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TRIDENT

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Operation NANOOK 2020

HMCS Glace Bay sails through Greenland's Maniitsoq Fjord on August 14. The ship is currently participating in Operation NANOOK-TUUGAALIK in the Arctic region alongside HMCS Ville De Québec, MV Asterix, American ships USS Thomas Hudner and USCGC Tahoma, Danish ship HDMS Triton, and French coast patrol vessel FS Fulmar. The group will be in the region for three weeks conducting exercises at sea and working on interoperability among allies.

CPL DAVID VELDMAN, CF COMBAT CAMERA





HMC ships lead allies in joint exercises during Op NANOOK

By Trident Staff

As Op NANOOK reaches its half-way mark, the ships participating in the CAF's annual Arctic operation recently came together to conduct a number of joint exercises. HMC ships *Ville De Québec* and *Glace Bay* joined MV *Asterix*, HDMS *Triton*, USS *Thomas Hudner* and USCGC *Tahoma* for helicopter and boarding exercises at sea, with the goal of improving coordination among allies and preparing for a response to any potential safety or security issue that could arise in the future.

Earlier activities as part of Op Nanook included a sail through the

fjords of Nuuk, Greenland, led by HDMS *Triton*, as well as a photo exercise that saw all seven participating ships from Canada, the United States, France and Denmark form up at sea for a group photo.

This year's Op NANOOK looks different than usual due to COVID-19 restrictions that don't allow for any community outreach activities or port visits for reasons other than refueling, but it remains an important part of showing the RCN's commitment to the Arctic region, said task group commander Capt(N) Martin Fluet.



A member of the Royal Danish Navy prepares to land aboard HMCS *Glace Bay* (not pictured) on August 15, 2020.

CPL DAVID VELDMAN, CF COMBAT CAMERA



Weapons Engineering Technician OS Jacob Widmaier fires a .50 calibre machine gun during a small arms exercise aboard HMCS *Glace Bay* on August 10, 2020.

CPL DAVID VELDMAN, CF COMBAT CAMERA



From left, AB Ashtyn Bartlett, MS Shawn Davis, and Capt Nicolette Legaarden transit through the Maniitsoq Fjord on August 14, 2020.

CPL DAVID VELDMAN, CF COMBAT CAMERA



HMCS *Ville De Québec*, USS *Thomas Hudner* and USCGC *Tahoma* sail together on August 15, 2020.

CPL DAVID VELDMAN, CF COMBAT CAMERA



MV Asterix conducts a liquid Replenishment at Sea (RAS) with USS Thomas Hudner during Op NANOOK on August 15, 2020.

MCPL MANUELA BERGER, CF COMBAT CAMERA



HMCS Ville De Québec personnel launch the remote controlled Hammerhead Target for weapons training in the Davis Strait on August 10, 2020.

MCPL MANUELA BERGER, CF COMBAT CAMERA



The Naval Boarding Party aboard task group flagship HMCS Ville De Québec open the hatch on the quarter deck while being assessed by CPO1 Edward Burns as part of a boarding exercise during Operation on August 16, 2020.

MCPL MANUELA BERGER, CF COMBAT CAMERA

HMCS Harry DeWolf Harbour Readiness Training

Since the delivery of their ship, the crew of HMCS *Harry DeWolf* has begun initial steps on the way to the ship's commissioning and acceptance into active service. The first of those steps was Harbour Readiness Training; *Harry DeWolf* recently welcomed members of Sea Training Atlantic aboard for a week of training assignments that included safely conducting damage control and fighting shipboard fires while alongside.



Trialing damage control procedures and becoming accustomed to the ship's layout and emergency equipment locations is key as members adjust to the new AOPS platform.

FIS HALIFAX



Members of HMCS Harry DeWolf get instruction from Sea Training Atlantic prior to beginning an exercise while alongside at HMC Dockyard.

FIS HALIFAX



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Sixth AOPS to be named after war hero Lt Robert Hampton Gray

By Trident Staff,

The Government of Canada has officially announced the name of the sixth and final Arctic and Offshore Patrol Ship that will be built for the Royal Canadian Navy. The vessel will be named in honour of Lt Robert Hampton Gray, a Canadian naval hero of the Second World War who served as a pilot in the Pacific theatre with the Royal Navy Fleet Air Arm.

Lt Gray was the only member of the RCN to be awarded the Victoria Cross during the Second World War, which he received posthumously for leading the attack on Japanese destroyer HIJMS *Amakusa* on August 9, 1945. Lt Gray lost his life in the attack, but not before bombing and critically damaging the enemy ship just before crashing, with his aircraft already hit and in flames.

In a press release, VAdm Art McDonald, Commander RCN, said he was proud to see Lt Gray's name join with Harry DeWolf, Margaret Brooke, Max Bernays, William Hall, and Frédérick Rolette, who will make up the rest of the AOPS fleet. This is the first time the RCN has named a class of ships after prominent Canadian naval figures and war heroes.

"Lt Gray was known to his fellow military members as a courageous leader, with a brilliant flying spirit, who continued to inspire and motivate his crew after his unfortunate passing. By naming the sixth Arctic and Offshore Patrol Ship after Lt Gray, we honour him as a Canadian naval hero, and celebrate his outstanding leadership and heroism," VAdm McDonald said.



Lt Robert Hampton Gray will be the namesake of the sixth and final Harry DeWolf class Arctic and Offshore Patrol Ship.

DND



HMCS Toronto alongside in Latvia

HMCS Toronto, currently deployed to Operation REASSURANCE, recently came alongside in Riga, Latvia, along with other ships of Standing NATO Maritime Group 1. While in Latvia, Toronto was visited at the jetty by CAF members from Task Force Latvia, as well as Mr. Kevin Rex, Ambassador of Canada to Latvia, Estonia and Lithuania.

TASK FORCE LATVIA

Naval reservist recalls rewarding Op LASER deployment in Quebec

By Peter Mallett,
The Lookout Staff



OS Eloise Savoie deployed to a long-term care facility in Quebec earlier this spring as part of Operation LASER, the CAF response to the COVID-19 pandemic.

SUBMITTED

A naval reservist who returned in June from her work at a long-term care home in Quebec has one small request of Canadians: Wear a mask and follow the guidelines of health experts.

“It’s vitally important that all people in all parts of the country follow the rules because it will save countless lives as this global pandemic unfolds,” says OS Eloise Lavoie, a registered nurse. “Even if you live in a region of the country with a low number of reported cases, wearing a mask, washing your hands, and social distancing is not that hard to do and is the easiest way to reduce the spread of COVID-19.”

The 22 year old is a member of Montreal-based reserve unit HMCS *Donnacona*. She was one of approximately 1,500 military members deployed to 54 long-term care facilities in Quebec and Ontario in April, May, and June as part of Operation Laser.

OS Lavoie and other members from *Donnacona* were deployed to a seniors residence in Manoir Verdun, a suburban neighborhood of Montreal, in April. Before their arrival, many residents at the nursing home had become infected with COVID-19, with eight dying from it.

Military members were tasked by the government to help as approximately 1,200 staff at long term care facilities in Quebec had not shown up to work due to illness, as a precaution, or out of fear of being infected.

“Many residents in the Verdun nursing home simply couldn’t get their

regular daily care and

were left on their own for hours at a time because they were so short of staff,” said OS Lavoie.

When the request came from her unit for volunteers she was one of the first to step forward.

“I called my supervisor and said I want to do this. I thought to myself, I am young, healthy, and have the nursing skills that I could put into helping people who need our assistance immediately.”

She spent most of her time working on a quarantined floor of the nursing home designated for approximately 20 people who had tested positive for COVID-19. Her role was categorized as non-medical but the duties she performed were essential to the patients.

She helped residents in every facet of their daily routine, from getting in and out of their bed; getting to the bathroom, bathing, getting dressed, eating and exercising. An added hurdle was many of the residents she cared for were Dementia patients.

She worked eight hour shifts from 3 p.m. to 11 p.m., with few days off. She was housed in a nearby hotel with other members of her unit.

Since they could not attend restaurants because they were self-isolating, a catering company provided their daily meals. The support was greatly appreciated, she said.

OS Lavoie says sometimes the personal protection equipment they wore irked many residents. Every day she

donned a surgical mask, face shield, protective yellow medical gown covering their entire body, and gloves.

“It was hard for many of the residents to completely grasp or understand what was going on and they were a little bit anxious when they saw someone arrive in their room with all that gear.”

In an effort to put them at ease, she, the other nurses, and other military members wrote their names on their protective shields which immediately reduced the level of anxiety, she says.

“We were able to speak to them and they could also see the expression in our eyes which was very important because happiness and other emotions can be conveyed through the eyes.”

After returning home last month and reflecting on her experience, she says the big payoff was being able to help make a desperate situation better.

“To be able to help these people, to make them smile, to ease their concerns, to let them know things were going to be okay, and knowing that they trusted you and looked forward to seeing you was the greatest reward I could have had.”

Three weeks ago in Montreal, OS Lavoie was rewarded for her work at Manoir Verdun by the Montreal Battalion Group Task Force East 2.1. Her commendation was presented by Lt-Col Alain Cohen, Commanding Officer of the task force for her exemplary work, enthusiasm, devotion, and leadership during the operation.

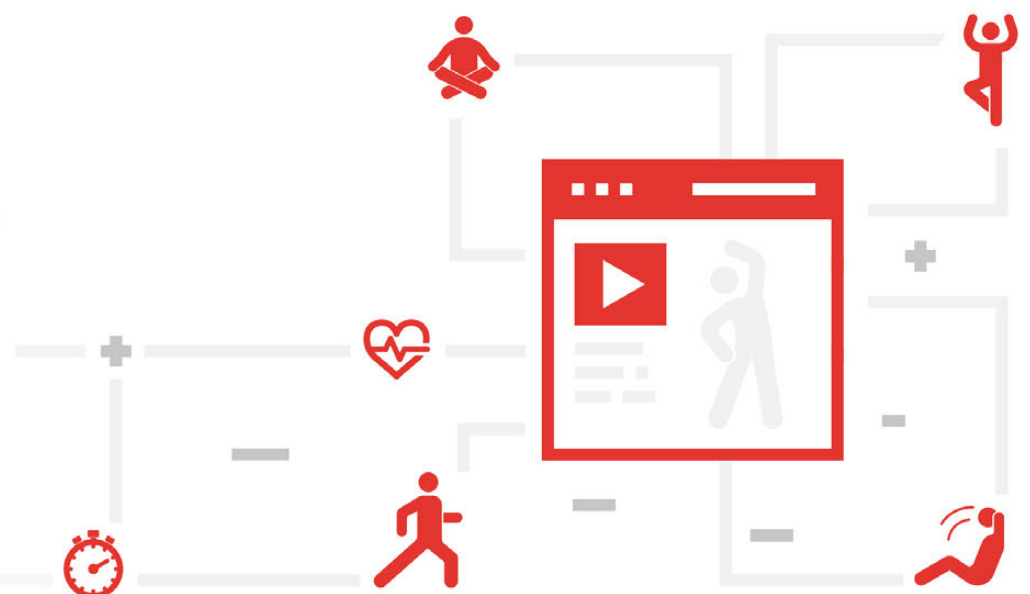


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V-J Day 75th anniversary commemorated in Halifax

An event was held at the Grand Parade Square in Halifax on August 15 to mark the 75th anniversary of V-J Day and the end of the Second World War in the Pacific. Federal Minister of Veterans Affairs and Associate Minister of National Defence Lawrence MacAulay, seen here flanked by CAF members in period uniforms, was on hand to deliver remarks. MacAulay also unveiled this year's official Veterans Week poster, which features Second World War veterans Anne and Howard McNamara and Vicky (Goodyear) Luscombe. Though Canada's largest contributions to the Second World War were in Europe and on the Atlantic ocean, it was noted during the ceremony that more than 10,000 Canadians served in Asia and the Pacific during the war.

VETERANS AFFAIRS CANADA

Cancer awareness vital in summer months

By PSP Halifax Health Promotion Staff

With the summer sun in full swing, it is important to properly protect your skin from the sun's harsh ultraviolet (UV) rays. We all know that sunscreen is a summer essential, but many of us end up with sunburns regardless. And although the pain of a sunburn is only temporary, the damage that is done to our skin may have further consequences. Skin cancer is a highly preventable cancer, and yet it makes up about one third of cancers in Canada. So in order to protect your skin this summer, here are some sun safety tips and ideas:

- Use the right sunscreen. Select a sunscreen that is broad spectrum, and a minimum of 30 SPF. Make sure to check expiry dates, as the effectiveness of a sunscreen will change after expiry or after being exposed to extreme temperatures.
- Use sunscreen correctly. It typically takes about 20 minutes for sunscreen to initially soak into the skin, so apply before heading outside. Most sunscreens are only effective for 40-80 minutes at a time. It is recommended that sunscreen is reapplied every two hours, but this length shortens if swimming or sweating. If wearing makeup, sunscreen should be applied before foundation, and lip balms should include SPF.
- Dress the part. Covering up is more effective than sunscreen in protecting your skin, but it may not always be realistic in high temperatures. One article you should always have on hand is a hat, preferably with a wide brim or sheet to cover the neck and ears. These areas are especially vulnerable to skin cancer. And don't forget UV protective sunglasses!
- Create your own shade and stay in it. One of the best ways to avoid skin damage from the sun is to simply stay out of it.

The Memory Project is looking for volunteer speakers

By The Memory Project

An initiative of Historica Canada at <https://www.historicacanada.ca/>, the Memory Project, at <http://www.thememoryproject.com/> is a volunteer speakers bureau that arranges for past and present members of the CAF to share their stories of military service with school and community groups across the country. The program operates year-round, and our speakers have reached more than three million Canadians since we started in 2001.

We are looking for new speakers to join our team. Every story matters. Help us help veterans bring military history to life for Canadians.

You can follow us on Facebook, Twitter, and Instagram.

Find us on Facebook:

at <https://www.facebook.com/memoryproject.projetmemoire>, on

Twitter at:

https://twitter.com/memory_project and on

Instagram at:

https://www.instagram.com/memory_project/

Please note, the Memory Project has adjusted our operations due to COVID-19. We have transitioned to remote visits via video call and other means until it is safe to gather in groups again. For the time being, we will only propose remote visit requests to ensure your safety and the safety of those you speak to. We will update our speakers as the public health situation changes.



Stadacona Band performs at Northwood

On July 30, the Stadacona Band's brass quintet treated Northwood residents and staff to a physically distanced performance in the courtyard of Northwood's Halifax campus. The concert was broadcast on Northwood's internal television channel, and allowed those living and working within the campus' three facilities the chance to view and enjoy a great outdoor show. CFB Halifax extends well wishes to our neighbours at Northwood, recognizing the complex challenges faced by the community these past several months. We hope that the beautiful music brought joy to all listeners!

ARIANE GUAY-JADAH, BASE PAO



HMCS Winnipeg crew members wave goodbye from the Jetty before departing Esquimalt on August 6 to deploy to Exercise RIMPAC.

SUBMITTED

Business community supports HMCS Winnipeg charity run

By SLt Phil Hopkins

HMCS Winnipeg Charity Officer

For the most part, sailors join the Royal Canadian Navy (RCN) to sail and see the world. During these trying times, however, sailors on board HMCS Winnipeg will continue to sail but won't have the ability to explore foreign ports due to COVID-19 precautions.

Nevertheless, and with high spirits, enthusiasm, and the willingness to "adapt and overcome," Winnipeg's charity team has created esprit de corps and morale events such as the "Run to Winnipeg and Back" challenge. The idea is for the crew to run to Winnipeg and back virtually, via treadmills and the flight deck, while deployed.

With health and fitness in mind, and to promote this event, Winnipeg's charity team has worked tirelessly to pursue opportunities to collaborate with veteran-owned and local businesses for prizes and items to support this cause. In conjunction with

Goody's Supplements, a business owned by CPO2 Matthew Goodwin, the Chief Boatswain's Mate onboard HMCS Ottawa, Winnipeg was able to garner support and prizes from the following groups: Black Rifle Coffee Company, Arrowhead Coffee Co., Advanced Genetics (Chris Johnson), Limitless Pharma, Kompass Health, Ward Smelling Salts, DripFit, Lululemon, The Running Room, and DeerFoot Inn and Lodge.

Donated items will be raffled off during the deployment with the profits going to the Manitoba Firefighters Burn Fund, Winnipeg's chosen charity.

The ship is encouraging people to follow their progress online via social media as they virtually trek across Western Canada for a great cause, and those who want to support the event can visit <https://ca.gofundme.com/f/2020-run-for-the-fund-to-winnipeg-and-back>.

The masks we wear

By Capt Glen Eagleson,
Fleet Chaplain

Prior to our current pandemic state, I can remember seeing someone wearing a mask out in public and thinking something along the lines of, "what's wrong with them", "that looks weird". In times gone by, like 6 months ago, if you walked into the corner store wearing a mask you would probably be reported to the police. Now it has happened, wearing masks has become mainstream, more dictated than a trend, but it has become normal. Well, the new normal, that is.

If you are like me you've discovered several problems with wearing a mask; they are uncomfortable - pulling on your ears and nose, they are a nuisance - they never seem to stay on your face, and like reading glasses, they are never where you need them. But, one of the main issues I've discovered about wearing a mask is you lose a lot of nonverbal cues about how others are feeling/doing. Is that person smiling or frowning, do I say 'hello' or 'what's wrong'? Is my spouse thinking what a wonderful person I am, or will I hear about this when we get home? All those non-verbal cues are gone as everyone hides behind a mask.

But actually, wearing masks is nothing new. We've all tried to hide behind a mask at some point, trying to hide who we really are. Rick Warren once said, "Wearing a mask wears you out. Faking it is fatiguing. The most exhausting activity is pretending to be what you know you aren't."

As hard as it is to wear an actual mask on your face, the masks we hide behind are equally, if not more, problematic. If we hide behind a mask, how will anyone know how to interact with us in a meaningful way? What's really going on behind that mask? Most of the time we wear these masks so that others will not know who I really am. What would they think? And it's exhausting.

We are all hopeful for the day when we no longer need to wear a mask out in public, life will seem so much better when we do. Let me suggest to you that life can be so much better when we can get rid of all the masks we are wearing. Remember, your chaplain is always available to talk through any issues you may be dealing with.

A sweet and spicy treat

By Ed Keating, Cook,

Juno Catering

Enjoy this great addition to a BBQ with your friends and family this Labour Day.

Ingredients:

1 lb nuts (whatever kind you prefer)
2 egg whites
2 tbsp brown sugar
1 tbsp Cajun seasoning (Cayenne or Tex Mex will also work)

Directions:

Preheat oven to 325 F.

In a clean dry bowl whisk egg whites till they become foamy and a little stiff. Add brown sugar and spice and whisk together. (Note: if using Cayenne pepper, reduce amount by half.)

Toss nuts in mixture until fully coated and then place on a parchment lined baking sheet spread evenly and bake for 8 to 10 min. or until nuts are slightly roasted.

Remove from oven and let cool then enjoy by themselves or as an accompaniment to salads or ice cream.



MARPAC staffer honoured for leadership skills

By Peter Mallett,
The Lookout Staff

A junior public affairs officer (PAO) from MARPAC has been honoured for her stellar leadership skills when she stepped up to fill the manager role in the unit during the senior PAO's absence last year.

Lt Chelsea Dubeau received the Public Affairs Special Recognition Award on July 21 for her "exceptional leadership and professionalism under stress." She was nominated by Capt(N) Chris Peschke, MARPAC Chief of Staff, who also delivered the award.

"Initially, I wasn't sure what to think as I was brought to his office by my supervisor. My initial reaction was 'oh no, I must be in trouble for something'," said Lt Dubeau. "When Capt(N) Peschke started reading the citation and I realized why I was there, I became overwhelmed."

Due to COVID-19 physical distanc-

ing measures, there was no official ceremony to present her with the award. Instead, she received official proclamation in the form of a congratulatory video.

She earned the award by filling the senior public affairs officer position during unforeseen circumstance when the deputy senior PAO was deployed to the Middle East.

"I was very fortunate to have a small but mighty team of individuals who rose in equal measure to the many challenges," said Lt Dubeau. "I hope they know we all share in the many successes and lessons learned during this period, which certainly helped in my personal and professional growth."

During her tenure, she provided much-needed guidance to the Admiral, Commodore, and Commander Canadian Submarine Force.

In the nomination it describes her

work as: Demonstrating professional acumen with complex media issues far beyond that expected from so junior an officer, she confidently provided sound advice to Flag and senior officers resulting in successful media engagements.

Lt Dubeau served in the Royal Canadian Navy as a Naval Warfare Officer from 2010 to 2012, but then decided to leave the military. Prior to her naval service, she earned a diploma in Broadcast News from SAIT Polytechnic, and went on to complete a degree in Professional Communications from Royal Roads University following her release. She then spent two years working as a digital communications officer for the Government of BC before her return to the military as a direct entry officer in 2017, this time wearing an army uniform.

She is currently attached to HMCS

Winnipeg as the ship's Public Affairs Officer. The ship and its crew will participate in the Rim of the Pacific (RIMPAC) exercise off the coast of Hawaii from August 17 to 31.

She also spent a month aboard HMCS *Nanaimo* during Op LASER in April and May 2020.

"I was fortunate to have the freedom to write the stories I wanted, and had amazing support from the ship's command team. I cherish a few of the stories I was able to write during that time because of the special people I was fortunate enough to have the opportunity to write about," said Lt Dubeau.

Going forward, she is interested in pursuing other educational opportunities including NATO courses and the pursuit of a master's degree in communications.



Lt Chelsea Dubeau, a PAO with MARPAC, recently received the Public Affairs Special Recognition Award.

SUBMITTED



Lt Chelsea Dubeau, with the plaque that commemorates Alexander Mackenzie, the explorer who is credited with completing the first east to west crossing of North America. The plaque, a National Historic Site of Canada, is located in Sir Alexander Mackenzie Provincial Park in BC.

SUBMITTED



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.



Face of Base: Capt(N) David Mazur

Capt(N) David Mazur recently ended his appointment as CFB Halifax Base Commander. Throughout his tenure, Capt(N) Mazur has championed several important causes, focusing notably on health and wellness, student learning, and charitable giving as well as diversity and inclusion. Capt(N) Mazur has always stressed the importance of teamwork, respect and accountability in working together toward a common goal. In doing so, he has continued to lay the groundwork for a safer, healthier and more diverse work culture at CFB Halifax. The CFB Halifax team would like to extend our gratitude and thanks to Capt(N) Mazur for his leadership, commitment and passion during his time in command! Fair winds and following seas!



Face of Base: Cdr Selena Aral

Cdr Selena Aral, the newly appointed Commanding Officer of the Base Logistics (BLog) Branch. While new to her current role, Cdr Aral is no stranger to the team at BLog. During her time as BLog's Executive Officer (XO) from 2015 until 2017, she worked to create more synergy and rapport with the team. Outside of work, Cdr Aral is currently working on obtaining her MBA from Dalhousie University, with a focus on Digital Transformation. Cdr Aral is looking forward to maintaining a strong BLog unit on the East Coast and working with a very dynamic unit while supporting operations around the world. Welcome and congratulations on your new position, Cdr Aral!



Face of Base: LCdr Paul Smith

LCdr Paul Smith has been part of the RCN for 34 years. LCdr Smith lists some highlights of his Naval career as being in command of HMCS *Kingston* and Summerside, when he got to be one of the leaders on the first RCN deployment to Western Africa in over two decades. This opportunity allowed him to explore the historical relationship between Nova Scotia and Freetown, Sierra Leone. LCdr Smith has also been the military co-chair of the Defence Visible Minority Advisory Group (DVMAG) at MARLANT for almost two years. LCdr Smith says a highlight of this role was being invited to speak at the annual celebration of the No. 2 Construction Battalion, Canada's first and only all Black battalion, in Pictou, NS. Prior to the COVID-19 shutdown, DVMAG had been planning their annual events, such as for the International Day for the Elimination of Racial Discrimination. Now, with MARLANT entering the next phase of business resumption, LCdr Smith says the group has begun planning smaller events designed to celebrate the diverse nature of the formation in a way that is safe and inclusive.



Face of Base: Capt(N) Sean Williams

Capt(N) Sean Williams assumed command of CFB Halifax on August 5 as the 45th Base Commander! With 23 years of service in the CAF, Capt(N) Williams is honoured and humbled to follow in the footsteps of some truly remarkable leaders, and is looking forward to overseeing the Base and the dedicated Defence Team that serves it. Capt(N) Williams' key goals for his tenure as BComd? To foster an inclusive, welcoming environment where people keep making meaningful contributions to the CAF and RCN missions and to ensure that the base and our workforce are ready for whatever the future brings. Originally from Bedford, Nova Scotia, Capt(N) Williams is excited to be back in his home province and to reconnect with family and friends. Capt(N) Williams is also eager to meet Defence Team members as well as the larger Halifax community, as what inspires him most about working for CAF/DND are the great people at the heart of its operations. Welcome, Capt(N) Sean Williams, to CFB Halifax!

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BC honours legendary marine artist

By Peter Mallett,
The Lookout Staff



Marine artist John Horton has been appointed to the Order of British Columbia.

SUBMITTED

Renowned marine artist John Horton has been appointed to the Order of British Columbia.

In an announcement on August 3, Chancellor of the Order, Lieutenant Governor Janet Austin named Horton as one of this year's 13 recipients.

The 84-year-old resident of Tsawwassen, B.C., has produced more than 1,500 paintings including commissioned works featuring Royal Canadian Navy (RCN) vessels and sailors.

Horton said being named to the Order came as a complete surprise.

"It was very humbling because I am joining such a wonderful group of people who have done some incredible things. There have been so many other people who have helped inspire me and my art throughout my career and the navy is a huge part of that, from Admirals to Able Seaman."

Horton says his email in-box was flooded with hundreds of congratulatory emails after he was named to the Order, including one from RAdm Bob Auchterlonie and former Commander of the Royal Canadian Navy, VAdm (ret'd) Ron Lloyd.

This year, 160 British Columbians were nominated for the award, the province's highest form of recognition.

A total 460 people have been appointed to the Order of BC in its 31-year history.

This year's recipients were selected by a seven-member independent advisory council.

"Your many contributions have enriched the lives of British Columbians and helped make our province an even better place," read the proclamation by BC Premier John Horgan, which accompanies the award.

Born in England, Horton attended Poole & Bournemouth Schools of Art when he was 16 in the years following the Second World War.

In 1966, he and his family moved to Vancouver, BC, where he opened his own practice as an architectural artist.

After more than half a century of painting oil on canvas, Horton has an impressive catalogue of work - from picturesque seascapes that often include fishing boats, tugs and trawlers, to the warships and submarines of the navy, past and present.

The artist is also a former sailor of the Royal Navy. Horton spent approximately 11 years as a Reservist and Regular Force member in the years following the Second World War, which explains his fondness of the navy.

"Over the years, I have made so many friends in the navy who have helped inspire me and keep my interest in the navy alive. I guess it's like the old saying: You can take the sea away from the man but you can't take the man away from the sea."

The Canadian navy has brought him aboard ships during the 2004 Rim of the Pacific (RIMPAC) exercise and a deployment for Op APOLLO to the Arabian Gulf in 2002.

In 2010, Horton won a national artists competition for the commissioning of three paintings in celebration of the 100th anniversary of the RCN.

Some of his other notable naval

historical works include a series of 50 paintings depicting Royal Navy Capt George Vancouver's famous 18th-century expedition entitled *Re: Discovery 92*. To get inspiration, he retraced Vancouver's 1792 to 1794 voyage aboard a 52-foot former barge of the United States Navy, which became his floating studio where he travelled the BC coastline, northward to Alaska.

In 2013, Horton designed a five-ounce gold coin for the Canadian Mint, a rendition of the victory of HMS *Shannon* over USS *Chesapeake* in the War of 1812, and in 2019 a coin commemorating Capt James Cook's arrival to Nootka Sound.

His artwork is also the subject of a hardcover book by marine author Peter Vassilopoulos entitled *John Horton: The Mariner Artist*. Like many others in the marine and art communities, Vassilopoulos raves about Horton's close and meticulous attention to detail in his paintings.

"John's marine art captures today and yesterday - people, places and events as we know and remember them," says Vassilopoulos. "While there are many artists who paint marine scenes, few have Horton's ability to delineate accurately the architecture of a ship."

Vancouver Sun columnist Bryan Pybus once remarked that Horton's attention to detail and accuracy is so legendary that anyone viewing one of his paintings can quickly determine "the season, time of day, the atmosphere and even the temperature."

Horton admits his obsession for perfection in his artwork and once said: "I'm never satisfied with what I've done. Every brush stroke I do must be better than the last one."

Due to social distancing protocol, Horton says he and the other recipients likely won't receive their awards until September 2021.



Horton's artwork frequently depicts life aboard RCN ships

JOHN HORTON



In one of Horton's paintings, a Sea King helicopter flies over an RCN frigate.

JOHN HORTON



A RHIB is dispatched from an RCN frigate.

JOHN HORTON



PSP sports gurus look to grow online talk show

By Ryan Melanson,
Trident Staff

While organized sports was largely on hiatus for four months this spring due to COVID-19, it was still very much top of mind for PSP Halifax's Isaac Habib and Matt MacKenzie. The duo has been producing their weekly Sport Cell talk show each Wednesday night since May on Facebook Live, and they hope what started as a fun quarantine project can grow into a useful avenue for exploring news and happenings in military sports.

Habib, a Fitness and Sports Coordinator at the Fleet Gym, said he was approached by MacKenzie, PSP's Community Recreation Coordinator, in April, as the organization was brainstorming ideas to stay connected with the CAF community with so many people working remotely.

"We were quarantined, we were trying to stay busy, and this was something that got us excited and let us try something a little bit different," Habib said.

Early episodes focused on the uncertainty in the sports world, and as things have begun to come back to life, they've discussed highlights of the ongoing NHL, NBA, and MLB seasons. They also open each show with an update on any news relating to military

sports, and plan to make that a larger part of the weekly broadcast when military athletes return to action.

"Isaac is very tuned in to the military sports world, so we'll be able to touch on anything that happens. Yes,

everything is cancelled right now, but we're hoping this can become a spot where military athletes can actually get some information on their regional tournaments, for example. There's a million sources to listen to sports talk,

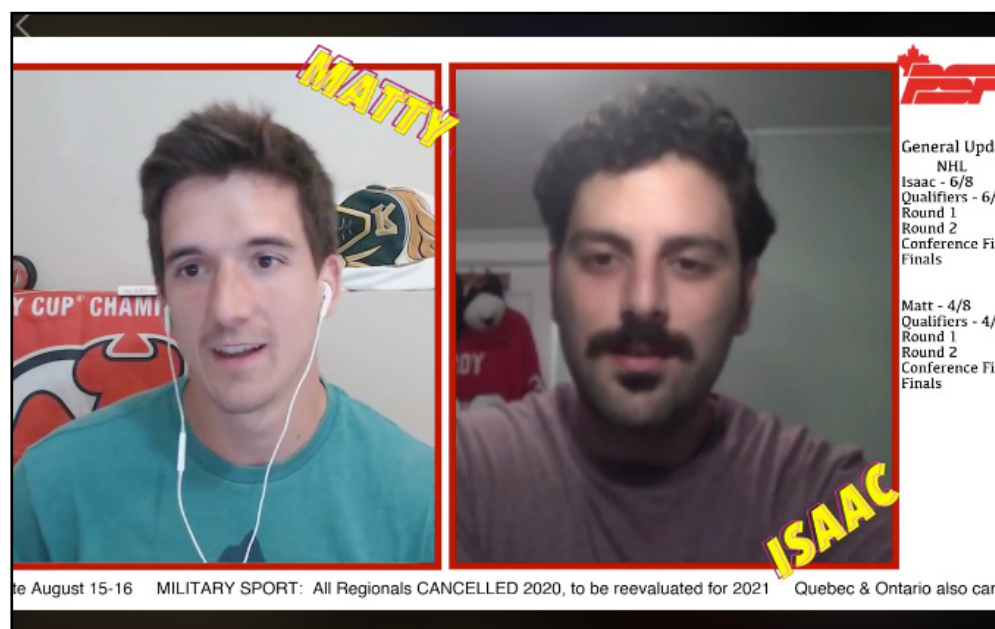
but the military side is where we have an edge." MacKenzie said, also mentioning plans for tournament previews or athlete profiles.

The pair has already brought on guests who've played on base hockey and slo-pitch teams, and they plan to continue those segments.

"Having these actual conversations about military sports has probably been the best part of the show so far," Habib added.

The goal is to strike a balance between relevant and useful information, along with the banter and humour that's typical of sports broadcasting. So far, they've had fun, gotten some engagement from viewers online, and they plan to keep going.

As for CAF sports, plans are still developing for a return to regional and national level play, but Habib said announcements for some local intersection events like golf and curling are likely to be made soon. Relevant information will be distributed when it becomes available, and you can also keep up with the latest news by tuning into Sport Cell on Facebook Live each Wednesday evening at 7 p.m. AST at <https://www.facebook.com/PSPHalifax/>



A screen shot from the PSP Halifax Sport Cell podcast and video talk show, where Isaac Habib and Matt MacKenzie break down news and highlights from the sports world each week.

SUBMITTED

Rest and recovery

By Danielle Daviault,
Fitness and Sports Instructor, CFB Halifax

Why is it important to rest after exercise? Rest and recovery are just as important as the workout itself, no matter what your fitness level. Exercise creates stress on the body which needs time to heal and recover before your next training session. It will give your body the time to adapt to the stressors of exercise and for those training effects to take place. This will also allow time to replenish energy stores and repair damaged tissue. This article will explore some of my favorite ways to relax in between training sessions.

FIVE WAYS TO REST & RECOVER AT HOME:

1. Parasympathetic Breathing is a practice that helps activate the "rest & digest" portion of your autonomic nervous system which is divided into the parasympathetic and sympathetic systems. These two systems are constantly working against one another without you even knowing it. Your sympathetic nervous system kicks in at times of stress (e.g. exercise) and is responsible for the mind and body's "fight or flight" response.

The opposite would be your parasympathetic

nervous system that aids in returning the body to its resting state. After exercising, your sympathetic nervous system is fully fired up, so implementing this breathing strategy will help you properly recover from the stress that was just applied to your body. Implementing these breathing techniques before your post-workout stretching can help lower your heart rate, relax your muscles, ease the mind and slow down thoughts. It is a simple practice that takes only a few minutes.

Find a quiet place – Set a timer for 3-5 minutes and find a space to relax after your workout. You can view a demonstration of the proper set up here:

https://www.youtube.com/watch?v=Eym3ixk8_2U

2. Post Workout Stretches are key to a well-rounded training session. This is just as important as a warm up since it helps to improve flexibility and reduce muscle tension after a workout. Make sure to hold the stretches a minimum of 30 seconds to give the muscle adequate time to safely lengthen. You can find a huge list of post workout stretching ideas here: <https://redefiningstrength.com/35-stretches-stretch-head-toe/>

3. Mobility is a term that refers to how a joint actively moves through full range of motion. Foam rolling can be a great tool to add to your warm-up, cooldown, or before and after exercise. It can help relieve tight muscles, soreness, inflammation, and increase your joints range of motion. This is not everyone's favorite activity at the gym and normally people will walk right by those lovely blue rollers leaning against the wall, because they aren't sure what to do or know that there will be pain involved. PSP Fitness Instructor Brandon Lenentine led a fantastic live class centered around mobility using a lacrosse ball, or items you can find at home. You can follow along here: https://www.facebook.com/watch/live/?v=232678988115723&ref=watch_permalink

4. Yoga is a perfect practice to perform during an active rest day. It can help improve breathing, heart health, flexibility and balance as well in promoting sleep quality. These benefits can help you rest and relax before your next workout to restore your energy levels which will help you continue to excel with your at home training. If you want to read more about creating

your own at home practice, PSP Fitness Instructor Tammie Barriage wrote a wonderful article that you can find here: <https://tridentnewspaper.com/gentle-yoga-home/>

5. Meditation/mental Health can be something that is easily neglected on a day to day basis. Normally it isn't thought about until the stress and anxiety of life has built up to a breaking point and we realize we should probably do something to "de-stress". When we think about rest and relaxation relating to exercise, the above options are normally our go to choices; but a lot can be said for taking some time to reflect on yourself as an individual and truly rest the mind as well as the body. PSP Fitness Instructor Mary Thompson filmed a quick 15 minute video regarding Mental Fitness and how you can adapt these practices in your own life - you can find it here: <https://www.youtube.com/watch?v=PaT-gx-r9c5Y&feature=youtu.be>

I hope that all of these options will serve you well and get you energized for your next training session! Stay happy and healthy.



When is the right time to invest?

By Shannon Childs,
SISIP Financial Esquimalt

Over the last few months, a common question I am asked is, "Should I invest now or wait until the markets recover?"

When finances get tight or the market faces uncertainty, we tend to put the brakes on our contributions. Apprehension takes hold of our decision-making preventing us from moving forward. These days, market volatility is certainly a valid reason, or so we think.

We know from experience, and from the teams that have guided us through market downturns in the past, that ensuring your portfolio is diversified with strong funds and defined strategies can mitigate the risk for the future.

Therefore, provided there is available cash flow, the best time to invest is now.

Investing your funds will allow for growth, more so when taking advantage of the power of compounding interest. This is interest earned on interest you have previously invested. For example, if you earn \$30 in interest, those funds will be reinvested into your portfolio.

Following a consistent strategy will ensure you meet your financial goals.

Automatic contributions over time provide the benefit of dollar cost averaging, the practice of investing a fixed dollar amount, at regular, pre-determined intervals. Since the amount is fixed, you are buying fewer mutual fund units when the prices are higher and more of the units when prices decrease. Think of the investment as a sale on a brand new TV. Buying low means purchasing units while they are on sale.

Redirecting certain payments, implementing budgeting strategies, or decreasing contributions for a determined period, can also help keep you on track to achieving your goals.

Many of us felt the brunt of March 2020 and saw dips in our investment, but having regular savings and time on your side already puts you on the right track.

Working with your SISIP Financial Advisor will ensure you continue with your strategy, help you through the volatile times, and provide clarity on all your investment options, whether the markets are up, or down.

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