



TRIDENT

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

CAF helps with hurricane recovery / Les FAC participe à la reconstruction après l'ouragan

After Hurricane Fiona left a devastating impact on Atlantic Canada, members of the Canadian Armed Forces were called on to aid with recovery efforts as part of Operation Lentus. Here, members of the 5th Canadian Division help clean up downed trees in Sydney, Nova Scotia on September 24.

Après l'impact dévastateur de l'ouragan Fiona sur les provinces de l'Atlantique, les membres des Forces armées canadiennes ont été appelés à participer aux efforts de récupération dans le cadre de l'opération Lentus. Ici, des membres de la 5e Division canadienne aident à nettoyer des arbres abattus à Sydney, en Nouvelle-Écosse, le 24 septembre.

CPL CONNOR BENNETT



Royal Canadian Navy mourns the loss of Queen Elizabeth II

By RCN

After taking the throne on February 6, 1952 and reigning for 70 years and 127 days, Her Majesty Queen Elizabeth II died on September 8, 2022 at the age of 96. She was the longest reigning monarch in British and Commonwealth history.

The Queen's legacy runs deep within the Royal Canadian Navy (RCN). Her passing is deeply felt by our members and we extend our deepest condolences to the Royal Family as we honour Her Majesty's memory.

Her Majesty's long relationship with the RCN is fondly marked by several events including RCN attendance at Her Majesty's coronation, the presentation of the Queen's Colour and her participation in the International

Fleet Review in 2010, and most recently as part of the Canadian Armed Forces contingent marching in Her Majesty's Platinum Jubilee Pageant this past June.

The RCN proudly participated at Her Majesty's coronation in 1953, sending ships, an aircraft carrier, cruisers and destroyers to represent Canada at the celebration. The RCN also honourably bears the Queen's Colour—a flag that includes



Her Majesty Queen Elizabeth II arrives in Halifax to present the RCN with the Queen's Colour in 1959. Her Colour replaces that of King George VI, her father, who presented the RCN with its first Colour in 1939. Escorting Her Majesty is Rear-Admiral Hugh Pullen, Captain William Landymore, and the Queen's Aide-de-Camp.

Sa Majesté la reine Elizabeth II arrive à Halifax pour remettre le drapeau royal à la MRC en 1959. Son drapeau remplace celui du roi George VI, son père, qui a présenté le premier drapeau de la MRC en 1939. Sa Majesté est escortée par le contre-amiral Hugh Pullen, le capitaine William Landymore et l'aide de camp de la Reine.

RCN/MRC

Canada's national flag, an "E" encircled by a chaplet of roses and the badge of the RCN. The flag replaced that of the Queen's father, whose own flag flew during the Second World War, representing the Navy's fight on behalf of the monarch.

More recently, the Queen attended the International Fleet Review in 2010 where she sailed aboard Her Majesty's Canadian Ship (HMCS) *St John's*. Navies from across the world gathered in Halifax to welcome Her Majesty.

La Marine royale canadienne pleure la perte de la reine Elizabeth II

Par MRC

Après être montée sur le trône le 6 février 1952 et avoir régné pendant 70 ans et 127 jours, Sa Majesté la reine Elizabeth II est décédée le 8 septembre 2022 à l'âge de 96 ans. Elle est le monarque qui a connu le plus long règne de l'histoire de la Grande-Bretagne et du Commonwealth.

L'héritage de la Reine occupe une place importante au sein de la Marine royale canadienne (MRC). Nos membres sont profondément touchés par son décès et nous présentons nos plus sincères condoléances à la famille royale alors que nous rendons hommage à la mémoire de Sa Majesté.

La longue relation entre Sa Majesté et la MRC est marquée par plusieurs événements, notamment la présence de la MRC lors de son couronnement, la présentation du drapeau royal et sa participation à la Revue internationale de la Flotte en 2010 et, plus récemment, la participation du contingent des Forces armées canadiennes au défilé du jubilé de platine de Sa Majesté.

en juin dernier.

La MRC a participé avec fierté au couronnement de Sa Majesté en 1953, en envoyant des navires, un porte-avions, des croiseurs et des destroyers pour représenter le Canada lors de la célébration. De plus, la MRC porte honorairement le drapeau consacré à la Reine – lequel comporte le drapeau du Canada, un « E » encerclé par un chapelet de roses et l'insigne de la MRC. Ce drapeau a remplacé celui du père de la Reine, dont le propre drapeau flottait pendant la Deuxième Guerre mondiale, pour symboliser le combat de la Marine au nom du monarque.

Plus récemment, la Reine a pris part à la Revue internationale de la Flotte en 2010, au cours de laquelle elle a navigué à bord du navire canadien de Sa Majesté (NCSM) *St John's*. Les marines du monde entier se sont alors réunies à Halifax pour accueillir Sa Majesté.



Her Majesty Queen Elizabeth II inspects the sailors of the Atlantic Fleet, having arrived at the International Fleet Review to mark the 100th anniversary of the Royal Canadian Navy in 2010.

Sa Majesté la reine Elizabeth II inspecte les marins de la Flotte de l'Atlantique, arrivés à la Revue internationale de la Flotte pour souligner le 100e anniversaire de la Marine royale canadienne en 2010.

RCN / MRC



Changes to naming protocol for RCN ships, units following Her Majesty's passing

By RCN

Following the Queen's passing and the ascension to the throne of King Charles III, all commissioned RCN vessels are now known as His Majesty's Canadian Ships and Submarines. This also applies to Naval Reserve Divisions across the country.

Units and establishments that use the "HMC" prefix must also update their names. So, the dockyards in

Esquimalt, B.C., and Halifax are now both known as His Majesty's Canadian Dockyard. Queen's Harbour Master is now known as King's Harbour Master.

It should be noted that these changes only apply in English. Due to differences in grammar in French, there is no change.

In correspondence or information

for publication, personnel should immediately start using the name change.

As of sunset on the day of the Queen's funeral, September 19, all official photographs of the Queen were to be taken down. The official portrait's location is to remain empty until such time as the King's is made available, which could take some time.

Official acts, orders, regulations and instructions, such as Queen's Regulations and Orders, shall not be changed until these are changed officially by the appropriate authority.

Further direction will be provided for changing such things as signs and placards.

Changements dans le protocole de dénomination des navires et unités de la MRC à la suite du décès de Sa Majesté

Par MRC

À la suite du décès de la reine et de l'ascension du Roi Charles III, la dénomination des navires et unités en service de la MRC en anglais a immédiatement changé de « Her Majesty's Canadian Ship » à « His Majesty's Canadian Ship ».

En français, comme le mot « majesté » est un nom féminin il n'y aura aucun changement avec le terme « Navire ca-

nadien de Sa Majesté » (NCSM). Il en est de même pour « l'arsenal canadien de Sa Majesté » (His Majesty's Canadian Dockyard) et « le capitaine de port de Sa Majesté » (King's Harbour Master).

Dans la correspondance ou les renseignements qui seront publiés, le personnel devrait immédiatement commencer à effectuer le changement

de noms.

Depuis le coucher du soleil le jour des funérailles de la reine, le 19 septembre dernier, toutes les photographies officielles de la reine doivent être retirées. L'emplacement du portrait officiel doit demeurer vide jusqu'à ce que le portrait du roi soit rendu disponible, ce qui pourrait prendre un certain temps.

Les documents officiels comme les lois, ordonnances, règlements et instructions, tels que les Ordonnances et règlements royaux, ne doivent être modifiés jusqu'à leur changement officiel par les autorités compétentes.

Des directives supplémentaires seront fournies pour le changement d'articles tels que les écriteaux et les plaques.

Memorial ceremonies at sea / Les cérémonies commémoratives en mer



Along with other events and official commemorations marking the death of Her Majesty Queen Elizabeth II, a number of currently deployed Royal Canadian Navy ships, including HMCS Winnipeg, HMCS Vancouver, and HMCS Margaret Brooke, held their own memorial ceremonies at sea.

Parallèlement à d'autres événements et commémorations officielles marquant le décès de Sa Majesté la reine Elizabeth II, certains des navires de la Marine royale du Canada actuellement déployés, notamment les NCSM Winnipeg, Vancouver et Margaret Brooke, ont tenu leurs propres cérémonies commémoratives en mer.

SI/MAT 1 MELISSA GONZALEZ

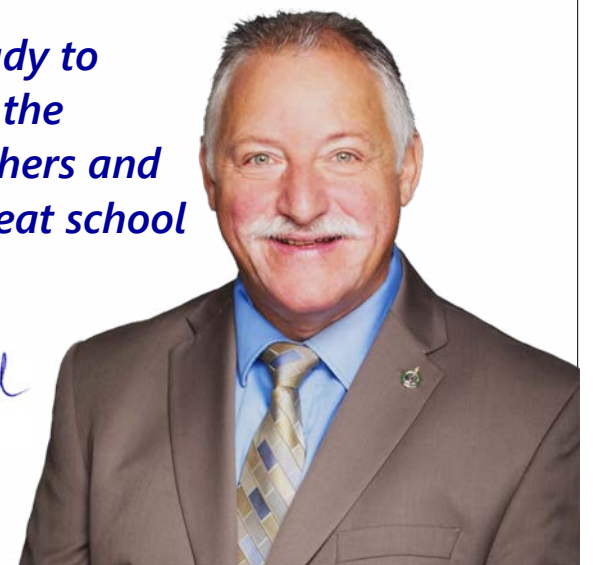


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Member of Parliament • Député
Sackville–Preston–Chezzetcook

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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Visiting Irish sailors join HMCS Sackville for special commemoration ceremony

By Joanie Veitch,
Trident Staff

As His Majesty's Canadian Ship (HMCS) *Sackville* left Halifax Harbour to hold a committal of ashes ceremony recently, two members of the command team of LÉ *James Joyce*, an Irish Naval Service offshore patrol vessel (OPV), joined the crew onboard the ship.

HMCS *Sackville* held its traditional committal of ashes ceremony at sea on September 22, off Point Pleasant Park, looking towards the Canadian Peace-time Sailors' Memorial on the shore.

Following the committal ceremony, a memorial service commemorated the sinking of SS *Atlantic* off the coast of Nova Scotia in 1873. Of the 550 people who died in that tragedy, more than half were Irish — all but a few women and children.

Lieutenant Commander Donnachadh Cahalane, the captain of LÉ *James Joyce*, and the ship's executive officer, Lieutenant (Naval Service) Paul Kavanaugh, took part in a wreath-laying at sea, in memory of the lives lost on the SS *Atlantic*. They were joined by John Boylan, Deputy Head of Mission with the Irish Embassy in Ottawa.

SS *Atlantic*, part of the White Star Line, had been traveling from Liverpool to New York with 975 people on board when it sunk off Lower Prospect, NS in the early hours of April 1, 1873. Until the sinking of the *Titanic* in 1912 (also a White Star Line vessel) the sinking of SS *Atlantic* held the unfortunate honour of being the largest maritime disaster of its day.

As he prepared to board HMCS *Sackville*, LCdr Cahalane said he was feeling a sense of connection to the SS *Atlantic* as LÉ *James Joyce* had followed a similar sail path to that of the ill-fated ship.

LÉ *James Joyce* left Ireland in early September for a month-long mission that took the ship on a tour of parts of North America's Atlantic coast. Prior to its arrival in Halifax on September 21, the ship had visited Boston and Portland, Maine.

"Ireland is no stranger to maritime disasters but the sinking of the SS *Atlantic* caused a tremendous loss of life and a great deal of Irish casualties so the commemoration of this tragedy while we're here visiting Halifax was very fitting," he said.

LÉ *James Joyce* is one of four offshore patrol vessels in the Samuel-Beckett class, all named after Irish authors and carrying LÉ as a prefix to denote Long Éireannach or "Irish Ship" in Irish Gaelic.

As an offshore patrol vessel, LÉ *James Joyce* has a crew of 55 men and women to provide security and defence for Ireland's coast, along with fishery and pollution patrol and control, wildlife surveillance and maritime interdiction against narcotics.

tion against narcotics.

In recent years, the ship has also been commended for its role in various operations in the Mediterranean, helping rescue thousands of migrants as they attempted to cross the sea during the height of the migrant crisis from 2016 to 2019.

That humanitarian mission provided another point of connection between LÉ *James Joyce* and the tragedy of the SS *Atlantic*, noted LCdr Cahalane, reflecting on the stories of how — after SS *Atlantic* ran aground on the rocks off Lower Prospect — rescue parties from local seaside communities launched their boats to rescue and care for as many as 400 survivors.

"There were so many tie-ins for us as we took part in this event," said LCdr Cahalane.

While the opportunity to host the Irish contingent and commemorate the tragedy of the SS *Atlantic* was a special part of the day's activities for HMCS *Sackville*, the main event was the committal of ashes ceremony, said Cdr (Ret'd) Gary Reddy, *Sackville's* Commanding Officer with the Canadian Naval Memorial Trust (CNMT), the non-profit that operates the ship.

Held twice a year aboard HMCS *Sackville*, most of the people who ask to have their ashes brought to the sea are former sailors or have a connection to the Royal Canadian Navy or the Canadian Armed Forces, he said.

"For our crew, this is our traditional service and it is held in the highest regard," Reddy said.

Following the committal ceremony and service for SS *Atlantic*, *Sackville* returned to its summer berth at Sack-



Lieutenant (Naval Service) Paul Kavanaugh, Executive Officer of LÉ *James Joyce*, Commander (retired) Garrett Reddy, Commanding Officer of HMCS *Sackville* with the Canadian Naval Memorial Trust (CNMT), Lieutenant Commander Donnachadh Cahalane, Commanding Officer of LÉ *James Joyce*, Captain (Navy) (retired) Bill Woodburn, chair of CNMT, and John Boylan, Deputy Head of Mission with the Irish Embassy in Ottawa.

JOANIE VEITCH



The Irish Naval Ship LÉ *James Joyce*, an offshore patrol vessel, was open for public tours at the Halifax waterfront on September 22.

JOANIE VEITCH

ville Landing on the Halifax waterfront to disembark the family members before being towed to the naval dockyard to safely wait out Hurricane Fiona.

LÉ *James Joyce* was docked at Tall Ships Quay on Lower Water Street and had been scheduled to host more public tours and events through the weekend before its scheduled departure on Sunday, September 25.

As the weather forecast grew more grim, the ship held public tours on the afternoon of September 22, with members of the crews on hand to show people around and answer questions, but was forced to cancel the remaining public tour events and take shelter at the dockyard while Hurricane Fiona tore through the region.

TRIDENT

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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 quinzaines. Le rédacteur en chef se réserve

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Des marins irlandais en visite se joignent au NCSM *Sackville* pour une cérémonie commémorative spéciale

Par Joanie Veitch,
L'équipe du Trident

Alors que le Navire royal canadien de Sa Majesté (NCSM) *Sackville* quittait le port d'Halifax pour tenir une cérémonie de remise des cendres récemment, deux membres de l'équipe de commandement du LÉ *James Joyce*, un patrouilleur hauturier du Service naval irlandais, se sont joints à l'équipage à bord du navire.

Le NCSM *Sackville* a tenu sa traditionnelle cérémonie en mer le 22 septembre, au large du parc Point Pleasant, en regardant vers le Monument commémoratif des marins canadiens en temps de paix sur la rive.

Après la cérémonie de remise des cendres, un service commémoratif a été organisé pour rappeler le naufrage du SS *Atlantic* au large de la Nouvelle-Écosse en 1873. Sur les 550 personnes qui ont péri dans cette tragédie, plus de la moitié étaient irlandaises - toutes sauf quelques femmes et enfants.

Le lieutenant-commandant Donnachadh Cahalane, capitaine du LÉ *James Joyce*, et le commandant en second du navire, le lieutenant de vaisseau Paul Kavanaugh, ont participé à un dépôt de gerbe en mer, en mémoire des vies perdues sur le SS *Atlantic*. Ils ont été rejoints par John Boylan, chef de mission adjoint de l'ambassade d'Irlande à Ottawa.

Le SS *Atlantic*, qui faisait partie de la White Star Line, faisait la navette entre Liverpool et New York avec 975 personnes à bord lorsqu'il a coulé au large de Lower Prospect, en Nouvelle-Écosse, aux premières heures du 1er avril 1873. Jusqu'au naufrage du Titanic en 1912 (également un navire de la White Star Line), le naufrage du SS *Atlantic* a eu le triste honneur d'être la plus grande catastrophe maritime de son époque.

Alors qu'il se préparait à monter à bord du NCSM *Sackville*, le lieutenant-commandant Cahalane a déclaré qu'il ressentait un lien avec le SS *Atlantic*, car le LÉ *James Joyce* avait suivi un parcours similaire à celui du navire disparu.

Le LÉ *James Joyce* a quitté l'Irlande au début du mois de septembre pour une mission d'un mois qui l'a amené à visiter une partie de la côte atlantique de l'Amérique du Nord. Avant son arrivée à Halifax le 21 septembre, le navire avait visité Boston et Portland, dans le Maine.

« L'Irlande n'est pas étrangère aux catastrophes maritimes, mais le naufrage du SS *Atlantic* a causé d'énormes pertes de vies humaines et beaucoup de victimes irlandaises, de sorte que la commémoration de cette tragédie pendant notre visite à Halifax était

très appropriée », a-t-il déclaré.

Le LÉ *James Joyce* est l'un des quatre navires de patrouille hauturiers de la classe Samuel-Beckett, tous nommés d'après des auteurs irlandais et portant le préfixe LÉ pour désigner Long Éireannach ou « navire irlandais » en gaélique irlandais.

En tant que navire de patrouille en mer, le LÉ *James Joyce* a un équipage de 55 hommes et femmes qui assurent la sécurité et la défense des côtes irlandaises, ainsi que des patrouilles et des contrôles en matière de pêche et de pollution, la surveillance de la faune et de la flore et l'interdiction maritime des stupéfiants.

Ces dernières années, le navire a également été salué pour son rôle dans diverses opérations en Méditerranée, aidant à sauver des milliers de migrants qui tentaient de traverser la mer au plus fort de la crise des migrants de 2016 à 2019.

Cette mission humanitaire a fourni un autre point de connexion entre le LÉ *James Joyce* et la tragédie du SS *Atlantic*, a noté le LCdr Cahalane, en réfléchissant aux récits de la façon dont - après que le SS *Atlantic* s'est échoué sur les rochers au large de Lower Prospect, en Nouvelle-Écosse - les équipes de sauvetage des communautés balnéaires locales ont lancé leurs bateaux pour sauver et soigner jusqu'à 400 survivants.

« Il y avait tellement de liens pour nous lorsque nous avons pris part à cet événement », a déclaré le lieutenant-commandant Cahalane.

Bien que l'occasion d'accueillir le contingent irlandais et de commémorer la tragédie du SS *Atlantic* ait constitué une partie spéciale des activités de la journée pour le NCSM *Sackville*, l'événement principal a été la cérémonie de remise des cendres, a déclaré le Capitaine de frégate (retraité) Gary Reddy, commandant du *Sackville* pour le Fonds de commémoration de la marine canadienne, l'organisme sans but lucratif qui exploite le navire.

La cérémonie a lieu deux fois par an à bord du NCSM *Sackville*, et la plupart des personnes qui demandent à ce que leurs cendres soient apportées à la mer sont d'anciens marins ou ont un lien avec la Marine royale canadienne ou les Forces armées canadiennes, a-t-il précisé.

« Pour notre équipage, il s'agit d'un service traditionnel et il est tenu en très haute estime », a déclaré M. Reddy.

Après la cérémonie d'engagement et le service pour le SS *Atlantic*, le *Sackville* est retourné à son poste d'amarrage d'été à Sackville Landing,

sur le front de mer d'Halifax, pour débarquer les membres de la famille avant d'être remorqué jusqu'à l'arsenal naval pour attendre en toute sécurité l'ouragan Fiona.

Le LÉ *James Joyce* était amarré au quai des grands voiliers sur la rue Lower Water et devait accueillir d'autres visites et événements publics tout au long du week-end avant son départ prévu le dimanche 25 septembre.

Alors que les prévisions météorologiques devenaient de plus en plus sombres, le navire a organisé des visites publiques dans l'après-midi du 22 septembre, avec des membres de l'équipage présents pour faire visiter le navire et répondre aux questions, mais il a été contraint d'annuler les visites publiques restantes et de s'abriter dans le chantier naval pendant que l'ouragan Fiona traversait la région.



Des membres du navire du service naval irlandais LÉ *James Joyce* débarquent après leur arrivée à Halifax le 21 septembre.

MONA GHIZ, FMAR(A)



Le NCSM *Sackville* est vu à Sackville Landing avant la cérémonie de commémoration du 22 septembre.

JOANIE VEITCH



Padre's Corner: In the Midst of Life

By Padre Lt(N) Charles Irish,

It may seem an odd pastime, but I've been watching the spiders who have settled in my porch. I understand this wouldn't appeal to everybody. My wife would like to sweep them away, but I think they have something like squatters' rights, as long as they observe some boundaries. Good fences make good neighbours!

What I find interesting is that their eggs are only now hatching. Birds hatch in the spring; these spiders hatch in the fall. Why now? Isn't this the time of year everything's supposed to be dying?

Death is sometimes in your face as the weather changes, but it isn't the only thing going on.

Just when it's cooling off, when other things are dying, the tiny spiders emerge from their protective sac. They wait there a while, in a cluster, getting used to being outside and getting their bearings. Each of them is as small as the period at the end of a sentence. Once they scatter, individually,

they're practically invisible. They seem to vanish.

But they're there. Nearly invisible, but made to survive a winter.

It reminds me of the line in an old form of the burial rite: "In the midst of life we are in death." The origins of this phrase are obscure, but it's a line of Gregorian chant that is sometimes attributed to Notker of St Gall (Tenth Century). The story is that he was inspired by the sight of workers constructing a bridge, a fragile frame that suspended them over the chasm as they worked. This may not be a true story, but it makes a true point. Life, which seems solid enough most days, is frail. We all hover over a seeming abyss.

Notker had a challenging life – he was also known as "the Stammerer" – but while he acknowledged life's frailty, he wasn't terrified of its crumbling. In fact – like the tiny creatures equipped to survive the months of cold – this fragility may even have been the

key to his inner growth. As a biographer wrote, he was "delicate of body but not of mind, stuttering of tongue but not of intellect, pushing boldly forward in things Divine."

Placed at the beginning of the graveside service, the notion that "in the midst of life we are in death" expresses the inevitable fact of dying. The bridge we build over the abyss is bound to crumble with time. But the point is that death is not the only thing happening. Something else is at work. Life has not ended, but changed.

I always wanted to turn the phrase around: "In the midst of death we are in life." The spiders on my porch show this in one way. It's fall – the time of dying – but here are the little ones, ready to face it. What happens in nature is analogous to spiritual realities. Faith can help us see this. But our natural perception is not helpless. Our longings for life, for purpose, for fulfilment, for dying to reveal something even more powerful, must be oriented

to a reality. Why not? Our natural appetites can be satisfied – if I'm hungry, I can eat – so why not our spiritual needs? Can a process of blind, random natural selection lead to a self-conscious being whose deepest need is for the immensity of an unconditional, undying love? Perhaps it is not blind and random after all.

Perhaps, then, the times that feel like dying are also times we can sense something else at work. Perhaps the thing that seems like an end contains the seed of some future. Perhaps the agony into which we sometimes descend is what calls forth a response, an act, a capacity, a perspective, a knowledge, or a faith that gives us force and purpose. Everything might seem stripped away, but we are always left with the choice to look. What we need to see might be nearly invisible, but it is there.

In the midst of death, we are in life.

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Ringing in your ears: Five things you should know about tinnitus

By Dekota Clayton, B.Sc., M.Sc. Aud-Reg,
Hear Right Canada Nova Scotia Inc.

Do you or a loved one hear ringing in your ears? It could be tinnitus. This article will review five things you should know about tinnitus and how to manage the symptoms.

#1 What is tinnitus?

Tinnitus is the perception of sound in the absence of an external sound source. The perception of the sound can vary from person to person but is often described as a ringing, buzzing, hissing, clicking, chirping, or pulsing. It can be present in one or both ears, either sometimes or all the time. The severity of the symptoms can be mild or bothersome with tinnitus often being most noticeable in quiet situations.

In 2019, Statistics Canada estimated that over 9 million adult Canadians had experienced tinnitus within the past year. The incidence of tinnitus was the same across all age groups. Interestingly, tinnitus was reported as bothersome for 7 percent of adult Canadians, impacting sleep, concentration, and mood.

#2 What causes tinnitus?

The exact cause is unknown, but we do know that tinnitus is not a disease. It is a symptom that tells us something is wrong in the auditory system. The auditory system includes the ear, the auditory nerve (which connects the ear to the brain), and the parts of the brain that process sound. Sometimes tinnitus can be caused from simply being plugged with earwax, but it could also be the result of these health conditions:

-Noise-induced hearing loss, -Ear and sinus infections, -Diseases of the heart or blood vessels, -Thyroid abnormalities, -Certain medications, -Anxiety and stress, -Head and neck injuries

#3 What causes tinnitus to fluctuate?

Oftentimes, a fluctuation in tinnitus perception can be random and is likely caused by a combination of internal or external factors. For most people, the biggest factors include sleep, stress, and anxiety but a few other common factors are listed below:

-Sleep deprivation, -Anxiety, depression, and stress, -Loud noise exposure
-Certain medications, supplements, and vitamins, -High salt or high sugar diet, -Smoking, alcohol, and caffeine, -Allergies or weather changes, -TJM disorders (jaw pain and clicking)

With such a broad list of factors, it is important to keep track of the things that increase your tinnitus perception, as the above list does not impact everyone equally.

#4 What is the link between tinnitus, anxiety, and stress?

Typically, tinnitus is not a serious problem but it can trigger a strong emotional reaction. We know that this reaction comes from our limbic system, the emotional center of our brain. The limbic system helps to generate the fight or flight/acute stress response, a response to a perceived threat. For example, imagine you are watching TV and a sound comes on that is just like your tinnitus. This can cause you to immediately notice your own tinnitus in a negative way,

possibly even louder than before. Naturally, at that moment we just want the tinnitus to go away. By trying to push it away, we are essentially fighting with our own fight-or-flight response. This can lead to increased

#5 What treatment options are available?

Presently, there is no cure for tinnitus, but audiologists can offer several treatments to help manage the symptoms. The treatment will depend on the severity and how it impacts your quality of life. Listed below are some common treatments to provide the best results specific to the individual's needs, which are often used in combination with one another.

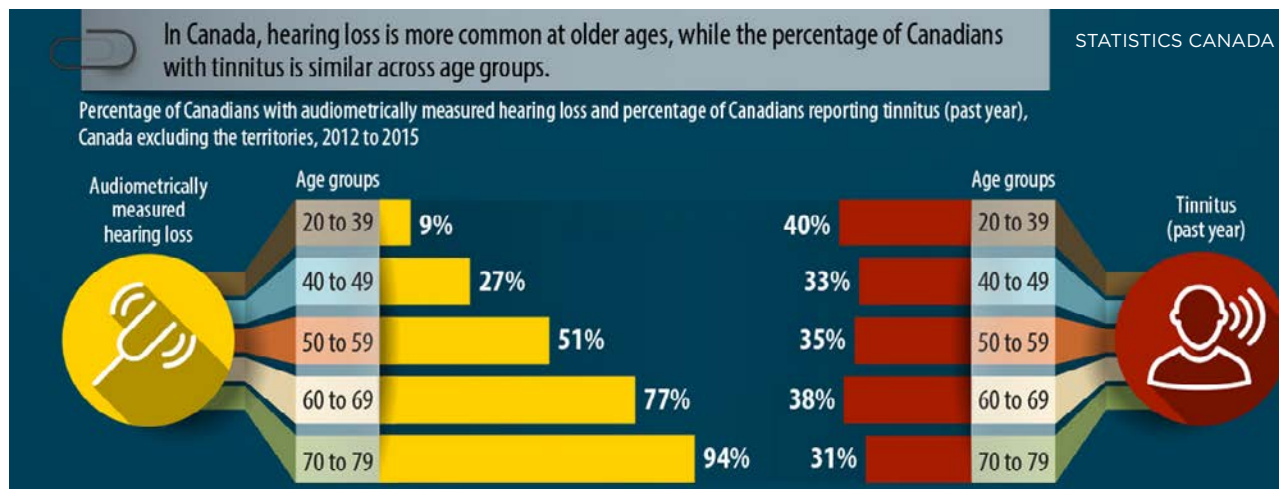
Hearing aids are often helpful for those with hearing loss and tinnitus. The better you are hearing, the less you may notice your tinnitus.

Counseling helps you understand and learn how to live with your tinnitus. Understanding how your body reacts to tinnitus can make it easier for you to manage your symptoms.

Sound therapy teaches you how to use other sounds to cover up your tinnitus.

Tinnitus habituation is designed to help the brain relearn. This approach combines counseling and sound therapy.

Tinnitus is common among adults in Canada. The sound perception and severity may vary from person to person. There are many different treatment options available that focus on managing your tinnitus symptoms, and it is important to have a customized treatment plan for your specific needs. If you or a loved one has tinnitus, speak with your doctor or audiologist to better understand how to manage the symptoms and improve your quality of life.



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Commander RCN announces winner of coin design contest

I am thrilled to announce that Chantelle Klassen of Naval Personnel and Training Group is the winner of the first Commander Royal Canadian Navy (RCN) challenge coin contest. The judges chose this entry out of 29 submissions from members of the RCN family across the country.

Chantelle's entry was selected for its creativity and simplicity, and I was struck by the fact that it picked up on the imagery used in the RCN Code of Conduct. In essence, Chantelle's work represents who we are as a naval community.

Her unique design features the naval compass rose cut out of the traditional

round coin. The RCN crest is on the front of the coin. Three maple leaves, signifying the rank of vice-admiral, are on the back, along with the RCN's motto, "parati vero parati," Latin for Ready Aye Ready.

Know that the competition was fierce! And, keeping that in mind, I would like to take a moment to speak directly to every one of the entrants. Thank you for your submissions. The unique approach each of you took showcased the incredible talent that is resident within our sailors and RCN family. It is obvious that each of you put in an incredible amount of work and effort into your submissions.

The selection process itself was not easy. It was overseen by a diverse panel made up of non-commissioned members and a civilian employee, and led by RCN Master Sailor Maude Lauzon. Submissions were reviewed anonymously so the selection was based solely on design. The top five entries were submitted to Admiral's Council earlier this summer. Deciding amongst these was incredibly difficult as each submission was strong on its own merits. However, after much discussion and careful review, Chantelle's design was chosen as the winning entry.

The Admiral's challenge coin is given as a token of appreciation and

recognition. I am pleased that so many of you took part in this competition and I am delighted to have a unique coin that was designed by one of our own. I look forward to using this new coin to recognize the hard work and dedication of those who go above and beyond in contributing to the success of Canada's fighting force at sea.

Yours Aye,

Vice-Admiral Angus Topshee
Commander Royal Canadian Navy

Annonce du commandant de la MRC du gagnant du concours de création d'un médaillon

J'ai le plaisir d'annoncer que Chantelle Klassen du Groupe du personnel et de l'instruction de la Marine est la gagnante du premier concours du médaillon de défi du commandant de la Marine royale canadienne (MRC). Les juges ont retenu cette proposition de médaillon parmi les 29 propositions présentées par les membres de la famille de la MRC de partout au pays.

La création de Chantelle Klassen a été choisie pour son originalité et sa simplicité, et j'ai été frappé par le fait qu'elle reprenne les images figurant dans le Code de conduite de la MRC. Essentiellement, son œuvre nous représente en tant que communauté de la Marine.

Sa création unique comporte la rose des vents de la Marine découpée dans le médaillon rond traditionnel. L'emblème de la MRC est sur le devant du médaillon. Trois feuilles d'érable, désignant le grade de vice-amiral, se trouvent à l'arrière du médaillon, ainsi que la devise de la MRC, « Parati Vero

Parati », qui signifie « Toujours là, toujours prêts ».

Sachez que la compétition a été rude! Et, en gardant cela à l'esprit, j'aimerais prendre un moment pour m'adresser directement à chacun des participants. Merci de votre participation. L'approche unique adoptée par chacun d'entre vous a permis de mettre en valeur l'incroyable talent que possèdent nos marins et la famille de la MRC. Il est évident que vous avez tous investi une quantité incroyable de travail et d'efforts dans vos créations.

Le processus de sélection lui-même n'a pas été aisé. Il a été supervisé par un comité diversifié composé de militaires du rang et d'un employé civil, et dirigé par la matelot-chef Maude Lauzon de la MRC. Les créations ont été examinées de façon anonyme, de sorte que la sélection était fondée uniquement sur la conception. Les cinq meilleurs projets ont été présentés au Conseil de l'Amiral plus tôt

ce cet été. Le choix s'est avéré extrêmement difficile, car chaque création était remarquable par ce qu'elle représentait en soi. Cependant, après de longues discussions et un examen minutieux, la création de Chantelle Klassen a été déclarée gagnante.

Le médaillon de défi de l'Amiral est remis en gage de gratitude et de reconnaissance. Je suis heureux qu'un si grand nombre d'entre vous aient participé à ce concours et enchanté que nous possédions un médaillon unique qui a été conçu par l'une des nôtres. Je me réjouis d'utiliser ce nouveau médaillon afin de souligner le travail acharné et le dévouement de ceux qui se sur-

passent pour contribuer au succès de la force de combat en mer du Canada.

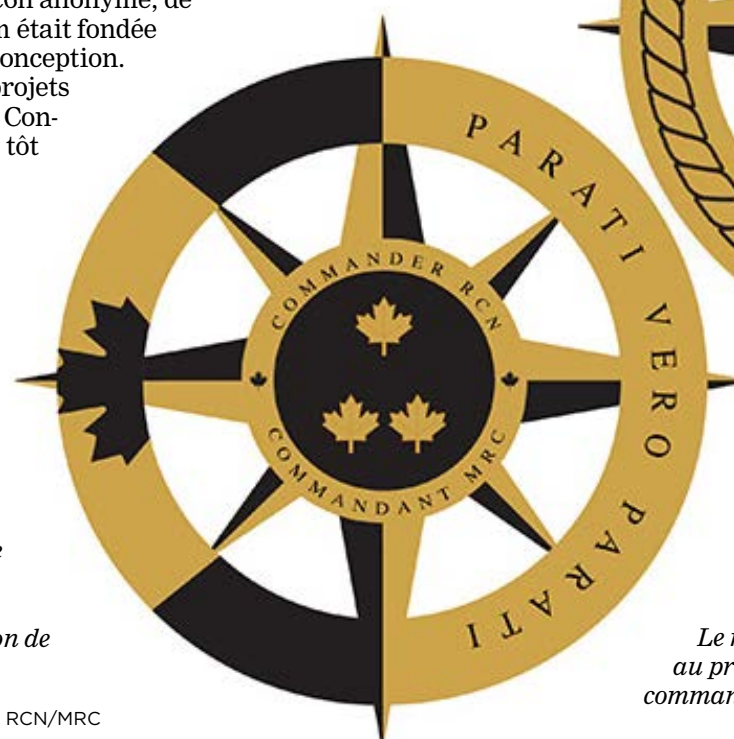
Bien à vous,

Vice-amiral Angus Topshee
Commandants de la Marine royale canadienne



The new Commander Royal Canadian Navy challenge coin was designed by Chantelle Klassen from Naval Personnel and Training Group.

Le médaillon de défi du commandant de la Marine royale canadienne a été conçu par Chantelle Klassen du Groupe du personnel et de l'instruction de la Marine.



RCN/MRC



Chantelle Klassen's winning entry in the first Commander Royal Canadian Navy challenge coin contest.

Le médaillon gagnant de Chantelle Klassen au premier concours du médaillon de défi du commandant de la Marine royale canadienne.

RCN/MRC



Naval Warfare Officers discuss gender at Peru symposium

By Peter Mallett,
The Lookout

Two Canadian Naval Warfare Officers represented the Royal Canadian Navy in Lima, Peru, at the Navies of the Americas Junior Officer Symposium from August 21 to 28.

SLt Luisa Aranda, HMCS *Calgary* Naval Warfare Officer (NWO), and Lt(N) Jessica Tassot, Senior Naval Warfare Officer of the Naval Reserve (NAVRES) headquarters in Quebec City, made a presentation on behalf of the Royal Canadian Navy's Defence Women's Advisory Organization (DWAOW) on gender equity in the RCN.

"Participating in this symposium was truly a great honour and one of the greatest experiences I've had as a member of the Royal Canadian Navy," said SLt Aranda. "We learned about the culture, naval equipment, and resources of the host country and I could see and learn from strong young women from around the world."

Simpósio Internacional de Oficiales de la Nueva Generación de las Armadas de América (SIONGA) was hosted by the Peruvian Armed Forces. It also included delegates from Argentina, Bolivia, Chile, Germany, the Republic of Ireland, Italy, Mexico, and the United States.

The Canadian sailors were joined in their presentations by delegates from the Spanish Navy (Armada Española), the German Military Police, the Defence Forces of Ireland, and a civilian researcher from the United States.

"The key points we shared were that the Canadian Armed Forces is an inclusive organization; women can do any job in the Forces and all are treated with

the same respect," said Lt(N) Tassot, a Regular Force member of 12 years. "The audience was very receptive, and not just the Peru delegation, but many others were surprised, and some envious that women have access to all trades and maintain a work/life balance."

The focus of SLt Aranda's presentation was an extensive discussion on parental and pregnancy leave policies and their impact on careers and the training process.

SLt Aranda, 27, was born in Veracruz, Mexico, and immigrated to Montreal with her family in 2006. A graduate of the Regular Officer Training Program at Royal Military College (RMC), she joined the Navy in 2017 and graduated from RMC in 2021.

SLt Aranda said Lt(N) Tassot has been a mentor to her, and one of her primary responsibilities during the Symposium was acting as a translator for Lt(N) Tassot while offering some input about her experiences as a female member of the RCN.

SLt Aranda and Lt(N) Tassot also participated in several activities and engagements while in Peru. These included a tour of Peru's Naval Aviation School in Pisco, Peru's Coast Guard Operations Command Centre, Marine Industrial Services and Antarctic scientific research vessel B.I.C. *Carrasco*, and sailboat training in Callao. Following the Junior Officer Symposium, delegates were given a tour of Lima with Peru's Rear-Admiral Luis Del Carpio Azalgara.

SLt Aranda says she was surprised to be selected for the Symposium since

most of the other delegates had ten or more years of experience, including Lt(N) Tassot.

"Being selected and taking part in the Symposium was very inspirational to me and the [professional] connections I made in Peru with people around the world will last forever," she said. "It didn't matter their language, culture or where they came from, each one of them gained my full attention and respect by also being young women in the Navy."



SLt Luisa Aranda described her time in Peru as a highlight of her naval career so far.

L'Ens 1 Luisa Aranda a décrit son séjour au Pérou comme un moment fort de sa carrière navale jusqu'à présent.

SUBMITTED / SOUMIS



Lieutenant (Navy) Jessica Tassot sits in the back of an aircraft with a German officer during the visit to the Peruvian Naval Aviation School in Pisco, Peru.

La lieutenant de vaisseau Jessica Tassot est assise à l'arrière d'un avion avec un officier allemand lors de la visite de l'école péruvienne d'aéronautique navale à Pisco, au Pérou.

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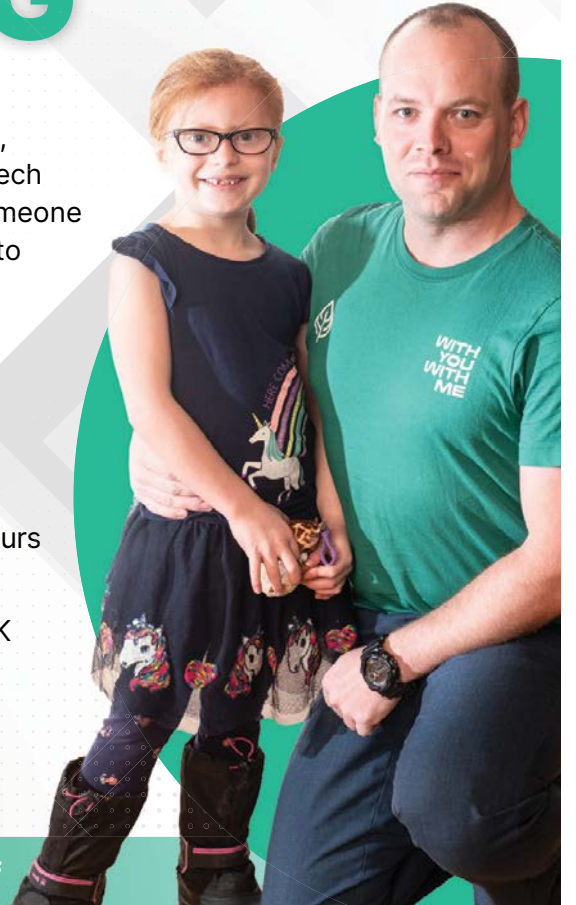
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Des officiers de guerre navale discutent du genre lors d'un symposium au Pérou

Par Peter Mallett,
The Lookout

Deux officiers de guerre navale canadiens ont représenté la Marine royale du Canada à Lima, au Pérou, lors du symposium des officiers subalternes de la Marine des Amériques, du 21 au 28 août.

L'Ens 1 Luisa Aranda, officier de guerre navale du NCSM *Calgary*, et la Ltv Jessica Tassot, officier supérieur de guerre navale du quartier général de la Réserve navale (NAVRES) à Québec, ont fait une présentation au nom de l'Organisation consultative des femmes de la défense (OCFD) de la Marine royale canadienne sur l'équité entre les sexes dans la MRC.

« Participer à ce symposium a vraiment été un grand honneur et l'une des plus belles expériences que j'ai vécues en tant que membre de la Marine royale canadienne », a déclaré l'Ens 1 Aranda. « Nous avons appris à connaître la culture, l'équipement naval et les ressources du pays hôte et j'ai pu voir et apprendre de jeunes femmes fortes du monde entier. »

Le Simposio Internacional de Ofi-

ciales de la Nueva Generación de las Armadas de America (SIONGA) a été accueilli par les forces armées péruviennes. Il comprenait également des délégués d'Argentine, de Bolivie, du Chili, d'Allemagne, de la République d'Irlande, d'Italie, du Mexique et des États-Unis.

Les marins canadiens ont été rejoints dans leurs présentations par des délégués de la marine espagnole (Armada Española), de la police militaire allemande, des forces de défense de l'Irlande et d'un chercheur civil des États-Unis.

« Les points clés que nous avons partagés étaient que les Forces armées canadiennes sont une organisation inclusive ; les femmes peuvent faire n'importe quel travail dans les Forces et toutes sont traitées avec le même respect », a déclaré la Ltv Tassot, membre de la Force régulière depuis 12 ans. « L'auditoire était très réceptif, et pas seulement la délégation péruvienne, mais beaucoup d'autres personnes ont été surprises, et certaines ont envié le

fait que les femmes aient accès à tous les métiers et maintiennent un équilibre entre vie professionnelle et vie privée. »

L'exposé de l'Ens 1 Aranda était axé sur une discussion approfondie des politiques de congé parental et de congé de maternité et de leur impact sur les carrières et le processus de formation.

L'Ens 1 Aranda, 27 ans, est née à Veracruz, au Mexique, et a immigré à Montréal avec sa famille en 2006. Diplômée du Programme de formation des officiers de la Force régulière du Collège militaire royal (CMR), elle s'est engagée dans la Marine en 2017 et a obtenu son diplôme du CMR en 2021.

L'Ens 1 Aranda a déclaré que la Ltv Tassot a été un mentor pour elle, et l'une de ses principales responsabilités pendant le Symposium était d'agir comme traductrice pour la Ltv Tassot tout en offrant quelques commentaires sur ses expériences en tant que femme membre de la MRC.

L'Ens 1 Aranda et la Ltv Tassot ont également participé à plusieurs activi-

tés et engagements pendant leur séjour au Pérou. Ils ont notamment visité l'école d'aéronautique navale du Pérou à Pisco, le centre de commandement des opérations de la garde côtière du Pérou, les services industriels maritimes et le navire de recherche scientifique antarctique B.I.C. *Carrasco*, et suivi une formation en voilier à Callao. Après le symposium des officiers juniors, les délégués ont pu visiter Lima en compagnie du contre-amiral péruvien Luis Del Carpio Azalgará.

L'Ens 1 Aranda a été surprise d'être sélectionnée pour le symposium, car la plupart des autres délégués avaient dix ans ou plus d'expérience, y compris la Ltv Tassot.

« Les contacts [professionnels] que j'ai établis au Pérou avec des personnes du monde entier resteront à jamais gravés dans ma mémoire », a-t-elle déclaré. « Peu importe leur langue, leur culture ou l'endroit d'où ils venaient, chacun d'entre eux a gagné toute mon attention et mon respect en étant aussi des jeunes femmes de la Marine. »

Margaret Brooke lends a hand / Margaret Brooke donne un coup de main



Along with the hundreds of other CAF members deployed to Nova Scotia, Prince Edward Island, and Newfoundland as part of Operation Lentus in the wake of Hurricane Fiona, HMCS Margaret Brooke has also joined the efforts. The ship arrived in Newfoundland on September 23 as it wraps up this year's Operation Nanook deployment, and has since stayed to help survey damage and meet with community members in hard hit areas. Members are seen here speaking with residents of Grey River on September 27.

En plus des centaines d'autres membres des FAC déployés en Nouvelle-Écosse, à l'Île-du-Prince-Édouard et à Terre-Neuve dans le cadre de l'opération Lentus à la suite de l'ouragan Fiona, le NCSM Margaret Brooke a également participé aux efforts. Le navire est arrivé à Terre-Neuve le 23 septembre, alors qu'il terminait le déploiement de l'opération Nanook de cette année, et il est resté depuis pour aider à évaluer les dommages et rencontrer les membres des communautés dans les régions durement touchées. On voit ici les membres du navire s'entretenir avec des résidents de Grey River le 27 septembre.

CPL KUZMA

Last Post Fund thanks RAdm (Ret'd) Barry Keeler for years of work



The Last Post Fund recently published a message of thanks to RAdm (Ret'd) Barry Keeler, who has announced his retirement from the charity after more than 20 years. RAdm (Ret'd) Keeler has served in the positions of President, NS Branch, National Treasurer, National Vice-President East, National President, and Past National President for the Last Post Fund since joining in 2001. "Your contribution to the NS Branch is impossible to measure. Your guidance and sage wisdom have been invaluable to our organization. I can't even begin to describe what you've done on the National level," wrote Bob Carter, current President of the Nova Scotia Branch. Pictured from left to right: Rear-Admiral (retired) Barry Keeler, with his fellow Last Post Fund Past National Presidents Lieutenant-Colonel (retired) Raymond Mikkola and Derek Sullivan, and Past Nova-Scotia Branch President, Roderick Morrison.

SUBMITTED



Face of Base: Jenny Koutroulakis

By CFB Halifax Public Affairs

We are very excited to introduce this week's Face of Base: Jenny Koutroulakis! Jenny works as a Financial Clerk with Real Property Operations Unit – Atlantic Section Halifax (RPOU(A)). Her parents immigrated to Canada from Greece before Jenny was born and she was raised in Halifax. She attended Eastern College to study Payroll & Accounting.

Jenny provides financial support services by reviewing, verifying and processing financial transactions for RPOU(A) HFX, maintains a vendor database via Excel and communicates with various departments/units across DND regarding invoicing, vendor inquiries and purchase orders, among many other skills! Jenny enjoys working with her unit, describing everyone as "very hard working and supportive, and full of knowledge and help!" She considers herself lucky to work with such a great unit. Jenny was inspired to join DND as she always wanted to work for the federal government after finishing college.

Jenny is very passionate about creating awareness for causes that are important to her, and this month, she will be taking on one of her greatest challenges yet: attempting to walk/run the length of the Cabot Trail in Cape Breton by herself to raise donations and awareness for Muscular Dystrophy. Jenny has organized her own fundraiser called Rae of Sunshine – A Fundraiser for Muscular Dystrophy,

as her niece was born with the disease. During her downtime, Jenny's hobbies and interests include fitness, cooking, reading and exploring the outdoors! Some fun facts about Jenny: she auditioned for Canadian Idol and sang in front of the judges (wow!) and ran her first 100-mile race in 2019!

Bravo Zulu, Jenny! We are all inspired by your passion for work and for your community. We are proud to have you as part of our local Defence Team family!



Jenny Koutroulakis

CFB HALIFAX PUBLIC AFFAIRS /
DES AFFAIRES PUBLIQUES DE LA BFC HALIFAX

Gens de la BFC Halifax: Jenny Koutroulakis

Par des affaires publiques de la BFC Halifax

Nous sommes très heureux de vous présenter le profil des Gens de la BFC Halifax de cette semaine : Jenny Koutroulakis! Jenny travaille comme commis aux finances pour l'Unité des opérations immobilières (Atlantique) (UOI(A)) – section Halifax. Ses parents, originaires de la Grèce, ont immigré au Canada avant la naissance de Jenny, et celle-ci a grandi à Halifax, en Nouvelle-Écosse. Elle a fréquenté le Eastern College où elle a suivi une formation sur la paye et en comptabilité.

Jenny fournit des services de soutien financier et, à cette fin, elle examine, vérifie et traite les transactions financières de l'UOI(A) HFX, elle tient à jour la base de données des fournisseurs dans Excel et communique avec divers services et diverses unités à l'échelle du MDN concernant la facturation, les demandes de renseignements des fournisseurs et les commandes d'achat,

entre autres compétences! Jenny aime travailler avec son unité, qu'elle décrit comme « très travaillante et collaborative, et remplie de connaissances et de conseils »! Elle s'estime chanceuse de travailler au sein d'une unité aussi formidable. Jenny a choisi de s'engager, car elle a toujours voulu travailler pour le gouvernement fédéral à la fin de ses études.

Jenny se passionne pour la sensibilisation aux causes qui lui tiennent à cœur et, en septembre de cette année, elle relèvera l'un de ses plus grands défis: tenter de parcourir à la marche ou à la course la piste Cabot au Cap-Breton pour amasser des dons et sensibiliser la population à la dystrophie musculaire. Jenny a organisé sa propre collecte de fonds intitulée « Rae of Sunshine – A Fundraiser for Muscular Dystrophy », car sa nièce est née avec cette maladie. Pendant son temps libre, Jenny aime faire du conditionnement physique, cuisiner, lire et explorer la nature! Voici quelques faits amusants à propos de Jenny: elle a auditionné pour Canadian Idol et a chanté devant les juges (wow!) et elle a participé à sa première course de 161 km en 2019!

Bravo Zulu, Jenny! Votre passion pour votre travail et votre communauté est une source d'inspiration pour nous tous. Nous sommes fiers de vous compter dans notre famille de l'Équipe de la Défense locale!



Autonomous vehicles tested during Exercise Dynamic Messenger / Véhicules autonomes testés lors de l'exercice Dynamic Messenger

The REMUS Autonomous Underwater Vehicle teams from HMCS Kingston and Summerside were hard at work recently, with the ships participating in NATO Exercise Dynamic Messenger from September 25 to 30 during their deployment with Standing Nato Mine Countermeasures Group One. Dynamic Messenger 22 was the first full NATO exercise that specifically focused on integrating unmanned systems into the maritime domain, and more specifically NATO Task Groups at sea, with more than 18 ships, 48 unmanned assets, and 1500 personnel from 16 NATO nations participating.

Les équipes de véhicules sous-marins autonomes REMUS des NCSM Kingston et Summerside étaient à pied d'œuvre récemment. Les navires ont participé à l'exercice Dynamic Messenger de l'OTAN du 25 au 30 septembre, dans le cadre de leur déploiement avec le premier groupe permanent de lutte contre les mines de l'OTAN. Dynamic Messenger 22 est le premier exercice complet de l'OTAN qui porte spécifiquement sur l'intégration de systèmes sans pilote dans le domaine maritime, et plus précisément sur les groupes opérationnels de l'OTAN en mer. Plus de 18 navires, 48 ressources sans pilote et 1 500 personnes de 16 pays de l'OTAN y ont participé.

NATO MARITIME COMMAND / COMMANDEMENT MARITIME DE L'OTAN



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SPORTS & FITNESS

PO2 Craig Blake remembered at annual Fitness Challenge

By Joanie Veitch,
Trident Staff

Despite warnings of a hurricane looming off the coast, more than 90 racers showed up for the 2022 PO2 Craig Blake Memorial Fitness Challenge at MacDonald Beach in Shearwater on September 23.

"I was watching the weather forecast pretty closely, right up to the last minute," said Kevin Miller, PSP Fitness and Sports Coordinator, who sent out a final status update email the night before, letting participants know "the event is on".

The annual challenge is held as a tribute to PO2 Craig Blake, a Navy clearance diver with Fleet Diving Unit (Atlantic) who was killed by an improvised explosive device in Afghanistan in 2010. A father of two, PO2 Blake was an avid triathlete who placed family and fitness at the centre of his life, said Wally Bukowski, sports store technician at 12 Wing Shearwater and emcee of the event.

"I know Craig is smiling down at us right now. He would have loved this," Bukowski said, as the dark skies cleared a little during his opening remarks and athletes got ready to begin the challenge — a 300-metre swim, a 6.5-kilometre trail bike ride, and a 2-kilometre run.

The top three finishers in the individual category were Kharim Schliewinsky, who was also the fastest in the masters age group, with a time of 29:42; Ryan Comeau at 32:01 and Emilie Beland as the fastest woman, with a time of 35:24. Cynthia Steele was the fastest woman in the masters age category, coming in at 50:16.

HMCS *Montreal* was the first unit team to cross the line, finishing with a time of 27:39, with Bryan Cole completing the swim, Isaac Marianov on bike, and Trevor Reid doing the run.

The top team in the open team category was "For Old Time's Sake", who finished at 28:27, with Mark Littler doing the swim, Josh Oldford on bike and Mike Burke completing the run.

As she does every year, Priscilla Blake, PO2 Blake's wife, also took part in the event, doing the 6.5-km bike ride for team "We Thought You Said", along with Erin Foster as the swimmer and

Sherri Samson doing the run.

PSP staff were on hand to set up the event, providing prizes for the winners, as well as refreshments and snacks for participants.

Top results are as follows:

Open Male

Ryan Comeau (32:01)
Marcel Porelle (33:09)
Vincent Leblanc Lavallee (33:23)

Open Female

Emilie Beland (35:24)
Melanie Harding (37:52)
Nicole Winsor (40:46)

Master Male (40+)

Kharim Schliewinsky (29:42)
Stuart Whittaker (43:07)
Lionel Polegato (45:46)

Master Female (40+)

Cynthia Steele (50:16)

Open Team

"For Old Time's Sake" (28:27) – Mark Littler, Josh Oldford, Mike Burke

"The Big Foreheads" (30:33) – Heidi King, Tom Malo, Jeff Dubinsky

"Seabed Intervention" 30:55 – Jerome Turgeon, Connor Murphy, Tony Hart

Unit Team

HMCS *Montreal* (27:39) – Bryan Cole, Isaac Marianov, Trevor Reid

FDU(A) (28:15) – Claire Bortolotti, Bradley Northrup, Ethan Dekraker

423 MH Sqn (36:45) – Cody Ferguson, Joshua Macleod, Evan Angelo



The winning team in the military unit category: Bryan Cole, Isaac Marianov, and Trevor Reid from HMCS Montreal.

L'équipe gagnante dans la catégorie des unités militaires : Bryan Cole, Isaac Marianov, et Trevor Reid du NCSM Montréal.

CPL AMELIE GRAVELINE



Members of the local Defence team still showed up for this year's PO2 Craig Blake Memorial Fitness Challenge despite the threat of nasty weather.

Les membres de l'équipe de défense locale se sont présentés cette année au le Défi du conditionnement physique à la mémoire du M 2 Craig Blake malgré la menace d'un mauvais temps.

CPL AMELIE GRAVELINE



Le M 2 Craig Blake commémoré lors du défi annuel de conditionnement physique

Par Joanie Veitch,
L'équipe du Trident

Malgré les avertissements concernant la menace d'un ouragan au large de la côte, plus de 90 coureurs se sont présentés au le Défi du conditionnement physique à la mémoire du M 2 Craig Blake à MacDonald Beach à Shearwater le 23 septembre.

« J'ai surveillé les prévisions météorologiques de très près, jusqu'à la dernière minute », a déclaré Kevin Miller, coordonnateur du conditionnement physique et des sports des PSP, qui a envoyé un dernier courriel la veille pour informer les participants que « l'événement a lieu. »

Le défi annuel est organisé en hommage au M 2 Craig Blake, un plongeur-démineur de la Marine faisant partie de l'Unité de plongée de la Flotte (Atlantique) qui a été tué par un engin explosif improvisé en Afghanistan en 2010. Père de deux enfants, le M 2 Blake était un triathlète passionné qui plaçait la famille et la forme physique au centre de sa vie, a déclaré Wally Bukowski, technicien du magasin de sport de

la 12e Escadre Shearwater et maître de cérémonie de l'événement.

« Je sais que Craig nous sourit en ce moment. Il aurait adoré ça », a déclaré M. Bukowski, alors que le ciel sombre s'éclaircissait un peu pendant son discours d'ouverture et que les athlètes se préparaient à relever le défi - une natation de 300 mètres, une randonnée à vélo de 6,5 kilomètres et une course de 2 kilomètres.

Les trois premiers arrivés dans la catégorie individuelle sont Kharim Schliewinsky, qui a également été le plus rapide dans le groupe d'âge des maîtres, avec un temps de 29:42 ; Ryan Comeau à 32:01 et Emilie Beland comme femme la plus rapide, avec un temps de 35:24. Cynthia Steele a été la femme la plus rapide dans la catégorie d'âge des maîtres, avec un temps de 50:16.

Le NCSM *Montréal* a été la première équipe d'unité à franchir la ligne, terminant avec un temps de 27:39, avec Bryan Cole à la natation, Isaac Marian-

ov au vélo et Trevor Reid à la course.

La meilleure équipe dans la catégorie ouverte était « For Old Time's Sake », qui a terminé en 28:27, avec Mark Littler à la natation, Josh Oldford à vélo et Mike Burke à la course.

Comme elle le fait chaque année, Priscilla Blake, l'épouse du M 2 Blake, a également participé à l'événement, en faisant les 6,5 km de vélo pour l'équipe « We Thought You Said », avec Erin Foster à la natation et Sherri Samson à la course.

Le personnel des PSP était présent pour organiser l'événement, fournir des prix aux gagnants, ainsi que des rafraîchissements et des collations pour les participants.

Les meilleurs résultats sont les suivants :

Homme ouvert

Ryan Comeau (32:01)

Marcel Porelle (33:09)

Vincent Leblanc Lavalée (33:23)

Ouvert Femme

Emilie Beland (35:24)

Melanie Harding (37:52)

Nicole Winsor (40:46)

Maître Homme (40+)

Kharim Schliewinsky (29:42)

Stuart Whittaker (43:07)

Lionel Polegato (45:46)

Maître Femme (40+)

Cynthia Steele (50:16)

Équipe ouverte

« For Old Time's Sake » (28:27) - Mark Littler, Josh Oldford, Mike Burke

« The Big Foreheads » (30:33) - Heidi King, Tom Malo, Jeff Dubinsky

« Seabed Intervention » (30:55) - Jérôme Turgeon, Connor Murphy, Tony Hart

Équipe de l'unité

NCSM *Montréal* (27:39) - Bryan Cole, Isaac Marianov, Trevor Reid

FDU(A) (28:15) - Claire Bortolotti, Bradley Northrup, Ethan Dekraker

423 MH Sqn (36:45) - Cody Ferguson, Joshua Macleod, Evan Angelo

CAF Representation at the Ironman 70.3 Michigan

By PO1 Kasia Danigier,

On September 11, 2022, I had the pleasure of representing the CAF Triathlon Long Distance Team in Frankfort, Michigan, USA, at their Second Annual Ironman 70.3 race. I was originally signed up to race in 2021, during their Inaugural race; however, COVID-19 travel restrictions prevented entrance to the United States. I had emailed race organizers and deferred my race registration to 2022.

I arrived in Frankfort, MI, on September 8 in order to rest and recover from the travel as well as complete all my pre-race activation on the race course. Frankfort, MI, is a small town located on the shores of Lake Michigan where you will find a very welcoming American Forces Legion. The Ironman Athlete's village is located right in the heart of the town along Main Street.

For activation and race course familiarization, athletes have access to the entire course site, with the exception of the swim, as it takes place in a protected bay as opposed to the open waters of Lake Michigan. After checking out the layout of the village, I headed out along the bike course for familiarization and out to Sleeping Bear Dunes National Park where I would be staying throughout the weekend. Early Friday, September 9, I completed a short activation swim in Long Lake and headed to the Ironman Village for Athlete Check-In and mandatory Race Brief where I also picked up some sports gels and CO2

cartridges for race day. As I had been nursing an aching back, I took a short activation ride on Saturday morning, prior to mandatory Bike drop-off, then took it easy for the remainder of the day and prepared my kit for the race.

After a restless sleep, as is often the case before a race, 4 a.m. came very quickly. Transition at the Ironman Village opened at 5:30, and I wanted to be there around 6:00 in order to set everything up and not have to rush, as there were 1500 individual athletes and more than 50 teams competing. It was a very cool 9 degrees in the morning, and the forecast was calling for rain by 10 a.m.. Far from the 38 degree weather we experienced at Ironman 70.3 Mont-Tremblant in June. My goal for the race was to focus on nutrition and allow my back to dictate the level of intensity during the day.

After a short, commemorative Opening Ceremonies on September 11, the first swimmers were off. I was seeded with the 37-40 minute swimmers, so we didn't start until roughly 20 minutes after the first swimmers entered the water. The race course was not your typical triangle or rectangle, but rather an "upside-down clothing hanger" as they described it during the brief, mainly due to the confines of the small Betsie Lake. I was very conservative throughout the swim on account of my back, but found a comfortable pace and felt at ease during the 1.9 kilometre

swim. I was very happy with a 40:53 swim time.

After a rather long run to transition, I got to my favorite part of the race, the 90km bike. With the rain holding off, the rolling bike course consisted of two out-and-back sections, but mainly along the picturesque highway M-22 which winds its way along the border of Sleeping Bear Dunes State Park, providing a beautiful tree canopy for miles. Despite the windy conditions, I was able to complete the ride in 2:47:38, my fastest bike at an Ironman 70.3 distance to date.

After the quick bike course, I started the 21.1km run leg feeling strong, and settled into my race pace goal of 5:30. The run course was mostly fast, and made up of two out-and-back loops on the paved trails and roads around Betsie Bay between the City of Frankfort and the Village of Elberta. It's a fun and energetic run as you could see and feel the energy from the transition area and finish line even when on the far side of Betsie Bay. Running through the finish line, I completed the run in 1:58:26, for one of my faster races totalling 5:32:29.

I am very pleased with the result of the race, but also very thankful for the support in preparing and getting to the race; from the CAF Triathlon Team, Unit level Support, PSP and Friends and Family. For this race in particular, I couldn't have done it without the help and support I received.



PO1 Kasia Danigier represented the CAF at the Ironman 70.3 in Michigan earlier this month. She received support for her trip from the Out-Service Competition program.