



TRIDENT

www.tridentnewspaper.com

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



Honouring decades of service

His Majesty's Canadian Ships Shawinigan, Summerside, Goose Bay, Glace Bay and Kingston were paid off and celebrated for their service to the Royal Canadian Navy (RCN) during a formal ceremony in Halifax on October 3.

"As the first Kingston-class ships retire from service, we honour decades of operational excellence and the thousands of sailors from all classes of service across the Royal Canadian Navy who operated these capable ships throughout Canada's three oceans and as far abroad as Europe, Africa, and South America. These ships served Canada with distinction, and I am extremely grateful to all those who served in or sustained them," said Vice-Admiral Angus Topshee, Commander of the RCN.

CPL BRIAN LEVESQUE



HMCS *Ville de Québec* pioneers Massive Blood Transfusion training

By Capt Christine MacNeil

His Majesty's Canadian Ship (HMCS) *Ville de Québec* transited the Red Sea and Bab-el Mandeb Strait as they circumnavigated the globe while deployed on Operation HORIZON. Plans for this transit were not undertaken lightly, as this is considered one of the higher risk sea lanes. In typical CAF fashion, HMCS *Ville de Québec* hoped for the best but planned for the worst. One of these plans was to have a General Duty Medical Officer (GDMO) on board to augment the ship's medical team for this portion of the voyage.

The GDMO, knowing that ship's medical teams generally have limited experience handling blood, resolved to provide a

unique training opportunity by planning a simulated Massive Blood Transfusion with the expired units of blood on board.

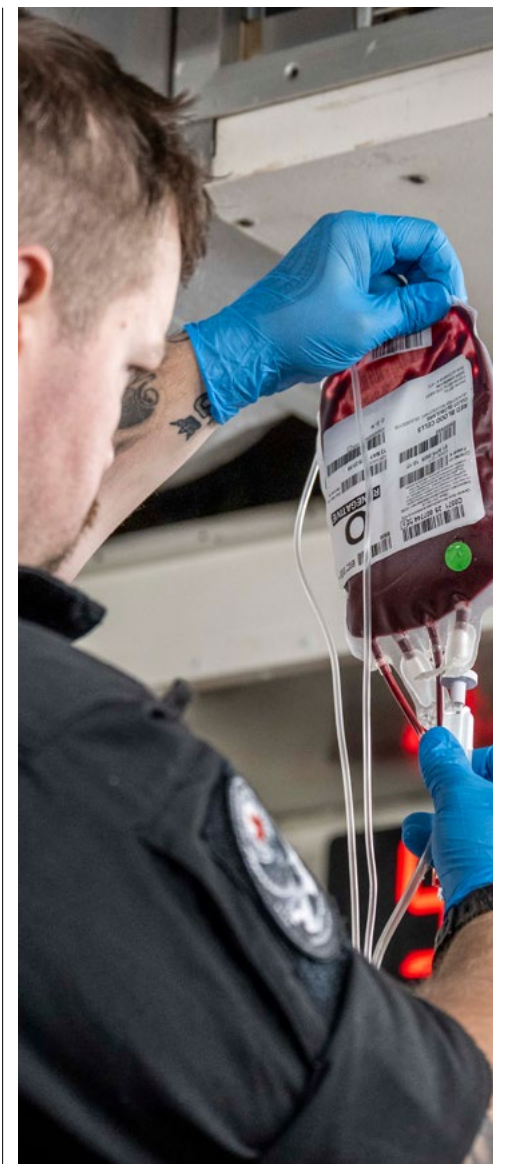
Working with Canadian Forces Health Services, he created a scenario that would establish a training standard for the future. Checklists and guidelines for safe handling of blood were incorporated, and the medical chain of command was enthusiastically supportive of this opportunity. Involved in the training were the volunteer casualty, the PA (or ship's doc) and Paramedic, as well as two volunteers from the Casualty Clearing Team, all overseen by the GDMO.

The scenario commenced with the 'Ca-

sualty Casualty Casualty' alarm sounding throughout the ship. The two Casualty Clearers were the first responders, and they found the casualty with a (simulated) partially amputated wrist due to a hatch falling unexpectedly. The casualty was quickly assessed, then brought to sick bay for treatment. After a full assessment by the PA, it was determined a blood transfusion was necessary, and the team set up the ship's sick bay set to conduct the (simulated) procedure.

After simulating the insertion of an intravenous (IV) device into the casualty, the blood was heated to the appropriate temperature using a blood warmer and infused into the patient while observing for any changes in their condition. An adverse reaction was observed, so the team had to quickly cease the transfusion and treat the symptoms. Once the patient was stable, the second bag of blood was brought out and the procedure repeated. With two bags of blood transfused (into an empty bottle, while the 'IV' was in the patient's arm), HMCS *Ville de Québec*'s medical team became the first in Royal Canadian Navy history to conduct this training.

The addition of this training to the ship's medical arsenal adds a new capability to the sick bay. The ability to transfuse blood into a hemorrhaging patient will extend the window between injury and evacuation to a higher level of care, a critical consideration when operating in remote and severe environments. HMCS *Ville de Québec* may have been the first to conduct this training, but with clear guidelines now in place and its benefits undeniable, it certainly won't be the last.



Cpl Dakota Lacroix inspects the blood bag that will be used to conduct a Mass Transfusion Protocol exercise.

CPL BRENDAN GAMACHE



Casualty Clearing team member S1 Kyle Curlett, watches on as a colleague prepares to simulate injecting a casualty for a Mass Transfusion Protocol exercise onboard HMCS *Ville de Québec* on May 15.

CPL BRENDAN GAMACHE

Mortgage expertise at your doorstep.

Amy O'Brien
Mortgage Specialist
Amy.O'Brien@bmo.com
902-877-2580
bmo.com/ms/amyobrien

TRIDENT
www.tridentnewspaper.com

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear-Admiral Josée Kurtz, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10 a.m., 11 business days prior to the publication date. Material must

Editor:
Ryan Melanson
ryan.melanson2@forces.gc.ca
902-721-8358

Editorial Advisor:
Margaret Conway
margaret.conway@forces.gc.ca
902-721-0560

Editorial Advisor:
Ariane Guay-Jadah
ariane.guay-jadah@forces.gc.ca
902-721-8341

Journalist:
Nathan Stone
stone.nathan@cfmws.com
902-721-8624

be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Brian Santarpia, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lundis toutes les quinze semaines. Le rédacteur en chef se réserve

le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires

imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

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





CAF Systemic Racism Class Action – Ongoing delay to start of claims period

By DND

We would like to share an update from the Class Counsel representing Class Members of the Canadian Armed Forces (CAF) Systemic Racism Class Action (SRCA) regarding the delay in the implementation of the claims period. An appeal of the Federal Court’s Order approving the settlement of the Canadian Armed Forces (CAF) Systemic Racism Class Action was filed in the Federal Court of Appeal on March 17, 2025; the Court denied the appeal on August 13, 2025. The Appellants have until

October 14, 2025, to seek leave to appeal this decision to the Supreme Court of Canada. If they choose to seek leave to appeal, the claims period and settlement implementation will begin once the Supreme Court of Canada appeal process is complete. If they choose not to seek leave to appeal, the claims period will open on October 15, 2025. We understand that the ongoing legal process and the resulting delay in the settlement’s implementation may cause uncertainty or anxiety for those affected.

For information and updates about the class action, visit the [Class Counsel web-site](#) or the [Canadian Armed Forces Racial Discrimination and Racial Harassment Class Action Claims Administration](#). As we await the start of the claims period, the Defence Team continues to plan for the implementation of the settlement, demonstrating its commitment to providing CAF members with a psychologically safe and inclusive workplace where everyone’s voices are heard. The Sexual Misconduct Support and

Resource Centre has been mandated to design and deliver Restorative Engagement (RE) on Systemic Racism. Consultations on RE will begin in early fall to reflect the needs of people who have been affected by racial harassment and racial discrimination. In the meantime, if you have questions regarding RE on Systemic Racism, email the confidential mailbox SRCARE-RCRSDR@forces.gc.ca.

HMCS Max Bernay pushes the RCN’s Northern edge

On August 29, His Majesty’s Canadian Ship (HMCS) Max Bernays set a new Royal Canadian Navy (RCN) record when the vessel and its crew reached 81°12.044’ N, 155°38.512’ W – farther north than any RCN ship in history. HMCS Max Bernays is the RCN’s first West Coast Arctic and Offshore Patrol Vessel (AOPV). Currently participating in Operation (Op) LATITUDE in the Western Arctic and its approaches, Max Bernays departed Esquimalt Harbour on Aug 13 for a multi-operational deployment. The vessel is set to return home on Dec 19, following later participation in both Op HORIZON in the Indo-Pacific region and NEON in support of United Nations sanctions enforcement. For over a decade, HMCS Shawinigan held the record for sailing to the highest northern point with its August 14, 2014 touch at 80°28’ N. While other vessels have since operated in the Arctic, none have surpassed that mark until now. The record expands where and how the RCN can safely work, with a successful 81° degrees North mission increasing planning, logistics, and risk management confidence during an Arctic sail.

S1 JORDAN SCHILSTRA





Marking the 85th anniversary of the Battle of Britain



CPL ALEXANDRE ARSENAULT

CPL BRENDAN GAMACHE



A commemoration parade at 12 Wing Shearwater and a ceremony aboard His Majesty's Canadian Ship (HMCS) Ville de Québec in the Pacific Ocean were among the ways the Canadian Armed Forces observed the 85th anniversary of the Battle of Britain on Sunday, September 21.

More than 100 Canadians fought in the Battle of Britain, and 23 lost their lives. It has been credited as a turning point in the Second World War and one of the first major victories against the military forces of Nazi Germany.

HMCS Ville de Québec's commemoration saw the ship's company parade on the flight deck, with a fly-past by the ship's embarked CH-148 Cyclone helicopter, call sign Avalanche. In Shearwater, 12 Wing senior leaders were joined by aviators, veterans, cadets and local dignitaries for a ceremony and wreath laying inside the 423 Squadron hangar.

Additional commemorations took place at bases and wings across the country, including a national ceremony at the Canada Aviation and Space Museum in Ottawa.



CANSOFCOM hosting virtual job fair October 9

By Trident Staff

Canadian Armed Forces (CAF) members interested in learning more about careers in special operations will have an opportunity to connect directly with recruiters during an upcoming virtual job fair hosted by Canadian Special

Operations Forces Command (CANSOFCOM). The online event is scheduled for October 9 from 1 - 3 p.m. (AST) and will feature a live information session followed by a question-and-answer period

with CANSOFCOM members from a variety of trades. The session is open to all Regular and Reserve Force members, regardless of occupation, and is designed to provide a closer look at what life and work is like within Canada's special operations community. Participants will be able to ask recruiters questions directly, learn about in-demand trades, and explore potential career paths within the command. Registration is required through Microsoft Teams, using a D365 account. The registration link can be found at:

<https://linktr.ee/cansofrecruiting>. CANSOFCOM is Canada's high-readiness force, tasked with conducting specialized missions both at home and abroad. Members of the command are drawn from across the CAF, and those interested in applying must have achieved their operationally functional point (OFF) in their current trade, while also demonstrating the unique attributes and training needed to succeed in these demanding roles.



CANSOFCOM members are seen participating in NATO Exercise NORDIC RESPONSE in the spring of 2024.

CANADIAN JOINT OPERATIONS COMMAND



CANSOFCOM recruits Regular Force and Reserve CAF members from all occupations.

CANADIAN JOINT OPERATIONS COMMAND



CareerCOACH+

One-on-one coaching and digital learning hub for military spouses.

• • • •

CarrièrePRO+

Accompagnement personnalisé et plateforme d'apprentissage pour les partenaires des militaires.

YOUR CAREER MATTERS.
Register now!

VOTRE CARRIÈRE COMPTE.
Inscrivez-vous dès aujourd'hui!



 [CFMWS.ca/careercoach](https://cfmws.ca/careercoach)

 [SBMFC.ca/carrierepro](https://sbmfc.ca/carrierepro)



Dockyard South Access Gate now open

Effective September 29, the Dockyard South Access Gate (between HMCS Scotian, D193, and the Base Logistics HAZMAT building, D207) will be open weekdays* from 6 a.m. - 5 p.m. for pedestrians, cyclists, and other non-vehicle traffic. *Closed on all public holidays.

Access will be granted only to individuals with valid CAF ID (NDI-20), DND civilian ID (NDI-21), other approved NDIS-listed IDs, or those on a Visitor Access List (VAL) with government-issued photo ID.

Motor vehicles will not be permitted through this gate. Vehicular access remains available at Rainbow, Admiral's, and Niobe Gates.

The reopening of Dockyard South Access Gate provides an additional access point for non-vehicle traffic, offering convenient entry to the south end of HMC Dockyard and quick access to downtown Halifax.

CFB HALIFAX PUBLIC AFFAIRS

CAF and Civilian Vaccination Clinic at 2025 Health Expo

By PSP Halifax Health Promotion

Health Promotion is proud to partner with Canadian Forces Health Services to present the **2025 Health Expo: Navigating Your Health Journey** — an engaging and informative event designed to support the well-being of all members of the Defence Team.

This year's Expo offers a unique opportunity to **receive your annual COVID-19 and/or flu vaccinations** while exploring a wide range of health resources. Whether you're a **Canadian Armed Forces (CAF) member or a civilian**, two dedicated vaccination clinics will be available to serve you.

When: November 6, 2025: 10 a.m.-3 p.m.

Where: Building S-120, Stadacona

What to expect:

Vaccination Clinics: Open to all Defence Team members, CAF and civilian alike. No appointment necessary; **first come, first served.**

Required ID: Please bring your **military ID or provincial health card** to receive your vaccination.

Health presentations: Attend informative sessions on various health topics relevant to your personal and professional life.

Exhibitor booths: Discover services and resources tailored to support both CAF and civilian members in their health journey.

Whether you're looking to stay up to date with your vaccinations or explore new ways to enhance your health and wellness, the 2025 Health Expo is your one-stop destination.

Join us and take a proactive step in navigating your health journey!

health



NOV 6, 2025

Explore services, connect with providers, and discover valuable resources.

Open to all CAF and DND civilians

902-722-4956

hfxhealthpromotion@forces.gc.ca



The War Amps

The Key Tag Service protects your keys and has been supporting child amputees for 50 years!



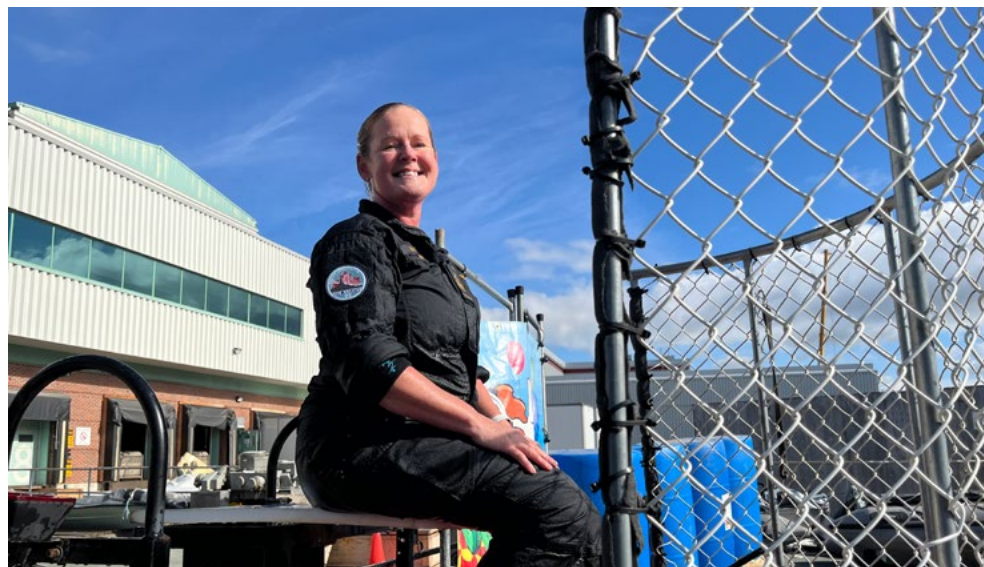
Order free key tags at waramps.ca





Volunteers at the grill served up lunch as part of the kickoff activities.

S3 ANGELA MORRISON



CPO1 Christine Thompson took a trip into the dunk tank for a good cause.

NATHAN STONE



The start of this year's NDWCC campaign was marked with live music, food and games at HMC Dockyard.

S3 ANGELA MORRISON



From left, CFB Halifax Base Commander and Halifax region NDWCC Champion Capt(N) Annick Fortin, Rob Diamond of United Way Halifax, and Halifax region NDWCC Campaign Leader Wayne Dipersio.

S3 ANGELA MORRISON

NDWCC kickoff makes a big splash for charity

By Nathan Stone,
Trident Staff

Cheers echoed through His Majesty's Canadian Dockyard on September 25 as spectators watched friends and colleagues dropped into the cold water of a dunk tank. Those who got soaked did so for a good cause, as part of the launch of the largest annual charity drive at Canadian Forces Base (CFB) Halifax.

The always-popular dunk tank was on site as part of the Halifax region National Defence Work-place Charitable Campaign (NDWCC) Kickoff Barbecue, which was held out-side of building D-206, the Base Logistics Main Warehouse. The event also featured live music, food, and a silent auction.

Through the NDWCC, which is part of the larger Government of Canada Work-place Charitable Campaign (GCWCC), Defence Team members can give to more than 86,000 organizations, including many charities with military ties. Contributors can choose to give to organizations supported by the [United Way Maritimes](https://tridentnews-paper.com/ndwcc2025/), [HealthPartners](https://tridentnews-paper.com/ndwcc2025/), or any other registered [Canadian charity](https://tridentnews-paper.com/ndwcc2025/).

CFB Halifax Base Commander and Halifax region NDWCC Champion Captain(N) Annick Fortin highlighted additional NDWCC fundraisers and activities still to come such as the NDWCC Golf Tournament (October 6) and Bring Your Dog to Work Days (October 28, November 25).

She said she was impressed with the large turnout for the kickoff and that she was happy to see so many people participating in the fundraising efforts early in the campaign.

"What I see today is, 'give a little and change a lot,' that's this year's campaign slogan and I see that today, so it's really great."

This year's kickoff barbecue was led by Base Logistics, but organizer Warrant Officer Jean-Michel Bédard-Theoret said that plenty of others were eager to pitch in to make the day a success.

"We have eight command teams from eight different ships here, so it's a lot of emails and communications, but every

command team was willing to help. We had 24 volunteers right away."

Many of those volunteers were busy running fundraising games that offered players the chance to win prizes. These included mini-golf, washer toss, and punch-a-prize.

A few, like Chief Petty Officer 1st Class (CPO1) Christine Thompson, volunteered for duty in the dunk tank. She said she saw the call for volunteers while serving as the Coxswain of His Majesty's Canadian Ship (HMCS) *Harry DeWolf* and thought it would be a fun way to inspire her colleagues to come take part in the kickoff. She's now the unit Chief for CFB Halifax Base Administration.

Even after several quick trips into the water, CPO1 Thompson said she was happy to be helping out.

"I'd do it again. It's for a great cause."

Other volunteers were busy grilling up a barbecue lunch of hotdogs and hamburgers for hundreds of hungry attendees.

Community charities were represented at the kickoff by Rob Diamond, who attended on behalf of United Way and HealthPartners. A former Canada Revenue Agency employee and longtime GCWCC supporter, Diamond continues to support the annual campaign through volunteer roles with United Way. He gave attendees information on the various ways that they could donate, such as payroll deductions and one-time gifts.

He said that the biggest goal of the day was to build enthusiasm around donating.

"The primary purpose is to allow public servants to give to charities of their choice and create some excitement around that."

To learn more about how to contribute to this year's campaign, the numerous charities that can be supported through NDWCC donations, and upcoming fundraising events, visit <https://tridentnews-paper.com/ndwcc2025/>.



SPORTS & FITNESS

CAF athletes take over MacDonald Beach for PO2 Craig Blake Fitness Challenge

By Ryan Melanson,
Trident Staff

More than 100 military and civilian participants swam, cycled, and ran across MacDonald Beach in Shearwater on September 19 during the PO2 Craig Blake Memorial Fitness Challenge.

The annual event invites individuals or teams of three for a friendly mini-triathlon on the beach and surrounding trails; the challenge includes a 300-metre swim, a 6.5 km mountain bike ride, and a 2 km run.

The event is held every September in honour of Petty Officer 2nd Class (PO2) Craig Blake, a Clearance Diver and member of Fleet Diving Unit (Atlantic), who lost his life while serving in Afghanistan in 2010. PO2 Blake was killed after an improvised explosive device detonated near him while on an operation, becoming the first RCN member to die in the conflict.

Members of his former unit typically participate in full force, and both military and civilian colleagues from across Formation Halifax also turned out, with 120 registrants in total across both individual and team categories.

Prior to a moment of silence in honour of PO2 Blake, fellow diver Chief Petty Officer 2nd Class Daniels described his late colleague as “the embodiment of what a Clearance Diver should be.”

“Craig was absolutely the best of us. He was soft-spoken, kind, intelligent to say the least, and he had an unbelievable love of fitness,” he said. It was PO2 Blake’s passion for cycling and triathlon that led to the event being established in his honour in 2014.

PSP Halifax’s Wally Buckoski, a long-time fixture at Shearwater sports events, served as emcee during the race, cheering on competitors and sharing some of his own memories of PO2 Blake.

The morning wrapped up with prize draws and awards for top finishers in a variety of individual and group categories.

Open Male (under 40)

Noah Bouffard – 24:49

Open Female (under 40)

Sarah Lemay – 35:30

Master Male (40+)

Kharim Schliewinsky – 25:03

Master Female (40+)

Kasia Danigier – 31:06

Open Team Category

Lauren Landry (swim), Josh Oldford (bike), Robert MacMillan (run) – 23:13

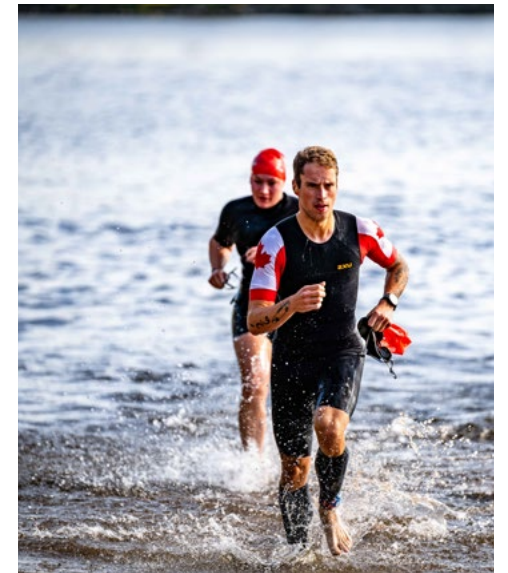
Open Team Category

406 Squadron Hunter Morrissey (swim), Charles Gallant (bike), Evan Angelo (run) – 23:11



The course at MacDonald Beach consists of a 300-metre swim, a 6.5 km mountain bike, and a 2 km run.

CPL SAMUEL MARTELL



The annual PO2 Craig Blake Memorial Fitness Challenge was held September 19 at MacDonald Beach.

CPL SAMUEL MARTELL



More than 100 participants turned out for this year’s event, some competing individually and others as teams of three.

CPL SAMUEL MARTELL



Awards were handed out in a number of categories following the race.

CPL ALEXANDRE ARSENAULT

babcockcanada.com

Babcock



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

DONATE TODAY





HMCS *Halifax* crew completes 21st annual Run for Wishes

By Trident Staff

Members of the ship’s company of His Majesty’s Canadian Ship (HMCS) *Halifax* laced up their running shoes once again for the ship’s annual Run for Wishes, completing the 21st edition of

the province-wide fundraiser in support of the Make-A-Wish Canada Nova Scotia chapter. From September 19 to 29, sailors carried the baton across Nova Scotia

in a relay-style run that stretched more than 750 kilometres, beginning in Sydney and ending in Yarmouth. Along the way, runners were cheered on and supported by community members and volunteers who helped keep the momentum going through the 10-day journey. Members of the relay team said meeting people and being hosted by local small businesses, grocery stores, Legions, and other supporters helped keep the runners pushing each day. The effort raised more than \$38,000 to help grant wishes for local children with critical illnesses, with the crew still

hoping to push that total to \$40,000 as donations continue to come in. The annual Run for Wishes is just one of a number of fundraising campaigns each year that connect Royal Canadian Navy ships and Make-A-Wish Canada, with members of the crew dedicating their time and energy to help make a difference in the lives of children and families in their community. Donations are still being accepted online at makeawish.ca/hmcshalifax-runforwishes.



Members of the HMCS *Halifax* Run for Wishes team wrapped up this year’s fundraising run on September 29 with more than \$38,000 raised.

HMCS HALIFAX



The official cheque presentation to Make-a-Wish Canada took place on September 29.

HMCS HALIFAX

THANK YOU!
IT'S BEEN GOOD GETTIN' TO KNOW YA.

-2720 GOTTINGEN STREET-

THE NARROWS
PUBLIC HOUSE

LUNCH SERVICE 11:00 - 15:30
EVENING SERVICE 15:30 - 24:00

- MILITARY DISCOUNT -
ALL DAY - EVERY DAY

Slo-pitch gold for CFB Halifax women, men take silver

Canadian Armed Forces (CAF) ball teams hit the fields in Dartmouth from September 8-12 for the CAF Atlantic Region Men’s and Women’s Slo-pitch Championships. The women’s tournament saw the CFB Halifax Mariners, Greenwood Bombers, and Gagetown Warriors compete, with the Mariners capturing the regional title after an 11-1 win over Gagetown in the final. On the men’s side, the Mariners, Shearwater Flyers, Greenwood Bombers, and Gagetown Warriors battled through the week, culminating in an extra-innings victory for the Warriors, who topped Halifax 26-12 to claim gold in the final.

Rounding out the hometown highlights, CPO2 Cheyanne Delaronde, Assistant Base Chief Petty Officer at CFB Halifax, was named women’s tournament MVP.

CPL ALEXANDRE ARSENAULT





21ST ANNUAL MOOSEHEADS DND APPRECIATION NIGHT



OCTOBER 25, 7 PM

**SCAN THE QR CODE TO PURCHASE
YOUR TICKETS!**



TICKETS	REGULAR	DND NIGHT
LOWER BOWL	\$30	\$23 EACH!
UPPER BOWL	\$26	\$19 EACH!

For more information please contact (902) 721-7805

