



TRIDENT

www.tridentnewspaper.com

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

HMCS *Harry DeWolf* sets sail for training

HMCS Harry DeWolf (left) and HMCS Summerside sail near each other off the coast of Halifax on October 15. Harry DeWolf is at sea conducting training and post-acceptance trials.

CPL DAVID VELDMAN, CAF PHOTO





Exercise JOINT WARRIOR 2020 enters final stretch

By Trident Staff

Taking place for two weeks off the coast of northwest Scotland, the UK-led Exercise JOINT WARRIOR involves 11 nations, 81 aircraft, 28 ships and two submarines, with a total of more than 6,000 personnel taking part. The Canadian contingent includes HMC ships *Halifax*, *Ville de Québec*, and HMCS *Toronto*, which has joined the exercise as part of its Operation REASSURANCE deployment with Standing NATO Maritime Group 1, along with MV *Asterix*. Other participating nations include Belgium, Australia, Denmark, France, Lithuania, the Netherlands, Norway, Portugal, and the United States.

The first portion of JOINT WARRIOR 2020 saw the Canadian task group participating in gunnery exercises, replenishment-at-sea, and controlled anti-submarine warfare scenarios, while acting as the opposition forces for a Royal Navy training exercise.

The second half of the exercise, now underway, shifts the focus to incorporate more airborne and land assets,

along with the surface and subsurface vessels, in a joint training opportunity for NATO units.

“Our contribution to JOINT WARRIOR demonstrates the Royal Canadian Navy’s commitment to maritime security and highlights our cooperation with our allies. The exercise will provide a unique opportunity for us to work and train alongside them in tactical-level naval warfare to be prepared to face a range of current and future threats,” said Canadian task group Commander Capt(N) Martin Fluet. He began the exercise on board HMCS *Ville de Québec*, then moved over to *Halifax*, which is currently undergoing training in preparation for an Operation REASSURANCE deployment in early 2021.

To successfully hold this large-scale exercise in the pandemic environment has been seen as a success, and organizers say all possible COVID-19 mitigation measures have been put in place to protect both the exercise participants as well as the public.



MS Clayton Murphy briefs the responding team during an engineering drill on board HMCS Ville de Québec on October 7.

S1 LOUIS-PHILLIPE DUBÉ, CAF PHOTO



The view from HMCS Ville de Québec as French ship FS Aquitaine D-650 moves into position for a replenishment at sea with MV Asterix during Exercise JOINT WARRIOR on October 10.

S1 LOUIS-PHILLIPE DUBÉ, CAF PHOTO



A simulated enemy force moves into position to launch a mock attack against Ville de Québec during a combat exercise on October 8, 2020.

S1 LOUIS-PHILLIPE DUBÉ, CAF PHOTO



S2 Keshon Mcdowald throws a Sonobuoy overboard during a scenario as part of Exercise JOINT WARRIOR on October 10.

S1 LOUIS-PHILLIPE DUBÉ, CAF PHOTO

HMCS Windsor prepares for return to sea

By Ryan Melanson,
By Trident Staff

Excitement is building among HMCS *Windsor* personnel as the submarine wraps up the last phase of its Transitional Docking Work Period (TDWP) and gets set to sail for the first time since 2018.

“The closer we get to it, the more and more excited my crew and I are becoming. Being alongside isn’t ideal for any sailor, so we’re all chomping at the bit to get back to sea,” said LCdr Drew Matheson, *Windsor*’s Commanding Officer.

Windsor entered the submarine shed at HMC Dockyard in October of 2018 to begin its Transitional Docking Work Period (TDWP), undergoing deep maintenance work along with modernization upgrades over the last two years. The TDWP’s purpose is to set the Victoria-class sub on its new operational cycle, which is planned to be nine years of service followed by three years of maintenance, a change from the previous six year/two year cycle. In order for that to happen, *Windsor* was required to go “back up on the blocks,” as LCdr Matheson describes it.

The two-pronged TDWP approach involved work on key pieces of maintenance to fix up the wear-and-tear from a busy sailing period from 2014-2018. That period saw *Windsor* deployed to Europe multiple times, with participation in exercises like JOINT WARRIOR and TRIDENT JUNCTURE, and the sub also spent more than three months operating in the Mediterranean in 2018, a first for the Victoria-class fleet.

On top of the maintenance and

repairs, the boat also underwent capability upgrades, receiving the new state-of-the-art BQQ-10 sonar as well as an overhaul to its weapons systems. *Windsor* will now be armed with the Mk 48 MOD 7AT torpedo, an upgrade from the previous Mk 48 MOD 4M.

“In order to employ that, we had to make significant upgrades to our weapons capability through our torpedo handling system, our weapons discharge system, and our fire control system,” LCdr Matheson said.

Like most other RCN and CAF units, *Windsor* experienced a work stoppage in the spring of 2020 as the country locked down to combat the COVID-19 pandemic. But despite a two-month interruption, work on the TDWP stayed ahead of schedule, and the boat was taken from the submarine shed and lowered back into Halifax Harbour in early August, earlier than expected. LCdr Matheson said dedicated work from FMF Cape Scott personnel, as well as his own sailors, was key to making that happen.

Workers from Cape Scott are still on board now that *Windsor* is back in the water, finishing up the final pieces of maintenance while the crew begins powering up their main systems and beginning alongside trials.

“They’ve put it all back together, and now we have to prove that it works. When you’re adding new capabilities on board, that always comes with heavy trials and testing to make sure we have full acceptance of the system,” LCdr Matheson added.

“If everything goes smoothly, we’ll camber dive the boat to prove its wa-

tertight integrity alongside, and then we’ll proceed to see.”

LCdr Matheson also thanked Formation Safety for their support since *Windsor* went back into the water, and said that team has been on board extensively, making sure that the most up-to-date COVID-19 policies are being followed in accordance with the Commander, Canadian Submarine Force goal to provide a safe work environment for anyone who boards a Victoria-class submarine.

Looking ahead, the sub will enter its tiered-readiness program at sea after

proving its dive integrity, bringing both *Windsor* and its crew back into fighting shape. Beyond that, Canadian submarine movements are classified, but LCdr Matheson said his crew is looking forward to conducting their business at sea with a modernized and operationally available platform.

“The Defence Policy directs us to modernize the Victoria-class Submarine and to operate them at home and abroad, supporting Canada’s national interest and its international commitments. That’s what we intend to do.”



HMCS *Windsor* was taken out of the submarine shed at D294 and lowered into Halifax Harbour on August 7.

MCPL ANTHONY LAVIOLETTE, CAF PHOTO



Editor: Virginia Beaton

editor@tridentnews.ca

(902) 427-4235

Journalist: Ryan Melanson

reporter@tridentnews.ca

(902) 427-4231

Editorial Advisor: Margaret Conway

margaret.conway@forces.gc.ca

902-721-0560

www.tridentnewspaper.com

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Brian Santarpia, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10 a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Brian Santarpia, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

Annual Subscription (25 issues):

- NS: \$37.38 (\$32.50 + 15 % HST)
- ON, NB & NFLD: \$36.73 (\$32.50 + 13% HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

Courier address:
2740 Barrington Street,
Halifax, N.S.
B3K 5X5

Publication Mail Agreement No.
40023785

Return undelivered Canadian address to:
Trident Newspaper Bldg. S-93
PO Box 99000
Station Forces, Halifax, NS B3K 5X5
Return Postage Guaranteed
ISSN 0025-3413

Circulation: Minimum 8,500

Divers learn skills in countering underwater mine threat

By Fleet Diving Unit (Pacific)

It has been a long journey for the 10 candidates on Clearance Diver Course 0014 - two officers and eight non-commissioned members who began their training on September 3, 2019, and will graduate in November.

Training has been run primarily at Fleet Diving Unit (Pacific) in Colwood by the Unit's training department, which is comprised of highly experienced clearance divers who oversee the initial training of all new clearance diver candidates.

"Over the course of a year we've learned a lot; surface-supplied helmet diving, how to treat dive casualties in a recompression chamber, and how to prepare and set explosive charges underwater. It's a really broad set of skills," says Lt(N) Jesse Deason, one of two officers on the course.

To date, candidates have finished honing their ability to locate sea mines in a non-permissive environment. The group planned and executed an underwater search mission, locating two training mines planted on the bottom of the ocean. One of these mines was a Rockan, which is deceptively shaped like a large rock and difficult to detect. Divers found it using their Shark Marine Navigator, an underwater navigation system with a fitted GPS and multi-beam sonar suite.

They were the first group to undergo training with a focus on clandestine, very shallow water operations. This

was a five-week phase in the course that began Aug. 18 and finished Sept. 17. The phase included learning how to dive with a re-breather and conduct covert missions within a limited timeframe. The group planned and executed underwater reconnaissance, survey, and clearance missions, both during the day and at night.

"After a mission briefing given by the force leader, we set off to assemble dive sets and setup equipment," explained Lt(N) Deason. "We deployed from a small boat before diving and swimming to the target, where we split up to cover more ground underwater. When each team finished their task, we met underwater at a rendezvous point and swam in close formation to an extract location. At the extract point, the force leader confirmed the area was safe by taking a tactical peek. When all was clear, I signalled the rest of the team to surface, and we were picked up by boat for extraction."

If a hostile beach or harbour needs to be cleared for friendly vessels or landing craft, the procedure would be along these lines.

By breathing pure oxygen in a closed-circuit system, divers can stay underwater for hours without giving off bubbles. This lack of bubbles is vital to evade detection and to avoid setting off an underwater mine.

Those on Clearance Diver Course 0014 dove for many hours, sometimes conducting multiple three-hour dives

during a single day to prepare for the rigours of diving operationally.

During their final training mission of the phase, divers navigated through a kelp forest and a strong current to their objective.

Fortunately there was good visibility, which is often not the case in this part of Canada. Inevitably, there were challenges operating underwater, but course candidates, who adopted the motto Grit, and the call sign Happy Tuna, have a mindset of overcoming obstacles and completing the mission.

"It is truly a rewarding experience watching these young divers plan and execute a dive mission from A to Z," said PO1 Giles Pease, lead instructor. "These guys have spent many hours underwater honing their new field craft. On average, each of them has spent the equivalent of about three days underwater since the start of course."

The course has several phases left to complete prior to graduation. Next up is the deep re-breather phase, diving solo down to 60 metres. Then there is underwater cutting, welding, and using hydraulic tools followed by light salvage. The team will be presented with a task of raising a sunken vessel using all the skills they have learned.

Upon graduation, half the course members will return to Halifax, while the other half will be posted to Victoria.

CFB Base Shuttle and Taxi Services are back

UPDATE! CFB Halifax's Base Shuttle and Taxi Services have resumed after being temporarily suspended due to COVID-19.

- Base Taxi: (902)722-4046. Wearing of a non-medical mask is mandatory.
- Base Shuttle Service: Week-days from 0730-1500hrs. Wearing of a non-medical mask is mandatory.
- Strict public health guidelines are now in place for Base transportation users in order to protect all on board.

Passenger Responsibilities – All passengers will:

- Allow the bus driver to exit the vehicle prior to boarding, and the bus driver will exit the vehicle prior to de-boarding the bus;
- Sanitize their hands and wear a medical / non-medical mask prior to boarding of the vehicle by using the hand sanitizer provided by the driver of the vehicle;
- Limit their movement within the vehicle and remain seated at all times;

- Restrain themselves from touching any unnecessary surface within the vehicle as they are boarding the vehicle; and
- Keep their hands within their personal space at all times.

Thank you for your continued adherence to these important public health measures.





4K in prizes up for grabs in Game On CANEX

By Peter Mallett
The Lookout Staff

A revamped contest by CANEX launches later this month and plans to catch the attention of all gaming enthusiasts.

Game On CANEX kicks off on October 22 and is open to all CAF members. The contest offers four separate sweepstakes for four consecutive weeks with a total of \$4,000 in prizes going up for grabs.

In the first week, a HyperX Gaming Bundle and an AndaSeat Dark Knight Gaming Chair are the two featured prizes. The following week's prizes include: two Oculus VR headsets, the brand new Xbox Series X, and the brand new Sony

Playstation 5.

This year's event replaces the CANEX Championship Gaming Series (CCGS) that ran from 2016 to 2019. The Gaming Series attracted about 400 participants and viewers each year and saw military members put their gaming skills to the test against other competitors. Michael Prouty, CANEX Segment Marketing Manager, says earlier this year the decision was made to change the format to offer wider appeal to all CAF community gamers.

While those who participated in or watched the live stream of the tournament had a great time, Prouty points

out that the original game series spoke to a very small portion of the entire CANEX Gaming community, which he estimates to be approximately 30,000 people.

"Based on these numbers, we decided to revamp the format and appeal to a much larger population of gamers in the CAF community with Game On CANEX," said Prouty. "Given the fact that these prizes will be in high demand for the holiday shopping season, I am quite confident the participation numbers will be quite significant."

In order to enter the contest, applicants must provide their first and last

name, email address, and their CF1 number in an entry form found on the soon-to-be-launched event webpage <http://www.gameoncanex.com>

A full list of prizes for each draw is also available on the website.

Registered CAF members can earn more entries for each weekly prize draw by completing different tasks. They will include following contest clues and answering trivia questions provided in regular CANEX emails, Instagram and Facebook posts.

Change of Command at Canadian Forces Ammunition Depot



#FlashbackFriday On Thursday, August 20, LCdr Stephane Champoux handed over command of the Canadian Forces Ammunitions Depot (CFAD) Bedford to LCdr Martin Foster during a Change of Command Ceremony which took place at their headquarters. Welcome, LCdr Foster!

MCPL ANTHONY LAVIOLETTE, FIS



FMFCS replaces MWM engines with CAT diesel engines for first time in FMF history

By Ashley Evans,

Strategic Communications Officer, Strategy Department, Fleet Maintenance Facility Cape Breton

FMFCS has been busy preparing for the replacement of two Mortoren-Werke Mannheim (MWM) diesel generators with Caterpillar (CAT) diesels on HMCS *Ville de Quebec*, an Engineering Change (EC) that hasn't yet been done by either FMF. The MWM engines have become hard to support due to their age, parts were becoming more difficult to acquire and maintain, and they were proving to be unreliable. As they have reached the end of their lives and are becoming obsolete, a change had to be made in order to support the CPF engines. The new engines slated to be installed are better suited for their application. This EC has been on-going for the past few years, but this is the first time one of the FMF's have had a part in doing an install of the new equipment. This evolution has normally been done solely by contractors, as was completed with three vessels before this one – HMC Ships *Charlottetown*, *Montreal*, and *Fredericton*, who already have CATs installed. This work has been completed with contractors in the past because the work corresponds with docking abilities; FWD engines must be changed while ships are out of the water, while AFT are easier to complete with the ships alongside.

FMFCS has had the knowledge and skill sets required to complete these replacements within our facility and have wanted to show our strategic capability. There are four engines on the Canadian Patrol Frigates; two FWD and two AFT. Oftentimes,

members of the FMFCS workforce are required to travel overseas to conduct repairs on these vessels. It is integral that this capability be proven at FMFCS as experience with the process will allow workforce members to conduct any necessary repairs overseas when the time comes.

Twenty-four various trades have thus far been involved in the planning stages for this evolution, including pipe fitters, sheet metal, electrical, diesel, riggers, welding, shipwrights, mechanical fitters, control shop, schedulers, planning, various engineering departments, as well as many other supportive departments and shops within the unit. There are projected to be teams of approximately 18 people who will do most of the work onboard. There are 8,700 planned man hours in total for this EC, with 245 already having been completed (including projections until the end of October). While shops and departments are well underway in their planning and have begun the preliminary work, this replacement has been planned to begin at the end of October and will run five or six months, ending in March. The most challenging part of this evolution, explains Marine Systems Engineering Officer J.F. Beaulieu and Diesel Shop Work Centre Supervisor Mark Hunt, has been convincing decision makers that FMFCS has the knowledge and a requirement to demonstrate our strategic capability by completing this job. Hunt said that taking on the

challenge and letting FMFCS show what they can do, and how the people here can really do something special when given the opportunity, has been the most rewarding part of this process thus far.

"It has been rewarding seeing the pride in the people turning the wrenches, showing what they can do," said Hunt "the team has put their differences aside and come together in self-directed teams where different trades and shops work together to get the job done." He added that FMF production and Engineering have been very supportive and excited to take this task on so that they can show how efficient we can be on a job like this. Although COVID-19 case counts are currently negligible in Halifax at the moment, all members of the workforce continue to adhere to the protocols in place and use Personal Protective

Equipment (PPE) when required.

The CAT diesel engine replacement evolution involves many steps, including these important milestones:

- Opening the shipping route;
- Removing gensets;
- Lifting cement bases for the engines (weight of 8 tons each);
- Clean, inspect, repair the bases;
- Lower bases;
- Installing new gensets/enclosures;
- Close up the shipping route;
- Set to work the gensets; and
- Installing new cables to the AFT switchboard as part of the Switchboard EC

Bravo Zulu to all involved in this replacement - your dedication is appreciated.



Two generators sitting on cradles in the foreground built by the Shipwright Shop, with CAT engines still in shipping bases in the background.

SUBMITTED



Riggers removing the engine, with steel bed attached from the shipping base.

SUBMITTED



Diesel shop, electricians, and the Coastal Manager for Tormont CAT John Allen, preparing the enclosure and gensets to be installed in the shop.

SUBMITTED



HMCS Radisson celebrates its success as the 2019-2020 winner of the Commodore's Cup, which was introduced in 2016 to recognize the Naval Reserve Division that demonstrated the best overall performance and contributed most to the fulfillment of the Naval Reserve mission within the Royal Canadian Navy.

CPL GENEVIÈVE BEAULIEU, IMAGERIE VALCARTIER

Commodore's Cup and the Sailor of the Year Trophy awarded to HMCS Radisson

By A/SLt Amélie Bergeron,
UPAR, HMCS Radisson

The Commodore's Cup was introduced in 2016 to recognize the Naval Reserve Division that demonstrated the best overall performance and contributed most to the fulfillment of the Naval Reserve mission within the Royal Canadian Navy. For conducting extraordinary outreach in the Mauricie region of Quebec, for her support and participation in Operation LENTUS 2019, for a strong promotion of physical fitness and mental health, and for the undeniable pride demonstrated by her ship's company, HMCS Radisson is the winner of the 2019-2020 Commodore's Cup.

When presenting the award, Cmdre Mike Hopper, Commander Naval Reserve, wanted to highlight HMCS Radisson's high level of excellence, especially in domestic operations and when it comes to building strong relationships with the leaders and the people who make the Mauricie region what it is today.

"This year's award goes to a young and dynamic ship's company. The Mauricie region can be proud of its sailors, since their excellence shines through from coast to coast to coast," Cmdre Hopper said.

The future looks bright for this ship's company. Its pride is equalled only by its dedication to the Royal Canadian Navy's excellence at sea.

Sailor of the Year

It is with great pride that HMCS Radisson was also informed that a member of her ship's company, Sailor First Class (S1) Frédérique Poitras, Boatswain, was named Naval Reserve Sailor of the Year. This honour is awarded to the sailor who has demonstrated exceptional performance, as well as a number of outstanding personal and professional qualities.



S1 Poitras receives the Naval Reserve Sailor of the Year Award.

CPL GENEVIÈVE BEAULIEU, IMAGERIE VALCARTIER

As soon as she joined HMCS Radisson in 2016, S1 Poitras stood out as a leader. Thanks to her dedication and charisma, she has created a lasting team synergy and she promotes respect and dynamism among her peers.

"I think my greatest achievement at this unit is that I have helped my colleagues to progress in their career through the training I provided," S1

Poitras said.

In summer 2019, when S1 Poitras was employed during a partnership with the Canadian Coast Guard, she had to respond to an actual search and rescue operation. Her expertise was essential to this rescue as she found an unconscious individual drifting on the St. Lawrence River. After recovering the individual, she performed cardiopulmonary resuscitation for 30 to 45 minutes, until the paramedics arrived.

"As soon as S1 Poitras joined our ship's company, I knew right away she would be excellent. Some indicators don't lie; the Sailor of the Year award now presented to her is proof of that," said Cdr K. Jutras, Commanding Officer of HMCS Radisson.

In her personal life, S1 Poitras is studying to become a police officer. She proudly completed the police technology program at the CEGEP of Trois-Rivières and is now waiting to attend the École nationale de police du Québec. Constantly promoting an active lifestyle, she completed a triathlon for the first time this year, and with her father, a Canadian Armed Forces veteran, she participated in the Army Run for the third year in a row.

S1 Poitras has gone beyond the requirements in all that she has undertaken. For these reasons, she greatly deserves the Naval Reserve Sailor of the Year award. Bravo Zulu!



Matelot de 1re classe Frédérique Poitras avec la Coupe du Commodore de la Réserve navale ainsi que prix du marin de l'année de la Réserve navale en la présence du Commodore Mike Hopper, Commandant de la Réserve navale; du Capitaine de frégate Kévin Jutras, Commandant du Navire canadien de Sa Majesté (NCSM) Radisson du Maître de 1re classe Alain Levasseur, le Capitaine d'armes du NCSM Radisson ainsi que des membres de l'équipage du navire.

CPL GENEVIÈVE BEAULIEU, IMAGERIE VALCARTIER

La Coupe du Commodore et le prix du matelot de l'année décernés NCSM Radisson

Par l'Enseigne de vaisseau de 2e classe Amélie Bergeron, RAPU, NCSM Radisson

La coupe du Commodore fut instaurée en 2016 afin de reconnaître l'unité de la Réserve navale ayant démontré le meilleur rendement général et ayant contribué le plus à la mission de la Réserve au sein de la Marine royale canadienne. Pour son rayonnement exceptionnel en Mauricie, son soutien et sa participation à l'Opération LENTUS 2019, sa forte promotion de la santé mentale et physique et pour la fierté indéniable dont fait preuve son équipage, la Coupe du Commodore 2019-2020 fut présentée au Navire canadien de Sa Majesté (NCSM) Radisson.

Sur place, le Commodore Mike Hopper tenait à souligner le haut niveau d'excellence du NCSM Radisson notamment lors d'opérations domestiques ainsi que lorsqu'il s'agit de tisser des liens solides avec les leaders et les artisans de la Mauricie.

«C'est un équipage jeune et dynamique qui remporte ce prix cette année. La Mauricie peut être fière de ses citoyens marins puisque c'est d'un océan à l'autre que cet équipage fait briller son excellence» - Commodore Hopper, Commandant de la Réserve navale.

L'avenir est prometteur pour cet équipage. Sa fierté n'a d'égale que son dévouement pour l'excellence en mer de la Marine royale canadienne.

Prix du matelot de l'année

C'est avec fierté que le NCSM Radisson apprenait aussi que le Matelot de première classe (Mat1) Frédérique Poitras, manœuvrière, se voyait nommé Matelot de l'année de la Réserve navale. Cet honneur est remis au matelot ayant démontré une performance exceptionnelle, ainsi qu'un ensemble de qualités personnelles et professionnelles hors du commun.

Dès son arrivée au NCSM Radisson en 2016, Mat1 Poitras s'est naturelle-

ment démarquée par ses habiletés de leader. Grâce à son dévouement et son charisme, elle a développé une synergie d'équipe durable. Elle insufflé le respect et le dynamisme à ses pairs.

«Je crois que mon plus grand accomplissement à l'unité est d'avoir permis à mes collègues de pouvoir avancer leur carrière grâce à mes enseignements» - Mat1 Poitras

À l'été 2019, Mat1 Poitras fut employée lors du partenariat avec la Garde

côtière canadienne. Elle est intervenue dans une situation réelle de recherche et sauvetage. Dans cette intervention, l'expertise de Mat1 Poitras fut essentielle alors qu'elle a retrouvé un individu inconscient dérivant sur le fleuve Saint-Laurent. Après l'avoir récupéré à bord de son embarcation, elle lui a administré la réanimation cardiovasculaire pendant 30 à 45 minutes jusqu'à l'arrivée des ambulanciers.

«J'ai vu l'excellence dans le regard de Matelot Poitras dès qu'elle s'est jointe à l'équipage. Certains indicateurs ne mentent pas, le prix du matelot de l'année qui lui est maintenant décerné en est bien la preuve» - Capitaine de frégate K. Jutras, Commandant du NCSM Radisson

Dans sa vie personnelle, Mat1 Poitras poursuit ses études afin de devenir policière. Elle a fièrement gradué de la technique policière du CÉGEP de Trois-Rivières et est maintenant en attente pour l'École nationale de police du Québec. Ambassadrice d'un mode de vie actif, elle a effectué cette année son premier triathlon et accompagné de son père, un vétéran de l'Armée canadienne, elle a participé à l'Army Run pour une troisième année consécutive.

Mat1 Poitras a dépassé les exigences dans toutes les sphères de ses implications et c'est pour ces raisons qu'elle mérite grandement le prix du meilleur matelot Réserviste du pays. Bravo Zulu!



À gauche, la Coupe du Commodore de la Réserve navale, à droite le Trophée du marin de l'année de la Réserve navale. Trois Rivières Qc, Ca, 19 septembre 2020

CPL GENEVIÈVE BEAULIEU, IMAGERIE VALCARTIER



Allies get virtual tour of RCN's newest ship

By Trident Staff

The annual San Francisco Fleet Week took its event online for 2020, offering a number of virtual experiences in lieu of the in-person tours and demonstrations that normally take place. Among the offerings were virtual ship tours, and the Royal Canadian Navy was happy to help out its allies. The RCN provided virtual video tours of Halifax-class frigates HMCS *Toronto* and HMCS *Calgary*, as well as its newest ship and first Arctic and Offshore Patrol

Ship, HMCS *Harry DeWolf*.

SLt Joe Cheng took viewers through the ship's various departments, including the all-ranks cafeteria, machinery control and engine rooms, sailors' cabins, enclosed cable deck, bridge and gun deck. The goal was to give our allies a brief introduction to the *Harry DeWolf* class and the capabilities the new ships will bring to the RCN in the coming years.

"She has a lot of capabilities and

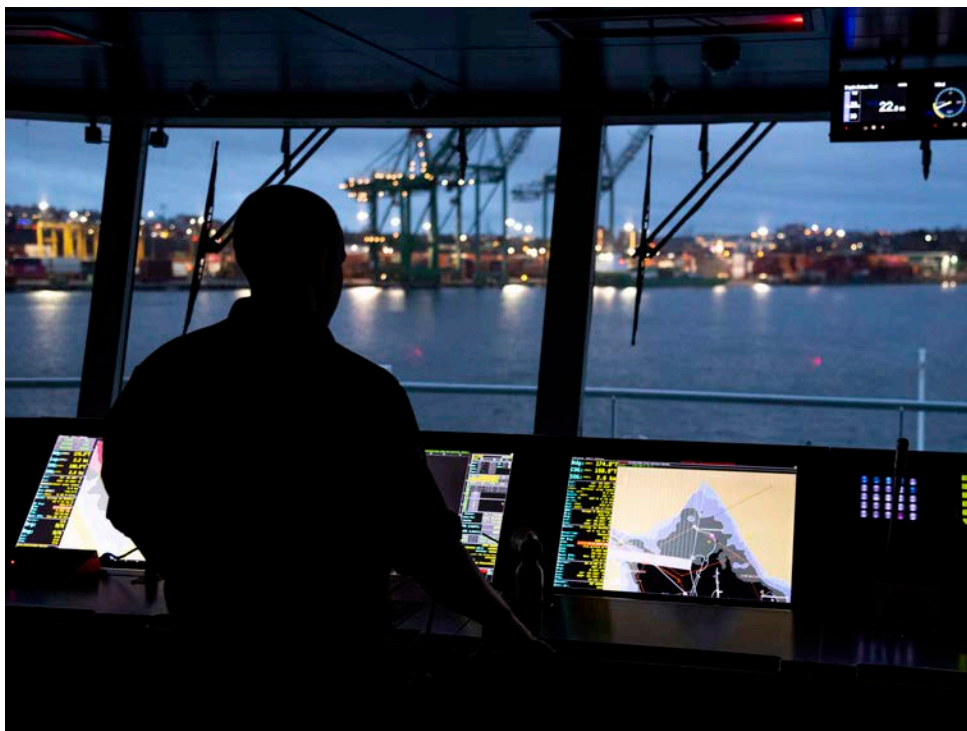
potential, and we're looking forward to showing that off at ports in person," SLt Cheng said.

Similar videos were produced to introduce viewers to Toronto and *Calgary*.

Canada's Navy has a history of sending ships to take part in San Francisco's Fleet Week, which has been held annually most years since 1981. Most recently, HMCS *Vancouver* was present for the 2018 edition, while HMCS *Winnipeg* took part in 2017.

RAdm Bette Bolivar, USN Region Southwest Commander, thanked the Canadian ships for taking part in the event, and said she looked forward to having Canadian allies working alongside her people in person in the near future.

"There's fun and celebration, but Fleet Week is also about forming and maintaining partnerships, and this is a wonderful example of that."



Harry DeWolf's integrated bridge and navigation system is always a key feature when showing off the new ship's capabilities.

CPL DAVID VELDMAN, CAF PHOTO



The virtual tour of HMCS Harry DeWolf included the machinery control and engine rooms.

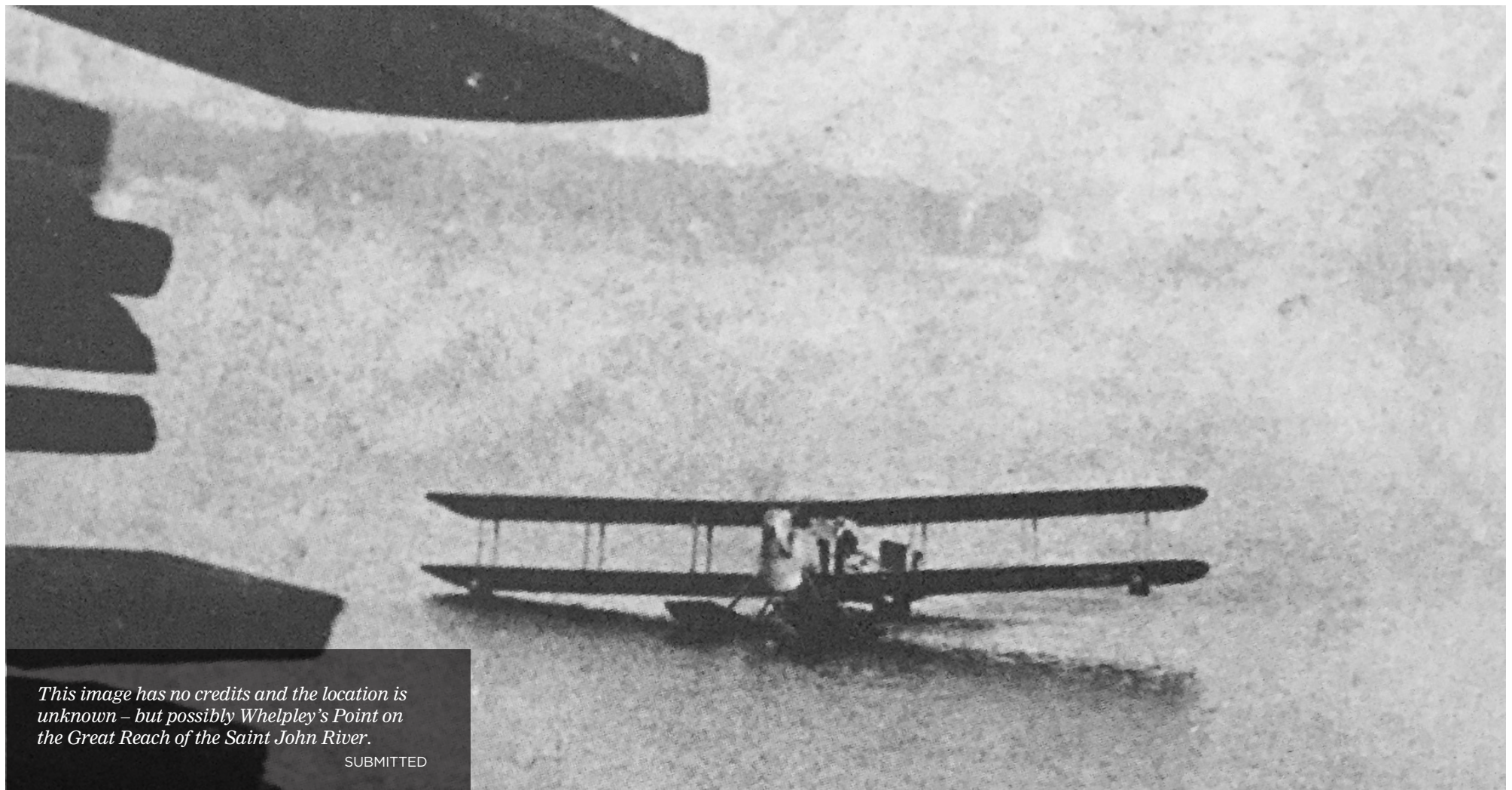
CPL DAVID VELDMAN, CAF PHOTO



Fire Prevention Week 2020

Did you know that October 4-10, 2020 was Fire Prevention Week? This year's campaign – "Serve Up Fire Safety in the Kitchen!" – aimed to educate everyone about the simple but important actions they can take to keep themselves, and those around them, safe in the kitchen. The CFB Halifax Fire Department worked hard to ensure our Defence Team members and military families were served up some excellent fire prevention education. Members from the Dockyard Fire Hall put together Fire Prevention Bags that were delivered to the H & R MFRC daycares (Windsor Park and 12 Wing Shearwater) and also posted Fire Prevention banners at various entrance points on Base. Bravo Zulu to the Fire Department for ensuring we remain educated on fire safety.

SYDNEY MACLEOD, BASE PUBLIC AFFAIRS INTERN



This image has no credits and the location is unknown – but possibly Whelpley's Point on the Great Reach of the Saint John River.

SUBMITTED

The flight of the Hoodoo: 1920, the first trans-Canada flight

By Col (ret'd) John L. Orr

At 8:00 am on October 7, 1920, a Fairey III C seaplane (G-CYCF) of the Canadian Air Board took off from Halifax harbour and headed for Rivière-du-Loup, Québec on the first leg of an ultimately successful attempt to cross the country – by air – for the first time.

The Canadian Air Board was established in 1919 as a department of the Dominion government to oversee the development of civil and military aviation in Canada in the post-First World War era. The Board quickly realized that in order to survive, it would have to demonstrate the utility of aircraft to the Canadian public and, perhaps more importantly, to Canadian politicians. The idea of a trans-Canada flight was seized upon in order to achieve this objective.

Originally planned to take 48 hours using relays of aircraft, the flight eventually took 10 ½ days. Given the state of aviation at the time and the perils involved with flying open-cockpit aircraft in Canada in October, this was not an unreasonable amount of time. Not incidentally, it was also an account of guts and determination as a small group of airmen battled the elements and blazed a path across the land.

The aircraft used during the flight were part of the 'Imperial Gift' of sur-

plus machines donated to Canada by the British Air Ministry after the war. While some types proved to be reliable, the Fairey III C seaplane proved to be decidedly unreliable although great faith was placed on its theoretical range which, it was believed, would permit a 24-hour non-stop flight from Halifax to Winnipeg.

The flight had originally been planned to start on September 27 from Canadian Air Board Station Dartmouth, the current site of the RCAF's 12 Wing Shearwater. On September 22, the pilots of the flight from Halifax to Winnipeg, Lieutenant Colonel Leckie and Squadron Leader Hobbs, went to the Vickers Canada dry dock in Montréal to test the Fairey. It soon became apparent that it could not take off with sufficient fuel to fly 'straight through' to Winnipeg from Halifax.

Leckie and Hobbs finally headed east from Montréal in the Fairey on September 29 and as they approached Fredericton, they encountered heavy fog which forced the seaplane down on the Saint John River, west of the city near Kingsclear. The crew had to wait until October 3 before the weather cleared and they could rectify an electrical snag caused by heavy rain. As they were waiting for repairs, drifting logs in the Saint John River appar-

ently punctured one of the aircraft's floats which required draining by suspending the aircraft under a bridge!

In the afternoon of October 5, the Fairey took off from Fredericton and headed to Halifax where it arrived at 4:00 pm. There was a further delay on October 6 and it was not until October 7 that the Fairey took off and headed to Rivière-du-Loup.

Alas, the problem-plagued Fairey ran into turbulent weather over the Bay of Fundy and shortly after passing Saint John, the engine cowling ripped off and struck the externally-mounted fuel pump, dousing Leckie in fuel. A forced landing was carried out on the Long Reach of the Saint John River near Whelpley's Point and the aircraft was so badly damaged it could not complete the rest of the flight.

Leckie called up an HS-2L flying boat, (G-CYAG) from Dartmouth and the Air Station Superintendent flew through the turbulence over the Bay of Fundy to rescue Leckie and Hobbs. The crews exchanged aircraft and Leckie and Hobbs flew on to Fredericton in the HS-2L. They refueled there and headed off to Rivière-du-Loup and landed in heavy weather at 11:05 pm.

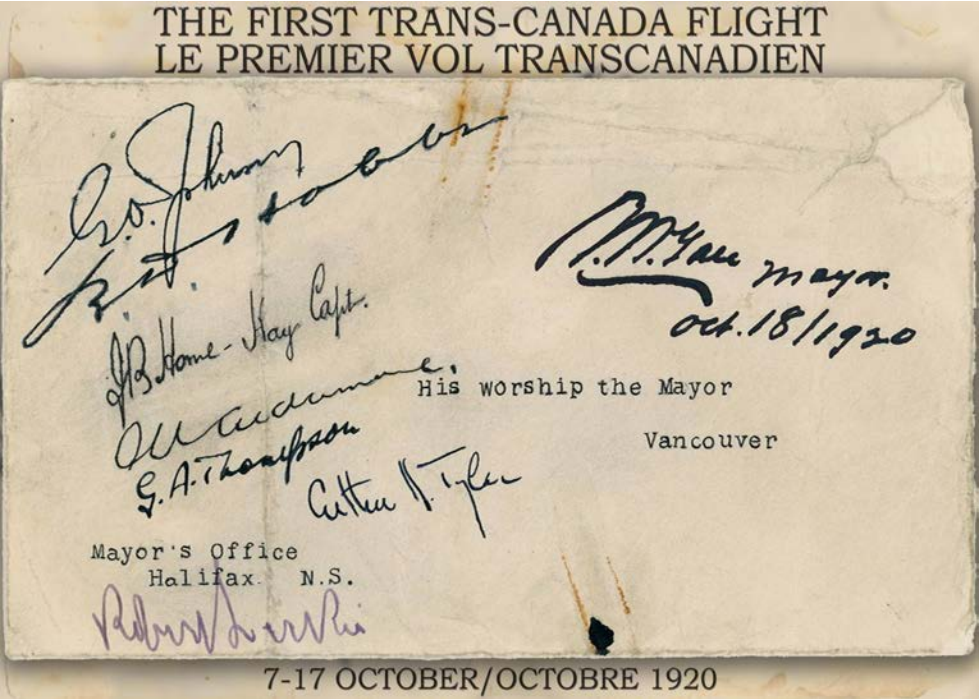
It was The Daily Gleaner (October 7, 1920 "Fairey Seaplane Wrecked in the St. John River Today") that first

applied the term 'hoodoo' to the Fairey and the name stuck. The 'hoodoo' seaplane was never flown by the Canadian Air Board again and was returned to the manufacturer, who repaired and sold it. Its subsequent fate is unknown.

The rest of the story has been related elsewhere, the most readable account being "The First trans-Canada Flight - 1920" by Wing Commander Manning, which appeared in the September 1964 issue of the Canadian Geographical Journal.

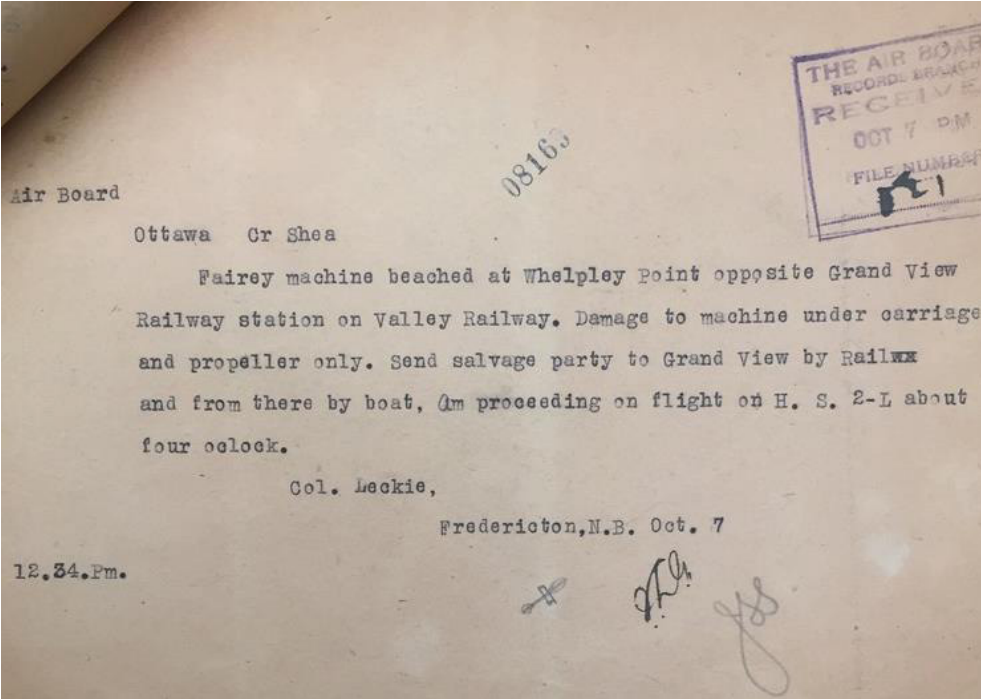
Suffice it to say that after surmounting many challenges, the trans-Canada flight finally arrived in Richmond, BC at 11:25 am on October 17, 1920 to be met by the Mayor of Vancouver. The total flying time was 49 hours and 7 minutes and the flight covered nearly 5,400 kilometres.

The upshot of the flight was that although the path was neither straight nor smooth, the Air Board established aviation, both civil and military, in the Canadian psyche. And more importantly, this flight bore out the truth of the words of former Governor-General Vincent Massey who stated that "The aircraft came to Canada as a godsend. It probably has meant more to us than it has to any other country."



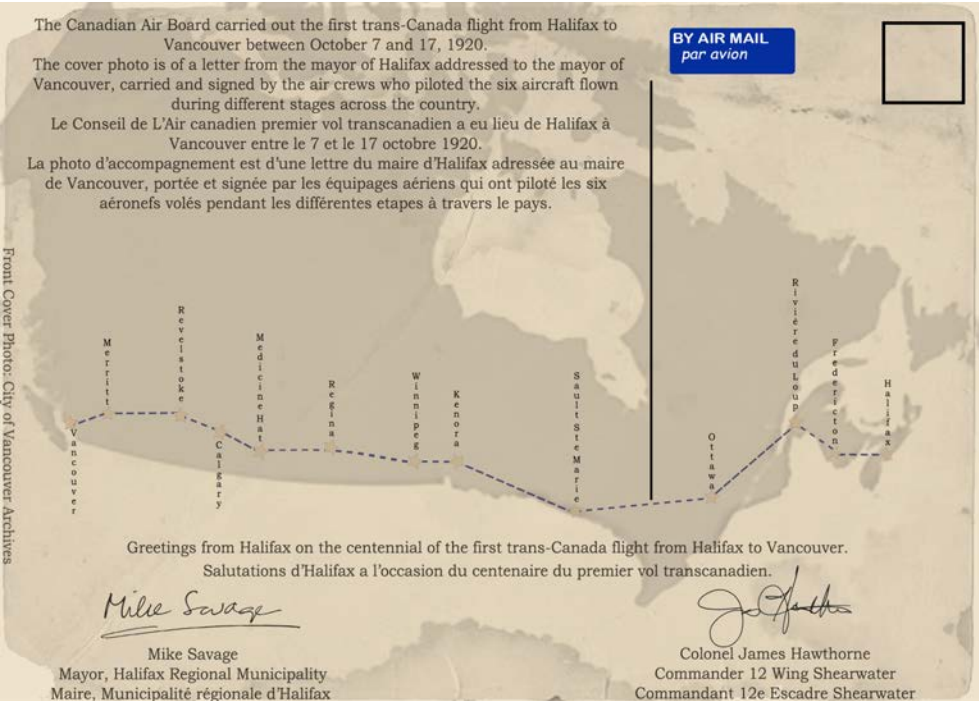
A telegram from Leckie to Air Board reporting accident to G-CYCF-Trans-Canada Flight file, LAC.

SUBMITTED



For the first trans-Canada flight, the mayor of Halifax sent a letter to the mayor of Vancouver. All the aircrew who flew the cross-country flight also signed.

SUBMITTED



Mayor Mike Savage and Col James Hawthorne sent their greetings on the centennial of the first trans-Canada flight.

SUBMITTED



The ill-fated Fairey III C, taxiing for take-off. Location unknown but possibly Montréal.

CASM-08274.



Treaty Day 2020

October 1 was Treaty Day. In honour of this important occasion – recognized annually to commemorate the Peace and Friendship Treaties; promote public awareness of Mi’kmaq culture; and honour the contributions of the Mi’kmaq in Nova Scotia – the Mi’kmaq Grand Council Flag was raised at CFB Halifax. Treaty Day also marks the beginning of Mi’kmaq History Month. Each October, community activities, outreach events, knowledge sharing and showcasing of Mi’kmaq history takes place across Nova Scotia, while we recognize that Mi’kmaq history, culture, tradition and language can and should be celebrated all year long.

Locally, our Atlantic Defence Aboriginal Advisory Group (DAAG) strives to build a better understanding and appreciation of the traditions and cultures of the Indigenous Peoples in our Defence community through the delivery of Formation-wide events and initiatives. For more information, please contact Halifax.DAAG@forces.gc.ca.

ARIANE GUAY-JADAH, BASE PUBLIC AFFAIRS OFFICER



Flu shots now available for CAF members

Attention, Defence community, flu season is upon us. On October 8, our Base Commander and Base Chief received their flu shot, and encourage you to do the same. Receiving an influenza vaccination in 2020 is strongly recommended for all CAF members. Canadian Forces Health Services Centre (Atlantic) has just released its seasonal influenza vaccine clinic schedule (Stadacona and Shearwater) as noted below. These clinics are open to Regular Force, Reserve Force Class B (>180 days) and Class C members. Please note: Walk-in at the times specified in the clinic schedule; NO Appointment required! Only call the Immunization Clinic if you are unable to attend clinic times available.

SYDNEY MACLEOD, BASE PUBLIC AFFAIRS INTERN

Seasonal Influenza Vaccine Clinics 2020 – 2021

Flu season is approaching. It is strongly recommended that all CAF members and DND employees get immunized annually.

The need to reduce the burden of influenza is particularly important this fall and winter to prevent an increase in health care utilization as we continue to battle the current pandemic.

NEED TO KNOW:

Wear your mask!; You will be screened upon entering the facility and directed to the location within the building;

Public health measures will be maximized, however ensure you are staying 6 feet apart whenever possible.

WHO IS ELIGIBLE:

Regular Force, Reserve Force Class

B (>180 days) and Class C members.

WHAT IF I DO NOT MEET THE ELIGIBILITY ABOVE?

For Reserve Force Class A and Class B (<180 days) and civilian employees

the influenza vaccine is publicly funded for those in possession of a valid Nova Scotia health card. The Influenza vaccine is available through your family physician, walk-in clinics and pharmacies throughout the province.

WHAT IF YOU ARE UNABLE TO ATTEND THE FLU CLINIC?

The flu vaccine is also available via appointment at the following locations:

Shearwater Clinic

Contact: Administrative Support Clerk, CDU 4 Shearwater, 720-1558 / 1559

Stadacona Clinic

Contact: Patsy MacIsaac, Community Health Nurse – Immunizations, 721-8780

PLEASE CONTACT THE UNDERSIGNED WITH QUESTIONS/CONCERNS

Patsy MacIsaac RN
Community Health Nurse – Immunizations
CF H Svcs C (A)
721-8780

STADACONA CLINIC		SHEARWATER CLINIC	
Location: Stadacona Clinic		Location: Sea King Club	
Fri Oct 16	0900-1130 & 1300-1430	Tues Oct 20	1000 – 1200
Wed Oct 28	0900-1130 & 1300-1430	Tues Oct 27	1000 – 1200 & 1300 -1500
Wed Nov 4	0900-1130 & 1300-1430	Tues Nov 3	1000 – 1200 & 1300 -1500
Tues Nov 10	0900-1130 & 1300-1430	Tues Nov 10	1000 – 1200 & 1300 -1500
Tues Nov 24	0900-1130 & 1300-1430		
Contact: Patsy MacIsaac, Community Health Nurse Immunizations, 721-8780		Contact: Administrative Support Clerk, CDU 4 Shearwater, 720-1558 / 1559	

Saison de la grippe – Clinique de vaccination 2020 – 2021

La saison de la grippe approche. Il est grandement recommandé que tous les membres des FAC et les employés du MDN soient immunisés de façon annuelle contre la grippe.

Le besoin de réduire le nombre de cas d'influenza est particulièrement important cet automne et cet hiver afin de continuer prévenir et à se battre contre la pandémie actuelle.

CE QUE VOUS AVEZ BESOIN DE SAVOIR:

Portez un masque!; Vous serez évalués à votre arrivée à la bâtisse (questions et prise de température en lien avec le COVID-19) et ensuite, vous serez dirigé vers l'endroit où vous devez vous rendre;

Des mesures de santé publiques sont en places; toutefois, vous devez vous assurer de respecter autant que possible 6 pieds de distance.

QUI PEUT VENIR:

Personnel de la Force Régulière, de la Force de Réserve en Classe B (>180 jours) et en Classe C.

QUE FAIRE SI VOUS NE RENCONTREZ PAS LES CRITÈRES LISTÉS CI-DESSUS:

Pour le personnel de la Force de Réserve

Classe A et Classe B (<180 jours) et pour les employés civils le vaccin pour l'influenza est financé publiquement pour ceux qui possèdent une carte d'assurance maladie provinciale de la Nouvelle Écosse valide. Le vaccin pour l'influenza est disponible dans toutes les cliniques de services de santé et les pharmacies de la province.

QUE FAIRE SI VOUS ÊTES DANS L'IMPOSSIBILITÉ DE VOUS PRÉSENTER À UNE CLINIQUE DE VACCINATION CONTRE LA GRIPPE :

Le vaccin contre la grippe est également disponible sur rendez-vous aux endroits suivants:

Clinique de Shearwater

Contact: Commis administrative de l'UPS 4 Shearwater, 720-1558 / 1559

Clinique Stadacona

Contact: Patsy MacIsaac, Infirmière communautaire en immunisation, 721-8780

VEUILLEZ S.V.P. CONTACTER LA PERSONNE CI-DESSOUS POUR TOUTE QUESTION

Patsy MacIsaac IP
Infirmière communautaire en immunisation
Centre des Services de Santé des FC (Atlantique) FAC, 721-8780

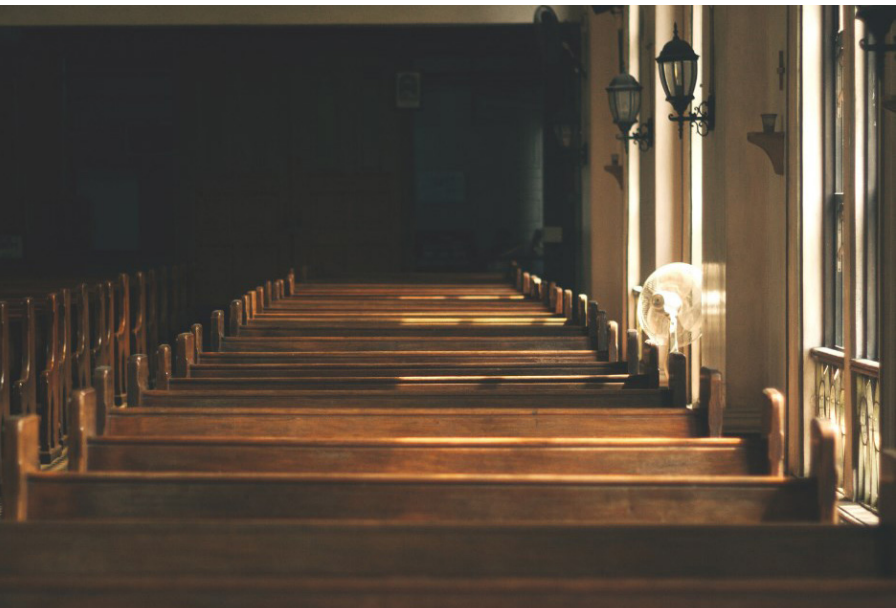
CLINIQUE DE STADACONA		CLINIQUE DE SHEARWATER	
Endroit: Clinique de Stadacona		Endroit: Club Sea King	
Vend 16 oct	0900-1130 & 1300-1430	Mard 20 oct	1000 – 1200
Merc 28 oct	0900-1130 & 1300-1430	Mard 27 oct	1000 – 1200 & 1300 -1500
Merc 4 nov	0900-1130 & 1300-1430	Mard 3 nov	1000 – 1200 & 1300 -1500
Mard 10 nov	0900-1130 & 1300-1430	Mard 10 nov	1000 – 1200 & 1300 -1500
Mard 24 nov	0900-1130 & 1300-1430		
Contact: Patsy MacIsaac, Infirmière communautaire en immunisation, 721-8780		Contact: Commis administratif, UPS 4 Shearwater, 720-1558 / 1559	



NDWCC volunteers build greenhouse in East Preston

On October 2, CFB Halifax members volunteered their time to build a greenhouse at East Preston Daycare. This activity provided the daycare with valued volunteer assistance while allowing our members to develop a deeper understanding of one of the incredible non-profit organizations that support our local communities. Children attending East Preston Daycare will now be provided important hands-on learning to discover where food comes from, and will enjoy nutritious meals made with food from the greenhouse. Recognizing that volunteer efforts are vital to the well-being of our community, what better time to give back than during our local NDWCC? Thank you to PO1 Cassidy and all members who assisted with this project, and Bravo Zulu to the East Preston Daycare for its hard work in making this project come to fruition.

SYDNEY MACLEOD, BASE PUBLIC AFFAIRS INTERN



Friday service at St. Brendan's Chapel

Every Friday, at 11:30 am, the Protestant Chapel Community holds a Communion Service at the Chapel of Remembrance in the Stadacona Faith Centre (St. Brendan's Chapel, Building S7, 2710 Admirals Way). This service is open to anyone who would like to take a quiet 30-minute spiritual break from the work week.

Thriving relationships – small things add up

By Health Promotion Services Family Violence Awareness Team

Every year, the Healthy Relationships campaign runs in October. This year it takes place over two weeks, from October 19-30. But why do we even focus on relationships, you ask?

In general, being in a healthy relationship feels good. Healthy relationships can make us feel happy and mentally strong. When we find ourselves in an unhealthy one, the opposite is true. We can feel stressed out about every little thing and even be unhappy in our day-to-day lives.

When you consider that CAF members should always be in mental readiness mode, it makes a lot of sense to promote healthy relationships. Of course, spouses of CAF members need to be in strong mental readiness mode too. They deal with a variety of military lifestyle challenges on top of having to hold the fort down whenever their loved ones are away serving. Encouraging couples to strengthen their relationships is a smart move when it comes to everyone's well-being.

Yet over time, all relationships will evolve and change. Have you ever wondered what sets apart a healthy relationship from an unhealthy one?

According to relationship experts, Physicians John and Julie Gottman, the primary reason why couples divorce is that they are unaware of their spouse's inner world. In the past, experts believed that major betrayals are what led to divorce. The Gottmans have spent the last four decades studying romantic relationships to find out what makes a marriage successful. They report that couples who remain together are more likely to be attentive to their partner's needs and wants. This simple idea has revolutionized the study of love and romantic relationships. In fact, experts now believe that small acts and gestures are what can make or break a relationship.

There are easy ways to increase your awareness of your spouse's 'inner world'. How much do you know about your spouse's most embarrass-

ing childhood moment? What does your significant other consider unfair in the world? Is there something that is hard for him or her to overcome this week? Knowing the answers to these questions allows you to connect with your partner on a much deeper level.

To help you find out more about your spouse's inner world, the Gottmans created an app called Card Decks. It has a series of card deck themes with questions you can ask each other. It's a fun way to help both of you develop a deeper understanding of each other's inner worlds. The app is free and is available on both Apple and Android platforms.

There are also other ways you can assess the health of your relationship:

You can access the Intimate Relationship Continuum and Chart on www.cafconnection.ca/healthyrelationships. How you answer the questions in the Chart will give you a good idea if your relationship is healthy, unhealthy or somewhere in between. Whether it falls in the green, yellow, orange or red zones, we provide you with other useful tip sheets to help you.

Healthy relationships are achievable. Even if yours is less than optimal, there are often things you can do to improve it. But it does require work from both parties involved.

In the event that you or someone you know is experiencing family stress, breakdown or violence, you will find other resources to help on the website. Staying safe is the number one priority in a situation like this. Always call 911 if you or someone you love is in immediate danger.

We also have videos and stories of #RealMilitaryFamilies to help inspire you in your journey. With help, the featured couples have overcome some big challenges. They've decided to share their stories to help others who may be in similar situations. Watch them today and get inspired to find ways to improve your relationship.

Army cadets accepting new members

By 3036 Royal Canadian Army Cadet Corps

The 3036 Sackville Lions RCME 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



SPORTS & FITNESS



Register now for CAF Sports Day

By Trident Staff

Despite limitations on indoor activity due to public health restrictions, the eighth edition of Canadian Armed Forces Sports Day is forging ahead, with both live and virtual activities set for October 22.

The in-person activities are taking place at Stadacona, at HMC Dockyard, and at 12 Wing Shearwater. These CAF Sports Day events are open to military members only, and those interested should contact their unit sports representatives to sign up. CAF members without access to a sports rep can contact Isaac.Habib@Forces.gc.ca for Stadacona and Dockyard registration, or Mary.Thompson@Forces.gc.ca to register in Shearwater.

The virtual component of CAF Sports Day includes running, walking or cycling, and is open to all members of the wider defence community between October 18 and October 31. To participate, simply keep track of your date, distance and route, and submit the information to a unit sports rep or the contacts listed above to be included in the final participation numbers. For more information, visit: <https://www.cafconnection.ca/Halifax/CAFSportsDay.aspx>

The following live activities will be offered:

Stadacona

Ball hockey - 09:30 - 11:30 a.m.
(S-24 parking lot)
Soccer - 09:30 - 11:30 a.m.
(Porteous Field)
Yoga - 09:30 - 11:30 a.m.
(Stadacona Chapel)

HMC Dockyard

Yoga - 08:15 - 9 a.m. (Fleet Gym)
Dodgeball - 09:30 - 11:30 a.m. (Fleet Gym)
Spin Class - 12:15 - 1 p.m. (Fleet Gym)

12 Wing Shearwater

S1 Lane Swim - 7 - 8 a.m. (Pool)
Spin Class - 08:15 - 9 a.m. and 12:15 - 1 p.m. (Shearwater Gym)
Dodgeball - 09:30 - 11:30 a.m. (Shearwater Gym)
Ball Hockey - 09:30 - 11:30 a.m. (Ball Hockey Court)
Slo-pitch - 09:30 - 11:30 a.m. (Shearwater Ball Field)
Soccer - 09:30 - 11:30 a.m. (Shearwater Field)
S2 Lane Swim - 12 - 1 p.m. (Pool)
Yoga - 12:15 - 1 p.m. (Shearwater Gym)

Mooseheads honour this season's first Star of the Game participants



On October 1, members of the Halifax Mooseheads hockey organization awarded five members of our local Defence Team with special jerseys to kick off their 2020-2021 Canadian Armed Forces Star/Family of the Game program. This program highlights and honours deserving military personnel here in the Halifax region who go above and beyond and are positive contributors at work and within the community. We are grateful that the Mooseheads have chosen to continue this long-standing program in 2020 despite the challenges of COVID-19, and thank them for their ongoing commitment to our Defence community. Congratulations to our first cohort of members honoured during the jersey presentation. Well deserved.

MARGARET CONWAY, BASE PUBLIC AFFAIRS OFFICER



Outdoor ball hockey has been a popular activity during CAF Sports Day in the past, and the 2020 edition will be no different.

MONA GHIZ, MARLANT PA

CAF SPORTS DAY 2020!

JOURNÉE DU SPORT DES FAC 2020!

[CLICK FOR FULL DETAILS](#)





Margaret Brooke sailors keep in shape



Personnel from the future HMCS Margaret Brooke took part in a PSP-led outdoor workout class on the new Jetty NJ on October 7. Members of the ship's company, including CO Cdr Michelle Tessier, took advantage of the chance to get some exercise in without worrying about the extra precautions required when working out indoors. If you or your unit are interested in a PSP-led outdoor exercise class while the weather is still suitable, visit <https://bkk.cfmws.com/halifaxpub/index.asp> to book your workout on the Book King platform.

MONA GHIZ, MARLANT PA



WORK IN

Virtual classes from our Fitness & Sports Instructors

TUESDAYS & THURSDAYS AT 12PM

 /psphalifax





Faces of the Base: Victoria Stead

By Sydney Macleod,
Base Public Affairs Intern

Introducing our newest #Faceof-BaseHFX: Atlantic Health Promotions Manager, Victoria Stead. Victoria’s extensive background helps her thrive in her current position at PSP Halifax, where she can often be found facilitating programs, offering back-to-back briefings, meeting with units

to discuss health challenges, writing and implementing policies, and building connections to ensure her team is able to offer the best of services to CFB Halifax Defence Team members. Health Promotion Services has had to think outside the box with COVID-19. Since they are no longer able to offer

in-person programs and initiatives, they wanted to make sure that they are still supporting our community to the best of their abilities with various online resources. Thank you to Victoria and the team at PSP who work diligently to identify and improve the wellness at CFB Halifax.



Faces of the Base: Cdr Ian Bye

By Sydney Macleod,
Base Public Affairs Intern

Meet another of our great #FaceofBaseHFX profile: Cdr Ian Bye. Cdr Bye works tirelessly to balance the positions of being both the Base Administration Commanding Officer and 2020 NDWCC Campaign Chair. Cdr Bye steps up to the challenge, but emphasizes that balancing his roles is possible through the support and

collaborative spirit of his great teams. For this year’s NDWCC campaign, he is responsible for providing leadership to coordinators, developing buy-in from various units and senior leadership and ensuring that our deadlines as well as tracking functions are in good standing. Due to the realities of COVID-19, many public

events have moved online; the 2020 NDWCC campaign is no exception. Cdr Bye praises his unit representatives for their innovative ideas and creative approach as we shift to this new, virtual method of fundraising. Thank you, Cdr Bye, for your many contributions to our local Defence community.

Beer-braised pork chops

By Paul Gendre,
Cook, Juno Catering

Here is a hearty pork chop recipe to enjoy with your favourite beer.

Prep: 10 minutes
Cook: 2 minutes
Ready in 30 minutes

- INGREDIENTS:**
- 4 tablespoons all-purpose flour
 - 1/2 teaspoon salt
 - 1 teaspoon black pepper
 - 4 boneless pork chops, 1/2 inch thick
 - 1 tablespoon butter
 - 1 tablespoon olive oil
 - 1 cup beer
 - 2 tablespoons red wine vinegar
 - 2 tablespoons stone ground mustard
 - 2 tablespoons brown sugar
 - 2 tablespoons finely chopped rosemary

DIRECTIONS:

Combine flour, salt, and pepper in a large re-sealable plastic bag. Add pork chops 1 at a time, shake well until full coated.

Melt butter in a large skillet over medium heat. Add olive oil and heat until sizzling. Add pork chops in a single layer. Saute until browned on one side, 1 to 2 minutes. Turn pork chops over and cook for an additional 1 to 2 minutes. Remove pork chops to a plate.

Add beer, vinegar, mustard powder, brown sugar, and rosemary to the skillet and mix well, bring to a boil over medium heat, return pork chops to the skillet, cover and reduce heat, cook for 12 to 15 minutes or until there is no pink in center of pork chops

Remove pork chops to a plate, increase heat to medium and boil pan juices in skillet until thickened (reduced) about 3 minutes, and top pork chops with sauce.



SPORT CELL

PODCAST

WITH ISAAC & MATTY

WEDNESDAYS AT 7PM
ON FACEBOOK LIVE

 /PSPHALIFAX



HMCS Oriole served as marshal of the Royal Nova Scotia Yacht Squadron's Prince of Wales Regatta in Halifax Harbour on September 20.

S1 BRYAN UNDERWOOD, CAF PHOTO

HMCS Oriole looks ahead to 2021 as sailing season wraps up

By Ryan Melanson,
Trident Staff

It wasn't a typical sailing season for HMCS *Oriole*, but that doesn't mean it was unsuccessful. The RCN's oldest commissioned ship began sailing in mid-summer, and has spent the last few months at sea conducting local outreach and getting sailors, including new Commanding Officer LCdr Robert Pelton, trained and up to speed.

"It was a unique year for *Oriole* because of the times that we're in, but we got out there and sailed as much as we could," LCdr Pelton said. The tall ship just recently went for its final day sail of the season, and is now alongside beginning the process of de-storing for the winter.

A highlight for the latter part of the season was *Oriole*'s chance to serve as the marshal in the Royal Nova Scotia Yacht Squadron's Prince of Wales Regatta on September 20. The ship also took part in other events with the Yacht Squadron earlier in the summer, building local connections in a way that isn't possible during a normal season for *Oriole*.

Changes due to health and travel restrictions also meant that *Oriole* spent

the summer with one consistent crew, rather than the usual rotating groups of cadets. LCdr Pelton said he turned this change into an opportunity, getting the sailors more time to build their proficiencies and allowing for

more aggressive sails. He described raising the sails in 20+ knot winds to get *Oriole* up to speeds of nearly 12 knots at sea.

"That's something we just wouldn't be able to do with cadets on board, so

it was pretty cool to go for it and see where our limits are."

With the season now over and *Oriole* down to its core crew of only five, the focus has turned to preparing the ship to dock either in Lunenburg or Sambro for maintenance work, as well as planning for next summer. The crew will prepare for a number of possible scenarios depending on pandemic restrictions, keeping the safety of the sailors as the top priority.

What's certain, however, is that *Oriole* will celebrate its 100-year anniversary in 2021. Though the ship wasn't used for naval purposes until the 1940s, it was launched in 1921 as the new flagship of Toronto's Royal Canadian Yacht Club.

"We're putting some plans in place that will allow us to do as much with the ship as possible, given the potential for outbreaks in different regions," LCdr Pelton said.

"I'm confident we'll be able to celebrate *Oriole*'s 100-year anniversary in a great way, we just don't know yet where we'll be or what exactly that's going to look like."



HMCS Oriole's 2020 crew, including LCdr Robert Pelton in the centre.

S1 BRYAN UNDERWOOD, CAF PHOTO