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Sunsets at sea

Sailors about MV Asterix enjoy a yoga session led by Personnel Support Programs (PSP) while sailing in the Western Pacific Ocean as part of Operation HORIZON on April 21. Asterix is in the region supporting HMCS Charlottetown and allies.

MCPL JACLYN BUELL





Members of the volunteer ship's company of HMCS Sackville tip their caps following the ceremonial recommissioning of the ship on May 15.

FORMATION IMAGING SERVICES



RAdm Josée Kurtz, Commander MARLANT and JTFA, spoke about the ship's wartime legacy.

FORMATION IMAGING SERVICES

'Valiant ship' HMCS Sackville receives ceremonial recommissioning

By Nathan Stone,
Trident Staff

His Majesty's Canadian Ship (HMCS) Sackville, Canada's Naval Memorial and the last surviving Flower-class corvette, was ceremonially re-commissioned into the Royal Canadian Navy (RCN) at its summer home at Sackville Landing on the morning of May 15.

The event honoured the ship's wartime service, the vital role of the Flower-class during the Battle of the Atlantic and its modern-day mission as a memo-

rial and museum.

Rear-Admiral (RAdm) Josée Kurtz, Commander Maritime Forces Atlantic, speaking at the ceremony, said that *Sackville* and its Flower-class compatriots helped set many standards for how the modern RCN operates.

"HMCS *Sackville* helped not only shape wartime victories but also lay the professional foundations of the Royal Canadian Navy."

During the Second World War, *Sackville* most notably served as an escort vessel on the North Atlantic convoy routes, protecting Allied supply ships from German U-boat attacks between 1941 and 1944. The ship was then kept in service as a research vessel and paid off in 1982.

RAdm Kurtz added that through the recommissioning "the Navy reaffirms its support to a valiant ship that serves as Canada's Naval Memorial."

Guests representing *Sackville's* early history were present at the waterfront. Frances McAvity, granddaughter of original ship sponsor Denise Oland, spoke about her grandmother's role in the ship's launch ceremony. Pat Estabrooks, Mayor of the town of Sackville, New Brunswick, the ship's namesake town, attended as a guest of honour.

As part of the recommissioning, *Sackville's* commanding officer, Commander (Retired) Gary Reddy, was presented with a commissioning pennant, which was then hoisted on the Masthead. Mem-

bers of the Canadian Naval Memorial Trust (CNMT), the non-profit organization that owns and operates the ship, gave a traditional "three cheers," from the ship's deck.

Chair of the CNMT, Lieutenant Commander (LCdr) (Retired) Greg Cottingham, said that the recommissioning was a result of talks between the organization and RCN leadership, giving particular credit to Vice-Admiral Angus Topshee, Commander RCN, for helping the initiative move forward.

The CNMT will continue to oversee the day-to-day operations of the ship. LCdr (Ret'd) Cottingham said he views the recommissioning as a strengthening of the bonds between the ship and the RCN in a way that will help HMCS *Sackville* better serve its mission.

"We cherish the link [to the RCN] and will do our best to represent to the people of Canada and the world what Canadians can accomplish in times of great trial."

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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

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





HMCS *Charlottetown* debuts a new gun shield design while deployed on Operation HORIZON

By Lt(N) Rosa Gutierrez

On February 1, 2026, His Majesty's Canadian Ship (HMCS) *Charlottetown* departed Canadian Forces Base Halifax for a six-month deployment to the Indo-Pacific region in support of Operations HORIZON and NEON. As the namesake of Prince Edward Island's capital, the ship carries with it a deep connection to Charlottetown's heritage and spirit.

Amid the demands of deployment, the crew has also found ways to express their identity and pride through a unique artistic initiative – revitalizing the ship's 57mm gun shield art design.

The initial design featured Screech, *Charlottetown's* beloved canine Ship mascot, against a green and white

checked background with the Ship's slogan "All challenges squarely met." Deciding it was time for a refresh, Commander Jonathan Maurice, Commanding Officer of HMCS *Charlottetown*, challenged the Combat Systems Engineering Officer and the Above Water Warfare Officer to source another design for the Ship's 57mm gun shield, which represented this crew.

After receiving a series of submissions from the ship, the winning design came from Master Sailor (MS) Alexandre Heagle, an embarked Imagery Technician from Milton, Ontario. The design titled "The Angel of Charlottetown," is a detailed and highly symbolic work that reflects the many departments that



A closer look at HMCS *Charlottetown's* new gun shield art design.

LT(N) ROSA GUTIERREZ



MS Heagle painted "The Angel of Charlottetown" over three days while alongside in Australia.

LA LT(N) ROSA GUTIERREZ

make up the ship's company.

At its center is a female figure inspired by Saint Barbara, the patron saint of naval gunnery, symbolizing protection and strength for those who serve aboard. Surrounding her are a series of thoughtful 'Easter Eggs' that represent the different trades on board. A purple clasp on her cloak symbolizes the engineering department, lightning representing the ship's operations department, the figure's checkered cloak mirrors Charlottetown's ship colours, while the crown atop her head represents the command triad, highlighting leadership and unity.

The project is particularly notable because, unlike most modern vessels that rely on decals, this design was painted entirely by hand, making it a rare and personal addition to the Royal Canadian Navy Fleet.

MS Heagle took three days to paint "The Angel of Charlottetown" while the ship was alongside Sydney, Australia. When asked about the piece, Commander Jonathan Maurice, HMCS *Charlottetown's* Commanding Officer, offers the following: "Our sailors are some of the best in the world – they bring heart, passion, and skill to the work they do day after day. And, this project is no different. We are extremely fortunate to have a beautiful piece that encompasses all the excellent work done across the ship and reflects the pride we have in serving together as a team."

The Canadian Armed Forces' contributions to Operation HORIZON and Operation NEON demonstrate an enduring defence commitment to the Indo-Pacific region and enhance Canada's role as a trusted international partner.

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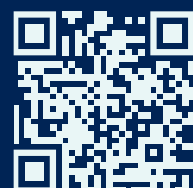
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NATO ships participated in Exercise OPEN SPIRIT 26, a major international minecountermeasures drill off Latvia's coast. This year, the exercise assembled ships from eight nations, supported by nine diving teams and five autonomous underwater vehicle teams.

NATO MARITIME COMMAND



Sailor 1st Class Morgan Mercier, of the Fleet Diving Unit (Atlantic), works on a detonation charge used for ordnance disposal during Op OPEN SPIRIT 2026, in the Gulf of Riga, Latvia, on 11 May 2026.

PVT FELIX CHAGNON



Members of the of the Fleet Diving Unit (Atlantic) during a dive, along side divers of the Ukrainian Navy, as part of Op OPEN SPIRIT 2026, in the Gulf of Riga, Latvia, on 11 May 2026.

PVT FELIX CHAGNON

OPEN SPIRIT 2026 delivers real world impact in the Baltic Sea

By NATO Maritime Command

NATO ships took part in an international mine countermeasures exercise off the coast of Latvia between 1 and 13 May 2026. OPEN SPIRIT 26 brought together Allied and Partner navies, enhanced regional security, strengthened interoperability, and reduced the

threat posed by historical naval mines in the region.

This year's exercise was held in close coordination with Sweden's national defence exercise Aurora 26, linking mine warfare with wider regional defence efforts.

OPEN SPIRIT 2026 is part of a long-running multinational effort in the Baltic Sea focused on clearing legacy explosive ordnance left behind from both World Wars, one of the region's enduring maritime security challenges. Unlike many exercises, OPEN SPIRIT delivers a real-world operational effect. Every mine or explosive remnant located and neutralized immediately improves safety for commercial shipping, fishing, and local communities.

OPEN SPIRIT 2026 brought together ships from eight nations, nine diving teams, and five autonomous underwater vehicle teams in a coordinated effort to detect and neutralise hazardous legacy ordnance on the seabed. Using advanced underwater systems, participating forces conducted detailed identification of suspected objects and safely disposed of confirmed mines and unexploded ordnance, delivering a direct and lasting contribution to maritime safety in the Baltic Sea.

This activity strengthens international cooperation and enhances the interoperability, tactics, and procedures of mine countermeasure vessels, diving teams, and command elements.

OPEN SPIRIT rotates annually

between the Baltic States, bringing together multinational forces to operate seamlessly in support of shared security objectives across the Baltic region, while reinforcing regional ownership and cooperation.

Nearly 400 military personnel took part in the exercise, alongside international naval vessels, including Standing NATO Mine Countermeasures Group 1 (SNMCMG1) led by Polish Navy flagship ORP Kontradmiral Xawery Czernicki.

The commander SNMCMG1, Polish Navy Commander Kacper Sterne said: "OPEN SPIRIT provided an ideal opportunity to enhance capabilities in detecting and countermining sea mines from past conflicts, while also allowing forces to train the full MCM kill chain, maintaining a high level of SNMCMG1 operational readiness."

SNMCMG1 is one of four standing NATO maritime groups providing continuous maritime presence and readiness in peacetime, crisis and conflict. Exercises like this contribute to Allied assurance measures, enhance interoperability and demonstrate NATO's ability to operate across the entire North Atlantic, the Baltic sea and the Arctic approaches.

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Ringling in your ears: What you should know about tinnitus

By Dekota Clayton, BSc, MSc, Aud-Reg,
Hear Right Canada

What is tinnitus?

Tinnitus is the perception of sound that does not have an external source, so other people cannot hear it. Tinnitus is commonly described as a ringing, but some people hear other types of sounds, such as roaring, buzzing, or hissing. It can occur in one ear or both ears and can be intermittent or constant. Statistics Canada (2019) estimates that 37–43% of adult Canadians experience tinnitus, with about 7% reporting severe symptoms that affect sleep, mood, and concentration. Although it may seem simple to define, tinnitus is a complex condition associated with various health issues and can have a significant impact on your quality of life.

What causes tinnitus?

The exact cause of tinnitus is often unknown, but tinnitus is a sign that something is wrong in the auditory system. The auditory system includes the ear, auditory nerve, and the parts of the brain that process sound. Tinnitus can be caused from hearing loss, noise exposure, ear and sinus infections, diseases of the heart or blood vessels, thyroid abnormalities, certain medications, anxiety, stress, and head and neck injuries.

Why does tinnitus affect people differently?

Developed by Dany Pineault (2026), the iceberg model of bothersome tinnitus

helps to explain why tinnitus affects people differently. On the surface are the auditory components, including the tinnitus, hearing difficulty, and reduced tolerance to sound. Below the surface are the possible contributing factors such as, unhelpful thought patterns, safety-seeking behaviours, stress, anxiety, depression, poor sleep, and reduced overall well-being. These underlying emotional and health related factors are known to increase the severity of the tinnitus.

What treatment options are available?

Currently, there is no cure for tinnitus, but audiologists can offer several treatments to help manage your symptoms. The treatment will depend on the severity of your tinnitus and how it impacts your quality of life.

Amplification (hearing aids) plays a critical role in managing tinnitus for those with hearing loss. The better you are hearing conversations and other environmental sounds, the less you may notice your tinnitus.

Sound enrichment (sound therapy) involves using external, pleasant sounds

to reduce the perception of tinnitus. Sound enrichment is particularly useful in quiet environments when tinnitus is often the most noticeable.

Counseling helps you understand how to live with your tinnitus. The more you know about your potential aggravating factors, the better you can manage the symptoms.

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

If you, a loved one, or a friend has tinnitus, speak to an audiologist or doctor to better understand how to manage and treat your tinnitus symptoms.

We are here to help! Give us a call at (902) 406-2413 to book your tinnitus consultation.

References:

<https://www150.statcan.gc.ca/n1/pub/82-003-x/2019003/article/00001-eng.htm>

Pineault, D. (2026). *Beyond amplification: A comprehensive, evidence-based approach to tinnitus management*. *Canadian Audiologist*, 13 (1), 1-17

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Update to the Occupation Transition

By RCN

Building on the previously announced [Occupation Transition](#), the Royal Canadian Navy is now progressing through detailed implementation planning for the transition to future occupations.

Where We Are Now

At this time, there are no immediate changes to members' occupations, postings, or day-to-day duties. Any future changes will be phased and communicated in advance to provide units and members with clarity on what to expect. Current efforts are focused on se-

quencing the many elements required to implement future occupations in a coordinated manner. Early alignment work is beginning in select areas, including Naval Warfare Officer, to ensure that any future changes are introduced deliberately and sustainably.

Implementation planning is structured across multiple Lines of Effort (LOEs). Simply put, the LOE are the major areas of work that must move together for the transition to succeed. Dedicated Working Groups have also been established with key subject matter experts in various fields to design a deliberate occupation

transition plan that maintains readiness today and enables the fleet of tomorrow.

This approach allows fleet-level commanders and unit leadership to plan for change while protecting readiness and maintaining operational tempo.

More information on the current phase of this transition can be found on the [Future Occupations SharePoint](#) site (Accessible only on the National Defence network).

What Comes Next

Over the coming months, the focus will remain on deliberate, phased implemen-

tation that protects fleet readiness while modernizing how the Navy develops and employs its people. This work is being led by the Director Navy Future Workforce (DNFW) team.

As part of this transition, members are encouraged to participate in one of the upcoming coastal engagement sessions below, which will provide opportunities to hear updates, ask questions, and share feedback directly:

These sessions are intended to support open dialogue and improve shared understanding as implementation planning continues. Additional details, including logistics, will be shared through unit and formation channels as they are finalized.




Day of Caring with HMCS Toronto sailors

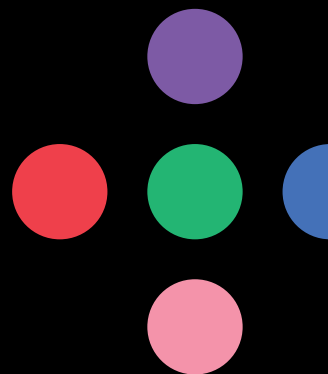
During the United Way Maritimes Day of Caring at The North Grove, 15 sailors from HMCS Toronto volunteered their time to help beautify the grounds. They assisted with sifting compost, weeding, and dismantling and rebuilding garden boxes, contributing to a more sustainable and welcoming space for community gardening. It was a rewarding experience for everyone involved.

Days of Caring are United Way Maritimes initiatives that pair community volunteers with charitable organizations who are seeking assistance. Each year as part of the Halifax Region National Defence Workplace Charitable Campaign, United Way Maritimes matches Defence Team volunteers with hands-on projects throughout the local community. If you are a local Defence Team member (military or civilian) and would like to participate in a Day of Caring, contact NDWCCHalifax@forces.gc.ca!

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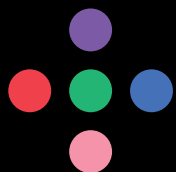
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Community support helps DND Family Days set sail once again

By Trident Staff



Ahoy, mates! DND Family Days is once again returning to His Majesty's Canadian Dockyard Halifax on June 12 and 13 with this year's nautical-themed celebration, *Seas the Day*.

Made possible through the continued support of sponsors and community partners, the annual event will bring together Canadian Armed Forces members, their families, and the wider Defence community for two days of fun featuring rides, games, entertainment, prizes, and more.

Children will find plenty to keep them busy throughout the event grounds, with inflatables, carnival-style games, and rides spread across the site. The Irving Shipbuilding-sponsored Entertainment Zone will once again serve as a hub, featuring a variety of activities designed to keep young pirates entertained all day long. Returning Presenting Sponsor Sobeys will be back with its cookie-decorating station, a Family Days tradition that

continues to be a favourite stop for young visitors.

Among the returning favourites is also the always-popular Harbour Hopper experience, with rides available on both Friday and Saturday. Seats are limited, so visitors are encouraged to stop by the Ambassatours tent early each day to secure free tickets while supplies last. Visitors can also step aboard Canadian Armed Forces vessels during ship tours offered throughout the weekend, providing a unique glimpse into life and operations at sea.

Beyond the rides and attractions, Family Days offers plenty of opportunities to connect with members of the Defence Team. Canadian Armed Forces units from across CFB Halifax will be on site showcasing equipment, vehicles, and capabilities through interactive displays and demonstrations. CFB Halifax Fire and Emergency Services personnel and members of the Military Police Unit Halifax will also be participating throughout the event, giving visitors a chance to learn more about their important roles.

Daily prize draws remain one of the weekend's most anticipated attractions,

and 2026 promises another impressive lineup of giveaways. Visitors should plan to gather at the main PSP tent at 2 p.m. on both Friday and Saturday for the draws.

This year's grand prizes include several travel opportunities, highlighted by a WestJet return trip for four people to any destination within the airline's North American network. Another featured prize package combines flights, accommodations, and tickets to see the Toronto Blue Jays, thanks to a partnership between WestJet and Sobeys.

Visitors will also want to stop by the WestJet sponsor tent, where a fun shuffleboard challenge will provide an additional opportunity to enter a separate vacation giveaway for two people.

Other prizes up for grabs include bicycles courtesy of Thales and Babcock, SailGP tickets, home goods and gift sets from Costco, gift cards from CANEX, Tim Hortons, Giant Tiger, and much more.

In addition to the main prize draws, attendees are encouraged to visit the many sponsor booths, displays, and mobile activations located throughout dockyard. From the Tim Hortons and

BMO trucks to interactive games and activities hosted by sponsors, there will be plenty of chances to win additional giveaways, including Family Days swag such as colourful hoodies, beach towels, and other commemorative merchandise.

"Family Days simply would not be possible without the incredible support of our sponsors and community partners," said Missy Sonier, Corporate Services Director with Personnel Support Programs (PSP) Halifax. "Their continued generosity helps us create an incredible event for our Canadian Armed Forces members and their families each year. We can't wait to welcome everyone to Family Days."

The Family Days site will be open Friday, June 12, from noon to 6 p.m., and Saturday, June 13, from 10 a.m. to 5 p.m. For full event details, schedules, and updates, visit <https://cfmws.ca/halifax/in-your-community/family-days> before setting sail for this year's celebration.



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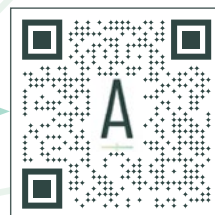
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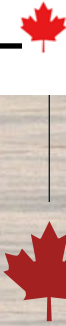
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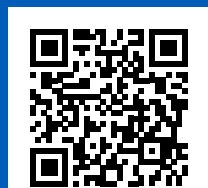


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S1 Nathan Anderson reiterates C8 procedures prior to the small arms shoot conducted aboard PCT vessel Cougar on April 22.

S1 JORDAN SCHILSTRA

Orca-class introduces small arms capability to boost maritime readiness

By Archana Cini,
The Lookout

A sharp crack echoed across the waters off Constance Bank on April 22 as members of the Royal Canadian Navy (RCN) conducted a live-fire shoot aboard the Orca-class Patrol Craft

Training (PCT) vessel Cougar.

This shoot forms part of a broader effort to introduce small-arms operational capabilities aboard the RCN's Orca-class vessels, which are operated

by members of Patrol Craft Training Unit (PCTU). While Orca-class vessels are primarily utilized as training platforms, the introduction of embarked weapons reflects both the changing realities of the global modern maritime environment and the RCN's renewed focus on operational readiness at every level of training.

"The introduction of a small-arms capability on the Orca-class reflects an evolving security environment," said Lieutenant(N) (Lt(N)) Jeremy Morissette. "There is growing recognition that even training platforms must be prepared to operate safely and credibly in a range of situations."

This new capability includes the C8 and C22 rifles, and C6 machine gun. For PCTU, the capability represents more than simply adding weapons to a platform — it also reinforces the principle of 'we train as we fight,' bridging the gap between a training environment and an operational environment.

"The Orca-class vessels are arguably the RCN vessels that see the most sea days year-round, and where many sailors will have their first sailing experience," said Lt(N) Morissette. "Having weapons onboard allows sailors from all ranks to gain exposure to weapons procedures at sea while also making the vessels more operationally able to respond to potential threats."

Beyond operational advantages, the capability introduction also provides sailors with valuable hands-on exposure to procedures, responsibilities, and safety standards associated with conducting weapons serials at sea.

Before the April 22 shoot could take place, extensive preparation and pro-

cedural development were required. Members involved in the ship's weapon safety organization also underwent formal range qualifications and received mentorship supported by senior personnel under established Canadian Armed Forces (CAF) standards.

"Safety is central to how the RCN operates, and this capability is no exception," noted Lt(N) Morissette. "The rigorous planning and training process that went into making this shoot happen ensured the atmosphere onboard was calm and composed and that every member knew exactly what their role and duties were."

For the shoot location, the team chose Constance Bank, a well-established maritime training area off the coast of Victoria. Even though it was selected for its abundance of safe water for conducting live-fire serials and geographical location, weapons firing at sea introduces a unique level of complexity in comparison to a static land range.

"When conducting a shoot ashore, the range is almost entirely predictable," said Lt(N) Morissette. "At sea, you need to account for other vessels, marine mammals, range to land, sea state, and constantly changing environmental conditions."

Ultimately, these factors combined with strict safety procedures, make maritime weapons capabilities a distinct and demanding skillset. As the RCN continues to modernize and adapt to evolving maritime demands, initiatives like this are helping ensure that operability begins early — even aboard the Canadian Pacific Fleet's training vessels.

ROKN vessels arrive in Esquimalt for visit, exercises

The Republic of Korea Navy (ROKN) KSS-III submarine ROKS Dosan Ahn Changho arrived at Canadian Forces Base Esquimalt on May 23. The submarine was accompanied by the ROKN frigate ROKS Daejeon for the visit to the Royal Canadian Navy's west coast home.

The milestone deployment marks the longest voyage ever undertaken by an ROKN submarine. The visit also comes as Canada considers South Korea's KSS-III design among potential options under the Canadian Patrol Submarine Project. Canadian and Korean sailors are expected to work side-by-side during ceremonies, community events and joint training at sea during the week-long engagement.

ROKN PHOTO





SPORTS & FITNESS



Staying fit in retirement: 20,000 km and counting

By Sgt (Ret'd) John Thomson

“Wow,” almost 20 years ago I was in Halifax at the base hospital before deploying to Afghanistan. To be exact, it was 2007 and 2008. Hi, I’m John Thomson, a retired Sergeant. I aged out of the military in 2016 at 60 years old. Again, “wow,” that was 10 years ago.

While I was in Afghanistan, I wrote a series of articles for the Trident called “Staying Fit In Afghanistan” and this article isn’t too dissimilar. Staying fit in retirement, we’ll call it.

I was a Medic at Canadian Forces Health Services Centre Atlantic. To be honest, this was my favourite posting during my 32-year career spanning coast to coast to coast: Hurricane Katrina aboard the CCG Ship Sir William Alexander, two tours of Afghanistan, serving and training with the Special Forces while they prepared for a tour, and all the running a boy could handle when not busy with military life.

Anyway, the update: since retirement, I moved to Ontario to care for my parents. In this life, I remain focused on staying fit. I run, I do Tai Chi, go to the gym, and tend the garden. Running was always my passion, though. Since retirement, I started a running streak and joined Run Streak International. The rules say run a minimum of 1 mile every

day. On the 18th of June, my streak will be 9 years old, with a daily average of 6.5 km. Inside that streak, my partner Sheryl and I buried another streak, a weekly half-marathon. Before we quit that one, I was up to 148 half-marathons in 114 weeks. Then came another, “the half version 2.0,” in which we did 104 half-marathons in 104 weeks. We’ve won many gold, silver, and bronze medals at many different distances and enjoy just making it to the finish line together. The streak? I haven’t had a day off running in 9 years. The mileage says I’ve run just over 20,000 km.

No, it’s not all about the accolades, the medals, the records. It’s about enjoying and loving life. Fitness was never something I did because the military expected a degree of readiness; it was always a way of life, a “tool” to improve my quality of life. And that quality of life continues in retirement.

If I were summing up for the masses, I would say: it doesn’t matter what you do: bike, swim, walk, any sport of any description. Just enjoy it. There’s no secret, just consistency. Enjoy the fact that you can and do it if only for that reason. Don’t waste the gift of life.

Stay fit.

SPORTS
Staying fit in Afghanistan
 By MCpl John Thomson
 CF H Svcs C (A)

Well folks, we're into the new year, and as I understand it, you're into winter. With winter, a new normal emerges, and a new routine needs to be found. The same concept applies here in Afghanistan on a regular basis.

The last time I wrote, I told you I was moving outside the wire, and ta-da, here I am at Forward Observation Base Frontenac. It's neither as scary nor as foreboding as initial thoughts of being outside the wire conjure up. But the first task when I arrived was to find out what my normal routine would be and adapt my fitness habits to the task at hand.

The gym here is used mostly by the RCR and RCD. To be honest, I was pleasantly surprised to find some rather good equipment under the two sections of canvas. There's a few stationary bikes, an elliptical machine, an assortment of weights and a few benches. When I finally get to go out for a run, the inside of the camp measures about two Km, or so I'm told; the only problem with the route is the rather large grade gravel, but that seems to be the norm here in Afghanistan. More than enough to suit my needs and help me progress when I get the time, or should I say, when I make the time.

I've mentioned before that the move towards fitness has three parts: rest, rest and exercise. They are different from what you're used to. We have a lot of hard work, processed, freeze dried food) but the cooks also manage to put out a fair amount of fresh fruits and vegetables, and I brought my own snacks and treats, so I'll be alright in the nutrition department.

Rest, well, rest comes in two flavours; first, enough sleep and second, rest between workouts. Enough sleep is a must, and it's a bit of a struggle to get uniform rest.

part of my new routine I am going to run one day and go to the gym the next. It will be strange for me not to run every day, but I know that working on my core and upper body will help my running in the long run, make me a fitter soldier, and move me towards my goals.

It's only day one at the new camp but the plan is outlined and the plan as outlined for the month I am staying fit, stay healthy.

There is some good fitness equipment at FOB Frontenac, according to MCpl Thomson.

PSP staff in Afghanistan offer a variety of fitness classes and activities.

equipment similar to any gym back in Canada.

The British gym is a favorite to attend for hard-core circuit training. It's been said that the instructor treats his participants like boot camp and let you know. The British also have a soccer league although they call it football.

My focus however, is running. There are a few running routes on the airfield. I just need to run around the airfield, I just need to remember that when going around the airfield it's important not to wander off the beaten path, as most fields around here remain laden with land mines. Regular races are organized from the USA had a half marathon and marathon.

The tour is in its infancy, so far I am pleased with my progress and towards their goals. It was obvious, though, that when we first arrived many of them had fitness goals and moved too quickly into the activity. Some injuries have occurred and some have started to slip away from the gyms because of the high intensity workload and exhausting conditions. The basics remain the same as anywhere; pace yourself, be consistent, and in time, all goals can be achieved.

Health and fitness are not things that can be added to your lifestyle. They require lifestyle changes. Diet, exercise and rest must be combined in balanced proportions. Here in Afghanistan it's a much harder job to keep balanced, but with focused goals, it is indeed possible.

Until next month, stay fit, stay healthy.

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Last chance to register for Navy Bike Ride Halifax

By PSP Halifax

Cyclists of all ages and experience levels are invited to take part in the 2026 Navy Bike Ride Halifax on June 6 at the Shearwater Fitness, Sports and Recreation Centre. Registration is now open for the annual event, which supports members of the Royal Canadian Navy community and their families.

Participants can choose from three route options — 6 km, 15 km, or 37 km — with all rides beginning at 10 a.m. The event is designed to be family friendly and welcoming to riders of all skill levels.

Proceeds from the Navy Bike Ride support the Naval Foundation, Support Our Troops, and Soldier On. Funds

raised help provide assistance to serving members, Veterans, and their family members, while also contributing to programs focused on recovery, rehabilitation, reintegration, and family resilience.

Participants who register for any ride distance in Halifax will also be entered for a chance to win several prizes, including two weeks of unlimited spin classes from SpinCo, a \$100 Canadian Tire gift card, additional prizes from Cyclesmith, Bicycle Nova Scotia and others.

Registration is available at <https://navybikeride.ca>. Riders can save 10 per cent by using the promo code HFX2026 at registration.



Participants at the 2025 Navy Bike Ride event in Halifax. This year's Halifax leg of the Ride is set for Saturday, June 6.

CPL AMÉLIE GRAVELINE



Mariners win volleyball gold at CAF Nationals

The CFB Halifax Mariners women's volleyball team came away with the top prize at the recent Canadian Armed Forces National Volleyball Championship, held April 17-21 at CFB Borden. The team played a back-and-forth gold-medal match against opponents from the Ottawa region on April 21, taking the first, second and fifth sets (25-21, 25-23, 16-25, 18-25, 13-9) to secure the championship win.

MCPL MARCO TIJAM

