



TRIDENT

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

Ex JOINT WARRIOR

MV Asterix and HMCS Halifax transit to Ex JOINT WARRIOR, while the CH-148 Cyclone, King Fisher, patrols the area, September 25, 2020.

S1 LOUIS-PHILIPPE DUBÉ, CAF IMAGERY





Current and former members of the Stadacona Band were at Government House on September 17 to accept the Government House Gold Medal in recognition of the band's 80th anniversary.

OFFICE OF THE LIEUTENANT GOVERNOR



Government House recognizes Stadacona Band's 80th anniversary

By Ryan Melanson,
Trident Staff

As the Stadacona Band of the Royal Canadian Navy continues to celebrate their 80th anniversary year, current and former members of the band were invited to Government House on September 17 for a special presentation in honour of that milestone.

The band was awarded the Government House Gold Medal, a significant honour that recognizes outstanding services to Government House by a group or individual. Nova Scotia's Lieutenant Governor can award the medal to anyone they desire, with a maximum of two presentations per year, but the presentation to the band marked the first Government House Gold Medal to be awarded by the current Lieutenant Governor, The Honourable Arthur J. LeBlanc.

"For 80 years you have made your musical mark – not just in the military milieu, but also on the broader musical and cultural scene. As such, it is only fitting that we gather the current members of the Band and many former members and pause to salute and say thank you," the Lieutenant Governor said.

He noted that the band holds a special place in his heart, as they performed at his installation as Lieu-

tenant Governor in 2017, and he also recalled enjoying the band's music on the jetty during ship departures, during the annual 'Til We Meet Again concert, and on a number of other occasions. He also noted the band's longtime support to the Royal Nova

Scotia International Tattoo, concerts for local school children, and their many overseas engagements.

"Simply stated, the Stadacona Band makes each event so very special," he said.

"I know that music is their passion,

but they are not simply musicians who play together. The members of the Stadacona Band are ambassadors for the Royal Canadian Navy, for Nova Scotians, and for Canadians"

The award was officially accepted by Stadacona Band Commanding Officer Lt(N) Brad Ritson. Along with the current and former members of the band, RAdm Brian Santarpia, Commander MARLANT and JTFA, and Formation Chief CPO1 Tom Lizotte were also on hand for the presentation. LCdr Ritson said he was thrilled to accept the award on behalf of the band's current roster and all those who came before them through the 80-year history.

"The band has been all over Canada and the world doing what they do. They're a tremendously hard working group, and very deserving of being recognized in this way," he added.

While in-person events for the band have been limited since the spring, they've been busy marking their 80th anniversary with a number of online projects, members have performed at small, socially distanced events, and they're currently planning a recording project to share online in lieu of their regular fall and winter concert events.



The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, and Stadacona Band Commanding Officer LCdr Brad Ritson unveil the Government House Gold Medal award.

OFFICE OF THE LIEUTENANT GOVERNOR



Battle of Britain ceremony marks 80th anniversary of event

By Trident Staff

This year marked the 80th anniversary of the Battle of Britain.

A commemorative ceremony took place at 12 Wing Shearwater on Battle of Britain Sunday, September 20. Because of COVID-19 health and safety requirements, attendance at the ceremony, which took place in the commemorative park opposite the Shearwater Aviation Museum, was limited to 25 people. The attendees wore masks and were socially distanced.

Col James Hawthorne, 12 Wing

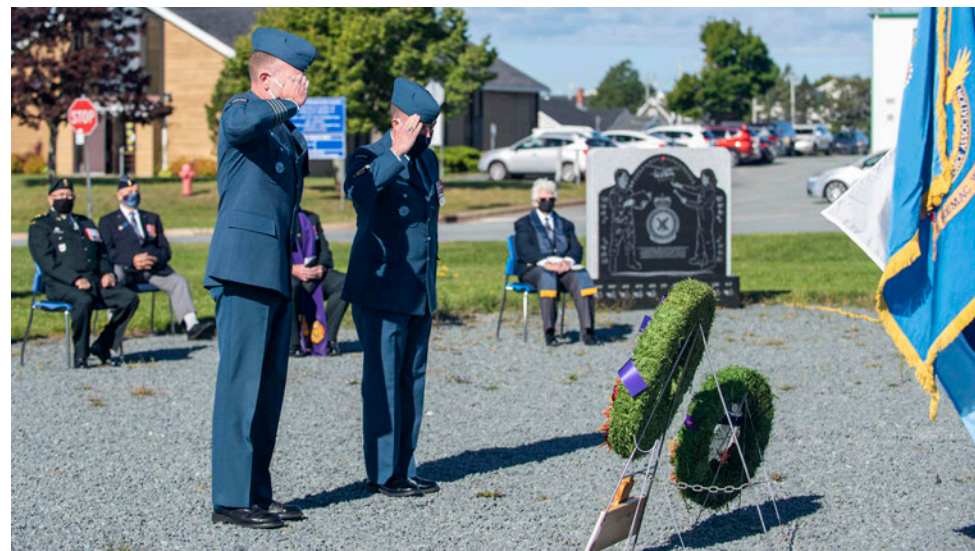
Commanding Officer, gave an address and wreaths were laid. A Cyclone helicopter overflew the area during the ceremony.

During the Battle of Britain, Germany's Luftwaffe attacked Britain from the skies in order to prepare the way for a planned invasion of the country. The fight raged from July 10 to October 31, 1940. Estimates are that at least 100 Canadian pilots, as well as ground crew, participated in the battle alongside the Royal Air Force.



Commemorative wreaths were laid by several local officials and CAF leadership including the Lieutenant Governor and the Wing Commander.

AVR JACLYN BUELL, 12 WING IMAGING



Col Hawthorne and CWO Poirier, Wing Chief Warrant Officer, laid a wreath during the ceremony.

AVR JACLYN BUELL, 12 WING IMAGING



His Honour the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia (left) and the Honourable Mrs. Patsy LeBlanc (on His Honour's right) attended the ceremony

AVR JACLYN BUELL, 12 WING IMAGING

A sailor's extraordinary Arctic experience

By Lt Michel Thomassin,
Public Affairs Officer

This year, HMCS *Ville de Québec* took part in Operation NANOOK-TUUGAALIK 2020 in Canada's North: a first for Weapons Engineering Technician PO1 Matthew Pitman.

"This deployment was special because even though we were still in Canada, you really feel like you're somewhere else. It's a whole other world," he said.

Originally from Eastern Passage, Nova Scotia, PO1 Pitman joined the Royal Canadian Navy (RCN) a little more than 17 years ago.

"I enrolled in the RCN because I got the opportunity to travel the globe while being paid, and I didn't have to move every two or three years like other environments in the Canadian Armed Forces (CAF)."

For PO1 Pitman, he is employed in

the trade of his dreams: "The Weapons Engineering Technician trade is particularly suited to people who like to work with their hands and mechanical and electronic equipment like radar, sonar, communications and network systems on board the ship."

An old hand at deployments, he has crossed oceans and visited tens of countries on every continent, but according to him "the best part of this job is your colleagues. You can create connections that last a lifetime with people you have sailed with for only a short period of time. I have met most of my best friends through the RCN."

Operation NANOOK-TUUGAALIK takes place every year and is the primary CAF operation in this remote region.

"For me, the operation represents

protecting our sovereignty and interests in the North, cooperation with Indigenous Peoples and showing determination in the case of the Northwest passage," PO1 Pitman said.

In short, this was a rewarding experience for PO1 Pitman and the crew of *Ville de Québec*. Due to the COVID-19 pandemic and associated restrictions, Operation NANOOK-TUUGAALIK 2020 was a shorter deployment than in previous years, with no port visits or community relations activities. PO1 Pitman said he and his shipmates implemented a number of measures, including enhanced cleaning routines, to mitigate COVID-19-related risks and ensure the operation's success.

"We are here to serve and protect, and that's exactly what we will continue to do."



PO1 Matthew Pitman

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Sailor of the Quarter credited for Op REASSURANCE work

By Ryan Melanson,
Trident Staff

When HMCS *Fredericton* was preparing for its Operation REASSURANCE deployment in late 2019, S1 Ethan Hann, a MARTECH onboard the ship, was playing a key role. He was credited with ensuring *Fredericton* left Halifax with a functioning steam generator, and for educating himself on electrical maintenance procedures enough to fix issues and bring the system back into service while at sea.

This was just one of the ways that S1 Hann has been lauded by his supervisors and shipmates. He also worked long nights and weekends prior to deploying, served as training coordinator for all MARTECH'S of his rank and below, and constantly set an example for his peers and junior members while at sea.

In recognition for this hard work before and during *Fredericton*'s deployment, S1 Hann was presented with MARLANT's Sailor of the Quarter award on September 24, with Cmdre Richard Feltham, Commander Canadian Fleet Atlantic, and Fleet Chief CPO1 Darcy Burd visiting HMCS *Charlottetown*'s shore office to make the presentation at S1 Hann's new unit.

"I can't lie, I was a little bit shocked when I found out about this," said S1 Hann, who was humble about the praise from his superiors. He said he had mentorship that helped him gain the expertise needed to keep equipment running at sea, and that his shipmates also played a big role.

"I really can't take all the credit for these things. The entire department was great, they gave me a lot of help, and I really enjoyed spending time with a lot of our people," he added.

S1 Hann also worked above his rank frequently, including acting as the Auxiliaries and Main Propulsion Master Sailor while others were on course or leave, and his dedication to broadening his expertise was said to embody the MARTECH mandate of expanding the foundation of knowledge and skills for members. His former Commanding Officer, Cdr Blair Brown, who nominated him for the award, said his reliability, professionalism and initiatives made him a tremendous asset during a difficult deployment.

S1 Hann said he was grateful for the acknowledgement, and despite the difficulties of COVID-19 restrictions and tragedy at sea with the loss of *Fredericton*'s Cyclone helicopter and shipmates, described the deployment as an important step for his career.

"It was my first deployment, so there was a lot to learn and the first few months were pretty exciting. Things got difficult from there, but we got through it, and now I'm very happy to be back home."



S1 Ethan Hann was presented with MARLANT's Sailor of the Quarter award on September 24. The presentation was made by Cmdre Richard Feltham, Commander Canadian Fleet Atlantic, and Fleet Chief CPO1 Darcy Burd.

MONA GHIZ, MARLANT PA

Launch of the 2020 NDWCC – Halifax Region

By NDWCC Coordination Team – Halifax Region

On Monday, September 28, we officially launched the 2020 National Defence Workplace Charitable Campaign (NDWCC) here in the Halifax region!

This year, for the health and safety of our members and our NDWCC partners, we moved our campaign kickoff online! Please take a few minutes to watch and listen to our kickoff video, featuring our NDWCC Champion, CFB Halifax Base Commander Capt(N) Williams and several NDWCC ambassadors, which will provide you a sneak peek into what's to come this campaign season. <https://www.facebook.com/BaseHalifax/videos/2463981493902412/>

Notably, we're excited to announce two new, online resources this year that will make your participation easier than ever!

- **ePledge:** For the first time ever, Defence Team members can donate online using ePledge, which is a secure, convenient (web based, mobile friendly) and simple way to give. Check it out here: <https://uwco.ca/gcwc/donate>. For instructions on using ePledge, visit <https://tridentnewspaper.com/ndwcc2020/ndwcc-qa/>; and

- **A publicly accessible 2020 NDWCC (Halifax region) website:** A 2020 NDWCC website has been created this

year courtesy of the Trident Newspaper. This website lists a multitude of NDWCC resources including a local contact list, Q&A document, recognition page and more! It will be updated as resources become available. Take a look! www.tridentnewspaper.com/ndwcc2020

Please join us online this campaign season. Make sure to follow CFB Halifax on Facebook (@BaseHalifax), Twitter (@CFBHalifax) and Instagram (@cfbhalifax_bfchalifax) for information on ePledging, remote canvassing, NDWCC events and more! We'll help you answer some important

questions: How will I be canvassed if I'm working from home? What local and national health/social/community issues should I consider when deciding where to direct my funds? How can I create a virtual fundraising event?

As a Defence community, let's get *Ready to Help and Ready to Lead* this campaign season. Despite being physically apart, we can work together to make a big difference in our communities.



Lancement de la CCMTDN – Région d'Halifax

Par L'équipe de coordination de la CCMTDN – Région d'Halifax

Lundi, le 28 septembre, nous avons lancé officiellement la Campagne de charité en milieu de travail de la Défense nationale 2020 (CCMTDN) ici dans la région d'Halifax.

Cette année, pour la santé et la sécurité de nos membres et de nos partenaires de la CCMTDN, nous avons donné le coup d'envoi de notre campagne en ligne! Veuillez prendre quelques minutes pour regarder et écouter notre vidéo de lancement, mettant en vedette notre champion de la CCMTDN, le Captv Williams, commandant de la BFC Halifax, et plusieurs ambassadeurs de la CCMTDN, qui vous donnera un aperçu de ce qui aura lieu durant cette campagne. <https://www.facebook.com/BaseHalifax/videos/2463981493902412/>

Nous sommes notamment ravis d'annoncer deux nouvelles ressources en ligne cette année qui faciliteront votre participation plus que jamais!

• **ePledge** : Pour la toute première fois, les membres de l'Équipe de la Défense peuvent faire un don en ligne en utilisant ePledge, qui est un moy-

en sûr, pratique (site Web, peut être utilisé avec les appareils portables) et simple de faire un don. Consultez son site <https://uwco.ca/ccmtgc/don>. Pour des instructions sur l'utilisation d'ePledge, consultez <https://uwco.ca/gcwc/donate>

• **Un site Web de la CCMTDN 2020 (région d'Halifax) accessible publiquement** : Un site Web de la CCMTDN 2020 a été créé cette année grâce au journal Trident. Ce site Web présente une multitude de ressources concernant la CCMTDN, y compris une liste de personnes-ressources locales, un document de questions et réponses, une page de reconnaissance et plus encore! Il sera mis à jour au fur et à mesure que les ressources seront disponibles. Jetez-y un coup d'œil! www.tridentnewspaper.com/ndwcc2020

Joignez-vous à nous en ligne pour cette campagne. Assurez-vous de suivre la BFC Halifax sur Facebook (@BaseHalifax), Twitter (@CFBHalifax) et Instagram (@cfbhalifax_bfchalifax) pour obtenir des renseignements sur les dons en ligne, la sollicitation à

distance, les activités de la CCMTDN et plus encore! Nous vous aiderons à répondre à certaines questions importantes : Comment serai-je sollicité si je travaille à domicile? Quels enjeux locaux et nationaux en matière de santé/société/communauté devrais-je prendre en considération pour décider à qui je souhaite que mes fonds soient remis?

Comment puis-je créer une activité de collecte de fonds virtuelle?

En tant que communauté de la Défense, soyons *Prêts à Aider et Prêts à Diriger* durant cette campagne. Bien que nous soyons physiquement séparés, nous pouvons travailler ensemble pour faire une grande différence dans nos collectivités.



Department of National Defence is making sure military spouses and partners have more job opportunities

By DND

The Department of National Defence is making it easier for military spouses and common-law partners to find secure and meaningful jobs. Today, the Military Spouse Employment Initiative will open up opportunities for them across the entire federal public service.

The average military family relocates three times more often than the average Canadian family. This means uprooting their lives, changing their routines, and encountering new challenges on a regular basis. As a result, it can be very challenging for partners of serving members to secure continuous and meaningful employment. To help address this challenge, in 2018, the Department of National Defence created the Military Spousal Employment Initiative to identify job opportunities at the Department of National Defence. Today's announcement expands upon the initiative offering the entire Public Service access to a talented workforce.

The initiative has already proven to ease some of the stress felt by many military families, including Justine Walker's. "I'm very grateful for my job, and I definitely wouldn't have it if it wasn't for the Military Spouse Employment Initiative," said Justine Walker, who works as a compensation assistant at National Defence. A military spouse, Justine says her full-time position gives her security, both now and in the future. "When we get posted again, I'll

have options for transferring my job, finding a new job, or putting my job on hold while on a temporary posting. My employer is across Canada, and there are many opportunities to grow within the Department of National Defence community. I feel extremely secure in my career, and I'm proud to be contributing to my own pension and making a career for myself." Opening up the employment inventory to the entire federal public service will ensure there are more stories like Justine's.

Further, at the Department of National Defence, military partners can now be considered as a hiring option ahead of other candidates (with the exception of those with priority entitlements or preference) if they meet all of the essential qualifications for the job. "Our Defence Policy, Strong, Secure, Engaged, puts the care of members of the Canadian Armed Forces and their families at its core. Today, on Military Family Appreciation Day, we continue to build on our efforts to support the families who serve alongside those in uniform, and the Military Spousal Employment Initiative is an important step to the commitment. Military spouses and common-law partners will have more exposure helping them increase the likelihood of gaining meaningful employment, wherever they are posted in the country," said The Honourable Harjit S.

Sajjan, Minister of National Defence. "Military partners—mostly women—face a high degree of career instability as a result of the frequent relocations. This initiative creates better options for military spouses to find good jobs and benefits within the federal public service, and is exactly the kind of tangible support that helps improve the overall wellbeing of the military families who contribute so much to our country. Employing a Canadian military spouse is a wise strategic decision for any employer. Military life teaches our Canadian Armed Forces families to organize, adapt, manage, and work within a team, and any military spouse will arrive at their new job with those essential skills well-developed. By hiring a military spouse, employers are strengthening Canada and Canadian business lines," said Jody Thomas, Deputy Minister of National Defence.

The inventory is open exclusively to spouses and common-law partners of serving CAF members, who either live at the military member's place of duty or live separately for military reasons. The CAF member must belong to the Regular Force or to the Reserve Force on Class C service or Class B reserve service of more than 180 consecutive days. Those who meet the above criteria are eligible to apply online to the inventory.

The pool of talent includes many

streams such as information management and information technology (IM/IT), procurement, materiel management, language teaching, health services, administration, and general services, as well as general trades and labour.

The initiative supports several objectives outlined in Canada's defence policy, Strong, Secured, Engaged. Those objectives seek to support military families by addressing and alleviating the employment challenges that they face when relocating across Canada. The Military Spouse Employment Initiative has won the Most Effective Recruitment Strategy silver award at the Canadian HR Awards 2020. The Military Spousal Employment Initiative is a complement to a wide range of services available to military spouses through Canadian Forces Morale and Welfare Services and local Military Family Resource Centres. These services include the flagship Military Spousal Employment Network, launched in 2018. The Military Spousal Employment Network boasts over 3,200 military spouse participants and showcases national and virtual employers interested in hiring military spouses through an online platform and virtual and in-person. Last year, just over 25 percent of military spouses who participated were hired through the Military Spousal Employment Initiative.



CFB Halifax hosts blood donor clinic



So many Defence Team members donated blood in support of our communities on September 18. Our latest Canadian Blood Services clinic, which took place at Stadacona's CF Health Services Centre (Atlantic), reached 120% of its donation targets. Bravo Zulu to our local Defence community, volunteers and healthcare practitioners for their dedication to this important cause, especially during these challenging times.

SAVE THE DATE: the next Canadian Blood Services clinic will take place on November 20 on Base. For more information and to book your appointment now, please visit www.blood.ca.

SYDNEY MACLEOD, BASE PUBLIC AFFAIRS INTERN

Plays Abbigail

By Garth Paul Ukrainetz,
Poet laureate of the Blackmud Creek

EDITOR'S NOTE:

Ukrainetz wrote the following poem as a tribute to the late SLt Abbigail Cowbrough. He was inspired to do so after seeing a video of SLt Cowbrough playing Amazing Grace on her bagpipes from the deck of HMCS Fredericton, just a few days before her tragic death.

Published by permission of the author.

*Amazing Grace how sweet the sound
That fills the world half way around
Her highland cushion pressed to side
Like Nova Scotia, filled with pride*

*And waving tall above her head
Her maple leaf of crimson red
On sea of blue a sky of cloud
Her mother and her father proud*

*While standing firm with pipe and bag
On dancing shadow of the flag
Her heart as big as ship's full sail
In gentle wind plays Abbigail.*

CFB Halifax Storm Line

Please note that the CFB Halifax Storm Lines (902-721-8325 and 902-706-7830) and 12 Wing Shearwater Storm Line (902-720-1305) can be called for information on Base and Wing openings, closures and delays. The Storm Lines are updated by 6 a.m. daily. Our CFB Halifax social media sites (Twitter, Facebook and Instagram) will also be updated in the event of a Base closure or delayed opening.

@BaseHalifax @cfbhalifax_bfchalifax @CFBHalifax



CFB Halifax Storm Lines

Les lignes d'information en cas d'intempéries de la BFC Halifax

902-721-8325 or 902-706-7830

12 Wing Shearwater Storm Line

La ligne d'information en cas d'intempéries de la 12e Escadre Shearwater

902-720-1305

The Storm Lines are updated by 6am daily.

Le message des lignes d'information en cas d'intempéries est mis à jour tous les jours au plus tard à 6 h.



@BaseHalifax



@cfbhalifax_bfchalifax



@CFBHalifax

Our CFB Halifax social media sites will also be updated in the event of a Base closure or delayed opening.
Nos sites de médias sociaux de la BFC Halifax seront également mis à jour en cas de fermeture ou d'ouverture tardive de la base.

Old Fish Shed in the Fog

By The Steel Spirit

Bill Murphy grew up in Truro, Nova Scotia. He joined the Army Reserve on the day he turned 16 and was sworn into the regular army when he was eight days over 17 in 1961. Bill served for a bit over 21 years, did a full 1 year tour in Egypt UNEF 1 and 2 full tours with UNEF 2 and UNDOF (Egypt and Syria). He also served 4 1/2 years in Germany with 1 RCHA Signal Troop.

"Remembrance is usually near the surface of my thinking and I often think of the fine people who I had the honour of serving with. A large number of them are now gone. If I had a bucket list, #1 I would go back to the Middle East so I could visit 1 more time, with the UNEF 1 men who are buried in the Canadian Section of the Gaza War cemetery."

Post military life, Bill spent most of his time farming. Upon turning 65 he realized that he could no longer keep going at the physical pace required. They sold the farm and moved.

"Without my cows I was more or less lost until I got it in my head that I wanted to paint something."

At the age of 70, Bill started to paint.

Artwork submissions by Military & First Responder Services. The Steel Spirit is always looking for new and emerging artists with and without experience, from every background and every age.

For more information or if you would like to be involved, please visit: www.thesteelspirit.ca



MILITARY & FIRST RESPONDER SERVICES



MILITARY & FIRST RESPONDER SERVICES



Un marin trouve l'expérience de l'Arctique extraordinaire

Par Lt Michel Thomassin,
Public Affairs Officer / Officier des affaires publiques

Cette année, NCSM Ville de Québec a participé à l'opération NANOOK-TUUGAALIK 2020 dans le Nord canadien et ce fut une première expérience pour le technicien responsable en génie des armes, le Maître de 1re classe (m 1) Matthew Pitman.

« Ce déploiement est particulier car tout en étant chez soi, on a vraiment l'impression d'être à l'étranger. C'est très dépayçant. »

Originaire d'Eastern Passage en Nouvelle-Écosse, il s'est enrôlé dans la Marine royale canadienne (MRC) il y a un peu plus de 17 ans.

« J'ai joint la MRC car j'ai l'occasion de voyager dans le monde entier

tout en étant payé, et je n'ai pas à déménager tous les deux ou trois ans comme d'autres éléments des Forces armées canadiennes (FAC). »

Pour le m 1 Pitman, le métier de ses rêves est ce qu'il fait présentement. « Le métier de technicien en génie des armes convient particulièrement aux personnes manuelles qui aiment travailler avec de l'équipement mécanique et électronique comme les systèmes de radar, de sonar, de communication et de réseau à bord du navire. »

Habitué des déploiements, il a parcouru les océans et a visité des dizaines de pays sur tous les continents, mais selon lui, « la meilleure partie de ce

travail, c'est les collègues. Vous pouvez créer des liens à vie avec des personnes avec lesquelles vous n'avez navigué que pendant une courte période. La plupart de mes meilleurs amis, je les ai rencontrés grâce à la MRC. »

L'opération NANOOK-TUUGAALIK se déroule chaque année et est la principale opération des Forces armées canadiennes dans cette région isolée.

« L'opération signifie pour moi la protection de notre souveraineté et de nos intérêts dans le Nord, la coopération avec les autochtones et de faire preuve de détermination dans le dossier du passage du Nord-Ouest. »

Bref, cette expérience fut enrichis-

sante pour le m 1 Pitman et l'équipage du NCSM Ville de Québec. En raison de la pandémie actuelle de COVID-19 et des restrictions associées en place, l'opération NANOOK-TUUGAALIK 2020 a été un déploiement plus court que les années précédentes, sans visites de port ni activités de relations communautaires. Cependant, le m 1 Pitman et ses collègues ont adopté plusieurs mesures, y compris des routines de nettoyage accrues, pour atténuer les risques liés au COVID-19 et assurer le succès de l'opération.

« Nous sommes ici pour servir et protéger et c'est exactement ce que nous continuerons à faire. »

Fire Prevention Week 2020

By National Fire Prevention Association

Fire Prevention Week 2020 runs from October 4 – 10. This year's theme is Serve Up Safety in the Kitchen. The National Fire Protection Association has created the following list of fire prevention ideas for people to use in order to make their home, businesses, and places of recreation safer for everyone.

COOKING

Cooking is the leading cause of home fires and home fire injuries. Thanksgiving is the leading day for fires involving cooking equipment.

- The leading cause of fires in the kitchen is unattended cooking.
- Stay in the kitchen when you are frying, boiling, grilling, or broiling food.
- If you are simmering, baking, or roasting food, check it regularly and stay in the home.
- Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered until it's cool.
- Keep anything that can catch fire away from your stovetop.
- Loose clothing can hang down

onto stove burners and catch fire. Wear short, close-fitting, or tightly rolled sleeves when cooking.

- Have a kid-free zone of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

SMOKE ALARMS

Smoke alarms detect and alert people to a fire in the early stages. Smoke alarms can mean the difference between life and death in a fire.

- Working smoke alarms cut the risk of dying in a home fire in half.
- Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement.
- Test smoke alarms at least once a month using the test button.
- Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.

HOME FIRE ESCAPE PLANNING

AND PRACTICE

Home fire escape planning should include the following:

- Drawing a map of each level of the home, showing all doors and windows
- Going to each room and pointing to the two ways out
- Making sure someone will help children, older adults, and people with disabilities wake up and get out
- Teaching children how to escape on their own in case you cannot help them
- Establishing a meeting place outside and away from the home where everyone can meet after exiting
- Having properly installed and maintained smoke alarms
- Pushing the smoke alarm button to start the drill • Practicing what to do in case there is smoke: Get low and go. Get out fast.
- Practicing using different ways out and closing doors behind you as you leave
- Never going back for people, pets, or things

- Going to your outdoor meeting place
- Calling 9-1-1 or the local emergency number from a cell phone or a neighbor's phone

HEATING

Heating equipment is one of the leading causes of home fires during the winter months.

- Space heaters are the type of equipment most often involved in home heating equipment fires.
- All heaters need space. Keep anything that can burn at least 3 feet (1 meter) away from heating equipment.
- Have a 3-foot (1-metre) kid-free zone around open fires and space heaters.
- Purchase and use only portable space heaters listed by a qualified testing laboratory.
- Have a qualified professional install heating equipment.
- Maintain heating equipment and chimneys by having them cleaned and inspected by a qualified professional at least once a year.





New training facility at CFB Halifax helps student sailors prepare for the future

By RCN PA

With the completion of a new naval training facility at CFB Halifax, the Royal Canadian Navy's (RCN) next generation of sailors had more to look forward to than classwork when they returned to training this summer.

CFB Halifax's newest building is a modern, functional, and green 9,500-m² training facility designed to meet the educational requirements of a 21st century navy. Completed in May 2020, this \$57.8-million facility provides space for sailors to study, learn, and develop the skills they need to support the RCN's naval operations at home and abroad.

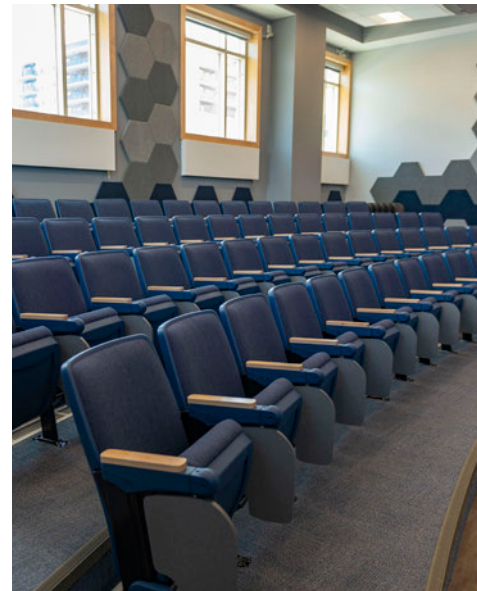
The facility's main tenant, Naval Fleet School (Atlantic), welcomed the first sailors for training in June. The building features a large, shared training space, auditorium, and classrooms for formal learning, as well as hands-on learning with naval equipment, including a small arms simulator. To provide sailors with realistic training while ashore, the inside of the building also features a three-storey training area that mimics the interior of a ship.

In the words of Capt(N) Jason Boyd, Commander Naval Personnel and Training Group, the facility provides, "the adaptability and flexibility to develop and support the instruction of our sailors so they are ready to meet the needs of our Fleet, now and into the future." According to Capt(N) Boyd, the completion of the facility is a "tremendous boon

to the modernization and digitization of the naval training system." On the back wall of the building, a large mural highlights the vast history of the RCN in Halifax, with ship silhouettes and images of Halifax Harbour from decades past. The mural was designed by Department of National Defence employee Shelly Gillis, with images from the Naval Museum of Halifax. "In Halifax, we are proud of our identity as a military town and CFB Halifax is integral to the fabric of our city," said Andy Fillmore, the Member of Parliament for Halifax. "With the completion of this new naval training facility, the federal government is continuing to provide the members of the Canadian Armed Forces with the infrastructure, resources, and support they need to do their important work on behalf of our nation." Aside from the benefits for sailors, this project also helped contribute to the local Halifax economy. "Completed on time and on budget by local company, Bird Construction, this project has created around 160 jobs during construction and will help reduce DND's greenhouse gas emissions in our region," said MP Fillmore. This naval facility is the most recent of a number of infrastructure projects at CFB Halifax that consolidated accommodation, training, and support facilities into three new buildings. A personnel support facility and a new Junior Ranks accommodation

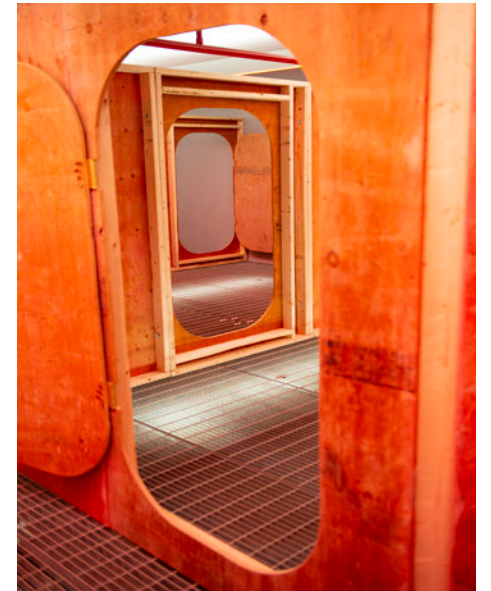
complex were completed in 2015 and 2016, respectively. The main entrance to CFB Halifax's Stadacona property was also realigned to improve traffic flow for both Defence Team members working on Base and local residents transiting through the neighbourhood. By modernizing and greening our defence infrastructure, we are reducing

our greenhouse gas emissions and saving on energy costs while supporting the needs of a modern navy. In total, DND's recent investments in CFB Halifax infrastructure have helped create economic opportunities for the community, and a more cohesive, modern, and functional campus for personnel stationed at the Base.



A classroom in CFB Halifax's new naval training facility.

CPL RENZO RUIZ HAAS, FORMATION IMAGING SERVICES



The naval training facility's multi-floor Close Engagement Ammunition Simulation System (CEASS) trainer includes modifiable spaces that mimic the interior of a Royal Canadian Navy vessel.

CPL RENZO RUIZ HAAS, FORMATION IMAGING SERVICES



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The new Common Support Training Facility's main tenant is the Naval Fleet School (Atlantic). The building features a large, shared training space, auditorium, and classrooms for formal learning.

CPL RENZO RUIZ HAAS, FORMATION IMAGING SERVICES

Le nouveau centre d'instruction à la BFC Halifax permet de mieux préparer les marins de demain

Par le MRC AP

Grâce à l'achèvement des travaux au nouveau centre d'instruction navale à la BFC Halifax, les marins de demain de la Marine royale canadienne (MRC) avaient beaucoup plus à découvrir que le contenu de leurs cours lors de la reprise de leur instruction cet été.

L'édifice le plus récent de la BFC Halifax est un centre d'instruction moderne, fonctionnel et écologique d'une superficie de 9 500 m² qui a été conçu pour répondre aux besoins en matière d'instruction de la marine du 21^e siècle. Achievé en mai 2020 et construit au coût de 57,8 millions de dollars, il offre aux marins un espace où ils peuvent étudier, apprendre et acquérir les compétences dont ils auront besoin pour appuyer les opérations navales de la MRC au pays et à l'étranger.

Le principal occupant de l'édifice, l'École navale (Atlantique), a accueilli ses premiers stagiaires en juin. Les installations comprennent un grand espace d'instruction partagé, un auditorium et des salles de classe pour l'apprentissage formel, et il est possible pour les stagiaires d'acquérir une expérience pratique avec l'équipement naval sur place, dont un simulateur d'armes légères. Les marins peuvent aussi s'entraîner de façon réaliste pendant qu'ils sont à terre, car l'intérieur de l'édifice comporte également une zone d'entraînement de trois étages qui reproduit l'intérieur d'un navire.

Pour reprendre les mots du capitaine de vaisseau Jason Boyd, commandant

du Groupe du personnel et d'instruction de la Marine, le centre offre « l'adaptabilité et la souplesse nécessaires pour développer et appuyer l'instruction de nos marins afin qu'ils soient prêts à répondre aux besoins de notre flotte, aujourd'hui et à l'avenir. » Selon le Capv Boyd, l'achèvement du centre est « l'un des grands avantages de la modernisation et de la numérisation du système d'instruction navale. » Sur le mur arrière de l'édifice, une grande muraille illustre la longue histoire de la MRC à Halifax, avec des silhouettes de navire et des images du port d'Halifax au cours des décennies. La muraille a été conçue par une employée du ministère de la Défense nationale, Shelly Gillis, à partir d'images fournies par le Musée naval d'Halifax. « À Halifax, nous sommes fiers de notre identité en tant que ville militaire, et la BFC Halifax fait partie intégrante de la structure de notre ville, » a déclaré Andy Fillmore, député d'Halifax. « Grâce à la construction de ce nouveau centre d'instruction navale, le gouvernement fédéral continue de fournir aux membres des Forces armées canadiennes les infrastructures, les ressources et le soutien dont ils ont besoin pour accomplir leur important travail au nom de notre pays. »

Outre les avantages qu'il présente pour les marins, ce projet a aussi permis de stimuler l'économie locale d'Halifax. Réalisé dans le respect des délais et du budget par une entreprise

locale, Bird Construction, ce projet a généré la création d'environ 160 emplois durant la phase de construction et contribuera à réduire les émissions de gaz à effet de serre du ministre de la Défense nationale (MDN) dans notre région, » a ajouté le député Fillmore. Cette installation navale est la plus récente d'une série de projets d'infrastructure réalisés à la BFC Halifax pour regrouper les installations de logement, d'instruction et de soutien dans trois nouveaux édifices. Un centre de soutien du personnel et un nouveau complexe de logements à l'intention des caporaux et des soldats ont été achevés en 2015 et 2016, respectivement. L'entrée principale du site de Stadacona de la

BFC Halifax a aussi été réalignée afin d'améliorer la circulation tant pour les membres de l'Équipe de la Défense travaillant à la Base que pour les résidents de la région qui traversent le quartier. Enfin, en modernisant et en écologisant nos infrastructures de défense, nous réduisons nos émissions de gaz à effet de serre et les coûts liés à l'énergie, tout en répondant aux besoins d'une marine moderne. Dans l'ensemble, les investissements récents du MDN dans les infrastructures de la BFC Halifax ont permis de créer des emplois dans la région et d'offrir au personnel en poste à la Base un complexe plus cohérent, moderne et fonctionnel.



The mural on the Gottingen Street-facing, exterior back wall of the new CFB Halifax naval training facility, which highlights the Royal Canadian Navy's history in Halifax.

CPL RENZO RUIZ HAAS, FORMATION IMAGING SERVICES



Faces of the Base: CPO2 Hugh Webber

Meet one of our newest #FaceofBaseHFX: CPO2 Hugh Webber. CPO2 Webber is the Clinical Company Sergeant Major (CCSM) at Canadian Forces Health Services Centre (Atlantic). His role includes coordinating development of Medical Techs, Lab Techs and Diagnostic Imaging Techs, through coaching on difficult tasks and providing insight to the succession planning for all personnel within the clinic's Primary Care and Diagnostics Therapeutics Services team. CPO2 Webber is also the new CFB Halifax Blood Donor Coordinator Liaison Officer. This secondary duty involves liaising with CFB Halifax, 12 Wing Shearwater and Canadian Blood Services to plan and organize Blood Donor Clinics within our local Defence community. CPO2 Webber feels great about this additional duty, as it directly ties in to Canadians' health and wellbeing. Bravo Zulu CPO2 Webber, and thank you for everything you do for the Base and our local Defence Team.

Army cadets accepting new members

By 3036 Royal Canadian Army Cadet Corps

The 3036 Sackville Lions RCCEM Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps.

New cadets are welcome to email

us to set up a registration and information phone call: cadets3036@gmail.com. There are no registration fees. For more information, email cadets3036@gmail.com or go to [Facebook.com/cadets3036](https://www.facebook.com/cadets3036)

Into the Deep: HMCS *Victoria* returns to sea

By Peter Mallett
Staff Writer

HMCS *Victoria* achieved another milestone last week as part of its ongoing sea trials.

With the diesel electric submarine operating on the surface near Esquimalt, a CH-148 Cyclone helicopter hovered above to practice transferring equipment and personnel – a first for a *Victoria*-class submarine and this new helicopter.

“This serial allowed both units to update their standard operating procedures for helicopter transfer with this new airframe,” said Capt(N) Jean Stéphanie Ouellet, Commander Canadian Submarine Force. “The submarine crew gained valuable experience from this interaction.”

Victoria and its 48-person crew returned to sea Sept. 18 after a five-year hiatus in dry dock where it underwent routine maintenance, repairs, and upgrades.

“The return of HMCS *Victoria* to sea marked a significant achievement for the Canadian Submarine Force and its submarine enterprise partners. It is the result of our collective hard work, resilience, determination, and dedication,” said Capt(N) Ouellet.

That return also marked the resumption of Canadian submarine operations following a pause that began in 2018 when HMCS *Windsor* returned from a Mediterranean deployment.

Eleven other personnel are on board *Victoria* for the trials including submariners in training and Sea Training staff.

In addition, personnel from the Fleet Maintenance Facility Cape Breton (FMF CB) were embarked to conduct specific equipment trials. After conducting trials at sea and damage control exercises, *Victoria* returned alongside to address some issues discovered during the trials before continuing on with the dive portion of the program.

At-sea trials test most major mechanical and combat systems such as propulsion, steering, sonars, and periscopes. It is also an occasion to re-familiarize the crew to working in a submarine environment as not all evolutions can be simulated alongside or in the trainers.

Victoria will also conduct a deep dive scheduled for October to ensure the submarine is watertight and confirm all of its on-board systems are operational at its maximum allowable depth.

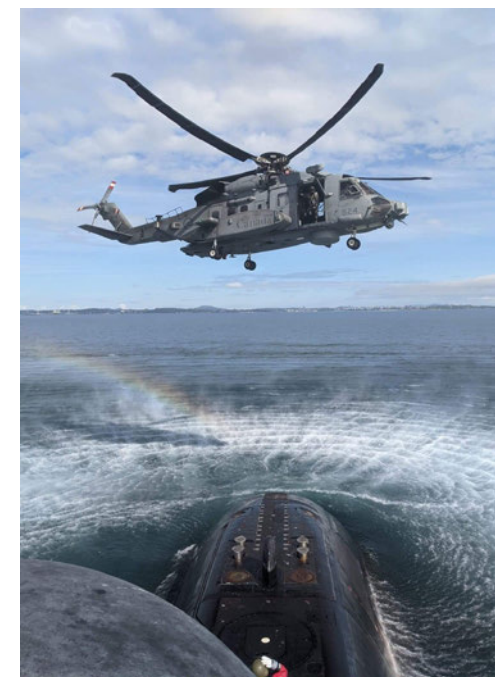
As part of the five-year work period, *Victoria* received the new BQQ-10 sonar, also used on board United States Navy attack submarines, and a new battery.

“This new state-of-the-art sonar system will radically improve our ability to detect, classify, and track quiet

warships and submarines. It is a game changer for the class,” said Capt(N) Ouellet.

The Force Commander also congratulated the crew of *Victoria*, military and civilian workers from FMF CB, the Formation Technical Authority, Babcock Canada, Seaspan *Victoria* Shipyards, and the Government of Canada's Director General Maritime Equipment Program for preparing *Victoria* for its return to sea.

“It is also important to recognize HMCS *Chicoutimi* and its crew who played a critical role in supporting



Victoria, especially towards the end of the repair work period when the *Victoria* crew was required to commence its modified quarantine.” added Capt(N) Ouellet.

Those directly involved in the sea trials have been adhering to a COVID-19 quarantine protocol with strict control of who can embark the submarine. It involves in-home quarantine for seven days prior to embarking and COVID-19 testing that has so far yielded no positive tests.

“Returning a submarine to sea is always challenging; however, the COVID-19 pandemic added an additional level of complexity to that process which we had never experienced before,” said Capt(N) Ouellet.

Following completion of the sea trials, the focus for *Victoria* will be to train new submariners while contributing to continental defence, said Capt(N) Ouellet.

The next major milestone for the Canadian Submarine Force will occur in the coming months with the anticipated return to sea of *Windsor* on the East coast.



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Fall for self-care

By Victoria Stead

P.Dt., A/Health Promotion Manager

The Back to School season as kids certainly impacts us and shapes us into our adulthood. So many say they find fresh motivation and kick start new beginnings come the fall season. As Gretchen Rubin, author of *The Happiness Project* says, “September is the other January.” In other words, this may be the perfect time to re-evaluate our goals, embrace a fresh start and focus on our self-care routines.

As daylight gets shorter and the air gets cooler, our time outdoors becomes far and few between as we grasp on to the last days of summer. Our self-care routine in the fall looks quite different than in the summer, where we leave the memories of staycations, beach days, hikes and campfires behind for evenings cozied up inside with a book.

LAYER UP

Don't let the crisp air keep you in - get dressed up in your warm layers and spend time outdoors. The fresh

air is associated with helping to prevent depression, improved mood and better concentration. Take advantage of Nova Scotia's remarkable season and go for a fall hike in the Cape Breton Highlands or apple picking in the Annapolis Valley. Take in the foliage, the chilly mornings and all things pumpkin-scented.

LOCAL PRODUCE

The change in the season is the best time to adjust your eating habits. Go to your local market and pick up fresh fall produce, like squash, root vegetables, beets and apples. Using these ingredients will help you gain fresh enthusiasm for mealtime.

MORNING ROUTINE

Fall brings busier days and demanding priorities. Set your alarm for five minutes earlier to enjoy your cup of coffee on the back deck as a gift before the demands on the day take over.

October is Healthy Workplace Month

By Victoria Stead

P.Dt., A/Health Promotion Manager

We spend a substantial part of our day in the workplace, usually seated and often stressed out. We may not think much of it, or we simply accept it as the nature of our work. But spending our days like this can put strains on our mental and physical health over time, ultimately impacting quality of work. This October is Healthy Workplace Month, the best time to make a change in your workplace. Introducing healthy practices into the workplace has many benefits, from improved mental health and higher levels of creativity to decreased healthcare costs and less staff turnover. Even the smallest of changes can have a great impact on your overall wellbeing, so here are some ideas to get this October started:

- Get active. Introduce standing desks or take opportunities to get up for a stretch. Encourage using breaks and lunches to move around; organize a walking group, hit the gym, practice yoga, or even play a sport. Getting active with a friend or in a group can help to keep you motivated. Suggest a walking meeting on a nice day.

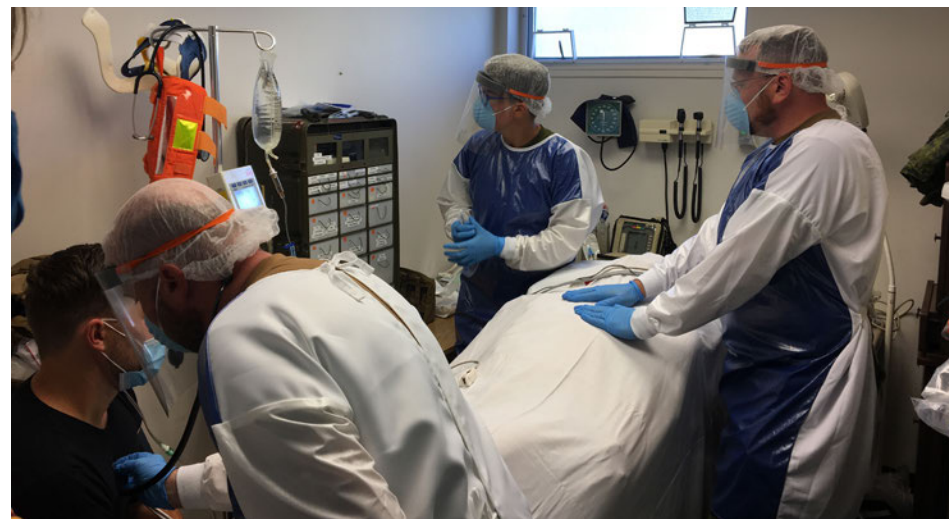
- Eat right. Explore the possibility of keeping free healthy fruits on hand, or take turns buying for your colleagues. Hold a healthy potluck at lunchtime to inspire better eating habits. Make water more accessible by setting up a water cooler close to your work station, and set daily hydration goals.
- Improve your space. Bring in a couple of low maintenance plants to purify the air. Make sure that your workplace is clean and hygiene-equipped, with tissues and hand sanitizer readily available.

Putting changes like these into practice is conducive to a healthier workplace as well as a healthier you, so why not give it a try?

<http://healthyworkplacemonth.ca/en/healthy-activity-ideas>

<https://www.webmd.com/women/features/10-tips-to-improve-your-health-at-work#2>

<https://quickbooks.intuit.com/ca/resources/business/9-tips-for-a-healthy-workplace/>



Acute care training reboots for RCN

By Peter Mallett,
The Lookout Staff

Medical staff aboard Pacific Fleet warships are improving their readiness to handle life-and-death emergencies at sea.

Three Physician Assistants and six Medical Technicians recently completed a four-day Acute Care Team Training course from August 25 to 28 at Albert Head Training Facility. This group of students were the first to complete the training held in Esquimalt. Previously courses have been held in Vancouver but due to the global COVID-19 pandemic organizers had to switch gears and offered the course locally to Esquimalt-based medical staff. The 6th installment of the course is being planned for later this fall. Course organizers say instruction focused on enhancing the skill set and knowledge of ship's medical teams and their ability to operate successfully in a navy-specific environment.

Captain Irene Doucette of Canadian Forces Health Services (Pacific), a Physician Assistant employed within Fleet Support Medical Unit and working for Coastal Forces, helped with the coordination of the event and also acted as an in-class mentor for the students. She says the rationale behind the training is to fill an important gap, in that land-based units of the CAF have received similar training (for land based operations) for several years but failed to address the various demands of at-sea operations. The RCN is in the process of reviewing this new training and its planned roll-out across the Navy. Focus is also shifting to renewed training for our casualty clearers, the other important members of the onboard medical team.

“Being on board a ship with a critically ill or injured patient is a very unique and demanding situation,” she said. “Our ships sail in all weather conditions, often with prolonged evacuation times that could last days

depending on a ship's location.”

They trained in a simulated environment with simulated patients, but Capt Doucette said the supplies and medication used by students were the same ones available on a ship.

Students were divided into three teams with their skills put to the test dealing with scenarios that included traumatic injuries and medical emergencies.

“Students were evaluated on their medical skill in evaluating the patient, the medical interventions they performed, and the ongoing plan for patient care,” said Capt Doucette.

The course was delivered by Physicians, Critical Care Nursing Officers, Physician Assistants, and Medical Technicians from the Fleet Support Medical Unit, 1 Canadian Field Hospital, and the Canadian Forces Trauma Training Centre (West) of Vancouver.

Physical distancing and health protection measures were in place throughout the course, which Capt Doucette said presented a separate challenge to students in delivering high-quality medical care in a pandemic environment.

“Some of the scenarios also included simulated patients with COVID19-like symptoms with students being challenged to work in full Personal Protective Equipment,” said Capt Doucette.

Aside from scenario-based learning, students also participated in several skills labs where they practised or learned new skills such as wound care, IV medication preparation, using ventilators, and doing chest needle decompression.

Upon completion of the course, students were presented with a certificate from the new Regional Surgeon, LCol Andrew Currie, and Pacific Fleet Surgeon, LCdr Mitchell Drake. Students were also credited with Continuing Professional Education Credits for the course.



Keep your world small

By Padre Lt(N) Stephen Cogswell,
12 Wing / FDU(A)

Ever felt overwhelmed? And I don't mean in just the garden-variety sense of that word. I'm talking about overwhelmed in that head-spinning, jaw-clenching, heart-pounding kind of way. I know I've felt that way at times, and I bet you have too. When we're in those kinds of spaces, what do we do? What is our strategy to keep going when we feel like, well, we can't keep going? There's plenty of tools in the box we might employ, from prayer or meditation, practicing positive self-talk, even tactical breathing. These can all be helpful tools at our disposal. But I'll let you in on a life hack that has served me well in overwhelming times. It sounds pretty simple but here goes: do what you can do. I'll frequently hear my wife say it in a same-but-different way, "just do the next thing." This means when the weight of a hundred things feels

as though it's sitting on your chest, just do one thing. Put your feet on the floor. Make your bed. Get dressed. Have a coffee. Tie your shoes. Dial in on these seemingly microscopic things, and refuse to think too far down the road.

Recently, I came across a memorable way of managing the feeling of being overwhelmed. Here's what a retired Navy SEAL instructor said when asked why many candidates quit during basic training. "Time and time again, the answer I got from students was they got overwhelmed." They were overwhelmed, swamped with too many tasks, too many stressors, and too much pressure. And in the face of it all, they simply shut down. So what's his remedy for overwhelmed candidates? Do what you can do. Just do the next thing. In Navy SEAL speak - "Make your world small." Forget the

big picture, lest it crush you, and in its place dial in on the small picture. He goes on to say, "There's two ways you can look at BUD/S (Navy Seal basic training). It's 180 days long. Or you can look at it as a sunrise and a sunset, 180 times... Just make it to your next meal, because they have to feed you every six hours." And if you're able to shrink your world to that size, your chances of success at BUD/S rise dramatically. If your world is huge, you'll tend to struggle to deal with it. However, if your world is kept small, your odds of success are high.

Interestingly enough, many years ago Jesus was addressing a crowd of people who were feeling the same that we often do; worried, weary and overwhelmed about getting through the day. Except their apprehensions were connected to the very basics of life. Things like having enough

food to eat, clothes to wear, the very necessities of life. Valid stuff. And Jesus' teaching to them is tied up in this single verse from the Bible: "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." Matthew chapter six, verse 34. At the heart of it, the Navy SEAL instructor and Jesus are saying the same thing. Keep your world small, tomorrow isn't even here yet so stop worrying about it. Today's trouble is enough for today. Dial in on the little picture and make it your practice to refuse to worry about the view at 30,000 feet. Choose to focus on what's right in front of you. Keep your world small, do the next thing, all the while trusting that God not only knows our needs, but is more than able to help us in our need.

Bacon-wrapped Brussels sprouts with creamy lemon dip

By Jamie MacMillan,
Cook, Juno Catering

Enjoy some fresh Brussels sprouts from your local farmer's market with this recipe the whole family will love.

INGREDIENTS:

18 medium Brussels sprouts (about 1 1/2 lbs)
Kosher salt and freshly ground black pepper
1 12-oz package center-cut bacon (about 18 strips)
1/4 cup pure maple syrup, plus 1/2 cup more for serving
1/2 cup mayonnaise
Zest of 1/2 lemon, plus 2 tsp juice
Crushed red pepper flakes

DIRECTIONS:

1. Preheat the oven to 400°F. Trim the stem ends from the Brussels sprouts, and halve lengthwise. Put them in a medium bowl, and toss with 1 teaspoon salt.

2. Lay the bacon strips next to each other on a work surface. Brush liberally with about 1/2 the maple syrup, then halve crosswise. Wrap each Brussels sprout half with 1 strip of bacon, syrup-side out, so the seam is on the flat side. Place the sprouts seam-side down on a rimmed baking sheet, leaving a bit of space between them. Brush them with a bit more syrup, and grind a little black pepper on top. Roast, rotating the baking sheet halfway through, until the bacon is crisp and the sprouts are tender when pierced with the tip of a knife, about 30 minutes.

3. Meanwhile, mix the mayonnaise, most of the lemon zest and all the lemon juice in a small serving dish. Sprinkle the remaining lemon zest on top. Put about 1/2 cup maple syrup in a second small serving dish, and stir in as much black pepper and crushed red pepper flakes as you like.

4. Transfer the sprouts to a platter, and serve with the lemon mayonnaise and peppered maple syrup, for dipping.

Base Logistics TEME personnel volunteer for the Truck Convoy



Bravo Zulu to Base Logistics (BLog) TEME members and volunteers for their support of this year's Truck Convoy for Special Olympics Nova Scotia! The Truck Convoy is an international one-day celebration where the trucking industry raises funds and awareness for Special Olympics athletes. On September 19, the Truck Convoy for Special Olympics Nova Scotia took place in accordance with public health guidelines and regulations. Thank you, BLog and TEME, for your contributions and service. #ReadyTo-Help For more information on the 2020 Truck Convoy, click here: www.truck-convoyns.ca Here, Blog Cdr Aral takes part in the 2020 Truck Convoy for Special Olympics Nova Scotia.

SUBMITTED

Volunteering for a great cause



During this year's Truck Convoy for Special Olympics Nova Scotia, Base Logistics (BLog) TEME members volunteered their time and effort to raise funds and awareness for Special Olympics athletes. From left: TEME volunteers Pte Avoine, MCpl Tackaberry, Avr Heighes, MCpl Anthony, Cpl Motty and MCpl Dempsey proudly stand together for this special event.

SUBMITTED



SPORTS & FITNESS



RCN Sports History: Strong season for NRS Aldergrove

By Ryan Melanson,
Trident Staff

The softball team from the Naval Radio Station Aldergrove had an impressive 1949 season, winning the Lower Fraser Valley Senior B championship and coming within inches of the Lower Mainland crown.

The Aldergrove sailors started their championship climb by ousting the Langley Athletics in a best of three semi-final series in the Lower Fraser Valley League. In the finals, the heavily favoured Aldergrove Otters, a civilian club, took the first game 9-3, but the Navy came back to win the second by an 8-6 count. In the deciding game, the NRS jumped into an early lead by notching seven runs in the first three innings, and didn't look back from there. The final score was 7-2 and the nine-man Navy team was awarded the Vic Tessaro trophy.

Following their big win in home territory, the sailors travelled to Chilliwack in October to take part in the Lower Mainland Championship Tournament. Seven teams, all district winners, were entered. Two successive wins over Vancouver wireless and New Westminster advanced the Navy into the sudden-death final against the Chilliwack Army team, but a back-and-forth game ended with the Army coming out on the winning end of a 10-8 score to take the tournament and the title.

THIS MONTH IN RCN SPORTS HISTORY

1964 - The rugby team from Shearwater, known for reviving the sport among military members on the east coast, defeated the Halifax Rugby Club 17-9 on October 18 to win the Maritime Open Championship. They shut Greenwood out 31-0 earlier in the month for the armed forces Maritime title and the chance to meet the Haligonians for the open title. This put the naval airmen against the Montreal Wanderers at the end of the month for an unsuccessful shot at the Eastern Canada MacTier Trophy. They lost 16-3.

1987 - The 87/88 Cock of the Fleet sports season was beginning to heat up in October of 1987. The Fleet Badminton Championship was held from October 13-16, with HMCS *Assiniboine* taking a one-point victory over HMCS *Preserver* in the finals. This was followed up by the Basketball Championship from October 19-23, which saw HMCS *Athabaskan* take the win over *Assiniboine* in the final, and then Squash from October 26-30, where HMCS *Preserver* bested *Protecteur* in the finals by six points. The end of October saw HMCS *Preserver* in the lead for COTF points, and they would maintain that lead to eventually take the trophy for the 87/88 season.

2006 - CPO2 Cheryl Kern was named the CAF Female Coach of the Year after a string of successful seasons with the slo-pitch Mariners women's team, which had a combined roster from CFB Halifax, 12 Wing Shearwater, and the Fleet. CPO2 Kern was credited

with helping her players make big progress in a short amount of time, while keeping the team accessible to players of different skill levels. For the 2006 season, the Mariners had the best record and won the playoff tournament in the city league they played in.



The Aldergrove Naval Radio Station softball team, champions of the Lower Fraser Valley Senior B League. Back row, left to right: PO Jack Mooney, LS Stanley Johansen, PO Henry Abercrombie, AB Garry Johnson, AB William Sorrell, PO George Coghill and LS James Blight. Front row: LS Frank Barron, AB Sears, AB Charles Barnes, John Zablosky (civilian worker at Aldergrove) and AB R. S. Carmichael.

CROWSNEST ARCHIVE



The full group of current and former FDU(A) members, friends and family members who attended the Craig Blake Strength and Depth Fitness Challenge on September 18.

MONA GHIZ, MARLANT PA

Divers remember PO2 Craig Blake at Fitness Challenge

By Ryan Melanson,
Trident Staff

This past May marked 10 years since PO2 Craig Blake, an RCN clearance diver, was killed in Afghanistan, but his memory lives on at his former unit and with the many sailors who called him a friend, colleague and mentor.

As they've done each September since 2011, personnel from Fleet Diving Unit (Atlantic) got together recently to honour PO2 Blake by taking part in one of his favourite activities – triathlon. The PO2 Craig Blake Memorial Fitness challenge is normally held at MacDonald Beach, but due to COVID-19 restrictions, this year's event was pared down, had less participants, and was held right outside FDU(A)'s main building in Shearwater on September 18. Rather than the usual 300 metre swim, 6.5km bike ride and 2km run, the race involved a shorter 500 metre run, 1km bike ride, and the same 300 metre swim, for a short and exciting race.

S1 Mark Littler, FDU(A)'s main

organizer for the event in recent years, said the unit was determined to keep the annual tradition going in some form, even if it couldn't happen in the usual format. Having the race right at FDU(A)'s home base, with only the tight-knit diving community and a



FDU(A) Commanding Officer LCdr Neville Lockyer, right, along with S1 Mark Littler, centre, presents the Craig Blake Memorial Trophy to S1 Chris Trufal, who logged the best individual time for the race.

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handful of former members and other colleagues joining in, ended up feeling quite appropriate at the 10-year-anniversary of PO2 Blake's death, he added.

"It's very important to us. Craig was a guy who had a locker here, he was one of us and a buddy to a lot of people. I didn't know him personally, but his presence is still very much felt here."

S1 Littler also gave a thank-you to PSP Halifax for helping with the day, even though this year's race wasn't an official PSP sanctioned event. PSP staff were on hand to help wipe down equipment and with first-aid gear, while the Corporate Sponsorship team provided refreshments and lunch for the day courtesy of Tim Hortons, Sobeys and Domino's Pizza, as well as prizes for the winners.

Among those participating in the race who called PO2 Blake a personal friend was LCdr (Ret'd) Kharim Schliewinsky, who was a clearance diver at FDU(A) before becoming a

CAF doctor. He said catching up with old colleagues, as well as members of PO2 Blake's family at the race, was great, and pushing himself physically was the perfect way to remember his friend.

"He was a great guy, of course, kind and level-headed, but it's his energy that made him stand out. Between the triathlons, and cycling, and hockey, and his family, and still being involved in the community, we used to think 'How does he do it?'"

LCdr Neville Lockyer, FDU(A)'s new Commanding Officer, echoed those comments about PO2 Blake, and gave his personnel all the credit for organizing a great day in his memory.

"This is everything he believed in, it's physical fitness, it's training, it's camaraderie, and the spirit of Craig is strong here today. We're happy we could be here and abide by the COVID restrictions to allow this to happen," he said.



FDU(A) organizers thanked PSP for helping to set up the course and providing support to the event.

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S3 Sarah Mason jumps into the harbour to complete the swimming portion of the fitness challenge.

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This pared down version of the annual event took place right at FDU(A) in Shearwater, rather than the usual race course at MacDonald Beach.

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Faces of the Base: Ashley Stewart

Introducing another #FaceofBaseHFX: Ashley Stewart. Ashley is the PSP Halifax Acting Fitness, Sports and Recreation Manager at the Fleet Fitness and Sports Centre. She first started out at a Fitness and Sports Instructor at PSP in 2013, and then moved on to a Fitness and Sports Coordinator role in Shearwater. In her current role, Ashley manages the operations and delivery of Base physical fitness, recreation, sports and special activities that focus on enhancing the operational effectiveness of the #CAF. Since the gyms haven't fully reopened due to the COVID-19 pandemic, Ashley and her team have been exploring new ways to expand their online presence and services, such as offering virtual workouts. PSP Halifax currently offers FORCE Testing, One-on-One online training, Fitness Classes, Unit PT, Inter-section sports, Specialty Trade Evaluations, and have notably led the way nationally with their Live In daily workouts. This has allowed the PSP team to reach CAF members who typically don't frequent gym facilities so that they can receive programming based on their individual needs, in addition to reaching Defence Team members working remotely. The changes brought on by the pandemic also allowed the PSP team to provide additional support to ships preparing for deployment and in quarantine with fitness programs and sports equipment to enhance morale. Ashley emphasizes how proud she is of her team "who have worked hard to adapt operating procedures and continue to provide excellent service" throughout a challenging time. Outside of her work, Ashley loves to spend time outdoors, swimming, biking and travelling with her family. Thank you, Ashley, for everything you do.

