSURANCE on July 25, 2020.*

MARLANT PA

marks the 13th rotation since the RCN began contributing to Op REASSURANCE in 2014, which he said highlights how seriously Canada takes its NATO responsibilities.

Along with Fleet and 12 Wing leader-

who've supported his sailors behind the scenes, and who will continue to support them at home after they leave. With the added difficulty of the pandemic, as well as the difficult news in April of the tragic loss of six crew





# CAF releases policy that defines and addresses hateful conduct

The CAF has released a new policy framework in the form of a Defence Administrative Order and Directive (DAOD) that addresses harassment, violence and discrimination, including hateful conduct, within the institution.

Racism and discrimination exist and they continue to surface in violent and very tragic ways as has been witnessed with the violence experienced by Black and Indigenous persons recently in the news. This has prompted a discussion about where Canada is as a society in terms of respecting the dignity of every person, without prejudice based on race, colour, national or ethnic origin, or other prohibited grounds.

Equality is a human right; respect and dignity for all are core values of Canada. We must foster a safe and healthy workplace for all members of the Defence Team which means upholding the Canadian Human Rights Act. It is unacceptable for a Canadian Armed Forces member to participate in an activity or have membership in a group or organization that is connected with hate related criminal activities, and/or promotes hatred, violence, discrimination, or harassment on the basis of a prohibited ground of discrimination as defined in the Canadian Human Rights Act.

Although a Military Police report for 2013-2018 cited that some CAF members were involved in incidents related to hate/racism during that period, discrimination, including systemic racism, continues to exist in the organization, and it is completely unacceptable. We also know from Statistics Canada research studies that often incidents related to hate/racism may be underreported by the victims due to

fears of retaliation or the perception that no action being taken to hold the perpetrators accountable.

Racism, discrimination, bullying and microaggression in any form damage are harmful to an individual, and also undermine the organization's operational effectiveness. The new DAOD addresses these behaviours and also defines\* what constitutes hateful conduct. The new policy framework provides a path forward to addressing unacceptable behaviour, with the goal of eliminating it from within the organization.

The Chief of the Defence Staff (CDS), Gen Jonathan Vance, has made it clear that hateful conduct will not be tolerated within the CAF. VAdm Haydn Edmundson, Commander Military Personnel Command is on record as stating that hateful conduct, be it through words or actions, is completely incompatible with CAF ethics and values.

“The women and men who serve in the Canadian Armed Forces are held to the highest standard for their professional and personal conduct and are expected to exemplify Canadian values, including respect for diversity, whether they are here at home or abroad,” he said. “Any instance of misconduct by a member diminishes our authority as a force for good in Canadian society, and around the world. Every member of the DND/CAF Team has a part to play here as we seek to eradicate racism and bias in all their forms, whether conscious or unconscious. We will listen, we will learn, we will act going forward; we expect measurable progress as we seek change.”

The military and civilian leadership of the Defence Team are jointly coordinated efforts so that

there is a shared understanding of the new policy framework for everyone within National Defence. National Defence remains committed to increasing the representation of visible minorities, Indigenous peoples, women and people with disabilities both in numbers and in senior leadership roles. Leaders are engaged and having discussions with representatives from our Employment Equity Defence Advisory Groups (DAG) which included the Defence Visible Minority Advisory Group, the Defence Indigenous Advisory Group, and the Defence Women's Advisory Organization, Persons with Disabilities, and the Defence Team Pride Network.

In addition to substantial training and awareness campaigns, the Integrated Conflict and Complaint Management (ICCM) Program assist CAF members and civilian personnel to identify, translate, and communicate the harmful effects of these behaviours between individuals and within DND workplaces.

The CAF is also implementing a new system that will allow for systematically tracking and monitoring any suspected incidents of hateful conduct within the organization. It will also have access to subject matter expertise through a network of researchers who specialize in radicalism and the extreme right in Canada and internationally (MINDS webpage.).

Every member of the DND/CAF Team has a part to play here as we seek to eradicate racism and bias in all their forms, whether conscious or unconscious. We will listen, we will learn, we will act going forward; we expect measurable progress as we seek change.

For more information on CAF policy on Hateful Conduct, visit our intranet page on hateful conduct.

## Les FAC publient la politique qui définit et aborde la conduite haineuse

Les Forces armées canadiennes (FAC) ont publié un nouveau cadre politique sous la forme d'une Directive et ordonnance administratives de la défense (DOAD) qui traite du harcèlement, de la violence et de la discrimination, y compris la conduite haineuse, au sein de l'institution.

Le racisme et la discrimination existent et continuent à se manifester de manière violente et très tragique, comme nous l'avons récemment vu aux nouvelles avec la violence dont ont été victimes les Noirs et les Autochtones. Ces événements ont donné lieu à un débat sur la situation actuelle de notre société en termes de respect de la dignité de chaque personne, sans préjugés fondés sur la race, la couleur, l'origine nationale ou ethnique ou autres motifs de distinction illicite.

L'égalité est un droit de la personne; le respect et la dignité pour tous font partie des valeurs fondamentales du Canada. Nous devons favoriser un milieu de travail sain et sécuritaire pour tous les membres de l'Équipe de la Défense, ce qui signifie qu'il faut faire respecter la Loi canadienne sur les droits de la personne. Il est tout à fait inadmissible qu'un membre des FAC participe à une activité ou soit membre d'une organisation ou d'un groupe liés à des activités criminelles ou incitant à la haine, à la violence, à la discrimination ou au harcèlement, sur la base des motifs de distinction illicite énoncés dans la Loi canadienne sur les droits de la personne.

Même si, selon un rapport de la police militaire pour 2013-2018, peu de membres des FAC ont été impliqués dans des incidents liés à la haine ou au racisme au cours de cette période, la discrimination, y compris le racisme systémique, continue d'exister au sein de l'organisation, et c'est totalement inacceptable. Nous savons aussi, selon des études de Statistique Canada, que les incidents liés à la haine et au racisme ne sont pas tous déclarés par les victimes par crainte de représailles ou parce qu'elles ont l'impression qu'aucune mesure n'est prise pour que les agresseurs

répondent de leurs actes.

Le racisme, la discrimination, l'intimidation et la microagression, sous toute forme, nuisent à la dignité d'une personne, tout en nuisant à l'efficacité opérationnelle de l'organisation. La nouvelle DOAD traite de ces comportements et définit\* également ce qui constitue une conduite haineuse. Le nouveau cadre stratégique offre un chemin vers l'avant pour aborder les comportements inacceptables, dans le but de les éliminer de l'intérieur de l'organisation.

Le chef d'état-major de la défense (CEMD), le général Jonathan Vance, a clairement fait savoir qu'une conduite haineuse ne sera pas tolérée au sein des FAC. Le viceamiral Haydn Edmundson, commandant du Commandement du personnel militaire, affirme que la conduite haineuse, que ce soit par des paroles ou des actions, est complètement incompatible avec l'éthique et les valeurs des FAC.

« Les femmes et les hommes qui servent dans les Forces armées canadiennes (FAC) sont tenus de respecter les normes les plus élevées pour leur conduite professionnelle et personnelle, et on s'attend à ce qu'ils illustrent les valeurs canadiennes, y compris le respect de la diversité, qu'ils soient ici au pays ou à l'étranger, » a-t-il dit. « Tout cas d'inconduite de la part d'un militaire diminue notre autorité en tant que force du bien dans la société canadienne et dans le monde entier. Chaque employé de l'équipe du ministère de la Défense nationale (MDN) et des FAC a un rôle à jouer dans le cadre de nos efforts visant à éliminer le racisme et les préjugés sous toutes leurs formes, qu'ils soient conscients ou non. Nous écouterons, nous apprendrons et nous agirons; nous nous attendons à des progrès mesurables au fur et à mesure que nous cherchons à changer les choses. »

Les dirigeants militaires et civils de l'Équipe de la Défense font des efforts coordonnés conjointement pour qu'il y ait une compréhension partagée du nouveau cadre stratégique pour tous les membres de la Défense nationale. La Défense nationale demeure

déterminée à accroître la présence des minorités visibles, des Autochtones, des femmes et des personnes atteintes d'un handicap, à la fois en nombre et dans les postes de haute direction. Les dirigeants sont engagés et prennent part à des discussions avec des représentants de nos Groupes consultatifs de la Défense (GCD) en matière d'équité en matière d'emploi, qui comprennent le Groupe consultatif des minorités visibles de la Défense, le Groupe consultatif des peuples autochtones de la Défense, l'Organisation consultative des femmes de la Défense, le groupe pour les personnes handicapées, et le Réseau de la fierté de l'Équipe de la Défense.

En plus des importantes campagnes d'instruction et de sensibilisation, le Programme de gestion intégrée des conflits et des plaintes (GICP) aide les membres des FAC et le personnel civil à identifier, à traduire et à communiquer les effets néfastes de ces comportements entre les personnes et les milieux de travail du MDN.

Les FAC mettent également en œuvre un nouveau système qui permettra de suivre et de surveiller systématiquement tout incident présumé de conduite haineuse au sein de l'organisation. Elles auront également accès à l'expertise en la matière par l'intermédiaire d'un réseau de chercheurs qui se spécialisent dans le radicalisme et l'extrême droite au Canada et à l'échelle internationale (page Web MINDS).

Chaque employé de l'équipe du MDN et des FAC a un rôle à jouer dans le cadre de nos efforts visant à éliminer le racisme et les préjugés sous toutes leurs formes, qu'ils soient conscients ou non. Nous écouterons, nous apprendrons et nous agirons; nous nous attendons à des progrès mesurables au fur et à mesure que nous cherchons à changer les choses.

Pour obtenir de plus amples renseignements sur la politique des FAC sur la conduite haineuse, veuillez consulter notre page intranet sur la conduite haineuse.





# Flag installation marks continued effort toward reconciliation at CFB Halifax

By Elizabeth Sharpe,  
CFB Halifax PA Intern

A Mi'kmaq Grand Council flag has found its home inside the newly built Common Support Training Facility (CSTF) at CFB Halifax. The flag was installed during an intimate ceremony on June 19, 2020 – just two days before Canadians recognized National Indigenous Peoples Day, a commemoration marked annually on June 21. The CSTF's drill shed displays the Canadian flag, followed by each of the provincial and territorial flags in the order that they joined Confederation, and now the Mi'kmaq flag. This flag installation was both significant and symbolic, as CFB Halifax is located on Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people. This territory is covered by the Treaties of Peace and Friendship which Mi'kmaq and Wolastoqiyik (Maliseet) People first signed with the British Crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations. LCdr Todd Harnish, Naval Fleet School (Atlantic) (NFS(A)) Seaman-ship and Leadership Division Commander, was grateful to be present for the flag installation ceremony, as his team is responsible for the seaman-ship training that takes place within the walls of the CSTF.

"With many personnel travelling through this new facility for their seamanship training, having the Mi'kmaq flag on display will be a reminder to our sailors of the ongoing efforts of the Navy to maintain a strong relationship with Indigenous Peoples in the future," explains LCdr Harnish. "Our hope is that [the presence of the flag] and other areas of the building dedicated to Canada's Indigenous Peoples, their artifacts and their stories, will educate users of the facility and will welcome First Nations, Inuit and Metis People into the military and this facility," he adds.

Two respected Indigenous community leaders, CPO2 (ret'd) Debbie Eisan and Raymond Sewell, led the flag installation ceremony, accompanied by local CAF leadership. Sewell, an l'nu from the Mi'kmaq community of Pabineau First Nation in New Brunswick, works at Saint Mary's University in Halifax as Indigenous Student Advisor and a religious studies lecturer. CPO2 (ret'd) Eisan is an Indigenous elder and Royal Canadian Navy veteran, originally from Sault Ste. Marie in Northern Ontario; she is Ojibway from the Batchewana First Nation. It

is important to note that Mi'kma'ki is not her territory, but she is extremely grateful to have been accepted by the Mi'kmaq community in Halifax when she was posted here during her military service. She is now an elder of the Indigenous community in Halifax, as well as the Community Planner at the Mi'kmaq Native Friendship Centre. Since her retirement from the military, CPO2 (ret'd) Eisan has maintained her connection to the local

development and promotion of Indigenous Peoples within the CAF and DND.

Cmdre Bowen believes that the Mi'kmaq flag being permanently on display at the CSTF is significant in remembering the historical relationship between the CAF community and Indigenous Peoples in Canada. "It's important that the Defence Community recognize the contributions that Indigenous Peoples have made throughout the history of our organi-

"The biggest challenge we face is maintaining focus and attention on the cultural shifts that are necessary to address systemic racism," he explains. "Humans can have short attention spans, and there is always a new crisis or tragedy to distract attention, but overcoming racism, and promoting greater diversity and inclusivity, requires focused attention over a long period of time in order to generate the fundamental cultural changes Canadians want." Cmdre Bowen will be handing over the role of ADAAG Champion in the coming weeks, and leaves a clear vision for his successor. "My overarching goals have been to demonstrate that the DND and CAF is an inclusive and welcoming career option for Indigenous Peoples, encouraging them to join the organization and add to its growing diversity."

For CPO2 (ret'd) Eisan, these active efforts from the local Defence community to engage with and learn from Indigenous communities have been well received, and should most certainly continue.

"Reconciliation is about people working side by side, not in front and behind, which is why we like to say reconcili-action instead. It isn't about what you say, it's about how you act," she explains. "I wish I could just snap my fingers and have everyone understand, but I know that's not how it works. I am proud to be a part of National Defence and the CAF, and it's great that the military is very open to this reconciliation." One crucial piece of this reconciliation is the continued effort to learn more about Indigenous history, and CPO2 (ret'd) Eisan can recommend some excellent resources. "I just want people to know that if they want to learn more, they should drop by a Mi'kmaq Native Friendship Centre – there are 126 in Canada in all of the major cities. Anyone can take part in activities at the Centres, such as blanket exercises or culture showcases and presentations. Powwows are a great event to learn about our traditions and customs, once they start up again. We are very open to sharing our culture." Thank you, Debbie and Raymond for your continued participation in many CAF/DND events, including this most recent flag raising ceremony, and for the leadership and education you continue to provide to our members and local communities.



*Indigenous community leaders Raymond Sewell (left) and CPO2 (ret'd) Debbie Eisan hold the Mi'kmaq Grand Council Flag during a flag installation ceremony inside the Common Support Training Facility at CFB Halifax on June 19, 2020.*

CPL IAN THOMPSON, FIS

CAF community through various workshops and events at CFB Halifax – such as this flag installation – in which she participates as an Indigenous educator, representative and healer. Through these engagements, she has observed a notable improvement in Indigenous relations since her time as an active CAF member. "They are listening and understanding, and they are understanding what working together means," she explains. "When I joined the military, you wouldn't expect to see a Smudging Ceremony at a Change of Command Ceremony. Now, I have been invited to conduct a Smudging at Changes of Command and other different events, it's truly remarkable." Cmdre Matt Bowen, Champion of the Atlantic Defence Aboriginal Advisory Group (ADAAG), was on hand for the flag installation ceremony. The ADAAG is dedicated to providing advice and insight to senior leadership on issues affecting the recruitment, retention,

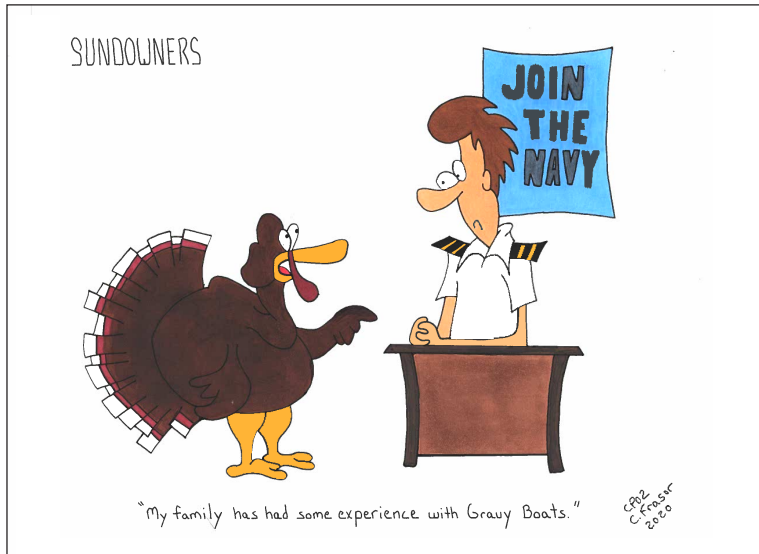
zation, as that relationship goes back to the founding of our armed forces in service to Canada and beyond." Before the COVID-19 pandemic altered the working arrangements of many local Defence Team members, the ADAAG was working to promote CAF relationships with the local Indigenous community in the lead-up to the (now postponed) 2020 North American Indigenous Games (NAIG), which were supposed to take place this summer in Kijipuktuk (Halifax), Millbrook First Nation, and Aldershot, Nova Scotia. Additionally, the group regularly supports recruiting efforts and engagement with local Indigenous communities by having its members participate in forums, meetings and discussion when opportunities permit. Going forward, Cmdre Bowen is planning to focus the ADAAG efforts on addressing systemic racism, especially now in a time where the world is putting a magnifying glass on anti-Black and anti-Indigenous racism.





# Sundowners = comic relief

By Peter Mallett, The Lookout Staff



One of CPO2 Fraser's cartoons depicts a turkey talking to a recruiter.  
CPO2 FRASER



Another of CPO2 Fraser's cartoons, with a naval theme.

CPO2 FRASER

CPO2 Chris Fraser is making us giggle by releasing his private collection of single-pane pen-and-ink cartoons.

Cartooning, he says, comes easily because humour abounds in everyday life and he doesn't need to look too far to find it.

"My artwork is really about the process of looking around at the world in front of me in Dockyard, being well versed in common puns, and being able to twist them into a naval situation to add some levity," he says. "The navy has its own language and sometimes it's easy to take some of the words, names, and acronyms and make them humorous."

One example is a turkey talking to a recruiter – the caption reads: "My family has had some experience with gravy boats."

On his list of influencers is legendary cartoonist Gary Larson and his *The Far Side* comic strip, and classic British comedy television shows *Monty Python* and *Allo Allo!*

Most of his humour has a "naval, but certainly not a navel" bent, he quips.

He's let his artistic talent be known in the past; in 2005, while working aboard HMCS *Whitehorse*, the commanding officer selected his artwork to appear on the gun shield of the Kingston Class ship. He's designed morale patches, crossing the

line ceremony certificates, and tattoos.

Cartoons are a recent addition stemming from stay-at-home orders because of the COVID-19 pandemic. During his off time, because he couldn't get out and socialize, he worked his imagination and art skills.

"Other than my family nobody else has seen my drawings. Whenever my son Andriy takes a look he knows right away it's just my sense of humour or what he calls 'Dad jokes.' Meanwhile, my wife [Natalia] isn't as enthusiastic and normally just rolls her eyes, shakes her head, and walks away."

The 50-year-old says drawing cartoons helps him relax after a hard work day or even a gruelling workout.

He's a seasoned athlete, primarily a marathon runner. Last year, he ran the Good-life Fitness Victoria 42.2 km Marathon in full firefighting gear including a heavy breathing apparatus and oxygen tank as a fundraiser for the Esquimalt Military Family Resource Centre.

His series is called *Sundowners*, but he hopes they inspire the opposite reaction.

"Even if it's a different form of artwork from the usual portraits and landscapes, it has the potential to entertain people and pick up their spirits," he says.



During the time of stay-at-home orders related to COVID-19, CPO2 Fraser has begun drawing cartoons.

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# WORK IN

Virtual classes from our Fitness & Sports Instructors

**WEEKDAYS AT 12PM**

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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](mailto:cnrcoord@icloud.com)

### Contest Guidelines and Judging

- Submissions for the 2020 *CNR* essay competition must be received at [cnrcoord@icloud.com](mailto: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.

# Outgoing FDU(A) Commander credits team for tackling challenges

By Ryan Melanson,  
Trident Staff



*From left, outgoing CO LCdr Patrick Fournier, Cmdre Richard Feltham, and incoming CO LCdr Neville Lockyer sign the Change of Command certificates during a ceremony at FDU(A) on June 30.*

12 WING IMAGING

In a farewell address to his crew, the Commanding Officer of Fleet Diving Unit (Atlantic) described the intense pace of work like a flashbang, one that went off when he was appointed to the position two years ago, and never let up.

"It's like a freight train coming through with no way to stop it. The only thing we can do is steer it in the right direction," said LCdr Patrick Fournier, as he formally handed over command to his successor, LCdr Neville Lockyer, during a ceremony at FDU(A) on June 30.

He described his 24 months in charge as being full of unprecedented challenges for the busy unit, including equipment issues with rebreathers, jetty and boat troubles, and of course, the disruptions brought on by COVID-19. LCdr Fournier said the adaptability of his people was impressive to witness, and he was sure to credit not only the unit's divers, but the military and civilian support staff that make up about half of the FDU(A) team.

"They might think they're just doing their jobs, but they are all absolutely contributing to the incredible mission success of FDU."

He also gave an emotional thank you to his wife and two children for their support during his busy command, and for the support they'll continue to pro-

vide as he prepares for a move to Ottawa and a new role within CJOC.

Cmdre Richard Feltham, Commander CANFLTANT, welcomed LCdr Lockyer back to the tight-knit FDU(A) community that he's previously been a part of, and also thanked LCdr Fournier for leading the unit's recent successes.

"FDU has always been relied upon to contribute to difficult and dangerous missions on short notice. That continued, all over the world, under Patrick's leadership. The unit never flinched," Cmdre Feltham said.

In addressing his new unit for the first time as Commander of FDU(A), LCdr Lockyer recalled completing his ship's team diver course in 2004, a turning point in his career that inspired a move from the Reserve to the Regular Force.

"I knew then that the clearance diving community, with these highly motivated individuals, was what I was looking for, and what was missing from my career," he said.

"For the past 16 years, I've dreamed of standing exactly where I am right now."

LCdr Lockyer expressed gratitude to LCdr Fournier for his work over the last two years, and said he's excited for the hard work, challenges and surprises that lie ahead for the unit.





# RCN is going to the polls to consult on changes to Rank designations

By Navy PA

As the Royal Canadian Navy (RCN) maintains its momentum toward a more inclusive environment, an effort has been initiated to consider new rank designations for our junior ranks that will result in more inclusive and gender-neutral terms than the current Ordinary, Able, Leading and Master Seaman.

The RCN would like to engage with currently serving and retired members, stakeholders, and other interested Canadians to receive their feedback on this issue.

The potential alternative rank designations were arrived upon by a focus group consisting of Non-Commissioned Members, and were reviewed by the Directorate of Gender, Diversity and Inclusion using Gender Based Analysis +.

The RCN is an organization steeped in history, and while traditions provide an important part of our culture, our Service also needs to continuously evolve, and live up to our standing as a progressive Service and, indeed, one of Canada's Top Employers (2019).

Sailors from across the CAF will receive an e-mailed invitation to participate in the poll, and Social Media

posts will invite retired members, stakeholders and interested Canadians to also participate. The engagement period will run from July 17, through to the end of the month, July 31.

Options for consideration include: Replacing Seaman with Sailor meaning ranks would be Ordinary Sailor, Able Sailor, Leading Sailor and Master Sailor and would maintain their current abbreviated titles (OS, AB, LS and MS); and

Sailor classes such as Sailor 3rd Class (S3), Sailor 2nd Class (S2), Sailor 1st Class (S1) and Master Sailor (MS).

There will also be an open feedback field that will allow respondents to suggest alternative options for consideration.

The results of this poll will be considered in making the final decision to effect changes to these rank designations this fall, corresponding with the 110th Anniversary of the RCN and the 20th Anniversary of UNSCR 1325: Women, Peace and Security. This is an opportunity for the RCN to reinforce its commitment to being an inclusive and diverse organization.



## Change of Command in HMCS St. John's

During the Change of Command ceremony in HMCS St. John's on July 7, Cdr Michael Eelhart (left), incoming Commanding Officer, Cmdre Rich Feltham (centre), Reviewing Officer, and Cdr Peter Sproule (right), outgoing Commanding Officer, sign the Change of Command certificates.

CPL IAN THOMPSON, FIS



## Change of Command in HMCS Ville de Quebec

Cdr Michael Eelhart (left), outgoing Commanding Officer of HMCS Ville De Quebec, Cmdre Rich Feltham, Reviewing Officer (centre) and incoming Commanding Officer, Cdr Norman Gautreau (right) sign the change of command certificates during a ceremony aboard HMCS Ville De Quebec, in HMC Dockyard on July 7, 2020.

CPL IAN THOMPSON, FIS



## CTV Morning Live Atlantic visits Capt(N) Mazur

On July 17, Capt(N) Mazur met with CTV Morning Live Atlantic host Ana Almeida to chat about his time as CFB Halifax Base Commander, on the eve of his last three weeks in Command. You can watch the coverage of his one-on-one interview and him practicing yoga with PSP Halifax Fitness Instructor Mary Thompson on the CFB Halifax Facebook Page.

MARGARET CONWAY, BPAO





## Face of the Base: LS Chelsea Alexi and PO2 Nadia Pona

On July 8, CFB Halifax had a double Face of Base feature: LS Chelsea Alexi and PO2 Nadia Pona, Defence Team members, who play clarinet and bassoon respectively for the Stadacona Band. Often mistaken for sisters, the duo is virtually inseparable when not physically distancing. LS Alexi, originally from Ontario, is a proponent of healthy living, including advocating for the ethical treatment of animals. Her penchant for fitness and athletics has her moving nonstop, even famously leading the Stad Band in an intensive combat/aerobic style PT class spurred by her own initiative. PO2 Pona hails from BC but is proud to now call Halifax home. She has a long history of volunteering and charity work, including independently funding a scholarship for aspiring music students in her home province, fostering animals for the SPCA, and most recently serving as a Move Coordinator for Shelter Movers Nova Scotia, an organization committed to relocating survivors of domestic violence. While working from home, both ladies are enjoying discovering new healthy recipes, creative ways to exercise and planning a number of musical projects. In the meantime, they would like to remind you to wash your hands, stay healthy and look for them on parade in the future. Bravo Zulu, Nadia and Chelsea, and thank you for your service!



## Face of the Base: Matthieu Legace-Seguin

Meet one of our newest Faces of Base: Matthieu Legace-Seguin. Matthieu is in his second year at Mount Saint Vincent University, where he is studying Public Relations. He is currently completing his first summer co-op at CFB Halifax as Head of the Communications Section for Real Properties Operation Unit Atlantic, where his responsibilities include creating social media content and writing articles and press releases. Matthieu is bilingual which helps him in his role as a communicator and storyteller. In terms of adjusting to the workplace during COVID-19, he has adapted well but finds he has found it challenging at times due to the lack of social interactions, which can hinder the content creation process. That being said, Matthieu is loving his time working at CFB Halifax. During his time off, Matthieu's hobbies include working on cars and computers, as well as fishing. Thank you, Matthieu, for supporting the Base this summer and helping to tell our stories.

ARIANE GUAY-JADAH, BPAO



## CFB Halifax flies the Pride flag

*On July 16, in honour of the 33rd Halifax Pride Festival, CFB Halifax flew the Pride flag at both Base HQ and Admiral's Gate at Stadacona, as a sign of respect, inclusion and acknowledgement of the struggles faced by LGBTQ2+ Defence members and the larger community. CFB Halifax is dedicated to being an organization where everyone feels respected, welcomed and safe in the workplace. CFB Halifax is committed to better understanding the unique challenges faced by our LGBTQ2+ members while providing training and educational opportunities to Defence Team members through the Positive Space Initiative and the Maritime Defence Pride Network. These groups foster safe environments for LGBTQ2+ Defence Team members and their allies while encouraging open dialogue, striving for meaningful change, and cultivating a more inclusive community., for supporting the Base this summer and helping to tell our stories.*

ARIANE GUAY-JADAH, BPAO





# HMCS *Oriole* spending summer closer to home

By Ryan Melanson,  
Trident Staff

The 2020 sailing season is looking a little different than expected for HMCS *Oriole*.

While the original 2020 program had the RCN's oldest commissioned vessel set for an east coast outreach deployment around the Maritime provinces and Quebec, including a stop in New York Fleet Week, those plans have obviously been changed.

Things also got started later than usual for *Oriole*; most of this year's crew arrived in June, and day sails didn't start until the beginning of July.

"This summer so far we've been focused on training the crew up in how to sail and how to rig the boat, which is a big job in itself," said PO1 Ian Foster, *Oriole*'s Coxn, adding that along with training, the focus for the summer will be on local outreach. This started with the sailing ketch attending the weekly race night at the Royal Nova Scotia Yacht Squadron on July 15, and *Oriole* plans to continue working with local sailing clubs through the season.

"This will likely become a regular activity for us. It's a great chance to show off *Oriole* to the local community and let people see this piece of history that we have. It's a 99-year-old

sailboat, which is one of a kind in the fleet," PO1 Foster said.

Along with its core crew of five who are on board all year, this summer's *Oriole* crew is made up of Regular and

Reserve Force members, some of who are getting their first taste of this type of sailing. LS Andrew Green, the Chief Bosn's' Mate, said seeing some of those new sailors utilizing teamwork to learn

the ropes has made the last few weeks exciting.

"I've sailed before, but a lot of this is still new for myself and the crew, learning our positions and what does what, especially for the people who haven't done this previously. It's been great to see everybody come together and form into a working unit that can go up and downwind safely."

As with other CAF units, *Oriole* has made a number of changes to the daily routine in order to fight the spread of COVID-19, with physical distancing requirements on board changing things like the meal schedule and where sailors position themselves on the deck. When work requires members to be in close contact, they wear face coverings.

Despite those challenges and the changes to their overall program, PO1 Foster said the crew is still looking forward to a great summer of sailing and to showing the boat off to locals who don't always get a chance to see it.

"The crew has definitely made the most of their summer so far, and they're enjoying the chance to learn how to rig and sail a large vessel like this. Everyone's in good spirits and we're adapting to the new ways of doing business."



Other local sailboats are seen in the water during the Royal Nova Scotia Yacht Squadron's weekly race night.

MONA GHIZ, MARLANT PA



LCdr Drew Foran, CO of HMCS *Oriole*, speaks to his crew before heading to a race night at the Royal Nova Scotia Yacht Squadron on July 15.

MONA GHIZ, MARLANT PA



Members of HMCS *Oriole*'s deck department.

MONA GHIZ, MARLANT PA





*The RCN's oldest commissioned vessel will be focusing on local outreach this season after being forced to change plans due to COVID-19..*

MONA GHIZ, MARLANT PA

## Sports update

By CFMWS National Sports

There have been ongoing efforts related to CAF Business Resumption and the return to sport is no exception. However, given the nature of sport we need to face the reality that a return to sport, as with many other services, will be different for the foreseeable future. Given these realities the organization of national and international championships is not realistic in the short term. It is thus with great disappointment that we announce that the 2020 National Volleyball, Basketball, Ball Hockey, Triathlon, Running, and Soccer Championships have been cancelled. Furthermore, all competitions, CISM and international events, which were to be held abroad, are cancelled until December 31, 2020.

Decisions regarding regional competitions will depend on provincial guidelines and those issued by Commands and Base/Wing Comds. More to follow in the next few months.

# The sport of Lifesaving

By Ashley Blanchard

PSP Aquatics Coordinator of Shearwater Fitness, Sports & Recreation Centre

I became passionate about lifesaving at a very young age. At the time, I simply wanted to save people; I also loved anything water-related. Being in the pool felt, and still feels, like a second home to me. I completed my bronze award courses as soon as I met the age requirements. I was hired as a junior lifeguard at only 14 years in 2003. I remember my first rescue (as an assistant) like it was yesterday - a head injury off the diving blocks. I did my best as the assistant to treat the child, who was actually only a few years younger than me, under the guidance of the National Lifeguard (senior lifeguard) on the pool deck. I felt so proud of myself - this was what I had trained for over the last couple months. I walked to the staff room with pride, after using my first aid skills for the first time, and... poof! I blacked out. I realize now the level of stress that I was under at the time, especially for a 14-year-old, and how I wished that I had more opportunities to better prepare myself for lifesaving. No one really told me that there would be blood... sometimes a lot of it AND that water makes it seem like there is so much more. The situation did not deter me, however, from lifeguarding, but taught me the importance of being prepared, both mentally and physically, for real-life situations. Fast forward 17 years and I still love aquatics - this is my passion! I often think of ways to motivate and attract young people to the trade; to provide guidance to lifesavers and prepare them for the duties of a lifeguard. One of the best programs for lifesavers of all ages is Lifesaving Sport, also known as Junior Lifeguard.

Lifesaving Sport is governed by The Lifesaving Society in Canada. It is recognized by both the International Olympic Committee and Commonwealth Games Federation - it is the only sport whose skills are first learned for humanitarian purposes. Although it was intended to encourage lifesavers to develop and maintain their essential skills as lifeguards, it has evolved into a variety of competitions at local (regional), national and international levels. It is a sport that tests both the physical and mental skills of participants to demonstrate the skills required to save lives. Yes - it is competitive lifeguarding and it is amazing! Lifesaving Sport events are even divided into pool, beach and surf events. Generally, participants specialize and compete in one of the three classes. Sport is divided by male and female competitors; age groups; and team events. Competing at higher levels of competition requires lifeguard certifications, particularly the surf and beach events. A great introduction to Lifesaving Sport is the Canadian Swim Patrol program, which consists of three levels, Rookie Patrol, Ranger Patrol and Star Patrol. It is an on-ramp to lifeguarding and focuses on swimming, first aid and lifesaving skills.

The program continues to develop par-

ticipants' swim strokes and provides the foundational skills to prepare for Bronze Medal Award certifications (Bronze Star, Medallion and Cross). There are no age requirements to participate in the program, but only the ability to swim a minimum of 50 metres. The Swim Patrol program will be offered during the next session of group swimming lessons at the pool in Shearwater. Shearwater Fitness, Sports and Recreation has also started a Junior Lifeguard team, called the Pickled Herrings, for participants as young as eight years old.

Participants must have the ability to swim a minimum of 50 meters of strong front crawl in order to join the club. I was very proud, as one of the coaches, of a few of our new members who participated in a local competition in March after only attending a few practices. They had a fantastic opportunity to, not only compete in their age groups, but to spectate during other age groups' competitions and socialize with other teams. If you have any questions regarding Lifesaving Sport or aquatic leadership certifications in Shearwater, please do not hesitate to reach out to me, Ashley Blanchard. I would love to develop a strong team with a variety of age groups and skills!

I have provided the links below for more information. Fill your boots!

**Rick Mercer and Competitive Lifesaving:**

[https://www.youtube.com/watch?v=Go6KxM\\_H5Cw&feature=emb\\_logo](https://www.youtube.com/watch?v=Go6KxM_H5Cw&feature=emb_logo)

**Follow Lifesaving Sport NS on Facebook or check out the Lifesaving NS website for more information:**

<https://sport.lifesavingns.ca/home>  
<https://www.facebook.com/Lifesaving-Sport-Nova-Scotia-656532068136287>  
[https://www.youtube.com/watch...mb\\_logo](https://www.youtube.com/watch...mb_logo)

**International Life Saving Federation/ Lifesaving World Championships:**

<https://www.ilsf.org/lifesaving-sport/disciplines/>

**World Games:**

<https://www.theworldgames.org/sports/Life-Saving-33>

**Becoming a coach:**

<https://sport.lifesavingns.ca/sport-clinics>

**For information on lifeguard/leadership course, visit the Lifesaving Society Nova Scotia website:**

<http://www.lifesavingsociety.ns.ca/index.php>

**Lifesaving Sport - Pool**

<https://www.youtube.com/watch?v=ImuR2R7-A8U>

**Lifesaving Sport - Beach**

<https://www.youtube.com/watch?v=8I-cR1txQA3M>

**Lifesaving Sport - Surf**

<https://www.youtube.com/watch?v=khs-twVIV9A>





# Chickpea and couscous salad

By Dave Thorne,  
Cook Supervisor, Juno Catering

## Ingredients:

1 ½ cups vegetable stock, low sodium  
2 tsp. ground cumin  
1 ½ cups couscous, uncooked  
454 G can chickpeas, drained  
3 tomatoes, vine ripened  
¼ cup parsley, chopped fresh  
4 pc green onion, chopped  
1 tsp. orange zest  
2 each oranges, juice fresh squeezed  
1 tsp. olive oil

## Directions:

1. Add the vegetable stock and ground cumin to a sauce pot and bring to a boil.
2. Remove from the heat and add to the couscous. Let stand for 5-10 minutes or until all stock is absorbed.
3. Mix in all the remaining ingredients and serve.

## Meet your PSP Fitness and Sports staff: Dave Carr

Name: Dave Carr Hometown: Ajax, Ontario PSP employee since: July 4 2017

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

I was inspired by a friend who quit the company we had been working for to pursue bodybuilding and self-employment. I had an interest in self-improvement and joined Crossfit and Hot Yoga. I volunteered at the yoga studio and the director noticed me practicing every day to reduce my muscle soreness. She nominated me for teacher training and I continued my education from there, enrolling at Durham College in Fitness and Health Promotion. I knew this would be a healthy lifelong career that I could bring anywhere, and I chose to come to Halifax when I completed the program.

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

I love the community. Our members are a family brought together by more than common interests. There are shared values and a culture of caring and looking out for each other that can't be found anywhere else.

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

I would say the hardest part of working with CAF members is saying "So long" to members when they get posted. After making friends with people and helping them reach their goals, you hope that you will see them healthier in the future.

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

I participated in gymnastics as a kid and love the rush of learning a new skill. I love weightlifting, both Power and Olympic styles. My favourite CAF sports are Volleyball and Basketball.

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

My biggest piece of advice would be don't bite off more than you can chew. Set incremental goals so you prevent injury and keep at it a little at a time, day after day. When all the gyms closed, I bought a kettlebell. Kettlebell swings are resistance training you can do in a loose repetitive way that provides a full body cardio workout that you can do in place for a sustained period. If you can't use a kettlebell you can get a similar workout with a jug of laundry detergent.

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

I love to garden. When the gym reopens, you can come visit my office and see my variety of indoor plants. In the summer I keep a container garden with different varieties of fruits and veggies. I hope to some day buy land and grow an orchard of fruits and nuts.



Trina Hall Samson shows off her Navy 10K gear before heading out for a run on July 1, Canada Day.

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## Military mom conquers Navy 10K challenges

By Ryan Melanson,  
Trident Staff

When Trina Hall Samson learned that this year's Navy 10K run would be held as an online Virtual Series, it was a no-brainer to get involved. As mom to a Navy daughter in Halifax and an Army son in Gagetown, she said she loves to support military events and be a part of the wider CAF community.

"I was there last year for the Navy 10K, which was my first year, and I ran it alongside my daughter," she said.

"If it was happening in person this year, I would definitely be back."

Instead, she's gone all in on the Virtual Series, logging her runs on the Race Roster platform, completing challenges and posting selfies online. She completed the 75 kilometre challenge for the 75th anniversary of the Battle of the Atlantic, and is now working on completing a second 75km before the August 2 deadline.

"It's definitely been motivating and it's made it a lot of fun," she added.

Samson began exercising seriously when her daughter, AB Adonica Samson, joined the CAF three years ago, promising to hit the gym through the 12 weeks that her daughter would be undergoing Basic Training.

"We had a deal, and I thought it was going to last 12 weeks, and now it's been almost three years," she said. And since the closure of most gyms in March, she's taken to running as one of her main forms of activity, which made the Navy 10K a great fit. She said she's even made new friends online through chatting with other runners or other participants in the PSP daily Work-INS on Facebook, and that she's greatly appreciated the work of the whole PSP Halifax team over the last four months.

"Being part of this larger military family is amazing, and it's a big part of why I started and why I've kept going with my fitness journey."

It's not too late to get involved in the Navy 10K Virtual Series, which continues until August 23, with new challenges still being posted. Participation is free, with individual and team categories, and all of the information needed can be found at <https://raceroster.com/events/2020/31929/navy-10k-run-virtual-series>.





# Imperfect as they come

By Capt Mark SG Sceviour  
Chaplain, CFB Halifax

During this COVID season I've had a lot of time to watch TV. I know I should have learnt a new instrument, or a language, or run a marathon, but I didn't do any of that. And that's okay. I'm imperfect. And that's just fine.

What did I watch during house arrest? I watched a lot of sports documentaries. I love sports. I am not an athlete. I haven't played competitive sports in a long time. But I still love sports. I love the rawness of it. I love the passion of it. I love the perfect moments of it.

I watched Sunderland Till I die, Formula 1: Drive to Survive, The Last Dance, every ESPN 30 for 30 and E60 episode I could find. I even watched documentaries on WWE wrestlers like Rick Flair and Ronda Rousey. And I loved every story, every drama. I was particularly inspired by two very different sport sources.

One night when I should have been getting to bed early so I could get up the next day and take on some new life skills, I came across the ESPN 30 for 30 on Bruce Lee. I watched the entire thing in fascination. I knew of Bruce Lee, and had seen one or two of his movies, but I never knew his story, his struggles, his pains, and his quest to be the best martial artist he could be. He was so focused on being the best that he didn't just settle for learning one martial art, he learnt them all, and then combined them into a new form of martial art – Jeet Kune Do (The way of the Intercepting Fist). But what amazed

me the most was how Bruce Lee was able to adapt to whatever situation he was in. He had a great mantra; it was to always try and “be like water”.

“Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves. Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend.” – Bruce Lee

What a great way of thinking in these troubling times. Make your way through the cracks of life. Adjust and you will find a way around or through it. “Water can flow or it can crash. Be water, my friends.” In these times, don't fight the realities you find yourself in. Find a way to adjust, move around or through whatever is holding you back.

I accepted that I wasn't going to learn a new language or a new instrument during this downtime. It wasn't what my body, mind or soul needed. My spirit needed a rest. It needed to flow a bit slower. So like water, my spirit adjusted to the situation.

The other sports documentary that really helped me was the ESPN 'E60' episode called Imperfect. It was about

Harry Leroy 'Roy' Halladay III. Or better known to us baseball fans as Roy 'Doc' Halladay. He was known as the Doc because he was very precise with his pitches. In May 2010 he pitched a perfect game. In October of the same year, for the second time ever in baseball history, he pitched a no-hitter in a postseason game. He was one of the greatest pitchers of all time.

In the documentary, his wife explained that Roy was so nervous about being perfect every inning that he would throw up before every game. Roy pitched almost 3,000 innings. Imagine that one of the best pitchers of all time was so anxious about being perfect that it led him to be sick before every game of his pro career. In the end, anxiety combined with pain medication led to addiction, which played a part in his untimely death. Roy was so worried about being perfect that he was unable to enjoy the moments he was in.

At Roy Halladay's Hall of Fame induction speech in Cooperstown in July 2019, his wife Brandy, fighting back tears, said, “I think that Roy would want everyone to know that people are not perfect. We are all imperfect and flawed in one way or another. We all struggle. But with hard work, humility, and dedication, imperfect people can still have perfect moments. Roy was blessed in his life and his career to have some perfect moments.”

Baseball usually is a game of failing. Life is like baseball, far from perfect.

Brandy Halladay helped remind me that I'm imperfect, life is imperfect. And that's okay. There can still be perfect moments.

I'm not Michael Jordan, or Bruce Lee, or Roy Halladay. No one is going to pass me the basketball and expect me to win it all. No one is going to hinge an entire movie on my martial art skills. And no one is going to nickname me Doc because I am surgical with my skill set. I watch sports for those perfect moments. For the Kawhi Leonard buzzer beater, the Sidney Crosby Golden Goal, and the Jose Bautista bat flip. The documentaries I've watched over the past few months have helped me learn that while those amazing athletes are intertwined with those perfect moments, they themselves are not perfect.

So where does that leave me? I am not perfect – far from it. Like any baseball hitter, I fail more times than I succeed, and that's okay. So what are my perfect moments? My perfect moments won't be part of any highlight reel, or will they? When I look back at my life, or my wife looks back at our marriage, or our son looks back on his childhood, I hope we remember some perfect moments. We won't fool ourselves into thinking it was always perfect, but I hope, like Bruce Lee, we're able to go with the flow, and like Roy Halladay, we're blessed to have some perfect moments.

## JUNE 1 – AUGUST 23

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# HMCS *Fredericton* about to return from Op REASSURANCE

By Trident Staff

HMCS *Fredericton* is scheduled to return from the Op REASSURANCE deployment on July 28, 2020. During the deployment, which began on January 20, 2020, the ship has participated in a variety of exercises including BALTOPS 2020, and Ex DYNAMIC MONGOOSE, an anti-submarine warfare exercise off the coast of Iceland. The deployment was marked by a tragedy on April 29, when the ship's Cyclone helicopter crashed into the

Ionian Sea off the coast of Greece. Six members of the ship's company and air detachment were lost in the crash: SLt Abbigail Cowbrough, SLt Matthew Pyke, Capt Kevin Hagen, Capt Brenden Ian MacDonald, Capt Maxime Miron-Morin, and MCpl Matthew Cousins. The helicopter was subsequently recovered from the crash site and the remains of all the personnel have since been recovered and repatriated to Canada.



A .50 caliber machine gun operated by a Naval Remote Weapon System is used to fire at a Hammer Head, a remote-controlled boat used for target practice on June 30, 2020.

CPL SIMON ARCAND, CAF



MS Spencer Baldwin (in red) and LS Nicholas Wilkinson are lowered from HMCS *Fredericton* to respond to a simulated man overboard alarm on July 9, 2020.

CPL SIMON ARCAND, CAF



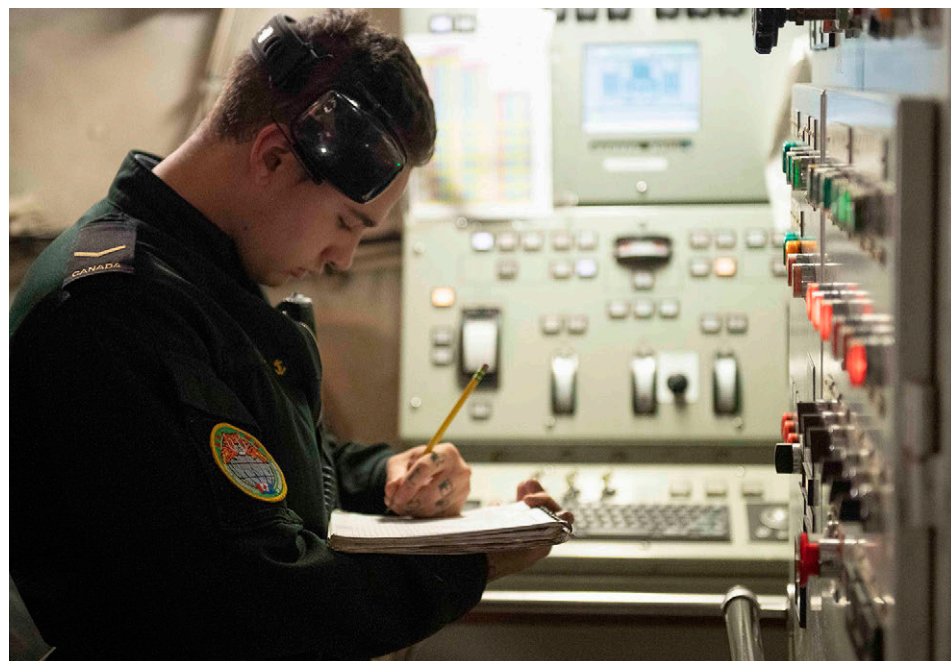
LS Mitchell Comeau (foreground) secures HMCS *Fredericton*'s bow after arriving at the Port of Reykjavik, Iceland on July 11, 2020.

CPL SIMON ARCAND, CAF



MS Spencer Baldwin jumps into the waters at the Port of Reykjavik, Iceland for a routine inspection of the ship on July 11, 2020.

CPL SIMON ARCAND, CAF



AB Craig Bruce logs data of the ship's engines while on an engineering drill aboard HMCS *Fredericton* on July 6, 2020.

CPL SIMON ARCAND, CAF