



TRIDENT

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Promotion in the Arctic/ Une promotion dans l'Arctique



Congratulations to S1 Denzel Cao, recently promoted to their current rank at 78°44.42 North, 098°54:00 West while deployed with HMCS Margaret Brooke on Operation Nanook.

Félicitations au S1 Denzel Cao, promu à son grade actuel à 78 degrés 44.42 Nord, 098 degrés 54:00 Ouest alors qu'il était déployé avec le NCSM Margaret Brooke dans le cadre de l'opération Nanook.

HMCS MARGARET BROOKE / NCMS MARGARET BROOKE



Stalker 822 crew remembered at 2nd annual Memorial Golf Tournament

By Joanie Veitch,
Trident Staff

Families and friends came together for the second annual Stalker 822 Memorial Golf Tournament at Hartlen Point Forces Golf Club on August 22, held in memory of the six Canadian Armed Forces members who died on April 29, 2020, when a CH-148 Cyclone helicopter — Stalker 822 — crashed off the coast of Greece during Operation Reassurance.

Now in its second year, the tournament offers a way for people to support the friends and family of the six crew members, as well as giving everyone a chance to reconnect, said event organizer S1 Shane Cowbrough.

“We want this to be something where we come together to talk and share some memories, and — most importantly — have fun,” he said, in between sips of coffee and greeting people as they arrived at the golf club.

S1 Cowbrough’s daughter, Sub-Lieutenant Abbigail Cowbrough, a marine systems engineering officer, was one of the six on Stalker 822, along with Master Corporal Matthew Cousins, an airborne electronic sensor operator, Captain Kevin Hagen, a pilot, Captain

Maxime Miron-Morin, an air combat systems officer, Captain Brenden MacDonald, a pilot, and Sub-Lieutenant Matthew Pyke, a naval warfare officer.

Although he’s the main organizer of the event, S1 Cowbrough said mounting an annual golf tournament is a collective effort.

“This is year two and it’s definitely been a big learning curve over the past two years. It takes a village like they say... there’s no way I could do this without support from the amazing volunteers who come out and are so willing to help,” he said.

Expressing his thanks to Marc Jessome, manager of the Hartlen Point Forces Golf Club, for his assistance, S1 Cowbrough said several local veterans’ organizations also provided significant support, such as the Eastern Region Veterans UN NATO and the Eastern Passage branch of the Royal Canadian Legion, who donated a wreath for the memorial hole, where photos of the crew are placed.

The Veteran Farm Project also provided fresh flowers from their

memorial garden, planted in 2021 in honour of SLt Abbigail Cowbrough.

Before the golfers headed out for the day, two members of 12 Wing Pipes and Drums played a solemn tribute to the crew. SLt Cowbrough had been a member of the band.

As with its inaugural year, proceeds from donations, ticket sales, and other sponsorship money goes to Soldier On, a CAF program that supports the recovery and rehabilitation of military members and veterans struggling with physical and mental injuries through sport and recreational activities.

While the main goal is to bring people together in memory of the crew members of Stalker 822, S1 Cowbrough said he hopes to continue to increase the amount of military and corporate support for the event in future years.

“It’s good for us to get together, it’s important that we do this,” he said.



MCpl Tom Cuming (drums) and WO Scott Pollon (bagpipes) play a tribute to the six crewmembers of Stalker 822, who died while on deployment with HMCS Fredericton on April 29, 2020.

Le Cplc Tom Cuming (tambour) et l’Adj Scott Pollon (cornemuse) jouent un hommage aux six membres de l’équipage du Stalker 822, qui sont morts lors d’un déploiement avec le NCSM Fredericton le 29 avril 2020.

JOANIE VEITCH, TRIDENT STAFF/ ÉQUIPE DU TRIDENT

L’équipage du Stalker 822 est commémoré lors du deuxième tournoi de golf commémoratif annuel.

Par Joanie Veitch,
L’Équipe Trident

Les familles et les amis se sont réunis pour le deuxième tournoi de golf annuel commémoratif Stalker 822 au Hartlen Point Forces Golf Club le 22 août, en mémoire des six membres des Forces armées canadiennes qui ont perdu la vie le 29 avril 2020, lorsqu’un hélicoptère CH-148 Cyclone - Stalker 822 - s’est écrasé au large des côtes de la Grèce pendant l’opération Réassurance.

Le tournoi, qui en est à sa deuxième édition, permet aux gens de soutenir les amis et la famille des six membres de l’équipage, tout en donnant à chacun une chance de se retrouver, a déclaré l’organisateur de l’événement, le Mat 1 Shane Cowbrough.

« Nous voulons que ce tournoi soit l’occasion de se réunir pour parler, partager des souvenirs et, surtout, s’amuser », a-t-il déclaré, entre deux gorgées de café et en saluant les gens qui arrivaient au club de golf.

La fille du Mat 1 Cowbrough, la Maîtrise de 1re classe Abbigail Cowbrough, officier d’ingénierie des systèmes marins, était l’une des six personnes à bord du Stalker 822, avec le Caporal-chef Matthew Cousins, opérateur de capteurs électroniques aéroportés, le Capitaine Kevin Hagen, pilote, le capitaine Maxime Miron-Morin, officier des systèmes de combat

aérien, le Capitaine Brenden MacDonald, pilote, et le Maître de 1re classe Matthew Pyke, officier de guerre navale.

Bien qu’il soit le principal organisateur de l’événement, le Mat 1 Cowbrough a déclaré que l’organisation d’un tournoi de golf annuel est un effort collectif.

« C’est la deuxième année et nous avons beaucoup appris au cours des deux dernières années. Il faut un village, comme on dit... Je ne pourrais jamais faire cela sans le soutien des bénévoles extraordinaires qui viennent et sont si désireux d’aider », a-t-il déclaré.

Remerciant Marc Jessome, gérant du Hartlen Point Forces Golf Club, pour son aide, le Mat 1 Cowbrough a indiqué que plusieurs organisations locales d’anciens combattants ont également apporté un soutien important, comme les Anciens combattants de la région de l’Est de l’OTAN et la filiale Eastern Passage de la Légion royale canadienne, qui ont fait don d’une couronne pour le trou commémoratif, où sont placées des photos de l’équipage.

Le Veteran Farm Project a également fourni des fleurs fraîches provenant de son jardin commémoratif, planté en 2021 en l’honneur de la Ens 1

Abbigail Cowbrough.

Avant que les golfeurs ne partent pour la journée, deux membres du corps de cornemuses de la 12e escadre ont joué un hommage solennel à l’équipage. La Ens 1 Cowbrough avait été membre de l’orchestre.

Comme pour l’année inaugurale, les recettes provenant des dons, de la vente de billets et d’autres commandites sont versées à Sans Limites, un programme des FAC qui soutient le rétablissement et la réadaptation des militaires et des anciens combattants aux prises avec des blessures physiques et mentales par le biais d’activités sportives et récréatives.

Bien que l’objectif principal soit de rassembler les gens en mémoire des membres de l’équipage du Stalker 822, le Mat 1 Cowbrough a déclaré qu’il espérait continuer à augmenter le soutien des militaires et des entreprises à l’événement dans les années à venir.

« C’est bon pour nous de nous réunir, c’est important que nous le fassions », a-t-il déclaré.



S1 Shane Cowbrough, organizer of the 2nd Annual Stalker 822 Memorial Golf Tournament, gives instructions to golfers at Hartlen Point Forces Golf Club on August 22, before they head out on the course.

Le Mat 1 Shane Cowbrough, organisateur du 2e tournoi de golf annuel à la mémoire de Stalker 822, donne des instructions aux golfeurs au Hartlen Point Forces Golf Club le 22 août, avant qu’ils ne s’engagent sur le parcours.

JOANIE VEITCH, TRIDENT STAFF/ ÉQUIPE DU TRIDENT



NATO ships conduct historical ordnance disposal operations off French coast

By SNMCMG1 Public Affairs

Standing NATO Mine Countermeasures Group 1 (SNMCMG1) conducted historical ordnance disposal operations off the coast of Dieppe, France from August 16 to 24.

The operation successfully removed 13 pieces of historical ordnance, reducing risk of mine encounters in the water and making the area safer for all mariners.

During World War II, the English Channel, also known as La Manche, was an area of numerous naval mining and coastal operations. Many of these historical ordinances remain in the area and may pose a risk to the environment, and military, commercial, and

leisure activities.

SNMCMG1 undertook the operation with flagship FGS *Mosel* (Germany), HMCS *Kingston* (Canada), HMCS *Summerside* (Canada), LNS *Kursis* (Lithuania), HMS *Hurworth* (Great Britain), and FS *L'Aigle* (France). The operation also included members of the U.S. Navy's Explosive Ordnance Disposal Mobile Unit 8 under Explosive Ordnance Disposal Group 2 deployed aboard *Mosel*.

The operation commenced on August 16 with a conference at sea, during which representatives from the French Navy coordinated with SNMCMG1 to determine roles and responsibilities within the area of operations. SNMCMG1's diverse composition provided the group a broad range of technical capabilities to locate, identify and destroy historical ordnances.

The assortment of methods and

equipment also gave planners an opportunity to combine and test multiple combinations to ensure ordnance approaches were the safest and most efficient.

"Besides making the La Manche a safer place from historic ordnance, SNMCMG1 gained the benefit of training and knowledge from French historical ordnance disposal operations," Commander, SNMCMG1 Estonian Navy Commander Ott Laanemets said. "When our teams collaborate and we get to share and learn from our combined resources, it enhances all of our skills and makes future operations, like ordnance disposal, safer and more effectual."

SNMCMG1 is one of the four Standing Naval Forces that operate under NATO Allied Maritime Command, headquartered in Northwood, United Kingdom.

With HMCS Kingston in the lead, the ships of SNMCMG1 are seen together in the Baltic Sea on July 30.

Avec le NCSM Kingston en tête, les navires du SNMCMG1 sont vus ensemble dans la mer Baltique le 30 juillet.

SI/MAT 1 TAYLONG CONGDON

Des navires de l'OTAN mènent des opérations de neutralisation de munitions historiques au large des côtes françaises

Par les Affaires publiques du SNMCMG1

Le 1er Groupe permanent OTAN de lutte contre les mines (SNMCMG1) a mené des opérations de neutralisation de munitions historiques au large de Dieppe (France) du 16 au 24 août.

Cette opération a permis de retirer 13 munitions historiques, réduisant ainsi le risque de rencontre de mines dans l'eau et rendant la zone plus sûre pour tous les navigateurs.

Pendant la Seconde Guerre mondiale, la Manche a été le théâtre de nombreuses opérations navales minières et côtières. Nombre de ces ordonnances historiques demeurent dans la zone et peuvent présenter un risque pour l'environnement et les activités militaires, commerciales et de loisirs.

Le SNMCMG1 a entrepris l'opération avec les navires amiraux FGS *Mosel* (Allemagne), NCSM *Kingston* (Canada), NCSM *Summerside* (Canada), LNS *Kursis* (Lituanie), HMS *Hurworth* (Grande-Bretagne) et FS *L'Aigle* (France). L'opération comprenait également des membres de l'unité mobile 8 de neutralisation des explosifs et munitions de la marine américaine travaillant avec le groupe 2 de neutralisation des explosifs et munitions déployé à bord du *Mosel*.

L'opération a débuté le 16 août par une conférence en mer, au cours de laquelle des représentants de la Marine française ont coordonné avec le SNMCMG1 la détermination des

rôles et des responsabilités dans la zone d'opérations. La composition diversifiée du SNMCMG1 a permis au groupe de disposer d'un large éventail de capacités techniques pour localiser, identifier et détruire les munitions historiques.

L'assortiment de méthodes et d'équipements a également donné aux planificateurs l'occasion de combiner et de tester de multiples combinaisons pour s'assurer que les approches des munitions étaient les plus sûres et les plus efficaces.

« En plus de rendre la Manche plus sûre en matière de munitions historiques, le SNMCMG1 a bénéficié de la formation et des connaissances

acquises lors des opérations françaises de destruction de munitions historiques », a déclaré le commandant du SNMCMG1, le commandant de la marine estonienne Ott Laanemets.

« Lorsque nos équipes collaborent et que nous pouvons partager et apprendre de nos ressources combinées, cela améliore toutes nos compétences et rend les opérations futures, comme la neutralisation des munitions, plus sûres et plus efficaces. »

Le SNMCMG1 est l'une des quatre forces navales permanentes qui opèrent sous l'égide du Commandement maritime allié de l'OTAN, dont le siège est à Northwood (Royaume-Uni).

HMCS Summerside and HMCS Kingston participated with their NATO SNMCMG1 partners in an operation to remove Second World War era mines from waters off the coast of France. The ships have been operating with the task group since early July as part of Operation Reassurance.

Les NCSM Summerside et Kingston ont participé avec leurs partenaires du SNMCMG1 de l'OTAN à une opération visant à enlever les mines datant de la Seconde Guerre mondiale dans les eaux au large de la France. Les navires opèrent avec le groupe opérationnel depuis le début de juillet dans le cadre de l'opération Reassurance.

SNMCMG1 PUBLIC AFFAIRS/
AFFAIRES PUBLIQUES DU SNMCMG1





Padre's Corner: De-escalation

By Lt(N) Stephen Cogswell,
12 Wing Shearwater Chaplain

“If you could choose a superpower, what would it be?”

This is a question I've been asked at least a handful of times in my life; most often by one of my kids. Usually the list of options, though not exhaustive, looks something like this: the ability to fly, shape-shifting, x-ray vision, invisibility, and the like.

But let's consider adding another option to that list: de-escalation.

We don't think of de-escalation as much of a superpower, but in our time, it really is. You see, we live in the age where it seems anything from our political views or favourite restaurant,

through to debates about who the GOAT for a particular sport might be, can rev-up a conversation from zero to a hundred in an instant. In fact, there's a popular saying that states, "...that escalated quickly!"

Instead, perhaps one of the most powerful and practical tools at our disposal just now is that of de-escalation. That term literally means to affect something to cause a decrease in extent, volume, or scope. In other words, to help an issue or conflict that's quickly grown out of proportion, to be scaled-back to a more manageable size.

We routinely employ de-escalation

tactics in the Canadian Armed Forces (CAF) across a variety of applications. Generally-speaking, the best decisions are not made and the most optimal outcomes aren't realized while in an escalated state.

With the superpower of de-escalation in mind, here's a three-step approach that I find both practical and helpful:

Pause: Often what's required in situations that are escalating is a break from the action. When we are having an emotional response to conflict, a deliberate time-out can be a very helpful first step.

Communicate: Work toward understanding where the other person is coming from. The goal at this stage shouldn't be just hearing, but instead understanding someone else's perspective.

Regroup: After a pause, and a clearer sense of mutual understanding, the table is set to regroup and strategically bring an issue toward a mutually-beneficial resolution.

Give de-escalation a try in your home, place of work, or within your significant relationships. You might be surprised just how much of a superpower it really is.



La chronique de l'aumônier : désescalade

Par le Ltv Stephen Cogswell,
Aumônier de la 12e Escadre

«S'il vous était donné de posséder une superpuissance, ce serait quoi?»

C'est une question qu'on m'a posée au moins une dizaine de fois dans ma vie; le plus souvent par un de mes enfants. Habituellement, la liste des options, bien que non exhaustive, ressemble à ceci : la capacité de voler, de changer de forme, la vision aux rayons X, l'invisibilité, etc.

Mais envisageons d'ajouter une autre option à cette liste : la désescalade.

Nous ne considérons pas la désescalade comme une superpuissance, mais à notre époque, elle l'est vraiment. En effet, nous vivons à une époque où tout, depuis nos opinions politiques

ou notre restaurant préféré jusqu'aux débats sur l'identité du champion d'un sport particulier, peut faire passer une conversation de zéro à cent en un instant. En fait, il y a un dicton populaire qui dit, «...ça a vite dégénéré!»

En fait, l'un des outils les plus puissants et les plus pratiques dont nous disposons actuellement est peut-être la désescalade. Ce terme signifie littéralement «agir de manière à diminuer l'étendue, le volume ou la portée de quelque chose». En d'autres termes, faire en sorte qu'un problème ou un conflit qui a rapidement pris des proportions démesurées soit ramené à un niveau plus gérable.

Dans les Forces armées canadiennes (FAC), nous avons régulièrement recours à des tactiques de désescalade dans une variété de situations. En règle générale, on ne prend pas les meilleures décisions et on n'obtient pas les meilleurs résultats lorsqu'on est dans une situation d'escalade.

En partant du principe que la désescalade est une superpuissance, voici une méthode en trois étapes que je trouve à la fois pratique et utile :

Faire une pause : Bien souvent, lorsque les situations s'enveniment, il faut prendre du recul. Lorsque nous réagissons de manière émotionnelle à un conflit, il peut être très utile, dans

un premier temps, de prendre une pause consciente.

Communiquer : Essayez de comprendre le point de vue de l'autre personne. À ce stade, l'objectif ne doit pas se limiter à écouter, mais plutôt à comprendre le point de vue de l'autre.

Se ressaisir : Après avoir pris un temps d'arrêt, et en être arrivés à une compréhension mutuelle, il est possible de se ressaisir et de trouver une solution stratégique et mutuellement satisfaisante au problème.

Essayez la désescalade chez vous, au travail ou dans vos relations importantes. Vous pourriez être surpris de la superpuissance de cette méthode.

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De nouvelles lampes solaires pour éclairer la BFC Halifax

Par l'équipe du Trident

On dirait qu'il y a un peu plus de lumière ces temps-ci à la BFC Halifax, grâce à l'installation de nouvelles lampes alimentées à l'énergie solaire et éolienne qui serviront également à réduire l'empreinte carbone de la base.

Le commandant de la BFC Halifax à l'époque, le Capv Sean Williams, et son prédécesseur, le Cmdre David Mazur, actuellement commodore de la Flotte des Forces maritimes du Pacifique (FMAR[P]) à Esquimalt, se sont rencontrés au début de l'été pour voir les lumières nouvellement installées et remercier les membres de l'équipe qui ont réalisé ce projet. Se sont joints à eux des membres du personnel de la section de la sécurité et de l'environnement des Forces maritimes de l'Atlantique (FMAR[A]) et de la société Construction de Défense Canada.

Le Cmdre Mazur, qui était de passage à Halifax, a expliqué qu'un certain nombre de facteurs ont contribué à la mise en œuvre du projet, notamment un éclairage insuffisant en soirée à la base, les problèmes d'infrastructure persistants et la volonté de

continuer à faire évoluer la BFC Halifax dans une direction respectueuse de l'environnement.

«C'était une façon de faire de ces trois facteurs une seule bonne idée pour la base, et j'étais tellement heureux de pouvoir revenir et voir le produit fini.»

Sur une petite plaque installée près des lumières à l'extérieur du Musée naval d'Halifax, on peut lire une remarque sur la passion du Cmdre Mazur pour l'environnement et les questions de changement climatique. Cependant, ce dernier a affirmé que c'est le côté pratique qui l'a poussé à agir plutôt que son intérêt pour le sujet, surtout après avoir pris connaissance du fait que des entreprises privées se servaient d'infrastructures autonomes.

«Je me suis dit que c'était quelque chose que la base devait faire dans la mesure du possible, et je sais que les mêmes réflexions sont faites lorsque nous construisons nos nouveaux bâtiments ou que nous réalisons d'autres grands projets. C'est très important», a déclaré le Cmdre Mazur.



De gauche à droite, Bill Kelly, officier supérieur d'état-major à la section de la sécurité et de l'environnement des FMAR(A), en compagnie des anciens commandants de la BFC Halifax, le Capv Sean Williams et le Cmdre David Mazur, et Yvonne Chabassol, coordonnatrice des services environnementaux à Construction de Défense Canada.

MARGARET CONWAY, AFFAIRES PUBLIQUES DE LA BFC HALIFAX



Polish Navy visit to MARLANT / Visite de la marine polonaise aux FMAR(A)

Inspector of Polish Navy Vice-Admiral Jaroslaw Ziemianski (left) with Maritime Atlantic Forces Chief of Staff Captain (Navy) Michael Eelhart – exchanging gifts in the Commanding Officer's Cabin of HMCS Charlottetown as part of a visit of a Polish contingent to Canadian Forces Base Halifax and Maritime Forces Atlantic on August 22.

L'inspecteur de la marine polonaise, le vice-amiral Jaroslaw Ziemianski (à gauche), et le chef d'état-major des Forces maritimes de l'Atlantique, le capitaine de vaisseau Michael Eelhart, échangent des cadeaux dans la cabine du commandant du NCSM Charlottetown dans le cadre de la visite d'un contingent polonais à la base des Forces canadiennes d'Halifax et aux Forces maritimes de l'Atlantique le 22 août.

CPL SIMON ARCAND



You're invited: H&R MFRC and Eastlink present Bluenose Bienvenue

By Sarah-Jean Mannette,
Public Relations Coordinator, H&R MFRC

Bluenose Bienvenue: a family fun day for military members, Veterans, and their families - Presented by Eastlink!

Are you new to the area or wishing to connect with your community? This event is for you!

On Saturday, September 17, 2022, from 10 a.m. to 2 p.m., the Halifax & Region Military Family Resource Centre and our friends at 12 Wing warmly welcome military members, Veterans, and families to the Sea King Club as well as the Henderson Sweetman Youth Centre (Shearwater site, H&R MFRC). This is a great chance to connect with others who share the military lifestyle, local community groups and vendors, members of 12 Wing, and staff from your H&R MFRC!

Take part in fun times that are open to all ages - have your face painted, go for a ride on the trackless train, find your Zen during complimentary yoga sessions (courtesy of PSP Halifax), bring along your bike for a free bike tune-up from Cyclesmith, or treat yourself to something yummy from local food trucks, including Mr. Smooth, Jamaica Lee, and Miller Gourmet Kettle Corn. There will also be numerous

vendors on-site, including the Veteran Farm Project, NorEaster Apparel, Mittens by Lori, Coffin Skate Shop and ATARAX Farm. *Not all vendors carry Interact/Master Card, so we encourage you to have cash on hand too.

And that's not all! Some of the community partners in attendance include the Halifax Thunderbirds, Shearwater Community Council, Halifax Public Library, Full Draw Archery, Halifax Wanderers FC, NS/NU Legion Command, Shearwater Aviation Museum, North American Indigenous Games 2023, Hike NS, Shearwater Firehall, Shearwater RC Flyers, Scuba, Triathlon and Jiu Jitsu clubs, and more! Catch local roller derby members at the Shearwater Skate Park!

Staff from the H&R MFRC will be on-site to chat about all the things, specifically Relocation and Welcome Services and the Veteran Family Program, so please stop by our information tables and say hello! We will also have the Henderson Sweetman Youth Centre open for drop-ins and tours!

We are grateful for the support from our sponsors: Eastlink (presenting sponsor), The Personal, Angus G. Foods, BMO, and BOYNE CLARKE

LLP. We also want to thank the Sea King Club for their support!

Follow us on social media for updates and info!

This event will run rain or shine. There is no cost to attend and no need to register. Please maintain social distancing and masks inside the facility.

Parking: Available at PSP Fitness & Sports and the Shearwater Flyers Arena.

Accessible parking is available. Please speak to one of our volunteers at the gate to request accessible parking.

For more information, please contact our Information and Referral Services Team at 902-427-7788.

Military Family Appreciation Day

It's hard to believe that the H&R MFRC has been supporting military families since 1986. Wow. Using a family-centred, evidence-based approach to guide us, we've learned a lot about families over the years, and have expanded our services to include Veterans. As such, we're trying to redefine the "F" in MFRC. We want our military community to know that we understand that military and Veteran

families come in all shapes and sizes, and define themselves in all sorts of ways. And how we define "family" is simple: anyone of significance to Canadian Armed Forces (CAF) personnel or Veteran. That's it.

Living the military lifestyle comes with opportunities and challenges, especially when it comes to relocations, absences, and transitions. We're here to support military and Veteran families, whether it's with information or referrals, more in-depth support related to deployment, career & employment, relocation, parenting/caregiving, children & youth, and franco-phone services, or services related to mental health & well-being.

With Military Family Appreciation Day coming up on Friday, September 16, on behalf of everyone at the H&R MFRC, we would like to recognize military and Veteran families. We believe that providing services that enhance family resilience and stabilization directly supports the operational readiness of the CAF. Families, thank you for your service!

For more information about the H&R MFRC, please visit: halifaxmfrc.ca or call 902-427-7788.



Honours and Awards ceremony at Trinity

An Honours and Awards Ceremony was held at Trinity Maritime Operational Support and Intelligence Center at CFB Halifax on August 22, and it became a family affair for some. Seen here, PO1 Glen Flemming had his wife and daughter help out as he was promoted to his current rank by LCdr Kevin Hastey, Trinity's Executive Officer.

S1 BRYAN UNDERWOOD



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Seven Things You Should Know About Mental Health and Hearing Loss

By Dr. Peter Russell B.A., M.Sc., Au.D. Aud-Reg

Doctor of Audiology, Co-owner Hear Right Canada Nova Scotia Inc.

Mental health affects us all. The Canadian Mental Health Association reported in 2021 that every year, 20% of Canadians experience a mental health problem or illness. They note that mental illness affects all Canadians, either directly or indirectly via a family member, friend, or colleague. In this article, I will review seven things you should know about mental health and hearing loss.

#1 Mental Health versus Mental Illness

The Canadian Mental Health Association states that mental health includes “our emotions, feeling of connection with others, our thoughts and feelings, and being able to manage life’s highs and lows”.

The American Psychiatric Association describes mental health as “the foundation for emotions, thinking, communication, learning, resilience and self esteem.” They define mental illness as “health conditions involving changes in emotion, thinking and behavior... and are associated with distress and/or problems functioning in social, work or family activities”. Therefore, mental illness is viewed as a medical condition like any other health condition such as diabetes or heart disease.

#2: Two Most Common Types of Mental Illness

Depression and anxiety disorders are the two most common types of mental illness. In 2017, the World Health Organization (WHO) ranked depression as the largest contributor to global disability. Anxiety disorders ranked 6th.

Depressive disorders are characterized by at least two weeks of daily episodes of:

Sadness, Loss of interest or pleasure
Feelings of guilt or low self-worth, Disturbed sleep or appetite, Fatigue, Poor concentration.

Anxiety disorders are characterized

by recurrent anxiety and fear. Some types of anxiety disorders include:

Phobias, Obsessive-compulsive disorder, Panic disorder, Generalized anxiety disorder, Post traumatic stress disorder (PTSD)

According to Statistics Canada (2020), major depression affects about 5.4% of Canadians. Anxiety disorders affect about 4.6%. Costs for mental illnesses to Canadian healthcare and social support was almost \$80 billion in 2021.

#3 Most Common Type of Hearing Loss

According to Statistics Canada (2021), the percentage of adult hearing loss by age group is as follows:

Age 20-39: 9%,
Age 40-49: 27%
Age 50-59: 51%
Age 60-69: 77%
Age 70-79: 94%

The most common type of permanent hearing loss that we develop as adults is called sensorineural. This type of hearing loss is most often the result of damage to tiny hair cells in the inner ear. Damage to hair cells can be due to aging, exposure to loud noise, and health conditions such as diabetes, cardiovascular disease, and thyroid disease. These hearing losses progress gradually, and usually affect the higher frequencies before the lower frequencies. Hair cell damage also can cause tinnitus (ringing or other sounds in the ears) and sensitivity to loud sounds.

#4 Symptoms of Hearing Loss

Early symptoms of hearing loss include:

Often asking people to repeat, complaining that other people mumble, Difficulty understanding people in noise, speaking loudly, turning up the volume of the TV, straining to understand conversations

#5 Psychosocial Impact of Hearing loss

It has been widely reported that most people with hearing loss wait 7 to 10 years after the beginning of symptoms before seeking help. During that time, the person gradually withdraws from social situations because of embarrassment and feeling unable to participate in group conversations. This social withdrawal gradually leads to social isolation. In 1999, a National Counsel on Aging (USA) study concluded that untreated hearing loss results in greater feelings of insecurity, depression, and anxiety. A 2014 study published by the Journal of the American Medical Association (JAMA) found that adults with hearing loss were more than 2 times likely to report depression, especially for females and those younger than 70.

#6 Hearing Loss May Be a Modifiable Risk Factor for Depression

Risk factors are conditions that increase your likelihood of developing a health problem. Modifiable risk factors are those that can reduce that likelihood if they are treated or prevented. Hearing loss is just one risk factor for depression and anxiety. So, a logical question is, can the treatment of hearing loss reduce risk of depression? A 2020 study, also from JAMA investigated the relationship between hearing loss, psychological distress and the utilization of mental health services and treatments. Psychological distress was defined as depression and/or anxiety. They found that older adults with untreated hearing loss were 2 times more likely to use mental health medications and services compared to peers with normal hearing. They also found that those who use hearing aids reported significantly less psychological distress than those with untreated hearing loss. They concluded that hearing loss may be a significant risk factor for depression, and further study is needed on this subject. It is worthwhile to note that

untreated hearing loss is a barrier to traditional therapies for depression and other psychiatric problem.

#7 Hearing Loss, Depression and Anxiety are Modifiable Risk Factors for Dementia

In 2020, The Lancet published a comprehensive article on the prevention, intervention and care for dementia. They identified 12 risk factors that may prevent or delay up to 40% of dementia cases. The greatest risk factor identified was midlife hearing loss at 8.2%. They cited several studies, one of which indicated that there is 2x the risk of dementia with mild hearing loss, 3x the risk with moderate hearing loss and 5x the risk with severe hearing loss. They also reported that hearing loss is associated with a decrease in brain volume. Hearing aid use was reported to be the largest factor to protect people with hearing loss from dementia. Several studies were cited that show increased dementia with untreated hearing loss but not for those who used hearing aids. After 65 years of age, depression and social isolation were identified at 3.9% and 3.5% respectively. It was reported that depression may be an early symptom of dementia before other clinical symptoms, such as memory loss, become apparent. Social contact was reported as a protective factor for dementia. They cited studies that indicate that frequent social contact in our later years is associated with better thinking abilities despite differences in culture.

Mental health and mental illness are complex issues. If hearing loss is a concern for anyone with mental health concerns, an audiologist can help. Audiologists can diagnose and treat hearing loss and collaborate with other health professionals to help you achieve a better quality of life.

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2Lt Jerome Downey – Continuing the Legacy

By Elizabeth Sharpe,

Communications Officer (Contract), Base Public Affairs

2Lt Jerome Downey was born in Toronto, Ontario, and raised in Halifax, Nova Scotia. He currently serves as a Reserve Army Officer with the Princess Louise Fusiliers (PLF) Infantry with 36 Canadian Brigade Group (CBG) at 5th Canadian Army Division. 2Lt Downey attended Saint Patrick's High School in Halifax and went on to complete his Bachelor of Arts in Political Science at Mount Allison University in 2008. He has also studied the trade of steamfitter-pipefitter at both the Northern Alberta Institute of Technology (NAIT) and Nova Scotia Community College (NSCC), graduating in 2016 and 2019 respectively. This trade provided him with the opportunity to live and work across Canada in the Prairies and Northern Ontario to develop his skills and experience.

2Lt Downey says he is a regular at his local YMCA, whether he is exercising or volunteering. He enjoys serving his community by volunteering and advocating for initiatives he is passionate about, including cancer research, violence prevention, mental health, donating blood and education/economic empowerment. He has played and coached football since 1999, coaching teams at Citadel High School, Dartmouth High, Dalhousie University and Saint Mary's University.

Upon his return to Halifax in the spring of 2018, he joined the Canadian Armed Forces (CAF) and completed his BMOQ-A in 2019 at Canadian Forces Base (CFB) Gagetown. He was inspired to join the CAF because of his lifelong commitment to service.

"I've always served my community and wanted to be able to serve my country to have the training and be in a position to lead should I be asked."

2Lt Downey's main responsibilities in his current role include supporting the B Coy training company, which is comprised of troops who are new recruits and just beginning their military careers. He administratively supports the process from Basic Military Qualification (BMQ) to DP1 and DP2, the final qualification training that enables members to transfer to units A Coy with other fully trained operational soldiers. 2Lt Downey has also led several equity, diversity and inclusion efforts within the PLF unit and 36 CBG as the Officer Presiding In Charge for the Diversity Soldier Experience Program (DSEP). Some highlights of his career so far include working on Domestic Operations throughout the COVID-19 pandemic, Operation LASER and Operation VECTOR, as a Duty Officer. 2Lt Downey has been awarded the 36 CBG Commander's Coin in the fall of 2020 in acknowledgement of his work with the Diversity Soldier Experience Program. 2Lt Downey was also the Deputy Military Co-Chair of the Defence Visible Minority Advisory Group (DVMAG) at Maritime Forces Atlantic (MARLANT) for 2021-2022. For anyone considering a career in the CAF, 2Lt Downey encour-

ages them to take on the challenge, commit to pushing yourself, push yourself beyond what you can imagine.

2Lt Downey has a strong familial connection to the CAF – his great-grandfather, Pte George Alexander Downey was a member of the No. 2 Construction Battalion of the First World War. This was Canada's only all-Black Battalion in history. You can learn more about the Battalion here: www.no2-cef.ca. Another notable fact in his family history, his grandfather, Councillor Graham L. Downey, was the first Black Canadian city councillor in the history of Halifax.

"Beyond being a direct descendant of a member, their story of perseverance means a lot to me. The integrity, loyalty, duty and honour they served with despite the blatant discrimination says a lot about the character of those individuals who fought to fight for their country."

He wants others to know that the No. 2 Construction Battalion served faithfully, and wanted to continue but they were thwarted at every point.

"We must remember to hold our Government accountable to a standard that doesn't promote hypocrisy, but enables individuals to reach their maximum potential without suppressing, discouraging and putting people down."

2Lt Downey had the opportunity to be the OPI and Officer In Charge of the No. 2 Construction Battalion Tribute Guard for the 2022 Royal Nova Scotia International Tattoo and the National Apology event on July 9, 2022. This opportunity had a significant impact on him.

"The impact of working on the National Apology for the descendants of No.2 Construction Battalion has been truly life changing in the best ways. It is my hope for the events of this summer to serve as a catalyst moment to encourage, inspire and promote continued progress in communities that have been marginalized in the past to know you belong. Your country sees you, and you have a home and opportunity in the Canadian Armed Forces."

For 2Lt Downey, Canada will always be the greatest country in the world. The story of the No. 2 is a Canadian story of perseverance, integrity loyalty and dedication. It has been his greatest honour to help magnify their impact and lead the Tribute Guard that was formed in their honour. These Soldiers, Sailors and Aviators who came together to honour and wear the uniform of our ancestors did so with great respect. The legacy, contribution and memory of No. 2 lives on in them, and 2Lt Downey is grateful for their continued service to Canada.

A note from Jerome:

I would like to thank my former Commanding Officer with the PLF, LCol Barry Pitcher for giving me the opportunity to be on this task. Special thanks to LCol Rhonda Matthews, LCol Doug Gallant, Maj. Felix Odartey-



2Lt / SLt Jerome Downey

MARGARET CONWAY, BASE PUBLIC AFFAIRS / AFFAIRES PUBLIQUES DE LA BASE

Wellington, Maj. Kevin Stone, Capt. Angus Newton, Capt. Brandon Callahan, Capt. Kevin Junor, MWO Gerry Killam, WO Richard Hamilton, WO Bryon Muggford, WO Tracy Porter, Sgt. Philip Safire, Cpl. Bradley Upshall, CSM Ret'd Cy Clayton, Capt. Michael Gray, CSM Bradly Browne, CPO2 Ret'd

Joe Abando, Hon, LCol David Connolly, Rene Gannon, Lindsay Ruck, Dr. Kirrily Freeman, Anthony Sherwood, Sheila White, Russell Grosse, and all of my family and friends who continue to believe in the best of me, what an honour this has been.

- 2Lt Jerome L. Downey

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— **Janine Johnson,**
Security Guard with
our Nova Scotia Division

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SLt Jerome Downey - Continuer le patrimoine

Par Elizabeth Sharpe,

agente des communications (contractuelle), Affaires publiques de la base

Le SLt Jerome Downey est né à Toronto (Ontario) et a grandi à Halifax (Nouvelle-Écosse). Il sert actuellement comme officier de l'Armée de terre (Réserve) dans le régiment d'infanterie du Princess Louise Fusiliers (PLF) dans le 36e Groupe-brigade du Canada (GBC) à la 5e Division du Canada. Il a fréquenté l'école secondaire Saint Patrick's à Halifax et a obtenu un baccalauréat ès arts en sciences politiques à l'Université Mount Allison en 2008. Il a également étudié le métier de tuyauteur-monteur de conduites de vapeur au Northern Alberta Institute of Technology (NAIT) et au Nova Scotia Community College (NSCC), où il a obtenu son diplôme en 2016 et 2019 respectivement. Ce métier lui a donné l'occasion de vivre et de travailler dans tout le Canada, dans les Prairies et le Nord de l'Ontario, afin de perfectionner ses compétences et son expérience.

Le SLt Downey déclare qu'il est un habitué de son YMCA local, peu importe qu'il y fasse de l'exercice ou du bénévolat. Il aime servir sa collectivité en faisant du bénévolat et défendant les initiatives pour lesquelles il se passionne, y compris la recherche contre le cancer, la prévention de la violence, la santé mentale, le don de sang et le pouvoir d'agir en matière d'éducation et d'économie. Il a été joueur et entraîneur de football depuis 1999, et a entraîné des équipes à l'école secondaire Citadel, l'école secondaire de Dartmouth, Université Dalhousie et l'Université Saint Mary's.

À son retour à Halifax au printemps de 2018, il s'est enrôlé dans les Forces armées canadiennes (FAC) et a terminé sa QMB(O)-A en 2019 à la Base des Forces canadiennes (BFC) Galetown. Il a été inspiré à se joindre aux FAC en raison de son engagement permanent envers le service.

« J'ai toujours servi ma collectivité et je voulais être en mesure de servir mon pays pour avoir la formation et être en mesure de diriger si on me le demande. »

Les principales responsabilités du SLt Downey dans son rôle actuel comprennent le soutien de la Cie B (compagnie d'instruction), qui est composée de troupes qui sont de nouvelles recrues et qui commencent tout juste leur carrière militaire. Il soutient administrativement le processus depuis la Qualifica-

tion militaire de base (BMQ) jusqu'à la PP1 et la PP2, l'entraînement de qualification finale qui permet aux membres de passer aux unités de la Cie A avec d'autres soldats opérationnels pleinement formés. Le SLt Downey a également dirigé plusieurs efforts en matière d'équité, de diversité et d'inclusion au sein du PLF et du 36 GBC en tant qu'officier président responsable du Programme des expériences des soldats sur la diversité (PESD). Parmi les faits saillants de sa carrière jusqu'à présent, mentionnons son travail dans le cadre des opérations nationales pendant la pandémie de COVID-19, l'opération LASER et l'opération VECTOR, en tant qu'officier de service. Il a reçu le médaillon du commandant du 36 GBC à l'automne de 2020 en reconnaissance de son travail dans le cadre du Programme des expériences des soldats sur la diversité. Il a également été le coprésident militaire adjoint du Groupe consultatif des minorités visibles de la Défense (GC-MVD) des Forces maritimes de l'Atlantique (FMAR(A)) pour 2021-2022. Il encourage tous ceux qui envisagent de faire carrière dans les FAC à relever le défi, à s'engager à se dépasser, et à aller au-delà de ce qu'ils peuvent imaginer.

Le SLt Downey a un lien familial étroit avec les FAC : son arrière-grand-père, le Sdt George Alexander Downey, était membre du 2e Bataillon de construction pendant la Première Guerre mondiale. Ce fut le seul bataillon composé entièrement de Noirs de l'histoire du Canada. Vous pouvez en apprendre davantage sur le bataillon ici : www.no2-cef.ca/fr. Autre fait notable dans l'histoire de sa famille, son grand-père, le conseiller Graham L. Downey, a été le premier conseiller municipal canadien noir de l'histoire d'Halifax.

« En plus d'être un descendant direct d'un membre, leur histoire de persévérance signifie beaucoup pour moi. L'intégrité, la loyauté, le devoir et l'honneur avec lesquels ils ont servi malgré la discrimination flagrante en disent long sur la personnalité de ces personnes qui se sont battues pour défendre leur pays. »

Il veut que les autres sachent que le 2e Bataillon de construction a servi fidèlement, et qu'il voulait continuer mais qu'il a été contrecarré à chaque étape.

« Nous devons nous rappeler de tenir

notre gouvernement responsable d'une norme qui ne favorise pas l'hypocrisie, mais qui permet aux personnes d'atteindre leur plein potentiel sans réprimer, décourager et rabaisser les gens. »

Le SLt Downey a eu l'occasion d'être le BPR et l'officier responsable de la garde d'hommage du 2e Bataillon de construction pour le Tattoo royal international de la Nouvelle-Écosse de 2022 et les excuses nationales du 9 juillet 2022. Cette occasion a eu des incidences importantes sur lui.

« Le fait de travailler sur les excuses nationales pour les descendants du 2e Bataillon de construction a vraiment changé ma vie, de la meilleure façon qui soit. J'espère que les activités de cet été serviront de catalyseur pour encourager, inspirer et promouvoir des progrès continus dans les communautés qui ont été marginalisées dans le passé afin qu'elles aient un sentiment d'appartenance. Votre pays vous voit, et vous avez un foyer et une occasion dans les Forces armées canadiennes. »

Pour le SLt Downey, le Canada sera toujours le meilleur pays au monde. L'histoire du 2e Bataillon est une histoire canadienne de persévérance, d'intégrité, de loyauté et de dévouement. C'est un grand honneur pour lui de contribuer à amplifier leurs répercus-

sions et de diriger la garde d'hommage qui a été formée en leur honneur. Ces soldats, marins et aviateurs qui se sont réunis pour honorer et porter l'unique forme de leurs ancêtres l'ont fait avec beaucoup de respect. Le patrimoine, la contribution et le souvenir du 2e Bataillon vivent en eux, et le SLt Downey est reconnaissant pour leur service continu rendu au Canada.

Un mot de Jérôme :

J'aimerais remercier mon ancien commandant du PLF, le Lcol Barry Pitcher, de m'avoir donné l'occasion de participer à cette tâche. Je remercie tout spécialement le Lcol Rhonda Matthews, le Lcol Doug Gallant, le Maj Felix Odartey-Wellington, le Maj Kevin Stone, le Capt Angus Newton, le Capt Brandon Callahan, le Capt Kevin Junor, l'Adjum Gerry Killam, l'Adj Richard Hamilton, l'Adj Bryon Muggford, l'Adj Tracy Porter, le Sgt Philip Safire, le Cpl Bradley Upshall, le SMC (retraité) Cy Clayton, le Capt Michael Gray, le SMC Bradley Browne, PM 2 (retraité) Joe Abando, le LCol honoraire David Connolly, Rene Gannon, Lindsay Ruck, Kirrily Freeman, Ph.D., Anthony Sherwood, Sheila White, Russell Grosse, et toute ma famille et mes amis qui continuent de croire au meilleur de moi, quel honneur cela a été.

- SLt Jerome L. Downey

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HMCS *Sackville*: volunteers help guests step back into history

By Joanie Veitch,
Trident Staff

On a late-summer afternoon HMCS *Sackville* is a hive of activity as visitors tour Canada's oldest warship — the only remaining corvette from the Second World War.

While they line up at the bottom gangway, crew members welcome visitors to the historic ship and give a short safety talk on how to embark and move around the decks, especially on the ladders as they go from the upper to lower level.

"Maintain three points of contact at all times," advises Colin Minion, one of the students hired for the summer season.

A student in the Library Information Technology program at the Nova Scotia Community College, Minion is just wrapping up his first year working onboard HMCS *Sackville*. His father served 35 years in the Royal Canadian Navy, so he had some familiarity with the Navy life, but he says working on the ship as a summer student has given him a whole new perspective on what the experience was like for the sailors who served on one of the 123 Canadian

corvettes that played such a crucial role in the Battle of the Atlantic during the Second World War.

"There were anywhere from 80 to 100 people crammed into a space designed for half that number, and they didn't have much training, but they did it. It was wartime and they were needed so they went out there and they did it," says Minion. "I try to visualize what it must have been like and it amazes me."

HMCS *Sackville* was designated as Canada's Naval Memorial in 1985. Owned, maintained and operated by the Canadian Naval Memorial Trust (CNMT) the ship serves as a museum, giving visitors a chance to walk the decks and see what the ship would have looked like when it was escorting convoys of merchant ships carrying supplies across the Atlantic.

During *Sackville*'s summer program on the Halifax Waterfront, the ship was open for tours seven days a week, from 10 a.m. to 5 p.m., returning to their regular program for 2022 after COVID-19 forced cancellations and changes over the last two years. That made this

summer a busy one, with anywhere from 700 to 900 visitors a day, and up to 1,000 or more on a sunny long weekend.

Starting just before July 1 and running through until the Labour Day long weekend, visitors were able to either explore the ship on their own, or get a guided tour from summer students or volunteers.

"I usually start a tour by finding out how much they know about the war and the Battle of the Atlantic," says Sue Moxley, a trustee who has volunteered with CNMT for more than 16 years, helping with everything from fundraising to helping with committal of ashes services, and

giving visitor tours.

"A lot of people don't know the history of the war — not the Canadian history anyway — and how close it was, that the German submarines were right off the harbour here. For the young people, learning about that history is really important. To know that people as young as they are were in the war, and the conditions they had to deal with. It hits them. It really makes them think."

Most of the sailors who served on the corvettes were young reservists, many never having any experience of the sea before or any idea of nautical skills and terminology.

Moxley's father was one such reservist who served from 1939 to 1945. When she first started as a volunteer with HMCS *Sackville*, she attended a reception on board where she saw a photograph that made her do a double take.

"It was a photograph of my dad. I knew it as soon as I saw it," she says. "It's funny as he's pouring rum and that was just perfect. Dad was never one to say 'what would you like to drink?' he'd just ask 'what would you like with your rum?' It makes me smile to see it and whenever I pass by, I stop



Colin Minion, one of the students hired for the summer season to help out with HMCS *Sackville*'s summer program, and Sue Moxley, a volunteer with the Canadian Naval Memorial Trust, the organization that owns and operates HMCS *Sackville*.

JOANIE VEITCH, TRIDENT STAFF

for a bit and say 'Hi Dad'."

Moxley loves giving tours and introducing the ship to visitors. Growing up in Toronto, she moved to Nova Scotia to take a job teaching at Dalhousie University before changing careers and becoming ordained as an Anglican priest. When she retired in 2014, she was the Anglican Bishop for Nova Scotia and PEI, the first woman to hold that position in the diocese.

"I broke my ankle last winter and that slowed me down a bit, but I'm doing ok now," she says. "I like meeting people. That's part of who I am. I hope I can continue to do this for a long time yet."



HMCS *Sackville* and guests at the summer berth on the Halifax waterfront.

JOANIE VEITCH, TRIDENT STAFF

MV Asterix contract extended to 2025

By Trident Staff

Federal Fleet Services (FFS) and the Government of Canada have confirmed a two-year extension to the at-sea support services contract in place for the combat support ship MV Asterix, which has been sailing with the Royal Canadian Navy as an interim supply ship since 2018.

"Over the past five years, Asterix

has performed flawlessly in NATO and allied operations from the Arabian Gulf to East Africa and the Korean peninsula supporting a variety of missions from counter-terrorism to sanction enforcement. The vessel has not experienced a single day of unscheduled downtime, testament to the high quality of the crew, the ship and

its systems. Asterix has been widely lauded by global allied navies and described as setting the "gold standard" in naval procurement," said FFS in a press release.

The total optional lease period for Asterix is 10 years, although Canada can declare its contractual purchase option at any time.

Asterix was converted at Davie Shipbuilding from a container ship to a military specified support vessel, and is now owned and operated by FFS. The ship is operated with a combination of FFS civilian mariners and RCN crew from Naval Replenishment Unit Asterix.



La Société canadienne du sang à la BFC Halifax

Par les Affaires publiques de la BFC Halifax

Le 22 août, la BFC Halifax et la Société canadienne du sang ont accueilli de nombreux membres de l'Équipe de la Défense qui ont généreusement donné leur sang pour sauver des vies et aider des patients de partout au Canada.

Rayan Sheikhoni, une étudiante universitaire qui travaille actuellement aux affaires publiques de la base pendant la saison estivale, comptait parmi les donateurs qui se sont présentés hier à la clinique du hangar d'exercice de l'École navale (Atlantique) de Stadacona. Pour Rayan, c'était la première fois qu'elle donnait du sang au Canada, après en avoir donné quelques fois au Liban, où elle s'est installée après avoir quitté son pays natal, la Syrie. « Il est important de saisir toutes les occasions d'aider les autres, et c'est une façon simple de rendre service. Après avoir passé des années dans une communauté déchirée par la guerre et avoir vu de mes propres yeux comment les dons de sang peuvent faire une différence durable, j'ai senti que je devais le faire. »

L'événement a également attiré de nombreux militaires, dont notre nouveau commandant de la base, le capitaine de vaisseau (Capv) Andy MacKenzie! Le Capv MacKenzie donnait régulièrement du plasma sanguin à Halifax au cours de sa dernière affec-

tation, et il a également fait plusieurs dons à Ottawa au fil des ans. Donner du sang et des produits sanguins est important pour le commandant de la base : il s'est donné comme objectif personnel de redonner du sang lorsque c'est possible, car les dons de sang ont aidé des membres de sa famille à traverser des périodes difficiles dans leur vie. Il a été heureux de constater à quel point les collectes de la Société canadienne du sang sont pratiques et bien organisées ici, à la BFC Halifax, et il encourage tous les membres de l'Équipe de la Défense qui sont en mesure de donner du sang à le faire.



RAYAN SHEIKHONI,
CFB HALIFAX PUBLIC AFFAIRS/ AFFAIRES PUBLIQUES DE LA BFC HALIFAX

Canadian Blood Services at CFB Halifax

By CFB Halifax Public Affairs

On August 22, CFB Halifax and Canadian Blood Services welcomed many Defence Team members who generously donated lifesaving blood in support of patients across Canada.

Rayan Sheikhoni – a university student currently working at Base Public Affairs for the summer – was among those who donated at the Stadacona's Naval Fleet School (Atlantic) Drill Shed clinic yesterday. For Rayan, this was her first-time donating blood in Canada, after donating a few times in Lebanon where she relocated from her home country of Syria. "It is important to take any opportunity to help oth-

ers, and this is a simple way to be of service. Coming from years spent in a war-torn community and seeing firsthand how blood donations can make a lasting difference, I just felt I needed to do it."

The event also brought out many military members, including our new Base Commander, Capt(N) Andy MacKenzie! Capt(N) MacKenzie was a regular blood plasma donor in Halifax during his last posting, and donated several times in Ottawa over the years. Giving blood and blood products is important to the Base Commander: he has made it a personal quest to give back when possible as blood donations have helped his family members during challenging times in their lives. He said he was pleased to see how convenient and well-organized the Canadian Blood Services clinics are here at CFB Halifax and encourages all Defence Team members who are able to donate to do so.

Bravo Zulu to our Defence community for being part of Canada's Lifeline! Remember, you can always book your next blood donation appointment by visiting www.blood.ca. Your donation matters.

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¹The savings of up to \$479 is based on the following savings in a year: (i) \$203.40 for the Performance Plan Monthly Fee of \$16.95 per month for 12 months; (ii) \$155.88 for the retail value of OnGuardSM charged at \$12.99 per month; (iii) \$120 for the value of 5 debit transactions (\$2/each) per month using non-BMO ATMs on the Cirrus Network. ²Interac e-Transfer is a registered trademark of Interac Inc. Used under license. ³No purchase necessary. The 2022 CDCB Customer Appreciation Contest (the "Contest") begins on June 13, 2022, at 12:00:01 a.m. Eastern Time and ends on September 30, 2022, at 11:59:59 p.m. Eastern Time (the "Contest Period"). There are thirteen (13) prizes in total (each a "Prize"), with total prizes valued at \$80,000 available to be won. There will be one (1) Grand Prize of \$20,000 cash and an additional twelve (12) prizes of \$5,000 cash. Odds of winning depend on the number of eligible entries received. Before being declared a winner, a correctly answered mathematical question is required. Full contest details are available at bmo.com/summercontest. ⁴Registered trademark of Bank of Montreal.



Back on the water: Community support brings CANSail success back to Halifax and the Sea Cadet Program

By Capt Brittany Eldridge,
Regional Cadet Support Unit (Atlantic)

After two years away from sailing with the Royal Canadian Sea Cadet program, Cadet Chief Petty Officer Thierney Dignadice of Selkirk, Manitoba, is thrilled to be back.

“It’s great to be back on the water after about two years - I’d almost forgotten how exhilarating it was!”

And Dignadice is not the only one glad to be back. The staff at the Armdale Yacht Club worked with the five sea cadets who were selected to attend and staff the Advanced Sail Course this summer housed at 12 Wing Shearwater.

Achieving the CANSail 6 certification is no small feat – from Sail Canada:

“Sailors train to perform skills in a competitive race setting in order to achieve performance in all conditions. Sailors participate in a regional or provincial regatta and focus on training plans. This program is part of the ‘Learn to Train’ stage of the Long-Term Sailor Development Framework.”

These cadets are youth leaders, bringing sailing skills and passion for

their sport to communities across the country.

And the three cadets that achieved a level six qualification this year? Thierney Dignadice of Selkirk, Manitoba, Sam Thompson of Edmonton, Alberta, and Beatrice KhunLee of Calgary, Alberta. All five of the cadets and staff cadets here this summer travelled from other parts of the country.

“It’s extremely impressive to move from level four to six in one summer. Usually our cadets do Intermediate, to Senior, to Advanced summer courses over three years, but most of these cadets missed that progression due to COVID shutdowns,” explains Lieutenant (Navy) Amanda Norquay, Sail Coordinator for the Regional Cadet Support Unit (Northwest). “The CANSail 6 achievement sets them up as instructors for all levels, and that will benefit them and the program going forward.”

Post pandemic training has been a challenge, with currency and the skill level of instructors lower than usual,

and a possibility that this course would not run this year. The leadership at the Regional Cadet Support Unit (Atlantic) took on the challenge to ensure that this national training was available

and reached into the civilian community to augment instruction. Cadets from across Canada were trained at the Armdale Yacht Club, and accommodated by 12 Wing Shearwater, allowing this course to run against the odds.

To complete three CANSail 6 and two CANSail 5 certifications as a course of five cadets is a wonderful way to prove that the sail program is back and as strong as ever. Many of the cadet’s plans include returning to the program as instructors, so next summer keep



Cadet CPO1 Thierney Dignadice and Cadet CPO2 Sam Thompson.

Le cadet-maitre de 1re classe Thierney Dignadice et le cadet-maitre de 2e classe Sam Thompson.

CAPT BRITTANY ELDRIDGE

your eyes on the water – you might just be watching Canada’s youth achieve national qualifications while having a ton of fun while they are at it.

Sea Cadets is a national program for Canadian youth aged 12 to 18 that aims to develop in youth the attributes of good citizenship and leadership, promote physical fitness and stimulate the interest of youth in the activities of the Canadian Armed Forces. For more information and to find a Sea Cadet Corps near you, visit www.canada.ca/cadets.

De retour sur l’eau : l’aide de la communauté permet de rééditer le succès de VoileCAN à Halifax et au sein du programme des cadets de la Marine

Par la Capt Brittany Eldridge,
Unité régionale de soutien aux cadets (Atlantique)

Après une interruption de deux ans de navigation dans le cadre du programme des cadets de la Marine royale canadienne, le cadet-maitre de 1re classe Thierney Dignadice de Selkirk, au Manitoba, est ravi d’être de retour.

« C’est formidable de retourner sur l’eau après près de deux ans – j’avais presque oublié à quel point c’est exaltant! »

Et Dignadice n’est pas le seul à être heureux d’être de retour. Le personnel du club nautique d’Armdale a travaillé avec les cinq cadets de la Marine qui ont été choisis pour suivre et donner le cours de voile avancé cet été à la 12e Escadre Shearwater.

Obtenir la certification de niveau de VoileCAN 6 n’est pas une mince tâche – selon Voile Canada :

« Les marins s’entraînent à exercer leurs compétences dans un environnement de course, dans le but d’atteindre un niveau d’efficacité maximum dans toutes les conditions. Les navigateurs participent à une régata provinciale ou régionale et mettent l’accent sur un plan d’entraînement. Ce programme fait partie de l’étape “Apprendre à s’entraîner” du cadre de développement à

long terme des navigateurs. »

Ces cadets sont de jeunes dirigeants qui font profiter les communautés de l’ensemble du pays de leurs compétences en voile et de leur passion pour leur sport.

Et quels sont les trois cadets qui ont obtenu une qualification de niveau 6 cette année? Thierney Dignadice de Selkirk, au Manitoba, Sam Thompson d’Edmonton, en Alberta, et Beatrice KhunLee de Calgary, en Alberta. Les cinq cadets et cadets-cadres présents cet été sont venus de diverses régions du pays.

« C’est extrêmement impressionnant de passer du niveau 4 au niveau 6 en un été. Habituellement, nos cadets suivent des cours d’été intermédiaires, de niveau supérieur et avancé sur une période de trois ans. Toutefois, la plupart des cadets n’ont pas suivi cette progression en raison des fermetures liées à la COVID-19 », explique la lieutenant de vaisseau (Ltv) Amanda Norquay, coordonnatrice de voile de l’Unité régionale de soutien aux cadets (Nord-Ouest). « L’obtention du niveau de VoileCAN 6 les prépare à devenir instructeur à tous les niveaux, ce qui

sera avantageux pour eux et pour le programme dans l’avenir. »

L’entraînement après la pandémie a été difficile, en raison du niveau et du maintien des compétences des instructeurs qui étaient plus bas que d’habitude, et de la possibilité que le cours ne soit pas offert cette année. Les dirigeants de l’Unité régionale de soutien aux cadets (Atlantique) ont relevé le défi d’assurer la prestation de l’entraînement et ont fait appel à la communauté civile pour accroître la capacité d’instruction. Des cadets de partout au Canada ont été formés au club nautique d’Armdale et hébergés à la 12e Escadre Shearwater, ce qui a permis de tenir ce cours contre toute attente.

L’obtention de trois certifications de niveau de VoileCAN 6 et de deux de niveau de VoileCAN 5 par un groupe de cinq cadets est une merveilleuse façon de prouver que le programme de voile est de retour et plus fort que jamais. De nombreux cadets envisagent de réintégrer le programme en tant qu’instructeur, alors gardez les yeux sur l’eau l’été prochain – vous pourriez bien voir de jeunes Canadiens obtenir



Cadet CPO1 Thierney Dignadice on the water in Halifax on July 27.

Le cadet-maitre de 1re classe Thierney Dignadice sur l’eau à Halifax, le 27 juillet.

LT(N) / LT PAUL EDWARDS

des qualifications nationales et avoir beaucoup de plaisir à le faire.

Le programme des cadets de la Marine est une initiative à l’intention des jeunes Canadiens âgés de 12 à 18 ans qui vise à développer, chez les jeunes, les qualités de leader et l’esprit de civisme, à promouvoir la forme physique et à susciter l’intérêt des jeunes pour les activités des Forces armées canadiennes. Pour obtenir plus de renseignements et pour trouver un corps de cadets de la Marine près de chez vous, consultez le site: www.canada.ca/cadets.



SPORTS & FITNESS



Navy 10K returns to Halifax's north end / La Course de 10 km de la Marine revient dans la partie nord d'Halifax



After a two-year hiatus, the Navy 10K made its return to Halifax on Sunday, August 28, with hundreds of runners making once again making their way through the north-end Halifax route.

Après une interruption de deux ans, la Course de 10 km de la Marine a fait son retour à Halifax le dimanche 28 août. Des centaines de coureurs ont à nouveau parcouru le parcours du nord d'Halifax.

S1/MAT 1 BRYAN UNDERWOOD



As usual, the day kicked off with a 1.25km and 2.5km kids run inside the Stadacona Gates, and was followed by the main 5km and 10km event starting on Gottingen Street just outside the base.

Comme chaque année, la journée a débuté par une course pour enfants de 1,25 km et 2,5 km à l'intérieur des portes de Stadacona, suivie de l'épreuve principale de 5 km et 10 km qui a débuté dans la rue Gottingen, juste à l'extérieur de la base.

S1/MAT 1 BRYAN UNDERWOOD



WO Donald Evans was one of the top military finishers at this year's race, finishing first in the military category and fourth overall in the 10km race. He's seen here with CFB Halifax Base Administration Officer Cdr Cynthia Foley and Bobby Mac from event sponsor Q104. Visit <https://raceroster.com/events/2022/58931/navy-10k-run> for the full results.

Adj Donald Evans a été l'un des meilleurs militaires à la course de cette année, terminant premier dans la catégorie militaire et quatrième au classement général de la course de 10 km. On le voit ici en compagnie de l'officier d'administration de la base de la BFC Halifax, la capitaine de frégate Cynthia Foley, et Bobby Mac, du commanditaire de l'événement, Q104. Visitez <https://raceroster.com/events/2022/58931/navy-10k-run> pour les résultats complets.

S1/MAT 1 BRYAN UNDERWOOD



DARRELL SAMSON

Member of Parliament • Député
Sackville–Preston–Chezzetcook

It's time to get ready to learn. Wishing all the parents, kids, teachers and support staff, a great school year!

Darrell



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36 CBG makes a splash at Canoe Sprint World Championships / Le 36 GBC fait sensation aux Championnats du monde de canoë-kayak sprint



Soldiers from 36 Canadian Brigade Group were recently out in their community supporting The 2022 International Canoe Federation (ICF) Canoe Sprint World Championships which took place from August 3 to 7 at Lake Banook in Dartmouth. Members of 36 CBG provided support to the event in the form of Flag Raising during medal presentations, as safety persons aboard recovery boats, as well as being present with a Recruiting booth.

Les soldats du 36e Groupe-brigade du Canada étaient récemment dans leur communauté pour soutenir les Championnats du monde de canoë-kayak sprint 2022 de la Fédération internationale de canoë (FIC), qui ont eu lieu du 3 au 7 août au lac Banook à Dartmouth. Les membres du 36 GBC ont apporté leur soutien à l'événement en levant le drapeau lors des remises de médailles, en agissant comme personnes chargées de la sécurité à bord des bateaux de récupération, ainsi qu'en étant présents avec un stand de recrutement.

CPL BRAD UPSHALL, 36 CBG PUBLIC AFFAIRS / AFFAIRES PUBLIQUES DE LA 36E GBC

Allies at sea, rivals on the court / Alliés en mer, rivaux sur le terrain

Crew from HMCS Summerside and HMCS Kingston joined their Standing NATO Mine Countermeasures Group 1 (SNMCMG1) colleagues for a friendly basketball tournament while alongside in early August. After a number of close games through the weekend of August 5-7, the Lithuanian sailors from LNS Kursis claimed the tournament victory.

Les équipages du NCSM Summerside et du NCSM Kingston se sont joints à leurs collègues du 1er Groupe permanent de lutte contre les mines de l'OTAN (SNMCMG1) pour un tournoi de basket-ball amical pendant qu'ils étaient à quai au début d'août. Après un certain nombre de parties serrées au cours du week-end du 5 au 7 août, les marins lituaniens du LNS Kursis ont remporté le tournoi.

CPL BRAD UPSHALL, 36 CBG PUBLIC AFFAIRS / AFFAIRES PUBLIQUES DE LA 36E GBC



Forces for Energy Efficiency
Les Forces pour une Énergie Performante
Building a Sustainable Future | Vers un futur durable



CFB Halifax is joining the fight against climate change and helping Canada race to net-zero!

Facility upgrades in 113 buildings will reduce energy use, optimize water consumption and reduce CFB Halifax's greenhouse gas emissions. Initiatives include:

- Installing energy-efficient lighting including LED lights and automation
- Upgrading heating and cooling equipment, boilers, motors, and water fixtures
- Re-commissioning of existing HVAC units to improve indoor air quality
- Installing solar-powered sources to generate energy locally and reduce peak demand
- Optimizing building operations and equipment controls to reduce energy use

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La BFC Halifax se joint à la lutte contre les changements climatiques et aide le Canada à atteindre le net zéro!

La modernisation des installations de 113 bâtiments réduira la consommation d'énergie, optimisera la consommation d'eau et réduira les émissions de gaz à effet de serre de la BFC Halifax. Les initiatives comprennent :

- Installation d'éclairage économe en énergie, y compris les lumières LED et l'automatisation
- Mise à niveau des équipements de chauffage et de refroidissement, des chaudières, des moteurs et des appareils sanitaires
- Remise en service des unités HVAC existantes pour améliorer la qualité de l'air intérieur
- Installer des sources d'énergie solaire pour produire de l'énergie localement et réduire la demande de pointe
- Optimiser les opérations du bâtiment et les contrôles des équipements pour réduire la consommation d'énergie