



TRIDENT

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THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 • LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

A Multi-Role Rescue Boat

Members of HMCS Harry DeWolf's ship's company trial their new Multi-Role Rescue Boat (MRRB) to enhance seamanship and navigation skills, on September 2, 2020. The boat's primary role is rescue and tactical operations like supporting the Enhanced Boarding Party.

MONA GHIZ, MARLANT PUBLIC AFFAIRS





COVID Alert App – Do your part and download it today

By DND

The recently launched COVID Alert app, developed and built by the Government of Canada and available for iOS and Android, is an additional public health preventive tool for Canadians to use to help limit the spread of COVID-19 and prevent future outbreaks, as well as protect themselves.

As such, military and civilian members of the Defence Team, as well as their friends and families, are strongly encouraged to download and use the app on a voluntary basis.

COVID Alert should be installed on one device only, generally the one that you carry with you most frequently. For most members, this will be their personal device, but downloading it to Department of National Defence and Canadian Armed Forces issued smartphones is permitted.

COVID Alert complements existing public health preventive measures such as maintaining good hand and respiratory hygiene, respecting physical distancing, and wearing non-medical

masks or face coverings when physical distancing is not possible.

By advising people of possible exposure to COVID-19, the COVID Alert app helps limit the spread of infection and prevent future outbreaks by prompting individuals to self-monitor for symptoms, perhaps get tested and, if they test positive, take measures to ensure they do not spread the virus further.

When a person is diagnosed with COVID-19, they are provided an activation key by a public health authority to enter into their app. This will allow the app to trigger a notification to all users of the app who could be high-risk close contacts of that person. This includes everyone who has been within two metres for more than 15 minutes of the positive case in the past two weeks.

If you are notified, this does not necessarily mean you have COVID-19 or need to go into quarantine or isolation, but you should contact your local

public health authority for guidance.

If you are not in a location where activation keys are provided, you will not be able to use the app to trigger notifications for others. However, no matter where you are, COVID Alert will still notify you if someone, for whom you were a potential high-risk contact, was diagnosed with COVID-19 and used an activation key themselves.

COVID Alert is built with strong privacy protection and uses Bluetooth to exchange random codes with nearby phones with the app installed. No personal identifying or location information is ever exchanged or made available to anyone. The app has no way of knowing a user's location, name or address, phone contacts or health information.

COVID Alert does not replace manual contact tracing by local public health authorities, nor medical advice. If you get sick, go home or stay home and contact your doctor or other

health-care provider.

The COVID Alert web page provides detailed information on the app, as well as links to download it.

For CAF members

If you are diagnosed with COVID-19, you will still need to be interviewed by a contact tracer to ensure that everyone who might be at risk is made aware.

CF Health Services Group is currently working with the Canadian Digital Service, the federal government's app developer, to incorporate the issuing of activation keys with our COVID-19 diagnostic process. This process will be finalized in the near future and will be communicated accordingly. In the meantime, CAF members who receive COVID-19 test results from civilian provincial labs could receive activation keys when they are notified of their test result.

Greetings from Capt(N) Sean Williams, CFB Halifax Base Commander

By DND

"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."

– Capt(N) Sean Williams, the new CFB Halifax Base Commander. Read his full letter of introduction to the community here: <https://bit.ly/2EZkO91>

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER





The Run the Rock team during their visit to Woody Point in 2019. Even with this year's fundraiser being a virtual one, this small community has raised \$13,000 for the Children's Wish Foundation.

SUBMITTED

HMCS *St. John's* Runs the Rock from home

By Ryan Melanson,
Trident Staff

The crew of HMCS *St. John's* is in full swing with its annual charity relay run in support of the Children's Wish Foundation, and even though Run the Rock 2020 looks a bit different than previous years, it's importance hasn't changed.

The initiative began nearly 25 years ago, and the ship has raised more than \$800,000 through that time, granting wishes for countless children in Newfoundland and Labrador and beyond. This year, the fundraising total is already at \$25,000 as the team continues their virtual trek across the Rock. The usual Run the Rock route sees the crew travel from Port Aux Basque to St. John's, with about a dozen community stops along the way. The 2020 version, happening digitally, will require members to run the same distance locally, logging their runs and posting photos and videos on social media to show their progress.

"The weather isn't perfect every day, sometimes it's cold or rainy, but our sailors are doing a great job getting out there and getting their kilometres each day. They're dedicated, they're motivating each other with their videos and pictures, and doing great work," said MS Frankie Gosse, who has been co-hosting the team's daily Rock Talk video stream on Facebook along with MS Shauna Houston.

The duo have been going live each evening at 6 p.m. (6:30 p.m. in Newfoundland) with updates on the team's progress and for video chats with people connected to the program, including families who have been granted wishes from the foundation, as well as community members who normally get in-person visits from runners as they make their way across the province. Crew members have also done radio interviews in Newfoundland to promote the fundraiser, and continue to search for innovative ways to get people's attention and encourage donations of the Children's Wish Foundation Newfoundland and Labrador Chapter.

"Because we can't be there in person, we need to connect with people any way we can. Social media is huge for us this year. We're going to keep pushing our content out there because it's the only way we'll be able to make this a success," said Lt(N) Emily Lambert, *St. John's* Executive Officer.

And the ship's company aren't the only ones who've kept their commitment to Run the Rock through the COVID-19 pandemic, with the communities who regularly support the program stepping up once again this year. The small town of Woody Point, for example, has already made a \$13,000 contribution to this year's run.

"They always work so hard to make this a positive experience, both for the runners, and also by raising money for Children's Wish. They've shown us year after year how large of an impact even a small community can make

when they work together," said MS Houston.

More information on the event, including links to donate and the nightly Rock Talk show, can be found at <http://facebook.com/runtherockNL>.



*HMCS *St. John's* Run the Rock team members are tracking their distance and posting videos or selfies after their runs, like WO Bill Griffin, seen here.*

SUBMITTED



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Calling all would-be Preventive Medicine Technicians

By WO Brad Studham Preventive Medicine Technician,
Canadian Special Operations Forces Command

Traditionally, the Preventive Medicine Technician (PMed Tech) occupation accepted occupational transfers (OTs)/component transfers (CTs) from the Medical Technician occupation only.

The approval of a new Entry Standard now allows OTs/CTs from any Regular Force or Primary Reserve occupation as long as the applicant has reached the operationally functional point in their current occupation.

What is Preventive Medicine? In short, Preventive Medicine is a multi-disciplinary occupation whose responsibility and ultimate goal is to protect and preserve the health and well-being of CAF members. Just shy of 100 positions across Canada, we undoubtedly have our work cut out for us.

As advocates for force health protection, PMed Techs employ proficiencies in public, occupational, and environmental health in order to anticipate, identify, evaluate, mitigate and prevent workplace conditions that may adversely affect the health of serving members. It is our duty to provide

force health protection intelligence to leadership to enable them to safeguard the health of personnel, while we work towards achieving mission objectives.

Distinguishing attributes of a PMed Tech include someone who is a strong communicator, has the ability to apply both analytical and outside-the-box critical thinking skills, is naturally inquisitive, and has an avid desire to learn new knowledge and skills to enrich their personal and professional development.

While I have held many positions at different units, the one I consider the most noteworthy is the position that I am currently serving in as a Supporter with Canadian Special Operations Forces Command.

In this position, I am relied upon to identify, quantify, and mitigate potential health hazards domestically and internationally. In addition to spearheading Preventive Medicine Technical Assistance Visits for Special Forces operations worldwide, I am responsible for conducting public, occupational, and environmental health site assessments and investigations of

derelict or abandoned facilities used to support off-based dynamic training and exercises.

I have had the opportunity, on countless occasions, to work directly with foreign military force health protection specialists and organizations, as well as civilian health professionals and agencies. These partnerships along with my duties and responsibilities affirm the importance of my role as a specialist and have necessitated enhancement of my academic and professional competencies, which in turn, promotes and fosters professionalization of Preventive Medicine in the CAF.

If you think this is a career you would be interested in, contact the CF Health Services Group Staff Officer for Attraction, Maj Tina Lipcsey, for more information. Those interested can also access the Call For Applications – 2021-2022 Voluntary Occupation Transfer Programs for Trained Regular Force Members CANFORGEN available on the CAF App.

HMCS *Toronto* is first ship to promote sailors at sea to new RCN ranks

By Lt(N) Anders Mech,
HMCS *Toronto*



From left: S1 Powers, MS Vassallo, and S2 Sheppard were recently promoted aboard HMCS *Toronto*, using the Royal Canadian Navy's new rank designations. HMCS *Toronto* currently is deployed to Op REASSURANCE.

SUBMITTED

While at sea in the Baltic on September 4, HMCS *Toronto* became the first ship in the Royal Canadian Navy (RCN) with the privilege of promoting sailors at sea into the RCN's new rank titles. Our Commanding Officer, Cdr Dargavel, promoted OS Joshua Sheppard to Sailor 2nd Class, AB Michael Powers to Sailor 1st Class and LS Cara Vassallo to Master Sailor.

The new rank changes were proposed to modernize the RCN's rank structure. Through an online survey, the Royal Canadian Navy received and reviewed 18,000 comments concerning the proposed changes. The majority of the input came from the Junior Ranks themselves, who indicated that the proposed rank changes were indeed a welcome move. Within HMCS *Toronto*, the opportunity for

individuals to provide their feedback online concerning the proposed changes also inspired a healthy dialogue within the ship about our culture, who we are and what this change, as well as others like it, mean to the RCN moving forward.

HMCS *Toronto* is proud to be the first unit to officially recognize the new rank titles. These new rank titles: Sailor 3rd Class, Sailor 2nd Class, Sailor 1st Class and Master Sailor speak to our commitment of embracing the diverse nature of today's Navy. These changes also have the added benefit of aligning the English rank designations with the existing ranks in French. These changes came into effect on the 4th of September. Congratulations to those promoted!



From left, outgoing Trinity Commanding Officer Cdr Corey Steiro, presiding officer Capt(N) Trevor MacLean, and incoming Trinity CO Cdr Rory Dolan at the Change of Command ceremony held on September 4.

SI BRYAN UNDERWOOD, FIS

New Trinity CO welcomed into complex work environment

By Ryan Melanson
Trident Staff

After three years at the head of the RCN's operational support and intelligence centre, Cdr Corey Steiro is moving on. The outgoing Trinity Commanding Officer officially handed the reins to his successor, Cdr Rory Dolan, during a small ceremony at Tribute Tower on September 4.

Cdr Steiro said his naval career has reached heights he couldn't have imagined when he first became a reservist in 1994 in Saskatoon. At that time, he said, he had no idea what Trinity was. Now, after leading the unit, he describes it as the most complex organization in the RCN, responsible for analyzing sensitive information and for maintaining lines of communication with RCN and CAF colleagues, other Canadian government entities, and international allies.

"The goal has always been to provide the absolute best operational support, 24/7," he said.

"And there's been no shortage of difficult issues along the way, the

type that we don't have specific courses to prepare for."

He provided a few examples of those issues, including manning shortages, information management problems, potential criminal investigations, and flooding within the unit's building, all in an environment of increasing demand for operational support. He said open communication from the command level down through the unit was key in overcoming those challenges while getting buy-in from his people and advice from those with expertise.

"I can't overstate the importance of clear and transparent communication, both up and down the chain as well as with our external partners," he added.

Capt(N) Trevor MacLean, Chief of Staff for Maritime Component Command, who presided over the ceremony, described Cdr Steiro's leadership as a force multiplier, and gave him credit for new initiatives at the unit that have advanced RCN interopera-

bility with allies.

"He used every possible resource to its fullest extent, and developed new ways to ensure our ships get the information they need, when they need it."

Capt(N) MacLean also took the occasion to welcome Cdr Dolan, his wife Deborah, and his two sons back to Halifax, after his most recent posting with CJOC in Ottawa. Cdr Dolan is also a former Deputy Commandant of the CF School of Military Intelligence, and has served as an intelligence analyst at the Pentagon in Washington, DC, and as Chief of Strategic Warning at NATO headquarters in Brussels, Belgium.

The new Commanding Officer, originally from Alberta, said he was humbled and honoured to be stepping into the role, and to be working in Halifax for the first time since 2006. He's served in three different countries and six different cities since then, across a variety of intelligence-based roles, and said arriving

at Trinity now feels like a full-circle moment.

"Coming back to Trinity, and coming back to the Navy, is really the highlight of my career to this point. For a Naval Intelligence Officer, there's no job more exciting than this one."

Cdr Dolan has spent recent weeks working with Cdr Steiro to get up to speed at Trinity and become familiar with the unit's 260 employees, its important operational support roles, and the relationships Trinity maintains with outside partners and allies.

"This is a more diverse organization than I could have ever imagined, with locations, missions and mandates all across North America. I can't wait to get to work," he said.

While a small crowd of family and colleagues attended the ceremony in person, it was also streamed live through Facebook for those who wished to tune in from home.



WO Sandra Leaman, 12 Wing Air Person of the Year

By Lt Leo Zhou,
12 Wing Public Affairs

"In the field, giving troops an extra box of glow sticks or baby wipes can really make their day better," says WO Sandra Leaman. "It's very rewarding to be able to provide support to other members." WO Leaman is a Supply Technician (Supply Tech) and the Deputy Maritime Helicopter Logistics Officer at 12 Air Maintenance Squadron. In this role she primarily supports the Helicopter Air Detachments (HELAIRDETS). "We ensure the HELAIRDETS get things like spare parts since COVID-19 started we've also been busy purchasing hand sanitizer, signs, and other items for 12 Wing."

On July 10, 2020, WO Leaman won the 12 Wing Shearwater Air Person of the Year Award for her dedication and work ethic. Her chain of command describes her as, "A team player who always volunteers time for her unit." From volunteering for deployments and Flag Parties to coordinating unit morale events, WO Leaman's expertise and willingness to do more was recognized at the wing's annual Honours and Awards ceremony at the Sea King Club.

Originally from Cow Bay, Nova Scotia, WO Leaman joined the Canadian Army in 2002 at the age of 17. "I had no family in the military and actually went to the recruiting centre because of a friend from high school," she says. "Her parents wanted her to join and she agreed to speak to a recruiter if I came with her, we both ended up joining."

After trade training at CFB Borden, WO Leaman was posted to CFB Gagetown in July 2003 where she handled kit receipts and issues at Base Supply. In January 2004 she was deployed to Bosnia for three months. "Canada was pulling out at the time and when I went over, we were starting to tear stuff down," she says. "When going out we didn't need to be fully kitted out because most of the fighting had ended, though being a small town girl, it was a

big culture shock seeing all the damage. Things like holes in the roofs of homes and burnt out cars in the ditch, it was eye opening."

In 2006, WO Leaman was promoted to Corporal and began working at the Quarter Master shop for 2 Royal Canadian Regiment, responsible for issuing and receiving weapons, ammunition and field equipment. She went to Afghanistan from February to August 2007 with the National Support Element, where she was responsible for high-priority orders. "I spent a lot of time at the Forward Operating Bases (FOBs) and it was nice to be the main Supply Tech at the FOBs," she says. "Close to 70 percent of my deployment was in the FOBs."

Getting from place to place was especially challenging in Afghanistan. "When riding in the convoys our senses were always heightened, we did a year

of work up training so we pretty much knew what to expect, I rode in the right seat of a supply truck to the first FOB, a UH-60 Black Hawk to the second FOB, and a Light Armoured Vehicle (LAV) to the third; riding in the Black Hawk was definitely cool." The FOBs had facilities such as modular tents, a field kitchen, and showers. "We would only shower every couple of days because we never knew when or if the next supply convoy would arrive with water, so having baby wipes was great," she says. "As for food, we had cooks but out on convoys we would eat rations."

WO Leaman got married and had her first son in 2008. In 2010 she was a part of Operation PODIUM, the CAF's contribution to security at the 2010 Winter Olympics in Vancouver. "I was very fortunate to be able to go down to Vancouver quite often, I got to see the rings in the harbour turn gold when Canada

got a gold medal," she says. "It was my first time in British Columbia and I was in awe at how beautiful it was."

"My husband and I were posted to 14 Wing Greenwood in 2011, it was my first introduction to the Air Force," she says. It was also the year WO Leaman's daughter was born. In 2012 WO Leaman was promoted to Master Corporal and in 2015 she was deployed to North Sinai, Egypt as part of the Multinational Force and Observers on Operation CALUMET for three months. "During my time there, the posture changed and things became more hostile," she says, "our camp was hit with mortars, IEDs were being placed, and we had several stand-tos, and more insurgents were moving into the area." The following year she was promoted to Sergeant and returned to the Sinai from October 2017 to April 2018. "The second time things were much more relaxed, we were in South Sinai this time around."

In July 2018, WO Leaman was posted to 12 Wing and deployed to CFS Alert for a month in the spring of 2019. "It was always on my bucket list so I saw everything I could while up there," she says. Later that year, WO Leaman assisted with Exercise CUTLASS FURY and immediately after was off to France on a C-17 to hand deliver high-priority materials to the deployed Cyclone HELAIRDET in HMCS *Halifax*. "During CUTLASS FURY my boss asked if I was interested and not being one to shy away from trying new things, I took the tasking."

When asked how she gets to do so many cool things at work, she says: "The first thing I tell people is to look for the positives of every opportunity. When they're looking for volunteers, always put your hand up and see the world. Whether it's a parade, or a tasking, you never know what it will be like until you go, so always volunteer."



WO Sandra Leaman, a supply technician of 12 Air Maintenance Squadron, at 12 Wing Shearwater on August 10, 2020.

AVIATOR JACLYN BUELL, 12 WING IMAGING SERVICES.



WO Sandra Leaman in front of a United States Army Black Hawk helicopter during her deployment to Afghanistan in February 2007.

SUBMITTED



WO Sandra Leaman, with the 12 Wing Shearwater Air Person of the Year Award on August 31, 2020.

LS LAURANCE CLARKE,
12 WING IMAGING SERVICES



WO Leaman as a member of the Colour Party at the Wing Change of Command Ceremony at 12 Wing Shearwater on July 18, 2019.

AVIATOR OLIVIA MAINVILLE,
12 WING IMAGING SERVICES



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HMCS *Regina* conducts missile firing during RIMPAC 2020

By DND

HMC Ships *Regina* and *Winnipeg* were off the coast of Hawaii recently, participating in Exercise Rim of the Pacific (RIMPAC) 2020, the largest maritime exercise in the world.

The purpose of this exercise was to provide an opportunity for sailors to gain experience working with international forces, practicing group and task force tactics, and using important equipment and weaponry.

The crew of *Regina* participated in a sinking exercise, or SINKEX, on August 29. A SINKEX occurs when an environmentally clean, decommissioned hulk is purposefully sunk to provide a unique opportunity to improve coalition partners' warfare readiness.

"With an ever-changing and complex global environment, inter-operability with partner nations is essential to maintain the rules-based

international order," said Lt(N) Mike Vanderveer, Weapons Officer on board *Regina*. "This engagement not only proved the technical readiness of *Regina* and the Royal Canadian Navy, but provided an opportunity to focus on the application of force in coordinated kinetic action with partner nations."

The weapons system *Regina* used for this exercise was the RGM-84 Harpoon Surface-to-Surface Missile (SSM), which is an all-weather, over-the-horizon, anti-ship missile used by most NATO member states.

The missile is launched from a platform situated on the ship. It has the ability to travel at high subsonic speeds and skims across the surface of the water to lower the chances of interception by air defence systems.

"It is a difficult and perishable skill,

so any opportunity to plan and execute exercises with combined forces increases our skills, proficiency, and overall capability," says Lt(N) Vanderveer.

This is the latest Sink Exercise conducted by the Royal Canadian Navy (RCN) at RIMPAC. At RIMPAC 2018, HMCS *Ottawa* participated in a SINKEX using the same weapon system with great success.

Proficiency with this system is imperative for RCN frigates as it provides the ship's commanding officer the ability to address threats from over the horizon, while maintaining a distance that provides increased safety for the ship and crew.



HMCS Regina fires two Harpoon Surface to Surface missiles in the Pacific Range Facility Barking Sands, off the coast of Hawaii while participating in RIMPAC 2020, August 29, 2020.

MS Dan Bard,

Canadian Forces Combat Camera CF Photo



Security never takes a break – vigilance!

By the Director General Defence Security (DGDS), CAF

So when it comes to security, vigilance is key.

Following guidelines and best practices is an absolute must if we want to prevent security incidents or hacks to our systems. Letting your security guard down, even for a moment, can have serious consequences. The Department of National Defence (DND) and the Canadian Armed Forces (CAF) assets, devices, network and information can be compromised and this includes the personal safety and privacy of our military and civilian members.

Sound daunting? Have no fear – the Director General Defence Security (DGDS) is here to help you stay vigilant!

To help ensure Defence Team members are continually informed about the departmental security policies, procedures, and best practices, DGDS has launched a new security awareness campaign which will target a different security subject each month. The highlight of the campaign will be Security Awareness Week (SAW) "Working Remotely - The New Security Reality" in February.

To counter growing information security vulnerabilities while personnel work remotely, DGDS will start this campaign in September 2020 and kick off the campaign with a focus on enhancing IT security and security of information for working remotely. This

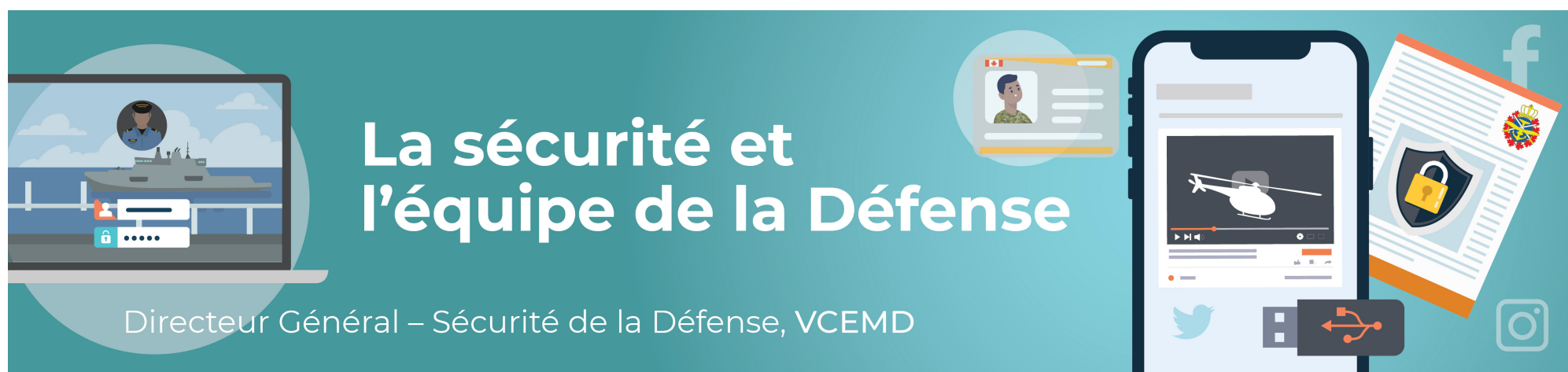
renewed focus on IT security vigilance takes into account that the COVID-19 pandemic has dramatically altered shifted the way we work. Many DND employees and CAF members are now working remotely and using new tools like Defence O365 to conduct business.

With this in mind, we all need to stay informed and be aware of potential IT security vulnerabilities and have the knowledge to prevent a security incident from occurring. The goal is simple - help increase IT security knowledge and reinforce good security practices for all Defence Team members, especially personnel working remotely with sensitive, protected, and classified information.

Take the first step to help the Defence Team become more secure, and check out this infographic about O365 that includes some easy tips on how to adopt cyber security best practices.

Stay informed. Stay vigilant! And keep an eye out on the weekly Defence Team email for infographics, articles, videos and more that will help turn you into an experienced security practitioner!

In addition, all Defence Team members are encouraged to visit the Defence Team COVID-19 web page on Canada.ca for the latest on working remotely, business resumption planning, mental health and wellness, and much more.



La sécurité et l'équipe de la Défense

Directeur Général – Sécurité de la Défense, VCEMD

La Sécurité ne prend jamais de pause – Vigilance !

By the Director General Defence Security (DGDS),
CAF

Ainsi, en matière de sécurité, la vigilance est essentielle.

Le respect des directives et des meilleures pratiques est une nécessité indispensable si nous voulons éviter des incidents de sécurité ou le piratage de nos systèmes. Laisser tomber nos réflexes en matière de sécurité, même pour un instant, peut avoir de graves conséquences. Les actifs, les appareils, le réseau et les informations du ministère de la Défense nationale (MDN) et des Forces armées canadiennes (FAC) peuvent être compromis, y compris la sécurité personnelle et la vie privée de nos membres militaires et civiles.

Cela semble intimidant ? N'ayez crainte, le Directeur général - Sécurité de la défense (DGSD) est là pour vous aider à rester vigilant!

Pour s'assurer que les membres de l'Équipe de la Défense sont continu-

ellement informés des politiques, des procédures et des meilleures pratiques de sécurité du Ministère, le DGSD a lancé une nouvelle campagne de sensibilisation à la sécurité qui ciblera un sujet de sécurité différent chaque mois. Cette campagne culminera lors de la semaine de sensibilisation à la sécurité (SSS) qui aura lieu en février avec un terme central qui est «Travailler à distance - La nouvelle réalité de la sécurité».

Pour contrer les vulnérabilités croissantes de la sécurité des informations liées au travail à distance, le DGSD lancera cette nouvelle campagne en septembre 2020, en mettant l'accent sur l'amélioration de la sécurité informatique et la sécurité des informations lors du travail à distance. Cette attention renouvelée sur la vigilance en matière de sécurité informatique tient compte du fait que

la pandémie du COVID-19 a radicalement changé notre façon de travailler. De nombreux employés du MDN et membres des FAC travaillent maintenant à distance et utilisent de nouveaux outils, tels que Défense O365, afin de continuer s'acquitter de leurs fonctions.

Nous devons donc tous être informés et conscients des vulnérabilités de sécurité informatique potentielles et acquérir les connaissances nécessaires pour empêcher qu'un incident de sécurité ne se produise. L'objectif est simple : contribuer à accroître nos connaissances en matière de sécurité informatique ainsi que renforcer les bonnes pratiques de sécurité pour tous les membres de l'Équipe de la Défense, en particulier le personnel travaillant à distance avec des informations sensibles, protégées et classifiées.

Faites le premier pas pour aider

l'Équipe de la Défense à devenir plus sécuritaire et consultez cette infographie sur l'O365 qui comprend des conseils simples sur la façon d'adopter de meilleures pratiques en matière de sécurité cybernétique.

Restez informé. Restez vigilant ! Et gardez un œil sur les courriels hebdomadaires de l'Équipe de la Défense pour des infographies, des articles, des vidéos et plus encore, qui vous aideront à devenir chevronné en sécurité!

De plus, tous les membres de l'Équipe de la Défense sont encouragés à visiter la page Web de l'Équipe de la Défense – COVID-19 de la Défense sur Canada.ca pour obtenir les dernières nouvelles sur le travail à distance, la planification de la reprise des activités, la santé mentale ainsi que le bien-être et bien plus encore.



WORK IN

Virtual classes from our Fitness & Sports Instructors

TUESDAYS & THURSDAYS AT 12PM

f /psphalifax





The group of students who took part in a recent Ship's Team Diver course held at Fleet Diving Unit (Atlantic).

MONA GHIZ, MARLANT PA

New crop of Ship's Team Divers graduate at FDU(A)

By Ryan Melanson,
Trident Staff

After an extended pause due to COVID-19 restrictions, courses and training have resumed at the Royal Canadian Navy's diving units.

A Ship's Team Diver course, the first of its kind since courses were cancelled back in March, was recently held at Fleet Diving Unit (Atlantic), with 11 candidates successfully completing the difficult six-week test of physical and mental ability. Now that the process for running the course in the pandemic environment has been established and tested, the team is ready to keep going, and the next group of students will start in early October, noted FDU(A) training officer Lt(N) Andrew MacLeod.

"It was a daunting process at the start to try to weave this all together, get all our dive training in, and comply with all of the provincial regulations. We spent four or five weeks, me and my staff, combing through everything and determining how we would make this happen," he said.

A number of changes were required. With 20 students enrolled, instructors were forced to split the group in two to stay within the limits for gatherings, meaning students had to learn separately, eat meals at separate times, avoid being in locker rooms at the

same time, and so on. Students also wore face coverings for the majority of the time, including during dive checks, right up to the point before entering the water.

Due to reports that COVID-19 infection can lead to lasting lung damage in some people, the illness is of partic-

ular concern to RCN divers because of potential career implications, Lt(N) MacLeod said, explaining that the unit has gone all out in developing a new culture focused on safety and mitigating risk of contracting the virus. The same types of changes are also being implemented as part of FDU(A)'s

selection process and Clearance Diver career courses.

"It's a bit more manning intensive to run a course now, and there's some quarantine that comes into play if students come from outside the bubble, so it's a new norm. But as I explained to the students, we adapt and we overcome – this is the way we'll be doing things for the foreseeable future."

The first new group of Ship's Team Divers finished their course during the first week of September, and Lt(N) MacLeod said he was impressed with the progress students made through the course. It's an extremely difficult training process, with a pass rate of about 60 percent.

"There's always an aggregated risk in diving. For us to simulate that, and to simulate the pressure, we need to stress people out and take them outside of their comfort zones. We do that physically and mentally as well," he added.

"People learn things about themselves. They're tougher and more confident when they leave us."

For information on how to become a Ship's Team Diver, visit the FDU(A) page on the Defence Team Intranet and consult with your Chain of Command.



One of the students on course prepares to plunge into the water during diving exercises.

MONA GHIZ, MARLANT PA



Key events of the Battle of the Atlantic: September

By CP01 (ret'd) Pat Devenish,
Canadian Naval Memorial Trust

September 3, 1939 - For Canada, and the people of Canada, World War II, or more specifically, the Battle of the Atlantic, began in the evening hours of September 3rd, 1939 with the sinking of the British passenger liner *SS Athenia* just north of Ireland at the hands of the German submarine U-30. Of the 1300 passengers, 113 lost their lives including four Canadians. One of these, a 10-year-old girl from Hamilton Ontario named Margaret Hayworth, would be touted symbolically as Canada's first war casualty. Though Canada was now officially on a war footing, it would be another week, until a formal declaration of war would come out of Ottawa.

September 16, 1939 - Convoy HX-1, under escort from HMC ships *St Laurent* and *Saguenay* departs Halifax for Britain. This convoy comprises the first 18 merchant ships of over 25,000 that would sail the Atlantic under RCN escort.

September 6, 1940 - HMS *Diana*, a British destroyer, is recommissioned as HMCS *Margaree* after a lengthy refit at the Albert Docks in London, England. This is to replace the loss of HMCS *Fraser*, sunk off the Brittany coast in a collision with a British freighter back in June.

September 15, 1940 - Lagging behind convoy SC-3 independently due to engine troubles, the Canadian merchantman Kenordoc is torpedoed southeast of Iceland with just 13 of her crew of 20 surviving.

September 24, 1940 - As part of a lend-lease agreement between the United States and Britain, eight of the 50 World War I-vintage flush deck destroyers turned over to the Royal Navy from the US Navy are commissioned into the Royal Canadian Navy. They become HMC Ships *Annapolis*, *Columbia*, *Hamilton*, *Niagara*, *Buxton*, *St. Clair*, *St. Croix* and *St. Francis*.

September 25, 1940 - Attempting to run the blockade at Manzanillo, Mexico, the German merchantman Weser is captured by HMCS *Prince Robert*.

September 10, 1941 - HMCS *Moose Jaw*, a Flower Class corvette in company with HMC Ships *Chambly*, *Orillia*, *Kenogami* and *Albernia* rams U-501 when it surfaces after a depth charge attack. The ships had been escorting convoy SC-42 consist-

ing of over 60 ships. U-501 becomes the first German submarine sunk by a Canadian corvette. A boarding party attempts to search U-501 for cipher codes, but 11 of the U-boat's crew remain on board scuttling her and taking one crewmember of Chambly's boarding party with her. This is one of the earliest recorded attempts by the Allies to secure German naval encryption equipment.

September 16, 1941 - The first convoy bound for England to be escorted by a US Naval Task Force departs Halifax. From this day onward all convoys departing Halifax will maintain a US escort to mid-Atlantic with the RCN taking over convoys departing Sydney, Nova Scotia to the mid-Atlantic. RN escorts will take over from this mid-ocean meeting point.

September 19, 1941 - While escorting convoy SC-44, in the early morning hours, the corvette HMCS *Levis* is struck by a torpedo, port side, forward of the bridge fired from U-74 off the east coast of Greenland. Survivors are picked up by sister ships HMCS *Mayflower* and HMCS *Agassiz*, but *Levis* loses 18 of her crew. Taken into tow by *Mayflower*, she sank later that same afternoon. A River class frigate launched in Lauzon, QC and commissioned in July 1944 would again carry the proud *Levis* name.

September 1, 1942 - As part of the Mid Ocean Escort Force Escort Group C2, the corvette HMCS *Morden* relentlessly depth charges a submarine south of Iceland. It would not be until a review of records in the late 1980's that U-756 was confirmed sunk.

September 2, 1942 - U-517, operating off the southern Labrador coast, stumbles upon two convoys; one bound to Montreal from Goose Bay and the other running from Goose Bay to Montreal. Although the corvette HMCS *Shawinigan* attempts to chase off the submarine, the small Canadian steamer Donald Stewart goes down during the night after three torpedoes pierce her hull.

September 5, 1942 - Realizing their ship has become a target for an unseen U-boat, the crew of the Canadian merchantman Lord Strathcona abandons ship just before torpedoes pierce her hull while lying at anchor off Conception Bay, Newfoundland.

September 6, 1942 - The Canadian merchantman John A. Holloway is torpedoed and sunk by U-164 just north of the Dutch Antilles, with the loss of one of her crew.

September 7, 1942 - While escorting convoy QS-33 up the St. Lawrence River to the open sea, the Armed Yacht HMCS *Raccoon* is struck by a torpedo from U-165. There are no survivors. In all, 22 merchant vessels are lost in the Gulf of St. Lawrence. It is later on in the month that the Canadian government opts to close the St. Lawrence to overseas shipping initiating major rail routes to eastern ports in both the United States and Canada. It is not until after the war that the Canadian public becomes aware of the severity of shipping and material losses in this area of the world.

September 11, 1942 - After escorting 11 convoys between North Sydney and Quebec City, on the morning of September 11th, 1942, within sight of the residents of Cap-Chat QC, HMCS *Charlottetown* is struck starboard side by two torpedoes from U517. In less than four minutes, *Charlottetown* sinks with her own depth charges exploding as the ship descends. Miraculously, only 10 of the crew perish and HMCS *Clayton* picks up 55 of the corvette's survivors.

September 13, 1942 - HMCS *Ottawa* is cut in two and sinks after being attacked by U-91 in the mid-Atlantic. HMCS *St. Croix* conducts depth charge attacks, while two corvettes pick up just 65 survivors from a crew of 179. During the months of 1942, German U-boats operating in the North Atlantic increased from 91 to more than 212. In the upcoming months, 119 merchantmen are sent to the bottom of the Atlantic. In March of 1943, the United States Navy would host the Atlantic Convoy Conference in Washington in order to reassess convoy priorities. Almost 80% of all merchantmen lost in 1943 would be under RCN escort, and though this was the area of highest convoy traffic volume, the RCN was deemed by the U.S. Navy as '... a small part of their own fleet.' Nonetheless, by 1944 the RCN would be escorting all North Atlantic convoys and in just four years would be the 3rd largest Allied Navy.

September 18, 1942 - The Canadian merchantman *Norfolk* is torpedoed and sunk off British Guyana by

U-175 with the loss of six crewmembers.

September 19, 1943 - A Consolidated B-24 Liberator from RCAF No.10 Squadron sinks U-341 southwest of Iceland, proving the gap between Newfoundland and Iceland is closed, allowing for submarine surveillance from the air throughout a convoy's entire voyage. By war's end, the RCAF takes on 148 Liberators for the sole purpose of anti-submarine patrols over the precious North Atlantic convoy routes with No. 11 Squadron out of RCAF Station Dartmouth and No. 10 out of Gander, Newfoundland.

September 20, 1943 - The first victim of a German acoustic torpedo is HMCS *St. Croix*, sunk by U-305 southeast of Greenland. By the time the convoy reaches Liverpool, just one survivor of the crew of 149 survives after HMS *Itchen*, assigned to pick up survivors, is herself sunk two days later. The German Navy's first use of the 'Gnat' would bring weeks more of seemingly defenseless attacks on Allied shipping. However in less than three weeks the Allies would devise cat-gear, a noisemaker towed behind a ship mimicking a ship and thus decoying the gnat.

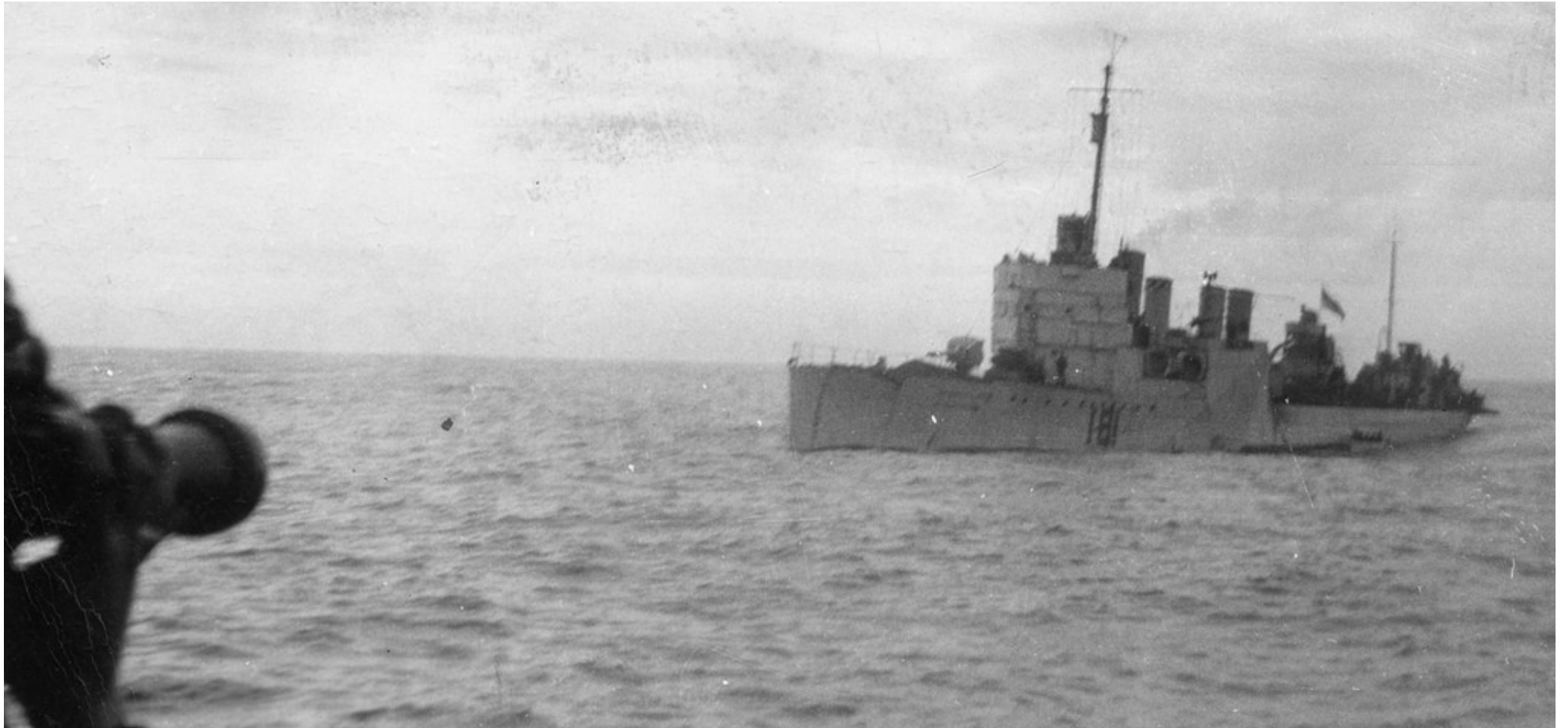
September 21, 1943 - In an unfortunate accident, one crewmember of HMCS *Chedabucto* dies when the minesweeper sinks after colliding with the cable layer Lord Kelvin west of Rimouski, Quebec.

September 1, 1944 - Frigates HMCS *St. John* and HMCS *Swansea* sink U-247 at Lands End off England's southern coast in what may have been one of the longest battles with a single U Boat at 24 hours.

September 3, 1944 - With the loss of 14 of her crew, the Newfoundland registered merchantman Livingston is torpedoed and sunk by U-541 off Cape Breton Island.

September 9, 1944 - HMC Ships *Dunver* and *Hespeler*, in conjunction with an RCAF Short Sunderland from 423, sink U-484 in the Irish Sea.

September 14, 1944 - Landing ships HMCS *Prince David* and HMCS *Prince Henry* participate in the liberation of the Greek island of Kithera. Over the coming days, both ships would play a major role in the liberation of the remainder of the Aegean islands.



HMCS *St. Croix*
SUBMITTED

The sinking of HMCS *St Croix*

By CPO1 (ret'd) Pat Devenish,
Canadian Naval Memorial Trust

Many stories of our Navy's history are kept hidden until someone brings them to the forefront, and though this story has been told in several books, we still need to be reminded on occasion of the sacrifices of those who came before us. Such is the story of the Town class destroyer HMCS *St Croix*, which was in service with the Royal Canadian Navy (RCN) from September of 1940 until her loss in the cold and unforgiving North Atlantic in September of 1943.

HMCS *St Croix* started life as USS *McCook*; a Clemson class destroyer in service with the United States Navy (USN) following the First World War. In 1939 the United States had not entered into World War Two yet, and her President, Franklin Delano Roosevelt, had confided in British Prime Minister Winston Churchill his desire for the United States to assist the British Commonwealth in their struggles in Europe without breaking any rules involving the neutrality of the United States at that time. Among many other clever ruses to get equipment to aid in the fight, the United States and Britain signed a Lend-Lease agreement in late 1940. This agreement, among other things, saw 50 post-World War One destroyers reactivated in the USN and transferred to the Royal Navy (RN) in exchange for 50-year leases at various Commonwealth military bases and stations around the globe. USS *McCook*, along with six other (and later nine more) of these destroyers were imme-

diately transferred to the RCN.

USS *McCook* was recommissioned into the RCN as HMCS *St Croix* on September 24, 1940. The RN had christened these vessels as the Town class but the norm for the RCN at the time was for destroyers to be named for Rivers. In an effort to satisfy both requirements, these vessels carried the names of towns/rivers bordering the United States and Canada; hence names like *St Croix*, *Niagara*, *St Claire*, *Columbia*, and *St Francis* to name a few.

St Croix began escort duties with the RCN in March of 1941, joining the Newfoundland Escort Force escorting convoys from St John's, Newfoundland to Reykjavik, Iceland where the Royal Navy took over. The following year, escort vessels remained with their charges for the entire trip and the force was renamed the Mid-Ocean Escort Force, which extended its terminus to Londonderry, Northern Ireland. In July of 1942 while part of the escorting force with convoy ON 127, *St Croix* was credited with the sinking of German submarine U-90 while the convoy lost two merchant ships with a third damaged. In March of 1943, while enroute to Gibraltar, she shared in the sinking of U-87 with the Canadian corvette HMCS *Shediac*. By May of 1943 the Battle of the Atlantic had turned in favour of the Allies.

In September 1943 however, Germany began a new, more aggressive offensive with new tactics and advanced weapons and sensor equipment on

their submarines. On September 16, *St Croix* was called to aid a large convoy actually composed of two combined convoys; ONS 18 and ON 202 heading east. Two days out of the Bay of Biscay and for three days following, this convoy was at the mercy of a U-boat pack of no less than 19 German submarines. In the end, three escorts, six merchant ships and three submarines and their crews would be lost.

Early in the day of September 20, *St Croix* was the first to be hit when she took three torpedoes to her stern from U-305. As another escort in the group, the RN corvette HMS *Polyanthus* was acting as a screen, the RN frigate HMS *Itchen* conducted rescue operations. Unfortunately the sight of two vessels stationary in the water was too tempting a target for the Captain of U-952 and the submarine was able to sneak in at relatively close range, sinking

Polyanthus as well. *Itchen*, forced to call off rescue operations returned the next morning on the 21st picking up 81 of *St Croix*'s crew as well as one from *Polyanthus*. The following day, September 22, HMS *Itchen* herself was torpedoed by U-666 with only three men rescued; two of *Itchen*'s crew and one from *St Croix*'s.

Is the story of Convoy ON 202/ONS 18 typical of Atlantic crossings? No, it is not. Many convoys made crossings without ever even sighting the enemy. There are cases where escorts plying the North Atlantic over the 5 years of war that were never witness to the carnage that could have befallen them...and that is the key; could have. Young men sailed day after day, month after month, year after year where the threat of death was constant, always willing, always ready – Ready, Aye, Ready.



Originally launched as USS *McCook* of the US Navy, HMCS *St. Croix* was commissioned into the Royal Canadian Navy in 1940.

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

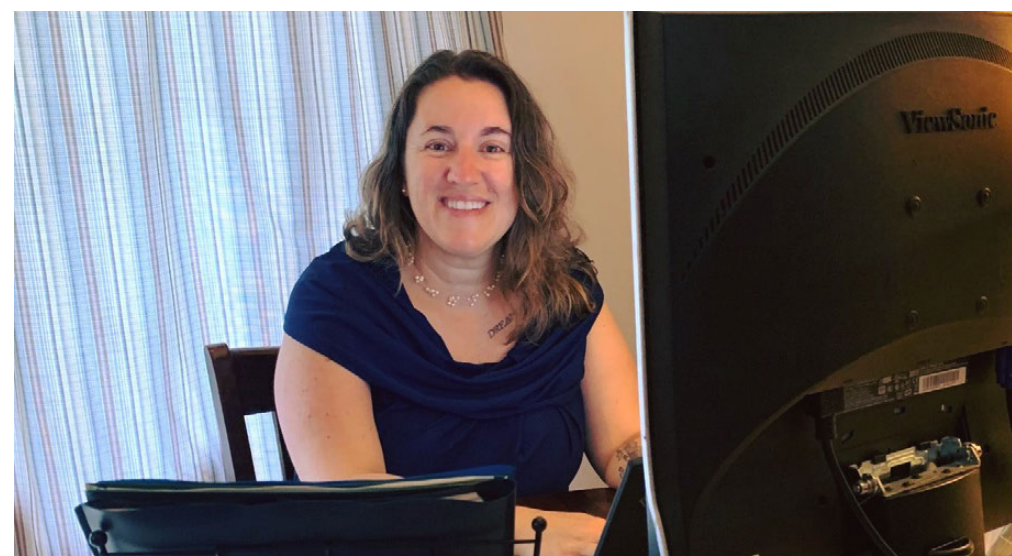
- Submissions for the 2020 *CNR* essay competition must be received at cnrcoord@icloud.com by Wednesday, **30 September 2020**.
- Submissions are not to exceed 3,000 words (excluding references). Longer submissions will be penalized in the adjudication process.
- Submissions cannot have been published 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: Elizabeth Sharpe

We are thrilled to introduce you to a new #FaceofBaseHFX: Elizabeth Sharpe. Elizabeth is a third-year Public Relations student at Mount Saint Vincent University and worked as the CFB Halifax Public Affairs Intern from May to August 2020. Hailing from the rural Nova Scotia community of Scotsburn, she did an incredible job supporting the Base PA team despite working remotely due to the COVID-19 pandemic. While integrating a new work environment is never easy, doing so during a global pandemic has its own unique set of challenges. Elizabeth adapted to this new reality quickly, rising to the occasion and exemplifying what we already knew: that our CFB Halifax Students are some of our greatest assets here on Base. Thank you, Elizabeth, for your dedication and passion you brought to the job each and every day. Bravo Zulu!



Face of Base: Genevieve Babineau

Here is another great #FaceofBaseHFX: Genevieve Babineau. Genevieve is an Administration and Project Officer with Royal Canadian Navy Translation Services. Managing a team of amazing translators working across the country from our CFB Halifax headquarters, Genevieve provides an assortment of translation supports and services to the RCN to ensure its communications, from coast to coast, are always available in both English and French. Canada's official languages are key elements of our public service: they are a strength that makes our institutions uniquely Canadian. Every day, the RCN Translation team proves to be an invaluable resource to the CFB Halifax community, providing both urgent and routine services to various units that require translation assistance. A French Acadian born in Quebec and raised in New Brunswick, Genevieve loves her work with the RCN Translation team. "Joining the team just felt right - it gave me a greater sense of purpose and allowed me the opportunity to work in my first language." What does she like most about working at CFB Halifax while supporting members across the RCN? The incredibly rich history, dedicated military service and the amazing CAF and RCN communities she serves. Thank you, Genevieve, for supporting our Defence Team and for helping us to communicate in both official languages, no matter how challenging our requests. Bravo Zulu!



New \$2 coin celebrates 75th anniversary of end of Second World War

By Peter Mallett,
The Lookout Staff

Royal Canadian Mint \$2 circulation coin celebrates 75th anniversary of the allied victory that ended the Second World War

The Royal Canadian Mint has launched a \$2 circulation coin celebrating the 75th anniversary of the end of the Second World War and the Canadians who defeated enemies of freedom after six long years of service on the battlefield and on the home front.

Symbolic of that heroic accomplishment, a V for Victory figures prominently on this new commemorative coin unveiled on the Mint's YouTube channel.

"For nearly six years, Canadians serving in uniform or chipping in at home played a vital role in achieving a hard-won peace," said Lawrence MacAulay, Minister of Veterans Affairs and Associate Minister of National Defence. "The Royal Canadian Mint's circulation coin issued on the 75th anniversary of the end of the Second

World War is a fitting tribute to their legacy of bravery, of service, and of tremendous sacrifice. They have our enduring thanks, and I hope we can all live up to that legacy as this coin changes hands from one generation to the next."



The Royal Canadian Mint has launched a \$2 circulation coin celebrating the 75th anniversary of the end of the Second World War.

SUBMITTED

The \$2 circulation coin is inspired by the 1943-45 Victory Nickels designed by Thomas Shingles. The V for Victory on the inner core of the new toonie was, at the time, a rallying call to support the war effort from coast to coast to coast. The letter is overlaid with a flaming torch and flanked by maple leaves over the dates 1945 and 2020.

The words VICTORY and VICTOIRE appear on the outer ring, as does a message engraved in Morse code. "We win when we work willingly" and "La bonne volonté est gage de victoire" first appeared on wartime Victory Nickels. The obverse features the effigy of Her Majesty Queen Elizabeth, designed by Canadian artist Susanna Blunt in 2003.

Limited to a mintage of three million coins, two million will feature colour. The new \$2 coin is now entering general circulation. Canadians will find it in their change as bank branches and

businesses replenish their inventories of \$2 coins.

The Mint is adding to this historic commemoration by offering related collector products. There are 15,000 coloured and 5,000 uncoloured limited-edition special wrap rolls of 25 uncirculated coins each, retailing for \$79.95. Customers may also purchase a collector keepsake set featuring both versions of the commemorative circulation coin, packaged with uncirculated versions of our 2020 classic circulation coins (5-cent to \$1). It retails for \$22.95 and its mintage is set at 100,000.

These collectibles may be by contacting the Mint at 1-800-267-1871 in Canada, 1-800-268-6468 in the U.S., or online at www.mint.ca/victory. They are also available at the Royal Canadian Mint's Winnipeg boutique, as well as through the Mint's global network of dealers and distributors, including participating Canada Post outlets.

Fish tacos

By Jamie MacMillan, Cook, Juno Catering

Enjoy the last of summer with some fresh fish in a traditional Nova Scotia fish taco.

INGREDIENTS:

- | | |
|---------------------------|--|
| 1 cup all-purpose flour | 1/2 teaspoon dried oregano |
| 2 tablespoons cornstarch | 1/2 teaspoon ground cumin |
| 1 teaspoon baking powder | 1/2 teaspoon dried dill weed |
| 1/2 teaspoon salt | 1 teaspoon ground cayenne pepper |
| 1 egg | 1 quart oil for frying |
| 1 cup beer | 1 pound cod fillets, cut into 2-3 ounce portions |
| 1/2 cup plain yogurt | 1 (12 ounce) pkg corn tortillas |
| 1/2 cup mayonnaise | 1/2 medium head cabbage, finely shredded |
| 1 lime, juiced | |
| 1 jalapeno pepper, minced | |
| 1 teaspoon minced capers | |

DIRECTIONS:

To make beer batter: In a large bowl, combine flour, cornstarch, baking powder, and salt. Blend egg and beer, then quickly stir into the flour mixture (don't worry about a few lumps).

To make white sauce: In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, capers, oregano, cumin, dill, and cayenne.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Dust fish pieces lightly with flour. Dip into beer batter, and fry until crisp and golden brown. Drain on paper towels. Lightly fry tortillas; not too crisp.

To serve, place fried fish in a tortilla, and top with shredded cabbage, and white sauce.

Hodge podge

By Ed Keating, Cook, Juno Catering

This traditional Nova Scotian dish is a delightful way to incorporate fresh seasonal ingredients for a simple-to-make but delicious one-pot meal.

INGREDIENTS:

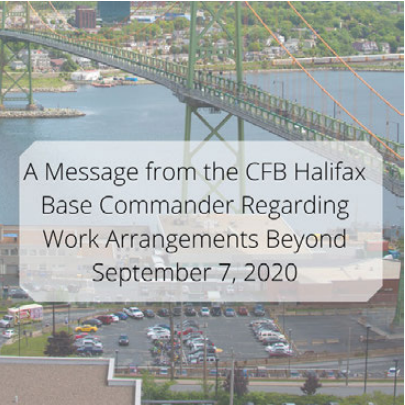
- | | |
|---|-----------------|
| 6 medium potatoes, quartered, with skin | 1 cup peas |
| 1 sliced onion | 2-4 Tbsp butter |
| 1 cup carrots cut bite size | 1/4 cup cream |
| 1 cup green beans cut in half | Salt and pepper |
| 1 cup yellow beans cut in half | |

DIRECTIONS:

Cook potatoes and onions in salted water for 10 minutes until half cooked.

Add remaining vegetables, cook until tender then drain

Add butter, cream and season with salt and pepper to taste and toss to mix.



Business resumption at CFB Halifax

September 8 marked the initiation of the next stage of our local Business Resumption Plan (BRP). We encourage CFB Halifax Defence Team members, both military and civilian, to read and become familiar with the Base Commander's new statement regarding business resumption on Base, public health measures, flexible work arrangements, resources for parents and mental health supports <https://bit.ly/31WLEHT>



Aqua fitness - Part I

By Ashley Blanchard,
PSP Aquatics Coordinator of Shearwater Fitness, Sports & Recreation Centre

I already know what many of you are picturing... little ladies strolling through the water discussing the latest gossip or weather forecast. Firstly, the women and men in my class rock the challenging moves I throw at them. Secondly...NEWS FLASH... water aerobics was never reserved for our wonderful older adult population. I am here today to challenge your views on one of my favourite training methods. Water aerobics, or aqua fitness, actually includes a variety of classes that utilizes different types of equipment and movements - there is a truly a class for every age and gender. Still, I often hear comments, such as “Ashley, c’mon - there is no way I’m doing water aerobics” OR “I actually want a good workout,” from a lot of my weight training and cardio friends when I proposition them to join me for an intense pool workout. Also, their laughter usually tells me that they think I am kidding when I suggest making a splash. What many of my friends fail to realize is that despite my adoration of barbells, heavy lifts and high-intensity interval workouts, aqua fitness has been a part of my workout routine since I started teaching the classes in high school. My goal is to introduce you to some of my favourite aquaactivities, from aerobics to Zumba, and to challenge you to try a few [or all] in the future. Water Aerobics is the performance of aerobic activity in water that focuses

on resistance and endurance training. Movements are ideally performed in chest depth water, which means that any movement in any direction has resistance. This extra resistance makes muscles work harder without adding too much stress on the heart. Typical movements range from jumping jacks, skiing, power kicks and squats to abdominal crunches, bicep curls and chest flies. The possibilities are endless; many instructors also add kickboxing to their workout plans. Classes can be modified to a lower intensity, or ramped up to a HIIT workout for either shallow or deep water exercises. Hand paddles or ankle weights can be used for added resistance in the water. Classes also may include dumbbells and barbells, which are specifically designed for pool use, for strength training portions. Flutter boards and pool noodles may also be used for pushing or dragging exercises. Submersible aerobic steps are also available for aqua step classes. Another style of aqua-fit is water running, which is usually performed in deep water, with or without a flotation belt. Forward momentum is achieved by scooping the water with the arms kept at approximately a 90° angle, while moving the legs in either a powerful cycling motion or running action. If performed in the deep-end, water running is a zero-impact exercise and considered low impact performed in

the shallow end at chest-depth. Either way, water running can be performed by travelling across the pool or in place. This is ideal for anyone looking for a great cardiovascular workout without the added stress on joints, ligaments, bones and muscles. When performed at a high intensity, water running can burn up to 17 calories per minute due to the extra effort required to move forward in comparison to regular running - water is thicker than air. The final class to discover this week is aqua-cycling, also known as aqua-spinning or Hydorrider. The class utilizes special stationary bikes, equipped with paddles on either a spinning wheel or the pedals, for added resistance. The bikes are submerged in three to four feet of water and riders typically wear rubber slip-on shoes for the duration of the class. The resistance from the paddles, in addition to the hydro-static pressure on the body, allows riders to build greater muscle strength and endurance in the legs. The content of the class is similar to a regular spin session, which includes hill climbs and sprints, but also demands upper body movements, such as pulling & pushing with the arms and core exercises. Aqua-cycling may also include additional bodyweight exercises off of the bikes. One hour of aqua spinning can burn up to 800 calories at a high intensity. It is a low impact, but effective workout, as riders are able to push

their limits without overheating. Water aerobics, running and cycling are just a few of the many ways to get in or stay in shape in the pool. These are fun total-body workouts that do not require any swimming skills. Participants do not even have to be well-coordinated to follow the choreography - they simply have to keep moving to the music! Participants are also always encouraged to work at their own paces. Please check out the below videos for more information. I look forward to making a splash with you at the Shearwater pool in the future!

Water Aerobics
*Please note that there is no requirement to submerge the head. Modifications can be made for any movement.
<https://www.youtube.com/watch?v=VShsyElerEI>
<https://www.youtube.com/watch?v=1CJwN5JNbp4>
https://www.youtube.com/watch?v=UpYry_tdaR4

Water Running
https://www.youtube.com/watch?v=UxKWQ_Wmu4A

Aqua Cycling
<https://www.youtube.com/watch?v=l-wCog8qdwdc>

Ask the Expert: Basic safety tips for multi-use fitness trails

By Dr. Darrell Menard OMM MD,
Dip Sport Med

Q: My community has become significantly more physically active during the COVID-19 pandemic and some days our fitness trail feels like the Trans-Canada Highway. I now share our trail with runners, walkers, in-line skaters, wheelchair athletes, cyclists, dog walkers and skateboarders. Everyone is moving at different speeds and some people don’t pay attention to what is happening around them. Do you have some safety tips that people who enjoy fitness trails should follow?
Active Antoine

A: Dear Active Antoine:
You are blessed to have a fitness trail and it’s wonderful your community is making good use of it. When a large number of people are doing different things on the same trail, it’s very important everyone follows some basic Rules of the Road. The following rules will make sharing your trail safer:
Wheels yield to heels – The fastest moving people on the trail usually are

on wheels. These folks need to be cautious when they approach walkers and runners especially from behind.

Always pass people on the left – Just as you do driving.

If you aspire to win the Tour de France – Don’t train on a heavily used fitness trail. You will be frustrated by frequent slowdowns and travelling fast will increase the risk of collisions. To satisfy your need for speed, train on the roads.

All cyclists should use a bell or horn to warn others they are planning to pass. This “heads up” is appreciated by everyone you pass and reduces the risk of accidents. Remember that dinging your bell is not a command to get out of the way – you still need to be prepared for people who do not respond to your warning. If you don’t have a bell or horn, use a verbal warning such as “coming by on your left”.

Maintain situational awareness – Look around regularly and listen for people coming up behind you. Staying

vigilant while you use a shared trail is difficult to do if you are wearing earbuds, texting your friends or reading a book.

When you walk your dog on the trail, it should be on a leash. Even the best trained dogs can be unpredictable especially if they see a squirrel.

Children are motivated by fun and sometimes will rapidly change direction to see something interesting such as a frog. When learning to ride their bikes, children are particularly unpredictable because of their poor balance and bike control. Parents and everyone who shares the trail needs to recognize this and be appropriately alert to prevent collisions.

Be understanding – you may be sharing the trail with people who have hearing, visual, mobility or intellectual disabilities.

If you are exercising as a group, avoid travelling side by side such that you impede the flow of others who are also enjoying the trail.

The bottom line, fitness trails offer many people a wonderful opportunity to stay fit and enjoy Mother Nature. It is important to remind yourself that you don’t own the trail and if you follow the above Rules of the Road, everyone who shares the trail with you will be safer and have more fun. If you exercise alone, make sure someone knows where you are and when you expect to finish. Exercise is Medicine.

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

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



Canada's 2020 Invictus Games team, seen here at the official roster announcement in February, will no longer be competing in the Netherlands, but they will still be sharing their stories of resilience through a new podcast series in collaboration with Veterans Affairs Canada.

SOLDIER ON

Invictus Games - dreams on hold

By DND

This past May, Team Canada was scheduled to compete at the Invictus Games in The Hague, Netherlands, but due to COVID-19 they have had to put their dreams and training on hold until next year.

The postponement of the Invictus Games was no doubt a big disappointment for the competitors. To recognize their dedication and motivation, Veterans Affairs Canada collaborated with Soldier On to create a podcast series featuring members of Team Canada. The 2020 team was comprised of 14 serving members of the Canadian Armed Forces and 18 veterans.

The word invictus means unconquered. It embodies the fighting spirit of ill and injured military personnel, and the idea that anything is possible. In the true spirit of the Invictus Games, the global pandemic shone a spotlight on the unconquerable character of Veterans.

Recently, the Invictus Foundation announced that the next Invictus Games would take place from May 29 to June 5, 2021.

Until we can cheer Team Canada on in real time, help us encourage our athletes by listening to podcast episodes (<https://www.veterans.gc.ca/eng/about-vac/news-media>) and reading their stories (<https://www.veterans.gc.ca/eng/remembrance/people-and-stories/faces-of-freedom>). You can also share and join the conversation on social media by using the hashtag #CanadaRemembers.

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