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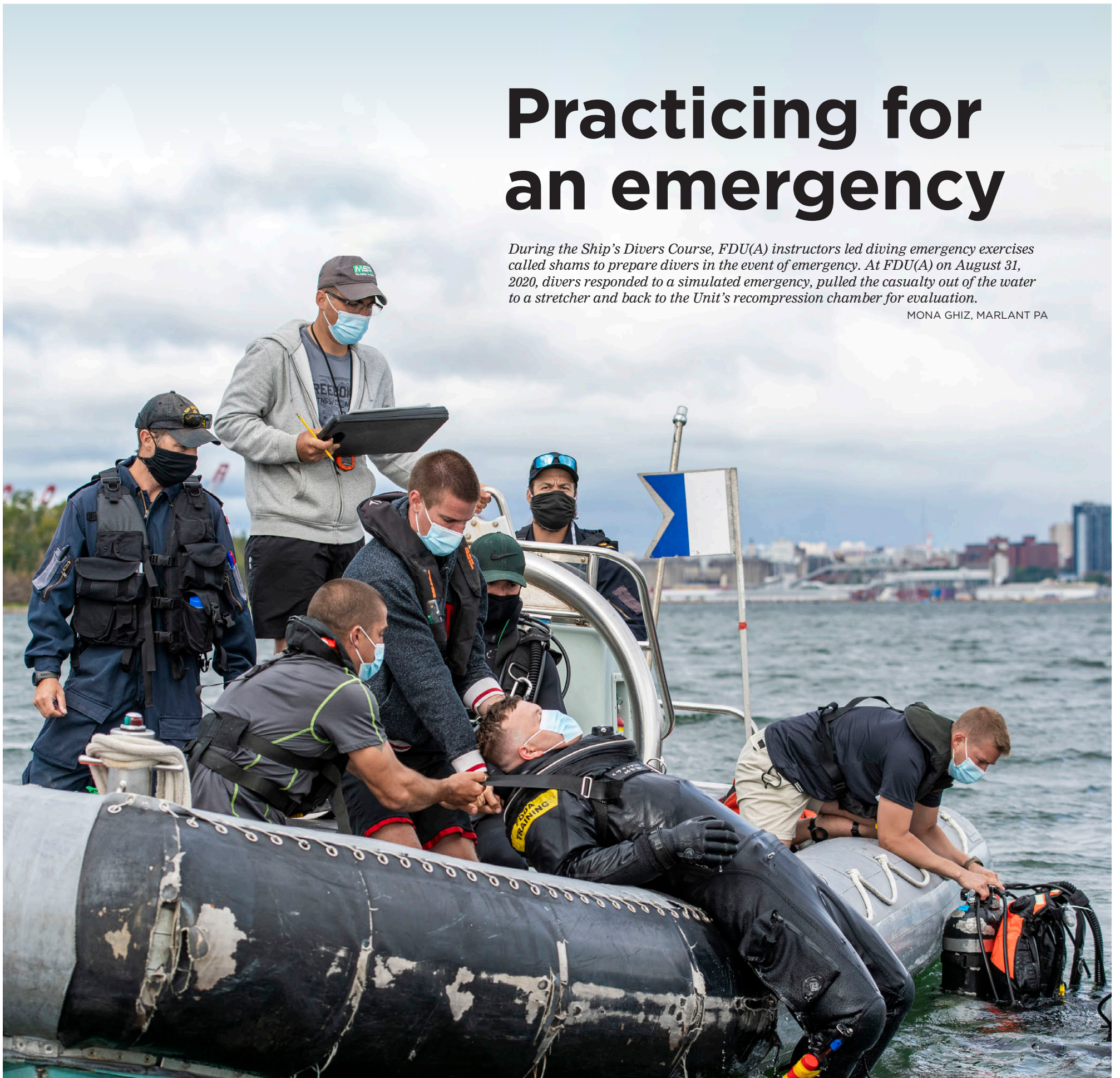
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Practicing for an emergency

During the Ship's Divers Course, FDU(A) instructors led diving emergency exercises called shams to prepare divers in the event of emergency. At FDU(A) on August 31, 2020, divers responded to a simulated emergency, pulled the casualty out of the water to a stretcher and back to the Unit's recompression chamber for evaluation.

MONA GHIZ, MARLANT PA





Op NANOOK: From the perspective of a Bridge Watchkeeper under training

By SLt Jillian Surette,
HMCS *Ville De Québec*

In late January 2020, I set sail for Africa with HMCS *Shawinigan* in consort with HMCS *Glace Bay* for Op PROJECTION 2020. During this sail I learned seamanship and how to run the bridge of a minor war vessel, earning my bridge watchkeeping ticket. The deployment was unfortunately cut short due to the COVID-19 pandemic which was starting to grow significantly worldwide, and we returned mid-April 2020.

After a few months working from home, I was posted to the frigate HMCS *Ville De Québec*, taking the next step in my career as a Naval Warfare Officer (NWO). I joined the ship for Mission State Readiness Training (MSRT) in preparation for Op NANOOK-TUUGAALIK, which became a crash course of everything to do with life on major warship, starting with where do I sleep, eat, or do laundry, and how do I even get there? And that's not even considering what happens when there's an emergency or a drill! I was finally able to see all the evolutions I learned about while I was training in Esquimalt first hand, and learn even more than when I was on course. Thankfully, everything I had forgotten rushed back into my memory in a hurry, on top of all the new things to which I was being exposed.

For Op NANOOK-TUUGAALIK, *Ville De Québec* took position as the Flag Ship, embarking Capt(N) Martin Fluet and his staff from Canadian Fleet Atlantic. We set sail with our consorts, Canadian ships HMCS *Glace Bay*, MV *Asterix*, USS *Thomas Hudner*, United States Coast Guard Cutter *Tahoma*, His Danish Majesty's Ship *Triton*, and French Ship *Fulmar*. The purpose of this sail was to show NATO military presence in the Arctic and to work with

our allied counterparts to conduct exercises together as we proceeded North, to the Arctic Circle and to Nuuk, Greenland.

As this was such a big operation and I was new to this class of ship, I was very hesitant at first on the bridge when it came to running the watch. As an untrained bridge watchkeeper, most of my time on the bridge is spent as an understudy to the ticketed watchkeepers, maintaining administration, finding opportunities to drive the watch, and working to refine my reports to the ship's captain.

During this operation, we were involved in multi-

ship, anti-warfare operations, conducting exercises in anti-submarine and anti-surface warfare, using weapons fitted on ships, and towed acoustic systems to track underwater threats, as well as helicopter evolutions. This was also my first time being involved in major weapons firings in systems, which are able to be remotely controlled from an operations room team. The ships took turns firing at the remotely controlled Hammerhead Target using small arms, such as the 57mm gun, in order to sink the target, in accordance with environmental safety precautions.

We conducted multiple helicopter serials with USS *Thomas Hudner*'s Sea Hawk, Cutlass. With no Air Detachment onboard, this was a great opportunity for our Ship Without Air Detachment (SWOAD) team to conduct training. Additionally, this was my first time being involved in the recovery and launching of a helicopter on the deck of a ship, requiring a steady ship and a watchful eye on the safety of the whole evolution. To me, this was the coolest and most nerve-wracking of all the operations we conducted. Being under the helicopter in one of the control stations as it hovered over our flight deck really gave me an appreciation of why it's so important to maintain safety during the evolution.

I am extremely grateful for my experience on this operation, and for being posted to *Ville De Québec* when I did. It is a great crew, made up of many people with varying levels of experience. It was an incredible experience to be a part of a multinational task group and work alongside allied nations. As the operation drew to an end, my only regret was not being able to be in more than one place at a time to experience all of the serials!



SLt Jillian Surette

SUBMITTED



Members of HMCS *Glace Bay* return from a visit to USS *Thomas Hudner* during Op NANOOK 2020 on August 18, 2020.

CPL DAVID VELDMAN, CAF PHOTO



A Royal Canadian Air Force CP-140 Aurora aircraft flies over His Danish Majesty's Ship *Triton* (left), French Ship *Fulmar*, and Task Group Flagship HMCS *Ville de Québec* during a PHOTEX in the Labrador Sea during Op NANOOK 20 on August 9, 2020.

MCPL MANUELA BERGER, CAF PHOTO



Coming together in a time of separation

By Elizabeth Sharpe,
CFB Halifax PA Intern / MSVU PR Student

The last few months have been an extremely difficult time for many individuals and communities here in Canada and around the world. While the COVID-19 pandemic and multiple local tragedies have affected us all in different ways, this period has been particularly challenging for those who deal with homelessness, domestic abuse, poverty and mental illness.

Historically, one of the ways our Defence community has been able to help our friends, neighbours and fellow Canadians in their time of need has been through volunteering and fund-raising during our annual National Defence Workplace Charitable Campaign (NDWCC). The NDWCC provides Defence Team members with a direct line to donate to over 86,500 charities, including numerous organizations with strong ties to Canada's military, so that we can help make a difference in the lives of those in need. In 2019, the NDWCC raised over \$3.5 million for Canadian charities.

The 2020 national campaign is just around the corner, kicking off on September 9, with the Halifax region campaign set to run from September 28 to December 4.

GETTING CREATIVE WITH A PURPOSE

The theme for the 2020 campaign is Apart but together at heart, an acknowledgement of our collective efforts to continue supporting each other and our communities despite our ongoing need for social and physical separation. Captain (Navy) Sean Williams, CFB Halifax Base Commander and local NDWCC Champion, is closely monitoring the planning for this year's NDWCC to ensure we can have both a safe and successful campaign season.

"As with many other events and campaigns, the 2020 NDWCC in our local region is going to look a lot different due to the realities of the pandemic, with the majority of our events and engagements conducted virtually," explains Capt(N) Williams. "This isn't a bad thing; it just means that Defence Team members are going to have to think outside the box and come up with new and innovative ways to raise funds and awareness. I encourage our members – both military and civilian, at all ages and ranks – to bring forth their ideas and expertise to help chart this new course."

HELPING AT HOME

Through the 2020 campaign, Defence Team members can choose to support the United Way, HealthPartners, or any of Canada's registered charities.

Here at home, United Way Halifax, one of our key partners in executing the NDWCC each year, has been focusing its efforts on raising funds for the Atlantic Compassion Fund, as well as

raising awareness around homelessness in our community through the No Home Campaign.

The Atlantic Compassion Fund was launched on March 17, 2020, managed by United Way Halifax, on behalf of all United Way organizations across Atlantic Canada. The fund was created to support charities across Atlantic Canada who were (and are) on the front lines and looking to expand their services to vulnerable citizens during these challenging times, while maintaining a capability to offer their standard/core services.



A team of military and civilian Defence Team members from Canadian Forces Health Services Centre (Atlantic) participate in the inaugural National Defence Workplace Charitable Campaign (NDWCC) Dragon Boat Race at Lake Banook in Dartmouth, Nova Scotia on October 24, 2019. The 2020 NDWCC will look quite different than previous campaigns due to the COVID-19 pandemic, with many events held virtually and a switch to ePledging.

LS JOHN IGLESIAS, FIS

Kate Powe is the Relationship and Development Officer at United Way Halifax. "For some people, the only food they may get that day is from a food bank, the only social connection from the programs they access, only housing from a temporary shelter. Charities provide vulnerable people – such as youth, seniors, and people struggling with poverty, addictions, mental health – with crucial connection, nutritious food, and mental health support. All of that is really important," Powe explains. "The needs of vulnerable people will continue to change throughout this pandemic, and - for some - their life circumstances have permanently changed."

More than \$10 million has already been raised for the Atlantic Compassion Fund across Atlantic Canada, and the money has been able to support over 397 charities. These funds were being distributed very quickly into the community as the funds were coming in.

United Way Halifax's No Home Cam-

paign was created to raise awareness around the issue of homelessness in the Halifax Regional Municipality (HRM) and to inspire people to donate to the Atlantic Compassion Fund. During this crisis, people have been encouraged to stay home and have adapted their work and personal lives around this new reality, but what if you don't have a place to call home?

"With job losses and social distancing requirements due to the ongoing pandemic, the housing issue in HRM has certainly gotten worse," explains Powe. "Shelters are seeing increased

ficer, is looking forward to presenting this new capability to our members.

"Having e-pledging as the primary donation method for this campaign will mean that our members can access forms and donations online - making it much more accessible," explains Cdr Bye. "This platform will allow our Defence community to give through payroll deduction, credit card or PayPal, and is a secure, convenient and simple way to give. As some of our members continue working from home due to COVID-19, this giving option is more crucial than ever."

In following COVID-19 public health protocols, this year's NDWCC canvassers will be trained to safely educate our members about the campaign and the ePledging process both in-person and virtually, retaining a small quantity of hard-copy pledge forms for those who prefer that particular method of giving.

Our members - both military and civilian - are encouraged to donate to this cause, but we recognize this isn't always possible for varying reasons, and that's okay. Volunteering your time and skills (virtually) is another impactful way to support your friends and neighbours across the Halifax region safely this campaign season. Doing your own research and learning about the wonderful charitable organizations that support our communities is always of value as well; you'd be amazed at what these organizations can do.

CFB Halifax and the greater Defence community in the Halifax region have been strong contributors to the NDWCC for many years, and every Base and Wing across the country supports the campaign. The NDWCC not only allows our Defence Team to pool our resources for greater impact, it also helps to foster a strong connection between our Base and the greater Halifax region.

Capt(N) Williams looks forward to building this connection virtually as we roll out this year's campaign, as it will be different than anything our Defence community has seen before. "Through meaningful canvassing, junior personnel engagement, leveraging the creativity of our members through virtual events, and exploring the new e-pledging capability, I'm confident that our local Defence Team can set a new standard for future campaigns this 2020 campaign season," he explains.

More information on the 2020 NDWCC, including details on the new ePledge option, will become available to members as the campaign unfolds. Please follow CFB Halifax's Facebook (@BaseHalifax), Twitter (@CFBHalifax) and Instagram (@cfbhalifax_bf_chalifax) sites; the Trident Newspaper; the MARLANT intranet splash page and more for updates.

demand as well as unfamiliar faces, and currently there are only 116 shelter beds in HRM (down from 175 pre-COVID-19), which fill to capacity most nights. Personal-hygiene measures, like frequent hand-washing and social-distancing, are hard to practice in the city's crowded shelters. For this reason, now is the time to bring this issue to the forefront, as staying home - while critical for personal and public health - is not possible for everyone."

E-PLEDGING

So how can you plan to support United Way Halifax, HealthPartners or a charity of your choice this fall, especially if working from home? This year, for the first time, Defence Team members will have access to ePledging as the desired method for giving, making it possible to donate anywhere, anytime.

Cdr Ian Bye, this year's local NDWCC Coordinator and the CFB Halifax Base Administration Commanding Of-



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NTDC(A) a vital part of Campus Atlantic

By Lt(N) Peter Bigelow,
NTDC(A)

Similar to the well documented and historic phoenix, out of the ashes of CFNOS rose Naval Training Development Centre Atlantic. "NTDC(A)... that's the school right?", somewhere out there LCdr Lowe, Deputy Commanding Officer, is pulling her hair out while screaming "It's not a school!!"

NTDC(A) was established in 2016, after CFNOS ceased to exist and Campus Atlantic was stood up. Campus Atlantic became comprised of NTDC(A) and Naval Fleet School (Atlantic) (NFS(A)). In addition, Pacific counterparts were also created, appropriately known as NTDC(P) and NFS(P), as well the Naval Reserve school became the NFS(Q). This was all outlined in the RCN's Future Naval Training System Strategy, which is a document that describes the coordinated approach to the development and support of a future technologically enabled, integrated Naval Training System. The organizations have a strong relationship with each other but remain independent.

So what is NTDC(A) exactly and what does it actually do? It is a question that everyone seems to have these days, especially those who see it on their posting message. NTDC(A) falls under Naval Personnel Training Group

(NPTG), a headquarters located on the Pacific coast. Technically, despite the A standing for Atlantic, NTDC(A) falls under MARPAC, meaning if you've always wanted a West Coast posting but you can't stand the low taxes, nice weather and higher PLD that normally comes with it, there is a unit for you!

All joking aside, NTDC(A) essentially focuses on one thing; training. We develop training not only in form of Qualification Standard and Plans (QSPs) but also training aides such as videos, virtual reality (VR) simulation and the magic of 3D printing. We are constantly striving to improve today's training.

The military tradition of creating fine, educational videos dates back to classics such as In Through the Out Door and it continues here at NTDC(A) within the Learning Support Centre (LSC). Now at our fingertips is an entire lab filled with professionals dedicated to making new, high quality videos and graphics to help demonstrate various lessons. Think of it like we are building a YouTube tutorial video library. Hollywood would come and pillage the squad in LSC if they knew the caliber of work they are capable of!

We also now have several VR simulators. No longer is the simulator just

for a NWO to learn how to drive ships; now Bosns can learn to drive a RHIB without getting wet! Tools like these not only allow junior members to learn a dangerous skill in a safe environment but it adds more opportunity as well. It is one more RHIB that can be used in order to develop driving skills except it is not at the mercy of bad weather or mechanical issues.

Finally, the future is here with 3D printing! Inside the confines of S15 lies a wide range of technological relics and advancements. Need an engine piece printed out to demonstrate all the components? We can do it! Need some realistic models of ships created to explain ROR scenarios? No problem!

So what does this mean for everyone? It means that now there is an organization, independent from the schools, aka NFSs, which focuses on developing and improving training. Constantly modernizing training through creating 3D printed models, VR simulations and demonstrative videos are all in a day's work to make sure that training has the best tools to ensure the RCN generates the superior sailors that our Navy needs.

In the words of national icon, Ryan Reynolds, "You're welcome, Canada!"



NTDC(A) has several virtual reality simulators that are valuable in delivering training.

SUBMITTED



Lt(N) Oleg Lyubenko works on the construction of a 3D model.

SUBMITTED



Stadacona Band musicians play for L'Arche residents

Throwback: On July 30, the Stadacona Band of the Royal Canadian Navy's brass quintet, led by PO2 Tim Elson, treated the staff and residents at L'Arche Halifax to a physically-distant outdoor performance. L'Arche Halifax is a home for adults living with intellectual disabilities, and is located just down the road from CFB Halifax's Stadacona property. The entire CFB Halifax community recognizes the difficulties faced by our neighbours at L'Arche over the past number of months due to COVID-19, and we hope that the beautiful music of the Stadacona Band helped to brighten up their day! Many thanks to the brass quintet for lending its talents to this important opportunity.

SUBMITTED



RCN Rank Change Initiative poll results and Rank Designation change decision

By VAdm Art McDonald,
Commander Royal Canadian Navy

Shipmates, thank you for participating so enthusiastically in our poll seeking your advice with regards to more gender inclusive rank designations for the English rank titles of our most junior sailors. Having launched the initiative, it was incredibly important to me, as your Admiral, to hear from you – currently serving as well as retired members – and interested Canadians from across the country before I direct adoption of a way forward. Your participation via almost 18,000 responses, of which some 30% included write-in/commentary, delivered exactly what was needed. I was especially appreciative of the overwhelming participation by the junior ranks who will be most impacted by the change. I appreciate as well that the initiative prompted us to have a frank and passionate discussion about not only the choices, but also the reasons behind this undertaking. Beyond the polling there has been an impressive deck-plate conversation in cubicles, offices, shops, flats and messes – everywhere, including virtually! What we have been discussing is our culture. We’ve been discussing who we are. Obviously, I encourage this reflection to continue – the introspection and dialogue being foundational to a vibrant, appropriate and ever-evolving naval/force culture... to getting it right! Meanwhile, in closing this chapter of the discussion, I’m so proud to share with you that we have confirmed by a wide majority that we are broadly likeminded (>75%) that this rank change initiative is long overdue, necessary, and welcomed.

WHY? As the dialogue has established, while ours is proudly a Service steeped in tradition – a Service which was historically dominated by straight, cis, white males – it’s equally, necessarily, and proudly a modern service that

prides itself on striving to continuously evolve in-step with the nation and which merits our recent recognition as one of Canada’s top employers – the Service you would encourage your family and friends to join, knowing it to be striving to be diverse, inclusive and welcoming! Certainly, as it has been discussed, this is essential if we are to attract our reliefs, the next Watch. Do not, however, misconstrue our intent. This initiative – just one element in our evergreen efforts to address the inevitable organizational and behavioural inconsistencies that we’ll experience as we adapt our culture in response to the ever-evolving international and domestic contexts in which we live and operate – is about far more than attraction and recruiting. As we’ve been discussing, at its essence this initiative is about nothing less than ensuring that our Navy strives to keep pace with the society we serve so as to remain exactly the Service that Canadians want to represent them in the world’s darkest corners when principles and values matter. And, WHY now? Obviously this initiative, as significant as it is given the importance we assign to the titles and vestiges that define us, is but an element of an enduring effort to remain a proud, capable and modern Service. Yet, arguably, there is no room for deferral. An enduring effort, especially one involving culture, can be stalled by the failure to incrementally effect change. This is to say that, as we know, we cannot burden the next watch with what we can and must do today. Progress needs be realized on the current Watch... now ... on our Watch. Through this initiative, our resultant dialogue, and its follow-through, we’ll make the next contribution to our broad efforts. This action is appropriate and timely for our RCN, a Navy that is equally known

for not only WHAT amazing things we accomplish but equally so for HOW we do so – for HOW we conduct ourselves ... for WHO we are.

Shipmates, having shared with you these important thoughts about the dialogue we’ve been having as a result of the initiative, let me now share with you some results.

Having contemplated all of this advice, I share that I welcome and celebrate the strong endorsement for this change (>75%) expressed. This demonstrates that ours is indeed a modern Service that prides itself on continuously evolving in-step with the nation and which is living-up to its recent recognition as one of Canada’s top employers. Additionally, I share that my decision as to the selected option was profoundly shaped by the clear preference of our junior ranks for sailor classes. Further, it’s convenient that such an approach aligns with extant designations in French. As a result, I am incredibly pleased and excited to announce that the English designation of our junior ranks will shortly be known as Sailor Third Class (formerly Ordinary Seaman), Sailor Second Class (formerly Able Seaman), Sailor First Class (formerly Leading Seaman) and Master Sailor (formerly Master Seaman). All will be simply referred to as “sailor” (except Master Sailor, which always merits the use of the full rank title “Master Sailor”) in routine conversation unless formality or need for specificity drives the more fulsome title. These new rank designations will be effective upon the issuance of a CANFORGEN on Friday 4 September. At that point, as we begin referring to shipmates using the new rank designations, we will have taken another in our incremental steps to build a more inclusive workplace that appropriately represents our values as a Navy, Force and Nation. Meanwhile, there will of course be a formal process running in the background to codify the change in our orders, regulations, publications and forms. This process is expected to take several years. Amplifying information will roll-out as

this process unfolds.

Before I conclude, shipmates, I’d be remiss if I didn’t also take this opportunity to share that the poll and accompanying dialogue has revealed that we continue to have prejudices and hate in our ranks – as heartbreaking as that is for the vast majority of you and for me. Despite the fact that the overwhelming majority of polling votes and discussion applauded or criticized the initiative in a constructive and respectful way, as you heard via a compelling 24 July response statement from Deputy Commander RCN so too were there inappropriate, hurtful views and harmful expressions amongst the results. In response, let me be clear: such negative and in some cases illegal sentiments and expressions are unequivocally unacceptable. Further, those embracing them are not welcome in the RCN/CAF where we have zero tolerance for racist, anti-Semitic, misogynistic and discriminatory behaviours of any kind in our ranks. So, for those who contributed such – and you know who you are – do the right thing and identify yourself to your superiors so that we can get you the help you need to identify and overcome your biases and prejudices or help you leave the Navy whose modern culture you obviously do not share. Remember: We aspire to be a Navy in which all are treated with dignity and respect as well as a Service that cultivates an inclusive and respectful work environment for all. In choosing to serve, you accept these as your aspirations for us as well!

Shipmates, we have profited immensely from our dialogue regarding the rank change initiative this summer. We emerge from it with a greater insight into who we are including the sobering reality that we all need do more – individually and collectively – to be diverse, inclusive and welcoming. More positively, we can now take satisfaction in knowing that through this initiative we have taken another important and far from symbolic incremental step in ensuring that the RCN remains the modern Service that all shipmates deserve – indeed, that our nation deserves.

Table 1: RCN Renaming Positions Opinion Poll (17,950)	
Rank	Responses
OS-MS	8,260
Civilian	3,173
PO2-CPO1	2,209
Junior Officer	1,748
Senior Officer	1,060
Other	871
Veteran	468
RCAF / CA	154
Canadian Coast Guard	7

Table 2: RCN Renaming Positions Opinion Poll Results (17,950)	
Choice	Responses
Sailor Classes	7,564
Sailor	4,966
Status Quo	2,771
Other	2,649



Base Commander Letter of Introduction

By Capt(N) Sean Williams
CFB Halifax Base Commander

Hello, CFB Halifax. It's good to be home.

I am incredibly humbled to have assumed command of Canada's largest military base and to be part of a vibrant community at the heart of my home province. I grew up in Bedford, and while I have lived in different provinces throughout my career, nothing quite compares to the kind, compassionate people and majestic natural beauty that make this part of the country so special. Like any military family, I am thrilled to be back among familiar faces—family, friends and colleagues—and look forward to making new connections and rediscovering Nova Scotia along with you.

So far, 2020 has been a tremendously trying year shaped by a historic global pandemic, public health challenges and deep economic struggles; heart-breaking local tragedies that forever transformed our communities; and urgent calls for justice and institutional reform with regard to climate change and systemic racism. We are living in an unprecedented time, and Defence Team members have dealt with much adversity and uncertainty admirably. In speaking with my predecessor, Captain (Navy) David Mazur, and learning more about the complex set of challenges you've faced this year as a Defence community, as individuals and as members of this great province, I am impressed at how you have adapted to complex circumstances, shifting to a "new normal" that is anything but.

While this has been a difficult period, this is also a time filled with opportunities for meaningful change. There's new energy to harness, new pro-

cesses to design, new realities to build—all of which we can do together as a united front. The enormity of the tasks that lie ahead cannot be overstated, but we will tackle today's and tomorrow's challenges with empathy, innovation and utmost respect for our greatest resource: our people. To this day, I am continuously inspired by the people who make the Defence community so rich, vibrant and dynamic. I look forward to working with the diverse group of military and civilian personnel who make up our CFB Halifax team; our colleagues in Defence locally; as well as our community partners to ensure that we remain steadfast in our collective goals and prepared for whatever comes next.

My main priority as Base Commander is to ensure a safe, welcoming and inclusive workplace where people want to work, where they feel valued and understood, and where they continue making meaningful contributions to Canadian Armed Forces (CAF) and Royal Canadian Navy (RCN) missions at home and abroad. Ours is hard work, but it is also incredibly rewarding work that allows for unique experiences, skill building, learning opportunities and relationships that will last a lifetime.

In a context of pandemic uncertainties, another goal of mine is to ensure that we are ready for the future: it is crucial to have the proper support system in place to ensure the safety and success of the future fleet, the future workforce and the future environment. Additionally, as your Base Commander, I hope to be as accessible as possible and to maintain open lines of communication. I want to hear from you and your families, knowing that you are fully

informed and empowered with important Base information, and engage with you in a larger conversation around how we can make positive changes to our workplace and community.

While my mandate has only just begun, the local Defence Team has gone above and beyond to make me feel welcome here. I want to thank both military and civilian members for being so welcoming and kind from the very first moment I arrived. Taking command of a military base during this strange time is nothing short of a steep learning curve but your guidance, dedication and support have made it a much easier transition.

In the near future, I will be sharing updates regarding the next phase of our Base Business Resumption Plan; flexible work arrangements in a time of back-to-school plans and the continuing pandemic; as well as plans for this year's (mostly virtual) National Defence Workplace Charitable Campaign (NDWCC). Moving forward, knowing that our present-day reality can evolve rapidly given the lifecycle of the pandemic and other unforeseen events, please know that we are all in this together. Today more than ever, we are stronger together and I look forward to embarking on this journey with you all.

It is an honour and a privilege to serve as your Base Commander.

Stay safe, stay well.



Lettre de présentation du commandant de la base

Par le Capitaine de vaisseau Sean Williams
Commandant de BFC Halifax

Bonjour BFC Halifax. Je suis heureux d'être ici, chez moi.

Je suis extrêmement honoré d'assumer le commandement de la plus grande base militaire du Canada et de faire partie d'une communauté dynamique au cœur de ma province natale. J'ai grandi à Bedford, et même si j'ai vécu dans différentes provinces tout au long de ma carrière, rien ne se compare réellement à la gentillesse, à la compassion et à la beauté naturelle majestueuse qui rendent cette partie du pays si spéciale. Comme toute famille de militaires, je suis ravi de retrouver des visages familiers — famille, amis et collègues — et j'ai hâte d'établir de nouvelles relations et de redécouvrir la Nouvelle-Écosse avec vous.

Jusqu'à présent, 2020 a été une année extrêmement éprouvante, marquée par une pandémie mondiale historique, des défis de santé publique et de grandes difficultés économiques; des tragédies locales déchirantes qui ont transformé pour toujours nos collectivités; et des appels urgents à la justice et à la réforme institutionnelle en ce qui concerne le changement climatique et le racisme systémique. Nous vivons une époque sans précédent, et les membres de l'Équipe de la Défense ont admirablement bien géré beaucoup d'adversité et d'incertitude. En parlant avec mon prédécesseur, le capitaine de vaisseau David Mazur, et en découvrant davantage l'ensemble complexe

de défis auxquels vous avez fait face cette année en tant que communauté de la Défense, en tant que personnes et en tant que membres de cette remarquable province, je suis impressionné par la façon dont vous vous êtes adaptés à des circonstances complexes, en passant à une « nouvelle réalité » qui est tout sauf normale.

Bien que cette période ait été difficile, elle est également remplie d'occasions de changer les choses de façon importante. Il y a une nouvelle énergie à exploiter, de nouveaux processus à concevoir, de nouvelles réalités à construire — tout cela, nous pouvons le faire ensemble, en tant que front uni. On ne saurait trop insister sur l'énormité des tâches qui nous attendent, mais nous relèverons les défis d'aujourd'hui et de demain avec empathie, innovation et le plus grand respect pour notre plus grande ressource : notre personnel. Jusqu'à présent, je suis continuellement inspiré par les personnes qui font que la communauté de la Défense est si riche, dynamique et remplie de vie. J'ai hâte de travailler avec le groupe diversifié de militaires et de civils qui composent l'équipe de la BFC Halifax, avec nos collègues de la Défense à l'échelle locale, ainsi qu'avec nos partenaires communautaires, pour veiller à ce que nous demeurions résolus à atteindre nos objectifs collectifs et préparés pour l'avenir, quel qu'il soit.

Ma principale priorité en tant que commandant de la base est d'assur-

er un lieu de travail sûr, accueillant et inclusif où les personnes veulent travailler, où elles se sentent valorisées et comprises et où elles continuent d'apporter d'importantes contributions aux missions des Forces armées canadiennes (FAC) et de la Marine royale canadienne (MRC) au pays et à l'étranger. Notre travail est dur, mais il est aussi incroyablement gratifiant et permet de vivre des expériences uniques, d'acquérir des compétences, de profiter de possibilités d'apprentissage et de nouer des relations qui dureront toute la vie.

Dans le contexte d'incertitudes liées à la pandémie, je souhaite également m'assurer que nous sommes prêts pour l'avenir : il est crucial d'avoir en place un système de soutien adéquat pour garantir la sécurité et le succès de la future flotte, de la future main-d'œuvre et du futur environnement. De plus, en tant que commandant de votre base, j'espère être aussi accessible que possible et maintenir des voies de communication ouvertes. Je veux avoir des nouvelles de vous et de vos familles, en sachant que vous êtes pleinement informés et que vous disposez de renseignements importants concernant la base, et engager avec vous une conversation plus large sur la manière dont nous pouvons apporter des changements positifs à notre lieu de travail et dans notre communauté.

Bien que mon mandat ne fasse que commencer, l'Équipe de la Défense locale s'est surpassée pour que je me

sente le bienvenu ici. Je tiens à remercier les membres militaires et civils d'avoir été si accueillants et aimables dès mon arrivée. Prendre le commandement d'une base militaire pendant cette période étrange comprend sans aucun doute une courbe d'apprentissage abrupte, mais vos conseils, votre dévouement et votre soutien ont rendu la transition beaucoup plus facile.

Dans un avenir proche, je vous ferai part des mises à jour concernant la prochaine phase de notre plan de reprise des activités de la base, les modalités de travail flexibles en cette période de retour à l'école et de pandémie qui se poursuit, ainsi que les plans de la Campagne de charité en milieu de travail de la Défense nationale (CCMTDN) (principalement virtuelle) de cette année. Dans l'avenir, sachant que notre réalité actuelle peut évoluer rapidement compte tenu du cycle de vie de la pandémie et d'autres événements imprévus, sachez que nous sommes tous solidaires. Aujourd'hui plus que jamais, nous sommes plus forts ensemble et je me réjouis à l'idée d'entreprendre cette aventure avec vous tous.

C'est un honneur et un privilège de servir en tant que votre commandant de la base.

Restez en sécurité, restez en bonne santé.

Face of the Base: Devin Munro

Meet our newest Face of Base: Devin Munro. Devin has worked as the Unit Training Officer for Base Executive Services since 2017. Supporting a number of training initiatives for our workforce, Devin most enjoys connecting with others in the Defence community to organize special events, such as professional development days. Last fall, Devin took a leave of absence to volunteer with the Canadian Conservation Corps volunteer service program that provides training, field learning and service project experience for Canadian youth. This experience reinforced his belief that community-based organizations can cultivate change and strengthen relationships. Back at CFB Halifax, Devin is helping to coordinate our local National Defence Workplace Charitable Campaign (NDWCC). Devin is enthusiastic about the challenge ahead as NDWCC 2020 will innovate and create new ways to raise funds and



foster community engagement. Devin is excited and up to the challenge! Thank you, Devin, for supporting our workforce and our community.

SUBMITTED

Face of the Base: Jennifer Denty

Today's Face of Base is Jennifer Denty, Museum Director at the Naval Museum of Halifax. Jennifer has been involved with the museum as both a volunteer and staff member since 2010, and assumed the Director role in November 2018. In her current role, she is responsible for the daily operations of the museum, long-term planning, fund generation and community outreach within the CAF and larger Halifax community. She hopes to grow people's awareness of the Naval Museum to make it one of the premier destinations for CAF members, veterans and the public to learn and reflect on the RCN's unique Halifax history. While we love having Jennifer as part of the Base team, we are both sad and thrilled to see her (temporarily) go, as she looks to



assume her newest role - mom - in the next month or so. Be sure to wish her well if you see her around CFB Halifax!

SUBMITTED



HMCS *Winnipeg* at RIMPAC

By Capt Chelsea Dubeau
HMCS *Winnipeg* PAO

HMCS *Winnipeg* did something that many ships have done before, and many will do again: depart on deployment. But something was new and different with the Aug. 1 deployment.

For one, *Winnipeg* is the first ship on the west coast to deploy on an international operation since the pandemic was declared in March, and, due to COVID-19 precautions, its sailors won't be able to explore the many foreign ports of call that are usually such a big part of the deployment experience.

A few days prior to leaving, all members of the ship's company were tested for COVID-19 in anticipation of their participation in RIMPAC 2020 off Hawaiian waters, and the follow-on deployment on Op PROJECTION/NEON. The crew of HMCS *Regina* was tested as well, as they are also participating in RIMPAC.

Mass tests for COVID-19 is a first for the Royal Canadian Navy, but are now part of a new standard implemented before putting ships to sea.

Winnipeg also has a new weapon in its arsenal: a Biofire. It's an instrument that can test for and detect bacteria and viruses – including COVID-19 – from samples taken on a ship.

"The ship is a confined space and

if there is a positive COVID patient it can rapidly spread," said MCpl Junkyu Lee, a laboratory technician on board. "The sooner we can detect the virus, the sooner we can confine and control the situation more efficiently."

The Biofire setup on *Winnipeg* is the first instrument of its kind on a Halifax-class ship.

Another new piece of kit is the Naval Remote Weapons System (NRWS), an upgraded version of the traditional .50 calibre machine guns on the bridge wings.

"Traditionally, the .50 calibre machine guns were crewed by a sailor who was physically standing at the mount and firing rounds at a target," said Lt(N) Adam Thomson, Deputy Operations Officer. "The accuracy of the weapon was heavily dependent on the proficiency of the operator. The NRWS has taken our traditional machine guns and mounted them on a remote-controlled and stabilized mount that is both highly accurate, even in increased sea states, and also eliminates the need to put a sailor outside at the mounts if the ship comes under attack."

Winnipeg is the first ship in the Pacific Fleet to be fitted with this system.

New tech aside, there was another

unprecedented event. Hundreds of Greater Victoria residents lined viewpoints at Dallas Road and Esquimalt Lagoon to watch both ships and their helicopters sail past with sailors formed up and waving goodbye as they left for Hawaii.

On the starboard bridge wing of *Winnipeg*, bagpipers played a tune to mark the moment. It was poignant and emotional for some; *Winnipeg* sailors won't see home until December.

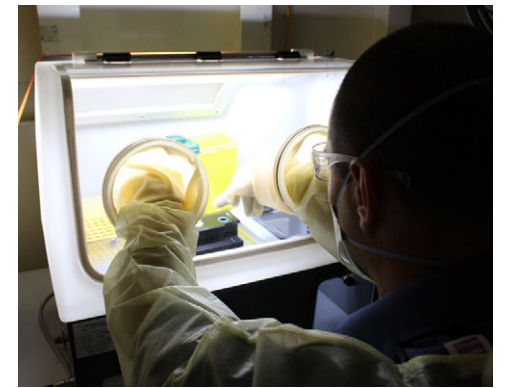
Sea Training Pacific staff are embarked in *Winnipeg* until September 4 to conduct Intermediate Multi-Ship Readiness Training (IMSRT). Warships typically don't go immediately from IMSRT into deployment, but with RIMPAC and the enhanced COVID-19 precautions built into the beginning of the program and throughout, adjustments were made to ensure the ship achieves high readiness. Despite the rigorous flex and the much beloved bong bong, the crew is leaning into the training, helped greatly by the mentorship of Sea Training staff.

Finally, on Aug. 12 *Winnipeg* got to do something not done before by a Canadian warship: engage a simulated surface threat using three weapons systems simultaneously. Using a hammerhead

target – a remote-controlled device used for target practice – the ship simulated a reaction to a surface threat, in this case, a vessel closing rapidly on the ship. This unique training opportunity had operators engaging the Naval Remote Weapons System, Close-in Weapons System, and .57 calibre Bofors gun.

The hammerhead didn't stand a chance.

Winnipeg and *Regina* are now fully engaged in RIMPAC.



Capt Ben Thisdel, Physician's Assistant in HMCS *Winnipeg*, demonstrates the Biofire on August 7.

SUBMITTED



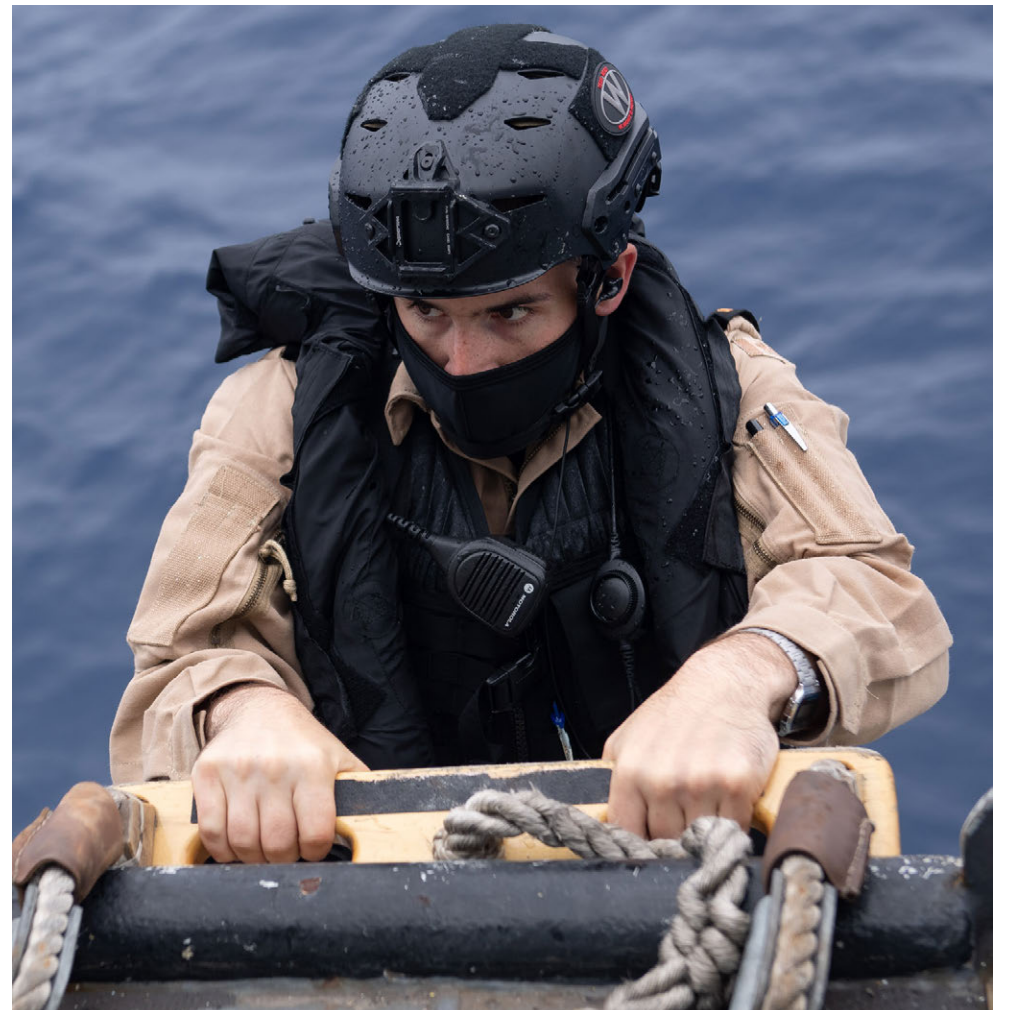
One of HMCS *Winnipeg*'s hammerhead targets is lowered in the water for target practice on August 10.

SUBMITTED



PO2 Robert Morris and SLt Phil Hopkins play the bagpipes in HMCS *Winnipeg* during the departure sail past on August 6, 2020.

SUBMITTED



Lt(N) Tony Boston, Deck Officer in HMCS *Winnipeg*, simulates a boarding exercise on August 9 while wearing a non-medical mask. In a boarding, members of the ship's company would come into contact with individuals who may put them at risk for COVID-19, thus, precautions are now built into many of the IMSRT training exercises.

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.



Increased access for DND civilians at military fitness centres

As we enter into a new month this week, our PSP Halifax team has some great news for local Defence Team members, especially our civilian fitness enthusiasts! Beginning in September, the Fleet and Shearwater fitness centres will be expanding services to allow for 75% capacity within each designated fitness area/room. This change in delivery will allow additional personnel to utilize the centres' services while maintaining critical public health measures such as physical distancing during workouts.

In addition to this expansion in capacity, our civilian (DND) members will now be permitted access to the Fleet and Shearwater fitness facilities effective Wednesday, September 2. Appointments at both fitness centres are required for all members – both military and civilian – and can be made through an online platform. Please visit the following link below for complete instructions on activating your account and booking your time slot: <https://admin.caconnection.ca/getmedia/fd558238-9d10-4218-89b9-4f5bfee28090/ONLINE-BOOKING-GUIDE.aspx>

Shower facilities at both fitness centres remain closed at this time, so please prepare accordingly to ensure we can all remain safe while staying active! And for those who remain in a work-from-home posture or prefer to work out in the comfort of their own home, PSP continues to offer its online workouts on the PSP Halifax Facebook page and YouTube channel.

Thank you for your continued understanding as our amazing PSP Halifax team works to ensure you are provided with safe and effective health and wellness services.

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER.



New Commanding Officer for Base Logistics

On July 29, 2020, Cdr Christopher Chalmers handed over command of CFB Halifax's Base Logistics (BLog) branch to Cdr Selena Aral during a formal Change of Command ceremony. Capt(N) David Mazur, former CFB Halifax Base Commander, presided over the virtual ceremony. Thank you, Cdr Chalmers, for your leadership and commitment, and welcome once again, Cdr Aral.

LS BRYAN UNDERWOOD, FORMATION IMAGING SERVICES



Back to school in the age of COVID-19

By Padre Lt(N) Graeme Carruth, CLC(P)

So here it is! The first week of school. And for better or worse the kids are back in class. It means parents are a little freer to be at work if they have a place to go to. It means our kids can connect again with the friends and classmates they haven't seen since March - something we know they've been craving for ages.

Of course it's hardly back to school as usual. There are social distancing directives to observe. People are all masked up. Everything has to be sanitised many times over. Though speaking of sanitising - our children probably have the cleanest 'kid-hands' in the history of the human race! In short, while we're enjoying a measure of normal, life no doubt still feels weird. Add to that the highly concerned news coverage this return to class has received. So let me ask you Dr. Phil's famous question: "How's it workin' out for ya?"

Perhaps you are among the fortunate of us who have made your peace with the presence of COVID-19 and don't feel much bothered by your children braving the uncertainties of school in an age of pandemic. If that's true, then go you! But if you are like many of the rest of us who feel anxious about the prospect of your child(ren) getting too close and personal with classmates who may not share your level of compliance with today's Corona practices then you might be struggling to cope. After all, aren't there enough dangers for our kids without an international disease? Certainly! But ironically that may be the very ticket to gaining a leg-up on our anxiety.

Consider this: as dangerous as COVID-19 is, the likelihood of any one of our children getting it is actually pretty low. In other words, our child(ren) are far less likely to con-

tract COVID-19 than to run afoul of the many other hazards already out there. And let's face it, ever since we first took our child to kindergarten we have been finding ways to deal with our anxiety for their wellbeing. So maybe we can allow ourselves some confidence that we've got this. Just like we have trained our children to watch out for very deadly vehicles and to avoid very deadly drugs and to steer clear of creepy-people situations so we have also trained our children to follow the social practices to protect themselves from COVID-19.

If you are a spiritual person, you have likely encountered the proverb, "Start your children off on the way they should go, and even when they are old they will not turn from it." (Proverbs 22 vs 6). We have been training them since they came into our world; surely we can trust that some of it has sunk in.

Admittedly our educators feel a need for more and clearer measures to be in place before things actually begin. But their concern reveals their commitment to making sure our children and themselves will be safe in the classroom environment. And while more work on this needs to be done, we can have confidence that each school will be working hard to minimize any risks.

Our 2020 reality is we do live in a COVID-19 world. It's not going away so we need to find ways to live well amid its presence. The good news is, we are well-practised at looking after our children and preparing them for the hazards of life. COVID-19, while dangerous, is just the newest factor in our child-training routine of readying them for life.

How are you really doing?

By Joy Geizer, BScHP, Health Promotion Specialist

"And now let us welcome the New Year, full of things that never were." - Rainer Maria Rilke

The fall was always the start of a new year for me. Much more than 1 January. It was new clothes for school, school supplies, the excitement of new friends, new teachers, new experiences, which all carried on with me to adulthood. And then with my own children. In the CAF it is very similar. New postings, new leadership, new courses.

But, WOW! Toss in a pandemic, ongoing state of emergency, new ways of doing business, and that new appendage, The Mask. Suddenly September is a whole new way of life, which we really did not have much opportunity to prepare for.

Developing skills in resiliency seems very much like getting an immunization. You need to be exposed to little bits of stressors, or the virus, in a safe, controlled way to learn how to manage the feelings and overcome that experience, making you more resilient for the next challenge.

Some folks have been able to think of this time as a blessing. More time for family, personal goals, getting outside, working on projects around the home, or enjoying long forgotten hobbies and interests. Others have had struggles. Feeling of being confined and restricted, stress over health concerns related to potential Covid infection, depressive and anxious thoughts, and lack of motivation to do anything. The capacity to cope is different for everyone, just like our physical fitness status. One of the tenets of health promotion is small changes over time, so tell me, what does that look like?

One of the simplest ways is to increase resilience is to practice gratitude and looking for the positive in

each situation. Take a moment when feelings of becoming overwhelmed start to permeate your mind and look for something you are thankful for. Stretch out that thought and write it down. Then read it. Again. Tuck it in a jar. Read others that you maybe already wrote. Focusing on the positives releases neurotransmitters to encourage a feeling of wellbeing. Each day I find I am able to write more and more things down. Just like I can run a little further each day.

Reframing experiences to ask yourself what am I getting out of this, how is this improving me, what am I learning here, can stem the negative thoughts, turning it into positives. This is another technique that is used during a challenging time early in our CAF life. You may have done it during basic training, and you can do it again. It is a skill to be practiced.

If an anxious feeling won't allow you to do any of the above, a commonly used coping technique is the 5-4-3-2-1 technique for grounding. Stop and pause, then acknowledge five things you see around you, acknowledge four things you can touch around you, acknowledge three things you hear, acknowledge two things you can smell, and acknowledge one thing you can taste. You might have already thought of with something you are grateful for.

If your feelings are preventing you from finding joy and impacting your life on a regular basis, Health Promotion can help you navigate services that can help. These techniques require practice and intention. If you are interested in learning more coping techniques, check out our Stress.calm and Managing Angry Moments programs.

"The beginning is always today." - Mary Wollstonecraft Shelley

September - Embrace Life Day/World Suicide Prevention Day

By Health Promotion staff

On September 10, World Suicide Prevention Day is recognized around the globe, to raise awareness of those who have died by suicide and provide support for those in need. In Nunavut, September 10 goes by another name, Embrace Life Day. This Northern territory has the highest rates of suicide in Canada, and if it were its own country, would rank second worldwide. Embrace Life Day is focused on celebrating our bonds and making a

commitment to life, so why not employ this positive framework, no matter where you are? Here are just a few important actions that you can take on this day, as well as the other 364 days this year:

- Make plans. Go out and do something fun with your friends or family to strengthen your relationship.
- Check in. Let your loved ones know that you're thinking of them,
- and offer support if needed. Even just sending a text or an email can make a difference.
- Get involved. Attend a community event to connect with the people around you and space that you live in.
- Volunteer or donate. Seek out a local cause that helps vulnerable populations and find out how you can make a contribution
- Raise awareness. Vow to challenge

the stigma surrounding suicide and not to avoid conversations about suicide prevention.

<http://inuusiq.com/embrace-life-day-activities-september-8-9-10-2018/>
<https://www.iasp.info/wspdp2020/>
https://en.wikipedia.org/wiki/Suicide_in_Canada

CANEX is looking for super fans

By The Lookout Staff

Calling All CANEX Super Fans!

Are you a fan of CANEX, Canada's Military Store?

Are you passionate, authentic, creative and outgoing? Are you connected within the CAF community and have a passion to share your story?

If you answered yes to any of these, then you could be part of the CANEX Ambassador Program.

As a CANEX Ambassador, you will play a key role in helping us keep our finger on the pulse of our CAF communities and provide members with authentic stories and feedback so that we can improve and continue to grow together.

CANEX AMBASSADOR PROGRAM REQUIREMENTS:

- Must be part of the CAF community (active member, retired veteran, military spouse, military child etc.) and hold a valid CFOne card.
- Active on Facebook, Instagram or YouTube.
- Have 2,000 followers (at least) on one or more social media platform(s).
- Willing to create high quality and unique content by posting, sharing, and tagging @CANEX.ca and #CANEX content monthly.
- A minimum of one post per month. All posts must tag @CANEX.ca.

AM I ELIGIBLE? FIND OUT HERE:

<https://www.cafconnection.ca/National/Programs-Services/CFOne/Register-Now!/Eligibility.aspx>

HOW IT WORKS:

- -CANEX Ambassadors get a first-hand look at upcoming products.
- -Have an opportunity to photograph CANEX product(s) and share your photos within your social community and with CANEX.
- -Ambassadors will create content around CANEX product(s) and seasonal merchandise.
- -Share CANEX messaging and content on your social channels.
- -Ambassadors get the opportunity to test and try new CANEX product(s) and provide product reviews, which will be shared on your social channels and with CANEX.

WHAT IS IN IT FOR ME?

- You will get a firsthand look at upcoming products and existing products. These products will be yours to keep, in exchange for the post.
- Promo codes (discounts) to shop at CANEX, which you can exclusively share with your fans and followers on your behalf.
- -Early access to sales, events and launch dates.
- -Increase your exposure to your social profile(s), as your posts will be shared in our CANEX's social feed.

FOR MORE INFORMATION GO TO:

<https://www.canex.ca/en/ambassador-program>

Cost-free training for transitioning CAF members and veterans interested in IT sector work

By DND

A pilot project to train transitioning CAF members and veterans for civilian information technology (IT) jobs is underway.

Entitled the Cyber Workforce Enablement Program, or CWEP for short, the project provides high-demand, cyber-career training to hundreds of transitioning members and Veterans, leveraging their existing military skills and preparing them to work in the IT sector with both the Federal Government and businesses across Canada.

The pilot project started in May and is the result of a partnership between the CAF Transition Group, the social impact company WithYouWithMe, and the multinational professional services firm Ernst & Young.

IT training being offered can be taken individually at one's own pace, with training usually taking

about six to 12 weeks depending on the course, or via scheduled virtual "boot camps" during which the training is completed over the course of an intensive week, including live sessions with an online instructor. In either case, all courses and training are offered free of cost, with the partners' goal being simply to assist military personnel in their transition back to civilian life.

For more information on the training available or to take the first step and express an interest in joining the Cyber Workforce Enablement Program, please visit Cyber Workforce Enablement Program (CWEP):

<https://rallypoint.withyouwithme.com/cwep-stp1/>

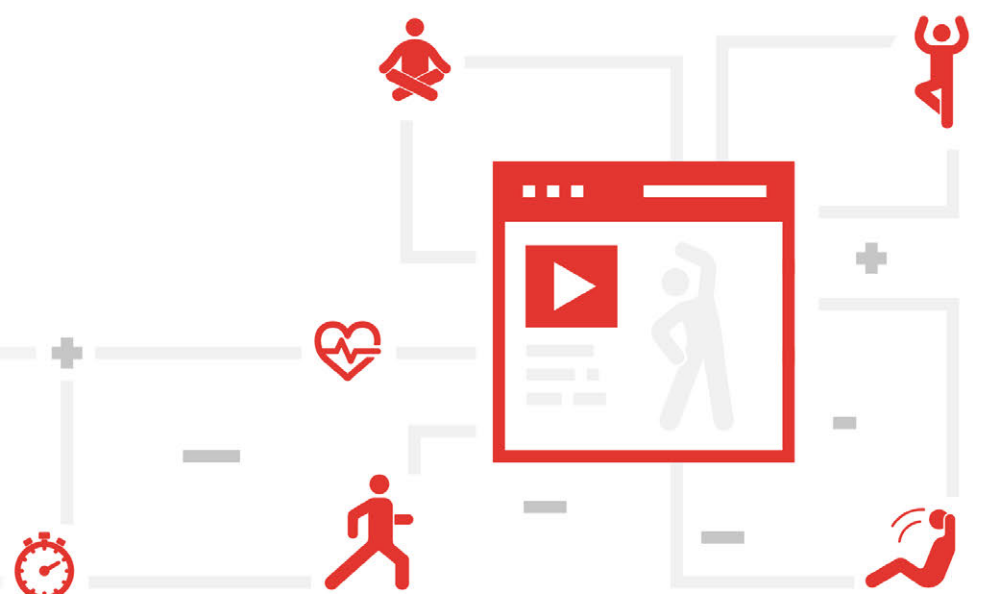


WORK IN

Virtual classes from our Fitness & Sports Instructors

WEEKDAYS AT 12PM

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





Steel Spirit: Ellen Sim

The Steel Spirit comprises galleries of artwork by military members and First Responders. Trident Military Newspaper will be running regular profiles for serving or retired CAF members who express themselves through various art forms including painting, sketching, sculpture, and more.



Ellen Sim is a retired CAF member who served for 30 years as a military dentist.

SUBMITTED

I took off my uniform for the last time on April 30, 2019, retiring after 30 years as a military dentist. My daily life was routine as a dentist, but I was fortunate to deploy twice during my career. In 2005/2006 I deployed to Afghanistan as a general dentist and in 2010 I deployed to Haiti after it suffered a horrific earthquake. In Haiti I functioned in the role of forensic den-

tist as part of a forensic team whose mission it was to identify Canadian victims of the earthquake, thereby enabling their repatriation.

I am married to an A+ Newfoundlander and have a son, 18 and a daughter, 20. In 2017, on a lark, I decided to try a drawing class and I, thankfully, discovered that I could draw and that my sole interest was in portraiture.

I know that my love of portraiture comes from a love of people. During my career I met and worked with many characters. Whether working hard as part of a team to accomplish goals during a deployment or working to meet patients' needs as a dentist, people made everything worthwhile. I cherish the people I met throughout the years, particularly those from different cultures. I chose to share a portrait of my mother because, as I believe military members would agree, it is our family members who ground us. My mother and I had always been close but she only started saying "I love you" to me when she knew I was departing for Afghanistan. She never stopped saying it. For me, people have made everything interesting, rewarding, and meaningful. I will continue to draw and paint portraits."



To represent her work as an artist, Sim has chosen this portrait she did of her mother. As Sim says, "it is our family members who ground us."

ELLEN SIM



Learn about the Naval Museum of Halifax

Did you know that the Naval Museum of Halifax is the largest naval museum of all museums belonging to DND? After almost 50 years of operation, the museum thrives to enrich our understanding of the RCN's dynamic history, share unique East Coast stories, inspire curiosity within the community and celebrate the contributions of those who have served. While the museum is still closed to the public due to the COVID-19 pandemic and corresponding public health measures, their staff have returned to work on-site and are happy to assist as best as they can via email while they continue working towards a progressive reopening. Find out more about the museum by exploring its new website (more info on the museum Facebook page @NavalMuseumHFX)

SUBMITTED



HMCS *Scotian* sailor pays tribute to lost ships through Navy Bike Ride

By AB B. Wiseman,
HMCS *Scotian*

The 2020 Navy Bike Ride was organized to commemorate the 25,000 voyages of the Canadian Naval and Merchant Ships during The Second World War. HMCS *Scotian*'s own CPO1 Paul Edwards has participated in the Navy Bike Ride for the past four years. This year, Chief Edwards has completed his goal of 36 rides, for a total of 750 kilometres, and with an added twist. CPO1 Edwards named each of his rides after ships that were lost during the Battle of the Atlantic (BOA).

"When the 2020 ride was announced as being a virtual ride the thought of dedicating rides to Royal Canadian Navy ships lost during WWII was immediate," he said.

"With this being the 75th anniversary of the BOA, what better way to honour the sailors, many of whom were Reservists, who paid the ultimate sacrifice, than by dedicating each ride to a ship lost during WWII. For me, it was a natural fit."

On June 20, CPO1 Edwards' bike ride was 32 km for HMCS *Charlottetown* K244, a Canadian Flower-Corvette that was sunk by a German submarine in September 1942. He then biked for HMCS *Margaree* H49, which was lost on 22 October 1940. Other HMC Ships he has recognized include

Regina, Esquimalt, Fraser, and Clayoquot. Along with the 34 tribute rides to the Royal Canadian Navy ships, he has dedicated one ride to all the Merchant ships lost during the BOA. He hasn't only ridden for the lost ships, he also took the initiative to assign one bike ride to each of the fallen airmen and sailors of the Stalker 22 Cyclone crash that occurred earlier this year.

Not only is CPO1 Edwards participating in the Navy Bike Ride with other Canadians, he is also joined by a former U.S Army soldier, Specialist Tonya Peterson, who is currently riding from across the border in Maine.

"This ride is important to me as I am just winding up my career with the Royal Canadian Navy. I have completed 44 years of service as of July 5, 2020, and at the end of October, I will be leaving a profession that I have thoroughly enjoyed and hopefully contributed to," CPO1 Edwards said.

"It is an honor to be able to join my colleagues and try to meet the Navy's goal of 25,000 rides."

With the lost Royal Canadian Navy ships, Merchant ships, and the lost crew of CH-148 Cyclone helicopter Stalker 22, Chief Edwards has dedicated 36 rides in total to the 2020 Navy Bike Ride. Bravo Zulu Chief Edwards!



CPO1 Paul Edwards, a member of HMCS *Scotian*, has completed 36 rides as part of this year's Navy Bike Ride, with a total of 750 kilometres pedaled in honour of the RCN and Merchant Navy ships lost during the Battle of the Atlantic.

SUBMITTED

PSP eyeing gradual return for CAF sports in 2021

By Ryan Melanson,
Trident Staff

While the situation remains fluid due to the COVID-19 pandemic, staff at PSP Headquarters in Ottawa are hoping to see CAF athletes return to their regularly scheduled regional and national sports tournaments in 2021.

The decision was made earlier this summer to cancel all regional and national level sports for the remainder of the year. CAF Sports Senior Manager Valerie Savard said her team was conservative on making cancellation announcements, and originally hoped that holding national tournaments would be possible near the end of the year, but that plan eventually proved to be too optimistic.

"We had to follow what the CAF was

doing, which was to send our people home from the office, and we also had to make the difficult decision to shut down sports until at least December 31. It wasn't realistic to do anything otherwise considering things like provincial travel restrictions," she said, adding that cues were also taken from the civilian sports world, where most large competitions scheduled to take place in 2020 have been called off.

"I can appreciate how challenging this was for all the participants, and it was challenging for our team also."

She said the return of CAF sports will be gradual and likely asymmetric, as the pandemic situation may continue to be different from province

to province. The extension of some provincial travel restrictions could also see regional sports return in an environment where national tournaments still aren't feasible.

However the rules and restrictions shake out, Savard said she's confident in PSP's ability to deliver quality sports, even if events need to be adjusted to ensure athletes, staff and volunteers all stay safe and abide by any limits on large gatherings or other restrictions.

"We'll be looking to our PSP teams, who are our sports experts, to deliver sports opportunities that are a bit modified."

Savard also praised PSP teams

across the country, including PSP Halifax, for staying connected with their communities digitally through initiatives like the noon hour Work-IN on Facebook live and the Navy 10K Virtual Series. Other digital initiatives are currently coming together at the national level, including training opportunities for CAF sports coaches, managers, trainers, and volunteers.

Atlantic Region athletes can expect news on 2021 regional tournaments as soon as it's made available, and any questions regarding CAF Atlantic Regional sports can be directed to Regional Sports Coordinator Jason Price at Jason.Price@Forces.gc.ca.



The HMCS Nipigon "Bad News Bears" as seen at Windsor Park in September 1982. Top row from left; SLt Holt, OS Dumas, SLt Davies, LS McCullough, LS Ogaick, MS George, LS Wood, and coach MS Lepine. Back row from left; OS Crane, OS Matheson, AB White, OS Bourgeau, and OS Welshman.

TRIDENT ARCHIVES.

RCN sports history: Nipigon taken down by radio jockeys

By Ryan Melanson,
Trident Staff

On September 11, 1982, the HMCS Nipigon "Bad News Bears" softball team took on the C100 Radio "No Stars" for a special charity game at Windsor Park in support of the IWK Health Centre. After a nine-inning struggle, the radio station team came away with a 15-8 win over Nipigon, with the sailors ensuring the roughly 75 people in attendance that they simply took it easy on the civilians. Writing in Trident at the time, SLt C.R. Davies noted that scouts from the Toronto Blue Jays and New York Mets were on hand for the game, though current Trident Staff cannot verify that piece of information.

THIS MONTH IN RCN SPORTS HISTORY:

1944 - The team from Orion Block emerged as winners as the Inter-Block Softball League wrapped up for the season, ousting RMS *Lady Nelson* in a hectic three-game series. This Inter-Block championship allowed Orion to represent the Mechanical Training Establishment (MTE) in the overall Base Championship, drawing a bye to the finals to take on the Sick Berth Attendants (SBA). The MTE Stalwarts took the first game 9-6, but the SBA squad, widely known as the "Aspirin Peddlers", tied up the series with a victory in the second game, and a five-run fourth inning in the rubber match that clinched the game, series

and the base title for SBA. The series was said to have drawn the largest and most enthusiastic group of fans of any Inter-Base match that year.

1956 - The Canadians were outplayed on their own turf during the 1956 Atlantic Command Golf Championship, with USN Exchange Officer LCdr Louis Brozo, then posted to Shearwater, taking the top prize. The American officer had a net score of 143 for 36 holes at the Brightwood Golf Course, with a gross score of 147 after rounds of 71 and 76. Second place in the tournament went to LCol H.L. Harris, while the best scoring RCN golfer was PO Bruce Hutchinson, with a net of 145 and a gross of 161, good for third place overall. A total of 48 players took part.

1964 - The Armed Forces Soccer Championship tournament was held during the last week of September, and for the first time, an RCN team took the top prize, the G.R. Pearkes trophy. The Pacific Command team won the cup by defeating the Black Watch team by a score of 2-1 in overtime, and scored victories earlier in the tournament against RCAF Winnipeg (6-1) and HMCS *Stadacona* (6-0). Standouts for the Pacific team included Nigerian apprentice Bonnie Egbunobi, who scored the winning overtime goal, along with Bob Marsden and George Whelan. The team was coached by PO Bill Lewis and Team Manager was W.C. Curry. The tournament took place at Camp Gagetown.



Public Service Pride Week 2020

As we close Public Service Pride Week 2020—an opportunity to celebrate LGBTQ2+ Defence Team members, their identity, resilience and positive contributions to Canada's public service—we want to thank CFB Halifax LGBTQ2+ Defence Team members for everything they do. Your commitment and actions are a testament to the true spirit of public service. CFB Halifax is dedicated to fostering a safe and welcoming environment for LGBTQ2+ Defence Team members and their allies while striving for meaningful change and cultivating a more inclusive community on Base.

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER.



Base Parking Resumption

By CFB Halifax PA

On Friday, March 13, 2020, it was announced that CFB Halifax would be following national CAF/DND direction in response to the COVID-19 pandemic, and reverting to core and critical services only, with personnel adjusting to a work-from-home posture. To prevent unwarranted parking charges while personnel operated away from the site, parking fees have not been collected since 16 March 2020 as part of a temporary “Weekend Parking Posture.” Defence Team members are now gradually returning to work and on-site activity has increased across the Base to levels that necessitate controls on parking availability. For this reason, beginning 8 September 2020, parking passes will be required at: HMC Dockyard; Halifax Armoury; RA Park; Stadacona; Windsor Park; and Willow Park.

Personnel who require a parking pass, need to make changes to their parking pass, or contractors who pay by debit transactions for parking can do so by scheduling an appointment with the Parking Pass Control Section located on the second floor of building S90. Appointments will be available starting on 24 August, and can be booked by emailing the Parking Pass Control Section at CFBHALIFAXPARKING@forces.gc.ca. Personnel who wish to return their parking passes can do so by visiting the HMC Dockyard Security Office along Valour Way adjacent to Rainbow Gate between the hours of 06:30 - 15:30, Monday to Friday. Personnel who already hold and wish to keep their parking pass require no further action. Any parking-related pay deductions incurred during the 16 March – 8 September period will be reimbursed automatically.

We thank you for your continued understanding as we gradually and safely welcome members of our local Defence Team back to the physical workplace.