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Clearing the way for safe seas

Members of Fleet Diving Unit (Atlantic) prepare a detonation cord while conducting mine countermeasure operations as part of Canada's Operation REASSURANCE in the Black Sea on October 7. The divers were among Canadian Armed Forces personnel who took part in the Romanian Naval Forces' Exercise POSEIDON 25 from October 6-10. Working alongside Romanian counterparts, the Canadians trained to locate, identify, and neutralize sea mines. The exercise brought together 800 military personnel from 13 nations.

CPL MARK WANZEL





Two Port Inspection Divers (PIDs) participate in the PID OJE Program in July 2025.

RCN

Naval Reserve divers build skills through summer OJE program

By PO1 Ray Kenny

This summer, Port Inspection Divers (PIDs) from across Canada traded desks for dive gear as part of the Naval Reserve's PID On-the-Job Experience (OJE) Program in St. John's, Newfoundland and Labrador, from June 13th to August 7th, 2025.

Over the course of the program, divers demonstrated precision, endurance and the teamwork needed for underwater operations. These capabilities are a critical part of the Royal Canadian Navy's (RCN) commitment to readiness, to support tasks on everything from infrastructure security to environmental response and discovery.

"This isn't just a summer training activity," says Commander Dave Botting, Commanding Officer, PID OJE, "It's a vital investment in our people and our readiness. Every dive helps build confidence, technical skill, and teamwork, all of which translate directly to our operational capability."

The Summer Employment Program, held annually, is a cornerstone of the Na-

val Reserve's ongoing effort to provide meaningful, skills-based employment to sailors during the summer months.

Participants received instruction in underwater inspections, maintenance, recovery operations, and diving safety protocols. These skills are essential for supporting the RCN's mission, whether that means inspecting ship hulls, recovering equipment, or conducting search and rescue support.

Divers also tested the Shark Marine Underwater Navigator, which helps detect objects on the seabed and assists with navigation in near-zero visibility.

The ability to test new equipment allows our Naval Reserve divers to be leaders in this capability within the Naval Reserve and the RCN. The PID OJE Program highlights one of the most challenging and rewarding trades in the Naval Reserve, offering valuable experiences to participants. Interested members are encouraged to speak with their chain of command to participate in future training and help carry this capability forward.

A Port Inspection Diver (PID) signals their status during diving operations in St. John's, N.L. during the PID OJE Program.

RCN

Supporting CAF spouses through SISIP life insurance

By SISIP Financial

The spouses and partners of Canadian Armed Forces (CAF) members are often the ones keeping the household running, caring for children, managing the home, and holding everything together during deployments and relocations. They are the backbone of military families, and SISIP is proud to offer affordable life insurance designed specifically for their needs.

Many healthy applicants can now qualify in as little as 10 minutes, thanks to our streamlined application process.

Help us inform CAF spouses and partners

Do you know a CAF spouse or partner who may not be aware of SISIP's life insurance options? A simple conversation could make a big difference. This coverage can help families:

- Access support for themselves and their children
- Pay off mortgages and outstanding debts
- Take time off work to recover

Encourage them to [connect with a SISIP advisor](#) to learn more about how life insurance can support their family's financial security.



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Canadian Coast Guard welcomed to Defence Team

By Trident Staff

After announcing in September that the Canadian Coast Guard (CCG) would be integrated into Canada's Defence Team, Department of National Defence and CCG leadership gathered in Dartmouth on October 10 for a formal ceremony to mark the transition.

"Geography does not protect Canada

the way it once did. This is especially true in the Arctic, where our adversaries and competitors are eyeing the region," said General Jennie Carignan, Chief of the Defence Staff, in explaining the rationale behind the shift.

The CCG will remain a civilian Special Operating Agency with operational

autonomy over its missions, personnel and assets, with no plans to arm CCG personnel or vessels. The move will enable closer coordination between the CCG and Canadian Armed Forces (CAF) during emergencies, as well as in areas like shared intelligence gathering at sea.

The CCG will also continue fulfilling its long-established roles, including search and rescue, environmental response, ocean research, and fisheries enforcement.

"We've worked with the Navy and with the Canadian Armed Forces for decades; now it will be seamless," said CCG Commissioner Mario Pelletier.

The federal government has described the inclusion of the CCG in the Defence Team as an important milestone, highlighting its commitment to bolstering maritime security, enhancing inter-agency cooperation, and maintaining a strong, unified presence in Canada's waters.

For more information on the transition as it becomes available, visit <https://www.canada.ca/en/departement-national-defence/campaigns/transition-of-the-canadian-coast-guard-into-national-defence.html>



From left, Canadian Coast Guard Commissioner Mario Pelletier, Chief of the Defence Staff Gen Jennie Carignan, and Cumberland—Colchester MP Alana Hirtle.

CPL MITCHELL PAQUETTE



A ceremony was held at the CCG Marine Communications and Traffic Services Centre in Dartmouth on October 10 to officially welcome the CCG into Canada's Defence Team.

CPL MITCHELL PAQUETTE



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Monument honours Polish-Canadian naval ties

By Trident Staff

A new monument now standing in Halifax pays tribute to a wartime alliance that helped secure victory in the Battle of the Atlantic and forged a lasting bond between Canada and Poland.

On September 27, military and government representatives from both countries joined members of Halifax's Polish community outside the Canadian Museum of Immigration at Pier 21 for the official unveiling.

The monument reads, in English, French, and Polish: *In tribute to the sailors of the Polish Navy and the Polish Merchant Fleet who served during World War II and those who gave their lives in the Battle of the Atlantic 1939–1945. In memory of the Polish-Canadian Brotherhood in Arms.*

Commodore Beth Vallis, Commander of the Naval Reserve, spoke to attendees, noting that it was sailors from what was then known as the Royal Canadian Naval Volunteer Reserve who formed the core of Canada's seagoing force during the Second World War.

"Canadian sailors, many of them young and far from home, found themselves shoulder to shoulder with Polish comrades," she said. "This brotherhood in arms transcended language and nationality. It was built on shared values, shared sacrifice, and shared hope."

"This monument commemorates a remarkable chapter in our shared history."

Between 1939 and 1945, the Polish Navy escorted nearly 800 convoys and sailed more than 1,000 combat patrols across the Atlantic. Polish ships rescued survivors, defended convoys, and took part in key wartime moments, including the 1941 pursuit of the German battleship *Bismarck* by the Polish destroyer *Piorun*, and the rescue of 85 Canadian soldiers by the ship *Ślązak* following the Dieppe Raid.

Polish Ambassador to Canada Witold Dzielski reflected on the bravery of those who served far from their occupied homeland.

"They gave their lives for the world they believed in, for the Poland they dreamed of returning to, and for the Allied cause of liberty," he said.

He also noted the legacy that followed the war. More than 64,000 Polish nationals immigrated to Canada after 1945, many arriving through Pier 21. They included former sailors and merchant mariners, refugees, and others who had endured the hardships of war at home.

"They helped build and contribute to this country," Ambassador Dzielski said, "carrying with them both the scars and the strength of the war and the Atlantic struggle."

The ambassador also drew a line from past to present, emphasizing the continued cooperation between Canada and Poland. He credited Canada for its military presence in Eastern and Central Europe through Operation REASSURANCE, which has seen Canadian Armed Forces personnel deploy to Poland in addition to the ongoing contingent in Latvia.

The governments of Canada and Poland also announced a new strategic partnership this past August, with plans to deepen ties across trade, defence, and energy security.

"We are brothers in arms," Ambassador Dzielski said. "We were historically, and we are today."

The Stadacona Band of the Royal Canadian Navy performed the national anthems of both countries, as well as the Polish naval anthem *To the Baltic*, followed by tributes including the Last Post, a smudging ceremony, and the laying of wreaths at the monument.

Members of the Polish delegation, including Polish Ambassador to Canada Witold Dzielski (centre) laid a wreath at the new monument honouring members of the Polish Navy and Polish Merchant Fleet.

EMBASSY OF POLAND



The monument features text in English, French and Polish.

EMBASSY OF POLAND



Commodore Beth Vallis, Commander of the Naval Reserve, spoke to attendees.

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WEALTH MANAGEMENT



‘Small but mighty’ Kingston-class celebrated as five ships paid off

By Nathan Stone,
Trident Staff

After over two decades of serving Canada at home and abroad, while helping train generations of Naval Reservists, five of the Royal Canadian Navy’s (RCN) Kingston-class ships are sailing off into the sunset.

A paying off ceremony for His Majesty’s Canadian Ship (HMCS) *Kingston*, HMCS *Glance Bay*, HMCS *Shawinigan*, HMCS *Goose Bay* and HMCS *Summerside* was held on October 3 at His Majesty’s Canadian Dockyard, marking their official decommissioning.

“These five ships have been at the forefront of the fleet’s operational commitments and have accomplished their missions in an exceptional way,” said Commodore (Cmdre) Jacob French, Commander Canadian Fleet Atlantic, speaking at the ceremony.

All 12 of the Kingston-class ships are reaching the end of their service life. HMCS *Brandon*, HMCS *Yellowknife* and HMCS *Saskatoon* were formally decommissioned at Canadian Forces Base Esquimalt on September 29.

Cmdre French praised the Kingston-class as small ships that have made a big impact on the RCN.

“They represent a legacy of service, a legacy of small but mighty, a legacy of Ready, Aye, Ready... The ships may create a small wave, but that wave ripples through the generations of inspired sailors.”

During their service lives, the retiring Kingston-class vessels deployed on a variety of missions, including coastal patrols, surveillance, anti-drug and anti-piracy operations, minesweeping, search and rescue and more. They were also a regular sight on domestic and international operations such as Operation CARIBBE, Operation PROJECTION, and Operation NANOOK.

“One of the most transformative effects of the Kingston-class was how its introduction changed the Naval Reserve,” said Rear-Admiral Michael Hopper, the Canadian Armed Forces’ Chief of Reserves.

“These ships were the first in our fleet designed with the explicit intent of inte-

grating reserve sailors into full-time operational service. They opened the door for updating and modernizing reserve training, revitalized the reserve force and gave thousands of citizen sailors the opportunity to serve at sea.”

The term “paying off” comes from an old Royal Navy practice of paying a crew’s wages only when a voyage ended. The RCN borrows the term to describe the official decommissioning of a ship. It is marked by the lowering and removal of the naval jack, ensign, and commissioning pennant, followed by the crew’s final departure. Afterwards, the vessel ceases to be referred to as His Majesty’s Canadian Ship.

Due to the RCN’s demanding schedule, there was no final crew departure for the five ships at the ceremony, as the crew of each vessel had already been reassigned.

The Kingston-class ships were the result of the Maritime Coastal Defense Vessel project initiated in the late 1980s. The project sought to replace the RCN’s Cold War era Bay-class minesweepers with a multi-role ship that was also suit-

able for training reservists and coastal patrol duty.

Production of the 12 Kingston-class vessels began in 1993 at the Halifax Shipyard. The lead ship, HMCS *Kings-ton*, was commissioned on September 21, 1996. HMCS *Summerside* was the final ship to be built; it was commissioned on July 18, 1999.

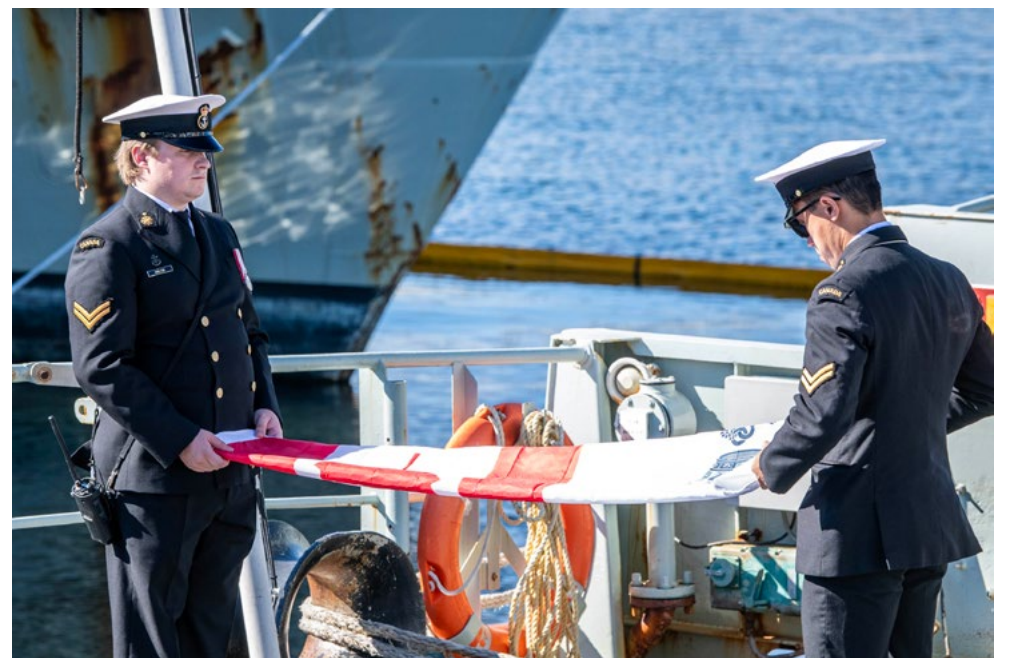
The Kingston-class is not yet totally retired. Four of the ships, HMCS *Moncton*, HMCS *Yellowknife*, HMCS *Edmonton* and HMCS *Nanaimo* remain in service. The four ships will all be based on the East Coast going forward, consolidated under Maritime Forces Atlantic. HMCS *Nanaimo* recently made its final departure from Esquimalt and is currently en route to Halifax.

The RCN says the remaining ships will continue to support operational commitments until they are gradually paid off in the coming years. HMCS *Yellowknife* is scheduled for decommissioning in 2026, followed by HMCS *Edmonton* in 2027 and HMC Ships *Moncton* and *Nanaimo* in 2028.



Five Kingston-class ships were decommissioned during a ceremony in Halifax on October 3.

MONA GHIZ



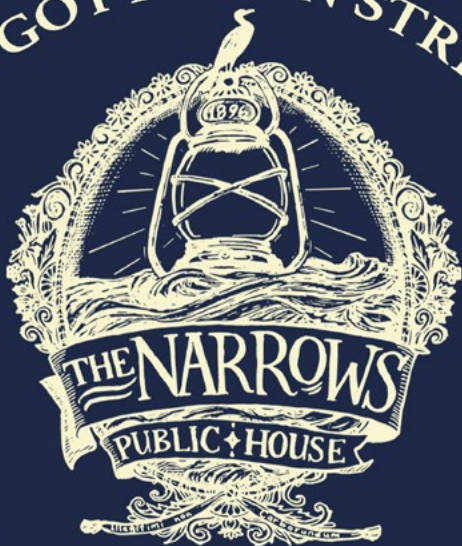
Sailors remove the Naval Ensign from HMCS *Summerside*.

MONA GHIZ

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Presentations at the 2025 Health Expo: Navigating Your Health Journey

By PSP Halifax Health Promotion

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

When: November 6, 2025: 10 a.m. – 3 p.m.
Where: Building S-120, Stadacona

This year’s Expo focuses on the five domains of health: mental, emotional, social, spiritual, and physical. These domains are essential to self-directed care and play a vital role in stress management, resilience, and recovery. By incorporating activities and awareness across these areas, you can strengthen your personal wellness plan and take meaningful steps toward a healthier lifestyle.

Expert-Led Presentations: Your Guide to Holistic Health

Throughout the day on November 6, subject matter experts will deliver engaging presentations that offer practical strategies and insights to help you navigate your health journey. Don’t miss this opportunity to learn from professionals who are passionate about supporting your well-being.

- 10:30–11 a.m.**
Mental Health
Erin Abbott, Social Worker
Topic: The Science of Self-Care
Explore the foundations of self-care and how intentional practices can support mental wellness.

11:15–11 a.m.
Emotional Health
Kathleen Bayliss Byrne, Base Dietitian
Topic: Mindful Eating
Discover how emotional awareness and nutrition intersect to promote balance and well-being.

- 12–12:30 p.m.**
Social Health
Emily Green, Community Recreation Coordinator
Topic: Recreation and its Role in Social Health
Learn how recreational activities foster connection, community, and social resilience.

12:45–1:15 p.m.
Spiritual Health
Topic: Spiritual Health and Its Connection to Other Domains
Gain insight into how spiritual wellness supports and integrates with other aspects of health.

- 1:30–2 p.m.**
Physical Health
Hannah Doiron, Fitness & Sports
Topic: Mobility and Function
Understand the importance of movement and how it contributes to physical vitality and recovery.

2–2:45 p.m.
Exercise Class
Session: Mobility and Function Try-It Class – Challenge Yourself
Join a hands-on class suitable for all fitness levels. Move, stretch, and experience the benefits of functional mobility.

Reserve Your Spot Today!

Seats are limited, so be sure to sign up early to secure your place at these valuable sessions. Whether you’re looking to enhance your wellness plan or simply explore new strategies for self-care, the 2025 Health Expo is your opportunity to take the next step in your health journey.

Register at <https://forms.office.com/r/Xw6s4Fidd3>



Base marks National Day for Truth and Reconciliation

In recognition of the National Day for Truth and Reconciliation (September 30), members across Canadian Forces Base Halifax and 12 Wing Shearwater took part in events highlighting Indigenous teachings and traditions on September 29, ahead of the public holiday.

Elder, Honorary Captain(N), and Chief Petty Officer 2nd Class (Ret’d) Debbie Eisan led a blanket exercise at the Sea King Club in Shearwater that morning, guiding participants through an interactive learning experience about the history and impact of colonization on Indigenous Peoples. Later in the day, she conducted a smudging ceremony at His Majesty’s Canadian Dockyard in Halifax, offering an opportunity for reflection and connection.

Flag raising ceremonies were also held in both Halifax and Shearwater, and Defence Team members were encouraged to wear orange in recognition of Orange Shirt Day, as a symbol of remembrance and solidarity with all who endured the harms of Canada’s residential school system.

PVT AL ROY ERENO





Christmas comes early

His Majesty's Canadian Ship (HMCS) William Hall recently visited Rankin Inlet, Nunavut, the regional capital of the Kivalliq region, during the tail end of its Arctic deployment as part of Operation NANOOK-TUUGAALIK. The stop was highlighted by ship tours and other community outreach events, including the continuation of a holiday tradition that sees Royal Canadian Navy ships deliver donations of toys and school supplies to the region.

The ship arrived back in Halifax on October 4 after sailing nearly 8,500 nautical miles, including navigation of the Northwest Passage, during a 46-day deployment.

HMCS WILLIAM HALL

Veterans Open Mic Night Series



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Veterans Affairs Canada Anciens Combattants Canada

Canada

NDWCC Escape Room takes over Chapel with wedding theme

By Trident Staff

The CFB Halifax NDWCC Escape Room fundraiser is back for 2025, and this year, participants are invited to a wedding! Titled "Something Old, Something New, Something Borrowed, and Something Blue", the 2025 edition of the popular activity invites teams to step into St. Brendan's Chapel for a light-hearted mystery with wedding-themed twists and challenges.

From November 4 to December 16, groups of up to eight players will tackle the Escape Room during one of three daily one-hour sessions at 9 a.m., 11 a.m., or 1 p.m. (excluding Friday afternoons).

The \$20 per person entry fee goes directly toward supporting local charities through the 2025 Halifax Region National Defence Workplace Charitable Campaign. Smaller teams are welcome and may be paired with others, and non-Defence Team members (ages 18+) can also take part.

To reserve your time slot or ask questions, contact Joseph.Abando@forces.gc.ca or Leah.Coughlin@forces.gc.ca. Spots fill up fast, so "wedding guests" are encouraged to RSVP early.

Other upcoming NDWCC fundraising initiatives include:

- Bring Your Dog to Work Day - October 28 & November 25
- Self-guided Paranormal Tours at the Naval Museum of Halifax - October 31, November 7, and November 14. To register, please contact the museum at: navalmuseumofhalifax@forces.gc.ca.
- NDWCC Travel Party - November 27

Visit the [NDWCC Events/initiatives](https://www.tridentnewspaper.com) page at [Tridentnewspaper.com](https://www.tridentnewspaper.com) for more information as it becomes available.

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SPORTS & FITNESS



CAF members race on the Northwest Arm

By Trident Staff

More than two dozen Canadian Armed Forces (CAF) members from across all elements and components hit the water in Halifax on October 2-3 for a spirited two-day regatta hosted by Personnel Support Programs (PSP) Halifax at the Royal Nova Scotia Yacht Squadron (RNSYS).

This recreation opportunity for sailing enthusiasts brought together six teams to compete in a series of more than a dozen races using the RNSYS's J/22 sailboats in the Northwest Arm. Lieutenant-Commander (LCdr) Kevin Pallard, who also manages the CAF's international CISM sailing program, led the organizational efforts alongside PSP staff and joined in the competition himself.

"The level of interest in this event was phenomenal," LCdr Pallard said, noting that limited spots meant some interested members had to be turned away.

"RNSYS was also an excellent host and provided good race management."

Despite light and shifty winds on the first day that spread the fleet across the course, the sailors enjoyed steadier conditions on the second day, resulting in tight racing and a few photo finishes.

After two days of competition, a team representing His Majesty's Canadian Ship (HMCS) *Scotian*, skippered by Master Sailor Dylan Scott and crewed by Alex Harvey, Anthony Newton, and Andrew Saweczko, took first place. The team of Jesline Baker, Samantha Jamieson, Brendan Puddington, and

Carissa Dort finished second, while the all-MarTech crew of Nicolaas Smies, Christopher Walker, Zack Morris, and Gordon Shanahan placed third.

With the strong turnout and enthusiasm from participants, LCdr Pallard said he hopes to work with PSP and the CAF sailing community to support more opportunities in the future.



Six teams took part in a PSP-supported recreational regatta over October 2-3 at the Royal Nova Scotia Yacht Squadron.

RYAN MELANSON



Participants raced in J/22 sailboats, completing more than a dozen races over two days on the water.

RYAN MELANSON



Regular Force and Reserve CAF members from across all elements made up the group of sailors on the water over the two days.

SUBMITTED

Still time to support Navy Divers ahead of October 25 run

By Trident Staff

It's not too late to show support for Fleet Diving Unit (Atlantic) (FDU(A)) as they prepare to lace up for the 43rd annual Christmas Daddies Navy Divers Run, taking place Saturday, October 25. The event is a long-standing tradition for the unit, with FDU(A) divers and colleagues raising funds to help less fortunate children across the Maritimes enjoy a brighter holiday season through the Christmas Daddies Telethon.

This year's 50-kilometre relay will see participants take on the Shearwater Flyer Trail, Salt Marsh Trail, and Atlantic View Trail, with water stations set up every 10 kilometres. Registration opens at 7 a.m., and the run begins at 8 a.m., with a seven-hour cutoff.

For the second consecutive year, the public is invited to register and join the challenge, with all proceeds from entry fees going directly to the Christmas

Daddies charity. Those not running can still show their support by donating to FDU(A)'s [GoFundMe](#) campaign, which will remain active through the annual Christmas Daddies Telethon on December 6.

"We know that Christmas Daddies is a great cause. There are a lot of people and a lot of children around the Halifax Regional Municipality and the province as a whole who are less fortunate. At the Fleet

Diving Unit, we're all about supporting people in any way we can; we want to give back to the community," said Sailor 1st Class Sam Phillips, the lead coordinator at FDU(A) for this year's run.

Since joining the cause in 1983, Royal Canadian Navy divers and their supporters have raised more than \$1.2 million for local children. The unit is once again calling on the community to help make this year's run another success.



PO2 Telford brings Canadian strength to the global stage

By Gabrielle Brunette,
FMF Cape Scott

Last year, Petty Officer 2nd Class (PO2) Ashley Telford was awarded the title of Canada's strongest amateur woman at the Strongman Corporation Canada Nationals in New Brunswick, earning her professional status in the sport.

This year, she's going for the world title.

PO2 Telford will compete in the Women's Masters 40+ division at the official

Strongman Games in Arlington, Texas, from November 20 to 23, where she will face top athletes from around the world.

"This is going to be my biggest exposure yet," PO2 Telford said. "If I win, I'll be the strongest woman in the world over forty, in the heavyweight division. There's a little plastic trophy, but it's all about the bragging rights."

Over the course of three days, Telford will face a total of six events. Day one includes log presses and a 450-pound timber frame carry, while day two features the deadlift ladder and the sandbag steeple chase. The third day is reserved for the top 10 finalists and tests competitors' strength with the circus dumbbell ladder and the natural stone series.

"My goal is to hopefully get invited to the North American games based off of my performance in this competition," she said.

A Marine Technician (Mar Tech) by trade, PO2 Telford is used to heavy lifting – an aspect of the job she's always embraced – but she only started training for Strongman competitions in October of 2022 with a learn-to-lift course taught by her current coach. In just three years, PO2 Telford has managed to make her mark on the sport, quickly rising from an amateur to professional athlete.

As an athlete, Mar Tech, and woman, PO2 Telford says she takes pride in her strength.

"It's just good knowing that if I can, I will. Nothing stops you when you can lift 200 pounds overhead," she said. "A couple of winters ago, my mom fell on the ice, and I picked her up and carried her to the house. She was just gobsmacked. 'A woman did that?' and I said, 'Yes, a woman did that.'"

For PO2 Telford, Strongman competitions are about more than just physical strength, it's a community of support and mutual respect.

"With Strongman, you don't just cheer for yourself, you cheer for your competitors and all the other weight classes. It's a crazy environment; you want everyone to keep pushing themselves and do their best," she said.

We wish PO2 Telford the best of luck as she prepares to represent Canada and the Royal Canadian Navy on the global stage.



PO2 Ashley Telford competes at the Arnold Pro/Am games held in Columbus, Ohio earlier this year.

COURTESY OF OWENS MEDIA



PO2 Telford's next challenge is set for next month in Texas, where she'll compete for a world title.

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