



# TRIDENT

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

## Side by side

*His Majesty's Canadian Ship William Hall and Canadian Coast Guard Ship Pierre Radisson sit at anchor together in Pond Inlet, Nunavut on September 7 while participating in Operation Nanook. On September 2, the Department of National Defence (DND) announced the integration of the Canadian Coast Guard (CCG) into the Defence Team. The CCG will remain a civilian Special Operating Agency while enhancing cooperation with the Canadian Armed Forces and DND.*

MCPL ANTOINE BROCHU



# Raising awareness of the military lifestyle for educators

By the Halifax & Region Military Family Resource Centre (H&R MFRC)

Whether it's relocating to a new area, coping with a parent's sudden absence, or managing the extended deployment of a loved one, military-connected children and their families face a unique combination of challenges and disruptions in their lives and routines. These experiences can have a profound impact on well-being and learning for children at any age.

Military families relocate regularly, moving three times as frequently as civilian families, and are sometimes left feeling isolated and misunderstood. Moving means children must adapt to new environments, childcare settings, school programs and curricula. Changing schools may result in gaps in learning, with students struggling to catch up on missed content while also adapting to the pace of a new curriculum. Military-connected children can also experience a range of feelings and challenges during the absence of a parent or a move to a new community.

When those who engage or work with military-connected children (early childhood educators, teachers, school counsellors, program administrators) are properly informed about the unique factors affecting these children, challenges can be minimized and the level of family support can be strengthened.

For several years, the H&R MFRC has been engaged in school outreach initiatives, delivering awareness briefings to educators, offering support groups and/or workshops for students, and providing resources to school administrators. As military families increasingly live in communities far from their base or wing due to factors like housing costs and supply, reaching these families and their schools has become more complex and vital.

To increase our reach and expand support to military-connected children in the large geographical area served by

the H&R MFRC, we've developed and launched a new initiative – an online, self-directed military lifestyle training course called [Educators Supporting Military-Connected Children](#). Development of this course, along with other resources and tools, was made possible thanks to funding from Lockheed Martin.

There are more than 5,500 children connected to military families in the Halifax region. Shelley Hopkins, H&R MFRC Executive Director, believes "Regardless of where a child attends childcare or school, this online course will support educators to learn about and understand the unique aspects of military life and, in turn, provide better support for military-connected children and families."

Military families adapt and integrate effectively into their new locations, but understanding from educators can make all the difference for a socially successful and positive transition.

This course is for anyone who engages with or works with military-connected children. Care providers and educators will learn how living a military lifestyle affects children. The information is delivered in a variety of ways so that a person with no prior knowledge of military life can gain a basic understanding of the Canadian Armed Forces, the challenges that military-connected children experience, and the strengths they possess. With this course, educators also have access to an online community where they can find further resources and support from H&R MFRC Military Family Navigators.

Using the online learning platform Thinkific, this free self-directed module-based course is structured to allow educators to progress at their own pace. The course can be accessed online at [hrmfrc.thinkific.com/courses/military-lifestyle-for-educators](http://hrmfrc.thinkific.com/courses/military-lifestyle-for-educators).



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Editor:  
Ryan Melanson  
[ryan.melanson2@forces.gc.ca](mailto:ryan.melanson2@forces.gc.ca)  
902-721-8358

Editorial Advisor:  
Margaret Conway  
[margaret.conway@forces.gc.ca](mailto:margaret.conway@forces.gc.ca)  
902-721-0560

Editorial Advisor:  
Ariane Guay-Jadah  
[ariane.guay-jadah@forces.gc.ca](mailto:ariane.guay-jadah@forces.gc.ca)  
902-721-8341

Journalist:  
Nathan Stone  
[stone.nathan@cfmws.com](mailto:stone.nathan@cfmws.com)  
902-721-8624

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**Courier address:**  
Canadian Forces Base Halifax  
Building S-90  
Suite 329, P.O. Box 99000  
Halifax, N.S., B3K 5X5





# Decades of service and ownership

## REFLECTIONS ON THE KINGSTON CLASS

By CPO2 Richard Bungay,  
Patrol Chief Engineer, Sea Training Atlantic

When I first stepped aboard His Majesty's Canadian Ship (HMCS) *Glance Bay* as part of the commissioning crew in 1996, I never imagined I would still be tied to the Kingston class nearly three decades later. Yet here I stand, as the Royal Canadian Navy (RCN) prepares to pay off the ships, reflecting on a career that has been inseparable from the life of the class itself. Over the years, I had the privilege of sailing in all five of the East Coast Kingston-class Maritime Coastal Defence Vessels (MCDVs), an experience that has shaped my service and left me with a deep sense of ownership in their legacy.

For me, the Kingston class was never simply a platform, it became a constant. From my earliest days as a roundsperson and Engineering Watchkeeper, through to my many years as Chief Engineer and later at Sea Training Atlantic Patrol, I sailed alongside shipmates who shared the same dedication, professionalism, and pride in their work. Together, we trained sailors, mentored crews, and kept these ships ready for the challenges ahead. Every success was the product of teamwork; engineers, bridge watchkeepers, supply staff, combat operators, and cooks alike, pulling together to make each ship more than the sum of its parts.

The Kingston class shaped us as much as we shaped them, and the legacy we leave behind is a shared one, carried forward by every sailor who ever signed their name into a ship's logbook.

What began as an upgrade to the 1950s-era Gate vessels for the Naval Reserve grew into something far greater: a class of ships that quietly delivered more than ever asked of them. Over the decades, I watched them evolve into true operational assets, earning a place on the front lines of NATO and sailing in some of the most demanding environments on earth. The ships trained a generation of sailors and were constantly reinvented to deliver exceptional service to Canada, proof that ingenuity and dedication can wring greatness from even the humblest beginnings.

My own journey mirrors that transformation, and here are some notable deployments and taskings. In 1998, *Glance Bay* was tasked with deploying an experimental side-scan sonar to help map the wreckage of Swissair Flight 111 off Nova Scotia, supporting one of the largest recovery and investigation efforts in Canadian history. The following year, we crossed the Atlantic to take part in

NATO's Blue Game exercise, where we demonstrated minesweeping to our allies, showing that even these small vessels had real capability.

In 2000, I once again found myself in *Glance Bay*, this time sailing to Port Canaveral, Florida, to support former RCN Captain and astronaut Marc Garneau on his final mission into space—a moment that tied Canada's naval and spacefaring legacies together in a way few could have imagined. Just a year later, in 2001, we were transiting off New York State when the September 11 terrorist attack took place. It was a sobering reminder that the world we served in could change in an instant, and that the RCN would have to adapt alongside it.

Other moments tested both the ships and those of us who sailed them. In 2005, HMCS *Shawinigan* rode out 14-metre seas off the Azores, a searing lesson in the unforgiving power of the Atlantic. In 2014, we pushed north in the same ship, reaching 80° latitude and proving that the Kingston class, too, could hold their own in the Arctic. Later, in 2020, I was back in HMCS *Glance Bay* and deployed to West Africa. That voyage left a lasting impression through the perspective gained from seeing how people live in different parts of the world. It was also a deployment marked by the new realities of operating in the early days of the COVID-19 pandemic.

Finally, in 2022, I was again across the Atlantic, this time as part of Operation Reassurance, serving within NATO not as a training platform, but as an operational unit fully integrated with our allies. It was perhaps the most fitting testament to just how far the Kingston class had come.

The Kingston class became much more than just steel and systems; it was a source of community, a proving ground, and for many of us, a home. The ships were important, but without their crews, the teams of sailors who took ownership, worked shoulder to shoulder, and carried responsibility for every success, they would have been nothing more than hulls in the water. Those sailors were the true heart of the Kingston class, and it was their teamwork, their spirit, and their commitment that gave these ships life, purpose, and distinction.

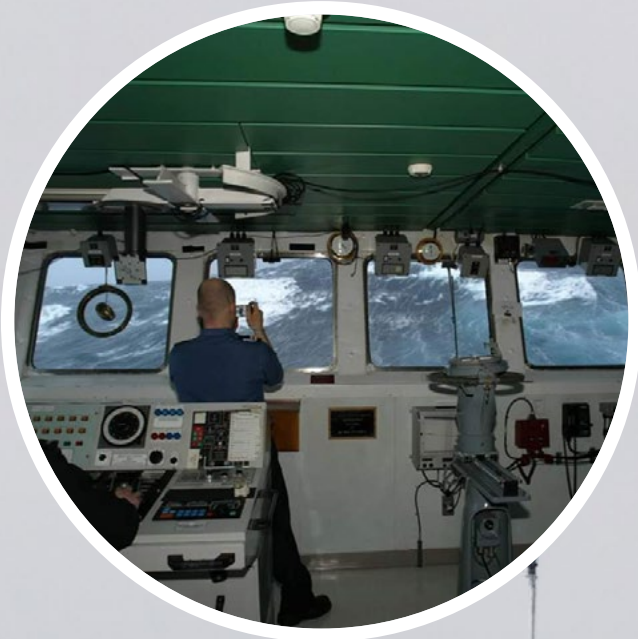
These days, as the Kingston class begins to pay off, I am still going to sea with them, supporting their training and readiness requirements with Sea Training Patrol. I am also sailing with the



CPO2 Richard Bungay has spent much of his career sailing in and supporting the Kingston-class MCDVs.

SUBMITTED





*A heavy sea state seen from the bridge of HMCS Glace Bay.*

SUBMITTED



Harry DeWolf-class Arctic and Offshore Patrol Vessels (AOPVs). These ships carry forward the same spirit of adaptability, teamwork, and quiet excellence that defined the Kingstons, while taking on new roles and broader missions. In many ways, they inherit not only the tasks, but also the legacy of service and the lessons forged in nearly three decades of Kingston deployments.

For me, they represent decades of service and ownership, a legacy that I will carry long after their colours

are lowered. As they now prepare to leave the fleet, I can only say this: the Kingston class outlasted expectations, outperformed its critics, and outlived its doubters. They leave behind a record of quiet excellence, and those of us who called them ours will never forget the mark they made.

*His Majesty's Canadian Ship (HMCS) Glace Bay..*

MCPL SIMON ARCAND



*CPO2 Bungay was back with HMCS Glace Bay in 2020 for a West African deployment focused on community outreach, diplomacy and capacity building for allies.*

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## Trained and ready for flight

Nine Canadian Armed Forces members and two Department of National Defence civilian employees recently completed the General Purpose Uncrewed Aerial Systems (GPUAS) Operator Course hosted by the Advanced Naval Capabilities Unit East (ANC UXS – East) in Halifax. The participants spent one week gaining valuable hands-on experience and technical knowledge while conducting flight operations in very challenging terrain. The course provided tactical knowledge and technical expertise on the state-of-the-art Skydio X2 UAS platform. The practical experience received from this course will enhance the UAS capabilities of each candidate's parent units.

ANC UXS trains personnel in the operation of uncrewed air, surface, and subsurface systems. Further, they design and deliver tactically capable teams able to execute a wide range of operations worldwide, and they support the development of innovative naval tactics, technology, and capabilities across various domains, including Maritime Interdiction Operations (MIO), force protection and harbour defence. The integration of Uncrewed Systems is growing rapidly and reshaping modern naval operations. ANC UXS facilitates the delivery of the Royal Canadian Navy's drone capability, and the integration of aerial, surface, and subsurface systems.

ANC UXS – East is planning to run two further GPUAS courses; September 29 to October 3, and October 6 to 10, respectively. Personnel interested in receiving GPUAS training should make their interest known to their chain of command. Responsible command authorities should contact ANC UXS to determine availability and facilitate course loading of personnel.

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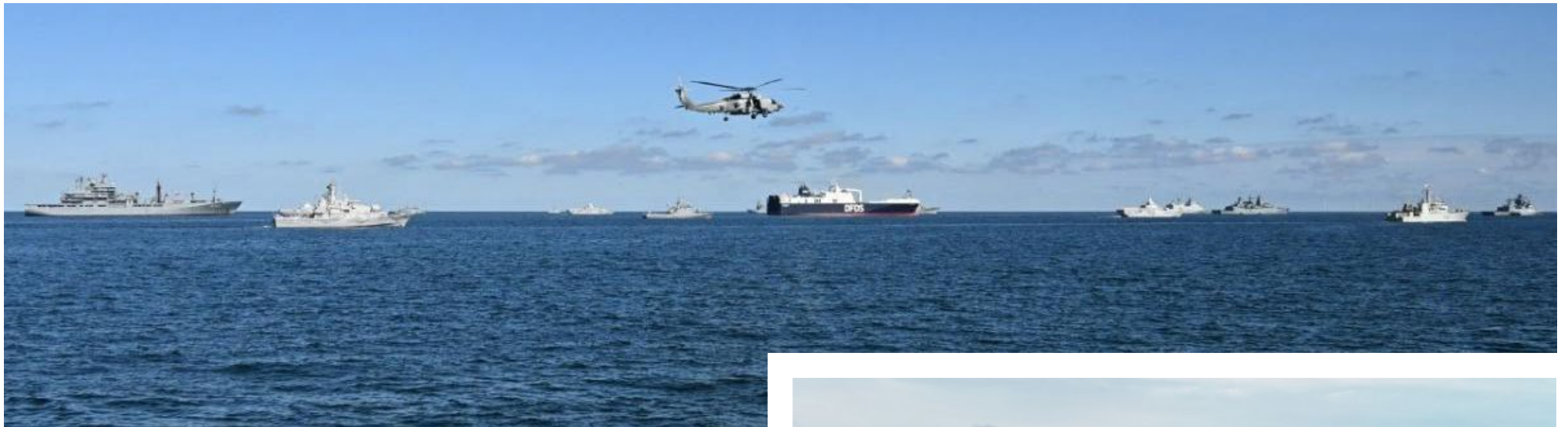
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*German-led exercise Northern Coasts 2025 (NOCO 25), took place in the Baltic Sea, with the participation of the Standing NATO Mine Countermeasure Group 1 (SNMCMG1) focused on underwater and above water warfare.*

NATO MARITIME COMMAND

## Canadian ships join major Baltic exercise with SNMCMG1

By NATO Maritime Command

**Exercise Northern Coasts 2025 (NOCO 25)** concluded in Copenhagen, Denmark on September 14, 2025, after two weeks sharpening interoperability between Allies and maintaining security and stability in the Baltic Sea region.

NOCO 25 consisted of forces from Belgium, Canada, Denmark, Estonia, Finland, France, Germany, Latvia, Lithuania, Netherlands, Poland, Sweden, United Kingdom, and United States. All nations operated in support of this German-led exercise in the Baltic Sea to further develop the capabilities for national and Alliance defence and to demonstrate Allied presence.

Since the exercise's inception in 2007, NOCO has been one of the largest multinational invitation exercises in the Baltic and provides participants with realistic training in a manufactured scenario. "We are pursuing the goal of strengthening the cooperation and military capabilities of the navies in the Baltic Sea. In doing so, we consistently rely on realistic threat scenarios from all dimensions: Air, land, water and cyber," emphasizes German Rear Admiral Stephan Haisch, Commander Task Force Baltic.

"This practical training is intended to increase our response and operational capability in the event of a crisis or conflict and also to further develop the leadership capability and cooperation between my staff and the partner navies."

Surface and underwater units as well as naval aviation and naval security forces participated in NOCO 25 on behalf of the German Navy. The naval organization consisted of a total of approximately

8,400 military personnel and around 40 units from 14 nations who took part in the exercise which focused on underwater and above water warfare.

Standing NATO Mine Countermeasure Group 1 (SNMCMG1) Commander J n is Auce and his flagship LVNS Virsaitis (A53) supported the exercise with other naval units from the group, including Canadian representation from His Majesty's Canadian Ships *Edmonton* and *Yellowknife*.

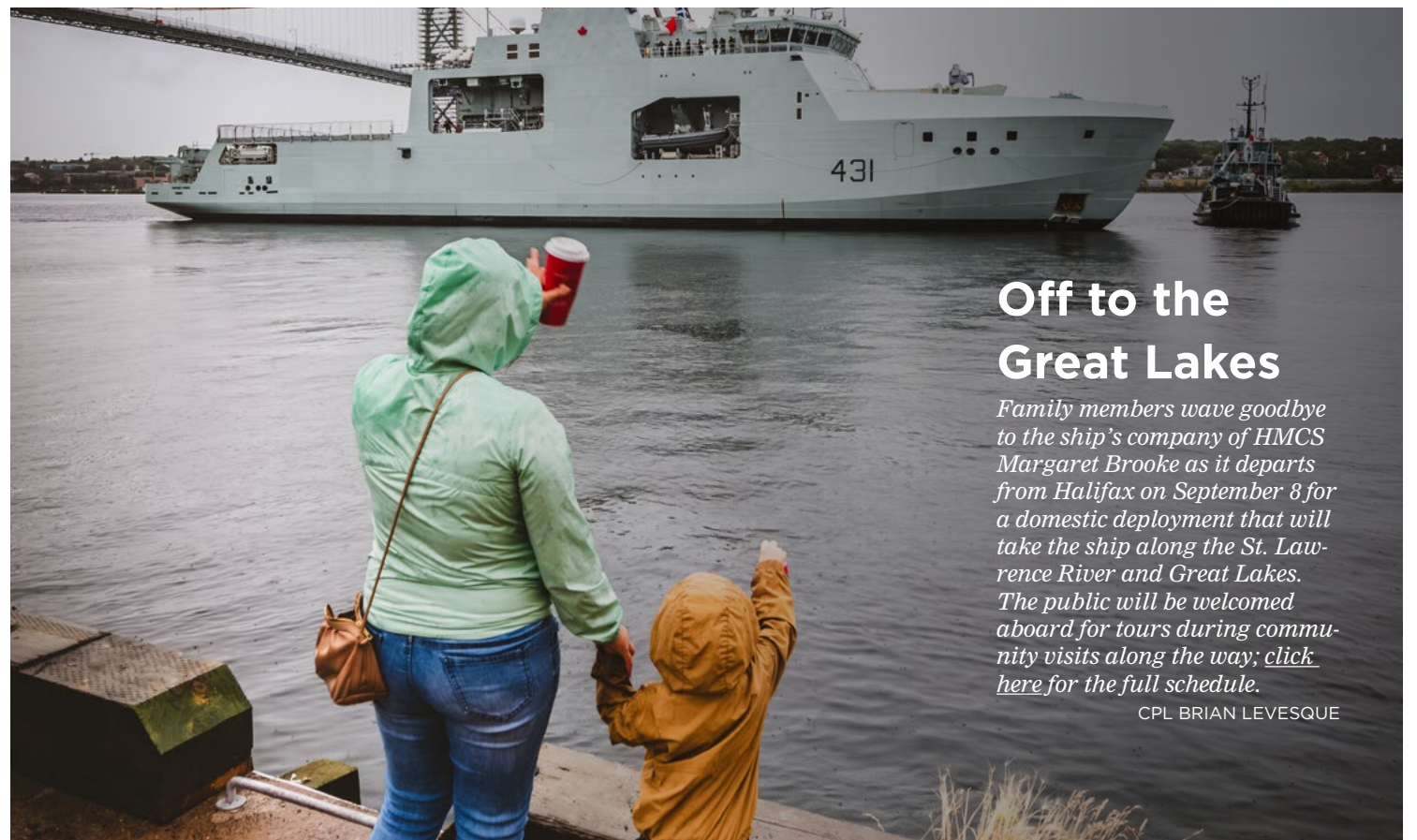


*The ships of SNMCMG1. HMCS Yellowknife and HMCS Edmonton are now in their third month supporting the task group as part of Operation Reassurance.*

NATO MARITIME COMMAND

"I am convinced that during these two weeks, the task group has successfully completed an intensive and experience-filled training program. The training covered all important aspects of warfare. The exercise was designed so that every participating unit was able to acquire the precise skills and knowledge required to sustain and improve operational readiness. I am confident that after these hard two weeks, we are better and more confident than we were before."

SNMCMG1 is one of NATO's four standing maritime task groups under the operational control of Allied Maritime Command (MARCOM). These task groups form the core maritime capability of NATO's Allied Reaction Force (ARF) and provide a continuous maritime capability to execute NATO missions across the spectrum of operations, demonstrating solidarity and strengthening the bond and interoperability between Allied naval forces.



## Off to the Great Lakes

*Family members wave goodbye to the ship's company of HMCS Margaret Brooke as it departs from Halifax on September 8 for a domestic deployment that will take the ship along the St. Lawrence River and Great Lakes. The public will be welcomed aboard for tours during community visits along the way; [click here](#) for the full schedule.*

CPL BRIAN LEVESQUE



Ivana Matovina and her husband, Lt(N) James Lee, with their two sons: Theo, 6, and Zenco, 3.

SUBMITTED

## Settling in again, with a little help

By Yves Bélanger,  
Servir News

Ivana Matovina has just completed her third move in Canada with her husband, Lieutenant (Navy) James Lee, and their two children. She spoke with us about the challenges that come with military life and the support her family has received along the way.

Last year, the Matovina family arrived in Saint-Jean-sur-Richelieu, where her husband had been posted to the Royal Military College Saint-Jean. Now, as we speak, she is busy settling into their new home in Halifax, following Lt(N) Lee's transfer to Naval Fleet School (Atlantic).

Ms. Matovina and her husband are parents to two young children, aged three and six. She says that more than ever, their family's life revolves around her husband's assignments. "It's quite a challenge for my husband, for me, and for the children," she explains.

The hardest part of each move, she says, is leaving friends behind and having to establish a new routine elsewhere. "The children feel these transitions, too. Each time, they have to say goodbye to their friends and adjust to a new environment."

### A wide range of services

Over the past six years, the family has made use of Military Family Resource Centre (MFRC) services in each region they've lived. "I first discovered the organization when we were in Victoria, British Columbia. I especially enjoy the family activities, mom-and-baby classes,

and spouse workshops—they're wonderful opportunities to socialize. I've also really valued the occasional childcare service."

She says the MFRC has also been a big help during each move. "The warm welcome, the language training programs, and the childcare services in particular. These free supports have made it much easier for us to integrate into new communities."

### Paying it forward

While living in Saint-Jean-sur-Richelieu, Matovina decided to give back by volunteering at the MFRC – Montreal Region. "Among other things, I helped prepare events and worked in the postal service, which delivers letters to recruits and their families."

She also created welcome cards and assisted with administrative tasks. "I discovered that volunteering was a great way to develop new skills and, above all, to make social connections."

When asked what advice she would give to military families preparing for a transfer, she doesn't hesitate to recommend the MFRC. "Visit your nearest MFRC or, at the very least, check out its website. You'll be surprised by how many services are available to you!"

To learn more about MFRC services in this region, visit the Halifax & Region MFRC at <https://halifaxmfrc.ca/index.php/en/>.



## HMCS St. John's in the Mediterranean

His Majesty's Canadian Ship (HMCS) St. John's left Halifax in July as the latest Royal Canadian Navy ship to join Operation Reassurance in the Mediterranean Sea. HMCS St. John's is sailing with Standing NATO Maritime Group 2, currently under the command of the Italian Navy, represented by SNMG2 flagship ITS Carlo Bergamini.

Above: Sailors line handling on the upper deck while leaving Souda Bay, Greece on August 22.

Below: The CH-148 Cyclone helicopter attached to HMCS St. John's for the deployment, known as Blackhorse, conducting hoist training while on route to the Mediterranean on July 26.

CPL ANNABELLE MARCOUX



# Naval Museum hosts veterans to mark 35 years since Gulf War deployment

By Nathan Stone,  
Trident Staff

On August 24, 1990, three ships of the Royal Canadian Navy (RCN) sailed for the Persian Gulf as part of a 42-nation coalition opposing Iraq's invasion of Kuwait. Thirty-five years later, the Naval Museum of Halifax gathered veterans of that mission to share memories and honour their accomplishments.

His Majesty's Canadian Ship (HMCS) *Athabaskan*, HMCS *Terra Nova*, and HMCS *Protecteur* formed a vital part of the coalition fleet. Arriving in the Gulf on October 1, 1990, they remained until March 1991, after the conflict's end.

The ship's veterans and their families attended the event in Mr. Mac's Room in Tribute Tower on the afternoon of August 28. The museum had furnished the space with artifacts from their deployment on Operation Friction and a slideshow displayed pictures of the ships and their crews.

A place of pride was given to a length of rope that Canadian sailors used during the deployment to mark days at sea by adorning it with coloured ribbons. Beside it lay a new rope, on which attending veterans could affix ribbons bearing their own names.

Naval Museum Director Jennifer Denty said the museum will keep the new rope to commemorate the event. She added that she hoped displaying the Gulf War collection might inspire veterans to

donate memorabilia of their own.

The crowd spent most of the event socializing, catching up and swapping stories with old friends while taking in the museum's displays.

The event was held in partnership with the Persian Gulf Veterans of Canada. Its president, Harold Davis, addressed the crowd and highlighted the teamwork that ensured Canada's three ships were ready to shoulder more than their share of the mission.

"The dockyard did an amazing job and Shearwater did an amazing job with the Sea Kings that went out with us. It was all part of the reason that we did 25 per cent of the interdictions with only three ships out of 60."

Intercepting Iraqi blockade runners and inspecting the cargo on ships in the area was only a small part of the Canadian task forces responsibilities. When the United States began Operation Desert Storm on January 17, 1991, Canada's Naval Task Group Commander, now Vice-Admiral (ret'd) Duncan Miller, was requested to assume control of the Coalition Logistics Force.

This made him the only officer outside the United States Navy assigned a warfare commander role during the conflict, a task he undertook from *Athabaskan*, fitted as his command ship.

The three Canadian ships would con-



Three Canadian warships (HMCS *Terra Nova*, HMCS *Athabaskan*, and HMCS *Protecteur*) sailed to the Persian Gulf on August 24, 1990.

VETERANS AFFAIRS CANADA

tinue to distinguish themselves throughout the deployment.

When USS Princeton struck a mine off Kuwait City, HMCS *Athabaskan*, using its mine-avoidance sonar, led the ship safely out of the minefield.

HMCS *Terra Nova* escorted more vessels through the Strait of Hormuz than any other coalition warship, while HMCS *Protecteur* was among the busiest replenishment ships, refueling 70 vessels from 10 different nations.

Rear-Admiral (RAdm) Josée Kurtz also attended the event. She recalled being a young officer in training during the Gulf War, watching preparations from Fleet School Atlantic and later hearing of the task force's accomplishments.

"I saw from my very inexperienced classroom chair, the hustle and bustle that was happening as the ramping up and preparations were occurring in the dockyard... All of us in that classroom would have done anything to sail in one of those three ships."

She described the "herculean" efforts that went into preparing the task force

in just two weeks, adding that it remains just as vital today for the Navy to generate a force at speed.

Now VAdm (ret'd) Miller attended as well. He was presented with a banner that had hung in Ottawa for the Gulf War's 25th anniversary — a gift from members of the Persian Gulf Veterans of Canada.

He reflected on how special the mission felt and how "thousands lined the streets" in Halifax to see the ships depart.

He praised the crews' readiness to serve and their exemplary "collaboration and coordination" during the deployment, qualities he said still define the RCN.

"More Canadians should know about that. That's the way the navy was there. That's the way the navy is today."

For Miller, there is no better example of a Canadian naval deployment.

"I term it the most successful operation the Canadian navy has had in history, because we all came back."



Gulf war memorabilia and artefacts were on display throughout Mr. Mac's room in Tribute tower.

ARIANE GUAY-JADAH



VAdm (ret'd) Duncan Miller, left, was presented with a banner by Persian Gulf Veterans of Canada president Harold Davis.

ARIANA HOUSE



# Presentation series explores Base’s historical links

By Trident Staff

A new presentation series at the Naval Museum of Halifax is shedding light on how Canadian Forces Base Halifax connects to broader chapters of history.

The series, titled *Recovering Our Stories*, opened on September 19 with a

session tracing the lives of 14 figures linked to the Halifax Dockyard, ranging from the son of a clerk to a Royal Navy Admiral of the Fleet. It continues on September 26 with a look at the Old Burying Ground and its ties to a commander who led the burning of the White House during the War of 1812.

The final talk, set for October 10, highlights St. Paul’s Church and more than 270 years of Halifax history through people who influenced events far beyond the city.

Leading the series is Tod Augusta Scott, who has written and presented on Nova Scotia and Atlantic Canadian

history alongside his professional practice as a social worker. His career in that field has also included extensive work with the Canadian Armed Forces, bringing his expertise in restorative practices, domestic violence, and narrative therapy. In addition to this work, he has been internationally recognized for his contributions to social work and restorative justice.

All sessions take place at 12 noon in the Naval Museum Library and are free to attend.

## New Security Response Vessels for CFB Halifax

The Base Operations team at Canadian Forces Base (CFB) Halifax recently added to its security response capabilities with the introduction of four brand new Waterborne Security Response Vessels (WSRVs).

Berthed alongside His Majesty’s Canadian Dockyard, these vessels will be used for waterborne security of the Dockyard and other CFB Halifax properties that border the Halifax Harbour and Bedford Basin. The WRSVs will enhance our capability and efficiency by allowing our members to be on the water longer, out of the weather, and comfortable for a longer period when called upon to support.

Training to safely and effectively operate the WRSVs is currently being rolled out across Canadian Fleet Atlantic, with 20 boatswains already trained and ready to provide waterborne security response if/when needed. Bravo Zulu!

FORMATION IMAGING SERVICES



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# SPORTS & FITNESS



## Support to Sports Participation Grant Program

### APPLICATIONS ARE OPEN

By CFMWS

Are you a Canadian Armed Forces (CAF) member who loves sports? Are you an athlete, coach, or official? Do you want to participate in sports in your community while being supported by the CAF?

If so, applications are open for the [Support to Sports Participation Grant Program](#), a program aimed at supporting CAF members in their athletic pursuits outside the formal [CAF Sports Program](#).

#### What's new for 2025–2026?

- Centralization of the program management - **CAF Sports HQ**
- [New online application form](#)
- **Three (3) applications** per member per fiscal year

- Grant amount based on **round-trip travel distance**

CAF Sports HQ offers financial support of up to \$1000 to help eligible members pursue athletic, coaching, or officiating goals beyond the formal CAF Sports Program. This program funding makes sports more accessible and inclusive across the CAF community.

#### What can the grant cover?

Financial support is available for a wide range of expenses, including:

- Competition entry fee (athlete) / Course fee (coaches and officials)
- Local support for local community league fees and or club fees

- Transportation costs (airfare, gas, car rental)
- Accommodations
- Meals
- Certification / Qualification / License (coaches and officials)
- Professional Development (Conference / Workshops) - (coaches and officials)

#### Who can apply?

- CAF members (Regular or Reserve Forces)

#### When to apply

- Submit your **online application at least 30 days before** your event (via <https://cfmws.ca/sport-fitness-rec/sports/caf-sports-grant-program>).
- For events or programs in the **2025–2026 fiscal year**, apply any time between **May 20, 2025, and February 28, 2026**.
- For events or programs in the **2026–2027 fiscal year**, applications open **March 2, 2026**.

#### Why this matters?

Sports play a vital role in building strong, resilient, and mission-ready CAF members. The Support to Sports Participation Grant Program helps more members get involved in sport—no matter where they are or who they are—by:

- Helping cover costs for members whose preferred sports aren't offered in the formal program
- Encouraging participation from all backgrounds, including equity-deserving groups
- Reaching members in remote, OUT-CAN, or underserved regions
- Promoting inclusive access to sport at every level—from local to international competition

#### More information

For more information on the grants and how members can apply, please visit the website [Support to Sports Participation Grant](#) or contact us at [SSPG@cfmws.com](mailto:SSPG@cfmws.com).

## Compete alongside colleagues

### PLAYERS WANTED FOR BASE TEAMS

By Trident Staff

**Calling all Canadian Armed Forces (CAF) members** in the Halifax area who are interested in getting active and making new connections. Base teams are currently looking to grow their rosters, with experienced players and newcomers both welcome.

#### CFB Halifax women's hockey

The CFB Halifax women's hockey teams are seeking new members for the upcoming season. Open to all Regular and Reserve Force members, the program encourages both experienced players and those looking to try the sport for the first time. For more information or to get involved, contact [annelies.beumer@forces.gc.ca](mailto:annelies.beumer@forces.gc.ca).

#### Shearwater basketball

Shearwater's men's basketball team will begin practices on September 22,

with sessions taking place Mondays and Wednesdays from 3–5 p.m. at the Shearwater Fitness, Sports and Recreation Centre (Shearwater gym). Interested players can reach out to [christopher.worthen@forces.gc.ca](mailto:christopher.worthen@forces.gc.ca) for details.

#### Shearwater volleyball

The Shearwater men's volleyball team is also preparing for its season, with practices starting November 10. Sessions run Mondays and Wednesdays from 1–3 p.m. at the Shearwater gym. For more information, contact [justin.kirke@forces.gc.ca](mailto:justin.kirke@forces.gc.ca).

Military sports offer more than just physical fitness; they help build teamwork, resilience, and camaraderie across the CAF. To learn more about sports opportunities, visit [cfmws.ca/sport-fitness-rec/sports](https://cfmws.ca/sport-fitness-rec/sports).



The CFB Halifax Mariners women's hockey team competed at the CAF National Hockey Championship this past March.



# 43RD ANNUAL NAVY DIVERS 50 K RUN

IN SUPPORT OF CHRISTMAS DADDIES

Join us for the Navy Diver's 50 K Run.  
In support of Christmas Daddies,  
Starting on the Shearwater Flyer Trail

Saturday, October 25, 2025 | 8:00 AM

Distance: 50 K route along the  
Shearwater Flyer Trail

Start - Shearwater Fitness & Sports Centre

**Register Now**  
Registration Fee \$100  
(Includes Charitable  
Tax Receipt for \$90)



For more information contact:  
fdchristmasdaddies@gmail.com  
Register at Navy Divers 50 km on Race Roster

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